



Issue 36

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SPONSORED CHILDREN NEWS



Some of the children we sponsor in Nepal sent a big "Thank You" to the GGSCF for helping them through the earthquake difficulties experienced in 2015.

On April 24, 2015, Navjivini School of Special Education's Dr. Sodhi and journalist Baltej Pannu hosted a fundraiser at Chandani Banquet Hall. The evening included a video documentary of the work being carried out and Dr. Sodhi explained about the needs of these special children who face challenges due to their mental disability. All those who attended gave generously and over \$15,000 was collected for the school which will be used to provide lifelong care.



The VRTC Director Mrs. Sara Johnson, sent us this picture showing the blind children who had won medals in the IBSA National Sports meet. Their efforts were appreciated at VRTC for their achievement along with their runners and coach.

We would like to thank all our monthly donors who support these children. Since the GGSCF was started, over 500 children have been helped, with some 300 being financially supported each month.

FOOD DRIVES



The GGSCF would like to thank all those who contributed to the two food drives we had this year. At the Vasakhi food drive 3321lbs of food was collected. At the food drive on Guru Nanak Dev Ji's Gurpurab, 5590lbs of food was donated. The food was sent to the Daily Bread Food Bank in Toronto that provides food services to those in need in Toronto and the GTA.

INSPIRATIONAL STEPS



On Sunday, May 17th, the third annual Inspirational Steps took place from Scarborough to Dixie Gurdwaras. A record number of 32 participants made the 42 km trek, many completing a marathon for the first time. Even more participants took part in this year's event with a total of 329, who braced themselves for an amazing day of running and walking. Furthermore, a new addition to this year was the finish chute at Dixie Gurdwara where a thunderous crowd awaited the arrival of the participants of all ages. The runners would come and finish at the original Dixie road entrance and make their way to the finish line, where they were greeted and presented with a medal. Volunteer Nimrat Bhangoo was in-charge of creating the atmosphere for runners who stated "it was very well done, and we couldn't have done it without our volunteers".

This event has been improving every year and we are grateful for the opportunity to present this challenge to the community. We were also glad to see others in the community who wanted to help out this year with seva. Many families took part along the way and assisted with water and food for the participants. This is the type of spirit we had hoped to see when the event was anuragated by Fauja Singh in 2013.



This year, the fastest male Harjot Singh and female Supriya Kaur, marathon runners were awarded the Ajmer Singh Sidhu's "Cup of Inspiration". Ajmer forever will instill the spirit of "Sarbat da Bhalla" and both participants ran to win the cup for Ajmer who is missed by these individuals and all those whose lives he touched in such a profound way. After completing the half-marathon last year, Karanpreet Kaur drew great applause from the crowd when she completed the

full marathon this year at the age of 8 years. Another inspiration was Sandhura Brar, who not only completed the marathon, but inspired 130 of his friends and co-workers to participate in the event as well. He is a fine example who loves his friends to care about them and push them to achieve more and also keep healthy and fit in the process. Many of his friends then went on to participate in the STWM in the fall. Race results of all participants are on the GGSCF web site.



On this occasion of challenges, fitness and fun, the participants also took the opportunity to collect for the devastating earthquake that took place in Nepal on April 25th. Two donations were made to charities that are helping with earthquake relief efforts in Nepal. A \$50,000 donation was made on behalf of the Sikh Community to UNICEF Canada and \$3,162 donation from rides, bake sales and pledges from participants was made to Possible Worlds Foundation for the children this charity supports.

CN Tower Stair Climb



On Saturday April 25, the GGSCF took part in the annual CN tower stair climb for the World Wildlife Fund. Thirteen participants took part in the event and helped raise \$975. The Mata Kishan Kaur cup awarded to the fastest climber each year, was won this year by Harjot Singh in 14m55s. If you missed the chance to take part, the event is held annually and will take place again on Saturday April 16, 2016. Everyone is encouraged to participate and challenge themselves whether they are a first time climber or have climbed many times before, contact us at mail@ggscf.com.

FUN DAY & G.S.UNITED



This year, the G.S. United Sports Tournament, Scarborough Picnic, Inspirational Steps 400m Challenge, and Children's Fun Day were held on August 30, 2015. The 400m race, inspired by Milkha Singh's race in 1960 Olympic Games in Rome and the idea of Dr. Harpreet Bajaj from the Stop Diabetes Foundation. G.S.United soccer program participants took part as well as anyone else who wanted to join in this first event which we hope to make an annual event if there is interest. All results are on the GGSCF web site.



The day was full of games and activities enjoyed by thousands, all well fed by an army of volunteers from the Gurdwara. In the G.S.United Soccer Tournament 16 teams took part and for the first time the "Ajmer Singh Sidhu Memorial Cup" was presented by members of his family to the winners Malton F.C.



NAGAR KIRTAN



On April 26, the GGSCF performed the annual bus seva for the saangat going to the Nagar Kirtan in Toronto. While we try to improve things each year, the number of participants is always a challenge. We make lots of mistakes and upset many people, however, many more are thankful for the help and assistance especially the old and the very young. To entertain the young we had some volunteers in the "minion" costume to take their mind off the wait at the stops especially when going back from City Hall.



SIKH HERITAGE MONTH



On April 17, Mandeep Kaur helped to organize and celebrate Sikh Heritage month at the civic center in Scarborough, where the history of the Sikhs living in the area was shared with the audience, as well as kirtan, presentations and food.

100 MARTHON CLUB



On October 18, Harmander Singh from “Sikh’s in the City” running club completed his 100th marathon at the STWM. Baba Fauja Singh who Harmander coached kept his promise to be at the finish line and greet him as he completed the race in 4h 44m and 30s. He was supported by 20 members from Sikh’s in the City club who came from England and some locals as well. He was presented with a 100th marathon medal and running shirt as well as sharing “cupcakes” with all those who came out to support him. Included in this group was Harbhag Singh (pictured above) who became the first Sikh to be a member of the 100 marathon club. Harmander Singh and many alike who were there are truly inspirational, their accomplishments inspire others of us to make similar changes to their lifestyles and to stay physically active for their health

OTHER EVENTS

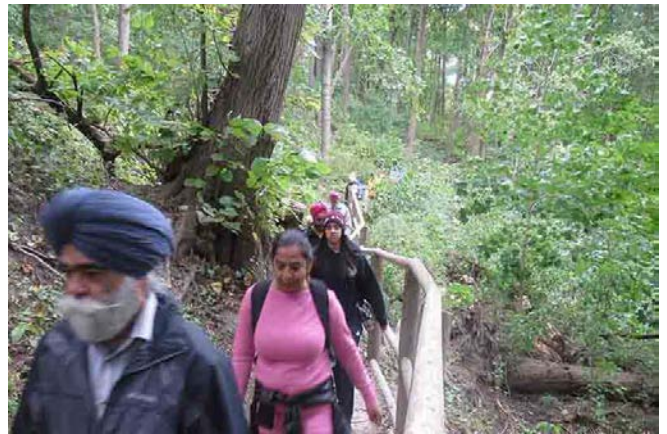


On May 30, the GGSCF helped again with the annual C-SASIL disabilities challenge, where team participate in wheel chair races as a fund raiser.

On July 12, we helped serve langar and collect change at the Can-Sikh Tournament at Wildwood Park, Malton. Attendance was down due to kabaddi players taking drugs not being allowed into Canada, but the children soccer matches were just as exciting.

On July 25, GGSCF volunteers took two buses of seniors to Niagara Falls day trip. This year they got to visit the Gurdwara in Niagara Falls, got to take part of the iMela performances at the falls and enjoyed the great food/scenery.

GURU NANAK WALK



On October 3rd, a cool autumn morning with brisk winds blowing, 42 adventurers gathered at Toronto’s Edwards Gardens to begin this year’s Guru Nanak Walk. After doing the ardas, the journey began down Wilket Creek through parks and trails which eventually lead into the Don River and Valley. Along the way there was scenic autumn views, wildlife and a “superheroes” charity run along the route. From there, some of the more ambitious participants charged on forward, taking a turn off the intended route and venturing along the scenic Taylor Creek to Scarborough before having to be found and brought back along the Don River trail. Meanwhile, those with more savvy orienteering skills managed to make it down to the Evergreen Brick Works and continued up to Moore Park and the Vale of Avoca before returning for lunch. Sholay and rice along with sandwiches and tea were much enjoyed before making the final trek down the valley to Riverdale Farm where the smells and animals reminded many of farm life back in Punjab. Despite the cold and the charm of the valley’s tributaries that lead many astray, the participants enjoyed each other’s company amidst the autumn backdrop and some completed the entire 21km route. If nothing else everyone gained an appreciation for Guru Nanak Dev Ji’s far-reaching travels on which he spread his teachings of Waheguru/peace/compassion and all this was done on foot at a time when travelling was not as simple as it is today.

BOARD CHANGES

Last year with the passing away of Ajmer Singh Sidhu meant the Council did not get a chance to change members of the Board. However this year four few members of the Board were chosen to give other youth a chance to lead the GGSCF. We would like to thank Chiranjeev Singh, Jagdeep Singh, Jasjit Singh and Sarpreet Kaur for their leadership over the years and who now hand off to the new members that we would like to welcome Amandeep Kaur, Amanjit Singh, Gurleen Kaur and Prableen Kaur who will be helped by Nimratvir Kaur who will provide the continuity.

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