

# Guru Gobind Singh Children's Foundation

Issue 3

September 2000

ਸਾਧ ਸੰਗਤ ਜੀ, ਅਸੀਂ ਇਕ ਵਾਰੀ ਫਿਰ ਤੁਹਾਡੇ ਅੱਗੇ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਚਿਲਡਰਨਜ਼ ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਸ਼ੁਰੂ ਕੀਤੇ ਹੋਏ ਅਤੇ ਪੂਰੇ ਹੋ ਚੁੱਕੇ ਗਏ ਉਪਰਾਲਿਆਂ ਦੀ ਖ਼ਬਰ ਲੈ ਕੇ ਪੇਸ਼ ਹੋਏ ਹਾਂ। ਜਿਨ੍ਹਾਂ ਨੇ ਸਾਡੀ ਹੌਂਸਲਾ ਅਫਜ਼ਾਈ ਕਰਕੇ, ਹਮੇਸ਼ਾਂ ਵਾਂਗ, ਹਰ ਮੁਕਾਮ ਤੇ ਸਾਡੀ ਸਹਾਇਤਾ ਕੀਤੀ ਹੈ, ਅਸੀਂ ਉਨ੍ਹਾਂ ਦੇ ਹਮੇਸ਼ਾਂ ਹੀ ਸ਼ੁਕਰ ਗੁਜ਼ਾਰਾਂ ਹਾਂ। ਇਸ ਫਾਊਂਡੇਸ਼ਨ ਨੂੰ ਅੱਗੇ ਵਧਣ ਲਈ ਹਾਲੇ ਵੀ ਬੱਚਿਆਂ ਅਤੇ ਵੱਡਿਆਂ ਦੀ ਮਦਦ ਅਤੇ ਉਤਸ਼ਾਹ ਦੀ ਲੋੜ ਹੈ ਅਤੇ ਸਾਨੂੰ ਉਮੀਦ ਹੈ ਕਿ ਅੱਗੇ ਚਲ ਕੇ ਵੀ ਤੁਸੀਂ ਸਾਡਾ ਹੌਂਸਲਾ ਹੋਰ ਵਧਾਓਗੇ, ਜਿਸ ਦੇ ਨਾਲ ਅਸੀਂ ਸਾਰੇ ਆਪਣੇ ਗੁਰੂਆਂ ਦੀ ਸਿੱਖਿਆ ਤੇ ਚਲਦੇ ਹੋਏ, ਫਾਊਂਡੇਸ਼ਨ ਦੇ ਮਕਸਦ ਵਿਚ ਕਾਮਯਾਬ ਹੋ ਸਕਦੇ ਹਾਂ।

## 1000 Km RELAY RUN-A-THON



On July 22, 2000 at the Guru Gobind Singh Ji Stadium in Dixie Gurdwara, a 1000km relay run-a-thon took place to celebrate last year's successful relay run from Toronto to Ottawa. A celebration of course, was not the only reason behind this run-a-thon. The foremost reason for this run was to continue helping children in need and further achieve the goals of the Foundation.



Those of you were present on July 22, 2000, we know would agree that the Guru Gobind Singh Children's Foundation is certainly about "children helping children." We had over 157 participants and volunteers to work together as a team and succeed once again in our mission to create a challenge for themselves while helping those in need. The participants were of various ages with the youngest being 3 years old, and most of them were not much older. All participants were definitely quite young, however they were as always, most enthusiastic.

The run started at 9:30am, and was completed by 3:30pm, covering a total distance of 1000km. The participants were divided into 10 teams. Each team member ran and then passed on the Nishan Sahib

to the next team member and so on to cover the full distance. Due to the young age of many of the participants, and to cover an increased amount of distance in a shorter period of time, eventually 3 members of each team ran together. Seeing the enthusiasm in the children, even the parents and volunteers insisted on running to cover some distance as the children rested and had lunch.

### MONEY PLEDGED FOR SUPPORTING CHILDREN BY THE 1000 KM RUN

**\$ 26,421.45**

WANT TO SUPPORT THE FOUNDATION CALL US  
TORONTO 416-502-1388 TOLL FREE 1-800-684-0048

Although many many individuals took part in this event we would like to acknowledge the following sponsors who helped to cover the cost of the event:

In memory of Mata Kishan Kaur from all her family  
Bibi Balbir Kaur Dhillon & family  
Param Singh Sidhu & family  
Brampton Kitchen & Cabinets  
Co-op Auto Body Repairs  
Kashmir Singh – Homelife Real Estate

In addition we would like to thank SurSagar Radio/TV for allowing us to hold a radio/tel-thon on July 16<sup>th</sup>. South Asian News, Baltej Singh Pannu, Jagdish Singh Grewal also helped with covering the event on TV, radio and newspapers and also assisted in collecting funds. We would also like to thank Scarborough Gurdwara president who came to support the event and donated \$1,100 from the Gurdwara. We would like to thank all the parents who came out to support the children and helped with the event. Most of all we would like to thank all the children who took part and collected pledges in hundreds of dollars. Many of them were under 7 years in age and stayed the whole day. Also a special thanks to Harjot Singh Bains and Bineesh Kaur Chadha who were outstanding as the event coordinators of this run.



## FOUNDATION SPONSORS MORE CHILDREN

Since the run to Ottawa in 1999 many individuals have asked that the Foundation should also help children in need in Punjab. Since last year we have been seeking contacts with organizations that support children in Punjab. Although there are many organizations we wanted to support children in the same way as Foster Parents Plan. In this we wanted the money to go to an identifiable child with whom children here could communicate with and obtain profiles of the child being helped. We also needed a reliable link with the organizations in Punjab. The Foundation managed to achieve both through Dr. Charanjit Kaur Mander (MD in Burlington) who has been supporting children for several years and visits the organizations each year to see the results of the financial support. She helped the Foundation to make contact with the following two organizations in Punjab through which the Foundation now supports 20 children:

### Joyti Saroop Kanya Aasra Trust:

This trust is run by Dr. Harminder Singh. This is a new organization that supports Sikhs girls who have no other means of support. At present the Foundation is supporting 12 girls. As Dr. Harminder Singh said in his letter, the children need basic necessities like food,



Narinder Kaur (5y)



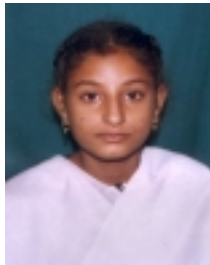
Rupinder Kaur (10y)



Harpreet Kaur (11y)



Kuldeep Kaur (14y)



Rajwinder Kaur (10y)



Jagroop Kaur (15y)



Sukhjot Kaur (11y)



Inderjit Kaur (7y)



Balwinder Kaur (7y)



Bhupinder Kaur (12y)



Kuldeep Kaur (13y)



Amanpreet Kaur (6y)

clothing and shelter but most of all they need "love and hope". The Joyti Saroop Kanya Aasra Trust is also ensuring these children get education so that tomorrow as adults they can support themselves. Well the Guru Gobind Singh Children's Foundation wants to provide some hope to these children. If you look at all the photographs of the girls what do you see. If you look closely you will see there is no smile even on one child's face. Maybe with time we can help and work with the Joyti Saroop Kanya Aasra trust to change this.

### Vocational Rehabilitation Training Centre

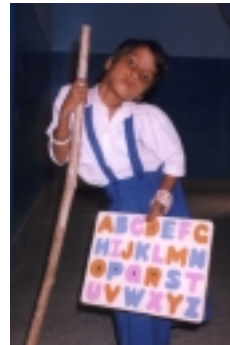
This centre is run by Dr. E.M. Johnson. This centre was established in 1964 and helps to teach skills to blind and physically handicapped children. At present the Foundation supports the following 8 children.



Dalip Gupta (13y)



Panjabu (9y)



Pooja (7y)



Gagandeep Kaur (8y)



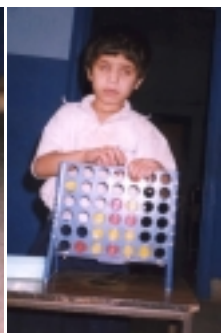
Bimla (9y)



Manna Singh (9y)



Thomas (9y)



Shivani (7y)

Since its establishment the centre has rehabilitated and resettled about 13,600 physically and visually disabled persons. It is now a pioneer rehabilitation institute for blind and disabled persons in India. The centre also helps to provide vocational training and immediate placement for employment so that these persons can support themselves when they become adults.

### CAN-SIKH TOURNAMENT – Harjot Singh Bains

The Can-Sikh Cultural Federation helped the Guru Gobind Singh Children's Foundation at their annual sports tournament in July. The tournament which was held at Wildwood Park in Malton was a



huge success raising approximately \$7,000 towards the children being sponsored in Punjab. Event organizers, the weekly Nagara, Panj Pani newspapers and local radio stations asked the community to bring "change" to the event and contribute to these children that the Foundation is supporting. We like to acknowledge this tremendous support shown by our community many who gave more than just "change".

### **FOSTER PARENTS PLAN – Manpreet Kaur Jaswal**

On April 30, 2000 at the Nagar Kirtan the children of the Guru Gobind Singh Children's Foundation who took part in last years run presented a cheque to Carol Wilding National Director of Foster Parents Plan of Canada. A 20 year endowment agreement has been



reached by the Foundation with Foster Parents Plan of Canada. The \$109,270.31 raised last year will be managed by Foster Parents Plan and the interest from the money will be used to support 20 children for the next 20 years. The agreement allows the Foundation to choose new children as some come off the program and the flexibility to add to this amount at any time in the future. The endowment allows the Foundation to reach a goal, which was to help children over the long term.

### **GAZETTE CHALLENGE 2000**

Children, youth and parents from the Guru Gobind Singh Children's Foundation took part in the Gazette Challenge 2000 in the suburbs of Peterborough last month. When asked why they participated so far from Toronto, the children all replied it was a good way to thank the citizens of Peterborough who greeted us so warmly last year when the 500 Km relay run passed through Peterborough.

The participants from the Guru Gobind Singh Children's Foundation were: Amanjit Singh Dhillon, Jasjit Singh Dhillon, Karan Singh Parmar, Kunal Singh Parmar, Amrit Singh Perhar, Itasha Kaur Parmar, Gagandeep Kaur Babra, Ramesh Kaur Parmar, Ranbir Singh Perhar and Kamalpreet Kaur Dhillon.



The children and youth collected just over \$250 in pledges and contributed this from the Guru Gobind Singh Children's Foundation.

The money raised will be used to repair the local "Old Millbrook School Family Centre". The event involved an 8 km run or walk along very scenic country routes. The local residents really appreciated the participation from such a wide age group and that the participants had come from so far to help them in their community.

### **RETRO- RUN FROM TORONTO TO OTTAWA**

The Foundation's first run-a-thon was such a memorable event that youth are still remembering moments from the run and thinking about that one week that made such an impact on everyone who was a part of it. The article below is from two such youth, who wished to express how they felt during that week of the run over a year ago.

*The run-a-thon... Now what can we say? It was the best event we ever took part in. Even running the 582km was fun. The great thing about this run was, not only did we have fun, but we also helped other children. The cities that we stayed in were nice, the people were welcoming and supportive and the food was AWESOME!!*

*We waited a long time for that week in July, and when it came it was over! It didn't seem like seven days the time went by so fast. We already knew some of the other runners because of the practice runs held in Miliken Park, with our personal trainer Sidd, so we all got along well. The volunteers were the best and so was our bus driver Steve (who had to put up with our constant excitement). They were very supportive and knew all along that we would make it to Parliament Hill even if we had doubts.*

*The volunteers also made sure that we were well looked after and ate a lot of healthy food, even though they did carry a full supply of pop which a few of us (who will remain unmentioned) did get our hands on. We got a lot of great media coverage and the whole run was taped by our very own camera crew: Amarpreet Kaur Jaswal and Sunita Bhowmik (they are highly recommended).*

*This event was unforgettable and no matter where we go or how many years go by we will always remember this event.*

*Itasha K. Parmar & Gagandeep K. Babra*

### **ARTS OF THE SIKH KINGDOMS**

Many Sikhs will have visited the impressive "Arts of the Sikh Kingdoms" exhibition from May 27 to August 20 at the Royal Ontario Museum. The event was made possible by the Sikh Foundation under the direction of Gary Singh which with the community's support raised over one million dollars mostly through corporate sponsors and contributions from both the Federal and Provincial governments. The Guru Gobind Singh Children's Foundation also played a small part in this historic event by arranging for the sale of discounted advance tickets in Gurdwaras and the Nagar Kirtan. ROM advised that in total some 10,000 advance tickets were sold and that they had 20,000 more visitors this year than the same period last year.

### **TRIP TO ROM – Itasha Kaur Parmar**

On Sunday August 13, 2000 the Guru Gobind Singh Children's Foundation organized a day trip to the Royal Ontario Museum to view the Arts of the Sikh Kingdoms exhibition. It was a tiring day due to all the walking around, but in the end it was all a worth while experience because you ended up learning new facts. Everything was so wonderful and realistic. Maharaja Ranjit Singh Ji's golden throne was there and for many it was hard to believe how much gold was on it. The pictures and displays were very nice to look at and very informative to read about.

The ROM also had information on the Sikh Rulers and on India. They had two different video documentaries that explained the basics of Sikhism and what the Sikhs believe in. There was also a display of guns, swords and a suit of armour, as well as other weapons that were used in fights during those times. I would like to thank the Guru Gobind Singh Children's Foundation and the staff of the Royal Ontario Museum for an educational and a very enjoyable day.

## PUNJAB VISIT – Taranpreet Kaur Chadha

During my trip to India this summer, I had only two things on my agenda, these being: to meet my relatives, and to meeting the children that the Guru Gobind Singh Children's Foundation is sponsoring.

I was staying in Amritsar, when I decided to go meet the children. So some of my family and I drove up to Ludhiana to the Vocational Rehabilitation Training Centre, where I met Dr. E.M. Johnson, his wife and his daughter. Dr. Johnson is the person who established this training centre, with the help of his family. After becoming blind himself, he decided that he wanted to help other blinds and that is when he decided to open a training centre for the blind and handicapped. Most of these kids either have no eyesight or they are physically disabled. However, these children are just as intelligent as one of us. They have learned how to read, play music, sing, and the most important thing they have learned how to do is smile.

During my visit, after I told them who I was and why I was there. They realized that there actually are people out there who want to help them and this has given them hope. Having met these children I can truly say that they are great. They have a very big heart, and it just got bigger after they learned about the GGSCF and how we, also children are trying to help them. I think everyone should take the opportunity to meet these children. Once you meet them, you will see a totally different picture of why the Guru Gobind Singh Children's Foundation is helping these children and the difference it makes in their lives.



Children at the Vocational Rehabilitation Training Centre meet Taranpreet

## BOARD

On July 1, 2000 the Board of the Guru Gobind Singh Children's Foundation was changed by Karindeep Kaur Jaswal. She thanked the outgoing Board and announced the new Board during the monthly youth group meeting. She announced the criteria she used to evaluate all the candidates nominated by the youth group and the reasons why a smaller Board of only five persons was chosen. The new Board members are:

Ranbir Singh Perhar 416-298-0197 Harjot Singh Bains 905-450-7793  
Manpreet Kaur Jaswal 416-609-2916 Inderpal Kaur Wig 416-502-1388  
Paramjit Singh Dhillon 416-321-1702

At their first formal meeting of the Board the following matters were discussed and agreed:

1. Established a Vision, Mission, Core Values and set short, medium and long term goals for the Foundation. Approved the sponsorship of 20 children through the Joyti Saroop Kanya Aasra Trust and the Vocational Rehabilitation Training Centre and the children would be supported from the donations received from the 1000 Km run.
2. Set the following immediate short term goals:
  - Prepare a constitution for the Foundation
  - Seek registration of the Foundation
  - Set up an administration system for the children sponsored
  - Execute agreement with Foster Parents Plan of Canada
  - Plan other activities for children and youth

If any one has any suggestions or questions about the Foundation please raise this matter with any member of the Board.

## LETTERS

Children from the Foundation have written letters to the children being sponsored. Several replies have been received. Here is a letter from Hien a 10 year old girl who lives in Vietnam.



## CN TOWER STAIRCLIMB



This year 151, our largest group so far took part in the climb. Together the group raised just over \$3,300 for the World Wildlife Fund of Canada

## EDITOR - Inderpal Kaur Wig

In 2001 it will be two years since the Guru Gobind Singh Children's Foundation was established. In this time, we have overcome many challenges with the blessings of our Gurus. We have raised over \$150,000 and currently support 36 children around the world, out of which 20 are from Punjab. For a period of less than two years of existence, this is only a beginning for us, and for the Foundation.

Sadh sangat ji, you have all been very supportive right from the very first dinner in January 1999, and even though we are not able to acknowledge each and every one of you, we thank you a great deal for all the effort you have put in to help us with our mission. Even though it may seem as we are progressing, we still have a very long way to go as there is so much more that is waiting for us in the future. We request that you continue to support us, but furthermore, we request that you help us in getting all children, youth, and young adults together to achieve this mission as one community. We request that you encourage the children and youth to participate in, and take charge of these events so that we may grow further and become stronger because only then will we be able to achieve our goal and succeed in our mission.

For further information, questions, concerns, or if you wish to contribute to the newsletter, please contact us at (416) 502-1388 or write to us at:

**Guru Gobind Singh Children's Foundation**  
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