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## **Newsletter No.8: June 2010**



SIKH ASSOCIATION OF WA INC.

# sawa



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### **Inside This Issue**

- |                               |                       |
|-------------------------------|-----------------------|
| 1. Message from the President | 2. SAWA News          |
| 3. Community News             | 4. Forthcoming Events |

### **1. Message from the President – Daljit Singh Dhillon**

Dear and respected Members,

Wahe Guru ji ka Khalsa Wahe guru ji ki Fateh.

This is the last news letter from the present ExCo. I, on behalf of the Executive Committee would like to thank the Sangat at large and particularly members of SAWA for their support and guidance in running the affairs of SAWA. The Executive Committee tried its best to meet with the expectations of members but there could have been a few things, where we might not have been entirely successful in this regard. I on behalf of the EXCo apologise for any such shortcomings.

There have been wide level of consultations on revision of the Constitution of SAWA, to incorporate the changing needs of SAWA under the changed circumstances, for effective management of SAWA. It is a matter of satisfaction that new Constitution stands approved and comes into force with immediate effect. I thank all the members who contributed to the framing/finalising of the document.

During the year we have made efforts to give significant face lift to the surroundings of the Gurdwara Sahib building. The things are apparently shaping well. The new extended car park has been tarred. However, the work is yet in progress and will be completed shortly .

The committee always endeavoured to enhance the profile of the community but this will always be an ongoing task.

The annual Vaisakhi games were a big success and I thank PCSC for managing the event in a very professional manner. The Vaisakhi dinner and dance evening was a great success as well and I on behalf of ExCo thank all the participants and performers, particularly the young kids who gave a scintillating bhangra performance.

Above all, the sangat deserves kudos for maintaining harmony in the community and maintaining the piety of our supreme place of worship.

I also acknowledge the services of student community in the Gurdwara Sahib in arranging langar sewa and tidying up after serving of langar. Thanks to them all.

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh

### **2. SAWA NEWS:**

#### **• PCSC REPORT – Gurdarshan Singh Kailley**

In May PCSC organised SAWA Vaisakhi Games at Willeton Basket Ball Stadium. A large crowd relished Volleyball, Basketball, Badminton, Netball, Kabaddi, Soccer and Athletics while little kids were amused with



Event	Winner	Runner-Up
Volleyball	Bayswater	PCSC
BasketBall	Thugs( Sital's )	
Soccer	Rikki United	
Hockey	Khalsa Lions	Punjab Tigers
Kabaddi	Team Doaba	Team Malwa
Tug of war		
Women	NOR	
Men	SOR	
Badminton		
Men under 40	Navdeep Singh	Guneet Singh
Women	Harneet Kaur	Harleen Kaur
Men's Double	Amarjit Hansra, Minder Dhillon	Jaspal Sidhu Jagjit Singh

face painting and Bouncy Castle. The Hockey competition was held the following week .The final results are shown in the table below:

On behalf of the club we are grateful to all the participants and the spectators for their support. The club is honored with the valuable efforts of Satinder S Samra, Jagdev S Dhillon, Devraj Singh, Amarjit S Amar, Lakhvir S Sidhu, Didar S Cheema, Parmjit S Kahlon, Sarbjit Kaur, Gurpreet Buttar to turn this event into a grand success.

PCSC Volleyball team has participated in 2010 Drug Awareness Championship held on 5th and 6th June at Loftus recreation center

in Leederville and pulled up a draw against Balcatta in the Metro Grand final. The team has scored 2nd position in the state championship as well.

Our team is participating in the Subico Council's League competitions commencing in Late June and Team will be playing another State championship at Collie in August. The club encourages all the volleyball enthusiastic individuals to be proactive and contact the club. The team is having the practice session from 2 PM to 5 PM on every Sunday at Belmont Recreation Center.

We are thankful to the community for their support behind our team and to all the participants who played hard to represent our club and demonstrated an outstanding example to sportsmanship.

PCSC youngster's bhangra team has represented SAWA in Jeevan Daan- Organ Donation Awareness Musical Concert in Perth Convention Centre on 19<sup>th</sup> of June. We are thankful and proud of the kids who participated.

The club is thankful to SAWA for the support in the past and looking forward to work in tandem as a cultural and sports arm of the association.

- **SAWA's PUNJABI RADIO PROGRAM:**



SAWA's Sikh Sangeet radio program is broadcasted on 6EBA 95.3FM from 7:00AM to 8:00AM every Thursday morning.

The show is presented in Punjabi and starts with a Shabad, followed by Live Hukmanama from Cannigvale Gurdawara, announcements on upcoming program, songs, news, health tips, thought of the day and jokes. We have had very encouraging feedback from our listeners. This also provides platform for all listeners to share birthday and anniversary announcements, up coming current events in community and/or Gurdawara, sharing arrival of the new born or other such not so happy events to support each other.

Senior Broadcaster & Presenter Amrit Pal Singh would like to thank all our listeners, SAWA and his team of volunteers Gurdeep Kaur, Giani Balbir Singh, Jasky Singh and Santbir Kaur for helping him with the program. We appreciate your enthusiasm and contribution.

SIKH SANGEET program is looking for more volunteers and business to Sponsor the Program. If you are interested please contact Amritpal Singh on his mobile 0417911803.or via email on [Sikhsangeet@6eba.com.au](mailto:Sikhsangeet@6eba.com.au) You may visit our website at <http://www.6eba.com.au/1/sikhsangeet.php>.

Stay tuned to Radio on 95.3 FM or listen online on 6EBA on 7 AM every Thursday.

Happy listening,

## Dementia Awareness Grant Report – Amarjit Singh Pabla



**An Australian Government Initiative**



Raising the awareness of Dementia among communities

*dementia@sikhwa.org.au*

You will be pleased to know that Department of Health and Ageing has awarded a grant of \$26,730.00 to SAWA to "Raise the awareness of Dementia among the communities of Indian Sub-Continent". It is an Australian Government funded project helping Australians with dementia and their carers

**Purpose of the project:** Australia is going through a major demographic shift. In fact by 2011, one in five people aged 80 or over will be from a CALD background, increasing to one in four by 2026. It is well known that the incidence of dementia increases as we age, and dementia is becoming a major issue for local communities and service providers. The 2001 Australian census recorded more than 100,000 persons from Indian Subcontinent. Western Australia contains the highest proportion of overseas born population. Older people from culturally and linguistically diverse (CALD) background constitute a significant proportion of the older Australian population. As the first generation ages, there will be a rapid increase in the proportion of people with dementia from non-English-speaking background. Caring of culturally and linguistically diverse population poses many different challenges and much more work needs to be done to ensure that CALD population can access the appropriate care. People from CALD backgrounds face many difficulties in accessing services including;

- languages difficulties,
- lack of knowledge of the service systems,
- lack of culturally and linguistically appropriate services,
- lack of culturally appropriate assessment

### **Aims of Project:**

- raise the awareness of Dementia among the communities of Indian Sub-Continent;
- remove the stigma attached to Dementia through community education;
- provide community support to people with dementia and their carers and families;
- Identify the existing promotional material that can be used by the communities of Indian Sub-Continent and promote healthy life style that has potential to reduce the risk of dementia.

### **Project Team :**

<b>Name</b>	<b>Role</b>	<b>Name</b>	<b>Role</b>
Amarjit Singh Pabla	Project Manager	Dr (Mrs) Harinder Kaur	Project Advisor
Satwant Singh Bassan	Finance & Media	Dr (Mrs) Nirmal Kaur	Project Advisor
Dr Amarjeet Singh	Project Co-ordinator	Dr Harpreet Singh	Project Advisor
Mahesh Inder Singh	Secretary SAWA	Dr Manjit Singh Mudhar	Project Advisor
Daljit Singh Dhillon	President SAWA		

### **Area of Focus:**

- Dementia among the people from Indian Sub-Continent.
- Raise the awareness of Dementia among the communities of Indian Sub-Continent
- De-stigmatise the Dementia in the communities of Indian Sub-Continent
- Remove Social isolation

Several events will be organised over next few months to complete this project. We need volunteers for sewa, if you can assist please contact any team members. If you know someone who can benefit from this project directly or indirectly please bring him/her along.

• **BREAKFAST & LUNCH LANGER SEWA:**

DATE	BREAKFAST SEWA By	LANGAR SEWA By
04-04-10	Manjit Singh	Randhir Singh Dang & family
11-04-10	Satinder Singh Samra & family	Satinder Singh Samra & family
14-04-10	Evening Programme 6:30-8:30 Vaisakh Sangrand	Shinder Kaur Sekhon & Mohinder S Sekhon families
16-04-10	Vaisakhi Akhand Path : Simrat Singh Malhotra & family	Avtar Singh & family; Harinder Dahiya & Prabhjot Singh Jolly
17-04-10	Akhand Path - Ladies	Ladies
18-04-10	Akhand Path –S Sukh; Sartaj Singh; Kulwinder Singh Mundi & Laali Sandhu	Kulwinder Singh Mundi & Laali Sandhu
25-04-10	Sukhwinder Singh, Soojan Kaur, Harbans Kaur & Bachan Kaur Vagel families	Rajesh Bhutani
02-05-10	Jasdeep Singh & family	Gupat Sewa
09-05-10	Kanwaljit Singh Kharbanda family	Gursimran Jeet singh; Sandeep Choudhary & Suresh Kumar
15-05-10	Evening Programme: sangrand	Gupat Sewa
16-05-10	Parvender Singh, Satpal Singh, Avar Singh (Tari) & Manjit Singh Turh families	Veer Partap Singh family
23-05-10	Kapil Malhotra family	Barjinder singh Kochhar family
30-05-10	Navpreet Singh family	Jimmy Gujral family
06-06-10	Sarabpreet Singh family	Sadh Sangat
13-06-10	Avtar Singh tari, Prem singh Judge & Daljit Singh Bhail families	Gurdarshan Singh Kailley & Harmeet Singh Kailley families
15-06-10	Evening Programme: Sangrand	Gurinder singh & friends
16-06-10	Evening Programme: Shahidi Guru Arjan Dev Ji	Rajvinder Singh Pannu & friends
20-06-10	Didar Singh Cheema family	Satinder Singh Satti & friends
27-06-10	Harleen Kaur & Jagdish Singh Gill family	Charanpal Singh & friends

Our sincere thanks to all the Sewadars, Pathis and Sangat for celebrating Vaisakhi and Guru Arjan Dev Ji's Shahidi Diwas. with Akhand Path and Sahej Path respectively. Your generosity and Sewa to the Sadh Sangat is always appreciated. May Waheguru Ji bless all those, who do Nishkam Sewa !

For Langer bookings, contact Giani Balbir Singh Ji on 9455 7220 or Sarabjit Singh Pannu on 9455 1075.

**3. Community News:**

• **Australian National Sikhs Sports and Cultural Council:**

The 2011 games will be held in Adelaide during Easter. Surjit Singh (Sunny) Punia was elected as committee member representing SAWA and Panna Hopkins was elected as Vice President. For any information on the games, contact Panna Hopkins or Sunney Punia.

- **Gurbani Vichaar:**

Gurbani Vichaar Programme is held fortnightly i.e every 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month in the Canningvale Gurdwara Library after Langar, at about 1.00p.m. New members are always welcome. For more information contact Dr. Amarjit Singh on 9386 6379.

- **Punjabi School :**

Punjabi classes are held every Sunday for all age groups. Keeping in view the importance of mother tongue for personal and culture identity and for spiritual and emotional development, all parents should make an effort to enroll their children in SAWA Punjabi School. For more information, contact Taranpreet Singh or any of the Punjabi school teachers.

- **Istri Satsang:**

Istri Satsang is held once a month, usually in the 2<sup>nd</sup> week at Gurdwara Saheb from 2.00 – 4.30 pm. The programme starts with Sukhmani Saheb Path, followed by Kirtan, Ardas and Langar. Thanks to the following ladies for organising the Satsang and doing the Langar Sewa :

24 April 2010	Kamaljit Kaur Gill; Madhu Rajput; Sacha & Quick families
08 May 2010	Manjit Kaur Sunner
26 June 2010	Surinder Kaur Sandhu and Dr. Jasbir Kaur Pannu

The booking for August and November 2010 has already been made. For future bookings, contact Juginder Kaur, Tel : 9276 3923. I would also like to take the opportunity of thanking Sukhwant Kaur Pannu for organising the visit of Lynn Felt and two other members of Women of Faith who wanted to know about Sikhism. Sukhwant K Pannu, Juginder Kaur and Kuljit Kaur spoke briefly on the history and philosophy of Sikhism. This was followed by open discussion. Mrs Felt discussed the main objectives of the women of faith and how they were helping women from different communities.

- **Condolences :**

SAWA expresses sincere condolences to

- \* Mrs Santbir Kaur Bassi and her family on the demise of her father, S Harbans Singh on 23<sup>rd</sup> April in Melbourne.
- \* Mr Paramjit Singh Nagra and his family on the demise of his father, S. Gurbachan Singh in India.
- \* Mr Sarwan Singh Vagel on the demise of his mother on 24<sup>th</sup> April in Malaysia
- \* Mr Surjit Singh Punnia and family on the demise of his father S Bakhtawar Singh Punia on 12<sup>th</sup> June in Perth
- \* the parents of Harinder Singh & Prabhjot Kaur (husband and wife) who died in a car accident on 21<sup>st</sup> April.

- **Births!**

**Birthdays!****Weddings!****Congratuatiions are due from SAWA and Sadh Sangat to**

- \* Mrs Manmohan Kaur on the birth of her grand daughters and on becoming Dadi Ji.
- \* Mr & Mrs Rajinder Singh Sunner on the birth of twin grand daughters and becoming Dada ji and Dadi ji.
- \* Gurkamal Singh Kailley on his 13<sup>th</sup> Birthday.
- \* Mrs Ravinder Kaur Ghaleigh on her 60<sup>th</sup> Birthday.
- \* Satinder Singh Samra on his 60<sup>th</sup> Birthday.
- \* Sharon Sandhu on her 40<sup>th</sup> Birthday.

- \* Paramjit Singh & Lakhbir Kaur on the 12<sup>th</sup> birthday of their grand-daughter Ashman.
- \* Dalbir Kaur Rani on the wedding of her son Darminder Singh to Gagandeep Kaur in India.

**Please, note that the condolences and congratulations section is based on the information made available. We are sorry for any unintentional omissions.**

#### **4. Forthcoming Events:**

- |  |                         |               |
|--|-------------------------|---------------|
| • Avtar Divas Guru Hargobind Sahib Ji  | 5 <sup>th</sup> July    |               |
| • Savan sangrand                       | 16 <sup>th</sup> July   | Evening Prog. |
| • Bhadro Sangrand                      | 16 <sup>th</sup> August | Evening Prog. |
| • Avtar Divas Guru Harkrishan Sahib Ji | 23 July                 |               |
| • AGM                                  | 29 <sup>th</sup> August |               |

**In the end, I would like to say that it has been really a great pleasure to serve my community this way. I sincerely thank all the members of SAWA for giving me this responsibility of compiling the newsletter and for their contributions to the Newsletters. My heart-felt thanks are also due to all the members of Sangat for their positive feedback and encouraging comments.**

**Please note that the newsletter is now sent by email. If you don't have access to computer, let us know and we will organise a hard copy for you.**

**WAHEGURU JI KA KHALSA WAHEGURU JI KI FATEH.**

**Juginder Kaur**  
**Assistant Secretary, SAWA**