Fall/Winter 2017  
(September 2017 – March 2018)

Chairman's Message

By Amarjit Singh Riat

Respected Sadh Sangat Ji,

I am thankful to Waheguru and all of you and the Board of Trustees for giving me the opportunity for the seva of Chairman, SFV Gurdwara Sahib for the year 2017-18. I am fortunate to be working with not only the past chairpersons and present Board of Trustees who have great experience, our respected Granthis, and a remarkable team of volunteers. We all have worked together for the betterment of SFV and have helped achieve its goals.

This year we introduced new ideas and plans which could continue on an ongoing basis. These initiatives include “Amrit Sanchar” on April 14, 2017 (in which fourteen individuals partook Amrit to become Amritdhari Sikhs), “Meet your Sikh Neighbors”, the “Program for Seniors”, the “Cultural Program” which was brought back after several years of absence, and Sikh Invocation in the Virginia State Senate Chamber. All these programs received very good response and support from the community.

I would like to inform you that the financial condition of the SFV is getting better as indicated in the attached finance committee report. To be a successful organization and to maintain a quality facility and keep qualified Granthis on staff, we need your financial support. I am requesting that all of you to sign up for monthly automatic debits from your bank accounts make one-time donations to become a Life Member or commit to pay for any recurring expense and projects. With Waheguru’s blessing and your support, the Gurmat School and the Youth Camp were very successful this

Disclaimer: This issue of SFV Voice has been prepared by members of the SFV Sangat. The interpretations and views expressed herein are entirely those of the authors, and do not necessarily reflect the views of the SFV, its Board and Management, or the SFV Voice editing team.
year. During the past few years the school enrollment has increased substantially, and we are working with Fairfax County to provide additional accommodation to the children’s Sunday school.

During past several years there have been incidents of hate crime at religious places, including the Gurdwaras. SFV management is working with Fairfax County Police and Homeland Security to improve security at the SFV Gurdwara Sahib.

With Waheguru’s blessing and Sadh Sangat support, SFV is making progress and is committed to providing the best possible services to our Sadh Sangat. The SFV Organization is in Chardi-Kala.

I would like to thank the outgoing Board and committee members, volunteers and Sadh Sangat for their support during this year.


Chardi Kala

Secretary’s Report

By Gurminder S. Bhatti

Presently, SFV Gurdwara Sahib has three full time Ragis/Granthis who share various duties. Gurbani Kirtan is recited by Bhai Sat Pal Singh Ji and Bhai Karam Singh Ji during the Sunday and Thursday diwans. They are ably assisted by Bhai Onkar Singh Ji (on Tabla). From time to time, special Kirtan and Katha services are also performed by Ragis and Kathawachaks at SFV premises.

Sikh foundation of Virginia (SFV) held kirtan darbar every Sunday and Thursday.

This year SFV had 26 Akhand Path Sahib at the Gurdwara Sahib and 8 Akhand Paths were recited at the homes of SFV Sangat. 7 Marriage ceremonies were performed from April thru February in the Darbar Hall and 6 weddings are already booked thru August 2018.

In addition, we had 5 Ragi jathas and 2 Dhadi jathas perform Kirtan at the Gurdwara Sahib. Several Kirtan and Sukhmani Sahib programs were held in the private residences of SFV Sangat. Four Kathavachaks performed Katha and explained Guru Granth Sahib’s Gurbani to the Sangat.

We are also fortunate to have several local sangat members who performed the kirtan at the Gurdwara Sahib. Local Kavis also did Kirtan and recited religious poems.

This year we had Hemkunt symposium and Ransabhai kirtan at SFV, though participation from among the youth was less, as compared to other Gurdwara Sahib.

We also provided information about Sikh religion to local schools students for their study project, and we encouraged the young children in our Sangat to participate in the kirtan.
Going forward, a suggestion is to have more youth involvement. Also, SFV needs more volunteers to operate the Projector System in the Darbar Hall during regular worship services.

Treasurer’s Corner

By Devinder Singh Behniwal

SFV financial accounts are maintained on a Calendar Year basis.

The year 2017 was financially good for the Sikh Foundation of Virginia. During the past year, the direct deposit donation has increased from $2,100/PM to $2,285.67/PM.

Our goal for direct deposit is $2,385 by Baisakhi Day 2018. We will provide an update on our goal in the next edition of the SFV Voice.

We would like to pay the monthly mortgage from the direct deposit collected.

An attachment detailing the year’s revenue and expenses was sent to all SFV members.

I am also urging the Sadh Sangat to sign-up for the direct deposit and contribute Dhan to SFV Gurdwara Sahib. Please contact me for any Sewa.

Public Relations Officer’s Report

By Kanwaljit K. Sachdeva

SFV organized four main events during the year. These events were very successful. The picnic and cultural program were organized using contributions from the SFV Board members and donations from the Sangat. The Board would like to thank the community for participation and contribution in all the programs.

**Meet Your Sikh Neighbors.** This was the first time that SFV organized an event to educate the community about our religion and culture. The event was organized on September 23rd from 11 am-1:30 pm. Teachers, counselors, neighbors, inter-faith members, and students attended the event. BOT members welcomed the attendees, and snacks and tea were served on their arrival. The attendees included Honorable Congresswoman Barbara Comstock, Delegate Tim Hugo and Fairfax County Board Member Pat Herrity. Approximately 60 persons attended the event. A PowerPoint presentation was made in the Langar hall to provide a brief overview of Sikhism. During the Q&A session, the attendees asked great questions about our religion and culture. After the conclusion of this session, the attendees were guided to the Darbar Hall to observe our worship services, and then come down again to enjoy Langar. It was great to observe that people of different religions are keen to understand Sikhs and Sikhism.

**Cultural Program.** The cultural program was organized on December 3rd at Lee High School in Springfield. Kids were taught giddha, bhangra, and dancing to Punjabi songs. Practices started the last week of October, and we had about 100 participants of different age groups for different items. There were more than 450 people who came to watch and support the program. Many people donated to make this program a success. The purpose of this program is
to reconnect our kids with Punjabi culture, so that they remain connected to their roots. It is a great platform to generate a feeling of being back home in India.

**Appreciation for Cultural Program participants and sponsors.** The appreciation dinner on February 24, 2018 for the cultural program performers went well. The purpose was to appreciate all participants, parents and coaches, as well as appreciate all sponsors for the cultural program. About 60 participants came with their parents and extended family. It was a good crowd of about 120 people.

They enjoyed pizza, samosas, chaat, salad, fruit, and desserts. Cultural program video was playing on the projector, and everyone enjoyed that along with the food. Later, they were awarded certificates. The Raheja family donated the trophies for participants, and the kids were very happy to be recognized. They are all excited to take part in the next cultural program. SFV Chairman Amarjit Singh Riat thanked everyone and encouraged them to keep up their great work.
**Sikh Invocation in the Virginia State Senate Chamber by the Sikh Foundation of Virginia:** At the invitation of the Virginia State senate legislative body, a delegation of the Sikh Foundation of Virginia Gurdwara Sahib visited the Capitol in Richmond, Virginia to perform Sikh Invocation at the start of the Senate’s February 20, 2018 session.

Dr. Kamaljit K. Sethi delivered the Sikh invocation on the floor of the Senate chamber invoking the Sikh message of universal brotherhood, truthful living and honest hard work, and seeking the well-being of all human kind (Sarbatt da Bhalla).

The invocation sought that Almighty God grant us wisdom and courage and inspire us with vision so that Americans of all faiths and colors continue to be a force for hope and freedom throughout the world. And prayed that God’s grace and presence be with the Members of the Senate as they fulfill duties of their office and serve Him by serving the people of the Commonwealth and the United States of America. State senators Barker introduced the Sikh delegation sitting in the gallery to the senate and praised the contribution of Sikhs in all spheres toward development of the Commonwealth of Virginia. Lieutenant Governor Justin Fairfax thanked Dr. Sethi and the whole Sikh delegation for the beautiful and meaningful invocation and exhorted Sikhs to get even more involved in the civic affairs.

On behalf of the Sikh delegation, Sikh Foundation of Virginia chairman, Amarjit S. Riat and patron, Surjeet S. Sidhu, conveyed thanks to the Lieutenant Governor and senator Barker for giving foundation the honor of offering invocation, and praised the work they and the whole senate were doing for the people of the Commonwealth.

The Sikh Foundation of Virginia was the first Gurdwara Sahib invited to offer the first ever Sikh invocation in the Virginia Senate chamber back in February 2002, and since then has continued this tradition being invited several times.

**Information Technology Report**

**By Harjit S. Chawla**

The committee has been involved in re-designing the Sikh Foundation of Virginia (SFV) website that is easy to navigate, while providing updated meaningful information. In addition, we seek to increase e-mail users to send timely and updated notifications while reducing reproduction and mailing cost. The new website will operate on a new platform that is secure and provides confidence on utilizing the Pay Pal system to donate money and pay for various fees related to religious functions. The SFV branding logo identifies our Gurdwara Sahib as being the oldest in Virginia. The committee also undertook the following two special projects:

1. Replacement of cleaning contractor – We successfully hired a new cleaning contractor to perform identical services while reducing the cost significantly.
2. Replacement of Property Insurance – After being with one insurance company for the past fifteen years, we changed to a new provider that exclusively provides insurance to religious organization in USA. This enabled SFV to increase our coverage and have additional endorsements while reducing the annual cost.

Maintenance Committee Report

The committee was actively involved in providing timely maintenance to the building and outside grounds to ensure that they are safe, and the equipment is reliable and operates within the confines of all applicable codes and regulations. During the past year two HVAC systems in the Darbar Hall were replaced and preventative maintenance was performed on the other units to ensure that they are operating efficiently. The security system was updated, and additional cameras were installed to monitor the activities within Gurdwara Sahib premises.

Construction Committee Report

The committee continues to seek Fairfax County permit for replacement of rear egress stairs and installation of a school trailer. This involved updating the minor site plan, filing application with the Zoning department, and finding a cost-efficient trailer. We successfully found the required trailer that meets our requirements, but have not been able to obtain the necessary permits. This is an on-going activity.

Youth and Education Committee’s Report

By Paramjit Singh Sachdeva & Surinder Pal Singh Sachdeva
The Punjabi and Gurmat School has continued to make good progress during 2017-18. This was entirely due to the enthusiastic participation of students, strong commitment of teachers and resource persons, and continuing support from parents, volunteers and Board members.

Besides the regular Punjabi and Gurmat classes every Sunday morning (except holidays), special activities included the Prabhat Feri, Hemkunt symposium, Vaisakhi celebrations, Sikh Day parade, summer and winter Youth Camps, Keertan Samelan at GNFA Maryland, Environment Day essay competition at SFV, and a variety of youth-oriented interfaith and service projects. Many Gurmat School students and other SFV youth participated eagerly and enthusiastically in these events.

We especially appreciate the noteworthy participation of Jasmin Kaur, Amardeep Kaur, Prabhpreet Kaur and other SFV students in the Keertan Samelan; and Harjot Singh, Meharban Singh, Taranjit Kaur, Gurleen Kaur, Jasmit Singh, Manav Singh and the other SFV youth who participated in the Hemkunt symposium. Jasmit Singh and Manav Singh were invited to participate in the Hemkunt International Symposium in California. However, SFV School teachers were disappointed that one of the books used by the Hemkunt Foundation for the symposium gave inappropriate messages regarding the Tenth Sikh Guru, and we have not received a satisfactory explanation for this from the symposium organizers.

The Board thanks the many Gurmat School students who so willingly participated in Gurpurab celebrations at SFV Gurdwara Sahib, and took part in interfaith events at various houses of worship and in special projects to feed the hungry and the homeless. In addition we thank Harjot Singh for his excellent presentation at the “Meet Your Sikh Neighbors” event at SFV.

The annual 3-day Youth Gurmat Camp, attended by 68 kids, was especially noteworthy. Activities included Keertan classes and workshops on Activism, Art & Craft, and Gurbani Understanding. These and other topics were covered by SFV Camp Counselors and volunteers, supplemented by external speakers from VA and MD. As a follow-up, a one-day Youth Camp, for 30 SFV youth, was conducted in December 2017. Participants improved their understanding of Gurmat, and discussed some current issues, including the Nanakshahi calendar and responsibilities of a Gurdwara Board of Trustees. The latter discussion was led by Beant Singh Deu and Amarjit Singh Riat, and was well received.

Due to the combined efforts of Camp organizers and School teachers, Sangat sevadars and parents, and SFV Board members, both Camps were successful events.

Under the guidance of Mannmohan Singh Bedi and Surinder Singh Sachdeva, on January 15th 2018, Meharban Arora and Divjot Singh collaborated with Interfaith Communities for Dialogue (ICD) volunteers in performing community service by serving food at the Bailey’s Cross Roads Community Shelter.

Surinder Pal Singh Sachdeva ably led the School this year, along with a team of dedicated teachers and volunteers. Notable among these were Barinder Kaur Deu, Narindar Singh, Paramjit Singh Sachdeva, Kuldeep Kaur Sidhu, Upkar Kaur Bhatti, Randhir Singh Chhatwal, Raminder Kaur, Ravinder Kaur, and Rajinder Singh Sidhu. Many selfless volunteers assisted them and Sangat members who helped organize, finance, and conduct School activities throughout the year. The Board thanks all these teachers and volunteers for their continued service to SFV youth programs.

After a productive activity-filled year, the Gurmat School program is being further strengthened to emphasize learning of Punjabi and a deeper understanding and practice of Gurmat. Based on an internal program review and a Town-hall meeting in August, students have been grouped by age and prior knowledge of Punjabi, and the program is being streamlined to emphasize essentials of Sikh.

A modest fee schedule for the School has been established since September 2017. This fee structure would be reviewed next year, based on experience gained, views of parents and teachers, and guidance from the Board. In addition, improved classroom facilities (including a customized trailer, for which Harjit Singh Chawla is following-up with Fairfax County) and modern teaching methods are planned to be introduced next year so that the Gurmat School
program can be better targeted to the needs of students. Continued Sangat contributions and suggestions would be very welcome at all times.

The Board and School organizers look forward to strong support from the SFV Sangat next year, as we enhance student learning and the quality of Punjabi and Gurmat education provided to our students.

Celebrating Sikh Environment Day 2018. SFV students participated in an essay-writing contest celebrating Environment Day 2018. The judges selected the essay written by Taranjit Kaur (level 3) as the best submission. Congratulations to Taranjit Kaur and her parents! Her essay is reproduced below. Along with that, the judges selected some excerpts from other essays that they considered especially relevant for sharing with Sangat members. Those excerpts are given below as well.

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**Our Environment and Us**

*by Taranjit Kaur (16 yrs)*

Margaret Mead, a former American cultural anthropologist, once said, "We won't have a society if we destroy the environment". We are what the environment is, if the environment is in poor condition then we will be impacted directly or indirectly. It is the responsibility of all of the individuals that are using Earth’s natural resources to protect it and look after it, just like they look after their houses, because Earth is what has provided us with shelter. Unfortunately, some do not value the planet and take it for granted, not realizing that they are alive because of the Earth, and as advancements in technology are being made, mother Earth is getting influenced in a negative way.

There are various types of environmental concerns, and their results are toxic, impacting multiple things on multiple levels. A few environmental issues are air pollution, water pollution, and land pollution. During the industrial revolution, the steam engine was invented and it made many things possible, such as vehicles and factories. Before the steam engine, factories had to be near rivers since they provided them with power, but after the invention of the steam engine, factories could be built anywhere and no longer had to rely on rivers for power, which automatically led to an increase in the number of factories. Motor vehicles and factories play a major role in air pollution, due to the toxic chemicals they release into the atmosphere, and all of these chemicals can be an endangerment to someone’s health and can cause health problems such as lung cancer, heart diseases and difficulties in breathing.

Air pollution is also the cause of acid rain, which is when lots of harmful chemicals build up in the atmosphere and when it rains they pour down with the rain. Acid rain has negative impacts on marine life and our forests. Water pollution is another big environmental concern caused by factories, humans and oil spills. Some factories throw away their waste into bodies of water near them as it is easier to do so, some humans throw a piece of trash on the ground thinking of it as no big deal, but every little piece of trash ends up accumulating in the water; and oil spills can happen when oil is being transported by ship. All of these impact marine life and the animals may end up consuming waste, oil, or chemicals. All of this can be a cause of their death, and some species may end up becoming extinct due to the carelessness of humans. Land pollution is also a major issue, and is caused by throwing waste on the ground, and chemicals being used as part of agricultural practices. Farmers use pesticides to destroy insects that cause damage to their cultivation, but the pesticides contaminate the soil and can cause diseases such as cancer. These are only some of the environmental concerns, there are many more that have a negative impact on mother Earth.

There are many things that can be done in order to improve the environment. Some things that I do personally are to make sure that no excess lights are on in my house, because by doing so I am saving energy which helps conserve natural resources. It also helps reduce global warming, since powers plants burn fossil fuels to generate electricity, emitting chemicals into the environment. The same goes with water; I try to conserve water because even though "71% of Earth is covered in water, 97% of all the water on the Earth is salt water, which is not suitable for drinking, and only 3% of all the water is freshwater, out of which only 1% is available for drinking". Similarly, other residents of
the United States are doing their share to improve the environment. I know that many use public transport or carpool with friends, and all of this helps to reduce pollution and global warming since less cars are out on the road.

Our country also heavily enforces “reduce, reuse and recycle”, which helps to reduce the amount of waste and “conserves natural resources, landfill space, and energy”, and in most locations one can always find a recycling bin next to the trash can. Some additional things our country can do is decrease food waste, for “in the United States, we throw out about 40 percent of our food every year. In fact, the amount of global food waste produced each year is more than enough to feed the nearly 1 billion hungry people in the world”. If there is excess amounts of food in an individual’s house or something that they know they might never eat, they should donate the food because it will decrease food waste and feed someone else in need. Another thing that the country can do is to start using solar energy more, because it reduces the dependence that humans have on the fossil fuels, and helps to minimize the toxic substances going into the environment.

Some laws that the federal government of the United States has in place to protect the environment are the Clean Water Act, the Endangered Species Act, and the Energy Independence and Security Act. The Clean Water Act makes it illegal to release any pollutant into a water source unless one has a permit to do so. This helps to reduce the waste that industrial facilities are throwing into bodies of water. The Endangered Species Act conserves threatened species of plants and animals, and also prohibits “import, export, interstate, and foreign commerce” of those certain species. The Energy Independence and Security Act has an aim of “increasing production of clean, renewable fuels, promoting research on greenhouse gas capture, and increasing US energy security”. Other regulations that the Federal government could implement is to enforce renewable energy sources, and try to reduce the usage of fossil fuels. They could also charge factories based on the amount of toxins they release into the environment, and by doing so, factories will hopefully refrain from releasing toxic substances. There are many other laws that are enforced by the US government to improve the planet, but there are also many more that can be made.

Mother Earth has been caring for us and is the reason for our existence, and it is the duty of all the inhabitants of the planet to care for it just like they would for their most prized possession. There are multiple actions that can be taken to improve our environment, and no action is too small -- because if all 7.6 billion humans in the world do even one small thing, it can add up to something big.

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**Saving the Environment**  
*by Gurpreet Singh (9 yrs)*

Our environment is an essential part of our life. A clean environment is very necessary to live a peaceful and healthy life. An environment is the nature surrounding us, which helps life to grow and nourish on this earth.

With global warming and fluctuating energy cost, many of us struggle with how to go green and the cost that can be associated with it. There are many low cost and easy ways to both save the environment and save money at the same time.

Some ways to save the environment:
- Conserve water. We should reduce how much water we use daily to live by, for example, taking shorter showers or not running water while we are washing dishes.
- Recycling is one of the best ways for you to have positive impact on the world in which we live. Recycling is important for both the environment and us.
- Recycle your car oil at a depot or gas station.
• Ride your bike instead of driving.
• Reuse material in their original form instead of throwing them away, or pass those materials on to others who could use them.
• Unplug chargers, turn off lights and appliances, and not keep computers, laptops and phones on when you leave for the day.
• Replace regular light bulbs in your home with compact fluorescent bulbs.
• Join carpool or public transportation to save fuel and its cost.
• Start paying your bills online and ask companies to stop paper bills from being sent to you.
• Print and copy on both sides of the paper. It saves paper and trees.
• Use re-usable grocery bags rather than plastic bags.

Additional Excerpts from SFV Students’ Essays on “The Environment and Us”

There is a line in Japji Sahib saying that air is like the Guru. And the water is like your dad or father. And earth is the great mother of all. … My family and I do a lot of things to help the environment. We turn off the lights when we are not using them. We recycle paper and plastic. We also grow a tree in our backyard (No oxygen means no life). (Gurshan Singh Sidhu, 7 yrs)

I can say that Waheguruji has blessed us all with a beautiful world, we should help keep it beautiful, forever. (Manav Singh Sital, 7 yrs)

A clean environment is very necessary to live a peaceful and healthy life. … But due to some bad and selfish activities of the human beings, our environment is getting affected. … We are putting our lives in danger, as well as existence of future life on this planet. (Yashpal Kaur, 9 yrs)

Earth is a very beautiful place, but if you don’t care about it, things can turn out very nasty! (Rajvir Singh, 10 yrs)

According to our Scriptures also, human beings are made up of the five elements, namely Earth, air, water, fire and space, which ultimately constitute the Environment. It is our moral duty to hand over a clean environment to the coming generations so they can enjoy the good fruits of our hard work. (Enayat Arora, 11 yrs)

We really should use solar or wind energy. We should join programs that are against pollution. We should reduce greenhouse gases. Last but not least, we should encourage and bring awareness to the whole wide world. (Gurvir Singh, 11 yrs)

The environment can be really clean and beautiful if everyone works together to help it. (Ramanvir Singh, 12 yrs)

Save the environment. Because when we save the environment, the environment saves us. (Kanwarpal Singh, 12 yrs)

One of the largest environment problems that are happening right now in our society is Global Warming. It is being caused by us humans. … Global warming is a concern for many reasons. One of the reasons is that Climate Change is caused by global warming. …I believe that if we were to just take care of our environment, and worry about that more than other things that aren't as important, we wouldn't be putting our environment to harm. (Jasleen Sandhu, 12 yrs)

We have to work on lot of things, to improve and pay more attention to our environment. Each step we take for the betterment of our environment is a stepping stone for a better world. This is not a one man show but by working together with family, friends, school, Gurdwara and government centers we will be able to resolve some of the problems or issues. Everyone needs to act responsibly to make our environment even greener. I hope that we can help save our environment before it is too late. (Tirath Kaur Sital, 12 yrs)
Our Mother Earth is very important, because without earth we cannot live. …But environmental problems like global warming, acid rain, air pollution, water pollution, etc. damage our earth and environment. We pollute our own environment. …. We should promise to not treat the environment in any bad way at all. (Manpreet Kaur, 13 yrs)

We as a group should practice environmental protection and organize group projects to come together and clean our Mother Earth. This earth has provided us with many things and we should not let it go to waste. We are urged to live responsibly in the world and perform right actions and inspire others to do the same. (Amardeep Kaur, 14 yrs)

We should protect the environment because believe it or not the environment is basically part of our everyday lives. There are many things we can do to address all these issues. …All in all, if we do all of these things we can save the environment and protect the environment for a very long time, and maybe even forever. (Sumeet Sidhu, 14 yrs)

There are many environmental concerns that can be changed by us by creating a healthy environment. We can make our environment better if we learn to love nature. There are many associations that help improve the environment, but improving our environment that we live in can only become healthier if we try together. Together we can commit to leading global efforts to address environmental concerns. (Jasmin Kaur, 15 yrs)

The Earth is at risk, there are many concerns about the environment. Some of the environment issues are global warming, acid rain, air pollution, urban sprawl, waste disposal, ozone layer depletion, water pollution, and climate change. These issues are caused by the involvement of human beings who are not careful with their choices. We as a community need to step forward and take up the challenge to help save the environment before it is too late. Problems like pollution, global warming, and climate change are issues that can cause bigger issues later on and make it harder to live. But if we start now we can help the world one step at a time. (Prabhpreet Kaur, 15 yrs)

Why is environment important? Why do I care if the water is polluted? I am in Fairfax county and that has a clean water supply, so it should not bother me what the other person is drinking? A person always thinks as an individual and not as a part of the community. They are just thinking of themselves, but they need to think about the rest of the community and people living in the world. … Man is always demanding the best of the best, but what are we doing to achieve it? If we are doing something, then is it good enough? … All these issues and problems that are threatening our environment are due to us, and it is up to us to reduce the harmful activities and protect our environment for our future generations. Our future depends on us, and if we take suitable action today it will surely benefit us later. (Meharban Singh, 17 yrs)
Poems and Life Experiences

Sangat’s Corner

Contributed by Gurminder Singh Bhatti

1. ਹੱਥ ਿਸਰ ਤੇ ਹਰਗੋਿਬੰਦ ਦਾ ਪੈਰ ਿਖੱਚਣ ਭਾਂਵੇ ਿਪੱਛੇ ਨੂੰ ਖੰਡਾ ਨਾਲ ਤੇ ਲੜਦਾ ਸੀ।
2. ਭੂਮੀਘਰਨ ਨਾ ਹੋਣ ਦੇ ਭਾਰੀ ਵਿਚਾਰ ਮਾਣਦੇ ਹਨ।
3. ਪ੍ਰਵਾਸੀ ਭੀੜੇ ਨੂੰ ਹੱਥ ਿਸਰ ਦੇ ਭੀੜਿਆਂ ਨੂੰ ਕਦੇ ਹੋਣ ਦੀ ਪ੍ਰਿਥੀ ਕੀ ਸਮੇਂ ਸ਼ੁਧਾਰੀਆਂ ਨੂੰ ਸੁਨੋ।
4. ਅਭਿਆਸ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਦੀ ਪਰੋਸਣਾ ਲਈ ਜੀਵਨ ਦੀਆਂ ਸੁਣਨਾ ਜਾਂਦੀਆਂ।
5. ਸੁਣਾਉਣ ਤੇ ਆਪਣੀ ਤ੍ਰੀਸ਼ ਵਾਲੀਆਂ ਵਾਲੀਆਂ ਵਿਚਾਰਿਆਂ ਦੀਆਂ ਸੁਣਾਉਣ ਦੀਆਂ ਸੁਣਾਉਣ ਦੀਆਂ ਸੁਣਾਉਣ ਦੀਆਂ ਸੁਣਾਉਣ ਦੀਆਂ ਸੁਣਾਉਣ ਦੀਆਂ ਸੁਣਾਉਣ ਦੀਆਂ।

Surinder Singh
ਪ੍ਰਾਧਨਿਕ ਜਲਪਾਤ -ਰੁਪਣ ਦੀ ਘਰੀ

ਪ੍ਰਾਪਤ ਤੇਜੀ ਤੇ ਹਿੰਦੀ ਹਵਾ ਜੇ ਮੋਹਾਲ ਮਿਖਾਲ, 
ਤੁਰਾਨ ਖੂਢਣ ਹੋਏ ਖ਼਼ਤਮ, ਪੜ੍ਹੀ ਮੰਗ ਪਿਆ ਨਿਆਂ ਮਿਖਾਲ।
ਰੁਪਣ ਤੇਜੀ ਹੀ ਪੱਧਰ ਗਿਆ ਸੰਪਰਕ, ਸਰਕਾਰ ਤੇ ਸਾਰੀ ਅਧਿਕਾਰਾਂ ਵਿੱਚ, 
ਪ੍ਰਾਪਤ ਤੇਜੀ ਤੇ ਹਿੰਦੀ ਮਾਰੀ ਬਣੀ ਸੇਵਾ ਮੇਂ ਪੁਰਾਣ।

ਉੱਤੇ ਦੇ ਹੋਣ ਤੋਂ ਵੀ ਹੀ, ਉੱਤੇ ਵਿਰਾਜ ਮਿਖਾਲ ਤੇ ਪੜ੍ਹੀ, 
ਜ਼ਿੰਦਗੀ-ਬੇਵੇਲੀ ਕਲ ਵੇ ਬਹੁਤ ਸਾਗਰੀ, ਅੱਠ ਹੋਣ ਤੇ ਹਿੰਦੀ ਮਿਖਾਲ।
ਵੁਡ ਪਿੰਡ-ਹੀਥ ਵੇ ਧੂਮਰ ਲਗੀ ਪੰਜਾਬ ਵਲੋਂ ਹੁਂਦੇ ਹਨ, 
ਉੱਤੇ ਭੇਦ ਉੱਤੇ ਮਾਤਾਪਤਿਅਦ ਸੰਘੀ।

ਲੇਖਤਾ (ਮੌਰਟ) ਹੋ ਤਾ ਪੁੱਢੇ ਦੇਸੀ, ਪੂਰਵ ਱ਾਵੀਲੀ ਦੇਂਦੀ, 
ਉਤ ਭਿੰਹਾਮੀ, ਉਤ ਅਧਿਕਾਰ ਗਤੇ ਮੋਹਾਲ ਮੁੱਢੀ।
ਬਿਲਕਲ ਪ੍ਰਾਪਤ ਹੋ ਇੱਕ ਸਲੁਣਤ-ਵਾਜ਼ਿਆਂ ਦੇ ਹੀਸਾ, 
ਦੇਂਦੀ ਦੇ ਜਾਂ ਤਿਹਾਲ ਲੈ ਦੇ ਦੇਸੀ ਦੇਂਦੀ।

ਧਰਸਫ਼ੂ ਦੇਂਦੀ ਨਾਲ ਜਾਂ ਦੇਂਦੀ ਢਣਾਣਾ, ਉਤ ਹੀਟ ਹੋ ਤੇ ਯੇ ਹੀਮਾਲਾਈ, 
ਜਿਸਫ਼ੌ ਭੁਗੁ ਅਦ ਹੋ ਭਿਰਾਣ ਸੰਘਾਂ ਦੇ ਕਹਾਣੀ, 
ਪ੍ਰਾਪਤ ਜਾਂ ਬੋਗਾਣ ਹਿੰਦੀ ਮਾਰੀ, ਹਿੰਦੀ ਵਾਰਤਾ ਵੇਲੀ, 
ਸਿਰਬਾਰਾਂ ਵਿਚਕਾਰ, ਪੁੱਢੇ ਸਕ੍ਰਾਂ ਬੁੱਧ ਲਗਣੀ, ਬਹੁਤੇ ਸਾਰੇ ਤੇ ਹੀਮ ਦੇਸੀ।

ਗੋਲੀ ਟੇਕੇ।

ਪ੍ਹਿਲੀ ਦੇ ਹੋ ਭਾਂਤਾਂ ਤੇ ਉੱਤੇ, ਉਤ ਹੀਟ ਹੋ ਤੇ ਪੁੱਢੇ ਬੁੱਧ ਲਗਣੀ, 
ਦੇਂਦੀ ਪੂਰਵ ਹੋ ਭਿਆ ਸੰਘਾਂ ਵਲੋਂ, ਜਿਸਫ਼ੌ ਸੰਘਾਂ ਹੋ ਭਿਆ ਨੀ ਦੇਂਦੀ।
ਸੇ ਯੀ ਬੰਨੀ ਹੋ ਤੇ ਅੰਗ ਮੀਟਾ ਮੀਟਾ, ਵੀ ਬੱਲੋ ਕਾਣ ਪਿੱਕ ਦੀਖੀ ਦੇਂਦੀ।
ਉਤ ਹੀਟ ਹੋ ਤੇ ਯੇ ਸੀ ਹਿੰਦੀ ਮਾਰੀ, ਭੇਦ ਇੱਕ ਸਿਕਿਸ਼ਾ (ਸਿਕਿਸ਼ਾ ਹੋ ਤੇ ਸੰਘਾਂ ਵੀ ਦੁੱਧ ਦੇਂਦੀ।

ਬੇਠੇ ਹੋਸਫ਼ੂ ਨਾਲ ਮਾਰੀ ਬੁੱਧ ਦੇਸੀ, ਪੈਦਾ ਮਾਰੀ ਤੇ ਤਿਹਾਲ ਨੋਂ ਜਾਂਦੀ, 
ਦੇਂਦੀ ਮਾਰੀ ਦਾ ਮੂੰਖ ਰਹਿਣ ਵਾਲਾ ਦੜਾਲਾ, ਹਰੇ ਬਿਰੀਟੀ ਹਾਂ 
ਪ੍ਰਾਪਤ ਹੋ ਤੇ ਕਹਾਣੀ ਮਾਰੀ ਦੇਸੀ ਦੇਸੀ, ਤਲੀਂਦੀ ਦੇਸੀ, 
ਸੰਘਾਂ ਦੇ ਤਿੱਥ ਸਾਰੇ ਦੇਸੀ ਮਾਰੀ, ਸੀਲਡ ਮਾਰੀ ਤੇ ਤਲਵਾਰੀ।

ਸੰਘਾਂ ਦੀ ਜਲਪਾਤ ਕੁੱਤੇ ਸਤੀ ਹੋ ਕੀਤੀ ਹੋਣੀ, ਉਤ ਹੀਟ ਹੋ ਤੇ ਪੁੱਢੇ ਬੁੱਧ ਲਗਣੀ।
ਪਰਥਨਾ ਵਾਲਾ ਹੋ ਭਿਆ ਸੰਘਾਂ ਵਲੋਂ ਮੀਟਾ ਹੇਠ ਹੋ ਕੀਤੀ ਹੋਣੀ।
ਦੇਂਦੀ ਨੋਕ ਵਾਲਾ ਤੇ ਉੱਤੇ ਸੀ ਮਾਰੀ, ਵਾਲਾ ਤੇ ਹੀਟ ਹੋ ਤੇ 
ਦੇਂਦੀ ਦੇਸੀ ਹੋ ਤੇ ਹੀਮ ਦੇਸੀ ਮਾਰੀ, ਸੀਲਡ ਨਾਲ ਤੇ ਹੀਮ ਦੇਸੀ।

ਉੱਤੇ ਸੰਸ ਖ਼ਾਲੌਂ 4/9/2018
लशे वाकर तिथि मिठा ली

उत्तराधिकारि मिठा चकित

तुका, गीत वर्ष भगवान बस्ता है। फिर रेड जब तक नहीं हो तक नहीं हो। नवीन, वर्ष में नहीं हो। यह उसी मिठा दिन उसी मिठा दिन। फिर रेड जब तक हो तक हो। नवीन, वर्ष में हो। यह उसी मिठा दिन उसी मिठा दिन।

तुका, गीत वर्ष भगवान बस्ता है। फिर रेड जब तक नहीं हो तक नहीं हो। नवीन, वर्ष में नहीं हो।
भक्तिवत्ता ने निर्दली भेरक उम्मद के लेश्वरजन ले पूर्वी मी। जनतनतवत माधव वेंक पार्श्व के बाहर मी के आज से रिखाए भूत देवीबा आउँगे दृढ़ता से सबको स्नेहिताकृत् दृढ़तावत से बना पवित्रता,

नन्दे जुटी पंज बंधन कर चन्द्री। हिंदु पद उनी नारी मेंवी आदि।

हिंदू भक्तिवत्ता पद यहीसे। हिंदू चित्त बन्धन रूप बोझे।

आप नी दे बिखान वह दोहे लिखती हर समय है। निर्दली दूर सुन रुक दिखाना है दूर की सारी उपेक्षाएं दे पंज बे आपों

आपसी। देवी की दिन दूर बाबा दे पीर बदन ने बिखा ने आपे। दूर की अद्वितिया वर्ण मी दे देंडे रुक दर्शनी दे सबीं का पूरा हिंदु के दूरा कारवाया है। आपे वेदी की पूरा ता

हिंदु दूर के खड़ी की दूरा के दूरा देसे सबीं दूरा के दूरा हिंदु के दूरा हिंदु के दूरा हिंदु। दूरा दूरा आपों हिंदु। दूरा दूरा दूरा दूरा दूरा दूरा

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SFV Seniors’ Corner

Sadh Sangat ji, did you know that there is a new Seniors Program at SFV!

This new Program is intended to serve the social and wellness-related needs of the SFV Sangat members who are ‘seniors’ (55 and older). Most participants are retirees (or those free at that time) seeking to enrich their own and others’ lives through meaningful social interaction.

The Program is committed to providing a safe and comfortable environment for informal interaction among seniors. It seeks to encourage a healthy lifestyle and enhance physical and mental well-being. Participants design and conduct activities on a voluntary basis, and themselves determine program content and mode of implementation. Every participant engages in a particular Program activity on a voluntary, self-selection basis.

Currently, seniors meet every Wednesday from 9 AM to 1 PM at the SFV Gurdwara Sahib. Program activities include, on a voluntary basis, yoga/flexibility exercises under the guidance of experienced members, participating in Naam simran and Gurbani vichaar, and discussing general health issues or sharing life experiences. Activities can be modified or added in response to participants’ changing interests or preferences.

All SFV seniors are welcome! For further information, please contact the Program Facilitators Dr. Barinder Kaur Deu (email: barinderdeu@gmail.com, phone 703-978-2420) or Mr. Randhir Singh Chhatwal (email: randhir.chhatwal@gmail.com, phone: 978-884-8333).

Sadh Sangat Ji, SFV is now also participating in Fairfax County Community Chaplains Corp

Fairfax County had started the Community Chaplains Corp to provide spiritual care to the residents involved in traumatic incidents. Ordained member of different interfaith communities are selected to be the part of the corps. This program
was started about five years back and currently there are over 45 + Chaplains who have been trained and are serving the county at the time of need.

The traumatic incidents happen because of

A. Natural disaster such as Tornado, hurricane, floods, earthquakes, fires.
B. It can also happen due to terrorist activities, road or aviation accident, hazardous materials evacuations, terrorist attack and public health emergency, communal riots, etc
C. Death of a close family member, suicidal situations or simply bullying

Several Federal, state and local authorities such as FEMA, Police, Fire, Office of Public safety, Communications Services Board, Health Department, etc. respond to the incident and activate several centers at the disaster sight. At the disaster scene the National Incident Management System (NIMS) which provide the direction to local the direction to the local disaster response and recovery actions in Fairfax county. Upon getting the disaster information, the Community Chaplains steering committee asks the available chaplains to report at the scene for a shift up to 12 hours depending on the need.

The Chaplains provide

- A personal presence,
- Provide sense of spiritual safety and security as well a sense of healing and hope.
- Provide a helping hand on the scene with basic needs such as food and water,
- Assist people in connecting with next step resources, perform duties as assigned by the incident commander or his/her designee.
- Conduct private religion specific ceremonies if required by a resident.

This year the members of the Board of Directors, decided to participate in the Chaplains program. As we do not have ordained member system, the board nominated Randhir Singh Chhatwal (member of the SFV community and resident of Fairfax county) as the chaplain representative on behalf of Sikh community. Randhir Singh is going through all the security and background check requirements and is taking the mandatory courses and training which will last till April 2018.

Sadh Sangat Ji, here are some important Transportation for Seniors and Persons with Disabilities telephone numbers for the Fairfax County residents:

CUE Bus: 703-385-7859 (TTY 711)

Senior citizens and persons with disabilities may obtain a CUE Bus identification card to receive the reduced bus fare of 85¢. Please complete and return a CUE Bus Senior ID Application or CUE Bus Disability ID Application form to the Transportation office located at 10455 Armstrong St, Room 200A. These identification cards are not limited to City of Fairfax residents and are free of charge.

City Wheels: 703-385-7859 (TTY 711)

Fastran: 703-222-9764 (TTY: 703-324-7079)

**Seniors On-the-Go:** 703-877-5800 (TTY: 711), Monday through Friday, 8:00 a.m. – 4:30 p.m.

**Taxi Access:** 703-877-5800 (TTY 711)

For any additional information contact
Manjit S. Taneja (ManjitTaneja@yahoo.com)

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**Editor’s Corner**

**Request to Sangat for Contributions to SFV Voice**

Respected Sadh Sangat Ji:

Please make your voice heard through *SFV Voice!* Through six-monthly updates from SFV officers and coordinators, and voluntary contributions from the Sangat, the Newsletter also covers:

- The Punjabi/Gurmat school, annual youth camp, and various service projects
- Katha, kirtan and gurbani vichar programs
- Activities that amplify women’s voices
- Programs for seniors and elders
- Cultural events, annual picnic, and interfaith activities, and
- Broader concerns of the global Sikh community.

**Please share your views on any relevant topic that interests you!** We particularly invite contributions from women, youth, and seniors. Your write-ups can be short (just a few paras), or longer (a couple of pages). In English, or in Punjabi. Just send us a final draft, and we’ll work with you to get it published!

Contact the Editor, Manjit S. Taneja (ManjitTaneja@yahoo.com 703-585-1078), or any of the editorial team members for more information or clarification. We look forward to hearing from you. Thanks!

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