



Khalsa Aid Newsletter

10 years of serving humanity

WAHEGURU JI KA KHALSA, WAHEGURU JI KI FATEH!

Edition 1 Volume 1 April 2009

HAPPY VASAKHI!!!!!!



10 Years of Khalsa Aid

The inspiration behind Khalsa Aid is from the Gurbani and a great hero of Sikhi, Bhai Ghanyia Ji.

Bhai Sahib provided water in fierce battle to all regardless of them being a friend or foe. This was the foundation of the first ever example of humanitarian relief. In the moments when we faced obstacles in carrying out Seva across the globe, we felt blessed and inspired by our Guru's teachings.

You can now download standing order forms on line at www.khalsaid.org

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Note from Editor

Welcome to the long awaited Khalsa Aid newsletter!

This newsletter will be sent out to all our supporters every 3 months. The newsletter is a way of Khalsa Aid keeping you guys updated and informed of our latest projects. Khalsa Aid has been very successful in the last 10 years at delivering humanitarian aid where it has been most needed, this has all been possible with the help of our supporters so a **BIG THANK YOU** to all those that have been there with us over the last 10 years. With this continued support we are hoping now to raise the profile of Khalsa Aid even further and look at new ways of delivering aid and support to those in need. In this first issue we are updating you on what has been happening recently. We are also launching Khalsa Aid in the community, the aim of this is to work in our local communities addressing issues that may affect you on a daily basis i.e. health, domestic issues and our youth. In this issue we are starting with health and the first article is on Diabetes, all these articles will be written by health professionals currently working in the field that they are writing about so we aim to give you up to date, accurate and reliable information.

We would welcome your ideas for future issues and on how we can keep you updated, so please contact me at editor@khalsaid.org.

A Special Acknowledgement from Khalsa Aid

Khalsa Aid would like to thank the following members for their support, dedication and commitment to the organisation over the last 10 years: Jatinder Singh (Canada), Sukhvinder Singh Dhanda, Bheminder Singh Bians, Amrik Singh Bhalay, Baljeet Singh (Derby) and Rajinder Singh Bola, these guys served Khalsa Aid well, over the last 10 years. We at Khalsa Aid wish them all the best in their future plans. Most recently Jaswinder Singh Bhara and Gurmeet Singh Nandra, Parmjeet Kaur— thank you for your support.



What's Been Happening In 2008?

Panjab—Flood Relief:

Khalsa Aid provided emergency relief to those affected by the floods in Panjab in August 2008. The long term aim is to assist these families by sponsoring their children's education so that the financial burden caused by the flooding does not hinder their future.

Madhya Parades /Banjara Sikhs

The Banjara Sikh community is one of the most disadvantaged in India, Khalsa Aid has carried out an initial assessment of a few villages in Madhya Parades and the immediate need is for clean water, and we are currently looking at ways we can help with this. We also need to look at sponsoring an education programme for Banjara children in order to be able to equip them to break the vicious cycle of poverty within their families.

UK Government Consultation:

UK Governments Department For International Development (DFID) is actively consulting Khalsa Aid and other UK faith based charities to develop a strategy to tackle world poverty. A series of public consultations will also be taking place throughout the country in the next few weeks.

Fund Raising Events—Sponsored Race:

A very big THANKS to Gurbinder Singh Sandhu who raised funds for Khalsa Aid by running in the gruelling Grim Challenge race ,we deeply appreciate his efforts ! THANK YOU GURBINDER SINGH JI !!! As well as to Bhai Fauja Singh, who wholeheartedly supported Gurbinder. We welcome and appreciate anyone who wishes to raise funds for Khalsa Aid.



Children getting clean drinking water provided by Khalsa Aid in Musafrazbad, Pakistan following the earthquake in 2005

Whats new?

The Khalsa aid website has now been updated. Our past missions and projects have been archived and are available to view under the gallery. Khalsa Aids future plans and current projects are outlined in the website, so please take a look at www.khalsaaid.org.

What's the plan?

By Ravinder Singh, Chairman of Khalsa Aid.

Since 1999 Khalsa Aid has provided humanitarian relief to many people suffering from earthquakes, the Tsunami etc. Our volunteers and the Sangat have helped to make Khalsa Aid a global relief agency, and myself, along with the Khalsa Aid committee would like to thank them for their input and help in getting Khalsa Aid where it is today—as the first ever Sikh global relief agency. Following on from the tragedy of the bloody partition and the atrocities of 1947 as well as 1984, we hope to learn from past mistakes and ensure that there is an organisation such as Khalsa Aid that will always endeavour to help those in need.

We are now looking at the next 10 years and setting out our objectives for the coming years. One of the most common comments I have heard when meeting people is what about Panjab, What are we doing to help those in need in Panjab?. We have always looked at ways we can help those in need and assistance in Panjab and you will see in this newsletter, the projects we are launching in Panjab to enable this. Remember it is you the Sangat that are Khalsa Aid so any ideas or any ways that you can help are always welcome, and you can email me on ravisinh@khalsaaid.org with any ideas or thoughts which will help us achieve our aims in Panjab.

To mark our 10 years we have launched **Khalsa Aid in the community** this is a initiative set up with our local communities in mind. We would like to engage our younger generations and promote the concept of Seva in the communities that we live in.

We still have a very long way to go and through your generous support I am sure we can continue to offer assistance to the needy around the world.



Upcoming Events 2009

Operational Plans for the Coming Year—A Few Snippets.....

Drugs awareness in Panjab: The drug addiction amongst the youth of Panjab is at an all time high, and many young children suffer the consequences when there is an addict in the family. Money is being spent on feeding the drugs habit with education being given a back seat. Khalsa Aid will work with local partners to launch a high visibility anti-drugs campaign aimed at 8 to 14 year olds. This will be a sustained campaign and focus on engaging the local communities.

Simran and Kirtan event coming soon—a great opportunity for all our supporters to meet up. Khalsa Aid will be holding a Kirtan event in Slough UK to mark its 10 years, all are invited and we look forward to meeting you. Watch our website for further details on this.

Fundraising



We are working towards holding a series of sporting events over the summer of 2009 to raise funds as well as to keep the kids busy over the holidays!

If you would like to get involved or enter the kids sponsored bike race, email balsandhu@khalsaaid.org

Does Khalsa Aid Just Send Money Abroad?

No! Khalsa Aid always attend any disaster or areas of work themselves and funds are only released after making a full assessment of the situation and the imminent needs. Khalsa Aid supervises all the relief work by their volunteers and we spend every penny with great responsibility and diligently.

Look Out for Friends of Khalsa Aid



To mark our 10 years we are setting up a friends of Khalsa Aid section to our website. Here we will acknowledge those individuals and organisations that have helped Khalsa Aid grow, watch out on the web site for this.

How Can I Donate?

You can send a cheque, postal order, standing order or on line using PayPal. *The best way is by standing order*



We Need You

Khalsa Aid relies on volunteers to help with the work that we do and your time is much appreciated. So if you would like to get involved please contact us at volunteers@khalsaaid.org.



Launch of Khalsa Aid in the Community.



Khalsa Aid is launching a new scheme to help provide aid in your local community. This scheme will look at ways we can work within communities in the UK to support community-based initiatives aimed at tackling the issues that you may face on a daily basis. If you have any worthwhile causes that you would like us to consider please contact us at www.khalsaaid.org



Tigerstyle Music Youth Project

Tigerstyle are very well known for their music with a conscience. The boys are working with Khalsa Aid to help engage our youth. With this in mind Khalsa Aid is holding youth music workshops for those between the ages of 13- 20 in August 2009. These workshops will be ran and facilitated by Tigerstyle. (These workshops are not funded by donations made to Khalsa Aid)

Sporting Events—Kids Bike Fundraiser

What Do you Do With the Kids Over the Summer Holidays??

We are holding a series of sponsored bike race events over the summer so this should keep them busy!

This is a good opportunity to get your kids involved with Khalsa Aid and teach them the importance of working towards helping others, come join us at one of these events. Register your details with

balsandhu@khalsaaid.org to receive further details on the races. If you would like to organise your own event then your ideas would be welcomed.

As part of our Khalsa Aid in the community we are focusing on health issues that affect the community. In this issue we are focussing on Diabetes, and will be the first article of a series of future articles on Diabetes.

What is Diabetes?

Diabetes is an autoimmune condition in which the body produces very little insulin. Insulin is a hormone that is needed to convert the foods we eat into energy that can be used by our muscles. There are two main types of Diabetes, insulin dependent and non-insulin dependent these are often referred as type 1 in which insulin is needed in injection form and type 2 that can be often be controlled by diet alone or with the aid of tablets.

Research has shown that Asians and Afro Caribbean people are at higher risk of developing diabetes type 2.

What are the symptoms of diabetes?

Tiredness

Thirst

Blurred vision

Weight loss

Passing large amounts of urine

What do I do if I suspect I have diabetes?

Speak to your doctor who will test your blood sugars and send you for a glucose tolerance test if necessary, this entails a fasting blood test then a sweet drink then a blood sample taken 1.5 hours later. This measures your body's response to sweet foods and sugars.

What are the health risks associated with Diabetes?

Renal problems - kidney failure

Eyesight

Poor blood circulation

Heart disease

What is the treatment for diabetes?

If you are diagnosed with diabetes it is essential to make some lifestyle and dietary changes to avoid developing the complications related to diabetes.

Diet- do not use diabetic products as they are higher in fats, instead a balanced diet low in added sugars, and low in fat is advised .

Exercise - 30 minutes daily walking is recommended for general well being.

Medications - discuss with your practice nurse or Dr for an individual plan. The treatment that works for one person may not be suitable for another so it is vital to seek medical assistance.

In our July issue we will be focussing on diet and lifestyle with diabetes.

Further information

www.diabetes.org.uk

If there are any health issues you would like us to include in our future editions please email us your ideas to editor@khlasaaid.org

A Special Mention—Tragedy at Bow Gurdawara London

- A heinous act was committed at Bow gurdawara on the 16th March 2009. 11 Saroops of Sri Guru Granth Sahib Ji were damaged. We appeal to all Sikhs to actively be involved in seeking justice by signing the petition at www.onkar.co.uk or www.neverforgetbow09.co.uk

