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Events

November 4, 2014
Fundraising Committee
Wolfedale Site
7:00 PM - 8:30 PM

November 7, 2014
Guru Nanak Radiothon
tune in to CJMR 1320 AM
[Listen live here](#)

November 9, 2014
Guru Nanak Food Drive
For a list of sites click here
[To volunteer click here](#)

November 24, 2014
Health Forum
Malton Site
6:00 PM - 7:30 PM
Dinner will be served

November 26, 2014

Dear Friends,

Sat Sri Akal!

We recently had a strange situation with our volunteers at a recent client shift at our Wolfedale location. Over 24 (mostly) young people showed up to help out during the shift - more than twice as usual! Luckily, there is always something to do at a food bank so they were all kept very busy. When we got around to asking those who weren't scheduled to work why they dropped by, their response was stunning. Seva was going to be closed for part of the long weekend coming up so their regular shift was going to be skipped and they didn't want to go that long without volunteering. They had crashed the food bank to make sure they got their fill of Seva! Being at Seva had become a very important part of their lives.

As someone who remembers the abandoned motorcycle parts store we inherited in 2010 on Wolfedale Rd, I can only be deeply impressed and grateful for what we've created at Seva Food Bank. Yes we provide safe, healthy and nutritious food for almost 500 families every month. However, when we're at our best, Seva becomes something much bigger than a food bank. We become a safe space for clients, volunteers and staff to come together for a greater purpose. We become a family that supports and cares for

Health Forum
Wolfedale Site
6:00 PM - 7:30 PM
Dinner will be served

October's Top 5 Community Food Supporters

Church of Jesus Christ of
Latter-day Saints
Shrimad Rajchandra Temple
Addison Car Dealership
Hilton Hotels
Peel Regional Police-
Division 21

Seva Food Bank Malton
(serving Malton)
2832 Slough Street
Mississauga, ON

Monday 4:00 PM - 8:00 PM
Tuesday 10:00 AM - 2:00 PM
Thursday 2:00 PM - 6:00 PM

SFB Wolfedale
(serving L5B and L5C)
2832 Slough Street
Mississauga, ON

Wednesday 4:00 PM - 8:00 PM
Thursday 4:00 PM - 8:00 PM
Friday 12:00 PM - 4:00 PM

Seva Family Picnic



each other regardless of why we originally walked through the door.

As we head into November, I've been reflecting on the upcoming birthday (*gurpurab*) of Guru Nanak, the founder of the Sikh tradition. His core principle was the concept of oneness or *Ek Onkar*. It is the belief that the entire universe and all of creation, living and non-living, is a part of greater single Divine force. At Seva, we aspire to bring this concept to life in our own small way. We are all part of one greater human family and each of us has a basic responsibility to contribute to each other's well being.

The next month will be full of activity as we have our annual Guru Nanak CJMR 1320 AM Radiothon (November 7) and Food Drive (November 9). It will involve hundreds of volunteers engaging with thousands of donors - all to support the clients for whom we exist to serve. It is our busiest and most exciting weekend of the year.

Thank you for taking the time to read this newsletter and even greater thanks for your ongoing support of Seva. We wouldn't be here without you.

In Chardi Kala (eternal optimism),

Kulvir Singh Gill
Chair, Board of Directors
Seva Food Bank (Sikhs Serving Canada)

Thought of the Month

"You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients" Julia Child

[Link to my website](#)



Halloween Spooktacular



Volunteer Cooking



Volunteer of the Month: Bonnie Husain

This month we would like to acknowledge Bonnie as the Volunteer of the Month. In the short time that Bonnie has been volunteering at seva food bank, she has become an integral part of the seva family of volunteers. Bonnie has worked as a receptionist, has helped in the warehouse and also takes part in our healthy food program where she cooks up a healthy recipes once a week.

Bonnie says, "it is an honour and a privilege to receive this recognition from SEVA. I have only been involved with this amazing organization since July and the warm staff immediately allowed me to feel right at home. At once I could see that there were big things in store for this little organization. This is no surprise to me when I consider the creativity, hard-work of the seemingly tireless staff and immense number of volunteers with giant hearts that I have been luck enough to work with. I have envisioned volunteering at a food bank for years, but I didn't think I'd find such a vibrant and dynamic one such as SEVA, where I feel like I belong. Thank you for having me SEVA".

Congratulations Bonnie!

Seva Garden



On a sunny May morning, a team of volunteers and staff descended on a 3/4 acre area of land in East Caledon. That day, the team of volunteers helped plant tomatoes, onions, peppers, beans, corn, squash, cucumbers, eggplants, watermelon and zucchini.



The Seva Garden was part of a joint pilot project of Karma Grow, Seva Food Bank, Good Food Brampton, Knights Table and World Sikh Organization. The aim of the project was simple: provide safe and nutritious vegetables to people using these agencies, and what a success it was. Throughout the summer months, SFB was harvesting approximately 200 pounds of fresh vegetables each week. We would like to thank ecoSource for their support of this project and Community Foundation of Mississauga for their financial support.

We would like to announce that in 2015, we will be expanding the project. We will be cultivating approximately 1.5 acres in North Brampton. We have also secured funding to build on the impact of this project.

Peace Garden

Seva Food Bank would like to announce the expansion of our 2014 Seva Garden pilot project. We would like to thank Inspirit Foundation for their support of this project.

In 2015, we will be partnering with Karma Grow, Good Food Brampton, Knights Table and ecoSource to bring this project to life. The project will bring together youth from throughout the community to address food security, by investing in a sustainable farming initiatives. The youth will be working on some incredible leadership projects, so stay tuned.

We will be hiring a project coordinator, so keep checking our website and facebook for more information.

4th annual
GURU NANAK GURPURAB
RADIOTHON & FOOD DRIVE
 FRIDAY NOVEMBER 7, 2014 SUNDAY NOVEMBER 9, 2014

RADIOTHON

Friday November 7, 2014
 starting at 9:00 AM
 CJMR 1320

Proudly supported by
 the Punjabi producers of
 CJMR 1320 AM

FOOD DRIVE

Sunday November 9, 2014
 10:00 AM - 6:00 PM

for a list of drop off sites
 visit us online at
www.sevafoodbank.com



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 an initiative of Seva Serving Canada Association



Davinder Bains
 Apna Punjab Radio



Dilbag Chawla
 Asian Vision
 Rangla Punjab



Kuldip Deepak
 Punjab Di Goonj



Harjot Ghuman
 Fulkari



Raj Ghuman
 Fulkari



Dr. Balwinder Gill
 Sargam Show



Sukdev Gill
 Ajj Di Awaaz



Navraj Grewal
 Nav-Rang

★ *the voice of the city*
CJMR 1320



Jatinder Jaswal
 Road News Rangoli



Jaswinder Khosa
 Mehfi



Tony Marwaha
 Geetan Naal Preetan



GurTirath Singh Pasa
 Dil Apna Punjabi



Rajinder Saini
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 Yahoo Radio



Anju Sikka
 Asian Vision

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