

Summer 2017 Issue

(April – August 2017)



Chairman's Message

[By Amarjit Singh Riat](#)

Respected Sadh Sangat Ji,

I am thankful to Waheguru and the Sadh Sangat for giving me the opportunity for the seva of SFV Gurdwara Sahib and the Sadh Sangat. We will continue to follow the objectives of SFV By-Laws which, include propagation the teachings of Sikh Gurus and Guru Granth Sahib; and promotion of religious, educational, social, and cultural aspects of Sikhism.

With Waheguru's blessing and your support, Gurmat School and the Gurmat Youth Camp were very successful this year. The school enrollment continues to grow beyond the capacity, and we are working with Fairfax County to provide additional accommodation to the children's Gurmat School. My heartiest congratulations to the camp coordinators, camp counselors and the teachers for another successful year.

During past several years there have been incidents of hatred crime at religious places, including the Gurdwaras. SFV management is working with Fairfax County Police to improve security at the SFV Gurdwara Sahib. Recently, the windows and doors at the lower level have been glazed. We will continue our efforts to make the SFV facility safer for our Sadh Sangat. We are requesting the Sadh Sangat to please let us know of any suspicious activity at the SFV premises.

We are also working to improve the SFV web site. The new web site will be comparable with similar religious organizations. The web site will have a new front page and drop down menus for various activities.

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.

We will also be upgrading the heating and air-conditioning system in the near future. Sadh Sangat Ji, we need your support with Tan, Man and Dhan to accomplish these projects. I am requesting all of you to please participate in the direct deposit program and seva at the Guru Ka Langar. SFV will continue to participate in community interfaith activities and Fairfax County Department of Neighborhood and Community Services. We will be having a “Know Your Sikh Neighbors” event at the Gurdwara Sahib on September 23, 2017, to increase awareness of other communities about our religion.

With Waheguru’s blessings 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. Please stay in touch and visit <http://www.sfova.org/>.

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.

Activities during for the past three months included:

- Sadh Sangat of Sikh Foundation of VA participated with excitement in Vaisakhi celebrations. During the celebrations, the Nishan Sahib Chola was replaced in presence of Panj Piaray. All the Punjabi school kids were dressed in Bana and Dastars. Everyone recited Shabads while Nishaan Sahib seva was being performed.
- Kirtan on Thursday, May 11, and on Sunday, May 14, was performed by Dhadi Jathas of Bhai Baljit Singh Ji (Bibian da Dhadi Jatha)
- Special Katha was performed by Bhai Baldev Singh Ji and Bhai Lakhwinder Singh Ji
- Bhai Sahib Bhai Baldev Singh Ji Vadala, Hajoori Ragi Jatha, Shri Darbar Sahib Amritsar, performed Kirtan on Thursday, June 15, 2017.
- Raensabaayee Keertan (held on Saturday, June 3, 2017)
- Bhai Pardeep Singh Ji Jhandiwala performed Katha on Thursday (May 4) and Sunday (May 7).
- Bhai Harjinder Singh Sabhra performed Katha on Thursday, August 3, and Sunday, August 6.
- Sri Guru Arjan Dev’s Ji’s Shaheedi Diwas was celebrated at the Gurdwara Sahib. Special Diwan was held on Sunday, June 18. Akhand Path Sahib seva was also performed.

Since May 2017, 9 Sri Akhand Path Sahib Paths and 3 weddings have been performed at the SFV Gurdwara Sahib. In addition, 4 special Sukhmani Sahib Paths and 4 Kirtans were performed at the premises by SFV Ragis. Special Sangrand diwans are also held every month at the SFV Gurdwara Sahib.

'First of the month' Kirtan seva is performed by SFV Punjabi school students. In addition SFV had a Ran Sabahee Kirtan, Hemkunt Symposium, and SFV Gurmat Camp. All these activities are greatly appreciated by the SFV Sangat.

Treasurer's Corner

[By Devinder Singh Behniwal](#)

SFV financial accounts are maintained on a Calendar Year basis. Since May 2016, Treasurer keeps monthly records. SFV financial position continues to be consistently improving. There has been gradual uptick in both average weekly charawa (donation) and monthly direct deposits.

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](#)

Since April 2017, the SFV Sangat has participated in a number of exciting events. More such activities are planned for the coming months. Highlights are given below.

2017 Sikh Day Parade: The Sikh Foundation of VA Sangat participated in the annual Sikh Day Parade in New York on Saturday, 22 April. From SFV, 35 members, including 15 children, joined the tour. The Parade was primarily organized by the Sikh Cultural Society Inc., and the Gurdwara in Richmond Hill, Queens. The goal was to celebrate Vaisakhi and make Sikhs' presence known in USA. Various East Coast area Gurdwaras joined hands in coordinating this event. Participating Gurdwaras and Sangat were accompanied by elaborate floats and eye-catching banners. Five Beloved Singhni, devout Sikh women, dressed in white Bana also marched in the parade. The Singhnis carried swords in their role of Panj Pyare, while also acting as representatives of their Gurdwara.

Indian Ambassador's Vaisakhi Function: On 3rd June 2017 Ambassador Navtej S. Sarna hosted a Vaisakhi program at his residence. Over 200 people, including prominent Indian American community leaders and Washington DC area professionals attended. The program started with a Gurbani Shabad. In his greetings to the members of the Panjabi community, the Indian Ambassador said that the gathering was both to mark the auspicious occasion of Vaisakhi and to recognize the contributions of the Sikh community in America. He said the Indian Embassy was committed to the welfare and progress of the Sikh community in the United States.

SFV Annual picnic 2017: The Annual picnic was organized this year at Nottoway Park in Vienna on 19th August. This picnic is organized by SFV board members for the community. Board members contribute every year to make this event happen. It was very exciting and encouraging to see more than 100 people during the picnic. Participants starting coming from noon and stayed till 3:30pm. Some met old friends after a long time, and others made new friends. The weather was perfect for outdoor fun. The tug of war between majority ladies team and men's team was exciting. I am sure you can guess the winning team (the ladies!). We also played, badminton, volleyball, and bingo. Many people played bingo for the first time, and won prizes too.

Food was in plenty and there was a lot of variety, such as fruits, rajmah, rice, chips and salsa, burgers, jalebi, cupcake, cookies, soft drinks, juice, etc. And of course the finale was fresh tea for everyone. And the snow cones were a hit with everyone - kids and elders alike. We were very happy to see children and adults participating in all the games and having fun together.

Thank you all for coming and making it a fun day. Great people, food, games, music..... A real fun Saturday.



Satnam Singh of SALDEF team in collaboration with SFV held a special event “Know Your Rights” at our Gurdwara Sahib on May 21st. This event was attended by FBI, TSA, EEOC, and Custom Officials, and was well received by the SFV Sangat. Our Sangat was able to engage with representatives from the FBI, Dept. of Justice- Community Relations Services, Transportation

Security Administration, and Equal Employment Opportunity Commission to discuss fair hiring practices, and the Dept. of Transportation's jurisdiction over airplanes and air travel, and rights for passengers when they board.

We were also able to identify key concerns in specific, local communities. In doing so, we are continuing to stand strong in our commitment to empower our Sikh communities throughout the country.

The program was also recorded by TV Asia. The program coverage was aired on May 28th at 10:30 pm, on TV Asia.



SFV attended a program held at UCC Church to show our solidarity with our neighbors: A local Church was vandalized in April. The whole Fairfax Community representing all faiths showed its solidarity with the church. Christians, Jews, Hindus, Sikhs, Muslims, Baha'is, and many more were present. The Sikh community was well represented. It was a beautiful program with the central theme that LOVE is the only binding force that cements people together. The ones who are full of hatred need more love and forgiveness. Show them the light of higher intensity to dispel their darkness.



Our Sangat member Surinder Singh Ji recited a shabad. He also narrated a beautiful short story which fit perfectly for this occasion. In the story: in a small village in Punjab, an egoistic village chief one day challenged fellow villagers that I am going to draw a line in my field. If anyone can erase the line without touching it I will give my land and all the belongings to that person and leave. All the villagers gathered around his field, where he had drawn the line, and stared at the line while thinking how to erase it. Many of them gave up very quickly. An old poor man came there, looked at the line for a minute, and then asked a couple of villagers to help him. He picked up a heavy log with the help of them and started drawing a line next to the line the village chief had drawn, but much thicker and much longer than his line. Everyone now was cheering the old poor man. No one cared for the smaller line anymore, as it had disappeared in the shadow of this new thick line. The village chief felt embarrassed. He kept his promise, gave the land to the poor man, and left the village.

The moral of the story: someone drew a few lines of hatred and ego out there, together, we can all draw much thicker lines of love next to those while erasing any impact of his lines.

Youth and Education Committee's Report

By Paramjit Singh Sachdeva & Surinder Pal Singh Sachdeva

SFV's Gurmat School program continues to make good progress in 2017. After a successful activity-filled year and annual Youth Camp, the 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 are being grouped by age and prior knowledge of Punjabi, and the program is being streamlined to emphasize essentials of Sikhi. Improved classroom facilities and modern teaching methods are planned to be introduced in the next few months, so that the Gurmat School program can be better targeted to the needs of students.

We expect that the combination of a more-focused Gurmat education program, enhanced student effort and parental involvement, continued dedication and commitment of School teachers, and greater oversight and financial support from the Board will enable the further development of SFV youth. Further progress would be reported in due course. The 'academic year' starts in early September 2017, and Registration is now open. We welcome all returning as well as new students. Please contact the School coordinator and teachers for this, or if you have any concerns or suggestions regarding the School.

The educational activities for SFV youth undertaken since January 2017 are highlighted below:

January 2017 Turban Keski Showdown – An annual event to celebrate our crowns, kids participated in the Annual Turban Keski Showdown. A special photographer was arranged to click pictures with a backdrop of Guru Gobind Ji's words, "Khalsa Mero Roop Hai Khas."

January 2017 Sikh Gurdwara, Washington DC – 20 Kids participated at the annual event, 'Mata Gujri Ji Award' at Sikh Gurdwara, Washington DC. Kids participated by reciting Shabads, speeches, and poems.

February 2017 an evening with Gurmeet Kaur, Author, Folktales – Kids got to spend an evening with Gurmeet Kaur, author, Folktales books. Kids learned about the Punjabi riddles and poems, and had a wonderful story time with Gurmeet Kaur.

April 2017 Annual Prabhat Feri – Kids participated in the annual Prabhat Feri event. They celebrated Guru Gobind Singh Ji's Prakash Purab while reciting Shabads and Jaikaaray. The event was concluded in the Hazoori of Guru Granth Sahib with an Ardass by Jasmin Kaur.

April 2017 Hemkunt Symposium (central) – Kids participated at the annual Hemkunt Symposium, a speech competition designed to teach history and have some questions answered through the speech.

April 2017 Vaisakhi Celebrations – Kids celebrated Vaisakhi while dressed up in Baana and Dastaars. Many of them took turns to recite Shabads. A number of kids participated in the History class to reflect on the message.

April 2017 New York Sikh Day Parade – Kids participated at the annual Sikh Day Parade at New York. While they enjoyed the bus ride and spent some quality time with their friends, they participated in the parade by raising the flags, reciting Baani, and serving water & food to other Sangat.

May 2017 Hemkunt Symposium (zonal) – SFV proudly hosted the annual Hemkunt Symposium Zonal, where all the winners from other Gurdwara Sahibs in the area competed for space to compete in the International Symposium. Jasmit Singh and Manav Singh proudly claimed their space for the international symposium.

May 2017 Annual Keertan Samelan at GNFA – Jasmin Kaur, Amardeep Kaur, and Prabhpreet Kaur participated at the annual Keertan Samelan at Guru Nanak Foundation of Maryland. This was the first time kids were able to participate at this program. Thanks to Bhai Satpal Singh, Karam Singh, and Onkar Singh for helping them to learn the Shabad in Raag and helping them to understand the Alaap, the flow of the Raag and the meaning of the Shabad.

July 2017 Annual Youth Gurmat Camp – A total of 68 Kids participated at the Annual Youth Gurmat Camp this year. The camp covered a range of workshops from Keertan classes to Activism, Art & Craft, and to Gurbani Understanding. These topics were covered by a variety of speakers from VA and MD. Many of the workshops for younger kids were conducted by the older kids, that was a true bonus for the volunteers to see these kids grow up to take their place and run the show. With the combined efforts of Camp organizers and School teachers, Sangat sevadars and parents, and SFV Board members, this event was a great success.

With regard to curriculum and other related aspects of Punjabi school, a general meeting involving sangat members at-large was held on August 20. Approximately 30 students had signed up for the Punjabi school. This year, fee schedule was set at \$50 for the first kid from a family, \$65 for two, and \$75 for three or more. As some members thought this fee schedule should have been higher, it was decided to revisit this issue before the next year's classes. It was also suggested that school students should come up to the Darbar Hall to attend diwan after the classes end. Harjit S. Chawla is working with the Fairfax County officials about having a trailer for the Gurmat and Punjabi school.

Youth Perspective - Why aren't the Youth coming to Gurdwara?

The following article was shared with us by our own Puneet Kaur. She had co-authored this article with her sister. It was published originally by <https://www.sikhnet.com/news/why-arent-youth-coming-gurdwara> where it was well received within the community and got many conversations started.



Gurdwara. The doors to the Guru. The gateway to the Guru. A holy and spiritual place where one can attain peace and tranquility and a connection to the divine... right?

Oh wait. You mean, you didn't reach Sach Khand last Sunday when that Aunty told you that you gained a few pounds in the langar hall?

Throughout my life, every time I go to the Gurdwara I am always asked the same thing over and over again by all of the elders. . .

- "Where have you been? We haven't seen you in so long!"
- "You have gained a few pounds. . . why are you so healthy?"
- "Why don't you bring your friends? We have a great program!"
- "You lost some weight. . . why are you so skinny?!"
- "Why aren't the youth coming to the Gurdwara?"

Why aren't the youth coming to the Gurdwara? So many answers. So many reasons. And just one blog. Well, I'm going to try. This one is for all of the Aunties and Uncles. No, no, wait. Not all of them. But a lot of them. But most importantly, this is for all of the lost and confused kids that feel ostracized, confused, and frustrated upon entering what should be the holiest of all places.

Here goes. . . .

#1. It's so simple and it's so basic but everyone fails to understand. *YOU AREN'T SPEAKING OUR LANGUAGE!!!!*

I understand that Punjabi is important. I understand that Punjab is our mother land. We should never lose our roots or our heritage or our culture or any of it. I get it. But guess what? We aren't in Punjab. We live in America. We live in the United Kingdom. We live in Australia. We live in Canada. ENGLISH IS OUR LANGUAGE!!!!

Do you watch movies that in a foreign language with no subtitles? Do you listen to songs that are in a different language? (well I do because I love classical Indian music but still . . . !) Do you read books written in an entirely different language or script? No! You get translations. You understand what you are reading, watching, or listening to, otherwise what's the point? It's the same concept. You know what's even more interesting? The majority of my American born friends grew up in Punjabi households and they know the language, but even they cannot understand everything that is being said at Gurdwara. There is Punjabi that is spoken in the village. There is Punjabi that is spoken in the city. And it's like the more hard core Punjabi you know the better off you are. Luckily technology has given us the ability to look up a shabad in five seconds so at least I can understand that. But when it's time for katha, I'm screwed! I try really hard to pay attention and pick up on key words but after a while my mind starts tuning out. And I know I'm not alone.

I was very fortunate to be on the Gurdwara committee in 2012. One of the biggest reasons for me to be on that committee was to "bring the youth back to the Gurdwara." I begged the existing Bhai Sahib at that time to throw in as much English as he could into his katha but he just wasn't having it. However, we were lucky and fortunate to have some younger guest Bhai Sahibs come in and explain things in English. It's just that, we only had that opportunity maybe once or twice a year. . .

Sikhi is a universal religion with a universal message. Let's refresh ourselves on what universal means: Used or understood by all. Present everywhere. Applicable everywhere. We haven't truly made it universal. It feels like Sikhi was made for only Punjabis and that it is exclusive for only Punjabis.... From Punjab. :(

#2. The gossip. The drama. The criticizing. The stares. The glares. The comments directly to our face. The comments behind our back. The hidden insults. The not so hidden insults. In today's world, we get enough of that in our schools or in our jobs (and for some of us, in our homes). Gurdwara is the ONE place we thought we could go that is purified from all that. The one place we think that we'll just get good vibes, and be able to share good vibes. Isn't that what it's all about? We come to Gurdwara to feel like, no matter what's going on in the outside world, in THIS world, things are the way they should be. The right way. The True way.

But it's not. In reality, it's just not. As amazing as sangat can be for us, sometimes sangat is terrible for us. I have heard several stories of people my age or younger who have felt victimized by their sangat. They've gone for the right

Reasons—they just wanted to hear some great kirtan and recenter themselves. At the end after ardaas, we shout out "Bole so Nihaal!", "Sat Sri Akal!" and turn around to greet and hug the nearest aunty next to us, and we are greeted back with a "Sat Sri Akal beta, ki haal hai? Why your suit getting tight?"

And just like that, the whole experience feels tainted.

One of the many stories that broke my heart came from this young woman who wanted to do langar seva at Gurdwara. One day she went into the kitchen to help make rotis and on this particular day she happened to commit the serious crime of wearing nail polish. This Aunty called her out on it and yelled at her in front of everyone. She felt so bad and so ostracized that she never did langar seva again. When she told me about this experience, I thought about it, and I was like, "I get it. We shouldn't wear nail polish because it can chip off and get into the food." This young woman said, "Yeah I get it too. I just wish that this Aunty explained it to me like that." But because of how this Aunty made her feel, our community lost a bright and beautiful sevadar.

Was it worth it? Was it worth the two hours of half-understood wisdom only to leave the Gurdwara feeling more judged for your imperfections than accepted for your sincere attempt to be a good Sikh?

That's what holds the youth back. It's just not always worth it.

#3. The Politics. Lord. Have. Mercy.

The drama. The fighting. The fury! I could honestly write a whole separate blog on this topic. I could actually write a whole freaking book on this topic. I don't want to dwell on it because thinking about it and writing about it and remembering it is just so negative and it puts us in a bad place.

What I want to say about it is this: We as a community need to learn how to sit down and have healthy discussions where everyone's opinion is heard and is respected and cherished. To be honest, this tactic should be learned in our homes first. Instead, we think that it's okay to raise our voice, to speak over one another, to pull out our kirpans; to assert power and dominance. The absolute worst part is, we think it's okay to do this in front of Sri Guru Granth Sahib Ji. But it is not okay and it has never been okay.

We continue to build more and more Gurdwaras, but if our youth stays disconnected, we may have more and more empty buildings in the future. Yes. . . buildings.

Without Sri Guru Granth Sahib Ji and without the Sadh Sangat, it is just a building.

We are a smart youth. We know how to find moments of connection and peace in our lives when we need it. We know how to find great teachings. We are fluent in Youtube and everything internet. On-demand kirtan and katha in English and judgement free learning is available to us at the tip of our fingers.

So why would we choose to come to Gurdwara?

As I write, the real reasons of going to Gurdwara whisper behind me. Love. Darshan. Service. Company.

The concept of Gurdwara is forever perfect. It's the reality of Gurdwara that needs to change.

Bhull Chuk Maaf

Mrs. Kaur and Miss Kaur

Information Technology Report

The SFV network reach has been extended by installing networking extenders. The Internet signal has been strengthened and is available within Langar Hall and Doctors Office area. The IT team continues to extend the signal to Kirtan Hall. Additional extenders will be installed by December 2017.

With regard to the redesign of the SFV website, Harjit S. Chawla informed that SFV has decided to go with “Go Daddy” as the host company, and the new site setup is ready. The next task before the site can be released is to populate data into each component of the new site. Chairman has formed a sub-committee that includes Kanwaljit K. Sachdeva, Surjeet S. Sidhu and Dr. Ajaib Singh to accomplish this task.

Building Security Improvements Report

S. Ajaib Singh Ji presented a draft security recommendation report. This report was based on the walk-through performed by the Fairfax County Police with S. Ajaib Singh Ji and Sarbjit Singh Kochhar. The Chairman and the committee supported the enhancement suggestions.

Per recommendation from the Fairfax County Police Department our Security Coordinator S. Ajaib Singh and Maintenance Coordinator S. Harpal Singh Sambe obtained bids for the installation of window film at the lower windows and doors. The lowest bid was received from Solar Eclipse of Woodbridge VA in the amount of \$1,800. Window Film used is 3M UltraNV25 which blocks the view from outside for security and also reduces the energy cost. The work was successfully completed.

Key Board Decisions (April – August 2017)

SFV Gurburab Dates:

Gurburab dates thru April 2018 are based on the amended Nanakshahi calendar

Discussing Gurdwara Vision:

1. Strengthen Kirtan/Katha Programming
2. Develop Fiscal Strength through more patrons and life memberships
3. Strengthen Youth Programs by having larger school, place for school, teaching and educational resources
4. Enhance seniors’ involvement and participation, whereby they come more regularly and remain engaged (Physical exercises, medical information sharing, etc.)
5. Fairfax Sikh Community Outreach (Non-Gurdwara activities – Help our community, training for adults, etc.)

Gurmat School Fee: This year, fee schedule was set at \$50 for the first kid from a family, \$65 for two, and \$75 for three or more. It was also suggested that school students should come up to the Darbar Hall to attend diwan after the classes end.

Trailer for Punjabi school: Harjit S. Chawla is working with the Fairfax County officials about having a trailer for Punjabi school.

Seniors Activities: Taking cognizance of the seniors activities going on at the Gurdwara Sahib on Wednesdays, Board decided to formalize this arrangement. Board appointed Paramjit S. Sachdeva as the Liaison for Seniors Activities. He will work with sangat coordinators, Barinder K. Deu and Randhir S. Chhatwal, for any announcements or email postings, and will come up with a registration form that will have indemnification clauses absolving SFV of any liability(ies).

HVAC Units: Board requested maintenance coordinator, Harpal S. Sambe, to look into the condition of the four HVAC units for the Darbar Hall and make recommendations(since then one unit has been replaced).

SFV Cleaning Company: At the request of the Board, Harjit S. Chawla had looked into the possibility of replacing the current cleaning company. Since then the cleaning contract, costing SFV less money for the same work, has been given to a new company.

Fundraising for the Hurricanes: It was decided that the fundraising done for the hurricanes would be divided 75 percent for Harvey and 25 percent for Irma victims. Houston funds will be sent to the Gurdwara in Houston; where to send Irma funds would be decided later.

Parking at SFV during Special Events: After several SFV Management meetings and negotiations, the Korean Church agreed to the following parking terms:

1. For SFV use, there will be \$300 charge each event
2. For Private functions, the charge will be \$500

SFV Board members are being vigilant and monitor the parking. We have noticed, our Sangat members still park at the church parking lot without permission despite available parking in the back of our parking lot.

Please note, if the Korean Church management gets our Sangat member's car towed from their premises, the Sangat member will be responsible for the towing, impounding, and holding charges, which can run into several hundred dollars.

Sangat's Corner

Poems and Life Experiences

ਜ਼ਿੰਦਗੀ

1. ਜ਼ਿੰਦਗੀ ਇਨ੍ਹਸਾਨ ਨੂੰ ਪਿੱਛੇ ਜਾ ਕੇ ਗ਼ਲਤੀਆਂ ਸੁਧਾਰਨ ਦੀ ਇਜਾਜ਼ਤ ਨਹੀਂ ਦਿੰਦੀ; ਪਰ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਨੂੰ ਬੇਹਤਰ ਬਣਾਉਣ ਦਾ ਮੌਕਾ ਜ਼ਰੂਰ ਦਿੰਦੀ ਹੈ
2. ਮੁਸੀਬਤ ਵਿਚ ਇਮਾਨਦਾਰ ਬਣੋ, ਅਮੀਰੀ ਵਿਚ ਸਾਦੇ ਰਹੋ, ਤਾਕਤ ਸਮੇਂ ਹਲੀਮੀ ਵਿਚ, ਗੁੱਸੇ ਵਿਚ ਚੁੱਪ, ਇਹ ਸੱਭ ਤੋਂ ਵਧੀਆ ਜੀਵਨ ਜਾਚ ਹੈ
3. ਜਿਹੜੇ ਜੀਵਨ ਦਾ ਆਨੰਦ ਮਾਣਦੇ ਹਨ, ਉਹ ਸੁਖਦਾਈ ਹਨ; ਉਨ੍ਹਾਂ ਲੇਈ ਜੀਵਨ ਮੁਸ਼ਕਿਲ ਹੈ ਜਿਹੜੇ ਤਲਬ ਕਰਦੇ ਹਨ; ਜੀਵਨ ਕਠਿਨ ਉਨ੍ਹਾਂ ਲੇਈ ਹੈ ਜਿਹੜੇ ਨੁਕਤਾਚੀਨੀ ਕਰਦੇ ਹਨ; ਸਾਡਾ ਆਪਣਾ ਵਿਹਾਰ ਹੀ ਸਾਡੀ ਜ਼ਿੰਦਗੀ ਦਰਸਾਉਂਦਾ ਹੈ
4. ਅਸੀਂ ਸਾਰੇ ਯਾਤਰੂ ਹਾਂ, ਪਰਮਾਤਮਾ ਸਾਡਾ ਟ੍ਰੈਵਲ ਏਜੈਂਟ ਹੈ; ਉਸਨੇ ਸਾਡੇ ਟ੍ਰਿਪ ਪਲੈਨ ਕੀਤੇ ਹੋਏ ਹਨ, ਇਸ ਲੇਈ ਆਓ, ਆਪਣੇ ਆਪਣੇ ਟ੍ਰਿਪ ਦਾ ਆਨੰਦ ਮਾਣੀਏ
5. ਦੁਨੀਆਂ ਦੇ ੬ ਵਧੀਆ ਡਾਕਟਰ ਹਨ - ਧੁੱਪ, ਆਕਾਸ਼, ਕਸਰਤ, ਸਹੀ ਖਾਣਾ ਪੀਣਾ, ਆਤਮ ਵਿਸ਼ਵਾਸ ਅਤੇ ਦੋਸਤ
6. ਨਿਰਧਨ ਡੀ ਮਦਦ ਕਰਦੇ ਸਮੇਂ ਉਸਦੇ ਚਿਹਰੇ ਵੱਲ ਗੌਰ ਨਾਲ ਵੇਖੋ; ਉਸਦੇ ਚਿਹਰੇ ਤੇ ਆ ਰਹੀਆਂ ਸੁਭਕਾਮਨਾਵਾਂ ਦੀਆਂ ਕਿਰਨਾਂ ਤੁਹਾਡੇ ਜੀਵਨ ਵਿਚ ਖੁਸ਼ੀਆਂ ਦੇ ਬੀਜ ਸਿੱਜ ਸਕਦੀਆਂ ਹਨ; ਅਤੇ ਜੇ ਨਿਰਧਨ ਦੀਆਂ ਅੱਖਾਂ ਵਿਚ ਹੰਜੂ ਆ ਜਾਣ ਤਾਂ ਦੁੱਖ ਵੀ ਧੋਤੇ ਜਾ ਸਕਦੇ ਹਨ;
7. ਜਦੋਂ ਵੀ ਬੋਲੋ, ਇਤਨੇ ਪਿਆਰ ਨਾਲ ਬੋਲੋ ਕਿ ਹਰ ਕੋਈ ਤੁਹਾਡੀ ਸੁਣਨਾ ਚਾਹੇ; ਅਤੇ ਜਦੋਂ ਸੁਣੋ, ਇਤਨੇ ਪਿਆਰ ਨਾਲ ਸੁਣੋ ਕਿ ਹਰ ਕੋਈ ਤੁਹਾਡੇ ਨਾਲ ਗੱਲ ਕਰਨਾ ਚਾਹੇ

Gurminder Bhatti

ਦਰਸ ਦੀ ਤਾਂਘ

ਤਾਂਘ ਇਕ ਤੇਰੇ ਦਰਸ ਦੀ
 ਹੋਰ ਦਾਤਿਆ ਤਲਬ ਨਾਂ ਕੋਈ
 ਢਹਿ ਪਏ ਦੁਆਰੇ ਆਣ ਕੇ
 ਹੁਣ ਮਨ ਸਾਡੀ ਅਰਜ਼ੋਈ
 ਧੂ ਦਾ ਬੇੜਾ ਪਾਰ ਲੰਘਿਆ
 ਜਿਸ ਤੇਰਾ ਨਾਮ ਧਿਆਇਆ
 ਪਾਪੀ ਹਰਨਾਖਸ਼ ਨੂੰ
 ਉਹਦੇ ਪਾਪਾਂ ਨੇ ਮਾਰ ਮਿਟਾਇਆ
 ਮੀਰਾਂ ਕਾਨ੍ਹ-ਕਾਨ੍ਹ ਕਰਦੀ
 ਖੁਦ ਆਪੇ ਕਾਨ੍ਹ ਸੀ ਹੋਈ
 ਤਾਂਘ ਇਕ ਤੇਰੇ ਦਰਸ ਦੀ

 ਧੰਨੇ, ਪੀਪੇ, ਨਾਮਦੇਵ ਨੇ
 ਖੁਦ ਆਪਣਾ ਆਪ ਮਿਟਾਇਆ
 ਤਰਲੇਚਨ, ਕਬੀਰ, ਫਰੀਦ ਨੇ
 ਮਖੌਟਾ ਸੱਭ ਦੇ ਦਿਲਾਂ ਤੋਂ ਲਾਹਿਆ
 ਅਮਲਾਂ ਤੇ ਨਬੇੜੇ ਹੋਣਗੇ
 ਉਨ੍ਹਾਂ ਸੱਭ ਨੂੰ ਆਖ ਸੁਣਾਇਆ
 ਸਤਿਗੁਰਾਂ ਰਾਹ ਦੱਸਿਆ
 ਨਾਂ ਹਿੰਦੂ ਨਾਂ ਮੁਸਲਮਨੇਈ
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 ਜ਼ਾਤ ਕਿਸੇ ਪੁਛਦੀ ਨਹੀਂ
 ਸੁਭ ਅਮਲਾਂ ਬਾਝੋਂ ਸੱਭ ਰੋਈ
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ਧਰਮ ਨਹੀਂ ਸਿਖਾਉਦਾਂ ਵੰਡੀਆਂ
 ਪਰ ਨਾਂ ਸਮਝੇ ਮੂਰਖ ਅਗਿਆਨਾ
 ਕੋਲਾਂ ਅਮਰ ਹੋ ਗਈ
 ਜਿਸ ਉਸ ਦੀ ਜੇਤ ਸਿਆਈ
 ਭਾਗੇ ਨੂੰ ਭਾਗ ਲਗ ਗਏ
 ਅਜੇ ਕਲ੍ਹ ਦੀ ਹੀ ਹੈ ਕਹਾਈ
 ਫੱਕੜ ਜਾਤੀ, ਫੱਕੜ ਨਾਉਂ ਨੂੰ
 ਕਿਉਂ ਅਸੀਂ ਹਾਂ ਸੱਭ ਭੁੱਲੇ
 ਜਾਤਾਂ, ਗੋਤਾਂ ਦੇ ਅਡੰਬਰਾਂ ਵਿੱਚ
 ਪੂਰਾਂ ਦੇ ਪੂਰ ਕਈ ਰੁਲੇ
 ਅਸੀਂ ਸਿੱਖ ਅਖਵਾਉਂਦੇ ਉਸਦੇ
 ਉਚ ਨੀਚ ਦਾ ਭੋਗ ਜਿਸ ਪਾਇਆ
 ਕਰ ਅਗਵਾਈ ਦਾਤਿਆ
 ਬਿਨਾਂ ਤੇਰੇ ਨਾਂ ਆਸਰਾ ਕੋਈ
 ਤਾਂਘ ਇਕ ਤੇਰੇ ਦਰਸ ਦੀ

 ਸੋਧ ਲਈਏ ਸਾਰੇ ਰਲ ਕੇ
 ਭੁਲ ਅਣਜਾਣੇ ਜੇ ਕਿਤੇ ਹੋਈ
 ਭੁਲ ਗਏ ਕਿਉਂ ਉਹ ਰਸਤਾ
 ਜਿਸ ਰਾਹ ਉਨ੍ਹਾਂ ਤੇਰੀ ਸੀ ਲਕੋਈ
 ਤਾਂਘ ਇਕ ਤੇਰੇ ਦਰਸ ਦੀ
 ਹੋਰ ਦਾਤਿਆ ਤਲਬ ਨਾਂ ਕੋਈ

ਹਰਜੀਤ ਸਿੰਘ 703-910-3290

ਨਾਂ ਕਰ ਵੇ ਮਾਣ ਅਜ਼ਾਦੀ ਦਾ
ਕੁੱਝ ਕਰ ਖਿਆਲ ਬਰਬਾਦੀ ਦਾ
ਜੇ ਬਹੁਤਾ ਕੁੱਝ ਨਾਂ ਦਿੱਸੇ ਤੈਨੂੰ
ਅੰਗ ਵੇਖ ਗੁਰੂ ਦੇ ਗਲੀਆਂ ਵਿੱਚ
ਰੁਲਦੀਆਂ ਪੰਗਾਂ ਚੁੰਨੀਆਂ ਗਲੀਆਂ ਵਿੱਚ
ਰੁਲਦੇ ਪੁੱਤ ਜਵਾਨ ਗਲੀਆਂ ਵਿੱਚ
ਰੁਲਦੇ ਕਰਜਾਈ ਕਿਸਾਨ ਗਲੀਆਂ ਵਿੱਚ
ਕਰ ਧਿਆਨ ਸ਼ਰਮ ਦੀਆਂ ਅੱਖਾਂ ਨਾਲ
ਕੁੱਝ ਕਰ ਖਿਆਲ ਬਰਬਾਦੀ ਦਾ
ਨਾਂ ਕਰ ਵੇ ਮਾਣ ਅਜ਼ਾਦੀ ਦਾ
ਨਾਂ ਕਰ ਵੇ ਮਾਣ ਅਜ਼ਾਦੀ ਦਾ

Surinder Singh

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ਤਪਦੀ ਦੁਨੀਆਂ ਨੂੰ, ਸਤਿਨਾਮ ਦੇ ਨਾਅ ਨਾਲ ਠਾਰਿਆ ਸੀ।
ਕੜਾਹੇ ਤਪਦੇ ਤੇਲ ਦੇ ਠਰ ਗਏ ਸਨ, ਤੇਰੇ ਹੱਥਾਂ ਦੀ ਛੋਹ ਪਾ ਕੇ,
ਕੈਡੇ ਰਾਕਸ਼ਾਂ ਵਰਗਿਆਂ ਨੂੰ ਤਾਰਿਆ ਸੀ।

ਦਾਤਾ, ਤੁਸੀਂ ਕੀਤੀ ਮਿਹਰ ਹੈ ਸਦਾ ਹੀ ਸੰਗਤਾਂ ਤੇ,
ਇਕ ਉਪਕਾਰ ਸਾਡੇ ਉਪਰ ਹੋਰ ਕਰ ਜਾਉ।
ਇਸ ਮਾਇਆ ਦੀ ਭੱਠੀ ਨੇ, ਦਿਲ ਸਾਡੇ ਮਨੂਰ ਕੀਤੇ,
ਤੁਸੀਂ ਆਉ ਮੁੜਕੇ, ਕਰੋ ਸ਼ਬਦ ਥੋਲਾ, ਸਾਨੂੰ ਠੰਡੇ ਸੀਤ ਕਰ ਜਾਉ।

ਵੇਖਣ ਨੂੰ ਤਾਂ, ਅਸੀਂ ਤੇਰੇ ਸਿੱਖ ਲਗਦੇ,
ਅਤੇ ਸਿੱਖ ਹੀ ਅਸੀਂ ਕਹਾਵਦੇ ਹਾਂ।
ਜੇ ਸੱਚੀ ਗਲ ਦਸਾਂ, ਤਾਂ ਸਿਖਿਆ ਅਸੀਂ ਕੁੱਝ ਵੀ ਨਹੀਂ,
ਐਵੇਂ ਹੀ ਸਿੱਖੀ ਦੇ ਢੇਲ ਵਜਾਵਦੇ ਹਾਂ।

ਨਾਮ ਤੇਰੇ ਤੇ ਬਣਾਂ ਲੈਦੇ ਹਾਂ ਗੁਰੂ ਘਰ, ਗੁਰਦੁਆਰੇ,
ਚਾਹੁੰਦੇ ਹਾਂ ਨਾਮ ਰੱਬ ਦਾ ਰਲਕੇ ਲੈ ਸਕੀਏ।
ਕੋਈ ਸੇਧ ਲਈਏ, ਕੁੱਝ ਭਲੇ ਕੰਮ ਕਰੀਏ,
ਤੇਰੇ ਦੱਸੇ ਰਾਹ ਤੇ ਥੋੜ੍ਹਾ ਤੁਰ ਸਕੀਏ।
ਇਸ ਤੋਂ ਅੱਗੇ ਪੈਰ ਅਸੀਂ ਨਹੀਂ ਪੁੱਟ ਸਕੇ, ਸੋਚ ਇਥੇ ਹੀ ਸਾਡੀ ਖੜੇ ਗਈ ਹੈ,
ਇਕ-ਦੂਜੇ ਦੀ ਗੱਲ ਸਹਾਰਦਾ ਨਹੀਂ, ਆਪੇ ਧਾਪੀ ਸਭਨਾਂ ਨੂੰ ਪੈ ਗਈ ਹੈ।

ਗੁਰੂ ਘਰ ਬਣਾ ਦਿੱਤੇ ਹਨ ਅਸੀਂ ਅਖਾੜੇ ਕਮੇਟੀਆਂ ਦੇ,
ਇਕੱਲਾ ਮੈਂ ਚੰਗਾ, ਬਾਕੀ ਸਭ ਮਾੜੇ, ਬਿਮਾਰੀ ਚੰਪਰ ਦੀ ਬਹੁਤਿਆਂ ਨੂੰ ਪੈ ਗਈ ਹੈ ।

ਪੰਗਤ ਵਿੱਚ ਬਹਿ ਕੇ ਲੰਗਰ ਦੀ ਜੇ ਤੁਸੀਂ ਚਲਾਈ ਪ੍ਰਥਾ,
ਅਸੀਂ ਉਸ ਦੀ ਪਰਿਭਾਸ਼ਾ ਹੈ ਬਦਲ ਦਿੱਤੀ ।
ਗੁਰਦੁਆਰੇ ਆਉਂਦੇ ਹਾਂ ਮੇਲ ਮਿਲਾਪ ਦੇ ਲਈ, ਸ਼ਬਦ ਸੁਣਨ ਦੀ ਸ਼ਰਧਾ ਹੈ ਛੱਡ ਦਿਤੀ,
ਲੰਗਰ ਛੱਕ ਕੇ ਬੱਲੇ-ਬੱਲੇ ਕਰ ਛੱਡਦੇ, ਪਾਠ ਕਰਨ ਦੀ ਚੀਤ ਹੈ ਛੱਡ ਦਿੱਤੀ ।

ਸਾਡੇ ਲੀਡਰਾਂ ਨੂੰ, ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ, ਮੱਤ ਦਾ ਦਾਨ ਦੇ ਜਾਉ,
ਬਜਾਏ ਤੇੜਨ ਦੇ, ਜੇੜ ਸਕੀਏ ਅਸੀਂ ਸੰਗਤਾਂ ਨੂੰ, ਐਸਾ ਰਾਹ ਦੱਸ ਜਾਉ ।
ਮਾਇਆ ਨਾਗਣੀ ਦੇ ਡੰਗਾਂ ਤੋਂ ਅਸੀਂ ਬੱਚ ਸਕੀਏ,
ਐਸੀ ਸੇਧ ਦੇ ਜਾਉ, ਐਸਾ ਢੰਗ ਦੱਸ ਜਾਉ ।

ਦਾਤਾ, ਤੁਸੀਂ ਕੀਤੀਆਂ ਮਿਹਰਾਂ ਸਦਾ ਹੀ ਸੰਗਤਾਂ ਤੇ,
ਇਕ ਉਪਕਾਰ ਸਾਡੇ ਤੇ ਹੋਰ ਕਰ ਜਾਉ ।
ਤਪਦੇ ਤੇਲ ਨਾਲੋਂ ਵੱਧ ਸਾਡੇ ਦਿਲ ਨਰਮ ਹੋਏ,
ਤੁਸੀਂ ਆਉ ਮੁੜ ਕੇ, ਕਰੋ ਸ਼ਬਦ ਥੋਲਾ, ਸਾਨੂੰ ਠੰਡੇ ਸੀਤ ਕਰ ਜਾਉ ।

ਹਰਬੰਸ ਮਠਾੜੂ

SFV Senior Corner

Sadh Sangat Ji, do you know?

SFV Gurdwara Sahib now has a new Seniors Program!

This new Program is intended to serve the social and wellness-related needs of the Sikh Foundation of Virginia (“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 life style 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.

There is no charge for participating in regularly-scheduled Program activities at the SFV premises, but there is a nominal charge for special events or field trips. SFV does not provide transportation to or from the Gurdwara premises or have qualified/certified staff to assist the seniors. Hence, participants must be able to commute to and from the Gurdwara Sahib on their own, and manage their personal care independently without assistance. All participants must register with the coordinator of the SFV Seniors Program and sign a consent form absolving SFV of any liability for engaging in any Program activity.

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. Some seniors use this time for learning or teaching new skills, such as conversational English. While sharing a meal (langar), participants converse about current affairs and issues relevant for seniors (e.g., aspects related to immigration, Medicare, Social security, etc.). Activities can be modified or added in response to participants' changing interests or preferences.

The current schedule of Program activities, every Wednesday, is:

09:00 AM - 10:15 AM	Langar Preparation
10:15 AM - 10:30 AM	Naam Simran
10:30 AM - 11:30 AM	Light Yoga/Breathing Exercises/Pressure Points
11:30 AM - 12:00 (Noon)	Gurbani Vichaar
12:00 PM - 12:15 PM	General Discussion
12:15 PM - 01:00 PM	Langar and Cleaning

All SFV seniors are welcome! For further information, please contact the Coordinator for the Seniors Program (see the SFV Board's office-bearers list), or 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.

Do you also know there are many free health related services available to Fairfax County Seniors?

<https://www.fairfaxcounty.gov/dfs/olderadultservices/>

Under this program you can possibly get support for the following programs:

County Services

Adult Day Health Care	Insight Memory Care Center	Adult Protective Services	Transportation (More on transportation below)
	Care Management		

Mature Driving Issues		ElderLink Care Management	ElderLink Care Management
Caregiver Support and Respite Programs	Disability Services	In-Home Care	Meals on Wheels
Medicare and Insurance Counseling- VICAP	Medicaid	Mental Health Services	Nursing Homes and Assisted Living
Public Benefits (Food Stamps-SNAP, etc.)	Senior Employment	Senior Housing	Services for Alcohol and Drug Use Disorders
Speech and Hearing Services	Tax Relief	Voting	And much more...

[http://www.fairfaxva.gov/government/public-works/transportation -division/cue-bus/transportation-for-seniors-and-persons-with-disabilities](http://www.fairfaxva.gov/government/public-works/transportation%20-%20division/cue-bus/transportation-for-seniors-and-persons-with-disabilities)

Transportation for Seniors and Persons with Disabilities

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)

MetroAccess: 301-562-5360 (TTY: 301-588-7535)

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)

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 will cover:

- 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
- Broader concerns of the global Sikh community, and
- Suggestions from the Sangat, and SFV management's response.

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 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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