

# Foundation Highlights

## President's Message

Year 2021 is coming to an end. On behalf of the BDKWWF, I would like to extend my heartfelt thanks and gratitude to all our members and well-wishers for their incredible and selfless support to our Foundation's goal. Together we have crossed some significant milestones in achieving our goals set at the very beginning of year 2021. BDKWWF's total donations to support various humanitarian relief works both local and worldwide for 2021 was over \$40,000.00 including 1,637 Lbs food items donated to our regional food bank which is equivalent to 1,278 meals for the most vulnerable group in the society. I can not express the joy and gratitude the Food Bank staffs conveying again and again to our BDKWWF members while receiving these precious gifts at this time of critical juncture of our everyday life.

COVID 19 is here and seems like no end to this soon. This implies that the year 2022 will not be no different than year 2021. Although we must hope and pray for its end. May the Almighty have mercy on us and put us back on our normal life. On this occasion, we remember our fellow members who lost their nearest and dearest ones. May the departed souls live in peace. May the Almighty have mercy on them and make it easier for them in hereafter.

With this, I wish all of you a very happy HOLIDAY SEASONS and a joyful NEW YEAR.

**Omar Faruk, President**

## Meet the First Recipient of Dr. Monzur Kabir Scholarship of BDKWWF

Our best wishes and congratulations to Omar Faruque, as the first recipient of Dr. Monzur Kabir Scholarship.

Omar Faruque is a second year student of Chandpur Medical College, Chandpur, Bangladesh. He is the third child of Mr. and Mrs. Rezaul Karim. Two of his elder sisters are in post graduate studies - Bangladesh Agriculture University (Doctor of veterinary medicine) and Dhaka University (Population Sciences), his younger brother is an SSC candidate.

His tuition fee, expenses for books, medical materials, tools, dining and lodging are around C\$1500 (BDTk. 1,00,000.00/per year). This scholarship will be applicable to the full expenses for the rest (another 3 to 4 Years) of his program. The first instalment of current year \$750 has been handed over to him in October, 2021 and \$750 will be sent in March, 2022. We are proud and happy to be a part of Omar's journey to become a doctor.

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Omar Faruque

*"I am Omar Faruque. I applied for the Dr. Monzur Kabir Scholarship sponsored by BDKWWF. I am very glad & thankful to the committee for selecting me for this scholarship. I am also grateful to Kamrul Anwar for introducing me to the committee."*

## At A Glance: The Fundraise and Distribution Jan - Dec 2021

Account	Total	Comments
Zakat Fund Collection 1	\$6470	\$3000 given to an Orphanage in Dhaka March, 2021 \$2000 was given to an individual in need in Dhaka, March, 2021 \$1470 was added to donate to the affective Palestinian people in Gaza in June 2021
Donation to Waterloo Region Food Bank	\$1088	Ramadan Food Drive: 937 lbs of food items equivalent of 732 meals were delivered in May 2021.
Help HopeSpring Cancer Support Centre	\$500	Donation made towards the recovery of the damage caused by fire in their premise at Waterloo Inn in February, 2021.
Help for Cancer Patients	\$3700	Donation made to the young girl in Kushtia, whose both parents are fighting with cancer through Kamrul in April 2021
Zakat Fund Collection 2	\$9950	Donated \$9300 = BDT6,54,120 in April-May 2021 <ul style="list-style-type: none"> <li>• ORCA Homes (An orphanage in Bangladesh) - BDT1,80,000</li> <li>• COVID -19 Relief in Kusthia District, Bangladesh – BDT1,85,250</li> <li>• 4 other orphanages in Bangladesh – BDT1,04,870</li> <li>• Help to meet some medical needs of 4 individuals in Bangladesh, (Fakirhat, Noakhali, Mymensingh and Borishal) – BDT75,000</li> <li>• Help for housing need for an individual in Pabna, Bangladesh – BDT55,000</li> <li>• Misc. zakat aid – BDT54,000</li> </ul> <b>Total - BDT6,54,120</b>
Help India's fight against Covid 19	\$1600	2 Cheques issued to The Canadian Red Cross in May and June, 2021
Help the Palestinian People in Gaza	\$6730	Money was donated to help the civilian Palestinians affected by the recent Israeli attack on Gaza. A cheque issued to the Islamic Circle of North America (ICNA) in June 2021 (\$1470 added from the left over Zakat Fund 1)
Help the young boy in London, ON whose family members were killed	\$800	Cheque issued to the member of the family, July 2021
Dr. Monzur Kabir Scholarship	\$750	1st Instalment of first year scholarship money to Omar Faruque in September 2021
Help Mohammad for his complex treatment	\$5000	For the treatment of critically ill boy Muhammad October 2021
Annual donation of \$150 each to 3 organizations	\$350	Monica Place, Canadian Red Cross, and Cancer Research Society October 2021
To help a woman in Rangpur to build her house whose husband was killed in the Rana Plaza accident	\$2230	Money was handed over the party via ORCA December 2021
2nd Food Drive for the Region of Waterloo Food Bank	\$1036	Holiday Food Drive: 700 lbs of food items equivalent of 546 meals were delivered in December 2021.
<b>Total:</b>	<b>\$40,304</b>	<b>Money raised and distributed as of Dec /21</b>

## New Hope - A New Start of Anwara Begum

Anwara Begum (45) is from Rangpur which is located in the northern part of Bangladesh. She has two children. Her husband is a farm worker who works as a day laborer.

Anwara was a garments worker of Rana Plaza. During the Rana Plaza disaster on 24 Apr 2012, she was severely injured. Anwara hurt her head, knees and was under the rubbles of the building for two days. She then was rescued and taken to the local hospital for treatment at CRP (**Centre for Rehabilitation of the Paralyzed**). Since the incident she is unable to work and needs continuous treatment.

After the accident Anwara's two children were admitted at ORCA Homes run by the ex-cadets of Rajshahi Cadet College. As Anwara lost the ability to work, she had returned back to her village. Unfortunately she did not have a home, as she took shelter in her brother's home who was also a garments worker.

But during the pandemic (Corona-19) he too lost job and returned back home. He was no longer able to accommo-



Anwara Begum is with her family in front of her newly built house made of corrugated iron sheet (Tin)

date Anwara at his place. But it was not easy for her to purchase and build a house. She appealed to many people, but was refused. Few generous brothers contributed but it was not enough to purchase the land. She started staying on the land building a tin shed house. As she was unable to meet the full payment, the landlord threatened her to evict from the land. At this critical moment BDKWWF (Bangladeshis in Kitchener - Waterloo Welfare Foundation) came forward to support her by giving Tk 1.50 lakh (C\$2230). This money was donated by the kind hearted people in K-W community who are always very responsive to this kind of appeal.

Anwara was in tears when she received the donation as she found BDKWWF beside her when she needed the help most. She was very happy to receive the money.

**Captain Zahanyar (Retd.)**  
**Dhaka, Bangladesh**

*"I on behalf of Anwara Begum would like to express my sincere gratitude to you (BDKWWF) all for your generosity. It was an excellent gesture of humanity. May Allah the Almighty help you all during the Day of Judgment the way you helped Anwara."*

**Captain Zahanyar (Retd.)**



Nasir, Atiq, Sadi and Mohid on their mission to purchase the food items for the Food bank of Waterloo Region in December 2021. 700lbs of food items have been dropped off.

## Muhammad's Journey



Muhammad

When most of the other children at their young age were enjoying their typical childhood in this beautiful world, Muhammad was going through a series of critical surgeries starting from when he was only 13 days old. Muhammad is a beautiful 5 year old young boy living in Bangladeshi who was born with some critical complexities in his bladder that affected his kidney. Since then he had undergone more than 4 surgeries at the various stages of his little span of life, some of them in Dhaka, Bangladesh and some in Delhi, India. Muhammad is now 5.5 years old and weigh 12 kgs. His physicians agreed upon for a kidney transplant for him that may end to this painful processes that he is undergoing through.

Arrangements have been made at the St John's Research Institute & Medical College of Bangalore, India for this kidney transplant. The surgery will cost a total of C\$28,571.00. The family arranged half of the required amount and then desperately asked for help from the bigger community. Their appeal reached Omar Faruk, the President of BDKWWF and he spread the word in the K-W community. As usual with the help of all kind hearted people BDKWWF was able to raise C\$5000 in the month of October this year. The amount was handed over to the family immediately.

We wish Muhammad and his parents for a successful recovery of his complex condition and pray that he will soon be able to enjoy a normal happy life with his loving family.

We are waiting for any of his update and will share with all via email.

## Another Young Quran Hafidh of KW

Sabahat Arefeen is a young boy living in our neighborhood since his very young age. He has completed the full course of memorizing the holy Quran this year. He has shared his feelings in these few words: "My name is Sabahat Arefeen, and I am a grade 8 student at MAC Maple Grove School. MAC Maple Grove is a private Islamic School which follows Canadian Curriculum as well as teaches Quran, Arabic and Islamic studies. Our school has initiated and established a Hifth program called "Al-Furqan" which provides students an opportunity to memorize the Quran and encourages them to integrate Islam and the teachings of the Quran in their daily lives. Alhamdulillah, I completed memorizing the Quran on Nov 16, 2021, by the grace and blessings of ALLAH (SWT), and with the help and guidance of my wonderful teachers: Mrs. Ahlam, Mrs. Noor, Sheikh Bendame (Imam of Kitchener Masjid) and Sheikh Khaled. I am grateful to my entire Bangladeshi community for their continued blessings and encouragement, and I hope that you all will keep me in your prayers."



**Sabahat Arefeen,  
Kitchener, ON**

Sabahat Arefeen



## 5 Ways to Get Back into the School Routine After the Holiday Break

The holidays are coming to an end and its almost time for you to head back to work and for your children to get back to school. During the holidays, the regular school day routine has probably been disrupted due to either travelling or just the relaxed schedule of this time of year!

Below are a few tips on how to make the transition back into the school routine after the holiday break!

### **Prepare!**

Don't let the end of the holidays sneak up on you or your child! Remind your child that they will be returning to school soon, and reinforce the positive sides of school such as seeing their friends or learning their favourite subject. Nothing makes it easier to get back into a routine than to prepare for it!

### **Get back into YOUR routine!**

Your child uses you as an example! As hard as it may be, getting up at your regular time, getting everyone dressed and ready for the day will make it much easier to get back into your normal routine once the holidays end! If your child has a routine eating schedule try and plan snacks around that time if you won't be eating at the same time!

### **Use a visual calendar!**

Losing a routine can be stressful as you feel lost and uneasy. This is how your child feels too! To help ease their anxiety and to maintain the regular habits of the school year routine use a visual calendar! The calendar can include things as simple as bedtimes and meal times, or as elaborate as travel plans or family get-togethers. Having a visual countdown in the days leading up can also help reduce back-to-school anxiety and help you to address any fear or worry.

### **A good nights sleep!**

It's easy to break the bedtime routine and overall sleep schedule during the holidays. This can become especially difficult when visiting or hosting family or any sort of holiday travel. When possible try to be mindful of a child's bedtime and wake up time close to the normal times as possible. Some nights this may not be possible but don't allow one slip become the new norm!

### **Vacation memories!**

Nobody wants the holidays to end, especially your child! With no school, presents and all sorts of treats who can blame them? Towards the end of the holiday break have them make some artwork, create a drawing, or write a story about their favourite memory of the holidays. Not only will this get your child's brain working again it will also give them something structured to work on. An added benefit is you now have a keepsake to add to their collection!

The end of the holidays doesn't have to be stressful! Remember these useful tips to help you and your child get back into the school routine.

**Steven Young**

*Source: Young, Steven, 5 Ways to Get Back into the School Routine After the Holiday Break, Power of Play by Scholars Choice, December 21, 2021. Retrieved from:*  
<https://info.scholarschoice.ca/blog/home/5-ways-to-get-back-into-the-school-routine-after-the-holiday-break>

## Subcommittees

There are many ways one can be actively involved with the Welfare Foundation. Some of these are to include yourself in one of the subcommittees:

- Food Drive Subcommittee
- Wellness Subcommittee
- Student Scholarship Subcommittee

Please bring your inputs and ideas for any these or outside of these fields.

**bdkwwf-**  
**info@googlegroups.com**

## Congratulations to the new Ph.D. Earner!



Nabil Faruk

Nabil Faruk has earned his Ph.D. from the University of Chicago in 2021. Our heartiest congratulations to this youngest achiever of this level in this K-W community! We wish him all the best and success!

*There are always some opportunities for the youth in the community to be involved with interesting works the Foundation does. Interested?*

*Please contact: [bdkwwf-info@googlegroups.com](mailto:bdkwwf-info@googlegroups.com)*

## Upcoming Events

### Next Quarterly Meeting

March 5, 2022, 7:00 pm

Bangladeshis in Kitchener Waterloo Welfare Foundation (BDKKWF) is a voluntary organization registered and approved as a charity organization under the Provincial Government of Ontario.

### Our Mission

Improve life of the vulnerable people in Bangladesh and all over the world by extending humanitarian support through our concerted efforts and promote friendship and bondage around the world among people of all origin.

### Our Vision

The BD-KW Welfare Foundation will be a fully humanitarian organization through which Bangladeshi community in Kitchener-Waterloo voluntarily demonstrate their effort and caring for others in need.

### Membership

Become a member is easy, Just email [bdkwwf-info@googlegroups.com](mailto:bdkwwf-info@googlegroups.com). Membership fee is \$120 per year or \$10/per month per family.

### Newsletter

This Newsletter Foundational Highlights aims to publish two times in a year January and June. If you like to subscribe to the newsletter please email **[bdkwwf-info@googlegroups.com](mailto:bdkwwf-info@googlegroups.com)** or do it online by visiting our website: **[www.bdkwwf.org.ca](http://www.bdkwwf.org.ca)**

### BDKWWF

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