

Foundation Highlights

President's Message

We are towards the end of the summer months of 2022 moving to the end of the year 2022. Time flies by so fast! Summer is a busy time for all of us. Schools are closed and kids are at home keeping the parents busy with their unlimited energy and innovative ideas. New high school graduates are eagerly preparing for their next exciting journey entering a new world. University graduates are preparing to enter the real world of respective professional field. Congratulations to all of them from BDKWWF!

Life goes on! COVID 19 has become part of our lives and we are becoming used to it more and more as time goes on. With all these milestones happening around us, we are busy with our everyday life – some of us have moved to new homes busy with reorganizing the new places, some busy with renovating their existing places, some with exciting new ventures of their own.

In spite of all these, I will urge our BD-KWWF members as well as our greater K-W Bangladeshi community and others to have a moment and go through this issue of our newsletter and get familiar with the activities we performed together since the publication of our last issue in January 2022.

Till today, our major activities total \$20,490.00 which includes \$7,747.00 helping Dr. Habibullah Tomal of Bangladesh, a dedicated medical professional who urgently needed kidney transplantation, \$9050.00 donations to several orphanages in Bangladesh, \$3000.00 to the recent flood victims in Sylhet as flood rehabilitation program, \$750 as the second instalment for the Dr. Monzur Kabir Scholarship and \$693.00 spent on Ramadan Food Drive to help the local Waterloo Region Food Bank. All these activities were possible because of your dedication to BD-KWWF and your sincere intentions to help the people who need our help desperately. We thank you all for your kindness and participation in our various activities. Thank you so much!

Another update I also like to share that the little boy Muhammad for whom we have raised fund last year will go thorough much awaited bladder surgery soon in India which was on hold due to the Covid. We will update you about the result when we get it.

At the end, I would express our deepest sympathy to those of our community members who lost their nearest and dearest ones. May the Almighty give them patience to endure their losses, Ameen.

Omar Faruk, President
Waterloo

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Upcoming Events

- **Next Quarterly Meeting**
Stay Tuned for the Date
- **Group Blood Donation**
Stay Tuned for the Date

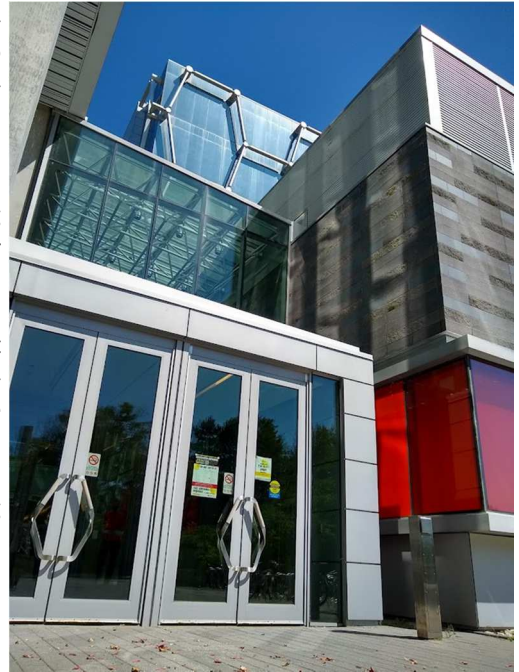
Do you like to please consider donating blood for the Canadian Blood Services? They are in dire need of blood in the recent months. Please contact us if you would be interested in a group blood donation program arranged by BDKWWF soon.

How Time Flies

My high school experience may have been cut short due to COVID-19, but that didn't prevent the start of my post-secondary journey to be any less chaotic and eventful than any other first year's roller-coaster, even if the circumstances themselves might have lent to be a little unique.

A lack of school-run events such as the traditional Engineering Orientation Day due to public safety measures made it necessary for me to really step out of my comfort zone as an introvert to socialize and make new friends in a time where you can't get too close (literally) to do that. Turns out everyone is equally eager to connect with one another, so I learned to be the one that sparks conversation. But after 2 years of digital schooling, it reminded me the element that makes school always so bearable and even enjoyable in those rare moments is your peers and classmates, in which a bond is made with your year-mates from the collective suffering thanks to professors.

The academic transition from high school to university was a huge shift upon the fundamental principles I chose to value. Now, there is no longer an incentive to achieve a perfect 100%, as before the target was university but now I'm here. That's not even including how unsustainable of a standard that is to hold to yourself, unless you expect to sacrifice all other elements of life just for the sake of pride in the form of numeric validation. I think it was after I finished the first semester and started the second semester that the genuine investment in learning for the sake of learning, not for grades, sunk in. I became more engaged in those classes that sparked my curiosity, which by extension is now helping me narrow in within the specialization of my program in upper years.

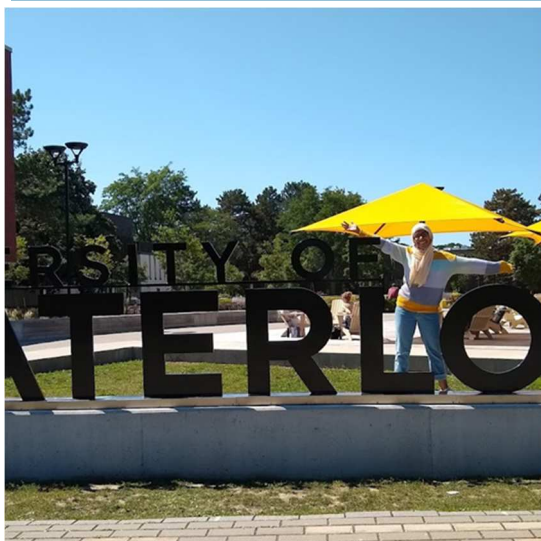


Engineering (Nano Technology) Dept. of University of Waterloo.

Photo: Nuha Rahman

As a very brief rundown, nanotechnology is designing things on a scale of 10^{-9} m, which for context the width of human DNA is 2.5 nm. The 4 general areas of application are nanoelectronics, nanomaterials, nano-instrumentation, and nano-biological systems.

Nuha Rahman



My undergraduate program I was fortunate enough to pursue (and was my first choice; no senior exams in high school is the silver lining to a global pandemic) Nanotechnology Engineering at the University of Waterloo. As a very brief rundown, nanotechnology is designing things on a scale of 10^{-9} m, which for context the width of human DNA is 2.5 nm. The 4 general areas of application are nanoelectronics, nanomaterials, nano-instrumentation, and nano-biological systems.

Left: Nuha Rahman posing in front of the University of Waterloo, Waterloo, Ontario.

Photo: Nashita

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Time Flies...cont'd from page 3

Biology being my favourite science in high school, I had assumed that it was obvious that I would go straight into nano-biological systems. But after joining the student design team iGEM, which looked at designing synthetic biological technologies to solve current global issues, I surprised myself when biology at a higher level just didn't click for me the way it did before. But what did click is a materials science course I had in the second semester. It definitely helped that I had a very enthusiastic new professor teaching the course, whose excitement was almost contagious. But more so, it was very intriguing to actually understand why the things around us are as they are, of why glass is transparent and rubber is so good for tires. I also found it exciting to down-the-road work on some of the new technology we learned about at the end of the semester, such as supermaterials and composites. Something off the top of my head are artificial gel-based sheets as synthetic animal tissue, which is an application within biology without being as intertwined with it as a subject matter. If it hasn't been clear by now, I'm currently considering going more towards the nanomaterial side of things.

I am currently in this summer going through my first co-op term as a research assistant in the MSAM (multi-scale additive manufacturing) research group at UW, which is a fancy way of saying 3D printing research. It may seem basic, but 3D printing has come a long way since the original public introduction of printing fun little figurines with it. Now it's used in industries to print things such as within the automotive industry to print specialty parts out of metal, those which are no longer mass manufactured. Or going back to medical applications, printing joint and bone inserts which they have actually tested in a sheep's femur, as well as dentures and tooth replacements. I am enjoying it very much, much more so than an academic term for two main reasons; a) no homework hence no stress b) I'm making good money. What more could you ask for?

Nuha Rahman
University of Waterloo, Waterloo, ON

Picture Gallery Community Picnic



Flood in Sylhet and SUST Physics Alumni in Relief Work

We all are aware of the recent flood in northeastern part of Bangladesh specially in the district of Greater Sylhet and its devastating aftermath. Due to heavy rainfall in the adjacent southern Indian states, the flood waters of Surma, Kushiara and other rivers overflowed and caused this severe flooding in Greater Sylhet.

In the months of May and June this year this flood took a big toll on the financial, social and everyday lives of a thousand of people in this part of Bangladesh. **BDinKWWF** collected a fund for the **SUST - Students of Physics Dept., Shahjalal University of Sc. and Technology** to help these affected people when it was required the most. A total of C\$2890 was raised through a campaign from the kind donations from our community members. BDKWWF added another C\$110 so an equivalent amount of taka 240196 was given to the flood victims in different parts of Sylhet in July. Our sincere thanks to the donors always. BDKWWF gives special thanks to **Mr. Sarfuddin Ahmed, Prof. Nazia Chowdhury, Dr. Manash Kanti Biswas, Prof. M A Basith and Mr. Rummon and Mr. Monowar Zahir (helped fund collection in USA) and all others** who diligently distributed and organized the relief works in the affected area. Below are some pictures of the relief distribution.



Did you know?

- The flooding left at least 41 people killed and four million stranded.
- Suitable agricultural lands in Sylhet district are submerged. Among the lands submerged in water is Aus paddy seedbed with an area of 1,421 hectares.
- Boro crop lands of 1604 hectares
- Summer vegetable lands of 1,334 hectares were affected
- A total of 12 upazilas of Sylhet and Sunamganj districts and the entire Netrokona district have been affected by the floods.

Source: 1. https://en.wikipedia.org/wiki/2022_Sylhet_floods

2. *Prothom Alo* (in Bengali). 16 June 2022. [Archived](#) from the original on 17 June 2022. Retrieved 17 June 2022.

3. *Daily Ittefaq* (in Bengali). [Archived](#) from the original on 2022-05-22. Retrieved 2022-05-22.



'On July 1 our team distributed essentials including rice, edible oil, spices, sari, lungi, soap, candle, mosquito nets, etc. to 300 families in 3 different villages in 'Dekhar Haor' in Sunamganj' - Sarfuddind Ahmed



Summer, Sun, Shine and More

Hope we all are being able to enjoy the beautiful summer we have here in Canada! School year is over for most of the folks, vacation, trips here and there, gardening....there is no lack of business!!

We also have griefs as death occurred among us in the usual course of life. In April Mohd. Firozur Rahman's father-in-law and in May his wife, in April Enamul Haque's brother, in July Dhimir Khan Majlish and Moriom Chowdhury's fathers passed away. We pray for their departed soul and the families.

This summer has also brought the drought in southern part of Ontario which affecting the agriculture. Along with this the inflation and war in Europe will and already causing very high prices for food and our everyday essentials. So for the environment and to reduce the waste may we try to be 'smart' in our buying and expending habits and keep the Food Banks and local shelters in mind to extend our giving hands.

The Wellness Committee of BDinKWWF likes to share these two links with the readers. The first one from the Canadian Mental Health Association on the Self Care. It has helpful information on importance of taking care of yourself and different ways to do it.

<https://ontario.cmha.ca/take-15-minutes-just-for-you/>

The other one is on for tips and resources of healthy eating, recipes and nutrition guide that you may like to keep handy!

<https://food-guide.canada.ca/en/tips-for-healthy-eating/>

Hope you will like to check them some time!

Food Drive for The Food Bank of Waterloo Region

Like each year BDKWWF arranged the Ramadan Food Drive in April to support our local Food Bank. Total Collection was \$700 and \$693 was spent to purchase food items weighing 556 lbs. It equals to 434 meals. Again 'Thank You' community members for your generosity in supporting this drive!

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

Group Walk and Hangout for Seniors

During the winter months BDKWWF arranged some indoor group walks for the elderly at the RIM Park. It started with some warm ups and stretch outs as directed by Faruk bhai and later they completed several rounds of walking of the entire building inside.

Earlier this year they also participated in a Zoom hangout during the lockdown time to get a relief from the fatigue and exhaustion of the pandemic. It was a pleasant afternoon seeing them together (on a screen though) and hear very interesting stories of their life, their hobbies and passions. Thank you uncles and aunties for participating and sharing these!



If you have any information or article that you think is useful for our readers please send to us at bdkwwf-info@googlegroups.com

Congratulations to the Graduates of 2022



Haider, Naziba



Hasan, Dazana
Samreen (2021)



Khan, Tabassum
Rahman



Khan, Tarannum
Rahman



Toufiq, Tyseer
(High School)

Our heartiest congratulations to the high school graduate Tyseer, Naziba who graduated from The University of Waterloo, and Tabassum and Tarannum from the University of Western Ontario this year. Congratulations to Dazana who graduated from McMaster University last year. We wish them all the best and success in their new step of life. We also wish the best to other graduates whom we might have missed in this issue. Please send your graduates' name and picture so we can feature them in the next issue because we always love to hear from you!

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

E-mail: bdkwwf-info@googlegroups.com

Like us on facebook

Website: www.bdkwwf.org
(currently under construction)



BANGLADESHIS IN KITCHENER WATERLOO
WELFARE FOUNDATION

Bangladeshis in Kitchener Waterloo Welfare Foundation (BDKWWF) 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 bondages 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. 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 or do it online by visiting our website: www.bdkwwf.org.ca