

# Foundation Highlights

## Happy New Year!

We hope everyone has started the new year with much inspiration and enthusiasm. Although we have two very live wars going on in the world which we are affected by directly or indirectly, we keep up our humanity and love towards our neighbors and the sufferers always. This issue is being published a little late due to time conflicts with other priorities. We sincerely apologize for this.

## At A Glance: BDKWWF's Monetary Contributions from July to December 2023

Date	Project	Amount	Comment
October 11, 2023	Emergency Relief to the Earthquake victims of Morocco	\$2000.00	Cheque #038 issued and mailed to the Islamic Relief Canada, 3501 Mainway Burlington ON L7M 1A9
November 04, 2023	5th installment of Omar Faruque's scholarship. Chandpur, Bangladesh. He has appeared in the 3rd Prof Exam on Nov 27, 2023	\$750.00 Tk.63,750.00	Cheque #051 handed over to Kamrul Anwar on Nov. 08, 2023. O. Faruque acknowledged receiving Tk.63,750.00 in the same week.
November 04, 2023	Annual Donation to Cancer Research Society	\$150.00	Cheque #052 mailed to Cancer Research Society PO Box 4613 Stn E Ottawa ON K1S 9Z9
November 04, 2023	Annual Donation to The Canadian Red Cross	\$150.00	Cheque #053 mailed to Canadian Red Cross Streetsville PO Box 4000 Mississauga ON L5M 9Z9
December 20, 2023	Holiday Food Drive (Nov.-Dec.) Donation collected from KW community	\$1100	810 lbs of food Items worth of \$1100.00/633 meals purchased and dropped off at the Food Bank of Waterloo Region on December 20, 2023.

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### Upcoming Events

- [Ramadan Food Drive](#)
- [Quarterly Meeting](#)
- [Summer Picnic](#)

# Language Movement Day: Bengali Language Curriculum in KW

February is the month of Language Movement Day, also called the State Language Day or Language Martyrs' Day in Bangladesh, which is February 21. UNESCO also decided to observe it as the International Mother Language Day. All Bangladeshi citizens around the world celebrate this to uphold the value of their mother tongue—Bangla Vasha/Bengali Language. Here in Kitchener-Waterloo we have a Bengali Language Curriculum under the WRDSB's International and Indigenous Language Program (IILP) for school going children (JK - Gr 8). Currently the class

takes place at the **Forest Hill School, 255 Westmount Rd E, Kitchener, ON N2M 4Z2** every **Saturday 9 am to 11:30 am** of a School Year. This curriculum is completely **FREE** and they are always welcoming new students.

For more information please contact:  
**Shabnam Aziza (Language Instructor)** at  
**519 279 9834**  
[shabman\\_aziza@wrdsb.ca](mailto:shabman_aziza@wrdsb.ca)

## Civility

We all may have encountered these words 'Civility' or 'Workplace Civility' at any point of life's path. Below is a link to self assess ourselves how civil we are. You may like to take the test just for fun, to really assess or it was in your New Year's Resolution to be a better person than you are already now — here is a tool for you:

<http://www.christineporath.com/assess-yourself/>

## Community Resource: Refurbished Computers

**Renewed Computer Technology (RCT)** is a not-for-profit, charitable organization that empowers learners, educators and not-for-profit organizations with increased access to information and communications technology.

The Outreach program provides qualifying individuals, families and students, access to affordable renewed computers, ready to use software and learning modules all in one package. They provide a one year limited parts and labor depot warranty from the date the computer is received.

Each computer comes loaded with a Windows Operating System, Microsoft Office Suite and skill development software.

More information and application is online.  
<https://rcto.ca/rctech-outreach>

## News: Government helping 6600 internationally educated healthcare professionals work in Canada

<https://www.canada.ca/en/employment-social-development/news/2024/01/government-helping-6600-internationally-educated-healthcare-professionals-work-in-canada.html>

## A letter of Appreciation from The Islamic Relief Canada

*To: Bangladeshis in Kitchener Waterloo Welfare Foundation,*

It's because of donors like you, Bangladeshis In Kitchener Waterloo Welfare Foundation, that we are able to extend our reach to millions of people all across the world.

With your continued support, we can change even more lives and continue the fight against poverty.

Thank you for your generosity!

DONATION CONFIRMATION

Amount: \$2,000.00

Date: 2023-10-10

Donated Towards: Morocco Earthquake Emergency



## A Few Tips to Stay Healthy

Omar Faruk, M. Sc. P. Eng., Region of York, Ontario, Canada

*[In the last issue of Foundation Highlights, Omar Faruk has written about his open heart surgery that he underwent in the year of 2011. This article was the second part of that article. He shared some experiences and techniques/life style he has been following after the surgery with all of us, that he thought would be useful for all].*

The purpose of this article is to share my own experience with others. It is very important to stay active and healthy when we grow older, especially when we cross 65 years. Physical and mental health become an issue for most of us. Following some healthy lifestyle principles, I think that we can all reasonably maintain a healthy life. At least, I have found these steps extremely beneficial for myself. These are simple and easy to maintain few steps, if followed methodically and diligently, can benefit one immensely.

### **Common myth:**

As far as our health is concerned, we generally take it for granted as long as we are not noticeably ill. Generally, when we are young, our common assumptions are:

I am young and healthy; nothing is going to happen to me

I am young, sixty-five y—e—a—r—s...

It's a long way to go. I'll enjoy the present and think about my health later.

### **What went wrong for me:**

It was a quiet dark room. I woke up and tried to guess where I was. Suddenly, I remembered that I had a quadruple heart by-pass surgery the other day. In that quiet ICU bed, I tried to think of what went wrong in my life to lead to this point. As a person, I tried to maintain a disciplined life, not indulging in anything excessive; be it food or with my lifestyle. Still, I ended up requiring such an invasive surgery due to factors I overlooked earlier in life and didn't fully understand how to address even when I began taking health more seriously. Things like constantly changing nutrition guidelines were also confusing.

So, these issues can affect all of us. Once it happens, the important task will be to understand the reality and rehabilitate ourselves in a way that ensures us to regain an active life and normal functions in a sustained way.

So, what shall we do?

Laying on the ICU bed, I asked the same question to myself repeatedly. Looking back, I think that I had found the answer. The answer lies in how well we maintain a balanced life – a balanced life where our spiritual and physical life are in harmony, complementing to each other.

### **What worked well for me:**

By spiritual life, I mean not only our 5 daily obligatory prayers with proper mindfulness and belief; but also a broad way of maintaining our connection with the Almighty which comforts our soul with tranquility. Even when we are walking or driving, we can maintain this kind of connection. Additionally, each of us should spend at least 30 minutes a day for physical activities – this can be your free hand exercise with breathing meditation, power walking etc. Connecting our everyday spiritual activities with our physical activities will bring the most benefit to us.

In our everyday life, we are so busy with our family and work, that spending a fraction of our time for ourselves with our spiritual and physical activities, is considered secondary in our list of priorities. Meanwhile, our continued family time and devotion to work depend on our well-being. Now it is time that we slow down and look back at those priorities before it is too late.

### Citizenship Support Group

Wednesdays, until March 27,  
5:30 - 7 PM, 800 King Street W,  
Kitchener - FREE

Classroom training for the Canadian Citizenship Exam, delving into key concepts of Canadian history, identity, government, and society, all aligned with Discover Canada (the official source for exam purposes).

[Register Now](#)

### Navigating Health for Newcomer: Winter Wellness

February 20, 6 - 8 PM, 16 William Street West, Waterloo - FREE

Enjoy a hands-on workshop, family activities, and connect with health services.

**For more information contact:**  
ana.lagos@kwmulticultural.ca

## Community Resources

### Resources for Newcomers

**National Newcomer Navigation Network (N4)** is a national network for the diversity of providers who assist newcomers in navigating the complex Canadian healthcare and social service systems. You can find more information on their website [www.newcomernavigation.ca](http://www.newcomernavigation.ca)

### Resource For Newcomer Women

YW's employment, entrepreneurial and reskilling programs support local **women and gender diverse people, newcomer women** to find their next opportunity and remove barriers to economic security through training and skills development program. More information at this link: <https://www.ywthrft.com/pages/training-program>

For questions or assistance, contact:

**Kiran Aslam**, Employment & Entrepreneurship Coordinator  
226-339-0517  
[kiran.aslam@ywkw.ca](mailto:kiran.aslam@ywkw.ca)

### English Conversation Circles

Tuesdays, 12 - 2 PM - 645 Westmount Road E, Kitchener - FREE

Muslim Social Services of Waterloo Region will host a space where new English-speaking peoples can come together to enjoy in conversation to sharpen their verbal skills.

[Register Now](#)

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](mailto:bdkwwf-info@googlegroups.com)

Like us on facebook

Website: [www.bdkwwf.org](http://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](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 July. 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)