

# Foundation Highlights

## President's Message

With the publication of 2024's second biannual issue of the newsletter, BDKWWF has exhibited its commitments fulfilling its obligation towards our dearest community by persistently focusing on our activities and our achievements which we accomplished together. Once again, 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.

BDKWWF's total donations to support various humanitarian relief works both local and worldwide for the first half of 2024 was \$20,872.00.

The first few months of 2024 have been very eventful in so many ways. With our all the happy occasions, few of our fellow community members went through loss of their nearest and dearest family members. May the departed souls live in peace. May the Almighty have mercy on them and make it easier for them in hereafter.

We are also very shocked and grieved with the recent turmoil in our dear native country. We earnestly pray and hope that peace will prevail eventually.

Omar Faruk, Waterloo, ON



## Congratulations to the Graduates of 2024!

See the full list of graduates on the next page

Samiha Faruq  
Ontario High School  
Graduate. Admitted into the BBA Program, Wilfrid Laurier University.

## We are Mourning!

I started this issue with cheery and wishful thoughts for summer, but now I wanted to take a moment to address what is going on in Bangladesh. We all have a heavy heart hearing about the brutal killings and violence that is enduring back home. We pray for all who have lost their lives and injured and their families.

## Summer Checklist

Please put on your safety gears as well during any outdoor and indoor activities, i.e., put on sunscreen, bug spray, avoid fire hazards, flood hazards etc. Check the alerts and cautions for Waterloo Region in these websites:

<https://www.kitchener.ca/en/living-in-kitchener/emergencies.aspx>  
<https://www.alertwr.ca/en/local-risks/flooding.aspx#The-Grand-River-Conservation-Authority-GRCA>

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*July 24 was the International Self Care Day! Please check Page 5 for an article on Self Care and Healthy Eating.*

There are 5 types Safe Care:  
**Emotional self-care** helps you get in touch with your feelings in a way that makes you feel good, (e.g., journaling, positive self talk, being self compassionate).

**Spiritual self-care** is engaging in activities and practices that nourish your soul, fostering a profound sense of grounding and fulfillment .

**Physical self-care** is all about looking after your body, doing what you need to stay healthy, (e.g., exercise, eat healthy, pamper yourself).

**Social self-care:** Human interactions are vital for personal growth and maintaining a healthy life balance, (e.g., spend time with friends/family, take time to re-charge your social battery).

**Intellectual self-care:** Stimulating your mind, working towards your goals and learning new things is absolutely a form of self care, (e.g., pick up a new hobby, learn a new language).



## Congratulations to the Graduates of 2024!

Our heartiest congratulations to the Graduates of the Year 2024 - Ameena, Ariya and Faiza who have completed their undergrad programs and Fabiha, Samiha and Raha have graduated from Highschool. We wish you all the best and success in your new step of life. Thank you for sharing your grad photos with us!



Fabiha Faruq  
Ontario High School Graduate. Admitted into the Accounting & Financial Management Program of University of Waterloo.



Faiza Haque  
HBA, double majoring in Communication, Culture and Information Technology and Political Science, University of Toronto. Additionally Certificate in Digital Comm. and Multimedia.



Ariya Mamun  
BA, Double majoring in Dramatic Writing and History minor in Japanese. Admitted into the Grad Program of Directing and Screen Writing of Columbia University.



Ameena P Nizam  
Ivey HBA degree from the Richard Ivey School of Business, Western University, additionally Graduate Diploma in Accounting. Pursuing a CPA designation.



Raha Rahman  
Ontario Highschool Graduate. Admitted into the Architectural Studies, University of Waterloo.

- *Fabiha received award for the Co-President, Student Council, Cameron Heights CI.*
- *Faiza achieved the Society Excellence Award, Principle's Award of Excellence and the UTM Student Group Award of Collaboration.*
- *Ariya has achieved the highest Scholastic Award recognized by New York University and as top graduate received the Founders Day Award.*
- *Ameena has helped organize one of Ivey's largest conferences to date with the Social Impact Club where she served as the VP Conference.*
- *Ameena also founded and served as the Board of Directors for the Students for Music and Wellness Organization.*

## Highschool In Retrospect

By: Raha Rahman, Waterloo, On

Going into highschool at Cameron Heights, I had no idea what to expect. When I was in Grade 9, the world was still reeling from the effects of COVID and the beginning of highschool was shrouded in uncertainty as a result. The lack of formal orientation due to lockdown left me with the very real possibility of getting lost on the first day of school and a handful of middle school friends that were going to the same highschool as me for socialization. So yes, I was very prepared. To add onto that, unlike some other kids who seem to have been born with their entire career planned out, I didn't concretely know what I wanted to do in post secondary either. Although Grade 9 was a blur looking back on it, I did meet a couple of great teachers and COVID highschool did leave me with a few funny stories. When else in my life will I be able to say that a Youtube yoga tutorial was my homework, or that I watched a classmate unknowingly with their camera on crawl back into bed and fall asleep after answering a teacher's question?

*To be cont'd on page 3*

## Highschool In Retrospect...cont'd from page 2

Once in Grade 10, the world started to open back up and I actually got into ease into high highschool life. Although I technically wasn't a freshman, the privileges (hour long lunches where we can go wherever we want!) and responsibilities (forgetting your locker combination for the fifth time...) of a highschool student still took some getting used to. Most notably, the increased amount of independence and meaningful connection was refreshing in comparison to online school. Being able to make friends during lunch rather than awkwardly listening to your peers' chewing due to COVID restrictions is definitely an improvement. It's in Grade 10 that I started to make the new friends that would help me weather the academic storm that was to come.

Like many other students, I will stress that for me personally there was a *big* jump between Grade 10 and 11 in terms of academics. Up until Grade 10, I hadn't even taken an exam. Suddenly, I went from learning about the solar system in a general sciences class to memorizing

saw myself fitting into the rest of the world.

Finally, the much anticipated Grade 12 year was here. Although I was excited to move on from my windowless highschool, like most students I was also nervous for the one thing that had been looming over us the second we entered the building: university applications. My grades were now suddenly being sent off to universities, not to mention my classes were also only becoming more demanding. The stress of Grade 12, like Grade 11, did come with some benefits. For instance, it brought me closer to my friends. Stressing over a math exam together or deliriously texting biology questions the night before a test really has a way of bringing people together. It also taught me how to present myself, because there is no way for any student to be shy about their achievements after having to fill out four or more applications where you have to vehemently defend why a school should want you. Despite the university application process and the increased academic stress, I would say

can be of use. My biggest piece of advice is that highschool is what *you* make of it. Not being on the same path as your peers can be nerve-racking, especially as highschool goes on and you start to question your own choices or narrow down what programs you can apply to with your course selections. However, don't feel that you have to do what everyone else is doing or what you have heard about from a young age. Co-op, Specialist High Skills Majors, the Integrated Arts Program, AP, IB, and more are all programs out there available to you to broaden your horizons, and you can tailor them to your specific goals and passions. For instance, rather than taking the full IB program, I did partial IB which allowed me to take three sciences in highschool but also IB art. This allowed me to further delve into what I was truly interested in, and greatly informed my decision to do architecture post-secondary which I wasn't even initially considering. Be open to new interests, and flexible with your future plans which most

*A mixture of extracurriculars and in class experiences not only broadened my horizons but also slowly started to shape my post secondary plans, and how I saw myself fitting into the rest of the world.*

organic chemistry functional groups (were these names pulled from a fantasy novel or...). Although I remember it being difficult at the time, the jump was also beneficial in some ways. It taught me time management, how to take notes and revise, and how I learn best in preparation for Grade 12 when your grades *really* start to matter depending on your post secondary plans. To me though, the most valuable part of Grade 11 however was that most extracurriculars were running again. A mixture of extracurriculars and in class experiences not only broadened my horizons but also slowly started to shape my post secondary plans, and how I

Grade 12 was my favorite year of highschool. I made some truly valuable memories with my friends, and Grade 12 taught me a lot about myself. Even if my highschool years were marked by bizarre world events and trials, when standing on stage at graduation with my peers and staring out into the crowd of proud families and friends, I realized I wouldn't have changed a thing about these past four years even if I could.

To conclude, I'll leave you with some advice regarding highschool seeing as now I'm officially not a highschool dropout. Whether it's a current or future highschool student reading this or a parent of one, I hope that it

students (including myself) usually end up changing as highschool goes on. And truly, don't stress yourself out too much about academics and even post-secondary. It can be hard to put this mindset into practice, but your worth as a learner isn't merely defined by some numbers on a page or the name of the institution you end up at. You have family and friends cheering you on every step of the way, so have faith in yourself and your abilities! Things have a way of working themselves out.

## At A Glance: BDKWWF's Monetary Contributions from January to June 2024

Date	Project	Amount (CDN)	Comment
March 15, 2024	Annual Donation to the Canadian Red Cross	\$150.00	Cheque #054 mailed to PO Box 4000, RPO Streetsville Mississauga ON L5M 9Z9
March 15, 2024	Annual Donation to the Cancer Research Society	\$150.00	Cheque No, 055 mailed to PO Box 460, Stn K Toronto, ON M4P 9Z9
March 15, 2024	Annual Donation to the Heart and Stroke Foundation	\$150.00	Cheque #057 mailed to PO Box 4613 Stn E Ottawa ON K1S 9Z9
March 15, 2024	Annual Donation to Grand River Hospital Foundation	\$150.00	Cheque #056 mailed to PO Box 9056, Stn C Kitchener, ON N2G 9Z9
April 15, 2024	6th installment of Omar Faruque's scholarship. Chandpur, Bangladesh. He is in the final year (1st term of 5th year) and expected to write the final exam in April/May 2025.	\$750.00 BDT 63,000.00	Cheque #059 handed over to Kamrul Anwar on April 20, 2024. O. Faruque acknowledged in the same week.
March 2024	Donation to various causes: 1. Cornea replacement of a young girl 2. Donation to 5 orphanages 3. Help to some old aged individuals 4. 2 cancer patients 5. Education of 2 young individuals 6. Wedding of 2 young girls 7. 1 patient of lung disease 8. 1 patient of heart disease 9. Other miscellaneous causes	\$18022.00 BDT 1,531,599.15	Mostly zakat donation raised by Hasna Begum from KW families and abroad. Donation distributed to the people in different districts of Bangladesh.
April 4, 2024	Islamic Relief Canada For the war affected people of Gaza. Received the acknowledgment from IRC.	\$1500.00	Cheque #08 issued and mailed to the Islamic Relief Canada, 3501 Mainway Burlington ON L7M 1A9
<b>Total</b>		<b>\$20,872.00</b>	

# Professionals Work Canada:

## Partners for Employment Job Fair

**Admission is restricted** to students and alumni from a degree/diploma program at Conestoga College, University of Guelph, University of Waterloo, or Wilfrid Laurier University.

**Employers typically promote full-time, co-op, and summer roles at P4E events. If you are looking for part-time work you can contact your [career centre](#) for support.**

**Date: September 25, 2024**

**Location: Manulife Sportsplex at RIM Park**

**Time: To be determined, attend when you are available**

[Learn More.](#)

## Kitchener/Waterloo Career Fair and Training Expo Canada

Sept. 26, 10 AM - 2 PM, Bingemans Conference Centre, Kitchener

Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapport you need to advance your career in the direction that you want. Learn about exciting new career options and obtain valuable information about how to earn the credentials and diplomas you need to get the job you want with the Training Exhibitors.

[Register now](#)

## Grow your Skills with Google Career Certificates!

Scholarships are now available for Google Career Certificates! No experience required – just your passion and ambition!

Scholarships are available upon application – first-come, first serve – until **September 30, 2024**.

**Learn more:** [Grow with Google - First Work](#)

## Self Care and Healthy Eating

Self Care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. Not eating too much or too low!

World Health Organization (WHO) states that - A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet

Self-care through good nutrition is about nurturing your body by providing it with the raw materials it needs to stay healthy every day, both mentally and physically. For example, when you don't eat, your body becomes deprived of glucose, resulting in fatigue, headaches, low energy, and an inability to focus. Here is a short article that speaks to how and why nutrition and self care go hand in hand <https://minimalism.co/articles/nutrition-and-self-care#:~:text=Self%2Dcare%20through%20good%20nutrition.and%20an%20inability%20to%20focus.>

The University of Florida and UF Health have a resourceful page that ties in with International Self-Care Day (TODAY!) and how healthy eating ties into that <https://gatorcare.org/2023/07/24/food-for-thought-self-care-day/>



## Community Resources

### An Update on Mohammed

In 2022, we raised some funds for a the kidney treatment of a little boy named Mohammed. Recently we received an update from the parents that he is still undergoing through a lot more complicated procedures in India and Bangladesh. A decision will be made soon about his treatment, as there are some different opinions among the doctors.

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

Like us on facebook

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

(currently under construction)



### Youth Employment Program by Muslim Social Services (MSS) of Waterloo Region

In collaboration with Lutherwood Employment Services (Starling), MSS is offering a program designed to empower and prepare young individuals for the job market.

Open to all youth, boys and girls, aged 13-30 years.

65 Hanson Ave., Kitchener, ON, N2C 2H6

[info@muslimsocialserviceskw.org](mailto:info@muslimsocialserviceskw.org), 519-772-4399 ext. 2707

[Learn More](#)

### 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 **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.ywthrift.com/pages/training-program>

For questions or assistance, contact:

**Kiran Aslam**, Employment & Entrepreneurship Coordinator

226-339-0517

[kiran.aslam@ywkwa.ca](mailto:kiran.aslam@ywkwa.ca)

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)