

Dear water world ,

We can see that things have escalated in Ukraine since we last sent out our “prayers from the water world”. Now like the UN we need to be clearer in our stance on the situation in Ukraine.

The UN says “The United Nations has voted overwhelmingly for a resolution deploring Russia’s invasion of Ukraine and called for the immediate withdrawal of its forces, in a global expression of outrage that highlighted Russia’s increasing isolation.

The resolution said the UN “deplores in the strongest terms the aggression by the Russian Federation against Ukraine”. It demanded that “the Russian Federation immediately cease its use of force against Ukraine” and “immediately, completely and unconditionally withdraw all of its military forces”.

WABA is a peaceful, heart centered organization. We attempt to find peace in the midst of conflict. We stand in solidarity with Ukraine, and we condemn the military aggression against life. We remain human and in no way, in no mean we are calling out the Russian citizens and or Russian Watsu community.

Today the Board with the addition of Tomasz and Jurgita met on zoom. We attempted to strategize as to what our Water community could do to help. The discussion came up with two possible scenarios. There is an immediate need for support for Ukraine, some for medicines and some for survival items. Those of us who want to do something now can send monies to The Red Cross and <https://crisisrelief.un.org/t/ukraine> , <https://giving.unhcr.org/en/ukraine> or [google using key words](#) for donating to Ukraine. Go to your local Ukrainian communities and ask how you can help.

Please look at the list of items needed today for Ukraine. Please scroll to the bottom of the page for items needed. #1

This next link has addresses and names of specific individuals in European countries and the US that are taking in donations of medicines etc. Please scroll to the bottom of the page for address for sending items. #2

There is immediate need and if you are so inclined donate now.

The second suggestion was that during World WATSU Week we ask for nominal donation that would then be sent by local TI to an international or local organization of your choice, that support Ukrainian victims. Donate, -if possible -also after World WATSU Week. Know there is going to be a need for financial and humanitarian support for many years to come.

*Beside general donations, we would like to support our Watsu community members in Ukraine individually. Feel free to let us know if you need anything, we will try to help.*

Each step that we take in reaching out to our fellow members works to strengthen the water community. Sometimes something as small as writing a short email to someone you know affected by this war can raise their spirits.

We stand together and choose Peace

## The Board

#1. If you can, please **1** buy medical items (list below); **2** pack with indication „Help Ukraine“ + medicine list; **3** send the package to „Pol Cel“ warehouse, address Rampa Brzeska 63, Chełm 22-100, Poland (if you are not in Baltics, check for other warehouses at the bottom of the text). If you have friends or colleagues in PHARMACY or DISTRIBUTION SERVICES, you also may help by:

- spreading the need about people working in pharmaceuticals and help support the medicine that is not accessible for common people (e.g. antibiotics)
- in comments below share some real available options how it's possible to bring materials to „Pol Cel“ or other warehouses faster than using postal services and with affordable price range.

### List of MOST REQUIRED ITEMS:

- tourniquets to stop bleeding;
- Esmarch harnesses;
- haemostatic gauzes (e.g. <https://reflexmedical.co.uk/product/celox-gauze-z-fold-5ft/>);
- bandages;
- gypsum bandages;
- perfusors;
- tegaderm;
- anti-burn gel dressings;
- antibiotics in solutions or vials any;
- gemotran and its analogues in ampoules;
- tivortin or analogues in vials (if tivortin is not available in your country, they refer to this one <https://www.uf.ua/en/product/tivortin-sup-sup-aspartate/>)
- probe feeding;
- CAT turnstiles; Soft Ti, SWAT;
- thermal blankets;
- occlusive dressings;
- pneumatic fracture splints
- pneumatic paramedical stretchers
- heated blankets or burdens
- portable burdens
- anticoagulants
- martens bandage

- fitness rubber bands
- dressing packages
- chemical protection respirators
- headlamps.

#2.

Addresses in Poland, UK, Germany, France, Italy and US of where to send materials.

Kiti ADRESAI kur siųsti // Other ADDRESSES where to send the materials:

USA

27 Merry Lane NP100007070

New Jersey (NJ)

East Hanover

07936

+19739476185

Works Mon - Fri 09:00-17:00

POLAND

Lublin surroundings:

Pol Cel

Rampa Brzeska 63

Chełm 22-100

Polska

+48 82 565 01 55

Works Mon-Sat 08-17

Wroclaw surroundings:

18 Karola Miarki NP200007070

Aqua Calida

Jelenia Gora

DolnoSlaskie

58-500

Polska

+48 531 888 192

Works Mon-Pia 09:00-16:00

UK

Brother Parcel Post

Unit10, PhoenixPark, Parkwood NP300007070

Maidstone

ME15 9XN

Kent

+447926258649

Works Mon - Fri 09:00-15:00

GERMANY

Rauschwalder Str 41 NP400007070

Aqua Calida Sp. z o.o.

Gorlitz

02826

Deutschland

+49 151 58413734

Works Mon - Fre 10:00-14:00

FRANCE

16,Rue Jacques-Yves Cousteau NP500007070

Villenave-d'Ornon

33140

GIRONDE

+33 6 46 85 34 68

Works Mon-Fri 09:00-18:00

ITALY

Friuli-Venezia-Giulia

Muggia (TS)

Strada Templari, 1 (ITALFORWARD) NP600007070

34015

+39 339 6206585

Works Mo-Fr 09.00 – 18.00