

**From:** [Perlas, Char](#)  
**To:** [AllMailboxes](#)  
**Subject:** Help for Ukraine  
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Dear Siskiyous,

I am sure many of you, like me, are shocked and saddened by the violence and numerous casualties caused by the unwarranted attacks on Ukraine by Russia. I watched a segment on the news last night which featured a Ukrainian Engineer building spiked barriers and a College Professor sewing camouflaged nets to protect their communities. In Chancellor Oakley's message yesterday, he listed a number of reputable organizations that are providing humanitarian aid to people in Ukraine and to the growing diaspora. I am re-listing them here. In solidarity.

### **UNICEF**

[UNICEF](#) supports health, nutrition, education, safe drinking water, sanitation and protection for children and families caught in the conflict in Ukraine.

### **Médecins Sans Frontieres/Doctors Without Borders**

MSF runs [a range of activities in Ukraine](#) working with local volunteers, organizations, health care professionals and authorities to help people travel to health care facilities and access prescribed medications.

### **Voices of Children**

The Ukrainian organization's Charitable Foundation helps provide psychological and psychosocial support to [children affected](#) by the armed conflict, according to its website.

### **Sunflower of Peace**

The nonprofit organization is [raising money](#) to prepare first aid medical tactical backpacks for paramedics and doctors on the front lines.

### **International Committee of the Red Cross**

The [Switzerland-based organization](#) is aiming to help people affected by the conflict and support the work of the Ukrainian Red Cross.

### **Save the Children**

Save the Children, based in London, [helps to deliver lifesaving aid](#) to vulnerable children in Ukraine and around the world.

### **CARE**

CARE is raising money for its [Ukraine Crisis Fund](#), which will provide immediate aid including food, water, hygiene kits, support services and direct cash assistance.

## **IRC**

The [International Rescue Committee](#) helps those impacted by humanitarian crises, including Europe and the Americas. The IRC is on the ground in Poland and working to help displaced families. You can donate [here](#).

## **Razom for Ukraine**

[Razom for Ukraine](#) was founded in 2014 and has since launched efforts to build a stronger democracy. Now, the nonprofit is “focused on purchasing medical supplies for critical situations like blood loss and other tactical medicine items. Razom — which means “together” in Ukrainian — [posted a list](#) of the lifesaving supplies it has already purchased and is asking for [more support here](#).

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