They Ran a Marathon (in rain) for Kids

They ran 26.2 miles, not for themselves nor for athletic achievement, but in order to help young children in the United States and China. Two Harvard undergraduates, Jessica Chao and Jessica Yang, raised over $9,300 for HCC in running the 111th Boston Marathon on April 16.

“I had a lot of fun,” says Chao, who ran the marathon in 4 hours, 1 minute, and 45 seconds.

Despite the somewhat rainy and cold weather conditions, Chao says the race was a good experience overall. In fact, she even enjoyed the weather and says she found it comfortable.

“I actually like running in the rain, so it was not a problem at all for me,” she says. “It came at a nice time and kind of cooled us off. It made it more exciting.”

HCC’s second runner, Yang, also said that the weather conditions were ideal. However, she found it difficult to run alone. She says that keeping her cause in mind while running kept her going. For additional support, Sarah Cramer and Chengjie Zheng ran alongside her during the end of the race.

“When I finished the race my body was kind of in a daze,” says Chao. “I just kept walking. I had to take the chip off my shoe and untie my shoe, and I remember that being really hard.”

She says that she was not too worn out until she came home. “It wasn’t until like two days later that my body felt really tired,” Chao says.

“I couldn’t even stand up when I reached the finish line,” Yang says. “I was just really sore. I had trouble walking up and down stairs.” But, she adds, “I was fine after two days.”

In general it was a lot of fun,” Chao says. “I am really glad I did it. I am hoping I can do more now that I have had this experience.”

Chao says that running for the cause of HCC helped her make it through her first marathon, which was especially tough because she was not sure what to expect. “I had no idea what to expect after mile 16,” she says. “I didn’t even know if I was going to make it.” Yet she adds, “knowing that I was running for other people, not for myself, that definitely helped me through the race. I am really happy that I had that.”

Yang also says she would consider running again next year, of course with the incentive of running for HCC in the Boston Marathon. Yang was videotaped throughout her run by Yan (Continued on page 3)

Summer Interns Head Off To Orphanages

“I haven’t even gone to China, but when I saw the documentary on AIDS in China, it made me cry a lot,” says Karina Lam ’08, “I feel like the kids there are really special. I wanted to go there and see them and show them that someone really loves them and cares about them.”

Lam will be spending her summer volunteering at the New Hope Foundation’s new Luoyang Special Care Unit on the fifth floor of the Luoyang Children Welfare Institute. Each intern has different reasons for spending part of their summer volunteering in an orphanage or foster home in China. For Lam, “my parents have loved me so much that I can’t imagine what it would be like for these kids to not have someone who loves them that much.”

This year, Harvard China Care is sending ten interns to volunteer in various Chinese orphanages and children’s home, which include: Saiqi Children’s Home, New Hope Foundation Foster Home, and the Luoyang Children Welfare Institute, where Lam is volunteering. These ten students will be spending portions of their summer teaching English, playing with the children, practicing occupational therapy, and gaining direct exposure to the life and needs of Chinese orphans: Edith Chan ’10, Sarah Cramer ’08, Katherine Gelber ’07, (Continued on page 4)
Joan Kaufman speaks on China AIDS epidemic

Over 60 people attended HCC's Medical Committee’s first ever public event on April 9: “A Night with Professor Joan Kaufman.” In Harvard’s Emerson Hall, parents of children in our Mentoring and Dumplings programs, HCC members and other Harvard undergraduates, and community members gathered to learn more about the AIDS epidemic in China and how it relates to orphans.

A professor of the Harvard Kennedy School of Government, Dr. Kaufman has been awarded several Fellowship Awards for her work in China pertaining to AIDS orphans. Kaufman, who lived in China for ten years and still travels there regularly, works with the AIDS Orphans Salvation Association (AOS), a community outreach program that provides financial assistance to families affected by AIDS and also provides educational loans to their children. Kaufman says she plans on starting a counseling program for young children orphaned by the AIDS epidemic. She explains that the AIDS epidemic spread through China when poor villagers began selling their blood for money. Often, the needles were not sterilized. Once one spouse was infected, he or she would spread it to the other spouse.

Kaufman explains that young children who lose both their parents to AIDS are often healthy themselves, but are stigmatized by the disease. If, however, a mother is infected before giving birth, there is a thirty percent chance that she will transmit the disease to the newborn, Kaufman says. Those children who do contract the disease have to overcome additional obstacles. It is often more difficult to place them in stable foster care or find them adoptive families, partly due to the stigmatism associated with the disease.

Medical Committee Co-Coordinates Katie Gelber and Tara Tai organized the event, which was complete with both homemade and catered Chinese food. With a short film screening, Kaufman described her work with two children infected with HIV. Tai explains, the children “are completely excommunicated. It’s a weird disease that people don’t understand fully.”

“People were generally very touched by the message,” says Gelber. “It was a good way for HCC to come together and re-inspire ourselves and to see how important the work we do is. It was overall a great event.”

Nan Zhu, now a senior in the college, started the medical committee last year. Gelber, also a senior, has since built up the committee and was joined midway this year by Tai, a current freshman. Thank you to all attendees who took the time to come and learn more about the AIDS Epidemic in China. HCC hopes to build upon the success of this event by holding more speaker seminars in the future.

Dumplings playgroup girls dance in Chinese style

By JESSICA DUBY ’09

Spring semester at Dumplings was busier than ever! From taking a virtual trip through China to cooking their very own dumplings, the Dumplings participants had a great opportunity to meet new friends and learn about their Chinese heritage. As usual, our biggest hit of spring semester was a dance workshop taught by Harvard’s Asian American Dance Troupe (AADT).

AADT opened the workshop with a performance of a traditional Chinese parasol dance. The college dancers then taught the Dumplings girls how to do the very own fandance, using the paper fans that the Dumplings girls had made themselves! Finally, members of AADT revealed their special surprise - ribbons! The Dumplings girls had an amazing time learning Chinese dance moves with the ribbons.

The Dumplings program has grown and strengthened over the past few months. Our spring semester began with a celebration of the Chinese New Year, a program with more participants than any other playgroup we hosted! The semester concluded with HCC’s annual Dumplings at Dumplings playgroup, where everyone learned how to make their own Dumplings and then eat them too!

This semester, the Dumplings participants also “visited” a Chinese market and learned, though this adventure, about the differences between American and Chinese money; they also tasted and smelled various vegetables bought in a Chinese market and practiced the customs of a traditional Chinese teahouse.

The HCC Dumplings program is designed to bring together children adopted from China and their families to learn about and share Chinese culture in a fun, interactive way. Children of all ages are welcome to participate in Dumplings, though most of our girls are between ages 4 and 9. Parents are encouraged to stay to meet other adoptive parents.

We would like to thank AADT for attending a Dumplings playgroup, and HCC hopes that they will join us again next year in sharing Chinese culture!
Marathon Runners Greeted at Finish Line

(Continued from page 1)

Zhang, a Boston University grad student, herself originally from China. Zhang used Yang’s story, from her first encounter with the orphan problem in China to her decision to run in the marathon, for a documentary film class final project. The film, which includes clips from various HCC programs, will be completed shortly.

HCC thanks the Commissioner’s office for providing the marathon bibs once again this year. In addition, HCC also wants to thank all of the runners’ families and friends who have donated to HCC, all of the Dumplings and Mentoring parents who have donated, and everyone else who supported HCC in this endeavor. The runners would not have been so successful in raising money without the support of everyone!

Running With Jess Yang:
By Sarah Cramer

I scan the crowd surging by me for a blue hat as I run towards Heartbreak Hill from the wrong direction. She decided to wear a blue hat and a black jacket today. Just like the other 24,000 people running today decided to wear. Except for that lady, she’s wearing pink. Good for her. Blue hat…blue hat…blue hat…What if I missed her? Blue hat…Blue…There she is! I start yelling her name. In her own world, she can’t hear me. “Jessica Yang!” I scream excitedly as I duck under the Boston Police Department’s half-hearted attempt to keep people off the road. She doesn’t see me until I’m falling into step with her. “Jessica Yang!” She snaps back into our world. “Oh my god” is the first thing she says. We start running…two miles later another familiar face leaps out of the crowd. “Cheng-Cheng!” Our duo has transformed into a trio. We keep running. Another half mile and I start yelling at Jess, “keep your pace on this hill!” We keep running. Jess grabs for our hands as we pass over the last bridge. We run three abreast, hands clasped. My right arm is restricted in its swing as she pulls it towards her body. I don’t mind. “You’re almost there girls! Keep it up”, people encourage the three of us. “Cheer for Jessica” we reply. They oblige. My phone rings and I answer it. Without even a hello I shout, “we’re almost there, we’re coming into the city!”. In the background I can hear the message being repeated by excited voices. Voices waiting to cheer for her, to hug her when she’s done. We’re in the city now. I see something that looks promisingly like a finish line. My encouraging words become militant shouts. “Come on Jess, last hill, I promise. Push it now, everything you’ve got. You can do this”.

She picks up our pace a little. “One hundred footsteps Jess!” we can tell it’s the last surge of energy. “Twenty-five!”, I can imagine everyone waiting for her at the family meeting area. Already so proud. “Here Jess, you’ve got it! Ten more footsteps…nine…eight…”

Mentees Eat Jong-Zi and Other Treats!

This has been a great semester for our Mentoring Program, from making lanterns for the Moon Festival, celebrating the Lunar New Year, to cooking jong-zi for the Dragon Boat Festival. The mentors and mentees also took their first group outing to Boston’s Chinatown for afternoon dim sum, which proved to be an exciting adventure for everyone.

The Mei-Mei Jie-Jie program ("Little sister / Big sister") is a means through which HCC fosters continued interest in Chinese culture for adopted children nine years old and older. HCC hopes to establish through this program a foundation of friendship between mentors and mentees.

This semester’s Mentoring program wrapped up with a celebration of the Dragon Boat Festival. It began with a reenactment of the legend of Qu Yuan (the story behind the Dragon Boat Festival) by the mentors for the mentees. It was followed by everyone learning how to make jong-zi. With red bean paste, sweet condensed milk, and coconut sticky rice all wrapped up in banana leaves, who wouldn’t like jong-zi?

In addition to celebrating the major Chinese festivals, mentors and mentees worked on some great arts and craft activities at the monthly large group events. For example, mentors helped mentees make life-size cutouts of mentees. Mentees then decorated the cutouts with pictures from magazines and drawings that they felt best represented their identities. This project helped both mentors and mentees to get to know each other better.

Thank you to everyone who participated in the program this year! This has been a great year of fun and laughter!
HCC, three babies (Dang Yi Song, Dang Yi Wu, and her birthday party, Kate managed to raise over $1000. The money that she raised would be at least one fluent Mandarin speaker in each year will be the language barrier. However, there will be at least one fluent Mandarin speaker in each group of volunteers, so that even those students who do not speak the language can interact with the children. Kate and I first met when she was six years old at Harvard China Care Internship Workshops. Kate was born in California, but has lived in China since I was six. As for me, I immigrated to the United States during middle school. Despite being only ten years old, Kate already has a concrete way that with maturity she understands the joy of serving others in turn. "How does it feel to give the gift of healing to help others?" asked her friend to donate money to fund surgeries for Chinese orphans in lieu of gifts. From her tenth birthday party, the interns would find the money to receive cleft palate surgeries! Thank you Kate, for your generosity!

Here is what Jessica Pang, Kate’s mentor has to say about this experience: “Are you sure you want to make the decision all by yourself, Kate?” I asked. My ten-year-old mentee nodded. Her mother hesitated for a moment, then nodded also. The three of us turned to the computer screen, and we watched as Kate scrolled through the photos of Chinese orphans in need of cleft palate surgery. I did not envy Kate the task of choosing which babies' surgeries would be funded that day. With the money that she raised from her tenth birthday party, from asking for donations in lieu of traditional presents, Kate could pay for three surgeries for children at her own orphanage! In the end, it turned out that those surgeries had already been funded, but with maturity beyond her years, Kate decided to donate the money to Harvard China Care (HCC) instead, providing for three China Care babies with much-needed surgery. Kate and I first met when she was six years old at Dumplings, HCC’s playgroup for adopted Chinese girls. Her mother shared that Kate was very excited about doing more service work,” she says. "I thought it would be interesting to work in a nonprofit place in China," says Yao, who immigrated to the United States during middle school.

Those students who will be volunteering at the Saiqi Orphanage will play a special collaboration project with students attending Hong Kong Polytechnic University. The four Harvard students volunteering at the Saiqi Orphanage, Edith Chan, Katherine Gelber, Elaine Liu, and Tatiana Wong will first spend a week in Hong Kong at the Polytechnic University. At the University, they will meet five Hong Kong students who will be joining them to volunteer in SaiQi. While in Hong Kong, the interns will engage in cultural exchange with the Hong Kong students. In addition, they will learn how to perform the basics of occupational therapy from the Hong Kong students, who will all be third year occupational therapy students. These interns are participating in this occupational therapy program because of the large number of disabled orphans at Saiqi. While at SaiQi Orphanage, the interns will perform exercises with the children, teach English, and much more. Upon returning from the Saiqi Orphanage, the interns will hold a conference to share their experiences with the entire university.

Each intern will leave China with a different but memorable experience! Below: Parents speak about their experiences in China at a Harvard China Care Internship Workshop.

\[\text{A Mentee’s Generosity: Funding Cleft Palate Surgeries}\]

Lin Li is fully prepared for her journey to China, as she is also traveling this summer for her senior thesis research as a social studies concentrator. She will be volunteering in Luoyang and says that she is looking forward to having fun with the kids and engaging in public service work. “I used to do a lot of public service work, and I haven’t for a while, so I am very excited about doing more service work,” she says. A native Chinese resident herself, Anne Yao, has decided to return to her country of birth to not only visit old friends and relatives, but also to participate in service work. "How are you going to decide, Kate?" Her answer was simple and practical: the youngest babies would get the surgeries since they still had to be bottle-fed. "It will be hard to choose only three, Kate," she replied that if we had twenty thousand dollars instead of one, then things would be different; as it was, the choices just had to be made. How did she feel, I wondered, to look at these photos of children whose starting points were similar to hers? "How should we live knowing how privileged we are?" Despite being only ten years old, Kate already has the perspective of a debtor to society: knowing where she came from, and where she can go now, she understands the joy of serving others in turn. Her decisions taught me in a concrete way that with great privilege comes great responsibility.
These children are putting to use all the donations the boxes of medical supplies to the Beijing Children’s home, where these photographs were taken. Over Spring Break, students participating in the Harvard College in Asia Program, (HCCAP) brought medical supplies, clothes and toys for the children they work with in their respective homes and orphanages.

HCC is also still looking for more suitcases, which are necessary for our interns to carry the supplies over to China. HCC would appreciate any donation you could offer!

For Infant Care and Feeding we need:
* Baby bottles (new or used, any brand or size)
* Replacement nipples for regular baby bottles
* Infant/Toddler socks (Gap/Old Navy only)
* Developmentally stimulating infant/toddler toys
* Exersaucers
* Infant swings (prefer wind-up)
* Infant car seat/carrier seat/bouncer seats

For Special Feeding:
* Premie size feeding bottles and nipples
* Pigeon cleft nipple/valve assemblies
* Similac Neosure Advance (Premie formula - powder only)
* Enfamil Nutrigenmen formula (powder only)
* Enfamil Lipil AR formula (powder only)
* Pediasure (powder only)

For Baby Medical Needs:
* Waterless hand sanitizer
* Gerber Liquid/Oral rehydration Instant Mix
* Balmex Extra Protective Clear Diaper Rash Ointment
* Infant’s Tylenol Drops (acetaminophen)
* Infant’s Motrin Drops (ibuprofen)
* Neosporin/triple antibiotic ointment
* Ventolin (albuterol) for nebulizer (Rx only)
* Pulmocort (.25 and .5 mg concentrations) for nebulizer (Rx only)
* Xopenex for nebulizer (Rx only)
* Silversulfadiazine burn cream (Rx only)
* Pediatric feeding tubes (5 - 8 fr)
* Skin barrier prep wipes
* 3M Duoderm Surgical dressing
* 3M Tegaderm surgical dressing
* Bandages/gauze and surgical dressing pads
* Cotton padding for orthopedic casting

For Preemies:
* Similac Neosure Advance (Premie formula - powder only)
* Preemie feeding bottles and nipples
* Preemie clothing/hats
* To donate, e-mail care@hcs.harvard.edu!

Medical Supplies Reach Orphanages in China

Since the inception of our medical committee two years ago, members of HCC have been working hard to solicit donations of medical supplies to send to various children’s homes and orphanages around China. This year, with donations from mentoring and dumpling parents and also from corporations and other HCC supporters, HCC was able to send boxes of baby bottles, baby clothes, and baby medicine to various orphanages in China.

Over Spring Break, students participating in the Harvard College in Asia Program, (HCAP) brought the boxes of medical supplies to the Beijing Children’s home, where these photographs were taken. These children are putting to use all the donations sent by HCC. This summer, each of our interns will also bring one suitcase to China filled with donated medical supplies, clothes and toys for the children they work with in their respective homes and orphanages.

HCC is still looking for more suitcases, which are necessary for our interns to carry the supplies over to China. HCC is also still looking for these critical medical supplies. HCC would appreciate any donation you could offer!

For Infant Care and Feeding we need:
* Baby bottles (new or used, any brand or size)
* Replacement nipples for regular baby bottles
* Infant/Toddler socks (Gap/Old Navy only)
* Developmentally stimulating infant/toddler toys
* Exersaucers
* Infant swings (prefer wind-up)
* Infant car seat/carrier seat/bouncer seats

Now They Speak English: 2 Boys Find Loving Homes in U.S.

Over the past few years HCC has sent dozens of interns to China many of whom have wondered about the future of the adorable children they met. What would happen to the shy Dang Ze Fei when he grew up? He had no parents, no money. What would happen to adorable little Dang Shing Lu, with her toothy smile? When would she receive a new set of clothes?

Sometimes, we hear about a lucky child was adopted into a loving home here in the United States. This spring we were overjoyed and delighted to hear from Shelli Craig, an American woman who adopted a boy from China and brought him into her own family. She found us by searching the Internet for Luoyang: she found a PDF of our newsletter and e-mailed us. She wanted to get into contact with past interns at Luoyang to get more information about her new son and also to thank the interns for providing her son with love and attention.

Little did she know that our past summer interns in the Luoyang Welfare Institute had played with, taught, and loved little Dang Hai Chao—her new son. It delighted past interns to know that Dang Hai Chao had a new home!

Now, Jack’s foster brother, Jun Chao, or—as his new family calls him—Aidan, was also adopted around the same time by a family in New Jersey. This spring, the families met up and the boys had a chance to see each other again. “Jack was overjoyed to see his brother—he hugged him and wouldn’t let go,” says Shelli.

She adds, “I’m so happy that we have been given the opportunity to have Jack as our son – he is truly a special boy. I tell people this... I adopt for selfish reasons. I get the world’s cutest kids to say “I love you mama” every night. I mean look at Jack. He’s practically edible he’s so cute. I am one lucky mama.”