HCC Celebrates Children’s Day  
by Nan Du

Harvard students would have been quite surprised to see the radical transformation that the Student Organization Center at Hilles had undergone that one afternoon on April 9, 2010. Gone was the usually quiet, empty, and mundane Penthouse. Instead, the smell of freshly popped popcorn and delicious fruit smoothies wafted through the air. The white walls bursted with colors from bright red crepe paper, traditional Chinese lanterns, vibrantly colored signs, chalk drawings, and the photos of the children that Harvard China Care had sponsored over the years. A mix of upbeat Chinese pop and traditional music projected from the speakers, creating an atmosphere of brimming excitement. Perhaps the most strikingly anomalous was the dozens of laughing children that were running, frolicking, and skipping brightly across the Penthouse. With a record number of over 120 participants, Harvard China Care’s Fourth Annual Children’s Day Carnival had officially begun!

The Children’s Day Carnival began in 2007 as a way for HCC to reach out to the Boston community and educate children and parents on various aspects of Chinese culture, while raising money to sponsor larger surgeries. This year, as a special thank you to our Dumplings and Mentoring families for their generous support throughout the years, HCC decided to offer the Spring Carnival completely free of charge. As a result, families even outside the HCC community attended, allowing HCC to further extend its network and to create quite a rambunctious carnival! To continue on page 2

Little Huan Partially Funded  
by Nan Du

This past semester, Harvard China Care was able to partially fund one large surgery thanks to the proceeds from our 4th Annual Children’s Day Carnival and other generous donations. In total, Harvard China Care donated $1500 dollars this semester to help Huan, a five-month old little girl. Huan suffers from hydrocephalus, a medical condition that leads to brain swelling due to the buildup

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entertain the guests, HCC volunteers manned over fifteen booths of games and activities. At one booth, children eagerly learned the ancient art of origami, bringing to life paper swans, boats, rabbits, and more. A few booths over, children practiced their calligraphy and gracefully sketched out their names while volunteers painted their faces with various shapes and objects. New this year was our “Dress-Up Photo Station,” where children tried on traditional qipao, hanfu, and cheongsams, and pretend to be emperors and empresses of China. Those who wished for more physical activity played badminton, a sport that is currently extremely popular in China. These games and activities proved to be a big hit with attendees as children placed tissue paper flowers in their hair, sported multicolored painted nails, and even requested their faces to be painted as various superheroes!

Beyond the booths, Harvard China Care was delighted to invite a set of eight talented performers to come entertain. It was a merging of East and West, along with old and new as many favorites had come back to perform. The first group to perform was the Harvard Story Time Players, who enthralled all the children with their playacting. Following them was Chi, a Harvard freshman who sang a beautiful rendition of two traditional Chinese songs, “An Ode to a Professor” and “Singing in the Mountains”. Dimitri, another Harvard undergraduate, followed with a breathtaking performance to Avatar with Chinese Yo-Yo. Following the uniquely Chinese performance was a uniquely Harvard one—The Harvard Din and Tonics, performing for their fourth year in a row at the Carnival, sang a set of a cappella songs that delighted both parents and children. The MIT Dance Team then graced the floor with their traditional Chinese ribbon dance and delicate water sleeves. The Harvard Magic Society was sure to amaze as they performed card tricks, while the Chinese Music Ensemble played on the traditional Chinese instruments of erhu, guzheng and yangqin.

The Harvard Wushu team finished off the wonderful evening with a display of wushu forms and amazing jumps and flips. They even allowed the children to play with their props and taught them some high-kicking moves after their performance.

The carnival was not only a success because of the high attendance from the Harvard China Care community, but also because it raised over 1000 dollars in donations. With this money, in combination with the money raised from previous fundraisers, Harvard China Care was able to partially fund the surgery for another child. We would like to thank the parents for bringing their children and enthusiasm as well as the many volunteers who dedicated 100% to the Carnival despite being in the midst of midterms.
**NEUROSCIENCE AND ITS ROLE IN HELPING TO HEAL OUR CHILDREN**

*by Jessica Li*

On Sunday, April 3rd, Harvard China Care’s Medical Committee held one of its most successful speaker events to date: “Is Love Enough: Neuroscience and its role in helping adoptive and foster children heal from early trauma and deprivation.” For the first time, we welcomed a panel of speakers whose expertise spanned the fields of neuroscience, education, and child advocacy. We mediated an in-depth discussion between the panelists that drew upon their expertise as well as their personal experiences, insights, and opinions. With the generous support of members of Families with Children from China-New England and Harvard China Care families, we had over fifty people in attendance, including families as well as students. The panel was divided into three portions: an introduction of each panelist, a series of posed questions directed at each panelist, and finally, free dialogue between panelists guided by open-ended, multi-dimensional questions.

Sue Badeau has been a child welfare professional for over twenty-six years. She has adopted twenty children and fostered more than fifty. We asked Sue about how adoptive children are affected by traumatic events early in their lives and what parents can do to handle such situations. Sue explained that parents often realize something is wrong when their child repeatedly reacts violently to particular situations, such as thunderstorms or large crowds, during the post-adoption period. The explanation for this is that the child most likely experienced a traumatic event in his/her past in which these aspects were present; for example, the child abandoned during a thunderstorm could display anxiety whenever one occurs. Sue also prompted parents to pay particular attention to these patterns of behavior. Rather than force the child to stop each time, parents should attack the root of the child’s behavior through different forms of therapy.

Both Dr. Laurence Hirshberg and Dr. Ed Hamlin work closely with one such form of therapy known as neurofeedback. For years, Dr. Hirshberg has been an avid researcher and practitioner of neurofeedback, which he explains is the process by which the brain “learns” to function more appropriately when it receives information about its own electrical activity as biofeedback. Both Dr. Hirshberg and Dr. Hamlin contest the validity of neuroplasticity, the concept upon which neurofeedback is based. Neuroplasticity, Dr. Hamlin explains, is the ability for the brain to “change” in response to outside stimuli—in other words, the potential for new connections between brain cells to form and old ones to strengthen. It was long believed up until the 20th century that the brain no longer changes after a critical period of infancy. “Recent and compelling research has proved otherwise,” say Dr. Hirshberg and Dr. Hamlin, two scientists who have been at the forefront of research. Howard Eaton, similar to Sue Badeau, works closely with many children who suffer from early trauma on a daily basis at the Eaton Arrowsmith School, a program Howard founded that is dedicated to using recent advances in brain science to successfully treat a wide range of learning disabilities. Howard has seen first-hand the long-term benefits of employing neurofeedback mechanisms.

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**MENTORING SPOTLIGHT**

*by Karen Xiao*

Calligraphy and painting are some of the most important aspects of Chinese culture. People who could write and paint well were very respected in ancient China because such skills were associated with the social and educational elite. For our April event, we attempted to imitate the elite by learning about Chinese calligraphy and painting. It was a fun and exciting experience, writing complex Chinese characters and painting pandas with brushes! Mentors and mentees both had a very educational afternoon as even some of the mentors have never done Chinese calligraphy before.

In May, it is always a tradition for all the mentors and mentees to have Dim Sum in Chinatown as our last event. This year, in order to create more community among the Mentoring and Dumplings families that we serve and to also thank the volunteers who have been with us, we decided to invite everyone involved with Harvard China Care programs. We had a terrific turn out at the event; there was great food, time for people to get to know each other, catching up, and bidding farewell to the seniors who were graduating.

It has been a great semester of Mentoring. We hope everyone has a great summer, keeps in touch with their mentors and mentees, and we absolutely cannot wait until the fall!
and drives home the notion that it is vitally important for adopted children to recover from early trauma in order to engage in a fulfilling academic experience at school. All four panelists ended the insightful discussion on the consensus that with the advent of further research into its mechanisms, neurofeedback will likely become an increasingly effective tool for adoptive families.

Both students and families in the audience were eager to ask the panelists questions. Many even approached the panelists, HCC members, as well as each other after the event was over to further discuss what was said during the panel. For many weeks after the event, we received positive feedback from attendees about the need to host something similar in the future.

Thank you to all who came and we hope to see you next time for another meaningful and successful Harvard China Care speaker event!

**Dumplings Makes Delicious Dumplings**

*by Dora Tao*

These past few months saw another great semester of the Dumplings Playgroup! We celebrated the New Year, took a trip around China, learned about Peking Opera, and ended the year with some delicious dumplings.

We rang in the New Year with arts and crafts and Chinese lessons. The kids learned common Chinese New Year phrases such as “Xin Nian Kuai Le” (Happy New Year) and “Gong Xi Fa Cai” (I wish that you be prosperous). We also learned about the character “Fu”, which means luck. The kids decorated a “Fu” that they brought home to hang up in their rooms to bring good luck for the upcoming year. Finally, in celebration of the year of the rabbit, the kids made adorable bunny ears that they wore during the day.

For our second playgroup, the kids took a trip around China, learning about provinces such as Sichuan, Tibet, and Anhui. They each made their own passports that they could then get stamped at every station. At the Sichuan station, we made pom pom pandas while at the Tibet station, we watched a few traditional dances and even learned some dance moves. In Anhui, we learned about the Yangtze River and colored pictures of the Jiu Hua mountain.

Opera is a big part of Chinese culture so we began our Peking Opera Playgroup by making paper masks. The kids learned about a traditional performance form called *Bian Lian*, where actors would quickly change their masks without even using their hands!

We then learned about how opera music could be used for other types of performances such as dance. To end the playgroup, we played a rousing game of freeze dance with Chinese operatic music.

Finally, as a tradition, we ended the year with Dumplings at Dumplings! We made a few construction paper flowers in celebration of the coming of spring before making our dumplings. The kids were able to hand-make tons of delicious pork and spinach dumplings, which we then all got to eat at the end of the playgroup.

We are excited for the upcoming semester of Dumplings! As usual, the kids are all adorable and great to work with and we hope they had fun these past few months!
HCC SUMMER INTERNS
by Frank Zhou

This summer, Harvard China Care will be sending nine interns to China as part of our annual summer internship program. The program allows the interns to work with Chinese orphans on-site, contributing directly to the well-being of these children.

Harvard China Care maintains internship relationships with a variety of orphanages across China. This year, the interns will primarily be sent to two locations. Dora Tao, Linh Vo, and Rena Mei will be at Jiaozuo Children’s Welfare Center in Henan province, while Karen Xiao, Nina Gu, Lynelle Chen, Angie Peng, Lauren Coveno, and Christine Shrock will work at the Bethel Foster Home in Beijing.

As participants in HCC’s flagship summer program, the interns can expect to teach English, assist with physical therapy, carry out playgroup activities, and serve as mentors to the children. To prepare them for these roles, as well as life in China, the interns attended a set of on-campus workshops before beginning their internship. Workshop topics included Chinese culture and etiquette, common diseases among orphans, navigating the Chinese bureaucracy, and logistic details of travelling within China. Particularly important was the topic of intern-children interaction, which forms the crux of the internship experience. The interns learned to actively engage the orphans in conversation and play, taking care to reach out to the shyer orphans.

The internship program is a way for students to truly make a difference in the lives of orphans. As the summer gets underway, we wait with anticipation for the interns’ exciting updates and future accomplishments.

HCC’S SENIORS
by Nan Du

On Saturday, April 30th at 7pm, Harvard China Care held its annual Senior Celebration in the SOCH penthouse, where it honored its accomplished graduating seniors. This year's graduating seniors are: Dianne Xiao, Daphne Xiao, Emily Liu, Robyn Thom, Tian Feng, Sisi Pan, and Weike Wang.

The celebration began with a short meet and greet as all participants partook in a delicious array of fruit and crackers. Current board members then followed with speeches that recounted stories, jokes, and the many accomplishments of the seniors. After each speech, the HCC board presented a senior with a framed photo collage, which commemorated their experiences with China Care. Once the speeches were completed, a slideshow, depicting pictures of the seniors that had been taken at past HCC events, was shown. The soft tunes of Hu Ran Zhi Jian, translated as “Suddenly”, by Aaron Yan played in the background as everyone reminisced of memories of the seniors that had served on the HCC board.

The current HCC board would like to thank all the seniors for their dedication towards the China Care cause, as they have been an inspiration to us all! We would also like to congratulate them on all their achievements and wish them the very best of luck in all their future endeavors!