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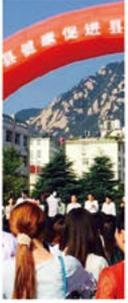
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# AIXIN FOUNDATION, INC. 2013-2014 WORK REPORT



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## A Letter from the AiXin Foundation

Dear friends,

It is with sincere gratitude that we write to you today about our progress in 2013 and 2014.

AiXin Foundation was founded in 2002 by a group of scholars, professionals, and dedicated individuals in the Washington D.C. Since then, AiXin has dedicated itself to advancing prevention-oriented, community-based public health education and promotion in China. We have also established scholarships for students of need in China, allowing them to pursue opportunities for higher education, self-actualization, and service to all. Currently, AiXin Foundation's efforts focus on advancing China's public health and basic education infrastructures, cultural exchange between American and Chinese youths, and environmentally and socially sustainable development of communities.

China today faces many great social challenges and, in turn, opportunities. We at AiXin Foundation have realized that the best solutions require extensive collaboration between of government, enterprise, market, and nonprofit sectors. We have defined our organization as a supporter and facilitator of such collaborations by bridging the resource gaps between American and Chinese partners. Given constraints on funding, we have often pushed for pilot projects in health, education, and development with strong potential to serve as models for scale-up. We sought to realize innovative thinking through cost-effective implementation. As such, our programs have brought about real change in Chinese communities and substantial cross-sector collaborations, particularly with regards to rural health education. We hope to continue to help bring positive change in the lives of many.

Persistence is the key to success. Twelve years since the founding of AiXin Foundation, our passion and our ranks have not waned but only grown. Most of our staff comes from Mainland China, a country and community to which we owe our love. We believe, as a small nonprofit organization, that every little bit of "AiXin" (AiXin means Loving Heart in Chinese), or compassion, helps - and that the confluence of good will from both within and across national borders will make the difference in supporting China's progress in equitable and sustainable social development. In our twelve years, AiXin has never made administrative expenditures, or had any salaried employees. Our operations are supported strictly by volunteers and professional partner organizations, and 100% of donations made to AiXin has arrived in the hands and to the communities of those in need.

Our sincere gratitude to all of you, who have donated your funds, time, and expertise towards this cause. Together, we have conquered obstacles, held onto visions, and shared moments of great joy. Thank you for your support and trust. We journey forward on the road to service and compassion.

**Together, We can make difference!**

**AiXin Foundation is an IRS  
501(c)(3) charitable organization.  
Your contribution will be 100%  
tax deductible.**

Yongkai Weng, Ph.D.

President of the AiXin Foundation  
(translated by Jenny His)



## Messages from our heart

— by the AiXin Foundation US Director, Dr. Yili Zhang

Twelve years has passed since AiXin's establishment. Our team of volunteers work diligently and happily on this path. Although we do not have a paid employee and lack of operation fund, we somehow manage to carry out some significant events in Washington metropolitan areas. It can only be credited to our great team with a caring heart.

Yongkai, one of our founder, and ChuanShuowere good representative of all the elements found in our team members: born in either 1940's or 1950's, educated under the order of "serve the people", "do good to others but no benefit to oneself". We were experienced with natural disasters, the Cultural Revolution, and being sent to the countryside to work along with the farmers. All in all, we had lived through a tough life but with a strong will to contribute and strengthen our country. These practices and beliefs set firm in our heart and continue till today, regardless the recent declining standard of social conduct and other problems.

We make a living by what we get, Churchill said, but we make a life by what we give. In public, the latest discussions are usually about air and water pollution, and unsafe food products, but seldom on the lack of virtue for our young. AiXin understand the importance of educating the young, especially the poor ones who cannot afford to go to junior or high school. Through our scholarship support program, we have changed the life of several thousands.

Often, we receive request from stranger such as: I like to donate to the rural scholarship program, my son/daughter like to donate their spare money to kids of their age, or our group like to organize a public event through AiXin to raise fund and awareness for the needed. Local organizations such as Hebei Townsmen Association, Anhui Townsmen Association, and others are interested in joining us to help. Some individuals ask to become our volunteer.

Whenever I receive such request, my heart fills with gratefulness for these caring folks. Even on a rainy day, my heart shines brightly like the sun. I didn't know being an AiXin volunteer can be so joyful and rewarding until I get involved.

Last September when I was in China, I visited a student supported by AiXin for 6 years. His parent is disabled. With good grades, he is currently studying at XiAnJiaoDa University. I asked to meet him at the commercial district near the east gate of the university. He said "no need to go outside, the university has everything. Besides, I have never been to that area". During our chat, He told me he loves JiaoDa, for he makes many friends, live and eat well, plays basketball, and was awarded a small amount of scholarship from the university. I found that he rarely eat meat, and skip the chance to go home during summer, all because he wanted to save money.

Later, when I recalled how I found him easily in a sea of students: he wore an old but clean red t-shirt, blue jean, a backpack on his shoulder, stride happily towards me. What a confident, bright and young men, full of positive energy. Through him, I saw hope for a better China.

Thank you for all supporters and volunteers. With your hard work and dedication, we can make a difference, no matter how small.

(translated by Monica Yu)



A group picture of the AiXin core members.





## About the AiXin Rural Education Program

AiXin's Rural Education Program was launched in 2006, with the original purpose of facilitating overseas donations to poor students in China. With the economic development of China and the improvement of the civic-mindedness, more and more people in China began to participate in the program. Now, the program is at a brand new stage, not only stressing providing funds to poor students, but also focusing on transmitting love.

AiXin's main work accomplished in 2013 and 2014 includes:

In 2013, the program funded 273 poor students (139 in Pingshan County, Hebei Province; 128 in Shitai County, Anhui Province; 6 in Lingshou County, Hebei Province) with RMB 252,600 (USD41,410) (RMB 115,800 for Pingshan County, Hebei Province; RMB 133,200 for Shitai County, Anhui Province; RMB 3,600 for Lingshou County, Hebei Province).

In 2014, the program funded 230 poor students (112 in Pingshan County, Hebei Province; 111 in Shitai County, Anhui Province; 6 in Lingshou County, Hebei

Province; 1 in Laiyuan County, Hebei Province) with RMB 222,700 (\$36,508) (RMB105,000 for Pingshan County, Hebei Province; RMB 112,600 for Shitai County, Anhui Province; RMB 3,600 for Lingshou County, Hebei Province; RMB 1,500 for Laiyuan County, Hebei Province).

In recent years, China has made great efforts to implement the nine-year compulsory education system. The primary and middle school teaching, except secondary middle school teaching, is free now. The school expenses are mainly for stationery, board and lodging. Many students have to study in faraway schools and pay for board and lodging. In a thrifty manner, the average amount is RMB100 to 300 per month. Male students' boarding expenses are higher while female students' living expenses are higher. That is why we still have to provide financial support to the poor students.

In the poor rural areas, the family income is mainly from work in other places. For a family with disabled or sick member(s), or whose members have suffered misfortunes, no one can go out to work. That is the reason why such a family is

still living in poverty and can't afford the board and lodging fees.

1. Donation. The program aims at supporting students in poor areas through providing living allowance, textbooks, tuition fees and extras. Currently, the financial aid for disabled or poor students is RMB 600 annually for each primary or junior middle school student, while RMB 1500 annually for each senior middle school student. AiXin guarantees that the sponsored students are all real ones, and the donations will be delivered to them. We hereby solemnly declare that we will bear full responsibility and pay for any damages incurred, should there be any student ineligible for donation or false information during the implementation.



2. Communication. Besides transmitting donation, the program also helps donors to fulfill their will of love through letters and home visiting, hoping donors could feel joyous after helping others through learning the process, the students' situation, and reports of home visiting. Meanwhile, AiXin encourages the students to write letters to their donors. The letters addressed to AiXin's Beijing office will be forwarded to the donors. No matter how long the donation continues, a sincere love during one's childhood will accompany him/her and the household throughout their lives.

3. Cooperation in education: AiXin, after several years' work, has achieved mutual understanding and cooperation with the local authorities and schools, thus learned thoroughly the implementation criteria of the program. It also acquires



information about living conditions, studies, and needs of the students through home visiting, etc.

4. Home Visiting: Each year, AiXin invited volunteers and donors to join in home visiting, to do spot checks, and to interview the sponsored students and their family members. Then, AiXin summarized and reported.

#### Gratitude from Rural Area in China

In order to protect the privacy of the donors and reduce the postage burden of the students, AiXin Foundation made public its address of Beijing office and forwarded the letters addressed to the office to the donors. AiXin welcomes donors and other friends to visit the students together with us or by themselves.

#### Their gratitude

Of all the thank-you letters, "thanks" emerges most, because they don't know how to express their gratitude.



from left to right: Yang Ji (volunteer), Dandan Li (recipient), and Tina Liu (donor)

Jiao Xifang of Xiahuai Middle School in Pingshan County wrote to the Group of Hebei Gentry on November 2013:

“ I think that you must be a man full of love. You are willing to sponsor me, so you must be willing to sponsor more people who may have more difficulties than me. I think good man deserves good return. In the end, I want to tell you:’ Thank you!’ ”

Wang Yanfeng of Huishe Middle School in Pingshan County wrote to her sponsor on March 2014:

“ If it were not for you, there may not be the present ‘me.’ I don’ t know how to describe my feeling to you. It may be kindness, or may be more than kindness.”



AiXin Volunteers on the way to visit the students’ home

Their efforts

Misfortunes have made the sponsored children stronger and more studious. Love of the sponsors make them have more expectations for the future, and they work harder.

GaiXiaofan of Pingshan County wrote in 2014:

“ I can’ t change my family background, so I can only work to make myself more excellent. My scores grow steadily because of my working hard. In the recent Midterm examinations I have gotten third in my class and fourteenth in my grade. I will continue to work hard.”

HuoYajing wrote in 2015:

“ I am willing to be a little snail, persistently climbing up to my life’ s pyramid.”

Liu Xiaoyang of Nandian Middle School in Hebei province wrote in 2014:

“ I live and study in the new circumstances and do things I want to do. On the recent midterm examinations I have gotten the sixth highest score in my grade. However, it was not the ideal score. I must make more efforts to get a higher score on the next examination...”

Their Longing

Zhang Chengyan in Grade Six wrote in 2014:

“ I will inspire popular confidence and march fearlessly onward. I firmly believe that there will be a new world for me. And I will pay back and make contributions to the society, like you.”

Zhang Chuanfei of Pingshan wrote on November 2014:

“ I will not make you disappointed. I also hope to help some poor men like you. I will study hard to pay back the society and the country with my scores.”

Wang Xiaoyan of Shitai Senior School wrote on January 2015:

“ I think that in my future life, I will strive with a heart of gratitude, and pass on your torch of love to others and pay back the society.”

Their writing is unskillful and their language is plain, but we can feel the gratitude, efforts, and repayment of the sponsored children and parents. I think that every sponsor has not thought about receiving something in return from the children; their actions only originate from a universal love and goodwill. With each helping hand and each transmission, love will be passed on forever to warm the land of China.



Danyu Zhang, a volunteer and donor, to visit and talk to the student who she supported.

AiXin Supporters from China

AiXin Education Program as received much warm hearted support from Chinese volunteers in many ways. An example is the story of Wei qian and Lu Lijuan, a couple whose interests include travel and photography and have visited Tibet three times, donated all the income from their photography < To a pilgrimage around Mount Kangrinboqê> in 2013. They sincerely want to help students from poverty-stricken areas to continue their study through AiXin Education Aid Project supported by AiXin Fund. It deserves to be mentioned that Lijuan as a volunteer of AiXin Education Aid Project went to Anhui Shitai twice to visit recipients personally. She wrote that “we hope that the students receiving aid, especially disabled



To a pilgrimage aroundMount Kangrinboqê

students, could know and support each other. Fundamentally, we not only build mutual trust, warmth and responsibility through AiXin Education Aid Project, but also furthers the true purpose of AiXin Fund which helps all of us feel the warmth of a loving heart.”

Another story is about kids to kids. Schoolchildren of fourth grade from Beijing Jinshan Primary School organized a charity bazaar for AiXin Education Project at Chaoyang Park in the summer



The post card made by the students' painting from Shitai County



Charity bazaar by students from Jingshan School

of 2013. Many exquisite postcards drawn carefully by kids were sold, and the income donated to Central Primary School in Anhui Province Shitai County Renli Town.

Concise leaflets were printed with: We are fourth grade school children from Beijing Jinshan Primary School. No matter how young we can, we can make a contribution. We will organize a charity bazaar every vacation to help other children in need. Jennivine Chen, the event organizer and one of the students, recalled “one day, my attention was drawn to an art work I loved on social media. An idea suddenly came to me that most of my classmates love drawing; was there any way I could turn it into something to sell so we can help others? I told my Mom what I was thinking, and she proposed that we could draw postcards and congratulatory cards, because there are affordable and people are willing to purchase. After group discussion, we decided to organize a sale of goods for charity with my school.”

It is heart-warming to see such action from children, however, parents' contribution are also invaluable. Parent' s positive association, guidance and encouragements not only help children to grow into adults, but also teach them how to care for and love others.

(translated by Lingling Tang and Jiayin Hu)



Organizer and participants for the charity bazaar



AiXin Foundation doesn't frequently try to raise donations in the USA. All donors spontaneously send their donations after they get to know AiXin directly or indirectly. Volunteers in the USA also are donors, so they all know what the donors think.

The most influential activity of AiXin in the USA is the "AiXin Column" published in the Chinese newspapers each week. The Column opens a window for readers to learn nongovernmental benevolent activities because of its wide-ranging and greatly moving content. Many articles make the readers' eyes glisten with tears; some of these readers become willing to participate in AiXin activities. Nine years ago, Hu Chuanshuo and Weng Yongkai sold their house, resigned, and returned to China. After their leaving, AiXin needed someone to continue AiXin's activities in the USA, so XuYayin and Zhang Yili became the persons in charge of AiXin in the USA. Zhang Yili didn't retire at that time, and she was an influential entrepreneur in the Chinese circle in Washington, D.C.. In 2008, Zhang made preparations for a child benefit concert by Marc Yu in

Kennedy Center, building up a momentum in Washington D.C.. She introduces the activities of AiXin in China on various social occasions, moving many listeners.

When American readers and listeners want to deeply learn about the operations of AiXin, they can make inquiries by calling the phone numbers in AiXin Column. AiXin doesn't have full time personnel or an office in the USA, and the phone numbers in fact are family numbers of volunteers Gao Fang and Mr. and Mrs. Liu Yijun. They have voluntarily assumed the responsibilities of AiXin desk clerks. Gao Fang is also a voluntary financial personnel of AiXin who deals with bank businesses, keeps accounts and sends thank-you letters. He cooperates with the accountant to make annual dutiable lists and applies for the CFC qualification. He is the busiest volunteer in the USA, and Liu Yijun is his right hand.

One of the reasons for attracting the donors is that the donations are fully used on the charity projects. AiXin Rural Education Program puts every cent into the hands of the sponsored students. We make notes of each receipt, expenditures

and balance, and inform the donors of the situation of used donations and the information of the sponsored students. The letters by the sponsored students are first sent to Beijing, and then the volunteers in China send by mail or entrust someone to take the letters to the USA. Then the volunteers in the USA forward the letters to the donors.

In 2011, a group of secondary middle school students, the members of Teens-help-kids Club, from Thomas Jefferson School, held an “online English writing class”, and then donated the earnings to poor children in China through AiXin Foundation. In the autumn of 2013, the initiators Lauren, Katherine, Jenny and Michelle entered into universities. They sent an email to inform us that the job will be taken by Samuel Hsiang and Grace Huang. They also sent a check of US\$1,200 to continually support the Rural Education

Program.

The youngsters from Friendship Book Club also took part in the program. They sponsored the poor students by making money by washing cars, mowing, selling cakes, and teaching.

An eleven-year old primary student Zhang Qingqing and her sixteen-year old brother Zhang Keke, having listened to the stories told by their mother about the children in poor areas in China dropping out of school, decided to help the children with their pocket money.

The children’s behavior was supported by their parents. We hereby on behalf of the AiXin Foundation and all the sponsored students express thanks to the donors. We welcome you to China and we welcome you to visit the sponsored students, as well as to experience a different way of life.



“Teens Help Kids Club” made donation to AiXin Foundation.



Donation from the “Teens Help Kids Club” by students of Thomas Jefferson High School.



## AiXin Reading Program in Hebei and Henan Provinces



Commissioned by donors, AiXin launched the AiXin Rural Reading Program in July 2009. The original intention is to accompany those who need reading and promote rural students to read more good books. The program has been carried out for five years.

In the five years, AiXin Reading Program has successively covered 15 schools, accumulatively donating 4,327 books and making about 2,248 students feel care and love.

The expenses: In the course of carrying out the program, we adopted a flexible form, such as building book corners in the classes as well as allowing the students to manage the library. Since the beginning of the program, each school continuously participated for two-three years. By the end of 2014, five schools still participated the program, among which Dongsunlou Primary School of BeiWa District, Lingshou County, Hebei Province have successively taken part in the Program for five years.



In order to inspire the reading interest of the students, the relevant schools, based on their individual circumstances, have carried out all kinds of activities such as thoughts on reading, recommendations of good books, writing competitions, narration competitions, lectures, and class meetings on specific topics. In 2014, Dongsunlou Primary School extended reading to the parents. The School often sent text messages to students' parents about how to guide their children to read, as well as about what their children have done in reading class. In this way, we let the parents join in the reading activities. According to the schools' activities, we also



provided some prizes as support, such as books and stationery, to encourage them to read.

In these activities, all those who have participated in the reading activities, including the students, parents and schools, have felt the sincere love of the donors. Such warmth, transmitted through reading, has accompanied the children through their schooling years and will accompany them on their growing paths.

In those participating schools, they universally remarked that their ability to express language and reading abilities of the students have been improved. We have also seen other influences brought about by reading activities. For example, in Dongsunlou Primary School, Chinese scores on the midterm test have been the highest in the whole district. In Guanzhuang Primary School of Wencheng Town, Suiping

County, Henan Province, through reading, the cultural atmosphere has become more dense. In the classrooms, you can hear students reading, you can see that they have worthwhile tasks to complete during classtime, and their discipline has become better. The students could study silently, their consciousness became stronger, and their routine behaviors became more regular.

We also have met some difficulties in the course: how to select books more suitable to students; in addition, the volunteers have no special education backgrounds, and they don't know the students on a deep level. At present, each time we add book lists they partially come from the recommendation of the schools or from online searches of the recommended book lists of famous schools. We still

are exploring and looking for suitable book lists.

The other difficulty is that now the volunteers aren't in local places, so they have few opportunities to participate in the reading activities. They also cannot make timely evaluations. Most of the present evaluations come from the schools' self-conclusions and feedback. We actively call on local volunteers to join us to push for better results of reading activities.

Reading can lighten up one's life. We will work hard to pass on the love of the donors, and to make the love warm the students and each person participating the program.

(translated by Feng Cao and Cody Abbey)



The old revolutionary base area Xin County, located in the south of Henan province, is a national-level poverty country. In August 2013, Xin County local government cooperated with several non-governmental and non-profit organizations to sponsor a social benefit project "Hero's Dream, Xin County's Dream". The project aims to initiate comprehensive reform on Sustainable Development and explore a new type of environmental development with

ecological civilization in countryside. The Kind Fund was suggested to undertake the Health aspect in the project.

In December 2013, the AiXinFoundation organized a group of experts in different fields to visit the Xin County to investigate the strategy of "Scenic County, Healthy Xin County". In 2014, Xin County government proposed a project to promote the propaganda of the education on health. They suggest connect all of



Expert provided a lecture for health educator in Xin County

the policies with health, and construct a system for public health based on household and communities. In May 2014, Xin County Health Education and Health Promotion Committee was established. The committee was formed by the heads from all of governmental departments and each town, and the director was the governor of the county. After that, the project became a part of the national project “National Health Promotion County”.

Until the end of 2014, as the coordinating and supporting party of Xin County Health project, the Kind fund has done investigation in Xin County with the experts in the project for eight times. They provided the service on organization and coordination after the project was initiated. The core aim of the health promotion project is to construct a stable administrative structure, train an executive team, establish a training base for health education, and explore how to operate the project effectively and maintain the sustainable development. This project is supported by all-grade governments. Xin County government has convened three meetings to discuss the strategy of the project, and decided that social services are bought by the local governments.

The launching ceremony of “Xin County Health Promotion” project was held on Sept.22 2014 in Xin County. Nearly one thousand people attended the launching ceremony, including leadership of Xinyang City and Xin County, NHFPC representatives and experts (who were representatives of NHFPC, medical colleges, hospitals and NGO), people from news media and all walks of life, and common people. County Governor of Xin

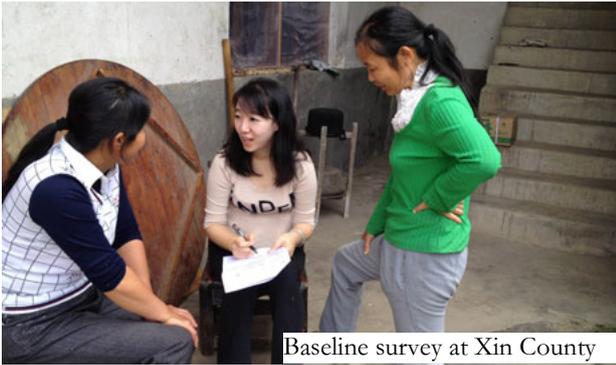
County emphasized to propel the health promotion project and keep sustainable development of economic society and all-round development of human beings by promoting of both physical and mental health. With the support of the government and society, Xin County would carry out targeted publicity and education, health counseling and service guidance to help ordinary set up health concept, learn health knowledge, develop healthier living habits to prevent diseases, and promote physical and mental health. The governor said that the government will focus on setting up a health promotion county by integrating Health into all policies to enhance public medical services, establish a health promotion network covering urban and rural communities, hospitals, schools, governmental agencies, and enterprises, and strive for the target of Health for all.

After launching, people sign for participating health activity.



After the launching ceremony, the experts from different institutions and organizations started with informative and multitudinous training for leaders and health social workers on policies interpretation, society discovery, health promotion, mental balance, dietary nutrition, maternal and child health care, networking platform, etc.. People’s Oriental Publishing & Media Co., Ltd. Held a conference of new book launch for Zhou Yonghong, the first psychological counselor in rural China. She donated books and gave a lecture on mental health in the conference.

At the same time, the baseline survey undertook by School of Public Health, Peking Union Medical College



Baseline survey at Xin County

was initiated, which has taken the local government's plentiful efforts and time to make detailed preparations. A total of 130 investigators including 7 volunteers from Beijing and social workers and investigators from Xin County government, carried out a questionnaire in three days. 1,700 questionnaire responses were obtained from 18 pilot villages and 1,400 in pilot primary schools, and junior and senior high schools. The inputs and analysis of the questionnaire have been finished, and the report is being prepared.

The AiXin keeps communicating with Xin County frequently. We coordinate experts to Xin County for training health educators (social workers) and giving lectures in communities and schools every month according to the strategy of the project. This kind of lectures and trainings has been held for 39 times until



Women wore the apron with the health slogan.

the end of 2014, which was welcomed by local population and government sincerely.

During this process, we also encounter kinds of issues, such as, the absence of young in rural area due to the migrant work, the awful financial condition, the low-level education, and the neglect on health. Besides, the ability of the workers on healthy propaganda should be enhanced, and it takes time to establish a steady organizational due to the combination of the departments of health and sanitation. We'll keep a close cooperation with the local government, and adjust the plan according to the unpredictable conditions in the future. We hope that the project could be completed successfully as a result of our efforts and insistence.

A group picture of the Health Promotion Team in Xin County





## Support Project of Mental Health in Rural China

Since 2015, the AiXin has supported mental health services for families and community population in rural areas actively. For example, KF has supported Ms. Zhou Yonghong and funded her counseling studio to provide free counseling services for rural women. With the support of the Kind Fund, she wrote a book titled 'Give your hand to me', which is enriched with her counseling experience and feelings in the past ten years, and the book launch was held at the health promotion launching ceremony in Xin County, Henan, on September 2014.

Zhou Yonghong said, 'with the support and funding from AiXin, my new book was finally published by people's publishing house. For me, my dream comes true and it's also my return to America Kind Fund for their years' support.

With support and funding of KF for 8 years, this book was finished finally. In January 2015, I met with Dr. Weng Yongkai for the first time when she and some other kind people visited Qianxi County, Hebei Province for investigation. She admired me for my volunteering of free mental training for rural women. Soon after return to America, she gave me the 1st

fund for construction of my counseling studio. With the money, my counseling studio was established. Until now, there were seldom mental studios throughout the country. During the past years, I have provided counseling services for almost two thousand people in my studio, most of whom were rural women. Besides, I also provided publicity and training of mental health knowledge for common people in schools, enterprises, towns and villages, and communities.



The author, Ms. Yonghong Zhou, signed new book on the launch event.



I do appreciate the Kind Fund for supporting and funding my job for many years. The fund enables me to take professional training and buy professional reading materials, which helped me enhance my theoretical level and professional abilities. Besides, the Kind Fund also pays for the hot-line fees. Thanks to the KF's support and fund, I can continue provide mental counseling services for different people.

This book consists of 38 stories chosen from almost two thousand cases. All the stories are common but attractive stories and easy to understand. You can learn a lot from this book.

Thank the Kind Fund for their support and trust and thank kind-hearted people for their caring and understanding. For me, this book is more a contribution to society than a summary report of my counseling services in the past ten years.

Following is the foreword written by YongkaiWeng, President of the AiXin.

Working in rural areas over the years, Yonghong has observed the real lives, needs and sufferings of rural

women. She was sympathetic to their feelings, which made her better helped rural women with mental problems by providing free counseling services, bring harmony and hope to ordinary families. Women's awareness of mental health in rural areas, where Yonghong has given training, was even stronger than that in urban areas.

The reason that the AiXin has been always supported Zhou Yonghong during the past 8 years is that we admire not only her charisma of Yonghong but also her huge contribution to mental health in rural areas, which is basic but valuable. Du Runsheng, the father of China's rural reform, once said that "if farmers suffered from poverty, our country would be poor; if farmers struggled with sufferings, our country will be in sufferings; if the thought of farmers are ancient, China would not advance to modernization." Yonghong has taken actual action to solve rural women's real problems, benefiting a substantial number of families. Yonghong has set a good example for us and her spirit is remarkable.

Ms. Yonghong Zhou and the left-behind children in a village.





## Cross-Straits Nutrition and Health Forum

AiXin Foundation actively organized and participated in cross-straits activities and exchanges on “Health China Summit” on July 3rd, 2013, the 1st Cross-Straits Nutrition and Health Forum was successfully co-held in Beijing by Health Times, Formosa Cancer Foundation, Taiwan Dietitian Association, AiXin Foundation and Beijing Dietician Club. Among the participants were well-known and leading experts in the field of health on both sides of the Taiwan Strait, over 200 dietitians and medical staff. During the forum, they had an in-depth



Dr. Chiming Lai, the Chief Executive of the Taiwan Cancer Foundation, and Prof. Longde Wang, the President of Chinese Preventive Medicine Association.

and multi-view discussion on dietary nutrition and human health, which promoted cross-straits exchanges and cooperation in the field of health.

Dr. Delong Wang, the President of CPMA and CAE academician, started his keynote speech with the current situation of the increasingly serious weight issues and obesity. In his speech, he highlighted that one third of the Chinese population suffered from being overweight, and 10% obesity. In the past three decades, the proportion of death caused by chronic non-infectious diseases



conference hall in Beijing



A group picture of Cross-strait Associates in Beijing

increased from 76.5% to 82.5%.

Dr. Lai Jiming, the Executive President of Formosa Cancer Foundation in Taiwan, pointed out that imbalance diet of modern people were closely related to early detection and discovery of cancer. Based on his study on nutritional status of population in Taiwan for more than a decade, he proposed a cancer prevention project recommending adding at least 5 kinds of fruits and vegetables to daily diet.

Professor Jin Huimin, the President of Taiwan Dietitian Association, gave a detailed presentation from a macro perspective of the white paper on health in Taiwan by 2020, which is about dietary policy, objectives and action plan.

Ms. Yuexin Yang, the President of China Nutrition Association, introduced the differences of cultures, regional resources, and dietary guidelines between different countries and districts.

Professor Liping Zhao, the Vice-President of School of life sciences

A group picture of grass-roots health educators from the Pingqiaodistrict, Henan Province.



and biotechnology, Shanghai Jiao Tong University, gave a brief presentation of activities of gut flora in human body, how beneficial bacterium and toxic bacterium affect human health, and how to balance the gut flora through diet.

Then Dr. Yongkai Weng, the President of AiXin Foundation, introduced their health promotion project for rural citizens in Xinyang City, Henan Province.

Mr. Xufeng Wang, the President of Beijing Dietician Club released a survey report of Focus on Health of Left-behind Children in west China, which attracted attention of other participants.



A group picture of Cross-strait Associates in China-Europe International Business School (CEIBS).

On July 4, experts and scholars among the participants offered professional training for more than 800 dieticians from all over the country. On July 6, 2013, the cross-strait cancer prevention seminar, organized by the China-Europe International Business School (CEIBS), Center of Healthcare Management and Policy, Formosa Cancer Foundation in Taiwan and the AiXin Foundation, was successfully held in Shanghai, during which experts from both sides of the Taiwan straits shared their experience and research results on cancer prevention.

(translated by Guanshi Zhang)



“Building Bridges” was initiated by Yale University’s student organization in 2008. The summer program of Building Bridges has been held successfully seven years supported and coordinated by AiXin Foundation. The program - using English and science and technology education as the vehicle, and intercultural communication as the core - mainly aims at inspiring middle school students’ zeal for study and thirst for knowledge. It also opens a window to broaden their perspectives. On the other hand, the program also provides opportunities for domestic and abroad students to understand the real situation of China, which may promote the communication between Chinese and foreign youngsters as well as deepen the feelings for China of overseas heritage Chinese.

In August 2013, the program was successfully held in Qingyuan Middle School in Qingyuan County, Zhejiang Province. Through oral communication and lectures between volunteers and local students, 22 students from Yale University, Princeton University, Peking University and Tsinghua University and so on and 6 volunteers taught English, science, culture, psychology, philosophy and environmental protection. The volunteers planned courses to promote the Chinese students’ core abilities of creativity and team cooperation, to inspire the middle school students zeal for study and thirst for knowledge, to strengthen the cognition of self and confidence, to promote the abilities of observing and communicating with the





hil (the right third), a volunteer from Yale University, is paying a visit to his student's home.

outside world, and simultaneously to develop the responsibility for others and the society. Besides, Professor Yongkai Weng, President of the AiXin Foundation, and Professor Haiyan Li from Peking University, together gave a lecture on health, including the health of youth, reasonable use of medicine and antibiotics, family health care, and nutrition and diet.

In August 2014, the program was successfully held at Qingyuan No. 2 Middle School in Qingyuan County, Zhejiang Province. Twenty-eight students from Yale University, Princeton University, Peking University and Tsinghua University and so on carried out one week activities for more than 400 twelve to fourteen-year-old middle school students. The volunteers planned rich and eclectic courses for local students, for example, a sex education course on youth "private conversation with you", and extending interesting courses as "the economics of milk and cola" and "the science of ice cream". On the spot, the volunteers from medical colleges gave practical courses on first aid and cardio-pulmonary resuscitation. The volunteers from psychology department led the children to experience the classical psychological experiments. Standard pronunciation and equal open teaching model and rich and colorful teaching contents made the children find everything new and fresh. The volunteers also intensively encouraged the children to boldly ask questions and think independently. The laidback and buzzing classroom atmosphere helped the children effectively and actively devote themselves to study. They still encouraged

the volunteers one after another to ask questions after classes.

After the end of the program, some university volunteers continued to keep touch with local teachers and students. Chen Qiuxin, a volunteer from Peking University, set up a QQ group for the class. She regularly put forward questions and issued homework, and then the children finished giving feedback to her. She guided them again so as to help them successively improve their abilities of independent thought and analysis. Many volunteers have written their sentiments. Wang Zhizhou, a volunteer, wrote in the blog: "We want to show gratitude to AiXin Foundation and the teachers and children of Qingyuan. The school not only provided free room and board, precious time and space, but also let a group of youths, who were only several years elder than the children and had an exaggerated opinion of their abilities, to share their feelings and experiences and sense the meaning of education. This was a great gift for us, who were nominally teachers but in fact students. It will become a bigger fortune of life one day."

As the children become stronger China will become stronger, and so will the progress of the juveniles and China. The future of China is based on the children and their education. AiXin Foundation earnestly salutes all those organizations and people paying attention to or devoting themselves to the basic education of China, especially of remote areas.

Appendix: the aspirations of the children

Note: The following text is abstracted from several Qingyuan Middle School senior students' QQ spaces. The mentioned people in the text - Cao Yuan from Psychological Department of Peking University, Richard from the Math



Liu Shutian (the right first), a volunteer from Tsinghua University, is lecturing on female personal defense skill for girl students, and Huang Xin (first to left), a volunteer from Shanghai University of the Second Army Doctor, is coming forward to act as a "bad man."

Department of Princeton University, and Fu Zi from Software Engineering Department of Peking University - are teachers of Class 3, Grade 2. Kato Shiakisuke from Waseda University, Japan, Wang Cong from Social Science College of Tsinghua University and Ji Yang from AiXin Foundation, are teachers of Class 5, Grade 2.

The words from the students' bottom heart

1. Ten days went so quickly. Those who had accompanied us to spend that delightful week together seem to still be with us, but they have gone far away, to Shanghai, Beijing and the USA. You are always full of confidence, and easily inspire us, which make us unable to forget you. We will miss you forever.

2. Richard, a sunshine and handsome big boy, loves singing, playing sports, and the computer. He taught us game theory, which today I still cannot understand. But we will miss you.

3. Richard, a talent of math, unexpectedly could not understand my math book. Ha Ha!

4. They left. When the bus left, I felt unhappy as I watched them wave good-bye.

5. We were shocked. We will face

the new challenges with a full and strong stance and work hard for freedom, regardless of nothing, fighting!

6. I am loath to part with lovely Kato! I love Wang Cong, a real talent. A doctor of history, he mastered four languages. I love listening to Ji Yang tell us about historical events which are not in our history textbooks. You are very welcome to come once again to teach us! I am loath to part with handsome Richard, a talent of math. Our 'probability brother'! If you were teachers of Qingyuan Middle School, it would be so beautiful! Our scores would improve greatly.

7. The days you came were like a beautiful dream. We need to awaken from this dream, however, no matter how beautiful it was and how reluctant we are to wake up. In life, there is no such thing as a banquet does not end. Our time together was short and our time apart will be long. But we will one day meet in the future. We will wait for you to come again. I'll miss you! Don't forget me! This is yet a new beginning. We will resettle our mood and start on the road again.



Du You, a volunteer from Huaxi Medical College, is teaching the children CPR.



Support  
the summer  
program of  
“ AiXin Torch ”

On July 4 to 18, 2014, AiXin Foundation jointly with the International Cultural Communication College of Hebei Normal University and Pingshan County Education Bureau supported and coordinated the teaching program “AiXin Torch,” which was successfully held in Pingshan County, Hebei Province. The program was led by An Linping, a teacher from the greater Washington, DC metropolitan area. It aims at broadening perspectives through the communication between the China and the USA students, and promoting the friendship and mutual growth between them. Pingshan County is one of the Rural Education Programs of AiXin Foundation. In the rich and colorful teaching activities elaborately planned, the children harmoniously interacted in the classes and intimately cooperated after classes. Local students worked hard to

study English and learn about other cultures, while the children living in the USA deepened their sense of responsibility as well as cultivated their sentiment towards China. Smiles that originated from their hearts showed on their warm and sincere faces. They passed on love and dreams; in return, they received love and growth.



by High School students from US had culture exchange program with rural students at Pingshan County, Hebei Province.



In 2013 and 2014, AiXin continued to publish essays and articles in the AiXin Column in Chinese newspapers in the greater Washington, DC metropolitan area, exchanging views and sharing thoughts with readers.

We appreciate all the support and help from the media, such as New World

Times, A&C Business News, Asian Gazette, Washington News, Washington Net and Washington Information. More of China's poor and disabled children received help because of your promulgation and deep love.

(translated by Cody Abbey)

**AiXin is a 501(c)(3) non-profit organization,  
Your donation will be 100% Tax deductible.**

AiXin is dedicated to improve basic health care, education, ecological environment, and sustainable development in impoverished communities and for people in needs.

爱心基金会倡导“以人为本”的爱心关怀，支持和推动贫困地区的公共健康、基础教育、生态环境和可持续发展。爱心基金会目前的工作重点在中国。

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## Our Next step

We are continuing to support, coordinate and execute AiXin projects in China. Our plans for next year are as follows:

- Continue "AiXin Scholarship Program" for the poor students or those from a poor disabled family.

- Continue "AiXin rural school library" for elementary or middle schools

- Continue to develop a health prevention plan for families and communities; strengthen and expand collaboration with government officials and related organizations; seek their support and systematically reproduce in other areas

- Continue to advance the cultural students exchange program between US and China, support "Under the blue sky" exchange program

- Partner with other organizations to establish "AiXin left-behind children foundation", to arouse strong resonate and support from society to find ways in helping these children

We need committed volunteers for the following areas:

- AiXin web page maintenance and update

- Translation between Chinese and English (e.g., letters between students and donors)

- Editing and related work such as assign and collect article from authors, including typography; periodically provide AiXin news or update to volunteers and supporters.

- Assist routine administrative work such as documentation, task assignment from different programs, replenishing books for the existing libraries, mailing, etc.

AiXin welcome US volunteers or fellows to visit our China project sites. Participants can observe our programs such as education, health, China-US cultural exchange, and environmental protection.

Contact us: [AiXinfund@gmail.com](mailto:AiXinfund@gmail.com)

Please join us on this rewarding path. Your time, caring and donation allows us to continue the ongoing projects. Thank you!

(translated by Monica Yu)



# AiXin Foundation - Donation Form

## 爱心基金会捐赠表格

AiXin Foundation is an IRS 501(c)(3) charitable organization. Your contribution will be 100% tax deductible (爱心基金会享受有 501(c)(3) 免税条款, 您的所有捐款都可以免税。)

Please fill out this form and mail it with donation check to:

AiXin Foundation, Inc.

12019 Tregoning Place,

Clarksburg, MD 20871, USA

(请填写此表格, 然后和您的捐款支票一起寄往以上地址。)

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I want to become a supporter of AiXin Foundation. My tax-deductible contribution is:

我希望捐助免税捐款给爱心基金会:

I. Education Program (financial aid for Rural Students, 乡村少年助学金)

I/We would like to sponsor (please fill in the # of students in each category)

我/我们愿意资助(请注明您欲资助的学生人数及指定类别)

\_\_\_\_\_ An elementary/middle school student(\$100/year) 初中及小学生每人每年 \$100

\_\_\_\_\_ A high School student/(\$250/year) 高中生每人每年 \$250

\_\_\_\_\_ Others (including college students) 其他, 包括大专学生

Enclosed is a check for a total \$ \_\_\_\_\_

II. Health Program (Family and Community-Based Wellness Center, 家庭/社区健康中心)

\_\_\_\_\_ \$ \_\_\_\_\_

III. General Contribution (支持机构运行)

\_\_\_\_\_ \$ \_\_\_\_\_

My employer has a matching gift fund. Company: \_\_\_\_\_

您的公司是否有相应的计划配合您的捐赠? 如果有, 请填写您公司的名字和地址:

\_\_\_\_\_  
 Contact me to volunteer with AiXin (如果您愿意帮助爱心基金会的工作请和我们联系。谢谢!)

Contact Information: AiXin Foundation, Inc.

Tel: (301) -515-0006, Fax: (301) -515-0007

Web: www.aixinfund.org, Email: aixinfund@gmail.com



From AiXin Foundation, Inc.  
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Rockville, MD 20850 USA

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Here

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