

Cover

China Memory Book Project

Chi Heng Foundation

Written by: Bella Liu

*Life is full of hope. Be the master of your future.
Strive for a new way. A heartfelt smile comes from a caring heart.*

Author: Huang Huiyi

What do you see in the picture?

The ocean, the blue sky, the white cloud, the distant mountains and the soaring geese.

How do you feel about the picture?

The picture shows a sense of resolution and determination. It is full of energy.

Page 1

China Memory Book Project

Hello!

I am your memory book. Nice to meet you! From this day onward I will be your life-long companion. Whenever you feel miserable, I will be a reliable friend. However, I have to know you better first. I would like to know more about your father, your mother and your family, too. Could you give me a hand? Please fill in the blanks in this memory book.

When you are filling in this memory book, you are doing something like never before-being a reporter and an artist at the same time! You will try your best to interview your father, mother, brothers and sisters, or friends who know them the best. You can record the results and draw pictures on me-the memory book, just use your imagination and dress me up!

You will have a great time working on this task. You need to be very careful when writing and drawing on me. Take your time. This is a very important point. I suggest you to finish the book one page at a time. I know you can do it, and I hope you enjoy it. When you finish, you will obtain three badges, which are hiding in this memory book.....

Take good care of me and visit me often, I will help you through difficult times and lead you to the right track in life. Be brave my friend, fill me in!

This memory book belongs to Chuang (your name) starting from 10th March 2005.

My Story

My name is Chuang. I was born in group 5, Houyang village, Shangcai county, Henan province on 30th August 1987.

Fa (a name) picks this name for me, it means that she wants me to keep moving forward. I took my first step when I was two years old. I started to talk when I was two years old. The first word I said was “Mama”. My favorite game is “catch the theft” and I often play this game with Xiao Guang (a name).

I am quiet, unsociable, introvert and impetuous.

My hobbies are reading, reading newspaper and sports.

My favorite things.....

Color:	Beige	Food:	Vegetables and fruits	Festival:	Lunar New Year
Song:	The unchanged sound of wave	Scenery:	Sunset	Season:	Summer
Activity:	Basketball	Sound:	Low to medium sound	Subject:	Physical education

I want to be a (occupation) computer engineer when I grow up.

When I get married, I would like to have one child.

I would like my future husband/wife to be:

Gentle, kind and filial to parents.

Please ask your mother, your father or other people to fill this.

Do they know you well?

XXX (a name) thinks that these things are my favorite.

Color:		Food:		Festival:	
Song:		Scenery:		Season:	
Activity:		Sound:		Subject:	

My studies

Stick your picture here or draw a portrait of yourself.

If you are still a student, can you tell me your results? Making progress in your studies is very important for both of us. Please record your current and future achievement, and see how you progress continuously!

Date	Subject	Result
29/1/05	Language	120
	Mathematics	98
	English	94.5
	Physics	70
	Chemistry	55
	Politics	88
	History	90
	Geography	55
1/3/05	Mathematics	103
7/3	English	100

The story of my mother

Stick a picture of your mother here or draw a picture of her.

Please ask your mother to fill in the following pages. Tell her that the information is very important to you. Remember what I have said at the very beginning? You have to fill me in like a reporter does. If your mother is not around, you can invite someone who knows her best to help you out.

What if no one can help? You should not have these thoughts, because you are here! Even if the worst thing happens in your life, you are still here! Use your imagination! Remember what I have told you at the beginning? You have to act like an artist! Come on, use your imagination!

My mother was born in Gaoli village, Shangcai county, Henan province on 9th October 1961.

My mother is quiet and introvert.

The most outstanding character of my mother is her quick temper, integrity and caring heart. She also likes reasoning with people.

My mother met my father through the introduction by friends.

My mother's favorite things are.....

Color:	Light red	Food:	Egg	Festival:	Mid-autumn festival
Song:	Nanniwan	Scenery:	Sunrise from the mountain	Season:	Autumn
Activity:	Farm work	Sound:	Low to medium	Subject:	

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What is the best memory between mother and child? Were you at home or somewhere else? What were you doing?

I brought my child to work in the field.

What is your mother's expectation for you? What kind of person does your mother want you to be when you grow up?

Be an outstanding person when you grow up and don't work as a peasant like we do. Be a person with integrity and righteousness.

What is your mother's advice for you? What does your mother want you to remember?

You must study hard and must not be a peasant. Don't forget those harsh days when we are poor and neglected.

Please ask your mother to draw a perfect world in the space below. If your mother cannot draw, what do you think this perfect world will look like in your mother's eye?

I will draw a high teaching building with many happy students studying inside. Among them is my mother, who has never been to school.

Life is such a long journey but the memory book is short. Though we will not be able to record the whole life of your mother in here, at least we can get to know the three most important things in her life through these aspects.

Draw or write three most important things in your mother's life in the spaces provided below, then add an explanation under each space.

1. Laundering	2. Cooking	3. Doing farm work
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1. She cleans the laundry for us.

2. She is the first one to get up and she is hardworking. We all love her cooking.

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3. My father works outside, and my brother and I board at the school, so my mother has to do most of the farm work.

My dear, AIDS has been a very painful illness to you and me. I want so much to tell you all the happiness happened to me in my life, but still I would like to tell you ...

Does your mother have AIDS? Yes

If the answer is yes, she was infected five years ago.

Your mother and you feel that: painful, hopeless and we have lost the pillar of the family.

How is the condition of your mother and you now?

We get used to it and our lives are back to normal gradually.

What is the help and care received by your mother?

The free medical treatment provided by the government and the kind donation of household supplies.

The story of my father

Stick a picture of your father here or draw a picture of him.

Please ask your father to fill in the following pages. Tell him that the information is very important to you. If your father is not around, you can invite someone who knows him best to help you out. If you cannot find anyone who can help you, use your knowledge and your imagination! Be an artist!

My father was born in Houyang village, Shangcai county, Henan province on 12th July 1962.

My father is impetuous and outgoing.

The most outstanding character of my father is his straightforwardness and enthusiasm.

My father met my mother through the introduction by friends.

My father's favorite things are.....

Color:	Green and white	Food:	Rice	Festival:	The Lantern Festival
Song:	The workers' rhyme	Scenery:	The sun after rain	Season:	Spring
Activity:	Stroll	Sound:	Medium to high	Subject:	

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What is the best memory between father and child? Were you at home or somewhere else? What were you doing?

Running and flying the kite together in the field.

What is your father's expectation for you? What kind of person does your father want you to be when you grow up?

You must be an outstanding person. Be an honest person and have a clear conscience.

What is your father's advice for you? What does your father want you to remember?

You must enter university and never follow my path. Don't forget the cause of your mother's illness.

Please ask your father to draw a perfect world in the space below. If your father cannot draw, what do you think this perfect world will look like in your father's eye?

The whole family stays together and everyone is carefree and smiling.

Life is such a long journey but the memory book is short. Though we will not be able to record the whole life of your father here, at least we can get to know the three most important things in his life through these aspects.

Draw or write three most important things in your father's life in the spaces provided below, then add an explanation under each space.

1. Drinking	2. Making money	3. Teaching his children
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1. Our family is always unhappy and it is quite annoying. Perhaps father wants to forget the misery by drinking.
2. Mother is unable to work but we need money for the household expense and our school fees.

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3. We are quite naughty and also make mistakes. We seldom listen to our mother but are frightened by father's piercing eyes.

My dear, AIDS has been a very painful illness to you and me. I want so much to tell you all the happiness happened to me in my life, but still I would like to tell you...

Does your father have AIDS? No.

If the answer is yes, he was infected XXX years ago.

Your father and you feel that:

How is the condition of your father and you now?

What is the help and care received by your father?

My family chart

My friend, now I would like to teach you how to record your family history. This is very important. This is something that I would not want you to forget. I will teach you how to draw a family chart. This chart can help you make a record of the relationship among the three generations in your family. Please read the following instruction carefully...

Married

Child

Male

Female

Grandfather and Grandmother	Grandfather's elder brother/Grandfather's younger brother/Grandfather's sister	Grandfather	Grandmother	Grandmother's elder brother/Grandmother's younger brother/Grandmother's sister	Grandfather's brother/Grandfather's sister	Grandfather	Grandmother	Grandmother's brother/Grandmother's sister
Father and Mother		Wife of father's elder brother/ Wife of father's younger brother /Husband of father's sister	Father's elder brother/Father's younger brother/Father's sister	Father	Mother	Mother's brother/Mother's sister	Wife of mother's brother/Husband of mother's sister	
The same generation of yours		Cousins on father's side		Your brothers, your sisters and you		Cousins on mother's side		

After reading the instruction, it's your turn to create your own family chart. Remember to write down everyone's name! You can add other relatives to the family chart, too. For example, the parents of your grandfather and grandmother.

Grandfather		Grandmother	Grandfather	Grandmother	
Father's sister	Father's younger brother	Father	Mother	Mother's sister	Mother's brother
			Me	My elder brother	

Please fill in these few pages with your parents. If your father and mother are not around, you can invite your brothers and sisters, or other relatives to join you. If you cannot find anyone, then use your knowledge or your imagination. You will have a great time!

My family's favourite handiwork:	We celebrate the Lunar New Year (festival) by:
Making shoes and paper-cut.	Making dumplings and playing firework.
We work in the field like this: Depending on labour power.	Child, where would you like to go if you could fly? A heaven without pain but happiness.

People who would like to help me

This page is for your father and mother to fill in. This is very important to you, because whenever you need help in the future, you can depend on these people. If your father and your mother are not around, do you have brothers and sisters, or other relatives who can help you?

Name: Address: Qianhan, Shaodian, Shangcai Phone No.: 138396xxx He/She is your: teacher	Name: Address: Phone No.: He/She is your:	Name: Address: Phone No.: He/She is your:
Name: Address: Phone No.: He/She is your:	Name: Address: Phone No.: He/She is your:	Name: Address: Phone No.: He/She is your:
Name: Address: Phone No.: He/She is your:	Name: Address: Phone No.: He/She is your:	Name: Address: Phone No.: He/She is your:

If you have finished page 1 to page 15 already, this badge will be yours. You have reported the stories of your parents like a real reporter. You have been writing and drawing beautifully like a real artist. Now you have obtained the first badge, but there are still two more to go. I would like to know more about you in the following pages.

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The box for problems

Everybody has worry, fear, nightmare, regret, sorrow and anger. If you have these problems, you can put them into the box I give you and open it when you want to solve them.

Author: Diana Quan

My problems: I always lose my temper and argue with my mother. It makes her angry but I just can't change this bad habit. My relationship with father is not good and I always feel that we are living in two different worlds and can't communicate. Perhaps it is because of the generation gap...I am always neglected and it hurts.

My Goals

This page keeps a record of your goals. I have set you 12 goals and hope that you can achieve them. Some are more difficult to do, but as long as you keep trying, you will finally do it!

Goals	√	Date	How did you do that?
* Tell a story to somebody			
* Learn a new skill			
* Teach somebody this new skill			
* Make a new friend	√	19/3/05	I take my courage and engage in the conversation actively.
* Learn how to prevent AIDS	√	12/3/05	I read a lot of information on the prevention of AIDS.
* Discuss AIDS with somebody			
* Do one task by yourself			
* Do a good thing for the others			
* Make people laugh			

Goals	√	Date	How did you do that?
* Improve your academic result	√	3/05	I spend more time on studying.
* Send a small gift to somebody			
* Show somebody this Memory Book			

If you have achieved all these 12 goals I set for you, you can get this badge! In the future, if anybody looks down upon you, you can assure yourself that they have no idea how brilliant you are as they haven't read these pages!

Can you write down your own goals now?

Goals	√	Date	How did you do that?
* Write a letter to a friend	√	8/3/05	I think for two hours.
* Talk with girls	√	18/3/05	I take my courage and pretend to be calm before calling her. Then we talk.
*Write diary	√	19/3/05	I replay the day in my mind and write it down.
*Sing a song	√	15/3/05	I listen to the others and read the lyrics. Then I hum it repeatedly.
*Washing clothes	√	3/05	I observe my mother first, then try to do it myself.

If you have already achieved the goals you set for yourself, then you are a real winner! This is the last badge for you, and I hope that more badges will be coming in your future.

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My friend, you have almost completed the Memory Book now. Through these 20 pages, I think I have known you and your family well enough. In the coming years, I hope that you will occasionally take a look at me. I also hope that I will leave you some unforgettable memories and give you enough support for your future.

In the last section, I want you to write some letters to some people. You may not be able to meet them all, but the letter papers I give you are very special. You don't need a stamp or post box, yet they can still read the letters and will remember you forever. Can you tell them what are you thinking now? What do you want to do in the future?

19th March 2005

Dear father and mother,

Hello! First of all, I would like to thank you for taking care of me for 18 years and all the teachings. I am now grown up. I have my own thoughts and you don't need to remind me all the time. I am glad that I am able to see the beautiful world today and feel so lucky to be your son. I am really sorry for being naughty when I was small and brought you lots of troubles and embarrassment. It is really true that "children are the debts to be repaid by parents". However, you don't need to worry about me anymore as I am a real man now. You may think that I am impetuous at home and hurt you with my words. But I don't mean it. I just can't help it. Perhaps it's because of the problem of our family, which I don't want to talk about. I just hope that our family can stay together happily, and we can treat each other sincerely and resolve any conflicts calmly. Let's work together to build a better home.

Yours,
Chuang

19th March 2005

Dear brothers and sisters,

Hello! I am so happy to be a member of this big family. Though I have never met some of you, or could never meet you, I still want to say that we have the same root. We are always part of the family and the world. First of all, I think it is such a great opportunity for us to live in this world, so we should treasure every moment in our lives. We should replace tear by laughter, and sob by song. Let's compose a song with our youth and dedicated it to our parents, ourselves and everything in the world. May the brightness of dawn dispel the darkness.

Chuang

19th March 2005

Dear grandfathers and grandmothers,

Hello! I am so happy to write you this letter, which doesn't bear any address or stamp. First of all, I would like to say thank you for your care. Though I was small, I remember your tender love. I remember the time I grazed sheep with grandfather in the field. The grass was so green and the sheep were so white. I remember the lullaby of grandmother. The night was quite and the song was so sweet...I will study hard to repay you. Though some of you have left me forever, I know you will know it when I succeed.

Chuang

19th March 2005

Dear teachers,

Hello! Thank you for your teaching. You teach me the meaning of life and help me to see the world. You are the beacon in the dark and guide me all the way. I will work hard and be an outstanding person to repay you and the society.

Chuang

20th March 2005

Dear Memory Book,

Hello! Thanks for your support and encouragement. You help me to find my confidence so that I am surer of the future. I won't let you down and will treasure everything I have. Let's keep this intimate conversation on.

Chuang

21st March 2005

Dear World,

Hello! Thank you for accommodating us without prejudice. I am happy to be a member of this world. You are so beautiful with such blue sky, white cloud and birds singing those lovely songs. I will try my best to make you look better!

Chuang

Notes

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