

bright side projects



Join Bright Side Projects and others on our journey through life!

Happy summer to everyone! It's been a very hectic first half the year and we have a lot to report on. Coach Mohan Huang has been regularly taking the 4 hour roundtrip trip on weekends up to the beautiful mountains to play basketball with the kids in ChingChuan. Bright Side has continued with workshops for kids there and also at the children's home in Taoyuan. The Kitchen Table meals are now completely plant-based which at first was bigger challenge but has resulted in even more creative fun.

Holding true to our projection, I spent more time on fundraising and am reconstructing and personalising the website to launched in the next few weeks once it's translated.

In the past few months, I have met with many people for events, fundraising, and

Mohan Huang 黃亞中, one of our long term Big Friends. Lead basketball coach for Bright Side Projects. Read his interview on page 6.

Photo by Ken Wang



grant application. Most did not panned out but there has been some small successes and kernels of wisdoms gained. For our "Face of the Youth" we still need to obtain enough funds to push this through but will still remain connected to the kids via workshops but I will craft a special outing for the program this year regardless.

I still hold steadfast in my belief stressing the importance of getting offline, off our mobiles, and engaging in long term face to face interaction. Thank you to all that have faith in what Bright Side does and aims to do. My wish is to make it better and that more people can join the journey. I hope this world can be a bit brighter each day that we wake up, no matter how dark the night seemed when we turned in.

Daisy H. Lin / Founder

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Scan the QR code or [email us](mailto:info@brightside.tw) to sign up for newsletters and updates!



What we've been doing overall...

Since the end of 2012, here's a quick recap of those who have joined us on our journey in face to face interaction in the workshops to make friends:

Number of workshops: Full 33 / Half 22
 Number of participating Kid spots: 599
 Number of Big Friend spots: 590

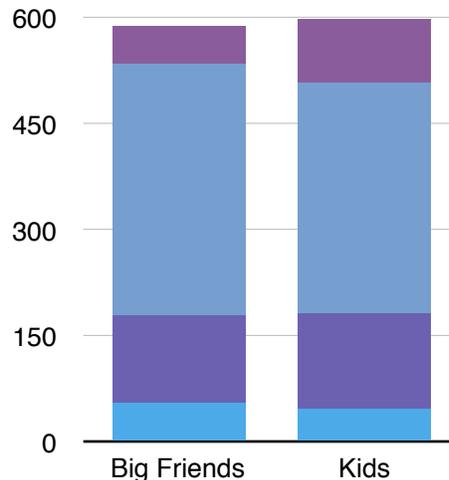
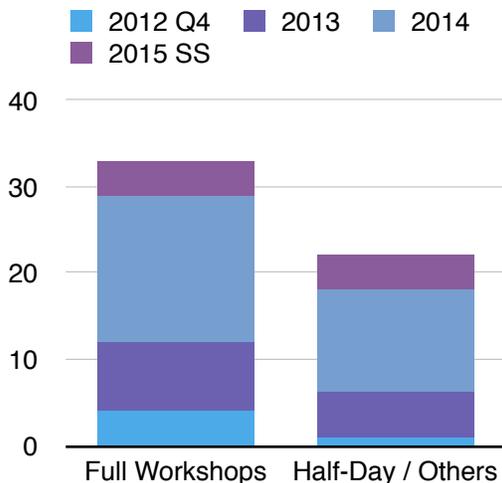
Q1 & Q2 Friendship Meter

While we may spend 60-95 hours for each workshop regardless if it's half day or full day and could easily execute a 300-500 person event during the same amount of planning, we limit each of our workshop attendance to approximately 15 kids and 15 Big Friends. This increases enhance the quality of interaction and depth of engagement, making everyone a memorable individual instead of simply a "volunteer."

Number of workshops: 3 full day / 1 day day / 4 half day basketball sessions
 Big Friend return rate: 83%
 Number of participating kid spots: 90
 Number of Big Friend spots: 54

Plans for the upcoming quarter

- "Face of the Youth" special event (basketball game, music concert, amusement park, etc)
- Secure 3 teachers for workshops for remainder of 2015
- Cooperation with new plant-based restaurant for future Kitchen Table activities and meal plans.
- Complete the revamped Bright Side Projects website
- Secure interns for translation and paperwork
- Secure resources to hire part-time staff



Our DNA

What sets us apart?

KITCHEN TABLE

Freshly cooked nutritious vegan meal options from our [Kitchen Table](#) at all events, especially during workshops with children. Veering towards local, organic, unprocessed foods. Junk food and candy items are not permitted to be brought by Big Friends.



SOCIAL AWARENESS

Workshops always have a deeper message by trying to raise awareness of different social issues and how our lives are impacted by it.



INTERACTIVE & INTIMATE

We don't have just one teacher facing 30 kids. We attempt to bring a 1:1 or 1:2 ratio of "Big Friends" to "Kids," to get more people involved and to enhance engagement. 30 people maximum per workshop. Everyone shares in the task of setting up, sharing food, bringing workshops to fruition, and cleaning up.

GENDER EQUALITY

We maintain a gender neutral zone and respect so that no one is limited or discriminated of their full potential based on a social construct.

EQUAL OPPORTUNITY & DIVERSITY POLICY

Event is open to all who wish to get involved. We all have our differences so we



request everyone have tolerance, respect, and to teach LOVE.

2015 Spring Summer

January

Finished up Santa Jia-Xin's workshop with the kids with tie dye. Created a clay "thank you forest" and some of the Big Friends stayed overnight at the local hostel. Taipei Times news article "Look on the Bright Side" published

February

Various meetings with potential benefactors and people who would partner with us to apply for grants.

March

Two workshops back to back, learning how to make plant-based pizzas with everyone in Ching Chuan on Saturday and also at MuHsiang Children's Home on Sunday. Over the course of two days over 50 mini pizzas were created! Saladay also sponsored our lunch for Sunday and created a special off the menu vegan pasta and salad for everyone to enjoy with their pizzas.

May

Fundraising planning via "It's A Vegan Affair" ongoing, with interviews on radio, newspaper, and television. After 4 grueling weeks starting in April, Taipei's first Vegan Bake Sale was a success, raising money to benefit Bright Side Projects and Animals Taiwan.

June

Plant-based Japanese meal workshop in ChingChuan. A lot of rice was cooked and consumed!

Eager to create Moments or Spend a Day with us?

Everyone is welcomed to join us!

ATHLETICS



For over three hours each session the kids perfect their game and learned new skills. Coach Mohan and Alan Chao have been our superstar Big Friend team who have regularly made the 4hour journey to and from ChingChuan monthly. They ensure each child receives dedicated play time and take note of their improvement over the course of the weeks. What is invaluable: sharing our skills and the time we take to spend with one another.

basketball

SCIENCE / ARTS & CRAFT

We had extra time on our hands while we waited for the pizza dough to rise. So by creating wind chimes from recycled materials. the group was led into a fun arts & craft activity that raised some social awareness and taught a bit of science on the side. We learned that coal, fossil fuel, and nuclear energy are not the only alternatives that we have but explained that wind could also manufacture energy - for this project resulting in the delightful chimes from their art projects.



Everyone was given time to walk around the children's home and collect branches, sticks, cans, or anything that could possibly be used for the wind chimes. The craft project was supplemented with paint, saws, drills, yarn, bells, retired spoons, and other knick-knacks. Kids and Big Friends created some very novel wind chimes to decorate their homes! Also celebrated a very happy birthday with a surprise vegan cake to our Teacher Long Long!



windchimes & plant-based pizzas

KITCHEN



We had such a successful Kitchen Table pizza workshop that was packed full of excitement and food that the enthusiasm spread to making a full Japanese meal set. Several weeks of research for filling plant-based recipes that also would be artistic and fun paid off.

Different shaped onigiris were created, including those that featured the cute faces of pandas. Sushi were rolled with the main ingredients of avocados and local Taiwanese sweet potatoes, and as a final treat we borrowed two shaving ice machines to create "Kakigōri."



Our teacher Lynn Lin also brought back from Japan a type of syrup to top this delightful treat perfect for the hot summer. We chopped and added in fresh fruit and chowed down while we took a break with the kids.

japanese lunch



We first headed to Fresh Bakery & Cafe to learn how to make these plant-based pizzas from scratch and then shared this fun recipe and activity in both ChingChuan and MuHsiang Children's Home!

Everyone had a lot of fun learning and being to create one of their favourite classical food snacks. The best part was since we were able to decide what to put on and how much, a lot of the unhealthy oils and unhealthy ingredients that were not needed were simply left out before the masterpieces went into the mini baking ovens. We had to lug our own baking ovens from Taipei to each location but the fun results were well worth it. Kids felt really empowered that they were able to be the masters of the process in the selection of making such delicious, healthy food.

HOW TO MAKE VEGAN PIZZAS

- High gluten flour x 250 gram (2 cups)
- Yeast 1.5 grams (1/3 teaspoon)
- Salt x 15 grams (3 teaspoon)
- Oil x 11 grams (2 teaspoons)
- Water x 150 grams (0.7 cup)

Mix the dry and wet ingredients separately; add together. Knead and throw the dough for approximately 10-15 minutes or until dough is no longer sticky and has an elasticity to the touch. Cover the dough plastic or cloth and wait 1 hour. During this time you can cut up wonderful fresh veggies; kids seem to love pineapples and sautéed mushrooms. If you use tomatoes, be sure to drain the water from them by placing onto a paper towel. If the dough is ready, flatten it out to desired shape. Brush alongside the outer ring where the crust will be with a thin layer of oil. Add on desired pizza sauce and ingredients. It's so easy to make it vegan since dairy-free cheese is readily available even in Taiwan (try iVegan near WanLong Station) or you can go cheese free! My favourite is the Daiya brand.

Bake in the oven for 15-18 minutes at 250 degrees, take out to cool, and bon appetit!





VEGAN



BAKE SALE

純素烘培義賣

It's A Vegan Affair hosted a charity vegan bake sale, Taipei's first foray into the [Worldwide Vegan Bake Sale](#) was a smashing success, exceeding all expectations, raising \$126,906 NT / \$4,111 USD in total sales and donations split to benefit Bright Side and Animals Taiwan! This was a simple bake sale idea that snowballed into something very large. Hundreds waited in the rain for cupcakes, cookies, brownies, pies, tarts, bars, and more, we were very fortunate to have use of a centrally located venue thanks to Grandma Nitti's. Fresh Bakery & Café also allotted us the use of their bakery and ovens on numerous days.



We were very fortunate to have some of Taipei's top vegan eateries sponsor their gourmet-baked items, and also home bakers who are vegan or decided to give dairy and egg free baking a shot. For more information or to be updated on the next sale, head to <http://veganaffair.tw> or email veganaffair.tw@gmail.com Thanks all who supported as we worked for many weeks to make this bake sale such a success!



MEDIA REPORTING 媒體報導

Looking on the bright side

Daisy Lin, the founder of Bright Side Projects, combines her passion for art, exercise and healthy eating in holistic workshops to promote self-empowerment in underprivileged communities

By Dana Ter / Staff reporter



Bright Side Projects hope to bring smiles to the children of Chingchuan Township with a series of workshops that are open to the public.

Photo courtesy of Jonathan Burke

1 2 3

Taiwan-born, California-raised social activist Daisy Lin (林黛西) is all heart and smiles as she explains her organization, the Bright Side Projects' (臺灣衛光協會) next workshop in Chingchuan (清泉), an Atayal village nestled in the mountains of Wufeng Township (五峰) in Hsinchu County. Tomorrow morning, in celebration of Bright Side's two-and-a-half year involvement in the community, there will be tie-dye and arts and crafts stations, as well as a specially-prepared vegetarian feast with apple sliced lollipops dipped in melted chocolate and vegan caramel sauce for dessert.

For nearly a decade, Lin worked in global marketing and branding for luxury goods. Disillusioned, she quit her job one day and volunteered in several local non-profits throughout Taiwan.

Bake me a vegan cupcake

Cake lovers will come together for the Worldwide Vegan Bake Sale in Taipei this Sunday to raise funds for charity

By Dana Ter / Staff reporter



Mousse tarts from Fresh Bakery & Cafe are healthy and tasty.

Photo Courtesy of Fresh Bakery & Cafe

1 2 3 4

A couple of months ago, I was walking past rows of street vendors selling deep-fried Oreos and fried milk in a Kenting night market when I finally came upon a stand which displayed vegetables on skewers. I rejoiced and placed my order. But my heart sank quickly to the pavement when, in one swift move, the vendor lifted the skewer from the grill, dipped it a steaming pot of sweet, sticky sauce and handed it to me with a big smile on her face.

It's no secret that for the more health conscious, and particularly in light of the recent food scandals, it can be a daily struggle to find a healthy, non-sweet, non-greasy meal in

Taiwan.

Daisy Lin (林黛西), the founder of Bright Side Projects, a charity-based non-profit that

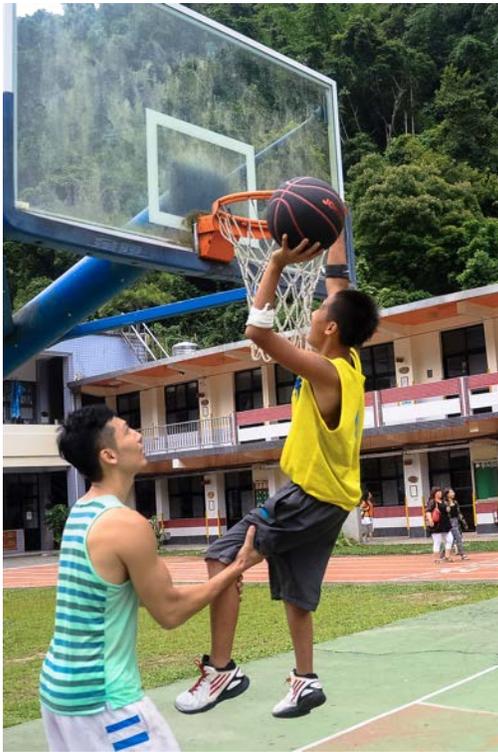
Wonderful reporting introducing Bright Side Projects:

<http://www.taipeitimes.com/News/feat/archives/2015/01/09/2003608795>

Article detailing the charity vegan bake sale:

<http://www.taipeitimes.com/News/feat/archives/2015/05/21/2003618773>

Bright Side Projects is honored to have Mohan join us and play basketball with the kids! Making the 4 hour trek to ChingChuan on a regular basis he has diversified the activities we could offer to them. Besides his heart of gold and neverending patience, he is someone I found who has a real and rare understanding of what it means to spend time with children and to build a friendship with them.



Daisy: How and when did you find out about Bright Side Projects and what made you want to get involved?



Mohan: About a year and half ago, a friend introduced me, saying there was an association that headed up the mountains to do workshops with the indigenous children on a regular basis. My grandmother happens to be part of the Hualien's Amis tribe and when I was a child every summer I would return to Hualien. Because of this I've always felt a positive association with indigenous tribes and a connection with my indigenous roots so when I heard about an opportunity where I could get involved, I sent in my application.

D: What do you think basketball and sports brings as a benefit to people?

M: For me, basketball has always been a way for people to develop friendships. On the basketball courts there is no distinction of backgrounds or social identities. Playing together on the same court, contesting each others techniques and testing our physical endurance, then becoming friends in this manner, is one of the truest form of an friendship that's built purely on equality instead of division. Basketball is not only about physical training but also serves to strengthen our psychological resilience, aids in team work, selflessness, learning division of labor, and enhances social adaptability to get along with others.





D: How is it to see regular faces of the kids in ChingChuan? Is there improvement in their game or your friendship?

M: I find it very interesting because unlike some of my students who call me teacher or coach, they refer to me as they would a friend. Often they yell my name while they're running over to me and then climb on me like I'm a tree and they're koala bears so I always have this imagery of them as these gentle, cuddly, cute animals. And when I started going more frequently, a few of the children who previously seemed to have a defensive wall up began to let down their barriers so we could share our lives, to teach and learn from one another.



D: Kids always ask about you when they see me, how does it feel when the kids ask for you to return?

M: Really happy - because I also often want to go back to find them! The best relationship the ones where people put in the same amount of effort and can be so straightforward with their feelings knowing that it will be reciprocated.



D: Why do you keep coming back to ChingChuan or Bright Side Projects events?

M: I have a sense of friendship and kinship ties with the children so wish to continue to be by their side as they grow up. In addition, others who join workshops in ChingChuan are also very amiable and easy to get along with. I have also joined in various Bright Side workshops which broadened my horizons and made steadfast friends in the process. A bond begins to form as we become one huge family so one naturally will want to continue to join in activities.



D: What are your hopes for the children or what you can do?

M: I hope that they will grow up having accessibility to resources, become physically and mentality resilient, apply their knowledge, and grow up to be good people that gives back to their community. I hope that my own efforts to be proactive will be something that passes on through the kids that I have taught. If they in turn will also reach out others especially when others need help, they will live a fulfilling life that brims with happiness!

We look forward to your support for our youth basketball program and hope to have a dedicated photographer and videographer. Read more on our website or contact us!

INTERVIEW | 鄭又綺 Starry (YoYo) Cheng



If you've been a fan of Bright Side Project's photography, chances are that Starry was the one responsible for the heartwarming photo. Starry is the main photographer for Bright Side Projects and serves on our Board of Directors. She has been with Bright Side Projects since December 2012 and is one of our most treasured friends.

Her photography manages to capture the spirit and pure essence of what Bright Side is about. During the interview, the workshops out of the 50 we've hosted that she mentions as her favorite also happen to be my favorite. She is one of the most beautiful souls that I know and have had the honor of meeting in the past few years so I hope you will come meet us at our events!

Daisy: How and when did you find out about Bright Side Projects and what made you want to get involved?

Starry: In the winter of 2012, my friend Jia-Chi invited me to head up to the mountains for an art class with indigenous kids. This was the first time I came to know Bright Side Projects. I have volunteered before when I was still a student in college and hoped that when I started working after graduation I could continue. I especially love children so whenever Bright Side has an event I try my best to go and hope that I can build a symbiotic relationship with the children based on mutual trust.

D: You have been visiting the kids in ChingChuan for almost three years, how does it feel to see them growing up before your eyes?

S: Each and every time I go back, I always feel like I've become their real sister. Although we do not meet often, each time I go back we immediately reconnect. I feel awash with warmth because kids always welcome you with open arms and trust. Sometimes when I see kids have some scars on their bodies it breaks my heart.



Some of the kids also maintain a sense of unfamiliarity and one can reflect on what part does one play in a child's memory. Regardless of how small of a fragment we may be on their road in life, I hope that our influence can be a positive and joyful one.

D: What are your favourite classes that you've participated in or shot with Bright Side Projects?

S: I remember the first time when I joined it was the "Artistic Expression Through Motion" workshop in ChingChuan. That time kids explored their home environment to select and create a drawing of an object. Then they would use their own bodies to "express" the drawing and also through other group games. I felt that the workshop was very thoroughly planned and had a lasting impression on me. In regards to my favorite class, my answer would have to be the ones that really let kids have self-introspection to explore who they are and also give them a chance to ask questions or express themselves. If kids can manifest unique ideas derived from their own thought process at the

same time respecting ideas of team members, in addition to absorbing workshop's content and goal, I believe this builds a meaningful purpose for them.

For example,

2013 4/27 "Advocacy through Art" - Love Dogs (discussion of our relationship with animals, create art and works as a team for charity sales to help animal welfare organizations)

2013 9/28 "Mini Me" Paper Workshop - working with Big Friends asking each other questions and getting to know each others personalities. For the working pair, it really provided a direct view into each of our souls.



2014 6/15 Movement Exploration Journey – I'm pointing this one out because I loved how the teacher led the course that day, from every physical contact to the painting process, to when children and Big Friends ended the day with a mini massage session. Hope that children in understanding their own bodies will also respect and help others. There were no set rules or constrictions and freedom of movement, this was an unforgettable course!

2014 11/2 Day of the Dead – Learning about new cultures, learning how to respect and tolerate difference, discussion on how to face different obstacles in life.

D: What type of photo or moment in Bright Side workshops do you try to capture?

S: I love capturing moments when children are expressing their inner happiness so that a smile lights up on their glowing faces. During classes I also take pictures of their hands grasping onto a paintbrush, instrument, or other tools. I take these type of photos because seeing their small faces with concentrating eyes makes me feel that it's a small window into the child's pure unadulterated joy. And of course I love the interaction between Big Friends and the kids, these moments have melted my heart countless times. Every time I look through images for final selection it brings a smile to my face and takes me back to that moment.

D: Why do you keep coming back to ChingChuan or Bright Side Projects events?

S: My last two years in college didn't leave my much time to get involved in the community which was a shame. It saddened me to feel that a link had been broken. When you engage in the lives of others, hearts become interconnected so being unable to turn back time for missed opportunities left me regretful. So after I graduated I began participating in more events and hope that I can develop long term friendships.

Gaining the trust of a child is very precious and from interactions one can draw a source of strength and vitality. In addition Bright Side workshops are always evolving with fresh new content and creativity, with many things to learn. Although in each workshop it may seem I only can do so much, these efforts are incubated and the compilation over the years is really what is significant. I'm very thankful that I got to know Bright Side Projects which was able to let me, in a way, make up in a small way for my past. I'm also grateful that they continue to provide stable art & cultural curriculum to children from different backgrounds. Since my profession is in a similar field, being able to assist with my know-how is also really fulfilling. Bright Side also tries to transmit or raise awareness on various positive ideas regarding gender relations, social issues, interest in cultural aspects, etc are the reasons for my motivation for why I continue to support Bright Side Projects.

D: What are your hopes for the children or what you can do?

S: Since we've met and have experienced a part of life together, we will affect each other whether it's a small ripple or a larger wave. I hope that my presence alongside of them as they grow will be beneficial that provides each one with strength to face what curveballs life may throw in their direction. If I can be a catalyst for positive change/enhancement to someone's behavior, that would exceed my expectations. Of course I certainly don't believe I'm that exceptional so I think the manner in which I teach and share my knowledge is more important. Learning how to be there for children as a companion without thwarting their independence, adversely affecting their thinking or hindering them is something I'm continuously learning. For example, in the course of a workshop do not directly dictate to them what needs to be done but give them room for growth in their decision making process.

Visit our site for more images from Starry Cheng and do come get to know us in person!





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For list of Thanks from 2012-2014 please head to our website <http://BrightSide.tw>





JOIN US!

We would love to have more Friends who have an interest in leading our courses. Many of our Teachers previously had little to no prior experience in leading courses or working with children - we can make this a possibility.

Big Friends to join the workshops are



always welcomed but remember to sign up early in advance as most of the limited spots fill up within 72 hours! We also need skilled volunteers for the following: translation from English to Mandarin, project assistants for events, video editors, fundraising, and basic database entry. If you have a skill and time to contribute, let us know!

We would love to have you on board and to join in our Neighborhood!

SPONSOR US!

By sponsoring a dream in the Neighborhood, it brings us closer to knowing our targeted communities. We can achieve the dreams of workshop creations from start to finish. We urgently need funding to keep things at the quality they are now and to move forward. Our work for 33 months and over 55 events from conception to execution has been mainly driven by one person who does not receive a salary.

From pre-event tasks in sourcing teachers, meetings, rundowns, call-outs for volunteers, venues, transportation logistics, course materials, Kitchen Table ingredients and preparation, post reports, each event requires 60-95 hours of work. This is an accumulated average of 4,175 hours. This is not inclusive of the tasks behind the scene in administrative tasks, volunteer management, website creation, member and benefactor relations, project planning, accounting, and more.

Workshops are conducted at a threadbare minimum with attention paid to the quality of fresh nutritious food and striving to enhance interaction and fun for all. We want to do better and we want to do more. Please support us with an one-time transfer or regular monthly donation and we can issue with a tax-deductible receipt for your generosity.

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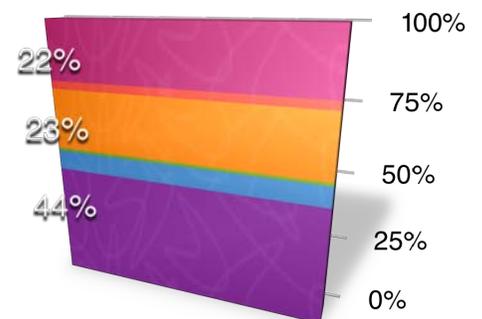
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