

CHINA

'Attendant' pours her heart into community

From visiting seniors to setting up elder care center, Lin Dan has spent 50 years striving to make her neighbors' lives better



By **HU MEIDONG** in Fuzhou and **LI HONGYANG** in Beijing

Each day at 6 am, Lin Dan prepares breakfast, lunch and dinner for her husband. She does so to make up for her lack of time with him.

Now Party chief of the Junmen community in Fuzhou, Fujian province, the 72-year-old started working there as a staff member when she was 22.

"Working in a residential community is not something very big, but every aspect of my job matters to people's well-being," Lin said. "The community work generally focuses on the elderly and young, and it's something that we should do with all our heart."

A senior widow surnamed Wu had been living alone for years. Lin took care of her daily needs from 1994 until Wu died in 2003. Lin managed her funeral.

In 1991, a resident surnamed Wang was imprisoned for eight years for theft. His mother died during that time, and their rented house was taken back by the landlord. Lin took Wang in after he was released, and he lived with her for half a year.

Xie Rong, deputy Party chief of the community, said Lin often says that community workers are the daughters and sons of all the senior residents.



Lin Dan helps a mother feed her child during a gathering in the Junmen community in Fuzhou, Fujian province, on March 10. PROVIDED TO CHINA DAILY

"She treats them as family members," Xie said.

Li Xing, a resident, said Lin has visited his home several times. "She is not doing it just for show. She treats everyone genuinely," he said.

Lin said she is motivated by her ambitions.

"The desire to do my best drives me to explore more work methods. I

have a pen and notebook by my bed, and when I get new ideas from TV and newspapers, I jot them down and apply them to my community," she said.

In 2009, she led efforts to set up an elder care center that would go on to house 60 seniors, as well as a tutoring center run by volunteers, who pick up children whose parents are

working and help them with their homework after school.

Lin also made helpful items, including a card with her phone number so people could contact her and a card offering helpful tips to the residents. She also records the work she does for the people in her diary.

Lin attracted investors to establish



community medical clinics that provided free treatment and medicines for the needy.

She often uses her own salary to help children from poor families pay school fees. She took the lead to pair with a family listed as impoverished to subsidize them every month.

Junmen has completely shrugged

off poverty, and its work model has been promoted throughout the country.

In 2014, the Lin Dan community work and training base was established in Junmen, and has attracted about 280 community workers from Fujian and other regions to study since then.

Lin has been awarded the National Outstanding Community Worker and National Model Worker.

She became one of 29 people who received the July 1 Medal conferred by the Communist Party of China Central Committee to outstanding members.

"There is no best, only better in terms of community work," Lin said. "To do community work, we must first learn to be human beings and serve other people. Community workers are not managers, but residents' attendants."

Since 1980, Lin has employed a housekeeper to help with her housework. Her mother, in her 90s, is living in a nursing home due to Lin's community work.

"I want to be an attendant for the whole community, not an official. One who treats himself or herself as an official will not stay in the position for long."

"What I fear the most is that I am growing older, and I won't be able to serve the residents any more some day," she said.

Yang Jie contributed to this story.

Contact the writers at lihongyang@chinadaily.com.cn

Shanxi company helps astronauts keep fit in space

By **SUN RUISENG** in Taiyuan and **ZHOU HUIYING**

During a recent video sent from the core module of China's space station Tianhe (Harmony of the Heavens), an exercise bike attracted lots of attention from viewers.

China launched its seventh manned space mission Shenzhou XII on June 17. Three astronauts are on board Tianhe during a three-month mission, during which they require regular exercise.

On June 23, astronaut Nie Haisheng opened a package containing an exercise bike and assembled it in five minutes.

"During an extended period in the space station, astronauts undergo a series of adaptive changes, such as changes in their cardiovascular systems, muscle atrophy and bone loss," said Qin Younian, head of the space program at Orient Fitness and Health Industrial, a company based in Changzhi, Shanxi province, that developed the bike.

"They need daily exercise time, and the equipment can help them maintain strong bodies and prevent cardiovascular dysfunction, bone calcium loss and muscle atrophy," Qin said.

It was not the first time Shanxi Orient had seen its exercise equipment being used in space.

The company started researching space fitness equipment in 2006, applying its technical and scientific knowledge to its efforts.

"Even though we had been focusing on fitness equipment since 1991, we had no connection with the aerospace industry until

the company was selected for the task by the General Administration of Sport of China, the National Sporting Goods Quality Supervision and Inspection Center and the China Astronaut Research and Training Center," Qin said.

The company immediately set up a research team consisting of about 10 members to develop the space exercise bike.

"Product development involved many fields, including aerodynamics, ergonomics and mechanics," Qin said. "Because there had been no experience for the team to draw on, we had to figure things out on our own."

The first challenge was to choose raw materials that were light, durable and reliable. The team also had to ensure the equipment was safe and simple in structure so the astronauts could easily assemble it.

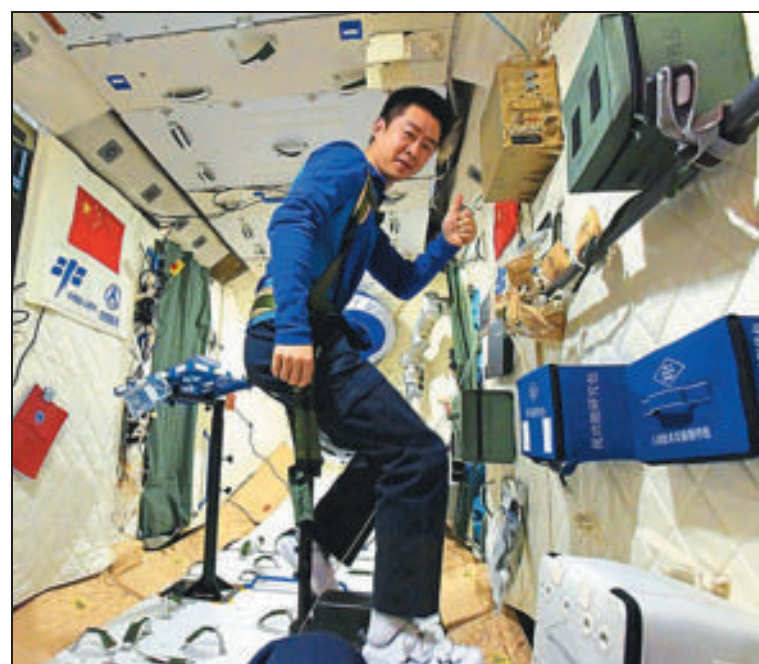
Members of the team used simulation software to repeatedly optimize the design of each component.

Finally, they chose carbon fiber to make the shell, titanium alloy for the cranks and screws and aluminum alloy for the frame after numerous tests.

In 2012, Liu Yang, China's first female astronaut, became the first to test the exercise bike in the Tiangong I space lab.

In subsequent years, the company developed other space fitness equipment, including a treadmill for daily exercise.

In 2017, the company invited Liu Wang and Zhang Xiaoguang, two astronauts who had used Shanxi Orient's fitness equipment during



Astronaut Chen Dong uses an exercise bike made by Orient Fitness and Health Industrial in the Tiangong II space laboratory. PROVIDED TO CHINA DAILY

their space missions, and experts in fitness and the aerospace industry to promote the development of the equipment.

Based on their experience and professional perspectives, they spent a whole day discussing the appearance, materials and functions such equipment should have.

"We all felt so lucky to get so many valuable suggestions for the promotion of our equipment," Qin said.

"Compared with equipment used in the Tiangong I and Tiangong II space labs, the newest equipment has the largest volume and weight. We also spent the most time developing it and solving the most difficult problems."

To make the astronauts feel more comfortable, the company pro-

duced nearly 20 sets of binding equipment, such as seat belts, for the astronaut training center and changed the design of the back cushion and handlebars to make them more comfortable.

"We have made plans for the next decades," Qin said.

"We will never stop conducting research and promoting our space fitness equipment."

Hao Hushan, general manager of the company, said: "As the only enterprise developing and producing aerospace fitness equipment in China, we are deeply aware of the heavy responsibility. We will stick to the spirit of innovation, elaboration and persistence."

Contact the writers at zhouhuiying@chinadaily.com.cn

Roses help village stem poverty in Guizhou

GUIYANG — Sunny days in July call up bittersweet feelings in Wang Zhengyin, a farmer from Qingshan village in Bijie, Guizhou province.

His chiles need plenty of sunshine to grow, while the yield of roses that prefer cooler weather may be affected by the persistent heat.

Wang, 54, started planting edible roses in 2017. The villagers there had never planted this variety of rose before. Some had only seen the flower on television and could not distinguish the difference between ornamental and edible ones.

Located in the hinterland of the Wumeng Mountains, Qingshan has a population of 2,514, and over 70 percent are ethnic group members. It used to be an impoverished village, with 358 people in 107 households.

"We planted corn and potatoes for generations, and that barely helped make ends meet," said Zhang Qilong, the village's Party chief.

To help lift the locals out of poverty, village cadres started promoting large-scale planting of edible roses in 2017.

However, the villagers were initially reluctant, wondering whether it was a feasible idea to grow roses instead of traditional crops. They were even worried about incurring possible losses.

Provided with free rose seedlings, fertilizers and technical guidance, Wang was one of the first batch of villagers to take up planting roses in a 3-hectare area.

"I wanted to change my life," said the father of a daughter and two sons.

Wang's efforts paid off. By growing edible roses, his annual income increased by over 50,000 yuan (\$7,700).

In addition, he began to plant chiles and started a beekeeping business, which raised his total annual income to about 100,000 yuan.

Witnessing Wang's success, more than 300 households in the village began to plant roses. The total rose-planting area reached 120 hectares within three years, contributing to the village's poverty relief and development.

In Wang's plantation base, the reddish-purple roses are about to blossom, and chiles planted between them are also bearing fruit.

Even if the roses are affected by the hot weather this year, Wang still feels assured due to his multiple income sources.

"I have already earned 60,000 yuan from the roses in the first two harvest seasons this year, and the honey and chiles are expected to generate additional income of more than 70,000 yuan," he said.

The rose plantations have also brought about a change to the village's landscape, boosting rural tourism.

Currently, the village has five farmhouses in the style of the Yi ethnic group and a rose-themed hotel with more than 170 beds.

The village plans to expand its rose plantation area to 200 hectares while focusing on developing agritourism.

"I will surely take part in the rural tourism program," Wang said.

XINHUA



A farmer harvests edible roses on a plantation in Bijie, Guizhou province. LUO DAFU / FOR CHINA DAILY

China-Pakistan science cooperation continues online

LANZHOU — Due to the COVID-19 pandemic, 57-year-old Long Ruijun, a professor at Lanzhou University in Northwest China's Gansu province, turned to online lectures to help old friends in Pakistan fight energy and food shortages.

Long routinely visited the country between 2016 and 2019 to share agricultural techniques and skills with Pakistani experts and farmers.

"The landscape and climate in Gansu are similar to Pakistan, especially the northern region," he said.

"So our agricultural experience is a useful reference for them."

Due to power shortages, people living in Pakistan's mountains

often had difficulty pumping water to irrigate their land.

To solve this problem, Long and his team of 40 researchers introduced solar pumps developed in Gansu to Pakistan in 2018, and the technology was used in test fields.

According to Bashir Ahmad, head of the Pakistani National Agricultural Research Center, if the pumps were more widely used in drought-hit areas in northern Pakistan, the output of crops like wheat could be greatly improved and food security guaranteed.

Noticing the low yield of crops due to poor seed quality, Long's team sent 30 kilograms of alfalfa and oat seeds to their counter-

parts in May. The team delivered on-site lectures to train Pakistani workers on maintenance and agricultural processing, said Jing Xiaoping, a member of Long's team. With technical support provided by the team via livestreaming, the 30 kg of donated seeds sprouted successfully.

To popularize sustainable, green agricultural development, researchers from Lanzhou University are working with the Pakistan Agricultural Research Council to establish a biomass energy center in Islamabad, to convert agricultural waste into energy.

Long said the technology could be widely used in Pakistan and other Asian countries facing ener-

gy shortages. He hopes to deepen cooperation with Central and South Asian countries by setting up more integrated demonstration sites to enhance production, guarantee food security and improve livelihoods.

"Under the framework of the Belt and Road Initiative and the China-Pakistan Economic Corridor, cooperation between Pakistan and China will reap more positive results in more areas," Long said.

More than 100 students from Pakistan have majored in agricultural studies at Lanzhou University, he added.

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