



Reporting on Activities for
Health, Prosperity, and
Leadership Institute in 2019-20

Published December, 2020

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Health, Prosperity, & Leadership
Institute
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HPL 501c3 Institute Annual Report

Our mission
is to help people:
achieve Health,
attain Prosperity,
& develop Leadership.
We do this through
workshops, classes,
conferences, websites,
video, and publications.

HPL 501 c3 institute aspires to help people achieve maximum Health, attain desired Prosperity, and develop substantial Leadership qualities in their own lives. We are supported by our strategic partner, HPL Consortium, to work on developing the technology tools to help the organizers of these groups take advantage of the technical services that are more advanced than those currently available. In addition to these capabilities, the software will be more accessible and easier-to-use. This is a long-term project. However, the results are rewarding. Every group that joins us will in due course get the opportunity to utilize the technology to their own benefit—without the need for advanced technical knowledge or expertise.

This year has presented additional challenges with the emergence of COVID-19, and its wide-ranging effects on public health, economic conditions, and daily life in general. We know during this difficult time that organizers need support now more than ever. We remain steadfastly committed to our mission of furthering access to Health, Prosperity, and Leadership through our collaborative efforts with the many outstanding organizations, with whom we have partnered in achieving these ends while providing them the necessary support to succeed in their respective purpose and goals.

From Our Leader

By *CJ Rhoads*,
Managing Director



Like many other non-profit organizations who have the unenviable task of continuing through difficult times, HPL Institute has had to make some major adjustments. Joyfully, some of those adjustments have been positive rather than negative. Sadly, we have lost a few of our programs.

We have not been able to have a board meeting for two years. But we are going to remedy that this year, with our first all-virtual board meeting, which will be held on December 7, 2020 at 6:00 in the evening. While typically we send a formal invitation to board members, advisory board members, program directors, and partners, anyone is welcome to attend the meeting. Just let us know that you are interested, and we will send you a link to the zoom session.

I am also so excited to be telling you about the phenomenal progress we have made on CIRWEP, our website platform that is going to help thousands of organizations and millions of people all over the world (once we have it fully up and running). There have also been a few groups that have done surprisingly well despite the ongoing pandemic and economic upheaval. We have had a great deal of luck in running online events with thousands of participants – something we would never be able to do for an in-person event in a single geographic area.

So, keep reading our annual report to hear about all the wonderful work our legions of volunteers have been doing. Every time I start thinking about the fabulous progress they are making; I feel so proud. And so should you!

Introducing New Board Member

Siobhan Hutchinson

Siobhan (pronounced “Shi-vaun”) is owner of Next Step Strategies, LLC, providing a Holistic approach to Health & Vitality focused on YOUR needs. With a Master’s Degree in Holistic Health and as an Accredited teacher in TaiChi/Qigong/Reiki/EnergyMedicine, Siobhan's mission is to educate and encourage individuals to discover their body's natural healing ability. She is honored & thrilled to be a part of this unique organization.



Our New Team Members

This past year we’ve had a few new members join the base team in carrying out our mission. Dan Chen See has managed the office and worked on our fundraising processes. Steve Arbitman has developed a new more scalable method for our group's web pages. Mike Osekretov has helped CJ create a login process and create the initial framework for the website. Fabian von Romberg has done the bulk of the coding for the event management and contact lists. He is now our primary star developer, and we hope to get the full pilot up and running by the summer.

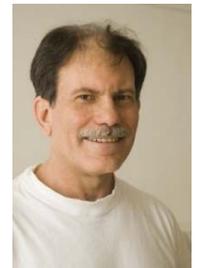


Dan Chen See

Dan Chen See joined HPL this past summer as the office administrative assistant. He is currently a senior at Kutztown University pursuing a degree in Finance. Dan is currently working with HPL on a part-time basis, but he may assume an expanded role following graduation. Dan strongly believes in the aspiration of making Health, Prosperity, and Leadership accessible to all. He is investing all his previous experiences and knowledge to make sure our mission is being accomplished and our goals are being achieved.

Steve Arbitman

Steven Arbitman is a long time programmer, system designer, and project manager. He is also one of the founders of Taijiquan Enthusiasts Organization and hard-working volunteer for both his home Tai Chi School led by John Chen (Wu Tang Dao) and all of our events. He’s been helping us with our technology for over a decade, and wrote the first php & database-driven workshop description gathering programs. He is currently working on a project to redesign many of the websites that we have put together for our groups.



Mike Osekretov

Michael Osekretov hails from Lviv Ukraine and has been working with CJ for around two years. He enjoys working with her – “She's straight to the point, knows exactly what she wants and has a written plan for each session.” He is very glad to be able to help develop a project that can make a difference.

Fabian von Romberg

Fabian von Romberg is a highly recommended technology guru from Guayaquil, Ecuador. He has a wide range of technology experiences including PHP, HTML, CSS (including Bootstrap), JavaScript (including JQuery), AJAX, MySQL and many more. Most people who have hired him on Freelancer.com have hired him for multiple projects (as did we). He’s been working on CIRWEP since August and has completed some very important portions of the framework. He is dedicated, hardworking, and has a lot of great ideas for improving the system. He has a wonderful daughter and takes very good care of his parents.



Our New Programs

We are proud to announce that two of the most recognized and successful organizations will be joining our prospering program. Simbi and STEAM Works will gladly be joining our growing list of exemplary programs starting the year of 2021. Both organizations promote and embody our shared ideals. And we are looking forward to working with them throughout their journey of fulfilling their respective missions.



Simbi.com is a skill sharing platform that allows members to exchange highly valued expertise and services without the use of scarce dollars, promoting both community development and individual growth. The immediate goal is to spin Simbi.com off as a nonprofit entity from its current for-profit company.

David Anderson



The "STEAM Works" Program is intended to help people gain access to new abilities and career opportunities by providing training and related support to their STEAM (Science, Technology, Engineering, Arts, & Math) education endeavors. The program contains customizable elements for educational, community and professional learners. The initial focus is mainly on developing the skills of high-school and college student involved in both technical and artistic multi-disciplinary activities as an entry into future career pursuits. The natural extensions to this include courses for younger children to introduce basic STEAM skills, community and continuing education groups, and corporate organizations seeking to enhance their workforce performance.

Ramsay Yunan



About Our Funding

While most non-profits think of 2020 as the worst of the worst for funding, we actually did better than in previous years. Because so many of our events have switched to online zoom (for which there are no venue costs!) we've managed to gain a surplus in 2020 while still meeting many of our goals. Since we have such a wonderful arrangement with our strategic partner (HPL Consortium), the work on CIRWEP is continuing and has made great progress. Below is our 5 year financial history.

		2015	2016	2017	2018	2019	Est. 2020
Total Income		\$19,053	\$ 39,072	\$ 20,769	\$ 23,710	\$ 25,644	\$ 23,619
Total Expenses		\$18,553	\$ 39,356	\$ 25,961	\$ 20,672	\$ 31,005	\$ 17,370
Surplus/Deficit		\$ 500	\$ (285)	\$ (5,193)	\$ 3,038	\$ (5,361)	\$ 6,249
EOY Assets		\$ 11,293	\$ 11,008	\$ 10,277	\$ 11,689	\$ 7,876	\$ 10,975
EOY Receivables		\$ -	\$ -				
EOY Payables/Liabilities	\$ 1,765.00	\$ 746	0				
Operational Running Surplus/Defic	\$ (1,765.34)	\$ (19,583)	\$ (19,868)	\$ (25,061)	\$ (22,023)	\$ (27,384)	\$ (21,135)
Amounts Owed to HPL Consortium under contract agreement	\$ 1,765.00	\$ 49,727	\$ 49,727	\$ 47,556	\$ 45,996	\$ 45,996	\$ 43,996

Table 1. HPL 501c3 Past Five Years of Income and Expenses

Next year our financials should get much stronger. For one, we will have a CIRWEP pilot to beta test, and that will attract many more groups. We plan on formalizing our fee structure for groups to join us (keeping in mind that there will always be a "free tier" for groups who don't have any income but do wonderful work toward Health, Prosperity, and Leadership, and those who are already members will be grandfathered in). We also will be able to do much more fundraising since we have more people on the team. Most especially helpful has been Dan Chen See, who has done a fabulous job of organizing our finances and sending out thank you letters. He also did most of the work in gathering all the updates and creating this annual report.

Progress on Technology Tools: CIRWEP

We've made tons of progress on the platform for non-profits, CIRWEP. As you may remember, CIRWEP stands for the following:

- Contact Management
- Invitation Management
- Resource Management
- Web Management
- Event Management
- Payment Management

In our last update, we discussed that our major accomplishment had been

purchasing, learning, and utilizing Simfatic, a software that enabled us to create interactive forms without being PHP gurus. We linked our Simfatic forms to our Paypal account so we no longer had to manually send invoices – people could pay online, right from the form. We used Simfatic for the registration for several of our events. We discussed the fact that we had written up the business and technical requirements of the system and had planned on contacting some programmers to help do the coding.

Well – we've come a long way, baby! Not only have we learned a lot more about our many languages and platforms (PHP/CSS/Bootstrap/HTML/Javascript), we also have at least 5 of the features working on our new system! By next summer we will be able to invite others to beta test the system so that they can get the benefits of it as well. Look for our New Team Members page to find out more about Steve, Mike and Fabian, our hardworking development team.

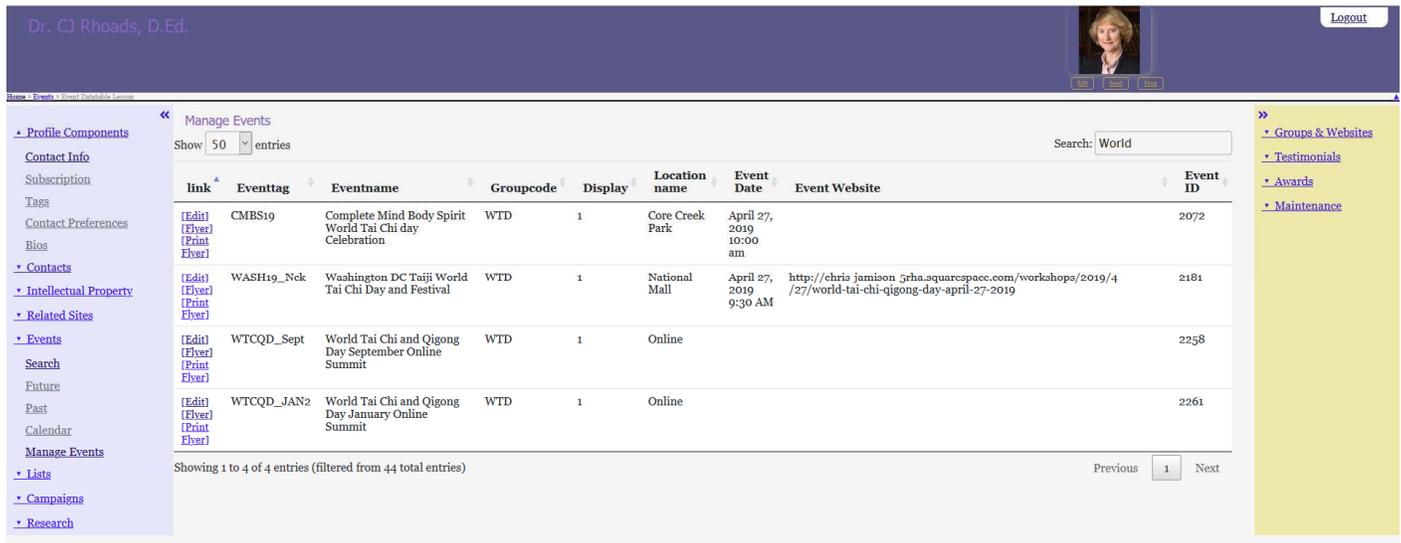
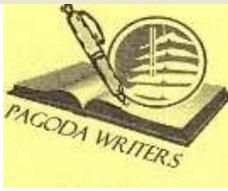


Figure 1. Example screen from CIRWEP

Program and Partner Updates

Pagoda Writers



We have been having monthly gatherings for the last 10 years, first at the iconic Pagoda atop

Mt. Penn in Reading, Pennsylvania then due to a few reasons we decided to invite everyone to our home to make it much easier for them to attend especially the people with disabilities with walking and climbing those steps at the Pagoda. Our home is spacious and convenient for everyone to attend and be comfortable either in our living room and/or out on our large terrace surrounded by a small forest and it is a peaceful place to meet and share our ideas and works. We offer our home not just for others but Ted and I also benefit from the wonderful camaraderie that exists and what we also enjoy is the sharing of everyone's ideas and interests. In 2019 we had 12 wonderful workshops, meeting on a monthly basis. But in April of 2020, alas, we had to cancel all of the events for the rest of the year. Once we deem it safe for everyone we will send out an email and post on the website an invitation to resume our gatherings. In the meantime, we are trying to stay together by posting poetry and videos both in email and on our website.

Linda Thomas

The Master Jou, Tsung Hwa Memorial Tai Chi Park Foundation

Until the Covid curtailed my live classes in March, from the beginning of this year I taught several Tai Chi and Meditation



classes in Delray Beach and Boyton Beach. Of course, we also presented the annual Master Jou, Tsung Hwa Birthday Celebration & T'ai Chi Festival online on July 11th & 12th. I have continued to teach 4 T'ai Chi and 3 Healing Meditation classes per week via Zoom since March. We also have continued to sell Master Jou's Centennial Edition of The Dao of Taijiquan on Amazon for The T'ai Chi Foundation, Liz Jou President.

Bruce La Carrubba

Organization for Pain Free Living



Our cooperation with the University of Marburg continues and we are waiting to test a new device and method to treat chronic pain. We have a couple of students who are helping with the evaluation data. We also had a new website developed to try and raise money to bring the German technology into the US. We have also received complements on our free online book, which helps chronic pain patients with their pain issues.

Marc Mathys

Complete Mind Body Spirit Tai Chi



In 2019 we attended the Master Jo Birthday Celebration in Wantage, NJ, as well as the Symposium for Integrative Health, Tai Chi & Qigong in Long Beach Island. We also had a volunteer social at George Washington Inn, a Spring Awakening Banquet at China Gourmet, as well as World Tai Chi Day and a Tai chi Picnic at Core Creek Park. This was in addition to our regular classes on Mondays, Tuesdays, and Wednesdays in Bucks County, PA and a series of classes taught by John Chen.

In total, there were over 2800 client-contact hours for 4 weekly classes and 19 events for the year 2019.

Unfortunately we only had one event, a Volunteer Social on January 19, 2020 for about 30 people, before COVID shut us down starting in March. All the classes, all the senior centers, and all the events fell victim – along with Isse Elston herself who was diagnosed in October and quarantined in her home while recovering.

Our plan for 2021 is completely dependent upon the circumstances of the pandemic. When the senior centers and community centers open again, we expect to resume our normal classes.

Marge Elliot for Isse Elston

Next Step Strategies



We provided a modified program of T'ai Chi Chih, Qigong, and Energy Medicine techniques to seniors at assisted living, memory care, rehab, and senior centers; ongoing T'ai Chi Chih classes both privately and at various centers in New Egypt, Toms River, Hamilton, Monroe, Hainesport, Browns Mills, Mansfield, NJ and Bucks County, PA; created online program of a mixture of Qigong & Energy Medicine techniques. We also created an online T'ai Chi Chih class. Furthermore, we provided personalized sessions in Reiki and Energy Medicine both online and in person, and co-anchored the WTCQD Summit in September. Furthermore, we presented at the National Caregivers Conference on how Caregiver challenges what can be done to mitigate the issues this honorable role presents. Strengthening one's Resilience is one of the cornerstones of her practice.

We also created, developed, and edited video interviews with various holistic health practitioners and a publisher of Natural Awakenings Magazine. In 2021, we will continue providing online & in person classes, personalized Reiki & Energy Med. sessions, as well as the mentoring of students/clients. On December 12, 2020 we will produce the 9th Annual Holistic Health Extravaganza – online for the first time. Additionally, we will also be co-anchoring the next World Tai Chi & Qigong Day Summit with Bill Douglas and CJ Rhoads on January 16, 2021. These events help raise awareness of holistic, T'ai Chi, & Qigong practices and support other practitioners/teachers.

Siobhan Hutchinson

Intercultural Youth Program

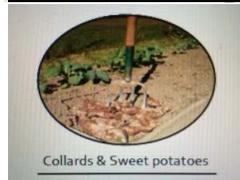


In 2019, Pottstown dance theatre performed at the Calvary Baptist Church for the Student Composition Concert and the Nutcracker at the Hill School Center of Arts.

On July 25th, we held an outdoor recital for Spring Works in Progress that had to be cancelled in March due to COVID-19. On October 3rd of this year we held the Haunted Dance Theatre Party over zoom, where we learned the original choreography to "Thriller" and did some fun cardio work to Halloween music. We received a grant from the PA Council of Arts to do an original composition for one section of "Jizzerella". This will be performed June 27th-28th of 2021. Other planned events include "Christmas Around the World", recorded performance of ethnic style dances that will air on PCTV (Pottstown Community Television).

Michelle Wurtz

Garden Group of UUFP



Last year, 2019, was much like the previous year when we grew vegetables for the food bank. This year we grew vegetables but because of the Pandemic none of the food banks were taking donations so we gave away what we grew to our fellow members of Unitarian Universalist Fellowship of Pottstown and some people knew people who could use

fresh vegetables. Next year we'll grow vegetables and give them away to the Pottstown Cluster again.

Ginnie Knight

Immunobiology Laboratories

The year 2020 was eventful for all of us, and it is one we certainly will not forget anytime soon. Despite the pandemic, the lab pushed forward. Patients in the diabetes trials found ways to come in for trial



appointments and, while the golf events, bike rides and dozens of other events we always look forward to did not happen, we were able to stay in touch with the people who continue to make these trials possible. The COVID-19 pandemic also presented a new opportunity for BCG. Shortly after the pandemic emerged, researchers who are part of our global BCG working group began looking again at BCG's efficacy in preventing complications from respiratory infections overall, as well as the emerging trend of lower death rates from COVID-19 in countries that have BCG vaccination programs. Several members of our group have initiated BCG COVID-19 trials. Our lab, in collaboration with Brigham & Women's Hospital and the Immune Tolerance Network, will begin a BCG trial that is enrolling 2,800 healthcare workers at high-risk of COVID-19 infection. The Phase II type 1 diabetes clinical trial continues and we can look forward to unblinding the trial and analyzing the data in about two years. An Expanded Access protocol and pediatric trial will hopefully launch soon. BCG is considered a "generic" vaccine because it has been used for more than 100 years. This means we need to fund this not-for-profit research with donations from individuals and private philanthropies. We hope you will help us move this important work forward.

World Tai Chi Day



In 2019 our World Tai Chi Day was a massive success. For the first time we had automated registration for the organizers and an auto-updating map to show people where in the world the events had been held both in the past and in the future. We had over 250 event organizers reporting in over 60 countries.

In 2020, WTCQD began a mammoth project of creating a platform where Tai Chi, Qigong, and Internal Arts teachers and masters could share their wisdom and teaching online. We formed a partnership with Enlightenment to host our WTCQD Online Learning Channel, and hope to be able to provide the same tools to other tai chi and qigong teachers.

We also organized the first ever official World Tai Chi & Qigong Day Online Summit on April 25, 2020 because most events worldwide had to be cancelled due to the COVID-19 pandemic. Almost 4000 people registered for the event. The recordings are offered through our Learning Channel on a Donation basis. We held a second one in September, and our third will be coming up on January 16, 2021.

These inroads WTCQD is laying the paving stones to will profoundly expand and develop HPL Consortium's goal of advancing meaningful education in the world.

Bill Douglas

Bluebird Trail of UUF



This is a loosely organized group of UUF members and friends who are interested in conserving the Eastern bluebird and other native cavity nester populations by providing and monitoring nesting boxes. Boxes are placed on the UUF property and at members' homes. UUF engages in this project with the support of the Pennsylvania Bluebird Society. This year we fledged at least 21 bluebirds from 6 clutches, and monitored 12 boxes.



We also fledged nests of tree swallows, chickadees, and house wrens.

Miranda Van Horn

World Affairs Council of Reading



Our The World Affairs Council of Greater Reading is the leading educational organization promoting understanding and enlightenment on global issues. 2020 was an exciting year as our organization quickly moved from in person breakfast and luncheon presentations to a virtual program of over 20 discussions covering everything from China to

climate change. In addition we continued with our BCTV programming, Great Decisions and our monthly book club. At the same time we were able to attract new members. We look forward to 2021 where we can continue our virtual programs, as well as, once again meeting in person for all our activities. This includes our very successful yearly Pub Global Trivia contest that allows us to fund college scholarships for qualified Berks County high school seniors

David Huyette

Healer Within Foundation



The Healer Within Foundation is currently living out this mission through the Tai Chi Easy™ Dissemination Project which trains Practice Leaders to introduce the Tai Chi Easy™ form and teaching methods created by Roger Jahnke, O.M.D. in communities throughout the world. The Healer Within Foundation's programs empower people using medically proven self-care practices that effectively support disease prevention, accelerate healing, and decrease unnecessary mental and physical suffering.

Reading Science Center



After 3 years, Reading Science Center opened its doors in October 2020. So 2021 will be our first year in operation. We have acquired or built about 28 STEM exhibits, and are working on providing programming both at our facility and online for schools. We hope to hire our first full-time employee by the end of 2020, and are applying for a number of grants to support our operations. In 2019 we had a spirits-tasting event called “The Whiskey Experiment” that drew about 80 people and raised \$8,000. Due to COVID we won’t have that event in 2020, but we hope to have it again in 2021. We had a free open house during the Fire and Ice festival, where about 200 people came to our space while it was under construction to do some experiments, and try out some of our exhibits.

Jim Cinelli

Future events may include a Lunar New Year celebration in February 2021, the AGM in June 2021, and another Harvest Festival for the autumn. The Board of Directors will continue meeting with Zoom.

Steven Holbert

New Jersey Tai Chi



2019 was a year of growth as New Jersey Tai Chi took on more private students. 2020 started off strong with a contract to teach at 8 different adult centers for Essex County, NJ.

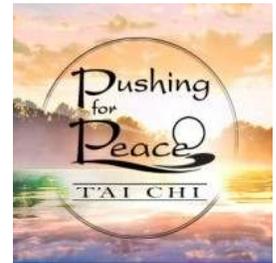
Once the pandemic hit, that was put on hold. We immediately put together a professional Zoom studio to teach our students online without interruption and we continue to offer online classes. Zoom classes have also allowed us to expand and take students from out of town and even from international destinations. While we miss working the applications and our Push Hands practice, we have used this time to increase our Fa Kung energetic healing modality, which can be performed long-distance. In July, we started a new contract to teach for the Township of West Orange, NJ. With the Governor's easing of restrictions, we have a new outdoor class there twice a week in the town's park.

Harry Legg

The Pushing for Peace

Institute

Due to the current pandemic, Pushing for Peace is offering free online training for



self-care on Youtube: https://www.youtube.com/channel/UC7KfG9_iFd66FBCTj19nsZA

Our small group meets outdoors with face-masks. Contact Sifu Marilyn-925.257.3337 for location.

Students practice the Peace Games for mental focus, physical fitness and to facilitate collaboration. The hands-on practice starts slow with focused inner listening and then builds into more active energy play.

Grandmaster Marilyn Cooper created the Peace Games in 2000 to combat bullying and youth violence and increase mental and physical health. Today, the games are practiced all over the world, but the results are the same. Players of all ages and ability levels feel more centered, grounded, compassionate and relaxed.

Practicing T'ai Chi causes a significant shift away from the bully/victim paradigm to a mutually beneficial exchange. Our Tai Chi classes provide a level playing field for everyone to learn together; a safe space where there are no winners or losers and everybody gains.



Canadian Taijiquan Federation

Given the restrictions on gatherings related to the ongoing Covid pandemic, the CTF utilized the Zoom platform to have members join for its Annual General Meeting in June 2020, and the Harvest Festival in October. These events succeeded in bringing in many more people for the activities. We will continue to use Zoom meetings for future events as the pandemic continues to hinder gatherings in Canada.

Taiji and Qigong Enthusiasts Organization



The Taiji and Qigong Enthusiasts Organization

(formerly known as the Taijiqian Enthusiasts Organization) is dedicated to sharing the benefits of Taiji and Qigong with everyone. The Taiji and Qigong Enthusiasts group embraces the following goals:

- To increase people's general knowledge of Taiji and Qigong;– To aid in the improvement of quality instruction in Taiji and Qigong;
- To provide a forum for instructors of Taiji and Qigong to connect with other instructors for mutual support and growth;
- To provide a forum for the general public to learn about Taiji, Qigong, and Chinese culture;
- To support new students in their efforts to adopt healthful lifestyles.

We've been working on a new webpage (<https://TJQE.org>) and providing free Qigong videos during the pandemic for anyone who wishes to view them. (The original site can still be found on the webpage, <https://TaijiqianEnthusiasts.org> until all of the information can be transferred to the new site.

Kevin Siddons

Berks Business Education Coalition



The Berk Business Education Coalition

(BBEC) had another successful year of providing students in the area with resources and experiences to succeed in their future professional careers. Through September to November of 2019, the organization held its Students Interacting with Businesses program events. 35 businesses hosted more than 4,300 Berks country freshmen for a hands-on experiential learning opportunity, that gave students access to a wide range of different businesses and career avenues that they may pursue following their schooling. The program targets freshmen specifically to provide them time in their later high school years to consider what they want to do and give them further time to formulate post-school plans. 2019 was also the 16th year for the Higher Education Campus Visits programs, which brings freshman students to the campuses of local schools such as Albright College, Alvernia University, Kutztown University, and the Reading Area Community College. For many students, this is their first experience on a college campus, and the program affords them an opportunity to learn about a particular institution along with a full tour of campus.

Asklepios



Asklepios is still going strong, though we had a blow to our team with the death of Bill Klein, supportive husband to Dr. Penelope

"Penny" Klein, our most prolific researcher. Penny moved to FL last summer and has taken a break from research.

CJ Rhoads continued to work through the National Qigong Association Research and Education Committee to support NQA's website with highly qualified academic studies on tai chi and qigong. We worked on forming closer ties with the International Medical Tai chi and Qigong Association (IMTQA). Unfortunately, all the activities of the IMTQA has been cancelled due to the pandemic, and no online events have taken their place.

After attempting to put together a team to work on a COVID-19 support treatment, we found the obstacles insurmountable as the big pharmaceuticals were getting all the funding for vaccines. We did apply for (but did not receive) a grant for \$150,000 from PCORI. What was most notable from the application process was the outpouring of cooperation and collaboration with others. We found out at the last minute that we needed letters of support. We sent out 14 requests hoping for 5 within the next 48 hours (the deadline), but we got all 14! It just goes to show how much encouragement and cooperation we have in the larger research community.