



TAIJI POST



Newsletter of the Peng You Taiji Quan Association
Volume 18, No. 1 - November 2014

Thank you for
the outpouring
of support.



Master Peng Accepted the Ice Bucket Challenge on August 25th the last Monday evening Taiji session at our waterfront park.

To date the Ice Bucket Challenge worldwide has raised over \$115 million in donations to help fight Amyotrophic Lateral Sclerosis (ALS), also known as "Lou Gehrig's Disease."

Both Brian Nieminen and Frank Iorianni accepted the challenge right after Peng. Unfortunately they were so anxious to participate they did not wait for photographers and were drenched before anyone could record the event in pictures. If anyone does have a photo of these two in action please let us know and we will put it in the next edition of the Taiji Post.



Lois Heald's 90th birthday party, September 21st at the Kakabeka Legion Hall. Happy Birthday Lois!





Did First Nations People practice Taiji? Sure looks like Commencing Form.

Photo from the Museum of Anthropology at UBC.

World Taiji Day on April 25 was a snowy day with the bay covered in ice. Other days have been sunny and warm.

See video of the event:

http://www.youtube.com/watch?v=QGLgSneYh2k&feature=youtu.be_gdata_player



Thank you Mike Richardson for the pictures.

TAIJI PARK COMPLETE!



With our International Taiji Park completed we held a Donors' Reception on July 14th 2014 to thank all those who participated in the fundraising for this venture. Though we attempted to do some taiji on the pad at the waterfront the weather did not cooperate and the heavy rain drove us all into the Mariners Hall. This was probably a better location to eat the celebratory cake which was cut by Master Peng as yet another formal opening of The Park. Aldo Ruberto and Ken Boshcoff representing the city addressed the assembly thanking the donors for their contributions to The Park. They both indicated how proud they were of our Association's major contribution to the waterfront and the city. The International Taiji Park gives further meaning to our motto "Health, Friendship and Happiness." It is featured in a video about the City of Thunder Bay Clean, Green & Beautiful Awards as it won Gold in 2012. The video can be seen here:

http://www.youtube.com/watch?v=j2ax5ga5BJY&feature=youtube_gdata_player

Inspired by Master Peng's teachings, we have a history of presenting events which have provided meaningful education. From events like the International Forum on Taijiquan (2008) which attracted participants from Hong Kong, Hainan and the United States. Many people in the world who had never before seen taijiquan in person. It is a great opportunity for a small city like Thunder Bay to add an event of such magnitude. For the first time in our city's history, the success of the major benefit event at Lake Umbagog, the Sun, the Moon, the Stars and the Mountains was celebrated together at our award website of 2014.

Our association has used Taiji for the public at the Sun Hall at the Mariner's Hall on the waterfront and monthly meetings. We perform in the Canada Day celebrations and other community events such as the Ocean Boat Festival at Harbour Lake and waterfront events at Wharf Park.

In partnership with the City of Thunder Bay, with the support of community support and over 100 years of fundraising and hard work, the Association has successfully built the International Taiji Park at Wharf Park. Launching the Mariner's Hall as a training, recreation and a large performing Taiji practice and community with a fundraising view of the beautiful Lake Umbagog.

Thunder Bay has become a world-class event site. To support this by the International Taiji Masters, Master Peng is the "Taiji City" Thunder Bay is now a "Taiji City" to honour the birthplace of Taiji.

Association structure

The Peng You Taiji Quan Association is a non-profit organization incorporated in 1996. We are dedicated to improving quality of life, health, friendship and happiness - by promoting the practice of Taijiquan in Thunder Bay and the region.

Master Peng You first came to Thunder Bay to begin teaching Taiji in 1988 and some of his students founded the Association.

The business of the Association is managed on behalf of the members by the Board of Directors which is elected at the Annual General Meeting which is held every year in Thunder Bay every April. The Board meets monthly. Members are welcome to attend meetings.

We are governed at Peng You Taiji Quan Association, 219 Windsor Street, Thunder Bay, Ontario, Canada, P7B 1W9, www.pengyoutaiji.ca

Peng You
Taiji Quan
Association



Health
Friendship
Happiness

Newly revised brochures can be picked up at the Academy, or ask your instructor to do it for you. Please use the brochures to encourage your friends to join the Association. The brochures contain a 'Membership Application Form.' We are currently engaged in a membership drive and you can all help.

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Board of
Directors

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President:
Peng Youlian
628-4305

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Wayne Bilbrough
345-2626

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Brian Nieminen

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Adele Crowley

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Terrace Bay, ON

Jean Wong,
Ottawa, ON

Tat Lui,
Toronto, ON

Editors Taiji Post:

Doug Rabb
Oliver Reimer

Taiji Christmas Party

Saturday December 6, 6:00 p.m.

Traditional Christmas Dinner

Polish Legion
209 Cumberland Street North

Tickets \$25 members (\$30 nonmembers)
Order from Wayne Bilbrough 345-2626,
and from instructors



華通旅遊

CHINAPAC INTERNATIONAL

Premier Specialist in China and the Orient Since 1985

Tour Name: 17 Day China, Yangtze & Tibet with Peng You

Tour Dates: May 23 to June 8

Travel with Master Peng and enjoy Free Tai Chi Lessons while on board the 5 star Century Cruises - breathtaking scenery from your balcony deluxe cabin while sailing through the mighty Yangtze. For further details see

www.pengyou-taiji.ca

Medical Research Concludes Taiji Good For Brain Health

According to the lead article in the Massachusetts General Hospital publication *Mind Mood & Memory* (Volume 10, Number 9, 2014): "Numerous ... studies have linked regular exercise with a long list of brain benefits – such as encouraging the development of new brain cells and blood vessels, improving brain function, promoting healthier neuronal networks, boosting immune function and mood, and repairing the damaging effects of stress" (7). Citing animal research published Feb. 15, 2014 in *The Journal of Comparative Neurology*, which "found that inactivity changes the shape of certain brain cells in ways that increase susceptibility to high blood pressure, a major risk factor for stroke and cardiovascular disease," they also suggest that: "Physical inactivity not only harms brain health, but it also changes brain structure in negative ways" (1, emphasis in original). They conclude, "that inactivity is unhealthy and that exercise increases fitness, reduces risk for health problems and boosts brain health. ... Both aerobic exercise and strength training can provide cognitive benefits. Mind-body exercises such as yoga or *tai chi*, provide physical benefits while at the same time improve the ability to focus and relax" (7, emphasis added). Having the Massachusetts General Hospital endorse taiji in this way indicates that mainstream medicine is recognizing the health benefits of taiji. The Massachusetts General Hospital, founded in 1811, is the premier teaching hospital of the Harvard Medical School (1).