

## TAI CHI HOCKEY STICK

Performance Included in the Celebrations of the Lighting of The Olympic Torch. Runners arrived in Thunder Bay Ontario with the Olympic Torch on Sunday January third. Celebrations for the event in the Community Auditorium included members of the Peng You Taiji Quan Association performing our famous Tai Chi Hockey Stick Form. Master Peng also led members of the audience in several Tai Chi Qigong exercises. Our Association was chosen to participate in the Olympic Torch community celebrations. We had hoped to participate in the Opening Ceremonies for the 2010 Winter Olympics on February 12. We found, unfortunately, our whole team would have had to spend almost two months in B.C. for practice and dress rehearsal. That was just not possible. We were there in spirit though through participating in the Olympic Flame celebrations here in Thunder Bay. Tai Chi Hockey Stick with its foundation in both China and Canada expresses the uniqueness of Thunder Bay and celebrates the Olympic Spirit. The universal message of the Olympic Flame, Peace Brotherhood and Friendship, is certainly echoed by our motto: Health, Friendship and Happiness. We were proud to play a small part in the celebrations surrounding the 2010 Olympic Torch relay which was the longest such run in history, contained within a host country.



Taiji instructor and Tai Chi Hockey Stick player, Frank Iorianni, interviewed with Katie Weatherston, Olympic Torch runner.

# TAIJI POST

Newsletter of the Peng You Taiji Quan Association  
Volume 12, No. 2 - April 2010



Taiji Hockey Stick performance at the Community Auditorium  
Note the team toques knitted by Taiji instructor Marguerite Maki.



The climax of the Hockey Stick performance - Master Peng performing a Tai Chi Flag Form with a large Canadian flag.



Summer is coming and the pleasure of light weight clothing and the caress of cool breezes on our skin as we practice taiji in International Taiji Park.

What do you think is meant by “intention” in taijiquan?

Maybe intention is the way you use your mind when you move. You tell yourself to relax but somehow you tense up because now you are trying too hard. Knowing that you can't force yourself to relax, you don't even try, you just use a different approach - imagery. You use images that you find relaxing as you sit, stand or move.

Instead of trying to achieve better posture by stretching your head upward, you imagine a piece of paper on top of your head. Your attention moves to the crown of your head which just naturally lifts gently to keep in contact with the “paper”.

**COMMENCING MOVEMENT**  
by Mary Frost

*The Tai Chi teacher models the commencing movement: steps out to the side, raises his arms, sinks down.*

*“You could think about making the bed, the way you shake out the sheet and wait as it sinks and settles.”*

*I love the commencing movement when the class prepares to perform. All that white linen unfurling, filling the air, the cool breeze of it, the smell of soap and sunshine, sighing sounds softer than silence.*

**TAIJI PARK FUND RAISING DUMPLING SALE A GREAT SUCCESS**

Thank you all for your support on February 7. Thank you to Jackson Lee of the Twin Dragons for the use of his restaurant and to all the volunteers who made and sold the dumplings. Peng and Su in particular spent the week before the sale making thousands of dumplings. It was a good fund raiser for the Taiji Park Project.



Su Jing teaching Wayne Bilbrough, Jean-Anne Lund and Oliver Reimer how to wrap jiaozi, Chinese dumplings.



Peng You and Luba Cargill appeared on the CBC TV Show the Dragons' Den on March 3. (<http://www.cbc.ca/dragonsden/s5.html>)

The Business Proposal they were presenting was Taiji Chef. Peng said the Dragons wanted to talk money right away but he wanted to them to do taiji first. His purpose was more to promote Taiji and Thunder Bay. He told the Dragons that with or without Dragon Dollars he would make Taiji Chef a success. Peng's application to appear on the show was one of 300 selected from over 30,000 applicants.

**TAIJI CHRISTMAS PARTY  
HEALTH, HAPPINESS AND FRIENDSHIP**





**Board of Directors**

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**Editors Taiji Post:**  
Doug Rabb  
Oliver Reimer

**ANNUAL GENERAL MEETING**

of the  
Peng You Taiji Quan Association  
and celebration of the  
First Anniversary of the Peng You  
International Tai Chi Academy  
**Saturday, April 24, 2010**

**12:30 to 3:30 pm.**

We are, so far as we know, the only Taiji Association to hold our Annual General Meeting on World Tai Chi Day.

**AGENDA**

- 12:30 BBQ lunch  
No Charge (Donations only)
- 1:30 World Tai Chi and Qigong Day Taiji performances and practice. (join in regardless of taiji experience)
- 2:30 AGM - A short meeting: bylaws, financial report, Board of Directors, taiji park progress report
- 3:00 More Taiji & Qigong for all

*We were advised by our lawyer to include these indemnification clauses in the bylaws. They say, that the Association will stand by Board members while they are doing the work of the Association, so long as their actions are sanctioned by the Association.*

*This is a notice of a motion to be brought to the AGM on April 24, 2010, that the following clauses be added to the by-laws.*

3.12 For the Protection of Directors and Officers Except as otherwise provided in the Act no director or officer for the time being of the Corporation shall be liable for the acts, receipts, neglects or defaults of any other director or officer or employee or for any loss, damage or expense happening to the Corporation through the insufficiency or deficiency of title to any property acquired by the Corporation or for or on behalf of the Corporation or for the insufficiency or deficiency of any security in or upon which any of the moneys of or belonging to the Corporation shall be placed out or invested or for any loss or damage arising from the bankruptcy, insolvency or tortious act of any person including any person with whom any moneys, securities or effects shall be lodged or deposited or for any loss, conversion, misapplication or misappropriation of or any damage resulting from any dealings with any moneys, securities or other assets belonging to the Corporation or for any other loss, damage or misfortune whatever which may happen in the execution of the duties of the director's or officer's respective office or trust or in relation thereto unless the same shall happen by or through the director's or officer's own willful neglect or default.

3.13 Indemnities to Directors and Others Every director or officer of the Corporation or other

person who has undertaken or is about to undertake any liability on behalf of the Corporation or any corporation controlled by it and their heirs, executors and administrators, and estate and effects, respectively, shall from time to time and at all times, be indemnified and saved harmless out of the funds of the Corporation, from and against:

- a) all costs, charges and expenses whatsoever which such director, officer or other person sustains or incurs in or about any action, suit or proceeding that is brought, commenced or prosecuted against the director, officer or other person for or in respect of any act, deed matter or thing whatever, made, done or permitted by them, in or about the execution of the duties of such office or in respect of any such liability; and
- b) all other costs, charges and expenses which the director, officer or other person sustains or incurs in or about or in relation to the affairs thereof, except such costs, charges or expenses as are occasioned by their own willful neglect or default.

The Corporation shall also indemnify any such person in such other circumstances as the Act or law permit or requires. Nothing in this By-law shall limit the right of any person entitled to indemnity to claim indemnity apart from the provisions of the By-law to the extent permitted by the Act or law.

**Also a change to By-law 6**

Change "...at the 55 Plus Centre" to read "... and at places where members commonly practice together."