

OUR MOTTO:
**HEALTH, FRIENDSHIP
AND
HAPPINESS**

TAIJI POST



*Newsletter of the Peng You Taiji Quan Association
Volume 20, No. 1 - November 2016*

There have been many scientific studies showing that Taiji is helpful as a pain management exercise since it is very low impact, yet gets the joints moving increasing flexibility, range of motion and so forth, while at the same time reducing pain in inflamed joints. A new study out of Oxford University has shown that the more friends we have the more we can tolerate pain. “Social connections, researchers say, trigger the release of endorphins, brain chemicals that help tamp down pain” (Consumer Reports: On Health, Vol. 28, No. 8, Aug. 2016, p. 3). So the “friendship” in our motto “Health, Friendship and Happiness turns out to be an essential part of pain management while doing Taiji. Just meeting our Taiji friends at class and often going with them for coffee or lunch afterward has been shown in this study to release endorphins thus increasing happiness, as well as helping to cope with joint pain, which incidentally also increases happiness. We all know folks who come to Taiji just for the coffee or lunch afterward.



In the Oxford University study “Volunteers answered questions about how many social contacts they had, then did an uncomfortable activity (holding a knees-bent squat as long as possible). Those who endured pain the longest tended to have the largest social circles” (Consumer Reports: On Health, Vol. 28, No. 8, Aug. 2016, p. 3).

We are all familiar with the knees-bent squat in Taiji warm ups, particularly after Master Peng says “Follow Art!” Guess that is what the Art of Taiji is all about. Though you can do Taiji at home by yourselves, and we should between classes, it is important to come to Class not only to receive instruction and improve your form, but also to meet your friends and make new ones.



On Monday October 17 a delegation from Jiaozuo City, the birthplace of Taiji, joined us at our International Taiji Park to participate with some members of The Peng You Taiji Quan Association in a few Taiji Forms.



Members of the delegation, which was here for discussions with the City of Thunder Bay and Lakehead University included:

Mr. Wang Mingde, Director – Standing committee of the Jiaozuo Municipal People’s Congress; Mr. Li Peng, Director – Foreign and Overseas Chinese Affairs, Office of People’s Government of Jiaozuo City; Ms. Yang Qinghua – Chairman of the Labor Union, Jiaozuo Sports School; Mr. Song Mingjun – Director, Sports Bureau of Wen County; Ms. Fan Jingjing – Interpreter, Foreign and Overseas Chinese Affairs Office of People’s Government of Jiaozuo City

VISITORS FROM CHINA; TWO DELEGATIONS



On July 13, 2016 Minister-Counsellor (Culture), Mr. Zhao Haisheng, from the Embassy of the People’s Republic of China in Ottawa joined us in our regular Wednesday morning Taiji Exercises at the International Taiji Park on the shores of Lake Superior. He, along with Second Secretary (Culture) Zhang Honghao, was on a official visit to Thunder Bay from July 11 to the 13th. Mr. Zhao had also participated in our International Taiji Forum back in 2006. We were pleased to see him again.

WORLD TAIJI DAY





SISTER CITIES SHARE TAIJI

On June 1st 2nd and 3rd forty folks from Duluth Minnesota bussed up to their sister city, Thunder Bay. They enjoyed a half-day workshop on Taiji Qigong Six Forms for Health led by Master Peng at his International Taiji Academy. There were so many in attendance, that the larger Gym of the Thunder Bay Boys and Girls Club was used, as it shares a building with the Academy.

On the last day of the visit they did taiji early in the morning with many members of The Peng You Taiji Quan Association at the International Taiji Park on the waterfront. Our visitors followed Master Peng and his Thunder Bay students in a number of their short Forms, and the Thunder Bay folks followed their Duluth visitors in the 108 Long Form Taiji which they practice at their University for Seniors run by the University of Minnesota, Duluth.

Of course our Duluth visitors also had time to take in the sights including the rest of the waterfront, Kakabeka Falls, Fort William Historical Park, and even the Port Arthur Stadium where they attended a baseball game between the Thunder Bay Border Cats and the Duluth Huskies. The Huskies won, but we think that was due to the fact that they had forty Duluth visitors cheering them on.



TWO TAIJI TEACHERS: Our Master Peng and Duluth instructor Hilja Nast, who studied with Master Moy Lin-shin, the founder of the Taoist Tai Chi Society of Canada





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Taiji Christmas Party

Saturday December 3, 6:00 p.m.

Traditional Christmas Dinner

Polish Legion
209 Cumberland Street North

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



Jiaozuo City and Thunder Bay

World Taiji Day

