

THE PENG YOU TAIJI QUAN ASSO- CIATION

Celebrates the City of
Thunder Bay's 50th
Birthday

with

a Special Taiji Perfor-
mance Fundraiser

In

TAIJI PARK

This Summer Master Peng led the usual Tuesday free taiji classes at the waterfront taiji pad with special social distancing to keep participants safe from the pandemic.

On the August 11th session we asked participants to wear their red Taiji Shirts and donate \$10.00 as a fundraiser to support The Underground Gym in celebration of Thunder Bay's 50th birthday.

The event was a stunning success.

Many people who came just to watch the taiji performance donated generously as did the participants. The people of Thunder Bay came through with donations totaling \$1000!

A cheque was presented to Peter Panetta of the The Underground Gym who stated that the money would be gratefully used to provide food for 50 needy families.

Many thanks to all who donated - it shows that Thunder Bay is truly a 'city with a big heart' that embraces our motto "Health, Friendship and Happiness."

TAIJI POST



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ANNUAL GENERAL MEETING 2020

The Peng You Taiji Quan Association is a registered not for profit organization and is obliged to hold an annual general meeting (AGM).

Due to restrictions imposed by the pandemic it is not possible to gather for such a meeting at this time. The Executive therefore passed a motion that “the 2020 AGM be postponed and run concurrently with the 2021 AGM.”

Our constitution requires us to have a membership vote on the Executive Committee every two years. The vote is due in 2020. We will have it at the postponed 2020 AGM. If anyone wants to join the Executive please let us know. The Executive is empowered to appoint new members whenever a vacancy occurs.

This year Olivia Breton retired and Colleen Romu was appointed in her place. We welcome Colleen and thank Olivia for her many years

with us. We are especially grateful for the many hours (days, weeks, months, and yes even years) Olivia spent dealing with changing Government regulations concerning not for profit organizations.

The Executive meetings are open to all members. If you think you would be interested in joining the Executive Committee please come and observe a meeting.

It is especially easy to do so these days as we have them on Zoom as well as at the Academy. Just contact Wayne (wbilb@shaw.ca) and he will let you know the date and time of the next meeting, and provide you with the Zoom contact information.

The number of people allowed in the Academy at one time is, of course, limited by the pandemic at this time.

CHRISTMAS 2020

Every year since 1991, our Tai Chi family has gathered together to joyfully celebrate the Christmas season with our traditional Christmas Party. We had to be very creative this year with event planning in order to ensure that our celebration adheres to pandemic guidelines. Therefore, instead of the traditional Christmas Party that we have become accustomed to, Master Peng will hold a free virtual Christmas Tai Chi Workshop followed by time to visit and chat with Tai Chi friends on Zoom and, in lieu of the turkey dinner, will prepare an authentic Asian take-out dinner.

CHRISTMAS TAKE-OUT DINNER

On Sunday December 20th, 2020, Tai Chi Chef will prepare a special Christmas combination plate of flavorful authentic Asian food consisting of three favorites, Chicken Fried Rice, Beef & Greens and BBQ Pork at a cost of \$20.00 per person (includes HST). Please contact Master Peng at 628-4305 if you would like to request a vegetarian option.

The deadline to place orders is December 15th, 2020.

Please go to www.taichichef.ca to place your order online. Payments can be made by credit card or e-transfer.

If you would like to phone in your order, contact Master Peng at 628-4305 or Cheryl at 629-8127 (if there is no answer, please leave a message). Payments for phone in orders can be made by credit card over the phone, e-transfer to taichi@tbaytel.net, or by cash/cheque (payment must be dropped off at Academy, or arrangements can be made for the payment to be picked up if necessary).

Meal pick-up will be at the Academy on Sunday December 20th, 2020 between 5:00 and 6:00 p.m. In order to comply with pandemic protocol, instead of coming into the Academy to pick up your food, we will have a Tai Chi drive through. Please enter the Academy via the Junot Street entrance, drive up to Academy door, remain in your car and the food will be brought out to you. Delivery within City limits will be available upon request at a cost of \$6 (includes HST).





CHRISTMAS TAI CHI WORKSHOP ON ZOOM

On Tuesday, December 22nd, 2020, a free Zoom Tai Chi workshop will take place from 2:30 to 3:30 pm followed by time to connect with Tai Chi friends and classmates. Please note that you are welcome to join into this workshop at any time after it begins.

The link for this Zoom session will be e-mailed to members of the Association the day before the workshop. You are welcome to bring a friend to the workshop. Just e-mail the link to your friend(s).

If you have any questions or need technical assistance, please contact Cheryl at 629-8127.

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CHRISTMAS GIFTS

With Christmas fast approaching, we would like to suggest some unique Christmas gifts for your friends and loved ones. Why not surprise them with a Tai Chi gift?

Master Peng and Cheryl Merlo have launched a new website www.taichichef.ca which combines the Tai Chi Academy and Tai Chi Chef.

On this site, visit the Tai Chi store which has a variety of Tai Chi items for sale including T-shirts, fans, hats, music CDs, DVDs and books as well as class registration. Gift certificates are another available option. These gifts can also be purchased at the Academy or by contacting Master Peng at 628-4305 or Cheryl at 629-8127.

TAIJI QIGONG: SIX FORMS FOR HEALTH

We, the editors of the Taiji Post, recommend the book, *Taiji Qigong: Six Forms for Health* and the Six Forms Chart. We participated in editing the English edition of this book. It contains detailed, in depth instructions on breathing as well as the movements of the Six Forms. All the translators and editors worked with the authors, Grandmaster Zeng Nailiang and his wife Master Wei Xianglian, learning to perform the six moves of Taiji Qigong. This training helped us to describe the moves, going beyond merely a literal translation from Chinese. But it is Grandmaster Zeng's account of the breathing, which is the most valuable information; this alone is worth the price of the book since a major component of Qigong is disciplined breathing. The 17" wide X 22" high Six Forms chart provides an easy to follow picture reference of all of the moves.

Photo credits this issue: Thank you Rick Perkins