



Wudang

A MONTHLY E-NEWSLETTER

9/18



From Sifu Paul

Greetings, everyone,

September is here, that beautiful month of transition between late summer and autumn. Monday, September 3, is Labor Day and the studio will be closed.

In this issue, there are many important topics such as our autumn matching-grant fundraiser, celebrating our second and twenty-fifth anniversaries, a payment options survey, and much more.

Enjoy the holiday and the season.

Autumn Matching Grant Opportunity

The studio has been presented an exciting fundraising opportunity: Every tax-deductible donation made to the studio will be doubled. In other words, if a member donated \$100 to the studio, it would generate \$200. Donations will be matched up to \$5,000. If we get to the \$5k figure, we will have generated \$10,000 for the studio's operations, education fund, studio upgrades, and more.

This will be our major fundraiser for the year and will replace the studio's annual Autumn Ask Letter. The matching grant opportunity will begin September 1 and run through November 15. Help us celebrate our second year as Twin Cities T'ai Chi by making a donation!

To donate, simply leave a donation in the pay box in the office or swipe a card there, mail a donation to the studio, or add it to your upcoming dues. Please write "matching grant" in the memo of your check made out to Twin Cities T'ai Chi.



Our studio is unique in the Twin Cities, with our enormous breadth and depth of knowledge, our experienced team of instructors, our beautiful training facility, our affordable tuition, and our community-oriented spirit. So let's strive to meet and even exceed this financial goal. Thank you for helping to create opportunities and keep the studio fiscally strong.

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Double our money—
a new matching
grant turns every
donated dollar into
two!



It's Time to Celebrate!

Even the longest novels have chapters. Twin Cities T'ai Chi began more than 40 years ago, and we have been in our current studio for 25 years. We began a new chapter in October of 2016, and it's time to celebrate our 2-year/25-year anniversary. On Saturday, October 27, there will be a celebration at the studio featuring a short demonstration of T'ai Chi and other styles, a slide show of Sifu Paul's 2016 trip to China, food and beverages, and social time. The festivities begin at 5:00 and end at 8:00. There will be a sign-up sheet at the studio to help us plan for food and chairs, and also sign-up sheets if you are able to help with setup and cleanup. Please join us and help us celebrate our wonderful studio and community.

Simplified Payment Options

The studio's board of directors is exploring payment options that may simplify both your tuition payments and our processing. These include automatic withdrawal from your checking account (which can be done either monthly or quarterly), a non-PayPal option for online credit card payments, and a bank-supported option for credit card payments at the studio. We currently have PayPal-supported credit options, but these are awkward and often make for unpleasant user experiences.

To help us decide which to evaluate further and consider implementing, we need your input. Copies of a short survey will be at the studio. Please complete it and put it in the box in the entrance room. Here are the questions:

Please rank the following payment choices from 1 to 3, with 1 being your first/preferred choice and 3 being your last choice.

_____ Checking account withdrawal (requires that a voided check be sent to and stored at our bank)

_____ Pay online with credit card

_____ Pay at studio with credit card



If we were to choose the checking account withdrawal option, which of these would you prefer? Choose only one.

_____ Monthly at beginning of month

_____ Monthly at middle of month

_____ Quarterly at beginning of quarter

What additional suggestions do you have regarding payment options?

Cash and checks, including checks sent automatically from your bank, will of course still be accepted.

And One More Thing

We are heading into the final month of the third quarter. Thanks for remembering to pay your membership dues.

Contact Us

For timely updates, follow Twin Cities T'ai Chi Ch'uan on **Facebook**.

Email: mail@tctaichi.org

Website: tctaichi.org

Phone: 651.767.0267

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Survey:

What's the easiest way to pay dues?

In Memoriam

On August 3, 2018, Rudy Sundberg passed away at the age of 81. Rudy owned and managed, along with the help of his nephew Dan Hartnett, the Dow building. The Dow is home to many artists and businesses centered on art and movement, including Twin Cities T'ai Chi. Rudy, a native of St. Paul, owned and operated a trio of successful chocolate shops in St. Paul, Minneapolis, and Edina. After selling those businesses, Rudy then turned his attention to real estate and purchased the Jax building in Lowertown and the Dow and Wright buildings in Midway. He recognized the beauty of the old buildings and had a vision to create a thriving community of artists and professionals in them, which eventually helped launch the redevelopment of Lowertown and the current revitalization of Midway in what is now called the Creative Enterprise Zone.

Twin Cities T'ai Chi moved into the basement of the Dow Building in 1989. We had our sights on suite 207, then a concrete-floored UPS warehouse, and requested to be considered for a move upstairs should the space become available. Rudy granted the request when UPS moved out, and we went to work renovating the space with the financial assistance of Joanne and Phil Von Blon. Rudy, Dan Hartnett, and our current building managers, Rudy's daughter Amy Sundberg O'Brian and son-in-law John O'Brian, have kept our rent affordable for more than 25 years.

Rudy's foresight and belief in creating warehouse space for artists and investing in the cities' culture and neighborhoods has allowed Twin Cities T'ai Chi to remain viable and affordable for more than a quarter century. Thank you, Rudy. We're grateful for your generosity and vision.

"Photography takes an instant out of time, altering life by holding it still."
—Dorothea Lange

Let There Be Light

The studio now has new dimmable LED lighting thanks to the generosity and tenacity of studio member Fran Myers. Fran was tireless in researching different options that would best suit our needs before settling on the current arrangement. The lighting gives us maximum flexibility in adjusting light levels to the season, time of day, and specific classes. Fran brought in master electrician Phil Rikki of Wild River Electric for the installation. The lights are virtually maintenance free, with the bulbs rated at 90,000 hours and the fixtures putting out 21,000 lumens—don't forget your sunscreen!—that dim down to a calming moon glow. We're grateful to have our new lights in time for autumn and winter and for all seasons. Thank you, Fran!

Be Present and Part of Our Past

Photographer Steve Schneider will be at the studio on Saturday, September 22, from 11:30 to 1:30 to capture the movement and energy of our members as they enjoy some of our Saturday classes. All classes will be held at their usual times. Please plan to be present and part of our legacy of images—the more members the merrier. If you are camera shy, just come and find a spot out of range, or let us know and we won't use any shots of you when promoting the studio. Studio shirts are encouraged but, of course, not mandatory.

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Thank you for
brightening our studio,
Fran!



Upcoming Classes and Schedule Changes

The **Healing Tao Meditation class** will begin learning the Inner Smile meditation on Wednesday, September 12. The Inner Smile is a seated meditation practice and is the foundation practice of the Healing Tao system. This meditation develops a deep sense of calm and self-acceptance throughout the entire body.

This is a beginner-friendly class, so if you haven't meditated before, there will be useful guidelines and assistance in helping you build your practice in a natural and gradual manner.

This is a 75-minute class on Wednesday evenings at 7:30 that runs for 12 weeks. The class starts September 12, 2018.

The cost is \$144 for nonmembers and is free to members.



Beginning in October

The **weapons class** on Monday night at 7:30–8:30 will begin learning the sword on October 1. If you have finished the Solo Form, you may begin learning the sword. The T'ai Chi sword is a beautiful and elegant form that is close to the feeling and energy of the Solo Form. The sword's 13 techniques/energies will be taught in the class as well as some basic partner work.

Pushing Hands on Tuesday evening at 7:30–8:30 will begin learning T'ai Chi posture drills and how to link them together. This class is a natural extension of the 43 Postures class and will develop sensitivity and timing and is also a lot of fun. Join the class if you have finished the Solo Form.

Eclectis Boxing Fundamentals on Saturday at 9:30–10:30 is open to new members. This class is an energizing, safe, and fun introduction to the principles and practice of effective striking (punching).

The **12 Animals class** on Saturday at 10:30–11:30 will begin learning the Tiger on October 6. Come and join the class if you are interested in this dynamic internal style.

The **43 Postures Form** on Saturday at 11:30–12:30 will begin a new cycle of the first symmetry in October. If you have finished the Solo Form and want to deepen your understanding of it and get an introduction to partner work, come and join the class.

Those who have already learned the first symmetry will work on right- and left-side first symmetry and also begin learning the second symmetry.

The Tuesday night **43 Postures class** at 6:00–7:30 will continue with the first three symmetries and deeper drill work.

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A new Inner Smile meditation class begins Sept. 12.