



stillness is the master of unrest



Twin Cities T'ai-Chi Ch'uan Studio

Wee Wu-Tang—The monthly e-newsletter

April 1, 2010

From Sifu Ray

I'd like to use my usual space, in which I share my thoughts about T'ai-Chi and related subjects, to reflect upon the life and passing of Phil Von Blon. If you never met Phil, you missed one of the kindest, smartest, most generous people around. Phil was not only a strong supporter of the arts - visual and the stage being two of his favorites - he was also firmly committed to T'ai-Chi Ch'uan. Phil and his wife, Joanne, practiced together and learned together and helped establish our Studio together. Phil even helped out by being a demonstrator for the "Farewell to the Master" demo, when Master T.T. Liang came to review his whole system as performed by his students and grand-students.

I was saddened to hear of Phil's passing last month. Even in death, this gentleman, a real gentle man, slowly slipped from our realm to the next with calm, slow breathing and his dear and loved ones by his side. What a fitting death for one so loved and who loved so much! To Joanne, Margaret, Martha and their families: our deepest condolences and sincere sympathies. To Phil: The Twin Cities T'ai-Chi Ch'uan Studio owes you a huge debt of gratitude. Every round on the floor you provided for our practicing pleasure is a tribute to your T'ai-Chi legacy.

Till we meet again ...

"The true meaning of life is to plant trees, under whose shade you do not expect to sit." -Nelson Henderson

Master Gin-foon Mark
Art Gallery Showing & Sale, Saturday, April 24th, 4-7 PM, Sunday, April 25th, 1-4 PM, 2010



MASTER GIN-FOON MARK'S ART GALLERY SHOWING & SALE

Master Mark has created an impressive collection of original paintings and prints in a variety of sizes and types.

Please come to the Studio on April 24 or 25 to see his work and buy some of these treasures.

A hearty congratulations to the recent San-Shou graduates.

It took you almost two years to learn, but good things come to those who wait. Bravo!
- Sifu Ray



We are well on our way with plans for our Saturday, June 5th second *Night of Ten Thousand Frolics*. Tickets go on sale today, either at the studio or online. They are \$20 each or six for \$100. Buy them early, they will be \$25 after May 31.

The evening will include entertainment, silent auction, raffles, sideshows, food and spirits, plus this year we have invited readers which may include Tarot, Palmistry, Handwriting Analysis, Aura Reading, and more!

The best way to help is to come and bring friends. You can also volunteer the day or evening of the *Frolics*. If you want to volunteer, contact Rondi Atkin at rondi@visi.com or see the sign-up sheet at the Studio.

Frolics information on our website will be continually updated, including the venue: Lake Harriet Spiritual Community at 44nd and Upton in South Mpls. See you there!

enjoy walks in the rain, herbal tea, tating and cats.

WANTED: Donations for the *Frolics* silent auction. Have a service you can share? Want to show off your culinary skills? Have a favorite shop or restaurant that might give you a gift card? Know anyone who owns a cabin and might donate a weekend? Please contact me by phone, 612-920-5994, or email, s.nyberg@comcast.net, about your ideas (no matter how outlandish you think they are). The deadline is May 10. Remember to tell any possible donor that the Studio is a nonprofit. Many thanks, Sharon Nyberg.

For Sale: 1977 Gremlin, 2dr



Don't forget we're going to do some spring cleaning in the dressing rooms. On Saturday, April 17, anything left behind will be put in a box. Things not claimed from the box will be given to Goodwill. Thank you for helping out!

Retreat Update:

We are still unsure if we'll hold a regular retreat this year as we don't currently have a venue. We continue to search; contact Rondi if you have a lead. Another possibility is a one-day seminar. We will have to make a decision during April. Stay tuned...



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