



stillness is the master of unrest



Twin Cities T'ai-Chi Ch'uan Studio

Wee Wu-Tang—The monthly e-newsletter

May 1, 2010

From Sifu Ray

May is the gateway to Summer, or in our case, road work. Get out and enjoy all that free ch'i, pretty flowers and vitamin D.

I'd like to thank all the people who helped in ways great and small to make Master Gin-Foon Mark's art show a success. I have some other ideas for getting Master Mark involved in our Studio life, and not just art and drumming. I am planning a daylong seminar on "Six Healing Sounds Qi Gong and an Introduction to Southern Praying Mantis Sticky-Hands" for our retreat this August. More details to come.

The Studio will be closed for the Monday evening classes on May 3 so we can attend the memorial for Phil Von Blon at the Guthrie.

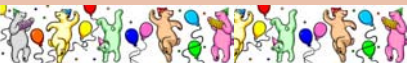
A color workbook for the Short Form is now available. Sign up for your copy/copies, price \$30, deadline May 17.

On April 27, I had the great honor and pleasure of being initiated as a disciple of Grandmaster Gin-Foon Mark in an elaborate and highly meaningful ceremony. I'll write about the full experience in the June Wu-Dang Newsletter. Thank you Master Mark!

*"Our paths may differ but our quests are shared: our desire to love and be loved, our thirst for liberty and our need to be appreciated as unique individuals within the collectivity of our society."*  
- Loreena McKennett

## NOTES FROM THE BOARD OF DIRECTORS

### Update on the Frolics



Plans for the upcoming Frolics are well underway. Check out the link on our website to preview the evening's entertainment and the list of auction items so far. We are still looking for things to auction or raffle. Consider donating to the auction or snagging a donation or gift certificate for a service or business (even for as little as \$5 or \$10 that we can use for the raffle). Letters of solicitation explaining that we are a not-for-profit organization can be downloaded from our website.

Remember: Tickets are \$20 for just this month! Also, the buy 5 get 1 free special is only in May. See Kim, Ray, Paul, or buy online.

### Master Mark art show

Thanks to everyone who helped make Master Mark's art show a success – those who came and bought art and those who helped. Matt and Katie Peterson provided beautiful music. Midge Bolt took photos. Rich Palmer, Julie Cisler, Georgia Schlegle, Sharon Nyberg, Karen Magnuson, Linda Hermanson, Anita Ryan, Misato Sakai and Dominick Veldman helped set up, clean up and replace art during the show, and special thanks to LaVonne Bunt who helped out from the very beginning to the very end. Master Mark was happy with the honor showed to his work as well as with the money it brought in.

Thank you to Kim Husband, who has graciously set up a Facebook page for the Studio. It includes news, notes, photos, class discussion boards for each of our various classes and more! Join us there!



Thank you **Jason Aanenson**, our new(ish) Temple Keeper. Through your leadership we had a successful spring clean and appreciate all you do each week!



The studio will again be participating in the Minneapolis Stone Arch Festival of the Arts. Last year was a wet but exciting experience. The organizers of the event coordinate dancers and performers on, under and around the Stone Arch Bridge. If you'd like to join the TCTCCS group the prerequisites are to know the first two sections of the form and to be available for all three rehearsals.

The dates are: June 13, 2:30-4:30 p.m. or June 14, 6:00-8:00 p.m.-practice, with just the choreographer and TCTCC performers.  
June 18, 5-9 p.m. - dress rehearsal  
June 20 - sunset performance

Please contact Dominick a.s.a.p. at 651-283-2015 if you are interested.  
Let's make a good showing this year!

### Retreat Update:

We will not have an overnight retreat this year. See Sifu Ray's column for information on our day-long seminar. We will tentatively hold it on Saturday, August 14.

To remove your name from our mailing list, please reply to this email. Questions or comments? Email [mail@tctaichi.org](mailto:mail@tctaichi.org) or call us at 651-767-0267.