

# Odds at the End

## And the things people say...

### Qigong for kids in BC

**H**ealth committee chair Tina Faulkner Elders has been offering qigong for kids sessions. She was thrilled to receive the following message from a school in British Columbia, Canada.

“Hello. My grade 5/6 class really liked your lessons. We created a small routine of doing qigong over a couple of months, trying to keep up with it daily. The kids really enjoyed learning qigong, especially 'lion plays with ball'.

“In the beginning, many of the students found it very challenging and painful. The most challenging part for them was moving so slowly which originally was the source of much complaint. As we proceeded and they got better at it, they were able to start to feel the movements, were able to move multiple parts of their body in synch, start flowing with their movements between stances, and many of them even started to feel the ball in 'lion plays with ball'. By the end of the 'unit', students were recognising they were more at peace, were calm, relaxed, and even more energised after doing a session of qigong. Their favourite time to do the full routine was after lunch.”

From Mr. Snider's grade 5/6 class in the Kootenay region of British Columbia, Canada, “thanks so much for teaching us qigong”.

[www.youtube.com/watch?v=E5ojv\\_v8fOY](http://www.youtube.com/watch?v=E5ojv_v8fOY)



Tina Faulkner Elders

### Up for the job?

**A**s part of the ongoing series of improvements to our organisation, the TCUGB is looking to recruit a volunteer to fill the role of membership services officer. This is anticipated to be a low usage role, so not too demanding on your time, and it fills a position in our new forward-facing structure. The role would involve following up any issues raised by members of the public or by the TCUGB membership. It will be the membership services officer's job to seek a solution and establish a satisfactory outcome. The role will involve consulting with, and reporting to, the board. Experience in a customer or membership facing or HR role within an organisation would be useful, as well as current knowledge and experience in the field of inclusivity, and social media.

The role's title is more positively intended than just a complaints officer so we look forward to the applicants' input.

Please apply with relevant details or CV to Mark Peters: [chair@taichiunion.com](mailto:chair@taichiunion.com)

“ If I only want to do tai-chi for the relaxation side of the art, do I really need to learn the self-defence? ”

*See page 27, you may find an answer*

### Un-bash practice

**T**raining in a martial art does not require the smashing and bashing of others, but a peaceful mind under pressure. Prof. Cheng said: “Concentrate your spirit within and express total calm without, this is how one achieves perfection in both principle and practice.”

**Mark Peters,**  
Kaimingnewsletter  
June 2022

### Tai chi moves



Tai Chi relaxes me.  
It's like Yoga except I get to hit something.

**There are many paths up the mountain**

When you get to the top you will find a crowd of martial artists arguing about which one is the only true path

Anon