

The **Vital Force**

Journal of T'ai Chi Chih

Volume 16, No. 3

September 1999

25th Anniversary of T'ai Chi Chih!

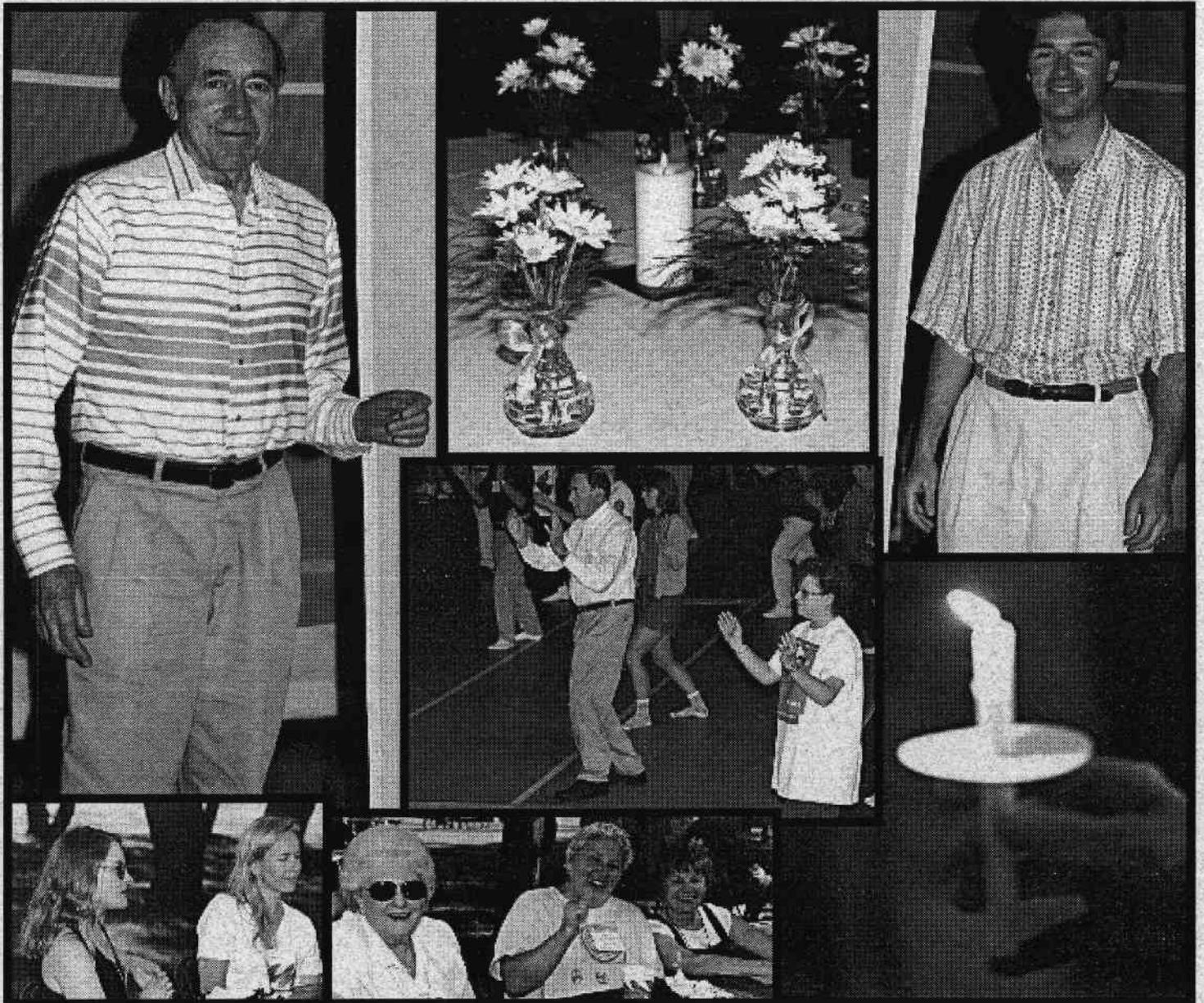




Table of Contents

Articles by Originator and Head of TCC

- 7 The Shocking Truth Stone
- 8 Patience Altman

Editorials

- 4 Debate on *VFJ* Editing Policy

Events Coverage

- 17 TCC Teacher Training - New Mexico
- 20 TCC Teacher Training - California
- 24 1999 Teachers' Conference and 25th Anniversary Celebration of TCC

Upcoming Events

- 33 2000 Teachers' Conference

Articles by Teachers

- 9 Seijaku Berg
- 10 Preparing Teachers . . . Brocklehurst
- 11 Health Benefits of TCC Braga
- 12 The Letter Hecker
- 14 Blessings of Auditing Perkins
- 15 Auditor Reacts Moloney
- 16 Canadian Enjoys Event Wade
- 18 For Justin and Carmen Grant
- 37 Share the Wonder Moloney
- 38 Vision Problems Marlowe

Publicity on Teachers

- 34 Newspaper Marshall-Thoreen
- 35 Church Ad Holden

Articles by Students

- 13 Folsom Inmate Grateful . . . Bogdan
- 16 Recovery: TCC Teetor-Zablotny

Creativity Expressed

- Cover Photography Arnold
- 6 Photography Hodgson
- 19 Brush Painting Mahaney
- 36 TCC Cartoon Viereck
- 40 Poetry Page Buffington, Fellman, Redmon, Shorr
- Back Page Pyramid Poetry Arnold, Avery, Dotts, Holden, Werner-Azarski, Woodrow

In Every Issue

- 2, 42 Information on *The Vital Force*
- 2 Letter from the Editor
- 3 Readers Respond
- 22 News Shorts
- 23 Calendar of Events
- 41 Karmic Komments
- 41 Good Karma Publishing Distributors
- 43 Contacts Lists / Membership Form
- 44 The Lighter Side

**Justin Stone is the Originator of T'ai Chi Chih.
Ed Altman is the Head of T'ai Chi Chih.**



The Vital Force

Editor: Noel Altman
Technical Advisor: Ed Altman
Webmaster: Victor Berg

The Vital Force, *Journal of T'ai Chi Chih*, is an unincorporated, non-profit association, serving T'ai Chi Chih practitioners worldwide. Membership in the Association includes four quarterly issues of The Vital Force, listing in and receipt of the annual Teachers' Directory (to teachers only), and outreach activities, such as teacher referrals. The annual membership fee is \$30 for teachers, \$25 for interested persons / students. Addresses outside the U.S. require an additional \$10 per year. First Class delivery within the U.S. is an additional \$5 per year.

The purpose of The Vital Force is to provide a medium by which teachers and students of T'ai Chi Chih may share, educate, inform and inspire one another.

Cover:

The 25th Anniversary of T'ai Chi Chih and honoring of Originator Justin Stone (shown below) was



celebrated in August during the 14th Annual T'ai Chi Chih Teachers' Conference. Award-winning photographer Paul Arnold, husband and

student of TCC Teacher Paula Arnold, generously agreed to photograph the four-day event. ALL photographs of the conference contained on the cover and in this issue were taken by Arnold. (See coverage beginning on page 24.)

The three cranes on the cover and on every inside page are the artwork of Ou Mie Shu.

Copyright © 1999 by The Vital Force, *Journal of T'ai Chi Chih*. All rights reserved.

Letter from the Editor

Several changes will be implemented in the next version of the T'ai Chi Chih Teachers' Directory, which will be mailed out in the early part of next year.

*Up until now the Teachers' Directory has listed detailed information for every T'ai Chi Chih teacher accredited past a certain date. (Former VFJ staffer Lois Mahaney did not begin the database until about 11 or 12 years ago. At that time, she also included then-current subscribers to The Vital Force for whom she had addresses.) Beginning with the next Directory, each teacher's name, city, state and country as well as phone number and e-mail (if applicable) will be listed. **The street address will no longer be listed**, which should not have any effect on the bulk of the times that the Directory is used, which is as a means of referring a student to a teacher in another area. (The name and phone number are all a person needs to get ahold of the teacher). Furthermore, detailed information will only be listed for current VFJ members. **Accredited teachers who do not subscribe to the VFJ will be listed in the back by name only.***

There are several reasons for the upcoming changes. 1) There have been abuses of the Directory in the recent past. (The Directory is NEVER to be used or sold as a mailing list. It is for referral purposes only.) Removing the street addresses will deter abuse. 2) The size of the database is such that trying to maintain specific data for approximately 700 non-members is a costly and time-consuming endeavor. And the size will only continue to grow with the continued expansion of T'ai Chi Chih. 3) Many of the addresses and phone numbers are out of date. If teachers have not updated The Vital Force over the years, then the data we have for them is incorrect, which makes it impossible to make referrals to those teachers. In addition, some teachers are no longer active and some have even died and The Vital Force has not been updated.

Approximately 500 teachers in the database who were not current members of The Vital Force Association (and for whom we had addresses) were mailed a letter in mid - late June notifying them of the coming changes. In that same letter, they were invited to receive a free copy of the September 1999 issue of The Vital Force if they responded by August 1.

As a result of that mailing, 44 teachers requested the free issue, while 17 teachers renewed or subscribed for the first time. In addition, 42 letters were returned by the U.S. Postal Service as undeliverable. (The database is getting one last updating before non-members are removed to a storage file.)

This outreach effort was financed by generous donations to The Vital Force from current members.

Noel Altman, Editor

Teachers: By Dec. 1, 1999, please inform us of any name, address, phone number or e-mail changes as well as changes in teaching status (active / not active / willing to travel) for inclusion in the 2000 Teachers' Directory. Be sure to include COMPLETE mailing address so we can send you The Vital Force without mishap.



Readers Respond

Merci Beaucoup—Thank you!
Big love for Lois Mahaney!!!

Anna Martens
Antwerpen, Belgium

Dear Noel, . . . The experiences of other teachers are always helpful and timely. . . I am facing a new challenge at present with a hearing impaired student in one of my classes. If there is anyone who has had a similar experience I would appreciate hearing from you.

[Sr.] Viola Bens, ose
Christopher Lake, SK
Canada

Hi! Thank you for this letter [re: coming changes in the Teachers' Directory and opportunity to receive a free issue]. After several years of being inactive I am once again beginning to teach T'ai Chi Chih. Please accept the enclosed check for my one year subscription to *VFJ* plus a copy of the updated Teacher Directory when it becomes available. . .

Robin Kidd
Chicago, IL

The *VFJ* under your watchful care just gets better and better.

Mark Moloney
St. Louis, MO

Hi Lois, Liz, Noel & Ed,
Now that my son is a kindergartner my practice has gotten more regular and requests for classes are coming forward. I need a teachers group "refresher." Please let me know who's coming to CA this fall for accreditation or Seijaku. Love to all,

**Christine "Teen"
Sproehnle**
Olympic Valley, CA

[Editor's Note: A TCC Workshop has been scheduled for 11/6—see pg.23.]

Thanks Noel for the wonderful work you continue to do with the *Vital Force*! Your creativity shines through & it is so well put together. . .

Christeen McLain
Fargo, ND

Dear Noel,
The Vital Force's new style and form is very impressive and very professional. You are doing a superb job. It shows that this is not just work, there is you and your heart and mind showing! I hope you keep the job so we can all enjoy more great issues of *The Vital Force*. My best wishes and abundant blessings! See you both at the conference!

Aida Wilks
Fairfax, VA

To: *Vital Force*

Thank you for your notice of the new directory. Because of a shoulder injury, I have not taken any new students since the first of the year . . . Will reach age 75 next month and enjoy T'ai Chi Chih daily. It helps in my healing process.

Jean Doan
Huntington Beach, CA

Hi, Kids! *The Vital Force* should have a warning posted on the front, advising people that it is NOT FOR BEDTIME READING! All of the articles are so inspiring that one just has to get right to their feet and do a little T.C.C., and then just see if you can get any sleep! I'm interested in signing up for the Website Teacher Referral List, so shall I just use the membership form in the back of *TVF?*. . . Love,

Sher Dano
West Hills, CA

[Editor's Note: Teachers who are current members of The Vital Force Association may sign up for a year of website listing by sending in a check for \$5 with an indication of what it is for. (This is now an optional service provided along with membership.) Then, when the *VFJ* membership comes up for renewal, the website listing can be easily renewed at that time by adding the \$5 to the \$30 membership fee.]



VFJ editing policy is debated

Jean Katus writes to *The Vital Force*

Noel—

I know you've said that Justin wants you to keep writers' articles exactly as they write them when you put them in the *VFJ*, and you have agreed to do so. I, too, feel it's a good idea to stay with the writer's style and intent. What I have to say is my own opinion and a suggestion that you can feel free to take or leave, to discuss with Justin or not, as you see fit. It's probably my English teacher background coming out, though you may find that hard to believe in some of the writing I submit myself, some of which is a bit embarrassing when I see the glaring errors in black and white after it's too late to do anything about it. At any rate, I feel rather strongly that when there are obvious grammatical errors or spelling errors in any given article, those things should be changed. Such small changes won't affect the style or intent of the person writing the article. My sense is that when these types of errors appear, they reflect poorly on both the writer and on the *VFJ* itself. A case in point from the last issue (which, overall, was great—as I've already told you) is from my own column. In the part about the telephone answering service, you very likely noticed I had a dangling phrase at the end of the paragraph. I can't believe I missed it myself the number of times I always go over articles I submit. The last line reads, "Besides the service, we still continue to use the answering machine when unavailable." It sounds totally garbled and as though the answering machine is unavailable. Of course, what I'd meant to say was the machine would be used when I am unavailable. I appreciate the times when you point out ways certain things I say could be made clearer by particular re-wordings. I know it's neither time nor cost efficient for you to perhaps have to contact nearly all your writers when you notice unclear wording, incorrect grammar, spelling errors to get their permission to make changes. And it would seem important to let them know what changes are being contemplated before actually making them. The *VFJ* is so professional-looking in all other ways that it seems to me such professionalism should also carry over in correct and clear expression.

I imagine the people whose names got misspelled have already pointed that out to you. Amy Tyksinski's name got spelled two different ways in two different places, and Mark Moloney's name was consistently misspelled. I know it's not easy to always get name spellings correct, and maybe I'm overly sensitive to the matter because my names (both first and last, would you believe) often get misspelled.

You and I both know that when one is working under a deadline, it's very difficult to pick up on all the errors. Proofing is a very tricky business. Yours is a harder job than mine in that respect because you have a definite timeline you have to follow in putting out the *VFJ*. I have more time in working with the books—and still errors crop up that I didn't find. Anyway, the bottom line is that you're doing an excellent job.

– Jean Katus

VFJ Editor Noel Altman responds

Hi Jean!

As far as your opinion on the editing (or lack thereof) in the *VFJ*, I will consider what you have said, but I'm pretty well decided that this is the method I will follow. I am sure you are not the only one who feels that way. It used to drive me crazy to see all kinds of errors in newspapers and other publications, but the difference is that they are supposed to be correcting them (since no other editing policy is ever stated, and editing is assumed and implied otherwise). Errors can be introduced when articles are retyped. With the scanner the *VFJ* now has, very little is being retyped. In any event, one of my edits is to go through every article in the layout and compare it to the original hard copy to make sure that I have not changed what a writer had, unless the meaning was unclear.

A couple of points I want to make clear. One, it was Justin who first suggested leaving the articles pretty much intact (unless the meaning is unclear) so



spelling and grammatical errors, etc. would be left alone. I had never considered such an idea. I also was an English teacher (1 year) and an English major in college and when I edited my high school and college newspapers I certainly corrected everything in sight. As I look back on it, though, I know that I "overcorrected". I look at usage of the English language on many different levels — that is, "perfect" English is NOT the only way that I think people should express themselves. What about all the great novels where a tremendous amount of slang, bad grammar, etc. is used?

What I mostly got out of my English language background was to look for the voice of the writer — both to allow my own voice to develop in my writing and to allow it to develop in my students, and to hear that in the novels I was studying. The VOICE, not the correct expression of all the grammatical rules, was my interest. I don't even know all the correct grammatical rules, although generally my spelling is excellent and my written grammar is pretty good.

The misspellings of people's names is entirely my fault and I take full responsibility for those errors. Unfortunately, I have made this mistake in both issues now, so I see that I need to add a special edit where I doublecheck every occurrence of every person's name.

Although Justin made the original suggestion, he later said I should do what I want. I mulled over all these angles before I developed the policy, so it's already been well thought out. I like this policy because a person can be who he or she is. If the person sees his or her own errors in print, perhaps he/she will then decide to correct them next time in advance, or get help correcting them in advance, or perhaps he/she will ask me to edit the next article (which I will be glad to do, if asked, as stated in my editing policy in the back of each issue). However, I will only correct really glaring problems, preferring to keep the person's voice as preserved as possible. The point is: the responsibility falls on the shoulders of the writer. If a person never corrects his/her errors, that's fine, too. That is where he or she is at.

I can't tell you how aggravating it was for me as an English teacher to go through a LOT of effort correcting a student's paper, only to have that student

repeat that same mistake in every subsequent paper! Forget it! If a person isn't ready to learn, he/she isn't ready to learn. I'm not going to waste my time trying to force feed English lessons. This whole approach has been very freeing for me.

It is artificial, really, to mask over what someone else is. Let him/her stand on his/her own two feet. It is truer to the essence of T'ai Chi Chih, I feel, to have the editing policy that I do. Justin would not have suggested it in the first place if it didn't have merit.

I understand your viewpoint COMPLETELY (having had it myself). I do not disagree with it. You are right. But I know that I, too, am right.

– Noel Altman

Justin Stone has the final say !

Dearest Noel,
Re your letter and Jean's:

TV is one of the worst offenders in trashing the English language. I have a good friend, a bright man whom you know, who will say to me: "He was laying in the street," to which I'll answer "Then he'll get arrested," to which I might add "so he was lying there, was he?"

The newspaper prints a heading "Money to Loan". You can't "loan" money, Loan is not a verb. You might want to "lend" it.

People do not seem to value speaking correctly. "You know what I meant," they'll say. Perhaps we're on our way back to "ugh" and a few gestures.

When I was learning Japanese, a young banker from Japan said to me: "Japanese is a beautiful language. If you're going to speak it, speak it correctly." I much admired this command of his.

I think it will be helpful to print Jean's and your letter in the VF. You can also use mine if you wish. I'm sure your decision is the right one. . .

– Justin Stone