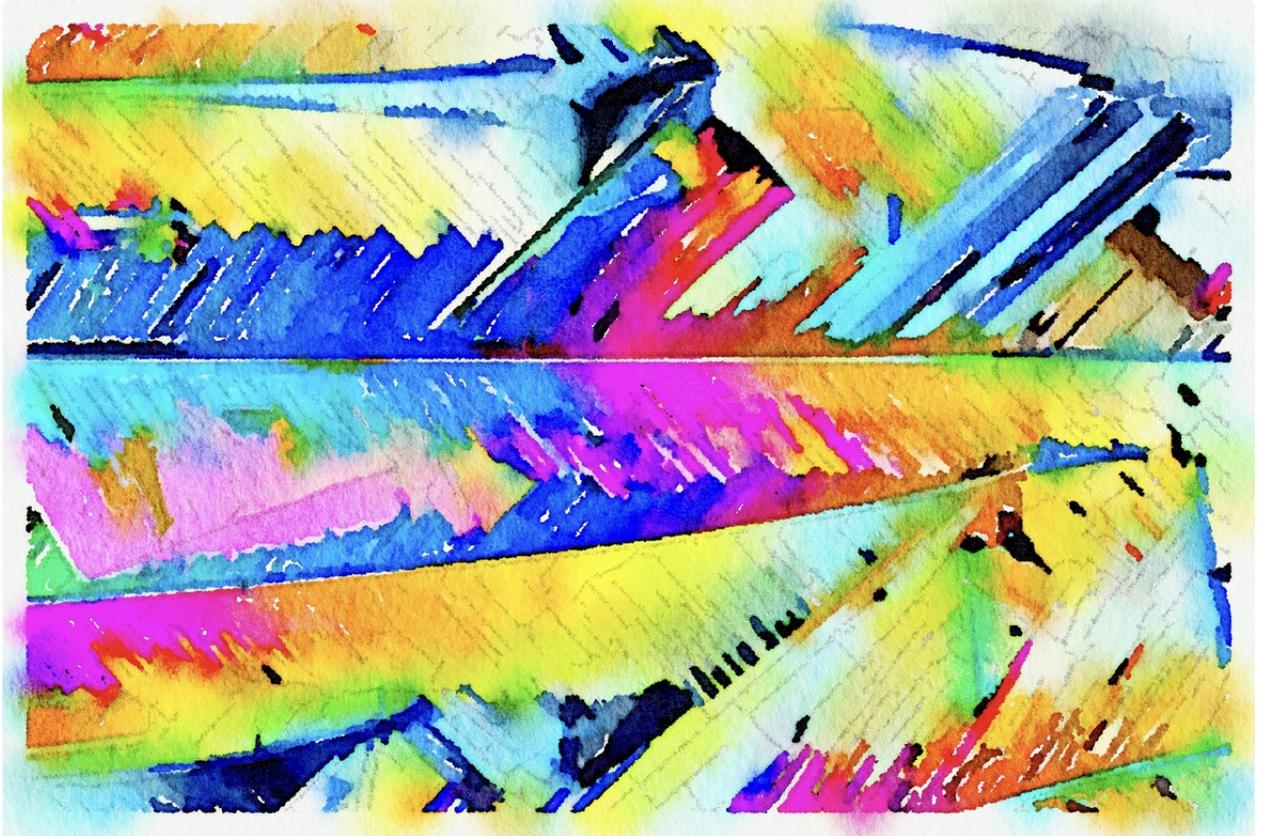


From: Stephen Thompson newsletter@TCCcommunity.net
Subject: Sandy's August 2019 T'ai Chi Chih Newsletter
Date: August 1, 2019 at 3:23 PM
To: stephen2816@mac.com

ST

Like



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Mission Statement

Veterans Administration Will Pay Us to Teach T'ai Chi Chih!

It was with great excitement at conference this year we learned about a program that is matching up Tai Chi teachers with veterans. **Tai Chi for Veterans** is a new program from the Veterans Administration Community Care Network – VACNN with David-Dorian Ross as the National coordinator. He spoke to us describing the program and impressing upon us the great service we would be providing for this population, and how teachers would be paid an average of \$35 per student per session. The program officially began the end of July 2019 in the Northeast and is gradually moving across the country arriving in the West the end of 2020 – but don't wait until it is near your part of the country to sign up to be a teacher – **sign up now.**

Mr. Ross, through his company, Taijifit, is the contractor who will hire and manage Tai Chi teachers for this program. T'ai Chi Chih teachers will not have to learn the Taijifit form but can teach T'ai Chi Chih. In fact, Mr. Ross said that he feels that the T'ai Chi Chih form is perfect for working with this population. It is gentle and adaptable. Teachers will need to have **“150 hours of credentialed teacher training in their form”** and take the required safety and guidelines course. For complete information go to the website: www.taijifit.net/vets

Pam, Dan and myself, as teacher trainers, are working to put a system in place that can track teacher's educational hours. But until that program is up and running, here are the procedures to secure your certificate for the 150 hours. All teachers will be given 65 hours for their TCC Accreditation no matter when they were accredited. All other events that are eligible for credit need to have been attended after January 1st, 2015.

The events and their hours that will count toward Credentialed Teacher Training are as follows:

- * Teacher Accreditation Courses: **65 hours**
- * Auditing an Accreditation Course: full audit 50 hours, single full days 10 hours each, no partial days receive credit
- * Intensives given by a Teacher Trainer: **40 hours**
- * Teacher Conferences: **30 hours**
- * Seiyaku Accreditation, auditors included: **20 hours**

Seijaku Accreditation, auditors included. **20 hours**

* T'ai Chi Chih and Seijaku Workshops and Retreats given by a Teacher Trainer:
Hours will vary depending on the event.

If you have attended a TCC Intensive, retreat, or workshop, or Seijaku Accreditation or workshop given by a Teacher Trainer after January 1st 2015 contact the host of that event. They will send you verification of hours for that event. Keep track of your hours and the verifications from the hosts and when 150 or more have been reached send the verifications to a teacher trainer to receive your certificate for the accumulated hours.

This VA teaching opportunity is moving right along and if we want to be involved, we need to walk through that door right **NOW**. If you are interested, whether you have your 150 hours or not, begin the process of signing up **NOW**. Don't let this opportunity for yourself and for T'ai Chi Chih slip by. Let's get T'ai Chi Chih classes integrated into this program so that for the VA T'ai Chi Chih becomes the go-to form.

For questions about this program do not contact T'ai Chi Chih Trainers other than for securing your confirmation of 150 credentialed teacher training hours. We have no involvement or connection to this program other than seeing it as an opportunity, for teachers, for veterans, and for T'ai Chi Chih. **For questions and to register for this program go to: www.taijifit.net/vets**

We hope this will be a new avenue of service for the sharing of T'ai Chi Chih and a new opportunity to move T'ai Chi Chih out into the world.

T'ai Chi Chih Guide, Sandy McAlister

T'ai Chi Chih 2019 Conference Apparel available till Aug. 16, 2019

We have the opportunity to order the 2019 Conference T-Shirt **in an extended range of approximately 30 colors** until August 16th. Conference attendees have been emailed this information, but there may be others who may want to buy this particular shirt. If interested, [Click Here](#).



**** Justin's Insights**

One cannot strive for "softness"; the very effort of trying to



be soft creates tension. It is the absence of any pressure, moving 'slow motion in a dream', that allows softness to prevail. The best way to forget worries and ease tensions is to shunt the ego-center aside, so that no-one is doing T'ai Chi Chih, but TCC is doing itself. In this sense, T'ai Chi Chih becomes a meditation.

~ Justin Stone, [Vital Force Winter 1985](#)

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Chi Reflections

Open Mind -- Infinite possibilities -- And Calmness

If your mind is empty, it is always ready for anything; it is open to everything.

In the beginner's mind there are many possibilities; in the expert's mind there are few.

...

Calmness of mind does not mean you should stop your activity.

Real calmness should be found in activity itself.

~Shnryu Suzuki - Zen Mind, Beginner's Mind



T'ai Chi Chih Events

Led by the Guide and Teacher Trainers

2019 Events

Aug. 20-23, 2019, Aston PA T'ai Chi Chih Teacher's Symposium with Sandy McAlister

Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

Sept. 13 - 15 NJ Shore TCC Retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732-988-5573

Sep. 24-27, 2019, Santa Barbara, CA TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

Oct. 4-6 N.I Shore TCC Retreat with Daniel Pienciak

See the other TCC retreat with Daniel Pienciak

Contact Daniel Pienciak wakeupdaniel@aol.com or 732-988-5573

Oct. 6-10, 2019 Aston, PA TCC Intensive with Pam Towne

Contact: April Leffler lirpaleff@rcn.com or 610-809-7523 (C)

Nov. 7-10 Albuquerque, NM TCC Intensive with Sandy McAlister

Contact Amy Tyksinski amytyksinski@gmail.com or (505) 228-2104

Nov. 19-24, 2019, Santa Barbara TCC Teacher Accreditation with Pam Towne

Contact: Marie Dotts mcdotts@hotmail.com or 970-412-9955

2020 Events

Mar. 19-22, 2020, Santa Barbara, CA Teachers Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

Mar. 24-27, 2020, Santa Barbara, CA TCC Retreat with Sandy McAlister

Contact: Pam Towne pamtowne@gmail.com

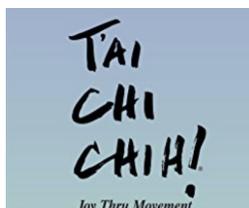
May 7-10, 2020, Prescott, AZ TCC Retreat with Pam Towne

Contact: Pam Towne pamtowne@gmail.com

By retreating from the activities of daily life to recharge your physical, mental & spiritual "batteries", you can gain a new perspective and move forward with greater ease and joy in your TCC practice and in your life . ~Pam Towne

More T'ai Chi Chih Events

Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers. Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



Links to Resources & Materials

Justin Stone's Materials [click here](#)



Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)

Inquires: pamtowne@gmail.com

Seijaku Booklet:

\$4.00 per copy +\$1.20 (first class)

\$30 for 10 copies +\$8.60 (priority mail) or \$2.75 (media rate)

\$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate)

Make checks payable to:

Ann Rutherford

534 Wagon Train Dr. SE

Albuquerque, NM 87123

Web Resources:

T'ai Chi Chih's originator Justin Stone's website: [click here](#)"

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle Facebook: [click here](#)

Pinterest Justin's Quotes:[click here](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)

Youtube: [click here](#)

T'ai Chi Chih International Foundation: [click here](#)

A 501(c)3 nonprofit agency which:

Sponsors our annual Teachers Conferences;

Provides scholarship funds for Teacher Accreditation and Continuing Education;

Tax deductible donations can be made out to and send to: T'ai Chi Chih International Foundation, PO Box 11, Norwood, PA 19074

T'ai Chi Chih Association: [click here](#)

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's Recommended Reading List.

The Vital Force Journal quarterly newsletter: [click here to subscribe](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

Past issues of the Guide's newsletters (thru Aug. 2017): [click here](#)



Mission Statement

The International T'ai Chi Chih Community of students and accredited teachers

is dedicated to the personal practice of T'ai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.

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