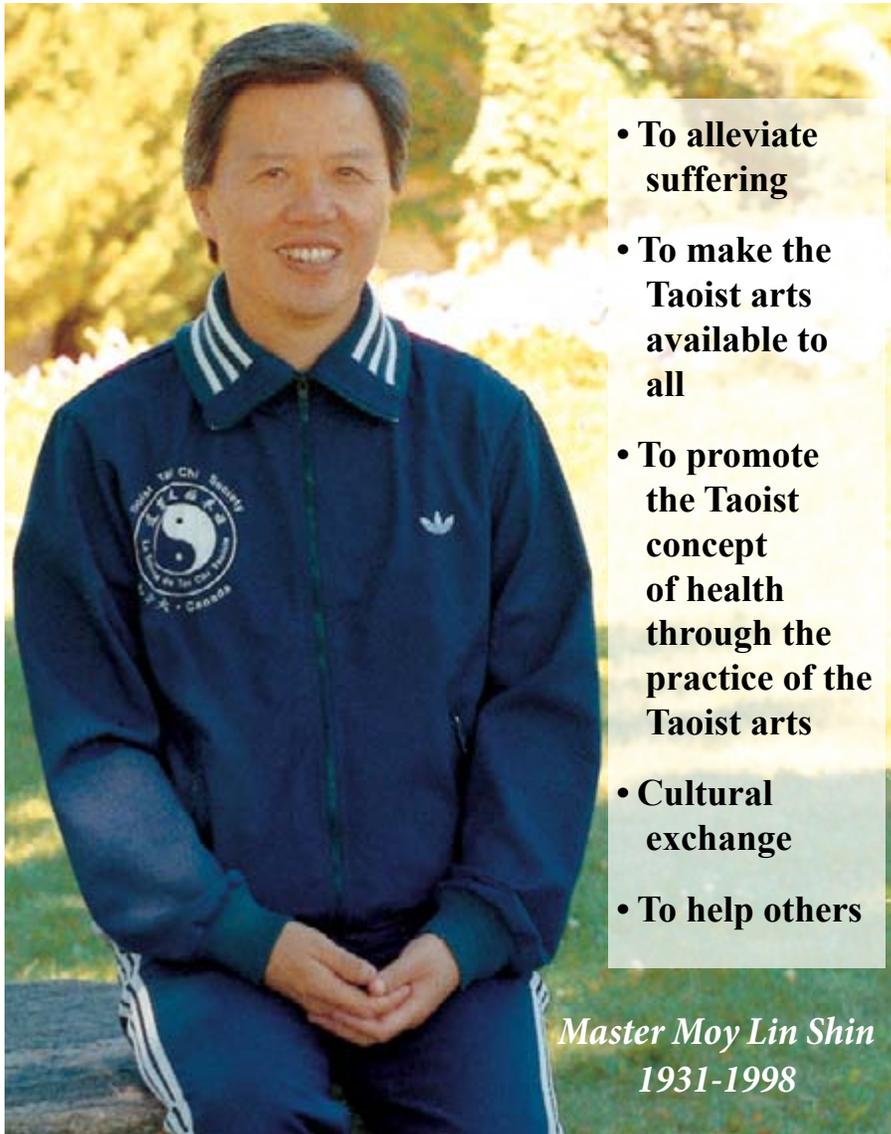




TAOIST TAI CHI SOCIETY OF THE USA

2017 ANNUAL REPORT

AIMS & OBJECTIVES



- **To alleviate suffering**
- **To make the Taoist arts available to all**
- **To promote the Taoist concept of health through the practice of the Taoist arts**
- **Cultural exchange**
- **To help others**

*Master Moy Lin Shin
1931-1998*

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Chanting in St. Petersburg, Florida

PRESIDENT'S MESSAGE

Greetings,

I'm honored to welcome you to our Taoist Tai Chi Society of the USA 2017 Annual Report. This Report celebrates the growing momentum in both our US and worldwide organization. We've had much to explore this year and we continue to discover the depth and potential of the training in the Taoist arts as taught by Master Moy Lin Shin.

In October of 2017, we started the renovation of a building on our property in Dunedin, Florida. When it is completed in 2018, it will become the second International Center in the world serving our larger international community.

This 14,000 square foot facility will host **Taoist Tai Chi®** programs throughout the year for participants from all of the 26 countries in which the Taoist arts are practiced. Participants in these programs, many of them volunteer instructors, strengthen and deepen their experience and share their experiences with participants at their own locations. Although these **Taoist Tai Chi** arts are challenging, they are a path for transformation.

With deep respect, gratitude and dedication,

Pegoty Packman, President
Taoist Tai Chi Society of the USA



CIT Workshop in Dunedin, Florida

REGIONAL PRESIDENTS' REPORT

Each year provides a new chance to work on the Society aims and objectives and 2017 was no exception. Our resiliency and acceptance of change allows us to make the most of opportunities and manage new challenges.

Throughout 2017, the branches of the Taoist Tai Chi Society of the USA (TTCS USA) sought to move our classes away from central metropolitan locations and, rather, offer classes in locations more convenient to participants and instructors. This class relocation will more effectively fulfill one of the aims and objectives, to make the Taoist arts available to all. By moving classes into locations closer to outlying and growing neighborhoods, we hope to reduce the drive time for participants and instructors and make our classes more visible within these communities.

To celebrate International Seniors' Day, participants around the country promoted the health improving qualities of **Taoist Tai Chi** arts, through open houses, visits to senior centers, demonstrations, picnics in the park, introductory classes and luncheons. Members of the public heard, saw and experienced how the arts we practice contribute to the health, quality of life and vibrancy of individuals and communities. Practice and preparation for all the activities surrounding International Seniors' Day built stronger connections within the Society and with our communities. These events demonstrated the valuable contributions of seniors and the strength, flexibility and joy that Master Moy's teachings bring us.

Alleviating pain and helping others are two more of the Society's aims and objectives. Numerous natural disasters in 2017, including: hurricanes in the Gulf States and Puerto Rico, record wildfires in California,

as well as earthquakes in Mexico, gave us the opportunity practice these. In response, TTCS USA set the goal of raising \$20,000 to aid those in need. Our participants displayed their generosity and more than doubled the goal, raising \$42,247. These funds were provided to Americares to address local recovery needs. In addition, TTCS USA participants in disaster-ridden areas set up networks of communication to check on the welfare of other participants, opening their homes to those whose homes were damaged or inaccessible.

Over 3,000 USA participants contributed to our anonymous, voluntary health survey. The results of that survey, "Improving Health and Containing Costs through the Practice of the Taoist Tai Chi Arts," were published in 2017 and can be downloaded in PDF format at:

taoist.org/usa/experience-the-benefits

The vast majority of contributors reported improved balance and mobility as result of their practice. Well over 300 participants reported that they have been able to avoid surgery. The report included many personal accounts that ranged from physical improvement to emotional and mental well-being:

*"Both my mother and younger brother have required hip replacement surgery. My left hip started giving me pain about two years ago, which did not resolve with exercise . . . or chiropractic treatment. After six months of **Taoist Tai Chi**, the hip pain has completely resolved. Perhaps this will avoid the necessity of a hip replacement in the future."* (female, age range 60-69)

"People often comment on how calm I am – I wasn't normally calm when younger." (female, age range 60-69)

The results of this survey contributed to the recently published International Health Questionnaire findings, which included over 18,000 participants from 24 countries. It is exciting to read many accounts that illustrate how the **Taoist Tai Chi** arts are improving the health of so many people worldwide. These findings will help more people understand the potential benefits to them of these arts and further support the Society's aims and objectives.

Respectfully submitted,

Darcy Carter, President Northeast Region

Joe Crossfield, President Southeast Region

Paul Harmon, President Western Region



Americares donation at Chinese New Year Banquet

YOUR DONATIONS AT WORK

The Taoist Tai Chi Society of the USA is a volunteer charitable organization with more than 99.9% of work done by volunteers. All instructors are volunteers. Administrative work on the branch/location level is done by volunteers. Nationally we have only 4 employees to handle organizational duties.

One of the gifts of the Society to its participants is the opportunity to be involved; to donate one's time, one's money, one's passion for the benefit of oneself as well as to the benefit of helping many others in a very real way.

The number of 2017 volunteer hours, 190,503, reflects the dedication of our participants. Be it as instructors, set leaders, treasurers, branch council members, participants in open houses and demonstrations, special event helpers in the kitchen or bringing dishes to pass, cleaners of the practice hall, helpers of those who need rides to class, etc. etc., we all feel a vital part of the Society.

There is the ability to give to the larger community as well. Local branches will support other charities. The Ithaca NY branch donated \$800 to the Southern Tier Food Bank from proceeds raised at the Chinese New Year's banquet in 2017. World events shape our giving as well. The devastating natural disasters of hurricanes, earthquakes, fires and floods precipitated the Society to fundraise to support AmeriCares, a charitable organization that specializes in disaster relief focusing on medical needs. \$42,247 was raised in a matter of weeks from our generous participants, exceeding our \$20,000 goal.

Donation of time to teach the classes that are the main charitable acts of the Society; donation of money as contributions to keep the classes operating through publicity, location costs, etc.; donations of the care that we give to each other; the Society is the milieu in which we can truly give.

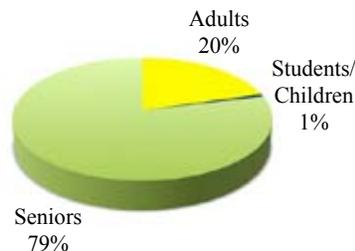


National Program in Portland, Oregon

PARTICIPANTS

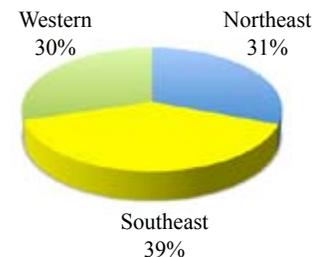
2017 USA Participant Demographics

Total number of Participants = 5,338
(Total number volunteer hours = 190,503)



2017 USA Instructors by Region

Total number of Instructors = 579
(Total number locations = 249)



CIT Workshop in Dunedin, Florida





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