



**TAI CHI FOUNDATION**  
RELAX | REVITALIZE | RECENTER

## ANNUAL REPORT 2019



### Our Mission:

*To study & teach tai chi to increase health and consciousness, and cultivate strength through softness in an atmosphere of support, compassion & wisdom.*



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## Dear Members and Friends,

It is once again time for the annual report from the TCF. As president I would like to summarize the work that we have done for the members of our school and to address our efforts toward enabling a brighter future.

It is, however, impossible to disregard the issue that we are all having to cope with at present: the Coronavirus known as COVID-19. Although it does not seem that there are any schools in our body that are not affected by this, it is heartening to see the response from everyone and the overwhelming concern for the common public good. If there is any silver lining to be found in this situation, it is the recognition that our reliance upon science above politics is a guiding light. Perhaps some of our leaders have recognized that we are all mortal.

The TCF has had a very busy and productive year. We have finished in the black for the second year in a row. We have had an expanding number of people who have been contributing behind the scenes. Among those I'd like to recognize is our former president, John Szostek. John has completed the cultural data project that organizes all of our vital information in a data base that grantors may access to determine to whom they will give money. John was also instrumental in the rewriting of the current bylaws and getting that document aligned with the state of New York parameters for not-for-profit organizations.

I would also like to acknowledge former board members Andrew Dell'Olio, Danyal Sattar, and Sean O'Neil who continue to do editing and provide content and counsel for items posted on the web site. Steve Shulman continues to be our treasurer, even three years after coming off the board because of term limits, and has helped to bring a much clearer picture of our financial situation. We welcome him back as a voting member to the BOD in 2020. Also, Peter Kennedy and Margaret Matsumoto are hard at work on establishing a protocol for certifying our teachers. This is important as the increasingly more corporate world seems fixated on documentation to prove one's essence. Margaret is also the curriculum coordinator to help organize some of the subtle, and not-so-subtle, changes in our approach to teaching.



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

We have a new liaison between the Board of Directors and the legacy holders, Margaret Olmsted. Margaret has been busy coordinating and posting the fine Tunings, website blogs and articles, in addition to her teaching and LH duties. Ed Sheffner, who is leaving the board this year, along with Dick Wilkinson, Head of the Internal Affairs Committee and member of the Finance Committee, were responsible for reorganizing and establishing grant protocols for the Bernie Dushman Scholarship Fund. They continue to make sure that we steer a steady fiscal course.

Roger Noon came on board and immediately volunteered to help in the rewriting of the strategic plan. He, Margaret Matsumoto and I came to discover that reshaping the 10-year-old document in order to meet today's standard was not an easy task. We hope to complete this project as our last piece to enable us to go into the outside world to solicit funds and grants.

Vanessa Costigan has been invaluable in representing our European schools and helping us across the pond to better understand their needs and views in order to be a more unified school. I would also like to acknowledge our administrative director Penny Harrison-Latham who, out of the goodness of her heart works many more hours than she is being paid for. With the completion of our strategic plan, we will have all the paperwork together to go out into the corporate world for grants to help us expand our reach and fulfill our mandate: to spread the benefits of Tai Chi to all who want them.

Finally, I would like to thank everyone for their support and encouragement in the past three years in which I served as your president. I feel that I have grown, learned and gained more in these three years than I have given. My intention over this time was that we would be a healthy, growing and unified school based on trust, transparency and a vision of our purpose in the world. My hope is that by working together with the board, Penny, and all of you, we are headed down that path.

In gratitude,

Robert Etherington  
President 2017-2020





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## Trainings Report

Tai Chi Foundation sponsored six intensive residential trainings in 2019. In addition, we offered five seasonal ‘tunings’, and several weekend workshops.

- Three **WINTER** trainings: in Seattle, WA; Neptune Beach, FL; and Amsterdam, Netherlands. These trainings were designed for TCF teachers and teachers-in-training to continue learning and to upgrade their teaching skills. Total participants: 112.
- Three **SUMMER** trainings: in Sardinia, Italy; Whidbey Island, Washington; and at Smith College, Massachusetts. The week-long residential format enabled public students and teachers alike to enjoy the deep relaxation that comes from immersive study and the supportive sense of community. Total participants: 219.
- Five **SEASONAL TUNINGS** or trainings attracted participants world-wide to practice certain qigong movements at home on a daily basis for a specified number of weeks. Participants generated healthful chi energy while attuning themselves “long-distance” to be in harmony with the seasons and with all other participants. Total participants: 891.
- Weekend **WORKSHOPS**: Jonathan Stow taught in Atlantic Beach, FL, in the Spring, and Gainesville, FL, and Seattle, WA, in the Fall. In March and October, teachers from Netherlands, Ireland, France, and England, gathered in Göetzens to support Maria Gandler and her team of apprentices in offering workshops for their students, as well as participating in ‘tai skiing’. Apprentice weekends also took place in Amsterdam, Netherlands.
- The SoHo **CO-OP SESSIONS** in NYC continue to provide an informal practice setting for Cheng Man-Ch’ing community members, reinforcing TCF outreach to the local CMC community.





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## Legacy Holder Report

Throughout 2019, the Legacy Holders Advisory Committee continued our ongoing commitment to safeguarding, transmitting and developing our legacy in order to foster deeper understanding of the art and increase school-wide learning. We worked closely with the Tai Chi Foundation Board, served on several TCF committees, and met both online and in person.

### Teaching development

In our role as guardians of the teachings (passed to us by Patrick Watson in the tradition of Professor Cheng Man-Ch'ing), we helped coordinate and taught at the summer and winter trainings in Europe and the US. In addition, we continued to develop new work for teachers, with trainings and at-home study. We also developed several very successful public tunings that included people from all around the world and generated both income and enthusiasm.

### Writings

We continued to record our work and composed manuals for new programs, wrote articles for TCF newsletters, and entries for the blog pages on the TCF website and for social media. The report of our in-person meeting, our list of accomplishments and a statement for 2020, were sent to the School in a December newsletter.

### Appreciation

As always, we are grateful to the Tai Chi Foundation Board for their continued work on and support of our united mission “to promote and spread the study and teaching of tai chi chuan in order to bring health and consciousness to humanity.” Also, special thanks to our students and our international network of dedicated teachers that help keep our love of the art so vibrant and robust.

### Legacy Holder Advisory Committee:

Sherry Kent, Amsterdam, Netherlands  
Margaret Matsumoto, White Plains, NY  
Margaret Olmsted, Los Angeles, CA  
Gerrie Sporken, Amsterdam, Netherlands  
Greg Woodson, New York, NY  
with Jonathan Stow & Els Eijssens



NYC, October 2019

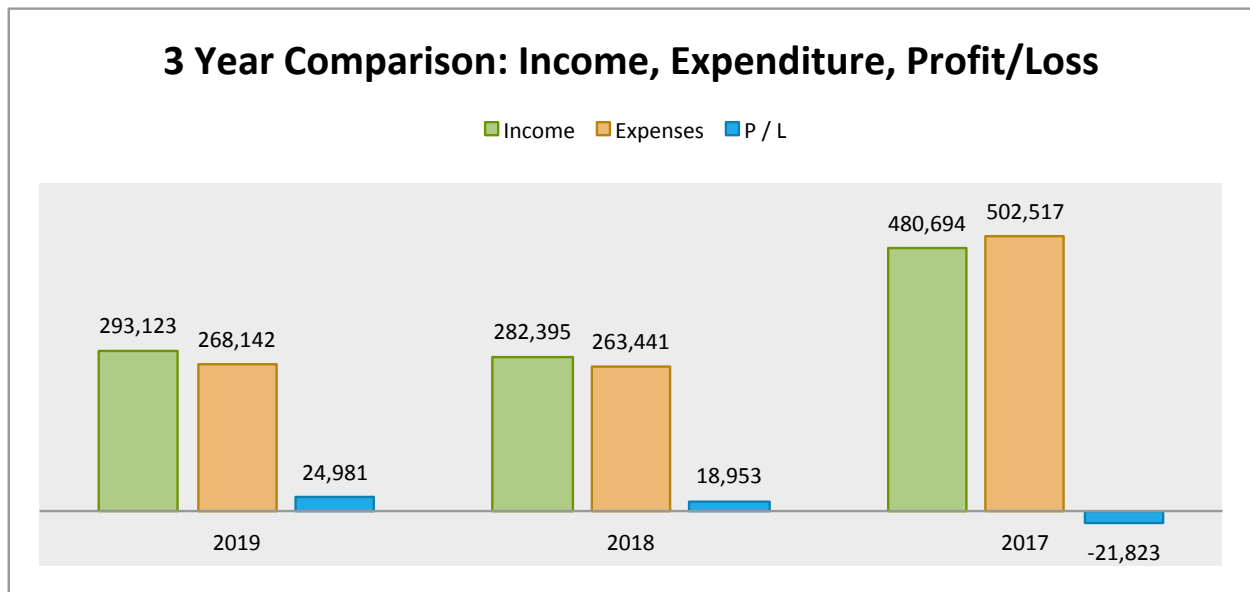


# TAI CHI FOUNDATION

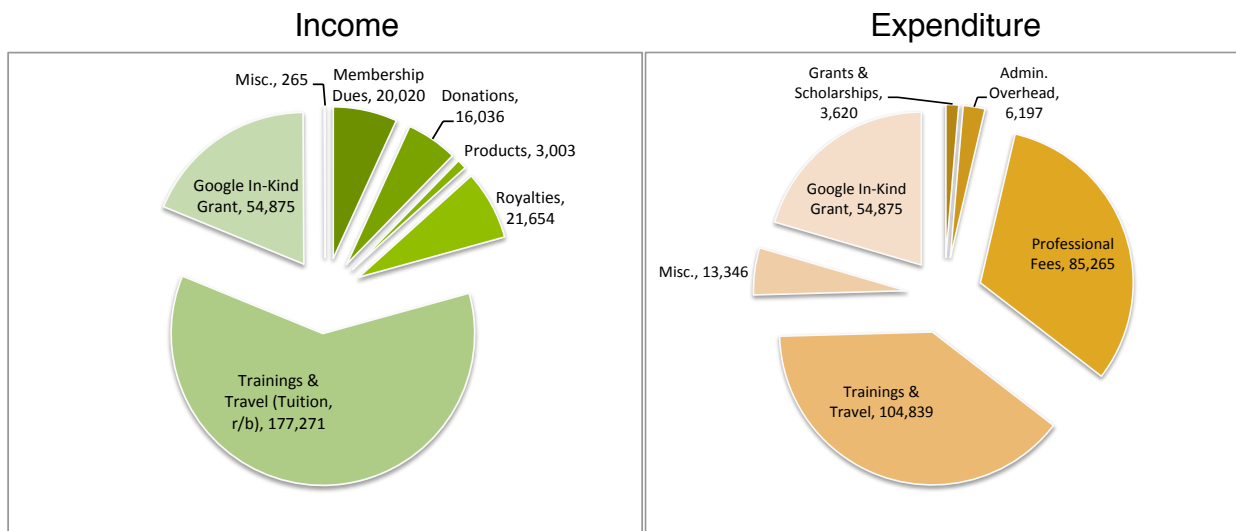
RELAX | REVITALIZE | RECENTER

## 2019 Financial Report

TCF financial year runs January 1, 2019 through December 3, 2019. For the second year in a row we finished in the black, with an increase in profit of over \$6,000 compared to 2017. The chart below shows comparison figures for 2017, 2018 and 2019.



## 2019 Income & Expenditure Breakdown

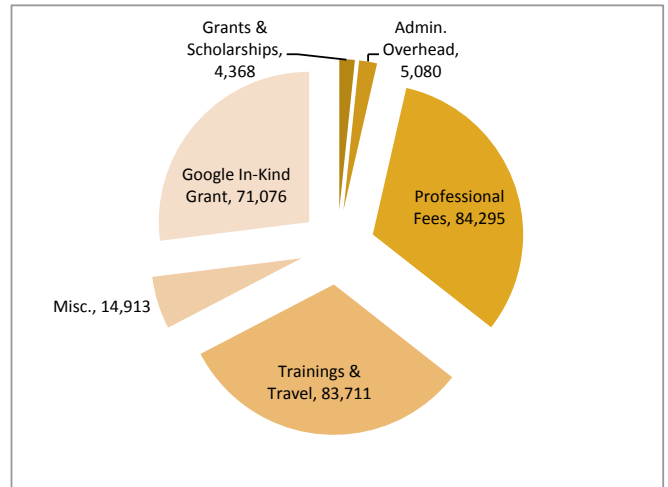
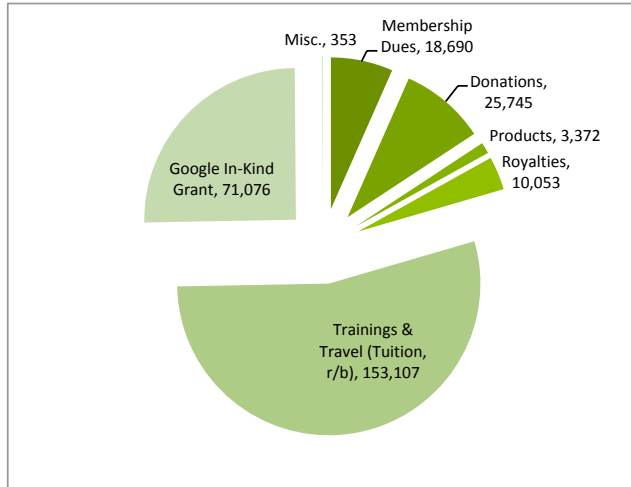




# TAI CHI FOUNDATION

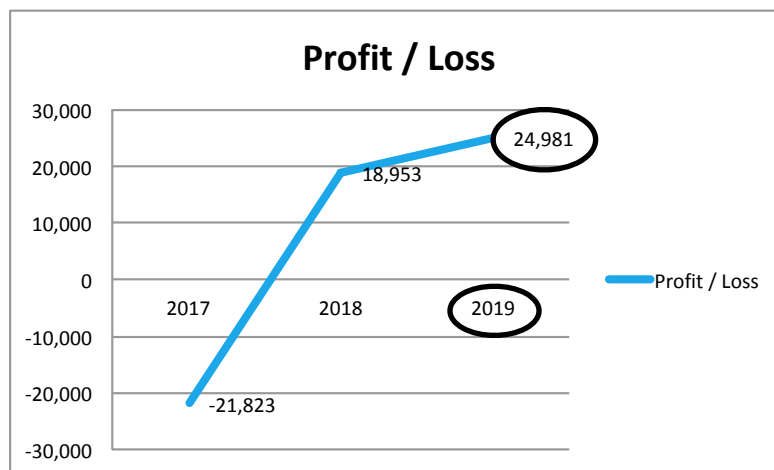
RELAX | REVITALIZE | RECENTER

## 2018 Income & Expenditure Breakdown for Comparison



### Notable differences since 2018:

- ↑ Income from trainings **increased** by \$26,164
- ↑ Membership dues **increased** by \$1,330
- ↓ Donations **decreased** by \$9,709
- ↑ Royalties **increased** by \$11,601





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## TCF Membership

**Membership increased by 7% in 2019, compared to 2018.**

When you become a member of the Tai Chi Foundation (TCF) and pay annual dues, you help us make Tai Chi instruction more widely available worldwide and help fund development of new curriculum. TCF dues paying members are contributing directly to the development and dissemination of an ancient art and tradition.

Anybody can become a member. Benefits include an electronic newsletter, discounts on some trainings, educational information, and if you are a teacher in the school, voting rights and access to the Teacher's section of web site.

## TCF Royalties

**In 2019 income from royalties doubled compared to 2018.**

The Tai Chi Foundation, Inc. (TCF) holds the patent and intellectual property rights to the teaching method, manuals, and curriculum developed by Patrick Watson for teaching the tai chi style of Professor Cheng Man-Ch'ing. TCF holds the copyrights and the various trademarks and service marks associated with our activities and retail business. The TCF also owns copyrights for programs developed by the Legacy Holders.

Royalties are used for: producing and promoting training events in the US and Europe, developing and refining the teaching, supporting our small staff, administrative compliance with the Internal Revenue Service to maintain TCF's nonprofit 501(c)(3) status in the US, bookkeeping and tax preparation, Legacy Holder meetings, and for managing a robust website for the benefit of member schools. We also give small capacity-building grants and scholarships.

How it Works: we as teachers, students, and local schools are connected by the Tai Chi Foundation & School of Tai Chi Chuan. If you or your School are teaching from the manuals and curriculum developed by Patrick Watson and the Legacy Holders, a royalty fee is payable. The amount is calculated according to gross income received, at a minimum of 5% to as much as 15%.





# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## Donations

Thank you to everyone who donated to TCF in 2019. Donations make up 5 % of our total revenue for the year. You helped contribute over \$16,000!

### 2019 Donors:

andrew dell'olio   ian florian  
wildt   edwin shorey   joseph rosenshein  
karen gallagher   effross walter   john parker   carolyn koehler  
eliot ivanhoe   judith sullivan   almaz matta   anna teeple  
john szostek   giandoni marti   johanna miller   pin huang   irene gibson  
fran snyder   david delaney   aj allen   karen olson   gerald aubry  
ann rick   jane howard   debra williams   clara berman   andrea  
aidan healy   ed sheffner  
diane light   billie innerfield   gene giffen   alison odell  
danyal sattar   bob humphreys   julie reinganum   annette peizer   amanda  
john mcgovern   caswell hal   dove cogen   dagmar van   edna brandt  
kate mansfield   doug hewell   karen hess   john burke   billie young   chang  
carlisle barbara   george hall   esther marsh   george corey  
john doody   anne smyers   bien schokking   julie innis   george schmiten  
george kormendi   floyd herdrich   daniel freixa   birgitt krause  
wittenboer   el eijsens   gerrie sporken   judy plummer  
anonymous   cathy cody   amazon smile



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## 2019 Donors continued:

surinder dhesi   nora brown   vincenc martinez  
nancy treharne   liz kinney   steve shulman   peter schwartz  
linda grasso   pauline tessein  
michael barnhart   tom goelz   margaret olmsted  
rachel chu   kath fraser  
sunil hirani   shao lin   nancy jackson   thomas malone  
michael braudy   marcy posner   vasilios frankos   michele flynn  
sinton vignos   mary ellen klee   kevin lannon   terry cook  
mark hankin   una mae waldron   linda hoff  
robert etherington   penny harrison latham   shelly matte  
mary anne sutherland   richard bohn  
peter kennedy   rhoda pregerson   linda hutchins  
nora howard   richard mason  
neil simmonds   margaret beehan   phyllis houck  
ryan clarke   nancy chase   maaike beugelsdijk  
sagardia magdalena   sondra sealine   meret oppenheim  
susan bergman   patrik donahue

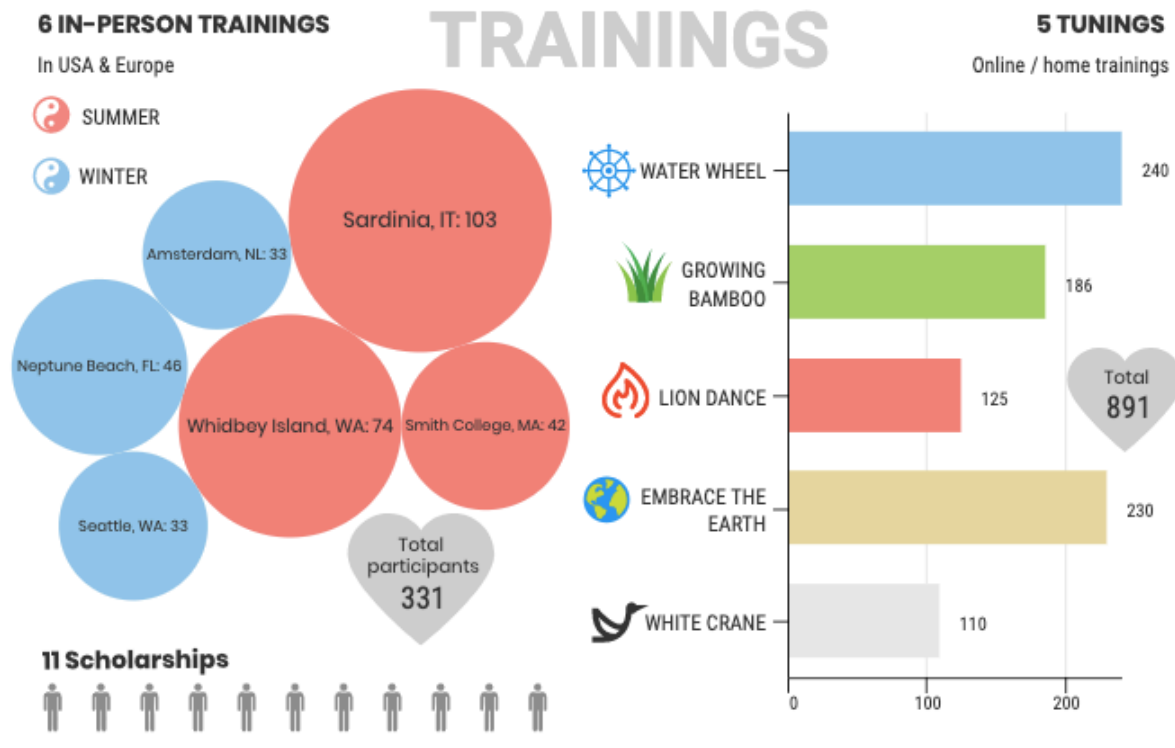
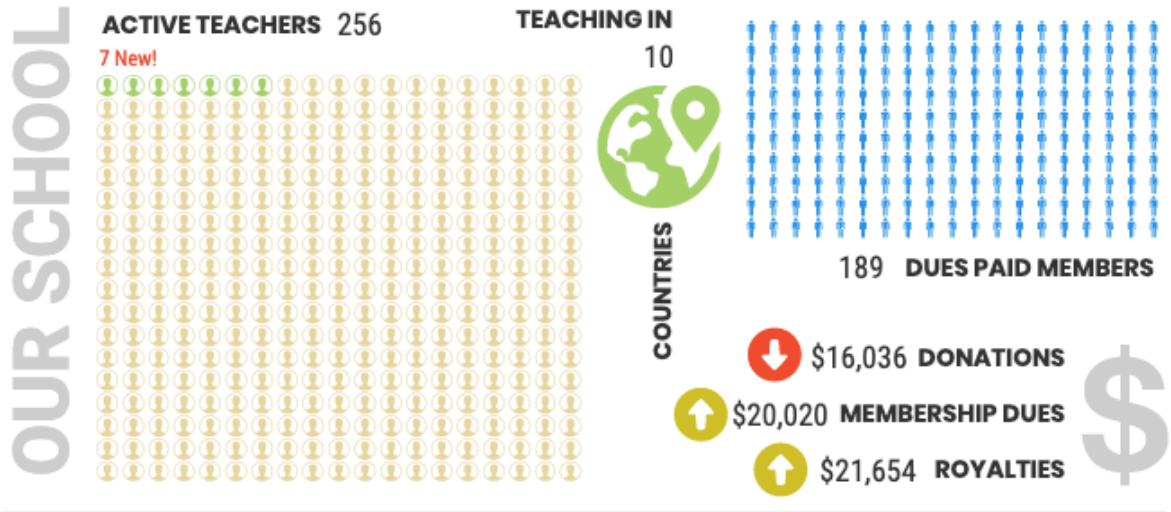
Thank you!



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

Infographics (created in Vengage)



**Social Media**

**Vimeo**

**1,242 VIEWS**

**28K IMPRESSIONS**

**225K**

**IMPRESSIONS**

**Ad grant: \$54,875**

**18.2K CLICKS**



**1,704 FOLLOWERS**



# TAI CHI FOUNDATION

RELAX | REVITALIZE | RECENTER

## *Board of Directors*

**Robert Etherington**, NY, USA

*President*

**Richard Wilkinson**, NY, USA

*Vice President*

**Vanessa Costigan**, Dublin, Ireland

*Secretary*

**Julie Innis**, UK

**Ed Sheffner**, CA, USA

**Peter Kennedy**, France

**Roger Noon**, UK

**Margaret Olmsted** - Ex Officio Board Member

**Steve Shulman** - Treasurer

**Penny Harrison** - Foundation Administrator

## *Administrative Office*

Tai Chi Foundation

PO Box 575

Midtown Station

New York, NY 10018 USA

Telephone 212-645-7010

## *Find Us Online*

[www.taichifoundation.org](http://www.taichifoundation.org)



@TaiChiFoundationInc



@TaiChiFdn

## *Legacy Holders*

**Sherry Kent**, Amsterdam, Netherlands

**Margaret Matsumoto**, White Plains, NY

**Margaret Olmsted**, Los Angeles, CA

**Gerrie Sporken**, Amsterdam, Netherlands

**Greg Woodson**, New York, NY

*Photograph credits:  
Els Eijssens & Patrice Wooldridge*

*All photographs are the property  
of Tai Chi Foundation, Inc.*

*TCF Annual Report 2019  
designed by Kate Mansfield*

