



Sun Do News

Summer 2019 Edition

Volume 35, Issue 3

Dear Members,

A Teacher does not
quarrel with his students;
Instead, he withdraws,
So that the Teacher
remains the Teacher.

---Master Hyunmoon Kim

Pauline's Sun Do Travels

By Pauline White

I've been a traveler for a long time, having always, it seems, been connected to cultures other than my own. Having been schooled in a Franco-American community, other cultures proved no threat to my identity.

I first had the urge to travel in my early 20's when I ran off to live in Florida. Not my best

choice, but it was January in the North, and I was cold. Florida didn't offer much of a future, so I came to Connecticut.

While working in Connecticut, I lived in an efficiency apartment owned by the hospital where I worked. I had a bedroom, shared a kitchen with an intern, and the bathroom was down the hall. I was happy there and made lasting friends.

Then I planned a trip to Europe. I chose a two-week land tour of Italy and a week Mediterranean cruise. For the first time I saw the world by land, sea, and air. It was awesome.

I remember coming home to my apartment, opening the door, and being shocked by how small it was. I recall thinking, "Oh my gosh! I thought this was all there was." And so I had caught the travel bug. Ever since that time I have been interested in what the world has to offer beyond what I can see.

Sun Do has offered other members and myself many opportunities to travel. I've been to Vermont and California, Canada, Thailand, Malaysia, and Korea. Most recently I've traveled to Eastern Europe where I had the great pleasure to meet our latest Sun Do cohorts.

This came about when I consulted with Master Kim regarding the idea of visiting and revisiting those friends and places I've encountered on my way. He has been most gracious about my

joining these foreign retreats, and I have been most happy to share this time with friends old and new.

In the late summer of 2018, my first stop was in Romania where I was delighted to finally meet, after much correspondence and assistance, Andrea and Florin Serbanescu.

We stayed in the town of Bran in Brasov county. This is the town that is known to celebrate their Dracula's castle and is considered part of Transylvania.

The retreat was held at a small, intimate pension known as Cold Mountain. The residence is called this because it is the Carpathian mountain retreat used in making the film of the same name starring Nicole Kidman and Jude Law.



Bran Castle in Brazov

There at Cold Mountain we had a successful retreat. My roommate Marcie had spent time in Korea with Master Kim. I was also to meet Rainer Kitza, a cohort member from Germany as well as Bill and Yee Lan Lee from Malaysia.



Cold Mountain Lounge Area

The Romania retreat was both successful and well attended. There was ample time for touring as well as eating good food both at the lodge and in the town.

After this retreat, it was off to the Czech Republic with a brief stop in Prague to meet Lenka Ryskova and her partner Paul, then on to the city of Brno. You might think I misspelled the name of this city but you would be wrong. Czech language doesn't seem to need many vowels in its script.

My visit to Brno was in a way my own little private retreat with a healer named Zuzanna. For three days I stayed in a comfortable mountain lodge, and daily Zuzanna would most graciously come and give me a massage in a gentle effort to heal me.

Then it was back to Prague for a Sun Do presentation and then off to home until the next trip.

I would like to thank all my friends new and old who put forth effort to make this trip both a memorable and happy visit.

Pauline White practices in W. Hartford (and the world)



Lenka, Master Kim, and Zuzanna at the Sun Do presentation in the Czech Republic 9/18

Czech Republic Retreat May 19-27, 2019

By Associate Master Ron Catabia

Sundo groups in the Czech Republic have been practicing since 2015. Currently, there are two groups: Master Kim has a group in Prague (the capital of the Czech Republic), and I work with a group outside of Prague. Master Kim also has a Sundo group in Poland.

From May 19 to 27, I led a retreat with the group outside of Prague. In addition to leading classes, I gave talks about Sundo, worked with yellow and red belts on their breathing and postures, and reviewed the internal organ exercises. Everybody worked hard, and I was asked many questions. After 31 years of practice, teaching Sundo is still challenging for me. I watch the group while they are practicing and try to figure out what they need the most. Then I organize the retreat according to what I think is needed.



Old Prague—Photo by Ron Catabia

The Czech people have a sincere interest in learning Sundo. They recognize the depth, breadth, and uniqueness of the practice. When I lead a class, I have a 10-minute (or more) meditation period after the breathing and posture movements. When I began learning Sundo in 1988, there was always a meditation period after the Tancheon Breathing Haenggong. I want to keep this part of the practice, and the Czech group enjoys the meditation. I think there is a lot of potential for Sundo to grow in Central Europe. In addition to the Czech Republic and Poland, there are Sundo groups in Lithuania and Romania. There will be future opportunities for Sundo teachers to form groups in Central Europe.



International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Ron Catabia

Tora Strawderman

Teachers

Lucie Lambert

Virginia Platt

Betsy Forrest

Hyun Hee Kim

Christine Ucich

Senior Instructors

David Delbrook

Al Passacantando

Pauline White

Ginger Hobbs

Betsy Barstow

Hank Babcock

Brian Quirk

Stephen Holmes

Roy Bushman

Kim Hedegaard

Rich Kramer

Instructors

Diane Matta

Jerry Geier

Kwong Lip Pang

Don Zickefoose

Lucy Young

Bob Felekey

Barbara McCandless

Joel Dunning

Heidemarie Holmes

Theresa Dunning

Stanley Szczabrowski

Florin Serbanescu

Teresa Lenzen

Instructor Trainees

Patrick Studley

Mihaela Talpau

Rebecca Newhouse

Marciana Ranceanu

Progress on the New Building

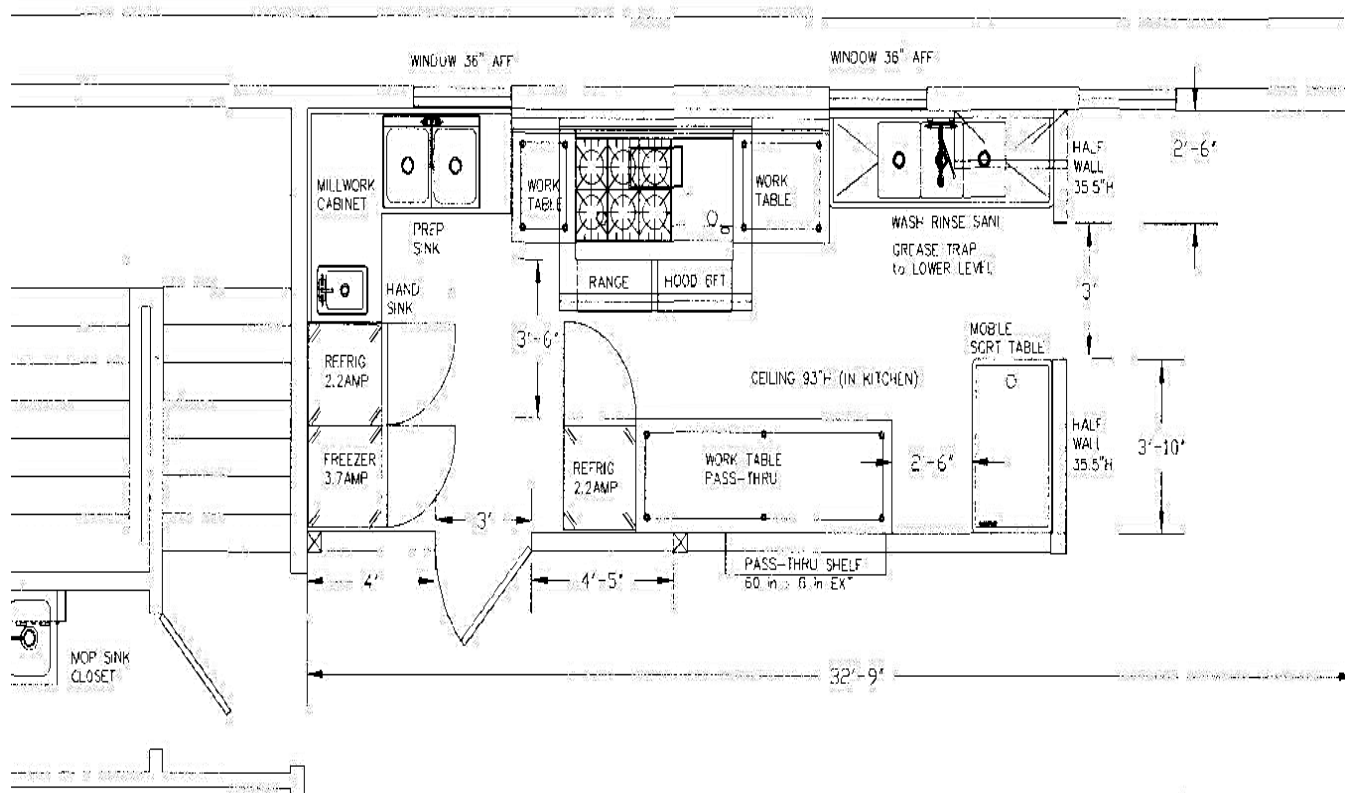
Phase 1 has been completed! Special thanks to Ron Walesch who put together a team to do the final work on Phase 1. Now we are about to begin Phase 2, which we hope to have completed by the end of 2019. Phase 2 includes rough plumbing, water line, waste line to the septic tank, venting rough ends, insulation, and electrical rough ends.



Meditation hall and new building—*photo by Master Kim*

Phase 3, which will begin next spring, will complete the interior, including the kitchen, bathrooms, floor and wall coverings, interior doors, and a washing machine for the first floor.

We have a proposed design for the kitchen. Check it out below (the print is a little fuzzy, but you get the idea!).



FUNDRAISING TIME!!

Please help us meet our goal!!

We need to raise another \$60,000+ to complete Phase 3 (finishing the interior of our new building). Please consider making a donation so we can meet our goal of a completed building by the summer of 2020.

Thanks!

Donations can be made on our website or sent to the Sun Do Main Center at 45 So. Main Street, Suite 90, W. Hartford, CT 06107



Double rainbow above the new building—photo by Steve Holmes

Promotions

Teacher

Hyun Hee (Maria) Kim, W. Hartford
Christine Ucich, New Haven

Senior Instructor

Kim Hedegaard, Duluth
Steve Holmes, Montpelier
Roy Bushman, Cincinnati
Rich Kramer, Berlin, MA

Instructor

Teresa Lenzen, Omaha

Instructor Trainee

Rebecca Newhouse, Montpelier

Won Ki Dan Boup II (red belt w/blue stripe)

Don Zickefoose, Canal Fulton, OH

Won Ki Dan Boup I (red belt)

Milan Strnad, Czech Republic

Keon Kon Dan Boup (Yellow belt)

Kristie Horn, Omaha
Paul Renall, Czech Republic
Michala Králová, Czech Republic

Jung Ki Dan Boup II (White/yellow belt)

Frantisek Spacek, Czech Republic
Eva Jurinová, Czech Republic
Pavčina Porazilová, Czech Republic
Jan Panenka, Czech Republic
Oldrich Burda, Czech Republic

Follow these links to find out more about
[promotion requirements](#) or to make your
[promotion payment](#).

Retreat Schedule

Romania Retreat 2019

August 29-September 1

Ohio/Tennessee September Retreat 2019

September 5-8
Winfield, TN

Fall Retreat 2019

October 11-14
Barnet, VT

Winter Retreats 2020

January 2-5
White Memorial Conservation Center
Litchfield, CT

January 30-February 2
Omaha, Nebraska

Spring Retreat 2020

May 22-25
Barnet, VT

Summer Retreat 2020

9-day retreat: July 31-August 9
5-day retreat: August 4-August 9
3-day retreat: August 6-9
Barnet, VT

All retreats begin at 4:00 PM on the first day
and end at noon on the last day.
For more information see [retreats](#).

Retreat Center Coordinators

Administration: Shirley Walesch
Education: Christine Ucich
Fundraising: Rebecca Newhouse
Building Project: Ron Walesch & John Mallery
Landscape & Events: Betsy Barstow

Summer Retreat 2019



The group—Photo by Master Kim



Before the gala—Photo by Master Kim



Walking the labyrinth—Photo by Master Kim



Walking the microcosmic orbit—Photo by Master Kim



Don gets ready for his Korean language class in the new building—Photo by Christine Ucich



Tora at dawn—photo by Christine Ucich

Reconfigured Board for International Sundo Association, Inc.

Master Kim, Ron Catabia, and Virginia Platt resigned from the board, although they will still be actively involved in Sun Do as teachers.

The new board is as follows:

President: Tora Strawderman

Vice President: Roy Bushman

Secretary: Betsy Forrest

Treasurer: Diane Matta

Director: Don Zickefoose

Director: Christine Ucich

Director: Joel Dunning



Jerry Geier's drum sculpture of Master Kim, his teacher, and his teacher's teachers—photo by Christine Ucich



Pauline, Heidemarie, & Brian—photo by Steve Holmes

The Sun Do News welcomes stories, articles poems, photos, and announcements. Please send your contribution to Betsy Forrest as an email attachment, if possible, at bforrest777@gmail.com.

Website:

www.sundo.org

Visit the Sun Do website for information on Sun Do history, retreat dates and registration, and much more.

You may also e-mail questions to us through the website.

Find us on Facebook:

<https://www.facebook.com/Sundo.Healing/>

Editor and producer:
Betsy Forrest