

Sun Do Centers

Sun Do Centers	<i>Main Center</i>	West Hartford, CT...(860) 523-5260, Anne Lee 45 South Main Street, Suite 90, West Hartford, CT 06107-2402
	<i>Retreat Center</i>	Barnet, VT...(802) 748-3667 (during summer) (802) 748-3371 (during winter) Coordinator: Virginia Platt
	<i>Boston Center</i>	Boston, MA...(617) 666-8697, Rich Kramer

Sun Do trains instructors from around the world. Here are some of their locations:

USA	<i>California Florida</i>	Greater LA, CA...(310) 586-1594, Hank Babcock Tampa / St. Petersburg, FL...(727) 478-4211, Tora Strawderman Titusville-Orlando-Daytona-Ormand Beach, FL... (321) 863-9188, Leo Erlenbach
	<i>Massachusetts Minnesota Ohio Vermont</i>	Easthampton, MA...(860) 745-4154, Lucy Young Northern Minnesota, MN...(218) 751-1395, Kim Hedegaard Cincinnati, OH...(513) 884-1489, Roy Bushman Burlington, VT...(802) 865-9682, Ginger Hobbs Montpelier, VT...(802) 229-4262, Betsy Forrest St. Johnsbury, VT...(802) 748-3371, Virginia Platt
Canada		Lillooet, BC...(250) 256-0404, Wendy Larman
Europe		Vancouver, BC...(604) 738-7845, Steven Wong Paris, France...33-130-79-0489, Philippe Lewkowicz
Asia		Denmark...45-3946-4430, Sanne Briggs Cheonan, Korea...011-19-470-5316, Brian Quirk Melaka, Malaysia...60-6-232-3597, Charles Chiam

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West Hartford,CT 06107-2402

Sun Do News

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SPRING in Florida

The birds are singing before dawn now,
After sunrise, the Sandhill Cranes fly over in pairs,
honking to each other
their long legs neatly dangling behind.

The manure from the mare and her foal up the road
is composting, heating up, cooking,
turning into nutrients for the plants to
grow in this sandy soil.

"Stability is stronger than fate." (I Ching #47)

—BOUP SA BO TORA STRAWDERMAN

Why I Would Like to Teach Sun Do

by Nadine Bennett

I would like to begin with a quotation from my nineteen-year-old son, Joshua. Three months ago he left Canada walking with a pack back towards the United States, on a six-month journey to South America. From there he hopes to catch a boat to Spain to spend a year exploring Europe. From Nicaragua he e-mailed me: “Mom, I miss Sun Do. It really is great. I feel privileged to know it and to have done it. I've met many yoga enthusiasts and none know anything about it. It's almost like the new thing that isn't the new thing yet. Know what I mean? It'll probably make a huge appearance

in the youthful western world in no time.”

Joshua began Sun Do when he was eleven years old. He only came for a short while, but on the third time coming to Sun Do he had already memorized his postures and was correcting his mother on the order they occur. Last year he was teaching English for six months in Thailand with a ULead program from the University of British Columbia. While he was in Thailand he spent two weeks in

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World Kouk Sun Do Society

Master Hyunmoon Kim
(Boup Sa Nim)

Associate Masters

(Boup Sa Bo)
Ron Catabia
Philippe Lewkowicz
Tora Strawderman
Wendy Larman

Teachers

(Sa Bum Nim)
Rich Magnussen
Glenn Magnussen
Lucie Lambert
Virginia Platt

Senior Instructors

(Sa Bum Nim)	Betsy Forrest
Michael Dauria	Pauline White
David Delbrook	Al Passacantando
Betsy Barstow	Ginger Hobbs
Jamie Bussiere	Hank Babcock
Brian Quirk	Steven Wong
Song-Am Min	Kevin O'Hanlon

Instructors

(Su Sa Nim)	Peter Pagliaro
Diane Matta	Leo Erlenbach
Anne Lee	Heidemarie Heiss Holmes
Kwang Lip Pang	Stephen Holmes
Byung-Min Kim	Bob Nemeth
Colin McCaffrey	Rich Kramer
Martin Kemple	Christine Ucich
Deanne Farr	Eunmi Han
Stan Baker	Maria Kim
Richard Barstow	Ginny LeRossignol
Don Robishaw	Stanley Szczabrowski

Instructor Trainees

(Su Sa Nim)	Heidie Meyer-Bottling
Charles Chiam	Nicolas Tacchi
Tae Won Kim	Erik Spears
Mina Kim	Roy Bushman
Young June Kim	Kim Hedegaard
Tony Petrosky	Thierry Veil
Patrick Studley	
Barbara McCandless	
John Antonucci	
Phalin Yoeurng	
Jerry Geier	



Rich and his parents at CT retreat, January 2008

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silence with Buddhist monks, and upon returning home last spring, Josh wanted to do the Sun Do practice again, as he felt it was quite unique. He also came to visit Master Kim at our Lillooet retreat last October and enjoyed doing the practice with him. A good send off on his journey.

This e-mail from Josh really got me thinking. Yes, Sun Do is really great and we are so privileged to know it and to have done it, especially since we live in such a small community, and Sun Do is offered in only a few places in Canada. And we may not have known it if it hadn't been for Wendy Larman's devotion to the practice.

I remember years ago, calling Wendy up and telling her that I wasn't able to practice Sun Do as often as I liked because the times she offered class were not good for me, so I said that I would be coming to practice three mornings a week at 6:00 AM. Wendy said "no problem" and was there to

encourage me every time at 6:00 AM. How devoted is that?! Now Wendy offers Sun Do practice five times a week in town and two times a week in her home down Texas Creek Road.

Wendy's devotion is endless. But to devote as I have seen Wendy devote is quite an expectation. When I think of becoming an instructor trainee, a little voice inside me asks, "How can I commit to teaching Sun Do to others when I have a hard time as it is committing to Sun Do myself?" Well, I won't know unless I dive in. That is how I began Sun Do eleven years ago. I really had no instruction except to follow what everyone else was doing.

Wendy was away at the time. The breathing was a challenge, getting the breath down so low in the tancheon. I remember the meditation part-too long. I went three times, then stopped and started again three months later. I

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Ink drawing by John Wade based on Xia Gui's 13th century drawing, Rainstorm over a pavilion under trees on a river bank

Retreat Schedule 2008

Retreats @ Barnet Retreat Center 802-748-3667
(unless otherwise specified)

Summer Retreat

9 days: Friday, July 25 to Sunday, August 3
5 days: Tuesday, July 29 to Sunday, August 3
3 days: Thursday, July 31 to Sunday, August 3
First 4 days of 9-day retreat are mountain retreat format.

Fall Retreat

Friday, October 10 to Monday, October 13

Registration:

Regular Retreats: \$80/day
\$10/day discount if paid two weeks in advance

All retreats begin at 4:00 PM on the first day and end at noon on the last day.



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 betsyforrest@verizon.net. You can snail mail contributions to her address below:

Betsy Forrest
205 Forest Drive #2
Montpelier, VT 05602

Website

www.sundo.org

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

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

Editor
Betsy Forrest

NEWSLETTER DESIGN
In the Woods Design Studio
Lake Placid, NY

Promotions

Keon Kon Don Boup
(Yellow Belt)
Joel Dunning (LA)

Jung Ki Don Boup Hoo Pyun
(White Belt 2nd level)
Jane Taylor (Lillooet)
June Melhuish (Lillooet)
Marcello Ossa (Lillooet)
Novella Leimborg (LA)
Scott Conley (LA)

Instructor Trainee
Nadine Bennett (Lillooet)
Sheila Pfeifer (Lillooet)

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After lunch with Master Kim, Trish and Tora conferred, decided to stay for the afternoon practice, and then signed up for an eight-week course with Brian after that, and so it began!

In those early times Trish and Tora trained under Brian Quirk until he moved on, and then they carried the torch after that. Tora says Trish was the chief "engine" and advocate for the practice: keeping up the enthusiasm, rustling up people, spreading the word, and finding spaces and times to practice. One of those locations was the Dharma Zen Center of Los Angeles.

The group evaporated when Tora moved away for awhile, then reformulated in 2003 when Sa Bum Nim Tora moved back to Southern California and Far East Summit/Lifegate sponsored an L.A. workshop by Master Kim, reintroducing the practice to a fresh new audience. A practice space was established at Emperors College of Traditional Oriental Medicine, and we had a good run there.

This chapter of time is when most of us from the present practice group got to know Trish: she was a dedicated and outspoken Saturday morning practice regular-ever ready with creative outreach ideas and a fountain of helpful alternative health information. She also showed much leadership in her enthusiasm about mentoring new practitioners (as well as bungling Junior Instructors like me!).

I will miss our Saturday morning practices at Emperors with Trish, followed by our social time together with the group at the Bagel Nosh, where no topics of discussion were ever off limits. Trish and I would often split the breakfast special and drink tea together until one of us needed to move on into the day. In addition to being my fellow Sun Do Sister, she was a courageous person and a caring friend. She was an ESL teacher by trade, a teacher's union advocate, and a published author of a manual instructing teachers how to teach communication of feelings to adult ESL students. She was a longtime follower of Meher Baba, who was her first spiritual teacher. She was also a dabbler in real estate and interior design, a poet and painter, and a community gardens advocate. As those of us at the Bagel Nosh gang may well recall, she was a voracious student and tester of alternative health modalities, as well as a generous friend to others on the healing path.

There was a tribute to Trish at the recent 2008 winter retreat at Glen Ivy where remembrances were shared. Her uniform was then shipped back to Vermont where it was ceremonially burned at the February Mountain Retreat.

How can we thank you enough, Trish, for making that connection with Master Kim and the practice back in 1991 (as well as dragging your friend Tora along with you!)? You brought us all together, and we honor you.

—Ginny LeRossignol

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was curious—there was something about Sun Do that intrigued me.

Josh said, “I’ve met many yoga enthusiasts and none know anything about it.” What a shame! For this reason alone, I would like to become an instructor trainee of Sun Do, just to share it with others, and of course, to learn from others. I feel I have learned the most from my own children.

I feel the time is right for me to teach. For as long as I can remember, I have always wanted to teach. I was a Sunday school teacher at the age of 14, with a class of four-year-olds. I even taught my Grade 12 Community Recreation class how to crochet. I went to Simon Fraser University in hopes of becoming a teacher. Much later in life I taught a Parent/Child Mother Goose program for many years.

Yes, Sun Do is “like the new thing that isn’t the new thing yet.” I know exactly what he means. All the talk these days is about our inner core, Pilates, and many other forms of yoga. Sun Do has a taste of all these things and more. Never before had I put my hands and feet in the air to shake them; never before had I massaged my own face, head, neck, and shoulders or given a thought to my organs. My body loves the attention from myself.

And yes, I trust that Sun Do will “make a huge appearance in the youthful western world in no time”. I do know that Sun Do is very special in many different ways to many different people. And although the commitment of becoming an instructor trainee is scary for me, I feel in my heart I am ready, and with this knowing of readiness, I am honoured to teach such an ancient practice to others that may want to learn it.

In Memoriam: Trish Shannon

1945-2007



Trish and Tora

The Southern California Sun Do group lost a treasured member last September when Trish Shannon passed away quietly in her sleep in her own home after a prolonged battle with cancer. She was 62.

Trish provided the catalyst for Sun Do's coming to flower in its most recent form in Los Angeles. It began in 1991 when Trish noticed a flyer at the Bodhi Tree holistic bookstore in West Hollywood advertising a workshop for an interesting-sounding Korean Mountain Taoist meditation practice and a free 5-Element astrological reading by Master Hyunmoon Kim. Already a student of Mantak Chia's Healing Tao, Trish was familiar with basic Taoist concepts and was intrigued by the idea of "Mountain Taoism." She invited her dear friend Tora Strawderman to come along.

Trish and Tora set out on an adventure to the warehouse district of downtown Los Angeles where old industrial buildings had been converted into art studios. Brian Quirk, the coordinator of the L.A. Sun Do center at that time, had a loft there. Tora remembers it as a big space with a small cubicle where Brian lived. There were about 20 people attending this introductory session with the visiting Korean Mountain Taoist Master. "That day was a pivotal moment in my life," says Tora. She doesn't remember what Master Kim said that day, but has an indelible memory of the stainless steel chopsticks he used at lunch, as well as her first taste of "paper made out of seaweed" with rice.

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Winter Retreat, Southern California Style

January 24-27, 2008 | By Ginny LeRossignol



Glen Ivy retreat, January 2008: photo courtesy of Roy Bushman

The Southern California Sun Do group is so grateful to Master Kim for coming to present teachings at the annual winter retreat in Glen Ivy, California, and also appreciative of all of you who made the trek out to the West Coast to attend. It is so fulfilling to be reunited with Sun Do family who live all over the continent—to be able to share our space together and participate in this rejuvenating practice in such a lovely and restorative natural environment.

For four years this unique locale has provided a wonderful environment to retreat from our busy lives to focus on the practice with teachings from Master Kim and his Boup Sa Bo's (associate masters). There are so many special things about the Glen Ivy Sun Do retreat experience that we wish we could share with you (more details below) , so we are delighted to announce that the slot is already secured for next year's winter retreat – January 15-8, 2009-giving Sun Do practitioners everywhere early notice to plan ahead to attend next time!

About the Retreat
This year, Master Kim was assisted by Boup Sa Bo's Tora and Wendy who provided supplemental workshops. A highlight was Master Kim's presentation on Chung-San's Thoughts and Sun Do Philosophy, as well as his detailed clinics, which really help fill out this non-conceptual practice, giving us points to consider and things to aim for when we're practicing on our own again. Master Kim also took advantage of Glen Ivy's unique geological features by officially integrating the adjacent Hot Springs into the schedule (post-lunch free time and workshop slots back-to-back), and inviting all retreat participants to join him at the spa.

Other workshops included Wendy's famous "Dancing Massage" (to Flamenco & Celtic tunes!), endocrine gland attunements with Tora (a Glen Ivy healing modality), and lots of other helpful information. (But we still missed you, Ron!) In addition to our Southern California contingent, retreat attendees flew in from Northern California, Nebraska, Minnesota, Ohio, and of course, our Boup Sa Bo's from Florida and British Columbia, and our world-

traveling Master Kim. It was wonderful having you all here!

About the Land & Glen Ivy Community
Glen Ivy is an unusual hideaway in the inland desert region of Southern California 80 miles east of the Pacific Ocean. Much revered by indigenous peoples long ago as sacred land, Glen Ivy sits on a ley line of natural sulphur hot springs on the desert fringe of Los Angeles. In counterpoint to the nearby desert suburban sprawl and cluster of chic hot springs resorts, the Glen Ivy Community is quietly poised in its micro-climate niche, tucked up against a forested crook of the Cleveland National Forest where Coldwater Creek tumbles down a dramatic rocky canyon.

The Glen Ivy spiritual community (where Tora used to live and work with her husband David until they moved to Florida) is on 30 acres of land with a three-story lodge which is called home by the residents and becomes our temporary home for three days



Glen Ivy Lodge

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each year. The community hosts spiritual retreats, and most of the residents practice the healing modality called "Attunement." The Glen Ivy community strives to live in harmony with nature, and it really shows: the terrain makes for many choices of idyllic walks, either by shady creek banks or in winding desert foothills, past the beehives and array of solar panels that power the community. The grounds have multiple acres of certified organic fruit orchards yielding a year-round abundance of apples, peaches, almonds, citrus, avocados, and figs, to name a few. The tropical pond, succulent garden with winding paths to the spa, and herbal labyrinth that Tora's husband David helped design, install, and plant have grown into lovely spaces for contemplative walks.

The rooms are cozy and comfortable (double occupancy unless you reserve a single), and the delicious meals are served buffet style, with always a vegetarian main dish option. We shared a comfortable family-style dining room with the residents and another small retreat group this year. Thus, the basics (shelter and food) are handled in an elegant manner, freeing us up to focus on the practice, and also making that

4:30 wake-up gong a little less jarring...well, almost!

This quote from the Glen Ivy Community Website captures their philosophy as well as the overall tone of this special environment: "The Glen Ivy community thrives as a working example of the practical application of spiritual principles in everyday living. People work and learn together in an atmosphere of respect and open communication. Personal development is key for the collective to flourish. Glen Ivy is a gracious, love-filled home for its residents and the many who visit. Of great importance is Glen Ivy's commitment to respect the land and to work gracefully with the rhythms of nature."

Appreciation
Many thanks to Sun Do practitioner and Glen Ivy resident Bill Crossman and his dear wife Wendy for facilitating the connection with the Glen Ivy Community, as well as for securing a retreat date for us next year. We hope we can be reunited with many of our long-distance Sun Do family here next year: January 15-18, 2009.

For more information, please contact 1-888-441-0489, extension 4, or watch for details on the Sun Do website as the date approaches.

I would like to donate:

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for:

- ☐ Retreat Center
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