



# Sun Do News

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## *Winter 2021*

Volume 37, Issue 1

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### Farewell, Ron

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*Our dear friend and teacher, Master Ron Catabia, passed away suddenly on December 17, 2020.*

#### **A Tribute to Ron from Lucie Lambert**

Here, in 2014, Master Ron Catabia exudes calm, serenity, and alertness. He was a friend, a resourceful person, a communicator with a thunderous voice to instruct us about many aspects of the Taoist Sun Do breathing practice, including the psychological transformation that one would go through as one keeps steadily practicing over a long period of time. He was our scholar, publishing articles in the *Journal of Daoist Studies*, our teacher of Chinese medicine, our informant about the history of our Sun Do lineage. He was a humble giant among us, towering above the community with his knowledge made available to all of us; kind, patient, and generous. He may not have always agreed with Master Kim, but he was very loyal to him. He was faithful in the process of transformation, which worked for him to overcome major digestive problems he had when he adopted Sun Do 32 years ago.

I visited him and Helen, his former wife, who welcomed me graciously overnight at their home in Northampton in 2001. The following day, I realized that he had been up at five for his

Dear Members,

I have finished my 5-day Winter pilgrimage

at Sundo Retreat Center in Vermont.

I am doing this because of my spiritual vaccination which I value more than a biological one.

I will do it again for 9 days this Summer.

My journey will go on.

----Master Hyunmoon Kim



practice while I was asleep. He exemplified the personal discipline one needs for this practice to bear fruit. He often volunteered to ring the gong at retreats at 3:00 in the morning for the start of the practice at 3:30. He showed leadership in many ways, and his wisdom permeated his actions.

His last call in the Fall was to invite each of us to write a chapter about the outcome of our experience of practicing Sun Do for his impending book. He thought this was a way we could also learn from each other. As I read these lines of Lao-tzu's poem, I think of Ron:

*The Master doesn't seek fulfillment.  
Not seeking, not expecting,  
he is present, and can welcome all things.*  
(Tao te Ching #15)



Ron and Master Kim



## International Sun Do Association

### Grand Master

Hyunmoon Kim

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Ron Catabia

Tora Strawderman

### Teachers

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Virginia Platt

Betsy Forrest

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Christine Uchich

Roy Bushman

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Al Passacantando

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Ginger Hobbs

Betsy Barstow

Hank Babcock

Brian Quirk

Stephen Holmes

Kim Hedegaard

Rich Kramer

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Don Zickefoose

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Teresa Lenzen

Barbara McCandless

Joel Dunning

Heidemarie Holmes

Teresa Dunning

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Florin Serbanescu

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Mihaela Talpau

Rebecca Newhouse

Marciana Ranceanu

Greg Vorst

Inna Dagman

Kira Visek

Korodi-Popa Ferenc

Milan Strnad

# Winter Retreat 2021

By Don Zickefoose

*Resilience –*

- 1) The power or ability of a material to return to its original form, position, etc. after being bent, compressed, or stretched;*
- 2) The ability of a person to adjust to or recover readily from illness, adversity, major life changes.*
- 3) The ability of a system or organization to respond to or recover readily from a crisis, disruptive process, etc.*

The 2021 Winter Retreat was held at the Retreat Center in Barnet, VT. Leading up to the retreat, I had many apprehensions about attending. Since late September 2019, before Covid-19, I developed a daily productive cough. I went to the doctor in September of that year and was treated with antibiotics to no avail. When Covid-19 and the first round of restrictions were announced in March, my practice fell apart; I ate and drank whatever I wanted for several months, thinking, what's the use? I scheduled several tele-doc appointments to try to rid myself of the cough and was prescribed everything from acid reflux medicine to allergy medicine, with the suspicion that I had developed asthma. My eldest daughter's wedding was in the summer right in the middle of the retreat, and I was, in my mind, in no shape to attend, since I had gained a significant amount of weight, and I was embarrassed not only about my lack of progress, but also my regression.

By the time the January retreat was on the radar, my weight had climbed to 274.6 lbs! My blood pressure was 159/106 with medication. My resting heart rate was 106 bpm. My pulse oximeter was 96 Sp O<sub>2</sub>; and my fasting blood sugar was 151 mg/dl. This equates to Class 3 Obesity, Stage 2 Hypertension, Type 2 Diabetes and low oxygen levels. Classic metabolic syndrome... a recipe for death!

Near Christmas, I learned that Ron Catabia had died of a heart attack the day before my 53<sup>rd</sup>

birthday, and I realized that if I did not do something soon, I would be joining him.

I called a number of fellow Sun Do practitioners to see who was going to the retreat. It seemed as though no one was going due to Covid restrictions. It would have been easy to say that I was unable to attend due to the restrictions, and I could have avoided the embarrassment of my physical condition, but the voice deep inside of me said that if I did not go, I would be dead soon!

## Tuesday Day 1:

Driving up the driveway, there appeared to be a young girl building a snowman. She was in a full snow suit and appeared very proud of the little greeter she had created; I waved, and she waved back. I later found out this was Kira from the Embodied Recovery Center in Los Gatos, California, one of the two other participants, both from California, in the retreat.



A cozy dining hall—photo by Master Kim

Upon arrival, I donned my mask, and got out of my car. Master Kim came out of the new building to greet me and take my temperature by giving me an unconditional hug; all was well. He invited me in, and we sat in the warmth of the well-insulated new building heated by the wood stove. I was amazed at how much had been accomplished since the summer of 2019. Woodwork, lighting, and the kitchen was nearly complete. We had our first meal prepared by Mrs. Kim; as always, her cooking is phenomenal.



**Mrs. Kim cooks a meal in the new kitchen—photo by Master Kim**

Master Kim asked me to run the generator for the well pump after lunch. I unpacked, changed clothes, and started to trudge up the hill in eight inches of snow. My breathing was labored, and I was coughing and hacking up phlegm. It took me nearly 45 minutes to get up to the generator shed, only to find that the generator was missing; Gah! Knowing that we've had at least one generator stolen in the past, I feared the worst.



**Don and his nemesis, the generator—photo by Master Kim**

I called Ron Walesch to find out that the generator was in the new building, covered by some pieces of insulation. The generator was heavy and had a full tank of gas. After several attempts to drive the generator up the hill, sliding sideways and backwards in the snow, we were able to make it to the top. But we still had

the woods to contend with, about 100 yards uphill. Master Kim and I worked in five-yard increments, after each of which I would have to take a breather, cough, and hack up phlegm. It was clear I was not ready for the mountain retreat, but I was here, and I would do the best I could. It took over an hour for us to get the generator up to the generator shed. Soaked with sweat, we struggled and finally overcame! Another amazing evening meal, and a 7:00 pm practice ended the day.

### **Wednesday Day 2:**

3:00 am wake-up, 3:30 sitting meditation followed by walking meditation, bear walking, and tiger walking meditation, and then a double practice. My focus was on Jung Ki Dan Boup 1, still coughing and hacking during the practice. The other participants Greg and Kira didn't seem to be bothered by my respiratory issues, although I was very self-conscious. Breakfast at 7:30 am, a feast prepared by Mrs. Kim again, including a pot of Cinnamon Ginger Tea heated on the wood stove.

9:00 am, 500 Big Bows. Coughing and hacking, bowing, snot and sometimes tears rolling down my face. Cleansing on many levels.

12:00 pm, Lunch feast again prepared by Mrs. Kim, including many dishes and miso soup from miso Master Kim made himself in Korea.

2:00 pm, Outside work with the Californians stacking wood, and I removing the small garden fence, which was frozen in the ground. Heavy breathing, coughing, and hacking much like when moving the generator up the hill, although today, slightly less intense.

4:00 pm, Rest, Pass out on training hall floor.

5:30 pm, We feast again, Mrs. Kim's cooking concentrated for the five of us. Simply amazing!

7:00 pm, Practice, still working Jung Ki Dan Boup, still a light cough, almost too tired to care.



**Thursday Day 3:**

Double Practice, breakfast, Sun Do Clinic, single practice, lunch, work, dinner; evening practice was sitting meditation followed by Ohm chanting. This is where things got a little interesting. My lungs started to clear. I still had a light itch in my upper lungs, but the fluid that had been there for the past 18 months had dissipated.

**Friday Day 4:**

I switched to a Blue Belt set for Sun Do Clinic and a single practice. After lunch we stacked wood in the meditation hall, and at 2:00 Master Kim prepared a surprise party, which was a Grand Opening of Dunkin' Donut Branch at Sun Do Retreat Center. We celebrated with donuts and coffee, definitely a first for me at a Sun Do retreat.

**Saturday Day 5:**

After lunch we took a hiking tour of the property. It was cold and snowy and slippery. We first meditated at the summit of the property, now known as Mu-Woon Summit, named after the older of Chung San's grand teachers. We then traveled to the hermitage, where many have stayed for extended individual retreats. Next, we walked the labyrinth together. We then made our way to the hilltop now known as Chung-Woon Hilltop, named after Chung San's teacher. We followed the microcosmic orbit down to the meditation hall, which will be known as the Po-II Meditation Hall; Po-II is Master Kim's Sundo name. And he named the Sun Do Retreat Center the Chung-San Monastery. So, Master Kim's mission was completed by connecting the Sun Do lineage of Po-II to Chung-San to Chung-Woon to Mu-Woon at the retreat center in the West.

**Sunday Day 6:**

My lungs are completely clear. After the promotion ceremony and breakfast Ron Walesch and I retrieved the generator, and I made my long journey home.

As I write this my weight is 254.7 lbs, blood pressure 127/80, resting heart rate 77, pulse ox: 98, and blood sugar 98 mg/dL. After a very short but intense retreat I went from Class 3 Morbidly Obese to Obese, dropped my blood pressure from nearly Stage 2 Hypertension to Normal, dropped my resting heart rate by 29 bpm, increased my pulse ox by 2 points, and decreased my blood sugar by 53 mg/dL. My chest congestion and cough are completely gone, after 18 chronic months, and I don't feel as if I am going to die anytime soon.

We often forget how strong a medicine the retreats are. My hope is that my transparency about my health helps someone else who may be struggling. There's no need to be afraid!

Thanks for reading, and I hope to see you all this summer, in an even healthier body!

*Don Zickefoose practices in Ohio*



**Promotions at the winter retreat: Kira, Greg, Don with Master Kim**

**Support SunDo's mission of  
spreading brightness for a healthier  
happier society.**

**Please donate to our CURRENT 2021  
fundraising goal of \$32,000.**

For over 22 years, the SunDo Retreat Center has been a place that revitalizes and heals the spirit. Help us do more in the coming year with a new kitchen and dining hall for retreats in Vermont. With our smaller fundraisers plus larger matching donations, we believe this is possible!

You can donate through a PayPal Giving Fund [here](#). (Control/click)

As a 501(c)(3) educational non-profit, SunDo International no longer incurs any processing fees on donations. So, every last cent of your gift goes directly to development of the Retreat Center to create a place for SunDo healing and education.

Checks payable to SunDo may be sent to: *SunDo  
C/O Treasurer Roy Bushman, 5059 Grandview  
Place, Cincinnati, Ohio 45212.*



**New building and the meditation hall at 2021  
Winter Retreat—photo by Master Kim**

## Retreat Schedule

### Memorial Day Retreat 2021

May 28-31  
Barnet, VT

### Summer Retreat 2021

9-day: July 29-August 8  
5-day: August 3-8  
3-day: 5-8  
Barnet, VT

**One of Sundo's legends has merged  
into the Darkness.**

**Darkness within Darkness**

**The way to all understanding!**

-----**Master Kim**

**There will be a memorial ceremony  
for Ron Catabia and Pauline White at  
the summer retreat.**

### Korea Trip 2022

**Begins April 7, 2022**

Come to South Korea and you'll discover why SunDo members consider this trip one of their most fascinating experiences. Travel with Master Kim to see historical attractions such as Gyeongbok Palace and the National Museum of Korea. If you're more of a nature lover, there are plenty of beautiful parks and forest therapy sites to visit. And art lovers may enjoy both the ancient and modern art of Korean culture.

Tour also includes promotion ceremony in Seoul and practice classes at SunDo Centers in various Korean cities.

Pricing and date information [here](#).

## Promotions

### **Joong Ki Don Boup II (White-Yellow)**

Korodi-Popa Filip (RO)

Brianne Smith (US)

### **Keon Kon Don Boup (Yellow)**

Michael Nolan (US)

Karl Wiesner (DEU)

Nasha Ambrosch (DEU)

Ferenc Korodi-Popa (RO)

Inna Dagman (US)

Kira Visek (US)

### **Won Ki Don Boup II (red/blue)**

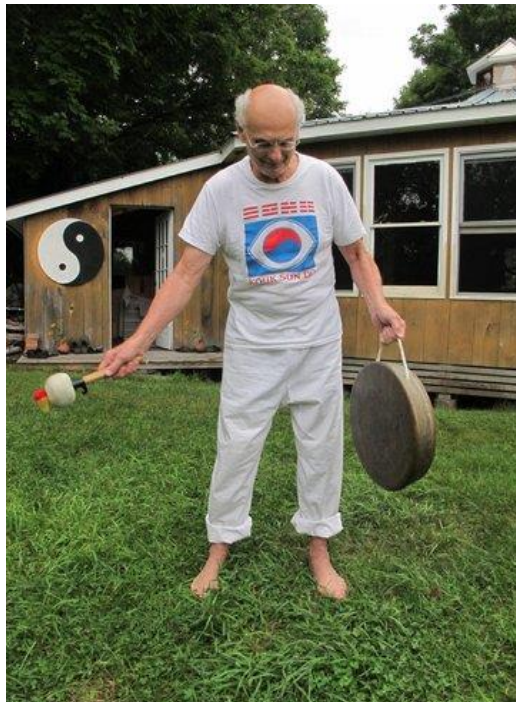
Greg Vorst (US)

### **Won Ki Don Boup III (blue)**

Don Zickefoose (US)

Florin Serbanescu (US)

**Correction to first fall 2020 newsletter:  
Lucie Lambert's donation of \$5000 in  
January, 2020, was inadvertently omitted.  
Thanks, Lucie!**



**Ron rings the gong—photo by Lucie Lambert**



**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](mailto:bforrest777@gmail.com).

### **Website:**

**[www.sundo.org](http://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