



CHI CHAT with Grandmaster

Issue 19

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This personal message is for internal distribution to CDI members only. If you have any interesting health-related experiences to share with our readers, please email to gmasteranthony@gmail.com.

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Do you know ...

.... that eating nuts does not really make you fat and is in fact good for your heart?



Be they walnuts, almonds, cashews or other types of nuts, they are a good source of protein, fiber, Omega-3 fatty acids which may help prevent blood clots and essential fats which are known to help lower your blood's LDL (bad) cholesterol and raise HDL (good) cholesterol.

From the Grandmaster's Desk



SPECIAL BONUS FOR RETREAT PARTICIPANTS!

I have good news for members who are attending the Medan Retreat in October!

If you wish to extend your stay to enjoy an extra night at the Hill Hotel & Resort after the Retreat ends on Sunday 12 October, you may do so for **FREE**.

Courtesy of Chi Dynamics, this free night's stay includes meals. It is based on twin room sharing basis but if you prefer a single room to yourself, there is a preferential charge of \$40.

All those extending their stay are also invited to an evening social programme which is being organised by Senior Instructors **Lawrence Chong** and **S.J. Chiang**.

If you wish to attend the Retreat, please register as soon

as possible. There are still a few places left and registration will close on 10 September, or sooner if all places are taken up. Book now to avoid disappointment.

OUR MAN FRIDAY

In this issue, we turn our attention to **Ronald Lim**, Chi Dynamics' *Man Friday*, with whom we had a chat recently. A familiar face at the Alexandra Centre, Ronald is the volunteer responsible for keeping Chi Dynamics' accounts and administration in good order. To get to know Ronald a little better, please turn to the next page.

During our chat with Ronald, he expressed some concern that members are dropping out after a while. I have also observed this trend but would add that there are also members who have been with us since day one. I reckon these members prefer exercising in a group to stay healthy as it also offers them the opportunity to socialise and enjoy each other's company as well.

I am glad to see that we have a core of regular members who have blended so well with each other; some have become very close friends and even go

on holidays together. My wish is to cultivate and strengthen camaraderie within Chi Dynamics and I trust you will help me achieve this mission by welcoming new members warmly and making them feel as part of our family.

BUDDY SYSTEM

On my part, I will be organising more get-togethers and bonding sessions for members to interact. Please do make an effort to attend these gatherings which provide you the opportunity to meet and get to know other members better.

On your part, may I suggest that you adopt a buddy system among yourselves? It won't take too much effort to call a buddy to remind him or her to attend training classes, or to check on them should they miss training sessions. Bonds will eventually strengthen and friendships blossom when you show that you care.

Chi Dynamics would not be where we are today if not for our sponsors and volunteers, and I thank them very much for their valuable contributions and support.

Grandmaster Anthony Wee



Our Man Friday Ronald Lim

Volunteerism in his blood

Whenever newcomers drop in at the Alexandra Centre to register for classes, the first person they are likely to meet would be **Ronald Lim** - the man seated behind the reception desk.

As the volunteer administrator for Chi Dynamics, Ronald would offer information, collect fees, record registration details into his laptop and introduce the new members to the instructors. With his uncanny knack for remembering faces, it will not take him long to welcome members by name and taking their attendance as they walk into the Centre for classes.

Grandmaster Anthony Wee describes Ronald as a caring person who is committed to making a difference to the community through voluntary work. **"He is meticulous, efficient and always on the ball. I can depend on him to get things done no matter how arduous the task is. He is indeed our Man Friday!"**, Grandmaster added.

We caught up with our "Man Friday" for a chat recently and here is what he shared with us.

Chi Chat: Ronald, please tell us a little about yourself

Ronald: I am a retiree enjoying my autumn years. As my children are all grown up, I have time on my hands to travel and spend time with my family, and also to do as much as I can to help less fortunate people through community work. Besides volunteering as CDI's administrator, I also do other voluntary church programme work on weekends.

Chi Chat: How and why how did you get involved in Chi Dynamics?

Ronald: I've known Grandmaster Wee since the 60s when we were in the University of Singapore together. Our friendship continued during our National Service days and subsequently in our working lives. Although we lost contact during the 80s and 90s when he migrated to Australia while I had expatriate assignments, we reconnected again when he returned to Singapore and started Chi Dynamics at Phoenix Park. When the Alexandra Centre was established in 2012, I decided to lend a hand as I knew then that he needed help since he was not going to be here all the time.

Chi Chat: What exactly is your role as the CDI administrator?

Ronald: I am responsible for everything to

do with CDI's administration. Apart from ensuring that membership records and accounts of the Centre are accurate and up-to-date, I maintain CDI's website, Facebook page and YouTube channel by uploading photographs, videos and news of CDI activities such as classes, workshops, clinics and retreats.

"Ronald is meticulous, efficient and always on the ball. I can depend on him to get things done no matter how arduous the task is. He is indeed our Man Friday!"

- Grandmaster Anthony Wee

Chi Chat: You obviously enjoy volunteering your time and efforts to CDI administration. Please tell us why.

Ronald: Yes, I do enjoy what I do. As I said earlier, I have spare time on my hands and the Alexandra Centre offers me the opportunity to do something worthwhile; it also enables me to interact with members and widen my circle of friends. What will I do in the evenings if I don't spend a couple of hours there?

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Chi Chat: Are there any challenges you face as the administrator at the Alexandra Centre?

Ronald: My biggest bugbear is when people do not respond to emails, especially to event attendance. It will help our team of volunteers tremendously with logistics, such as seating, audio-visual equipment, preparation of handout materials and catering arrangements if responses are received as early as possible instead of the last minute.

It will also be nice to receive constructive feedback (*negative or positive*) to help us improve our training programmes to serve members and the community better.

Chi Chat: How do you see the future of CDI?

Ronald: We are fortunate to be blessed with a core of dedicated instructors and this augurs well for the Centre which I see will grow in membership.

However, the challenge is in maintaining the interest of the members. I see many dropping out after a few weeks or they attend the classes intermittently.

I am sure the members are aware that they have to be disciplined in doing their exercises consistently but pressures of work and other priorities might be keeping them away. Having worked in an MNC, I can empathise with them as work pressures are greater these days; even at the end of the working day, they might have to participate in teleconferences, internet meetings or travel.

It is so easy for the members to find an excuse not to attend class but I do hope that they will make a special effort to come to the Centre as often as possible to participate in the group exercises to develop and improve their Qi. At the end of the day, it is their health at stake and they should prioritise their personal schedule.

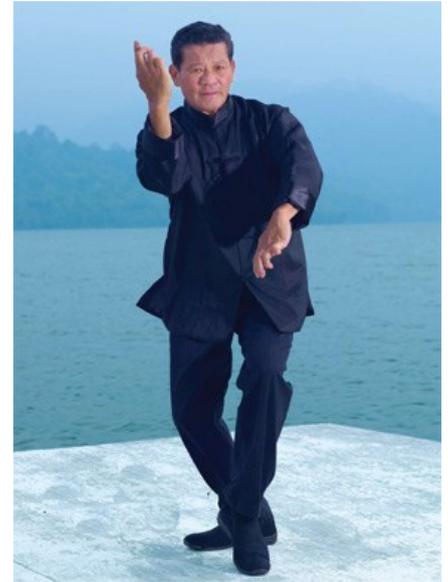
Ask Grandmaster

Question: Some Qigong trainers claim that the arm swinging exercise which we called the "Mao Swing" can cure cancer. Is this true?

Answer: Absolutely not!

At best, the exercise helps to burn up blood sugar and control high blood pressure but to claim that it can cure cancer is untrue and far-fetched to say the least. Furthermore, there is no clinical evidence to support the claim.

Those who make this claim are bringing disrepute to the art of Qigong.



Dear Grandmaster

After reading your response to the question on protein-rich food in the last issue, I would like to share with our fellow members that **Sabah Snake Grass** could possibly be another avenue for curing cancer besides chemotherapy and surgery.

Sabah Snake Grass



One of my friends took this juice daily for three months while undergoing chemotherapy treatment and he is now back to full recovery. He also recommended it to his neighbour who had a big lump about the size of an apple on her neck; after drinking this juice daily for six months, the lump disappeared totally!

When you do a Google search for Sabah Snake Grass, you will find many people lauding it as a 'miracle' herbal cure for cancer. Although there is no clinical evidence to support it, I reckon there must be some beneficial properties in it to combat cancer since it has worked for many people.

From my own experience drinking the juice daily, I believe it strengthens the immune system which is the first step towards killing bad cancer cells. I have the plant in my garden and if anyone wants to try it, please ask them to contact me for free samples.

S. C. Kan

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