



# BHTCC NEWSLETTER

TERM 4, 2012

Better Health Tai Chi Chuan Inc.  
ARBN Y2072442  
A non-profit organisation

To provide  
An enjoyable  
and supportive  
environment  
for all to learn  
and to grow through  
Tai Chi Chuan.

6 Fisher Place  
Narwee NSW 2009

Phone  
02 9533 6511

Fax  
02 9534 4211

Email  
[info@betterhealthtcc.com.au](mailto:info@betterhealthtcc.com.au)

Web  
[www.betterhealthtcc.com.au](http://www.betterhealthtcc.com.au)

Editor:  
Philo Kaarma  
[Philomena.kaarma@gmail.com](mailto:Philomena.kaarma@gmail.com)

All forms of contribution  
to the BHTCC Newsletter are very  
welcome.

Please contact the editor  
with all submissions

**Better Health Tai Chi Chuan is a non-profit organisation aims to provide an enjoyable and supportive environment for all to learn and to grow through Tai Chi Chuan.**

## **Better Health Tai Chi Chuan website**

Our updated website is at

**[www.betterhealthtcc.com.au](http://www.betterhealthtcc.com.au)**

It is currently under construction and will be ready in next two weeks.

**We have a new YouTube clip at**

**<http://youtu.be/AnWWTH-ByaY>**

*This is an information and welcome page.*

Please forward this YouTube clip to your friends and colleagues to let people know about our new website and also about our wonderful school.

If you missed our demonstration day last week, why not invite your friends to the first day of the 2013 year. They can have a look at our school, meet our instructors (the best and most qualified) and find out what tai chi for better health is about and have any questions answered.

### **Tai Chi classes address:**

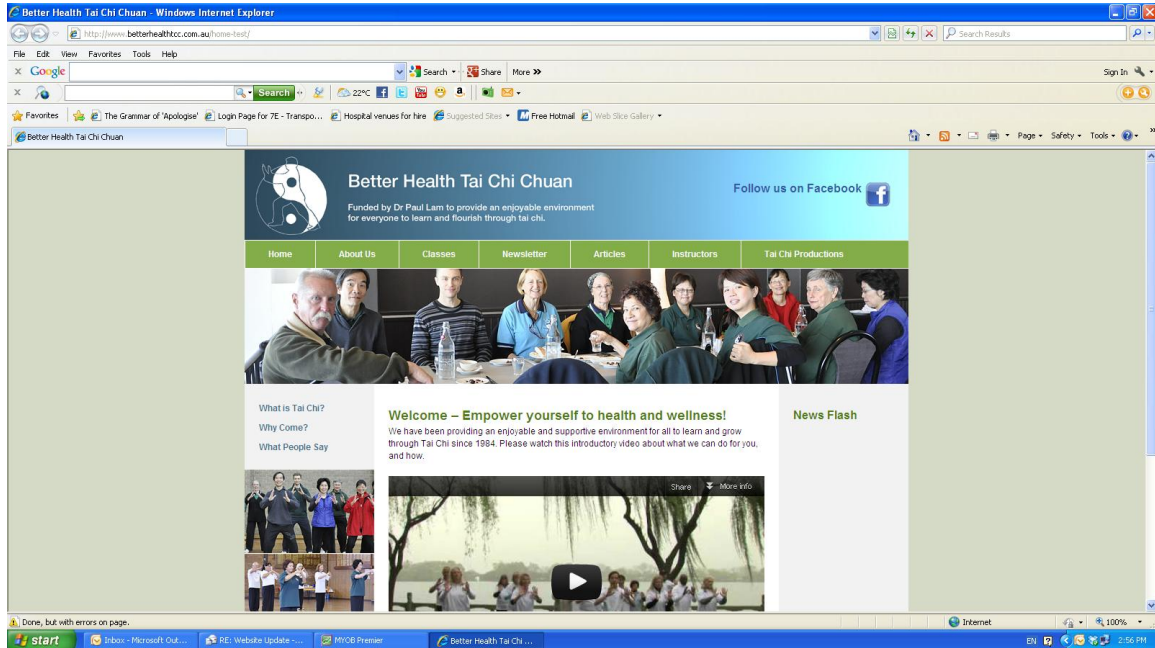
**Venue:  
St George Girls High School  
at the new gym, Victoria St., Kogarah, 2217  
(Entrance via Harrow Road)**





*Below is a sneak draft preview of Better Health Tai Chi Chuan website*

*Our updated website is at [www.betterhealthtcc.com.au](http://www.betterhealthtcc.com.au)*



## 2013 FEES

**The Better Health Tai Chi Chuan School is offering a special rate for those students who pay in November 2012 for the 2013 year .....to take advantage of this offer; the payment must be made this month!!! ...**

**Standard rate \$320: Partner \$280 and Concession \$220.**

This includes tai chi instruction on Tuesday nights for the year; as well as an informal get together practising the forms on Thursday nights .... (although Thursday is not a teaching night, those of us who do go regularly agreed that we could take it in turns to give some time to anybody who comes along and needs some help on the Thursday nights).

What a bargain - all this for \$320, bring your partner for only \$280 and if you are a pensioner (must produce card) the cost is only \$220. There are not steak knives available for this wonderful offer, but don't forget this offer is for the month of November 2012.

Please note: We all understand that the banks have astronomical fees, this has led to the school having to make the decision that we cannot accept card payment this year so fees

will have to be paid in cash (the correct amount would assist), or by cheque. The banks were taking a huge percentage from the school for acceptance of card payment, as we are non profit organisation, we couldn't afford to keep the banks rich. I am sure you will all understand. Thank you.

**First day of tai chi class is Tuesday 5 February 2013 commencing 7pm.**



**End of the year Christmas dinner - Friday 30th November**

**At the Yummy Yummy Chinese Seafood Restaurant, 258 Belmore Rd  
Riverwood.**

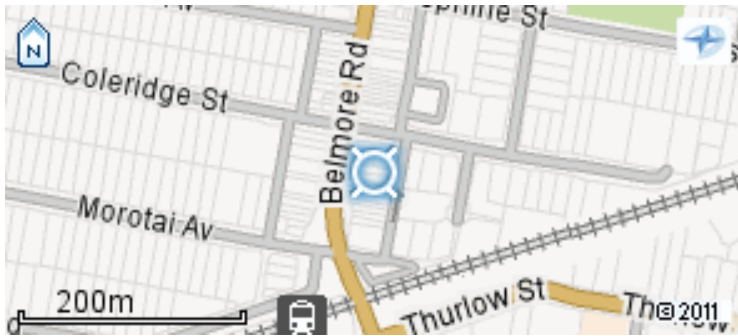
**Only \$35 for a delicious 12 course dinner.**



There are lots of parking spaces along Belmore Road and there is a car park area on the left after turning into Coleridge St in Belmore Ave. The nearer train station is Riverwood (walking distance to the restaurant). It is not a posh looking restaurant but the food is highly recommended by a lot instructors and friends.

On top of that at \$35.00 for a 12 courses dinner with free flow of soft drinks & tea, I think it is a good deal. Thank you to Serene Serene Yong Harris, Instructor extraordinaire, for managing to negotiate \$35 for a 12 course dinner. Please pay Serene direct the \$35 this week so she can arrange the numbers for the booking and advise the Chef how many of us are coming.

**Yummy yummy food and great tai chi company, why wouldn't you attend the 12 course dinner on Friday 30 November 2012, all for \$35 per head?**



I can see that the Yummy Yummy Chinese Seafood Restaurant is quickly going to become a favourite place. Yummy Yummy, it certainly is good name.



**Last class 2012:** While we are in the party mood, the last class of 2012 is Tuesday **27th November**. We will have our annual combined class with a bit of fun, laughter and tai chi. It is requested that everyone brings a plate of food for our end of the year fellowship. .



Thank you to all the instructors and assistant instructors and everyone at Better Health Tai Chi Chuan school for their valued instructions and assistance during the year. Your volunteering to teach us the art of Tai Chi is much appreciated.



A message from our Librarian – the esteemed **John Gough** (*doesn't he look cute as a tinker bell Santa Claus?????*). John would like to remind you that all books, magazines, CD's, DVD's are to be returned before the end of the school year. Please ensure that the items borrowed are returned.



## **DR PAUL LAM BETTER HEALTH TAI CHI**

A MESSAGE FROM Dr Paul Lam .....

I would like to invite you and your friends to our forthcoming 15th annual workshop. We will stage the first talent show to celebrate this milestone. The workshop will be a great time to learn and practice Tai Chi, to replenish/restore your energy (Qi), as well as networking with friends from many countries. I am sure you will enjoy this special time for Tai Chi and self-growth. There will be 12 classes to choose from,



## **INDIVIDUAL WORKSHOP**

**January 7 - January 12, 2013.**

**Sydney, NSW, Australia.**

**One Week Tai Chi Workshop**

### **Location**

- **St Vincent's College**
- **Rockwall Crescent**
- **Potts Point NSW 2011**