

Hi Everyone,

2022 is the year of the Tiger and more specifically when adding the coordinated five element cycle to it makes this year the Water Tiger which appears every 60 years.

The Tiger is known as the king of all beasts in China. In their culture, the zodiac sign Tiger is a symbol of strength, exorcising evils, and braveness and overall indicates a prosperous year. Water adds the concept of flexibility and ebb and flow - the attributes of contemplation, calmness, (re-)consideration, observation and reflection. Hopefully this will manifest itself in a growing resilience to the current world-wide Covid crisis and a better year for all of us.

The good news is that Joan is raring to go and we intend to restart our regular sessions in Coleford Wed 29th Jan (11am), Longhope Wed 2nd Feb (3.30pm), Linton Thursday 3rd Feb (7pm). Unfortunately we are not yet in a position to reopen Tibberton/Rudford and Blaisdon. Also the 'Beginner's' restart at Longhope will be delayed a few weeks. Please keep checking the website.

We will still be following national & local guidance on safe spacing and hall ventilation and would still prefer masks to be worn if possible.

Now for some sad news (which has already been communicated to some of you). Ken Hitchings, at the age of 91, passed away peacefully in hospital in mid January. Ken was an Assistant Instructor with us between 2000 - 2012 and practised with us at every venue, but had been forced to stop attending our sessions in 2013 due to the onset of what was to be 9 years of a debilitating illness.

Ken was profound philosopher and my neighbour and friend for over 44 years, and I've spent many hours over that time enjoying deep discussion and debate with 'my wise old sage'. Although he had been unable to practise T'ai Chi with us any more, I've continued to have a close friendship with him and his wife Mair, and witnessed his frustration and progressive deterioration over the past few years. Thankfully he is now at peace.

Many of our past and present members will have enjoyed T'ai Chi with Ken and he will be fondly remembered. His agility, patience and example has been an encouragement to new students of all ages and ability.

Stay Safe,

恭喜發財 Gong Hei Fat Choy (*Wishing you all happiness and prosperity*)

Trevor & Joan

CRYSTAL T'AI CHI

*T'ai Chi For All Ages & Abilities
Forest of Dean - Gloucestershire*

Tel: 01452 830000

www.crystaltaichi.co.uk