



*A world of peace, health & enlightenment*

National Qigong (Chi Kung) Association ☉ USA

## NQA Research and Education Committee

### Minutes

Meeting: **July 28, 2013 1:30 pm Eastern Time, 10:30 pm Pacific Time** NOTE TIME CHANGE  
(meetings are generally the fourth Sunday of each month)

Held at T.Burke's Lounge at Double Tree Hotel by Hilton, Valley Forge

Conference Number: 605 475-4333 code 919728 (cannot guarantee sound quality)

No Webconference for this meeting - In Person Meeting

Group File Storage Location: <http://HPLConsortium.com/mollify>

### Committee Members

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#### Attending Green Means Attended,

CHAIR - CJ Rhoads ([cjrhoads@taijiquanenthusiasts.org](mailto:cjrhoads@taijiquanenthusiasts.org))

Alan Graham ([info@alangrahamdc.com](mailto:info@alangrahamdc.com))

Lauro Medina Jr. ([laurojr4@yahoo.com](mailto:laurojr4@yahoo.com))

Maryann P. DiEdwardo ([diedwardo7@Rcn.com](mailto:diedwardo7@Rcn.com))

Robert Brown ([b2bolin@olypen.com](mailto:b2bolin@olypen.com))

Garth Henry <['hgarth60@yahoo.com'](mailto:hgarth60@yahoo.com)>

Susi Rosinski <[reikisusirosinski@yahoo.com](mailto:reikisusirosinski@yahoo.com)>

#### (Invited Friends of R&E committee)

Michael Hopkings McComiskey ([mmccom1946@aol.com](mailto:mmccom1946@aol.com))

Mark R. Reinhart NMT, MMQ ([tuneup@ptd.net](mailto:tuneup@ptd.net));

Ali Wolf ([info@nqa.org](mailto:info@nqa.org))

Shirley Hildreth ([qigongforwellness@cox.net](mailto:qigongforwellness@cox.net))

Mark Melchiorre ([mark@melchiorre.com](mailto:mark@melchiorre.com))

Vicki Dello Joio ([vicki@wayofjoy.com](mailto:vicki@wayofjoy.com))

Tom Rogers ([fiveninechi@gmail.com](mailto:fiveninechi@gmail.com))

Annie Roberts ([qigonghealing@comcast.net](mailto:qigonghealing@comcast.net))

Roger Jahnke ([DrJahnke@HealthAction.net](mailto:DrJahnke@HealthAction.net))

Bernard Shannon ([Bernard@medicalqigong.org](mailto:Bernard@medicalqigong.org))

Chris Bouguyon ([Chris@simplyAware.com](mailto:Chris@simplyAware.com))

Michael Winn ([winn.dao@earthlink.net](mailto:winn.dao@earthlink.net))

#### Invited Members

VICE CHAIR Gary Giamboi ([garysbusiness@gmail.com](mailto:garysbusiness@gmail.com))

SECRETARY Matthew F. Komelski ([komelski@vt.edu](mailto:komelski@vt.edu))

Eric Imbody ([eimbody@earthlink.net](mailto:eimbody@earthlink.net))

Kathleen Levac ([kathy@relaxedandalert.com](mailto:kathy@relaxedandalert.com))

Siobhan Hutchinson <[siobhan@nextstepstrategiesllc.com](mailto:siobhan@nextstepstrategiesllc.com)>

### Meeting Topics

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#### International Research Agenda Progress

-WikiProjects discussion

([http://en.wikipedia.org/w/index.php?title=Wikipedia:WikiProject\\_Council/Proposals/Multidisciplinary/Qigong](http://en.wikipedia.org/w/index.php?title=Wikipedia:WikiProject_Council/Proposals/Multidisciplinary/Qigong))

-Prewrite: Please review information on WikiProject Guidelines (<http://en.wikipedia.org/wiki/WikiProject>)

WikiProjects page is up and running: [http://en.wikipedia.org/wiki/Wikipedia:WikiProject\\_Mind-Body#Initial\\_Brainstormed\\_List](http://en.wikipedia.org/wiki/Wikipedia:WikiProject_Mind-Body#Initial_Brainstormed_List)

-Tasks for this Wiki Project:

- Start with a brainstormed list of all related topics
- Organize the brainstormed list into categories and subcategories
- Review existing Wikipedia pages for each term on the list
- Recruit specialists in the field of each category and subcategory

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- Identify holes and create pages where necessary
- Edit pages where necessary, trying to eliminate contradictions and confusion
- Review existing research in the field to determine common elements and standards
- Iterate between discussions with experts in the fields and terminology used in the research to simplify and consolidate, seeking agreement among as many constituencies as possible on the use of terms.

-Discussion on what we should put in our Wikipedia updates & discussions

Wiki Project

Standardizing Language

Mind/ body Category

Decision: Use all of the terms we came up with and include links to those terms

Modify to include History etc. of Forms

5Lineage Holders of TaiChi

Changes to Goals

History/ Martial Arts

Discussion on Researching Measurable Results:

Partnering with Pharmaceutical Companies on increasing the Effectiveness of Drugs and possible Decreasing amount of Drug Usage

Contacting Respected Practitioners as the Wiki Project is now OnLine

How to let them know about it

Arbitrating their adding to Wiki Project

Getting Researchers to get Published in peer reviewed Journals:

PhD Candidates, Professors Needing Tenure

Request people to join the WikiProject

<https://docs.google.com/spreadsheet/cc?key=0AmE2KHQFfsddGIOODA5cFBEUzY0VUJfOGxvRVofTkE>

Proven Techniques for increasing Healthy outcomes:

Slow Breathing

Slow Movement

Guided Thought

### **Annual Conference**

No discussion (ran out of time)

### **Education: Direction and Projects - (Gary & Eric)**

No discussion

**Check Minutes From Previous Month for To-Do's prior to meeting**

**NEXT MEETING: September 15, 2013 8:00 pm Eastern Time, (5:00 pm Pacific Time)**

**(meetings are generally the fourth Sunday of each month, but September is an exception)**