The Forum

Serving Tamarac, Lauderhill and North Lauderdale

WEDNESDAY, AUGUST 11, 2010 • VOL. 31 NO. 32 • WWW.SUNSENTINEL.COM/TAMARAC

Jazz drummer, martial artist leads Fearless Minds

STEPHEN FELLER SFELLER@TRIBUNE.COM

The seven students and their teacher go through the careful, specific Tai Chi moves as a light rain begins to fall – oblivious to both the weather around them and joggers moving past.

This is a key for the class, part of Abbey Rader's Fearless Mind School, which meets every Sunday near the lake at West Wind Park in Lauderhill.

For about two hours every week, Rader leads his students through a half-hour of meditation and stretching as they work their way up, both mentally and physically, to the point of a clear mind where, he says, the chi, or energy of the universe, can flow freely through them.

Cultivating chi to reach a point of enlightenment has been Rader's focus for most of the last 50 years of his life, starting with his musical career in New York as a jazz drummer.

"I heard John Coltrane," Rader said, "and I saw the possibility to use my instrument in the search for spirituality."

Though he began studying martial arts, from Tae Kwon Do to Tai Chi in New York, he started pursuing Yang-style Zen Tai Chi almost full time when he returned to the United States after a 15-year "tour" of Europe.

Settling in South Florida in 1991, Rader said that with the teachers he found here, he began to find that Zen was a more direct path to the spirituality he sought.

Marty Singer, a biomedical engineer who has been studying Tai Chi for about 10 years and participated in Rader's class for about four years, said the approach is a patient, peaceful one to the internal martial art.

Though he also takes a class studying Chen-style Tai Chi in Key Biscayne, Singer said he likes Rader's class because of the focus on the internal.

Singer also credits Tai Chi in general with helping to soothe injuries and pains he has had since college, a thought he has while watching runners in the park jog past.

"I think they're missing something in terms of holistic help to their bodies," Singer said.

For Emily Lindsay, however, who has been part of Rader's class for well over a year, the internal – especially the meditation – nearly scared her off and has proven to be the most beneficial part.

Thirty minutes of meditation sounded crazy to her, but the patience that it forces students to grow has helped her in the rest of her life with everything from big decisions to just getting through a tough day at work.

Both Lindsay and Singer point to Rader's relatively easygoing approach, including his accommodations for students who are either new or just late to class, as having a big part in their success with the class.

Rader stresses patience, and said that the easygoing approach is part his own Zen. The idea is not to intimidate or dominate, which he said matches the goals of Tai Chi.

Unlike other martial arts, Rader said that jarring strikes are not the goal. Using an exercise called Zhan Zhuang, or "standing like a pole," he showed that patience and clarity of mind conquer a foe. The demonstration was a student's resistance to Rader's 250 pounds being pressed down on him.

This patience, Rader said, is the key to the class. You can't learn Tai Chi, at least not from him, in weeks or months, he said, because it takes a lot longer.

"You have to want to put the time in," Rader said. "The goal is to be soft. Water is very soft, but it eats away at the rock. Long-term, it outlasts."

FEARLESS MINDS Abbey Rader leads students of his Fearless Mind School, which meets every Sunday near the lake at West Wind Park in Lauderhill.
PHOTO/STEPHEN FELLER

Broward principal stripped of financial authority at her school following arrest

RAFAEL A. OLMEDA SUN SENTINEL

The Broward school

Elementary School in

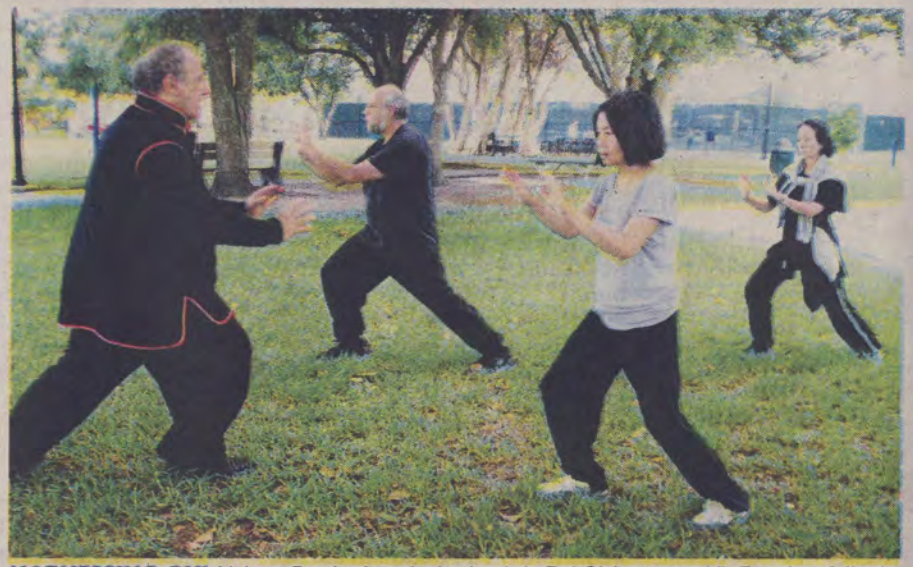
Amaker uses Williams'

who is in poor health,

THE WEEK IN PICTURES

THIS WEEK LAST YEAR

CHIRP CHIRP Residents play a game of softball cricket in Lauderhill on Aug. 14, 2009. FPG FILE PHOTO



HARNESSING CHI Abbey Rader leads students in Tai Chi moves. His Fearless Mind School meets every Sunday near the lake at West Wind Park in Lauderhill. PHOTO/STEPHEN FELLER

BROWARD BRIEFS

NEW PROGRAM FOR HIV PATIENTS

Broward County has implemented a new program to simplify the enrollment and recertification processes for Ryan White Part A clients accessing HIV care and support services.

The Broward Regional Health Planning Council Inc., 915 Middle River Drive, Suite 111 in Fort Lauderdale, will serve as a single point of entry for those receiving Ryan White Part A services in Broward County.

Services offered under the new Ryan White Part A Centralized Intake and Eligibility Determination Program include:

- eligibility assessment
- benefit application assist-

Ryan White Part A services with pending annual recertification will be required to complete their annual recertification with out-posted intake / eligibility specialist(s) located at their funded Ryan White Part A medical provider site(s).

Required program documentation includes proof of HIV status, Broward County residency and income, which must be provided during each appointment to determine eligibility for Ryan White Part A Services.

Call Natasha Markman, eligibility program manager, at 954-561-9681, ext. 203.

AIRPORT ARTIST FINISHES WORK

Broward Cultural Division's Public Art & Design program and Sea Flower, use various colors to identify and enhance the 22 entrances in Terminals 2, 3 and 4, on both upper and lower levels of the airport.

Beyette created the inlays illustrating South Florida's expansive and distinctive ecosystems from a bird's eye view. The installations reflect the constantly changing pattern and structure of the sawgrass prairies, Florida's wetlands and coastal estuaries.

Pam Beyette is a public artist and art planner. She received a BFA in Painting and a BFA in Printmaking from the University of Washington.

E-mail Christina Roldan, Public Art and Design project manager, at croldan@broward.org or call

his / her style. A typical program might start with stories, songs, or arts and crafts and end with a short nature walk.

The theme for August is "Butterflies," with the next program on Aug. 19 at Secret Woods Nature Center in Dania Beach.

Programs run from 10 to 11 a.m. The fee is $3 per child, and registration is required. Programs are on the second Thursday at Fern Forest and the third Thursday at Secret Woods.

Secret Woods Nature Center is at 2701 W. State Road 84 in Dania Beach; call 954-791-1030.

NATURE CENTER OFFERS EXHIBIT

The Exhibit Hall at the Anne Kolb Nature Center at West Lake Park is hosting a free Gal-

although there is a per-person fee of $1 to tour the Exhibit Hall.

Anne Kolb Nature Center is at 751 Sheridan St. in Hollywood.

Call the nature center at 954-926-2480. The nature center is accessible via Broward County Transit Route #12.

VOLUNTEER WITH ELDERS

Serving Health Insurance Needs of Elders (SHINE) is an award-winning, statewide volunteer-based program which relies on elder volunteers to help other seniors with health insurance matters, including assistance with claims and appeals, comparing supplemental policies, and organizing paperwork. SHINE Volunteers, who undergo intensive training, provide individual counseling,