

Redding Tai Chi Meditation Garden



ANNUAL REPORT 2022



IMPROVING HEALTH & WELL-BEING
THROUGH MEDITATIVE EXERCISE

DIRECTOR'S STATEMENT



2022 was a year of steady progress. We continued to increase public awareness of Tai Chi through classes, community events, and building mutually beneficial partnerships.

We were able to resume Tai Chi classes in person following State of California COVID-19 safety guidelines. Our Board of Directors and members-at-large met weekly on Zoom to refine our plans for the *Redding Tai Chi Meditation Garden*.

An important decision the Board made this year was to use stamped concrete instead of flagstone in our design. This will reduce our project estimate from \$225,000 to \$175,000 and save over \$50,000 in cost.

Looking forward, we continue to work toward our goal to provide the North State with a multi-use public Tai Chi court and promote Tai Chi as a healthy, meditative exercise that can be practiced by people of all ages and abilities.

We post regular updates on reddingtaichimg.org or email me at taichigarden@reddingtaichi.com

A handwritten signature in cursive script that reads "Michel".

MICHEL CZECHATOWSKI
EXECUTIVE DIRECTOR



MISSION STATEMENT

Redding Tai Chi Meditation Garden is a 501(c)(3) non-profit charitable organization created to fund and build a Tai Chi court for meditative exercise. The purpose of this project is to foster good health, relaxation, peace, and to reduce emotional trauma in our community. Our project will create opportunities to educate people about Tai Chi and to promote it as a healthy exercise while respecting the history and culture of its practice.

Turtle Bay Exploration Park has offered us a building site within the McConnell Arboretum & Gardens. This partnership with Turtle Bay will bring our community a project that blends art, nature, and physical exercise that is available to people of all ages and abilities. It will be a place where people can practice Tai Chi or other low-impact meditative exercises in a peaceful setting.

PROJECT OVERVIEW



Artist's rendering of completed project

The *Redding Tai Chi Meditation Garden* will be in the McConnell Arboretum & Gardens at Turtle Bay Exploration Park in Redding, California. The site is opposite Charlotte's Bridge, a pleasant 10-minute walk from either the world-famous Sundial Bridge or from the western entrance of the McConnell Arboretum & Gardens.

The original design was prepared by Hsien-Yuan Chen for the David Chen Memorial Tai Chi court in Rockville, Maryland. With Mr. Chen's permission, we have used his design as a model for our Tai Chi court, which will be the only public Tai Chi court of this design in the western United States.

The 60-foot diameter hard surface will be in the design of the Yin Yang symbol, representing the balance of complementary and opposing forces in nature. In the Chinese language this symbol is known as the "Tai Chi Diagram." It is from this symbol that the exercise of Tai Chi takes its name.

Operational expenses and maintenance costs are expected to be minimal. The layout is essentially a large patio with a four-degree slope to help with drainage. Structural materials, finishes, and installation choices will be selected to retain beauty and to resist damage or deterioration.

The *Redding Tai Chi Meditation Garden* will be a regional asset enjoyed and appreciated by Tai Chi practitioners as well as those engaged in Yoga, Qi Gong, dance, and other low-impact activities.

BOARD OF DIRECTORS

Michel Czehatowski, Executive Director

Michel has practiced Tai Chi for many years and has taught for Redding Tai Chi since 2015. He retired from his acupuncture medical practice in 2020 and now focuses on teaching Tai Chi.



Melinda Kashuba, Board President

Melinda has been an active student with Redding Tai Chi for over six years and is involved in community projects.

Iraja Siva-Das, Board Vice-President

Iraja started with Redding Tai Chi in 2015. He is a mathematics instructor at Shasta College.



Bill Campbell, Board Secretary

Bill has been active with Redding Tai Chi for over six years. He is a retired teacher.



2022 HIGHLIGHTS

**Reaching out to the community is an important part of promoting
Tai Chi and the *Redding Tai Chi Meditation Garden*.**

- Returned *Start the New Year with Tai Chi* to Old City Hall
- Created a dedicated project website www.reddingtaichimg.org
- Achieved *GuideStar* Gold Seal of Transparency 2022
- Hosted *World Tai Chi Day* Event at Lake Redding Park
- Held the second annual *North State Tai Chi Festival* at Lake Redding Park
- Participated in Community Foundation of the North State *Giving Tuesday*
- Offered Shasta College Community Education Tai Chi Classes twice-a-year
- Started new beginning Tai Chi class located at Unity Church
- Contracted with Redding Rancheria Tribal Health Center to provide bi-monthly Tai Chi classes for their diabetes education program members
- Contracted with Shasta Estates to provide bi-monthly Tai Chi classes for their residents
- Donated a bench to the Turtle Bay Auction



LOOKING AHEAD

Goals for 2023

- Submit grant applications for additional funding
- Continue to expand in person community outreach at New Year's Day, North State World Tai Chi Day (April 2023), North State Tai Chi Festival (October 2023), Saturday Tai Chi practice in the McConnell Arboretum
- Increase donations among our supporters
- Attain GuideStar Gold Seal of Transparency for 2023
- Complete the capital campaign by raising the final \$70,000

More information for supporting or donating to our project can be found at:
www.reddingtaichimg.org or by email to: taichigarden@reddingtaichi.com

PROFIT & LOSS STATEMENT

Responsible Management of Funds

	2021	2022	% Change
INCOME			
Donations	\$34,168.46 (1)	\$3,997.85	
Tai Chi Classes			
Unity, Shasta College, Zoom	0.00 (2)	9,629.00	
Redding Rancheria	-	630.00	
Giving Tuesday	4,784.51 (3)	1,619.90	
AmazonSmile Donations	145.19	177.21	
Bench Sponsorship	5,000.00	1,200.00	
Sales – Shirts	69.02	126.00	
Hella Apparel Commissions	0.00	154.78	
Brick Sales	150.00	750.00	
World Tai Chi Day/NS Tai Chi Festival	0.00	407.22	
Investment Income	5.32	933.20	
Total Income	\$44,322.50	\$19,625.16	-55.7%
EXPENSES			
Fund Raising Expenses	52.55	52.88	
Events	0.00	180.00	
WIX Website	229.60	0.00	
Tech Soup	34.00	0.00	
Insurance	2,514.20	1451.00	
Shirts	0.00	283.89	
PO Box	204.00	232.00	
Signs	323.22	0.00	
Brochures	56.00	69.45	
Tax & Fee Admin (sales tax)	46.00	22.00	
Total Expenses	\$3,459.57	\$2,291.22	-33.8%
Change in Net Assets	\$40,862.93	\$17,333.94	-57.6%
(Total Income minus Total Expenses)			
Net Assets at Beginning of Year	\$42,525.33	\$83,838.26	97.1%
Inventory	\$450.00	\$356.00	-20.9%
Net Assets at End of Year	\$83,838.26	\$101,528.20	21.1%

Notes:

(1) Includes one-time private donation of \$33,403.00 to RTCMG 12/22/21

(2) In 2021 Tai Chi class income was combined with Donations

(3) Giving Tuesday (GT) 2020 ck deposited 1/14/21 (\$2,530.05). GT 2021 \$1,808.12 deposited 12/20/21

BUDGET

Projected Income and Expenses for 2023

Revenue (\$)

Bricks	500.00
Benches	5,000.00
Donations	5,000.00
Merchandise (sales)	240.00
Grants	0.00
Tai Chi Classes	7,500.00

Total Revenue	\$18,240.00
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Expenses (\$)

Events	
World Tai Chi Day	200.00
North State Tai Chi Festival	400.00
Advertising	200.00
Square (Credit Card Reader)	90.00
Banking Fees	0.00
Website Fees	174.00
URL Registration	55.00
Construction	0.00
Other Fees	1,000.00
Sales & Use Tax	46.00
Insurance	\$2,000.00

Total Expenses	\$4,165.00
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Net Income	\$14,075.00
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Other:

Pledged Donations	\$3,600.00
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ABOUT OUR LOGOS

"Most people don't see the turtle at first..."



The *Redding Tai Chi Meditation Garden* will be located in the McConnell Arboretum & Gardens at Turtle Bay Exploration Park. With that in mind, the designer of our logo incorporated the most prominent feature of the park – the Sundial Bridge and paired it with the Yin Yang symbol. In Chinese the correct name for the Yin Yang symbol is the "Tai Chi Diagram." It is this symbol from which the exercise of Tai Chi takes its name.

But there is more to our logo. The Yin Yang symbol is typically composed of matching halves with an "S-shaped" line between them. However, in our logo, the white segment has morphed into the head of a turtle and the darker part becomes its shell. You will also see that there are three legs below and a small tail. Most people don't see the turtle at first, but once you know about it, you can't help but see it. Our logo design is a clever combination of the Sundial Bridge, the Tai Chi symbol, and a turtle representing Turtle Bay Exploration Park.

The Redding Tai Chi logo illustrates the idea of complementary opposites, the foundation of the Tai Chi exercise. The colors of black and white are the traditional colors that represent the Tai Chi symbol from which the exercise takes its name. The Chinese characters for Tai Chi Chuan (Pinyin: Taiji Quan) and a person stepping out in the Tai Chi movement known as "Single Whip" suggest the movement and the origins of the exercise. The logos for Redding Tai Chi and the Redding Tai Chi Meditation Garden are the creation of artist and Industrial Designer Hannah Grgich.







reddingtaichimg.org