

Redding Tai Chi Meditation Garden



ANNUAL REPORT 2023



IMPROVING HEALTH & WELL-BEING
THROUGH MEDITATIVE EXERCISE

DIRECTOR'S STATEMENT

As we reflect on our journey over the past years, we find ourselves grateful for the strides we have made and the support from our community. While our initial goal to complete fundraising for the Redding Tai Chi Meditation Garden by 2023 wasn't achieved, that has only fueled our determination in 2024.

During 2023 we increased efforts to raise public awareness through offering classes, supporting community events, and building community partnerships. One notable event was Board President Melinda Kashuba's well-received presentation to the Shasta Resilience Project and participation in the annual Redding Health Expo at the Civic Auditorium.

The Board made a significant decision to revise our design once more, opting for brushed concrete and exposed aggregate finishes instead of natural flagstone. This decision maintains the project's aesthetic appeal while providing substantial cost savings—reducing the original estimated cost from \$225,000 to \$175,000, a savings of over \$50,000.

As we look to the future, we remain committed to providing the North State with a versatile public Tai Chi court. Our goal is not only to create a space for practice and to advocate for Tai Chi as a health-promoting and meditative exercise accessible to people of all ages and abilities. To further this undertaking, we are expanding our Board, seeking community-minded individuals willing to contribute their time and heart to our project. To learn more, please contact any of our Board members.

For the latest updates, please visit reddingtaichimg.org or reach out to us via email at taichigarden@reddingtaichi.com or call (530) 223-2346.

The Tai Chi Meditation Garden will add a unique and peaceful space to the McConnell Arboretum. We eagerly look forward to completing our last year of fundraising to bring this space to fruition. We are grateful to our generous community.

Kind regards,



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 and rural Northern California. Our project will create opportunities to educate the public about Tai Chi and promote it as a healthy exercise while respecting the history and culture of its practice. It will be a place where anyone can practice Tai Chi or other low-impact meditative exercises in a peaceful setting.

Turtle Bay Exploration Park's leadership has expressed willingness to consider a location in the McConnell Arboretum & Gardens if we successfully raise funds to construct and maintain a court. This brings our community a project seamlessly blending art and nature—a place for practicing Tai Chi and other low-impact exercises in a peaceful setting.

PROJECT OVERVIEW



Artist's rendering of completed project

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.

LOCATION

The proposed location of 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.

DESIGN

The original design, prepared by Hsien-Yuan Chen for the David Chen Memorial Tai Chi court in Rockville, Maryland, serves as the model for our Tai Chi court. With Mr. Chen's permission, our court, the only public Tai Chi court of this design in the western United States, will feature a 60-foot diameter hard surface shaped like the Yin Yang symbol. This symbol, known in the Chinese language as the 'Tai Chi Diagram,' represents the balance of complementary and opposing forces in nature and is the inspiration for the exercise of Tai Chi. It is from this symbol that the exercise of Tai Chi takes its name.

COST

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

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 seven years and is involved with the rebuilding of Whiskeytown Environmental School.

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 more than seven years. He is a retired teacher who continues to assist in Special Education classrooms.



2023 HIGHLIGHTS

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

- Continued the *Start the New Year with Tai Chi* at Old City Hall.
- Updated our website, www.reddingtaichimg.org.
- Hosted *World Tai Chi Day* event at Anderson River Park.
- Shared the benefits of Tai Chi with visitors at the Redding Health Expo.
- Started new beginning Tai Chi class located at Unity Church.
- Presented a workshop in Tai Chi to the Shasta Resilience Project.
- Provided bi-monthly Tai Chi classes for diabetes education program members at Redding Rancheria Tribal Health Center.



LOOKING AHEAD

Goals for 2024

- Continue to pursue private funding and foundation donations during fundraising.
- Expand in-person community outreach at New Year's Day, North State World Tai Chi Day (April 2024), and free Saturday Tai Chi practice open to the public in the McConnell Arboretum.
- Increase donations from our supporters.
- Attain *Candid* Gold Seal of Transparency for 2024.
- Participate in North State Giving Tuesday.
- Complete the Capital Campaign by raising the final \$70,000.

For more information about classes, supporting, or donating to the Redding Tai Chi Meditation Garden, please visit www.reddingtaichimg.org or email at taichigarden@reddingtaichi.com

INCOME & EXPENSES

Responsible Management of Funds

	2022	2023
INCOME		
Donations	\$3,997.85	\$1,971.37
Tai Chi Classes		
Unity, Shasta College, Zoom	9,629.00	4,712.00
Redding Rancheria	630.00	1,890.00
Giving Tuesday	1,619.90	1,669.47
AmazonSmile Donations	177.21	0.00
Bench Sponsorship	1,200.00	1,600.00
Sales – Shirts	126.00	138.14
Hella Apparel Commissions	154.78	0.00
Brick Sales	750.00	0.00
World Tai Chi Day/NS Tai Chi Festival	407.22	0.00
Investment Income	933.20	1,867.96
Total Income	\$19,625.16	\$13,848.94
EXPENSES		
Fund Raising Expenses	52.55	0.00
Events	180.00	102.88
WIX Website	0.00	0.00
Tech Soup	0.00	0.00
Insurance	1,451.00	1,521.00
Shirts	283.89	0.00
PO Box	232.00	248.00
Signs	0.00	0.00
Brochures	69.45	166.83
Tax & Fee Admin (sales tax)	22.00	15.00
L&P	0.00	100.00
RAD Studio Architectural Design	0.00	1,800.00
Total Expenses	\$2,291.22	\$3,953.71
Change in Net Assets	\$17,333.94	\$9,895.23
(Total Income minus Total Expenses)		-
Net Assets January 1, 2023	\$83,838.26	\$101,528.20
Inventory	\$356.00	\$161.50
Net Assets December 31, 2023	\$101,528.20	\$111,584.93

BUDGET

Projected Income and Expenses for 2024

Revenue (\$)

Bricks	500.00
Benches	5,000.00
Donations	65,000.00
Merchandise (sales)	240.00
Tai Chi Classes	2,500.00

Total Revenue	\$73,240.00
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Expenses (\$)

Advertising	200.00
Capital Campaign	2,000.00
Construction	
RAD Studio Design Modifications	1,200.00
Project Review	1,000.00
Events	
World Tai Chi Day	200.00
Insurance	\$1,600.00
Sales & Use Tax	46.00
Square (Credit Card Reader)	90.00
URL Registration	55.00
Website Fees	74.00

Total Expenses	\$6,465.00
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Net Income	\$63,265.00
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Other:

Pledged Donations	\$2,300.00
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ABOUT OUR LOGOS

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



The Redding Tai Chi Meditation Garden will be considered for location 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 from this symbol that 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 the Yin Yang symbol and a small tail. Most people don't see the turtle at first, but once you know about it, it's quite obvious. 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 represents the concept of complementary opposites, which is the foundation of Tai Chi practice. The traditional colors of black and white depict the Tai Chi symbol, from which the exercise derives its name. The logo features Chinese characters for Tai Chi Chuan (Pinyin: Taiji Quan) and a person performing the Tai Chi movement known as "Single Whip," symbolizing the exercise's movement and origins.



Artist and industrial designer Hannah Czehatowski created the logos for Redding Tai Chi and the Redding Tai Chi Meditation Garden.





reddingtaichimg.org