



Meeting Date: January 18th 2018



People Think That I Work Out, But It's All Tai Chi – Lou Reed

Before the meeting, **Jennifer Finnegan** entertained us with her fine piano playing. Thanks, **Jennifer**.

Getting Started: **President Richard** announced that the meeting was brought by **Team 4**, with Team Captain **Lucky Jesrani**. The invocation was provided by **Mike Mangas**.

Announcements:

Sunshine Report: **Mike Mangas** informed the Club that **Bob Malain**, **Kathy Malain's** father-in-law, passed away. We send our deepest sympathies to **Kathy** and her family.

Kristy Lanham reported that the Club's Adopt-A-Family Program had a wonderful year. During the holidays, eleven families were



Jennifer Finnegan

adopted through the Program, providing them with bare necessities and gifts for Christmas. Thank you to all those who supported the Program.

Greg Balkovek announced that the Wild Game Dinner will be held on May 10 at the McConnell Foundation. Tickets will go on sale on February 1. Seating is limited to about 74 people so don't delay. For more information, contact **Greg**.

Julie Gussenhoven stated that Job Shadow is scheduled for March 8. They have about 29 students to be placed. A meeting of the Job Shadow Committee is scheduled for January 29 at **Julie's** Office.



New Member Inductions: **President Richard** announced the induction of three new members: **Barry Tippin**, **Patrick Fowler**, and **Brian Scarr**. **Barry** is the Redding City Manager. He is sponsored by **Mike Mangas** and **Gene Poch**. **Patrick** is a medical doctor, board certified in urology. He is sponsored by **Harry Grashoff** and **Chuck Ryan**. **Brian** works in financial management. He is sponsored by **Marjeanne Stone**. Welcome **Barry**, **Patrick**, and **Brian**! We look forward to having all of you as members of the Club.

Brian Scarr, Mike Mangas, Gene Poch, Barry Tippin, Marjeanne Stone, Chuck Ryan, Patrick Fowler, Harry Grasshoff, and President Richard (Left to Right)

Honor to Youth: The Club recognized two Honor to Youth Recipients. **Courtney McElvain** first introduced **Riley V.** as an Honor to Youth Recipient. **Riley** is a teen volunteer at Turtle Bay. She consistently gives of her personal time to help the community. Over the last two years, she volunteered over 1,500 hours to Turtle Bay. Wow!



Riley V. & Courtney McElvain (Left to Right)



Courtney McElvain, Emalee H. & President Richard (Left to Right)

Courtney then introduced **Emalee H.** as an Honor to Youth Recipient. **Emalee** has worked in 4-H Leadership over the past several years. She is an All Star member and has helped to plan events for the County 4-H program. She is also the President of her 4-H Club and she leads the County-Wide Rabbit Project where she teaches the members how to take care of, breed, and show the rabbits. Congratulations to these two highly motivated young women intent on making positive impacts in our community!

Recognitions:

Maurice Johannessen: For his contributions and support for Turtle Bay. \$100.

Greg Balkovek, Karen Stovall, and Tom Stovall: For their trip to Belgium, Switzerland, and river cruise on the Rhine. **Greg** -- \$100 to his Shan, **Karen** – \$100 to her Paul Harris, and **Tom** -- \$100 to his Paul Harris.

Don Gallino: For his several trips, including to Hawaii, Los Angeles, and his upcoming trip to Mexico. \$400.

Program: **Courtney McElvain** introduced **Michel Czehatowski**. **Michel** is a licensed acupuncturist at Redding Acupuncture Health Care and is a Tai Chi instructor. Tai Chi originated in China



President Richard & Michel Czehatowski (Left to Right)

approximately 600 years ago and is an exercise used today for stretching, balance, and increasing flexibility. **Michel** spoke to the Club about the plans for the Redding Tai Chi Meditation Garden at Turtle Bay. The proposed Tai Chi Meditation Garden is a 55-foot diameter hard surface with the Tai Chi Tu covering the surface of the court. The Tai Chi Tu is commonly called the “Yin Yang symbol.” The circle itself represents the oneness of all things. Tai Chi exercise is based on the principals of complementary opposites and change, and takes its name from this symbol. The design was prepared by Hsien-Yuan Chen, who is an architect and member of the Maryland Tai Chi club. There is also a Tai Chi court in Arthur Story Park in Houston, Texas. The Redding Tai Chi Meditation Garden would be the third Tai Chi court in the United States and the only one of its kind on the West Coast. Use of the Tai Chi Meditation Garden would not be exclusive to Tai Chi

practitioners but would be multi-purposed, used on a first-come, first-served basis. It would also be used for yoga, Qi Gong, dance, and other activities. More information can be found at www.reddingtaichi.com. Thank you **Michel** for an interesting presentation and on your efforts in improving the health of our community.

Calendar

Jan. 25th	California Highway Patrol Volunteer Program
Feb. 1st	Internet Safety – Sarah Murphy from the District Attorney’s Office
Feb. 8th	Homelessness – Dr. Doug McMullin
Feb. 15th	Shasta County EDC – Tony Giovaniello
Feb. 22nd	Judge Stephen Baker

Day Editor and Production: Rubin Cruse

NVCSS



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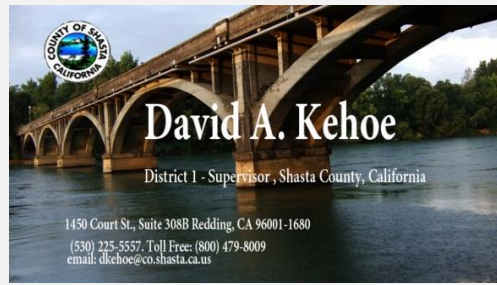
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