

**OCTOBER**  
**15th & 16th**

**ONLINE**  
**REGISTRATION**  
**IS AVAILABLE**  
**NOW!**

**THE CITY OF UKIAH PRESENTS**



**UKIAH COUNTRY**  
**PUMPKIN FEST**

**DINOSAURS AND PUMPKINS GALORE**



free children's health fair

**WILD ABOUT HEALTH**

Sunday, October 2

See  
page 4  
for details!

# THE TUTORING CENTER

## SPECIAL "BACK TO SCHOOL" OFFER!

It's hard to believe. *The school year is starting again!*

Thankfully, by starting early before report cards come out in a few months, you have time for **THE TUTORING CENTER** to help your child start the year on a "high-note!" Our FUN, proven, unique, one-to-one instruction known as "*The Rotational Approach to Learning™*" will help your child improve confidence, concentration & self-esteem while strengthening the academic skills that he or she needs to succeed in school!

**\$100 of Any of  
Our Outstanding  
Programs!!!**

*\*with this ad*



### THE TUTORING CENTER

#### One-to-One Instruction

This type of instruction yields far greater results than small-group instruction offered by any of our competitors.



VS.

#### Group Instruction



Most other facilities use small-group instruction where each Instructor will see 3, 4, or even 5 children at one time!

***The Rotational Approach to Learning™*** enables students to work in a highly interactive, positive environment working one-to-one with an instructor.

Small-group instruction is often very distracting for students where competition and intimidation are unavoidable factors.

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★ **Guaranteed Results!**

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★ K-12

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★ Math

★ Writing

★ Algebra

★ Geometry

★ Algebra II

★ Study Skills

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**Diagnostic Assessment!**

**Ukiah Center**

**707-468-1300**

307 North State Street  
(Corner of Smith & State)



[www.tutoringcenter.com](http://www.tutoringcenter.com)



# CITY of UKIAH

## COMMUNITY SERVICES DEPARTMENT

### Ukiah City Council

Steve Scalmanini **Mayor**  
 Jim Brown **Vice-Mayor**  
 Douglas Crane **Council Member**  
 Kevin Doble **Council Member**  
 Maureen Mulheren **Council Member**

#### Administration

Sage Sangiacomo **City Manager**  
 Tami Bartolomei **Community Services Administrator**

#### Recreation Department

Jake Burgess **Recreation Supervisor**  
 Julie Webb **Sports Coordinator**  
 Tim S. Poma **Recreation Coordinator**  
 Olivia Zotter **Receptionist**

#### Ukiah Valley Conference Center

Kerry Randall **Conference Center Administrator**  
 Tabitha Olson **Event Coordinator**  
 Mary-Kate Stoever **Event & Facility Coordinator**

#### Grace Hudson Museum

Sherrie Smith-Ferri **Museum/Cultural Arts Director**  
 Karen Holmes **Curator**

#### Buildings & Park Maintenance

Jarrold Meyer	Jim Thomsen	Raul Ramos
Robert Gibson	Joe Fowler	Cole Gowan
Donald O'Hara	Chris McMahan	Jose Ruiz
	Danny McVay	

#### Parks, Recreation & Golf Commission

Henry Sadowski	Faye Hefte	Susan Knopf
Alan Nicholson		Vicki Bitonti-Brown

#### Important Phone Numbers

Alex Rorabaugh Recreation Center .....	<b>463-6275</b>
Community Services Department .....	<b>463-6231</b>
Grace Hudson Museum .....	<b>467-2836</b>
Softball Hotline .....	<b>463-6713</b>
Ukiah Chamber of Commerce .....	<b>462-4705</b>
Ukiah Valley Conference Center .....	<b>463-6700</b>
Ukiah Valley Golf Course .....	<b>467-2832</b>
Visit Ukiah .....	<b>467-5766</b>

#### Phone Numbers for Sports Program Partners

Rusty Bowl BMX .....	<b>462-0249</b>
Ukiah Babe Ruth League ...	<b>www.ukiahbaberuth.com</b>
Ukiah Lion's Youth Football .....	<b>485-7600</b>
Ukiah Valley Soccer .....	<b>467-9797</b>
Ukiah Youth Baseball League .....	<b>468-8800</b>



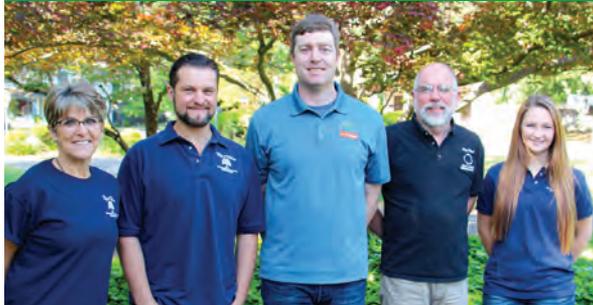
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# Community Services Department Staff

## RECREATION



Tami Bartolomei, Tim S. Poma, Jake Burgess, Martin Bradley & Julie Webb

## PARK MAINTENANCE



Joe Fowler, Raul Ramos, Chris McMahan, Robert Gibson, Jim Thomsen, Cole Gowan, Jarrod Meyer & Donald O'Hara

## UKIAH VALLEY CONFERENCE CENTER



Mary-Kate Stoeber, Robert Leek, Kerry Randall, Danny McVay, Jose Ruiz, Vicky Gilson, Tabitha Olson, Rebecca Gonzalez & Kate Jones

## GRACE HUDSON MUSEUM



Karen Holmes, Sherrie Smith-Ferri, Kristen Marrow, Jen Lyon, & Diana Thomas

## ONLINE REGISTRATION IS HERE!

**With the new RecDesk system,  
it's as easy as 1,2,3:**



1. Log in OR create an account @ [ukiah.recdesk.com](http://ukiah.recdesk.com)
2. Select the class you wish to register
3. Pay the amount listed on invoice

For more information:  
707.463.6231 [www.cityofukiah.com](http://www.cityofukiah.com)



### Dog Training - Just the Basics

A simplified format teaching your dog the basics of sit and remain in sit, heel by your side without pulling, stay, down and come. Participants are only required to learn one training skill per week. For dogs over 4 months of age with current vaccinations. Must be physically able to control your dog. This class is not appropriate for dogs with aggression issues.

Sallie Palmer at (707) 463-3647 or [www.wellmanneredmutts.com](http://www.wellmanneredmutts.com).

**ONLINE REGISTRATION IS NOW AVAILABLE**

- Instructor:** Sallie Palmer
- Saturdays:** 9:00 am - 10:00 am
- Dates:** September 3 - October 8
- Fee:** \$130
- Age:** 14 years old and up if accompanied by an adult
- Minimum:** 6 students
- Maximum:** 10 students
- Location:** Observatory Park  
407 Luce Ave., Ukiah
- Class:** 9/24 at Todd Grove Park

### Dog Training - Beyond the Basics

Training for the real world. Course covers reinforcing previous learned training skills and expanding them to everyday life.

Skills to be covered: off leash preparation, down - stay out of sight, come past distractions, walking past distractions, Canine good citizen test preparation.

Sallie Palmer at (707) 463-3647 or [www.wellmanneredmutts.com](http://www.wellmanneredmutts.com)

**ONLINE REGISTRATION IS NOW AVAILABLE**

- Instructor:** Sallie Palmer
- Saturdays:** 10:15 am - 11:15 am
- Dates:** September 3 - October 8
- Fee:** \$110
- Age:** 14 years old and up if accompanied by an adult
- Minimum:** 4 students
- Maximum:** 10 students
- Location:** Observatory Park  
407 Luce Ave., Ukiah
- Class:** 9/24 at Todd Grove Park

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free children's health fair

# WILD ABOUT HEALTH

Health Screenings | Fun Activities | Prizes  
Shriner's Hospital Screening

**SUNDAY**  
**OCTOBER 2, 2016**

11 a.m. – 3 p.m. | Alex Rorabaugh Center  
1640 S. State Street Ukiah, CA | Grace Hudson Elementary School



## **Bike Safety Course**

Bring your bike & helmet Or receive a  
**FREE helmet at the event**

**For children 0-12 & their families**

Call 707.463.7524 or 707.463.6008

for more information

Major Underwriters:



*Ukiah Valley  
Medical Center*



*Like us on Facebook!*

## Tango Dance Lessons

Get your feet moving in the fall! Learn the dramatic and cool Tango. This four week class will focus on the basic steps, patterns, and timing of the Tango. Enjoy learning to dance in a fun, social setting. No partner necessary.

**ONLINE REGISTRATION IS NOW AVAILABLE**

- Instructor:** Eddie Vedolla;  
World Swing Dance  
Champion
- Mondays:** 6:00 pm – 7:00 pm
- Dates:** October 3 – October 24
- Fee:** \$35 for all four classes  
\$10 Drop In
- Age:** 16 years old and up
- Location:** Frank Zeek  
Elementary School  
1060 N. Bush St., Ukiah



## Register Now!

**Fall Classes**  
**Start Sept. 12**  
Ages Infant to 18

**Classes: Creative, Contemporary, Capoeira, & Street Dance. Acting, Improv Theater Sports, Singing, Clowning, & more!**  
**Some Scholarships Available.**

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## GOING TO SCHOOL?

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<b>PUNCH PASS</b> <small>16 punches: \$17, Seniors/Disabled: \$8.50</small>	\$1.06/ride (1 punch)	\$2.12/ride (2 punches)	\$3.18/ride (3 punches)
<b>MONTHLY PASS</b> <small>Unlimited rides per month</small>	\$35 as low as \$1.13/ride	\$57 as low as \$1.84/ride	\$85 as low as \$2.74/ride

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Mendocino College-Willits Campus Willits Charter School Mendocino College-Ukiah Campus <small>(Local 9 service until 10:10 pm Sundays 8 am to 3 pm)</small> Waldorf School Ukiah Junior Academy Ukiah High School Redwood Academy	Ukiah Adult School Accelerated Achievement Academy River Oak Charter School Pomolita St. Mary's New Beginnings School <b>Serving Mendocino</b> Mendocino Grammar School Mendocino Middle School	Mendocino High School Mendocino Alternative Academy <b>Serving Fort Bragg</b> Dana Gray Elementary School Redwood Elementary School Shelter Cove School Noyo High School Fort Bragg High School Mendocino College Coast Center Fort Bragg Middle School



Mendocino Transit Authority  
**mta**  
www.mendocinotransit.org • 800-696-4MTA

## Salsa Dance

Have fun learning the exciting and spicy salsa. Social dancing is great exercise for the mind and body, a bonding date activity, a place to meet new people, and for putting aside your stresses. No partner necessary.

**ONLINE REGISTRATION IS NOW AVAILABLE**

- Instructor:** Eddie Vedolla  
World Swing Dance  
Champion
- Mondays:** 6:00 pm – 7:00 pm
- Dates:** November 7 – November 28
- Fee:** \$35 for all four classes  
drop-in \$10 per class
- Age:** 16 years old and up
- Location:** Frank Zeek  
Elementary School  
1060 N. Bush St., Ukiah



*Mendocino Ballet*

**Dance this Fall!**



*Ballet classes for ages 3-Adult*  
*Tap/Ballet class for ages 4-7*  
*Tap classes for ages 7-Adult*  
*Jazz/Contemporary classes*  
**Classes start in September**  
*Check our website for updated class lists!*  
*Special classes for our annual Nutcracker performance*

For more information call our office at 463-2290 or email at [balletoffice@sbcglobal.net](mailto:balletoffice@sbcglobal.net)  
 Follow us on Facebook, Twitter and Instagram!

[www.mendocinoballet.org](http://www.mendocinoballet.org)  
 "Where Dreams to Dance Come True!"

**Night Club 2-Step**

Come out to dance during the holidays. Night Club 2-Step is a smooth and stylish dance. After this class you'll be ready to show off your new moves for the upcoming celebrations.

**ONLINE REGISTRATION IS NOW AVAILABLE**

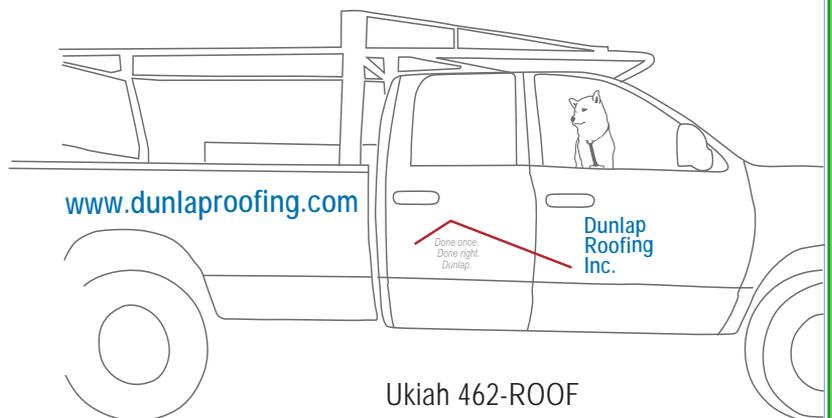
**Instructor:** Eddie Vedolla  
 World Swing Dance Champion  
**Mondays:** 6:00 pm - 7:00 pm  
**Dates:** December 5 - December 19  
**Fee:** \$35 for all four classes drop-in \$10 per class  
**Age:** 16 years old and up  
**Location:** Frank Zeek Elementary School  
 1060 N. Bush St., Ukiah



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 FREEDOM SKATE ZONE & OLLIE COMPETITION  
 + TALENT SHOW WITH PRIZES

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 ALEX R THOMAS PLAZA | DOWNTOWN UKIAH  
 FACEBOOK.COM/YOUTHACTIONPARTY

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 Girls Division: (707) 468 3896 2001 Talmage Road, Ukiah, CA 95482

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## West African Drum Class

Learn the traditional West African rhythms using the djembe and dundun drums. This class will be geared towards all levels, beginners through advanced. Amadou will teach us rhythms that he will break down step by step, making this a fun easy way to learn.

Originally from Conakry, Guinea, West Africa, Amadou Camara was a master djembe player for the National Ballet Djoliba and has been teaching drums for over 10 years. Come and join us and experience the spirit and power of drum music.

Bring your own drum or extra drums are available by prior arrangement by calling (707) 972-7441.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Amadou Camara
- Sundays:** 2:00 pm – 3:30 pm
- Session I:** September 11 – October 2
- Session II:** October 9 – November 6
- Session III:** November 13 – December 18
- Fee:** \$16 drop-in
- Age:** All Ages
- Minimum:** 2 students
- Maximum:** 15 students
- Location:** Oak Manor School Gym/Cafeteria

**AMADOU  
CAMARA**  
West African  
Drum Class  
Instructor



## REGISTER NOW!

By pre-registering with the City of Ukiah Recreation Department, you ensure that the class you want meets the minimum number of participants.

Don't wait. Go online, call or drop off your registration form today!

[Ukiah.recdesk.com](http://Ukiah.recdesk.com)

**PHONE: (707) 463-6231**  
**411 W. Clay St. Ukiah, CA 95482**

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## GRACE HUDSON MUSEUM & Sun House

A Division of the City of Ukiah Community Services Department

431 S. Main Street, Ukiah • 467-2836  
www.gracehudsonmuseum.org



### MUSEUM HOURS:

**Wednesday - Saturday:** 10am - 4:30pm

**Sunday:** Noon - 4:30pm

**Admission Prices:** \$4/person; \$10/family;  
\$3 for seniors and students; Free to members;  
Free to all on First Fridays

**Educators:** Call to schedule student visits.

**Visit Our Gift Shop:**

Featuring an enticing selection of books and gifts!

## FEATURED EXHIBITS

### **INSTINCT EXTINCT: THE GREAT PACIFIC FLYWAY**

**Saturday, August 20 - Sunday, November 27, 2016**



This exhibit views the Pacific Flyway (a major north-south flight path for migratory birds in America that extends from Alaska to Patagonia) through a range of lenses: wildlife habitat, agricultural backdrop, recreational commons, conservation story, and source of inspiration. It explores the experience of being with migratory birds and other species within a human-made architectural space. This multi-disciplinary art installation is a result of a collaboration between visual artists Valerie Constantino, Glenda Drew, and Ann Savageau, and various organizations, scientists, and scholars.

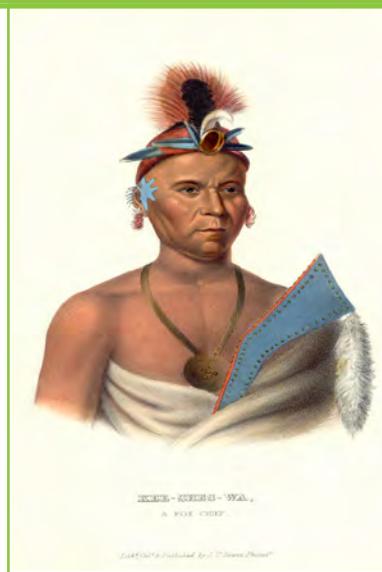
*Ducks and Hunters*, mixed media assemblage by Ann Savageau

### **THEY CAME TO WASHINGTON IN 1821: THE FIRST AMBASSADORS**

**December 10, 2016 - March 12, 2017**

An exhibit of Charles Bird King's portraits of early American Indian tribal leaders and a look at the lives of these chiefs who traveled to the capitol to negotiate with the federal government.

*"Kee-Shes-Wa, A Fox Chief," circa 1825, lithograph of a painting by Charles Bird King*



## GRACE HUDSON MUSEUM & SUN HOUSE STAFF

Left to Right: **KAREN HOLMES**, Curator;  
**SHERRIE SMITH-FERRI**, Director;  
**KRISTEN MARROW**, Receptionist;  
**JEN LYON**, Preparator; **DIANA THOMAS**, Receptionist.





## ART IN THE FOYER

Select works of art can be displayed in *the Civic Center Foyer*

Call **463-6231** for more information

## Open Art Studio

The open art studio meets at the Anton Stadium Recreation Room Mondays: 10 am to 3 pm. Fee is \$4.00 for members of MCAA and \$5.00 for non-members. No instruction provided. Bring your own supplies. The studio is on a "drop-in" basis - come for as long as you wish and get inspiration from painting with fellow artists. Table and chairs are available. If you have any questions, or have not attended for a while, please call Tommy Thornhill (707) 621-2091 in case of any last minute changes.

- Mondays:** 9:00 am - 2:00 pm
- Dates:** ongoing, every Monday
- Member Fee:** \$4 per class
- Non-Member Fee:** \$5 per class
- Location:** Anton Stadium Recreation Room  
506 Park Blvd., Ukiah

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**Frey Vineyards**  
**Mud Dogs**  
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**Romes Care Home**

# The Alex Rorabaugh Recreation Center

Ukiah's Premier Recreation & Community Center



## ARRC OPEN GYM

**FREE ACTIVITIES!**  
PLAY BASKETBALL, FUTSAL, VOLLEYBALL & MORE.

- All are welcome!
- Kids under 12 must be supervised by an adult.
- Youth 13 to 18 can attend on their own, but must be registered by a parent or guardian.
- Find out about more events on our facebook page.

**FRIDAY NIGHTS**

8:30 PM - 11:30 PM

Like US ON FACEBOOK



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- ★ **TWO conference rooms with natural light, screens, white-boards, tables and chairs**
- ★ **9,500 square foot state of the art gymnasium**
- ★ **Performing arts stage with dressing rooms**
- ★ **Commercial kitchen**
- ★ **Available for whole facility rentals for your large scale events!**

**The Alex Rorabaugh Recreation Center**  
**1640 S. State Street, Ukiah**  
**For more information call (707) 463-6275**



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707-462-9923

## All Fall Down: Learning to Survive Falls

All Fall Down teaches fit, active adults how to relax and sink into a safer fall or roll when they experience loss of balance.

Start with breathing and relaxation and slowly progress to taking slow gentle falls on Ukiah Aikido's soft mats. The course is developed and led by Janet Rosen, an RN for 35 years with experience in acute rehabilitation and geriatrics with an additional 20 years of training in Aikido.

Participants need to be able to step up onto our mats, sit down and get up from the floor. Wear loose, comfortable clothing and be prepared to have your shoes off.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Janet Rosen  
**Tuesdays:** 9:30 am - 11:00 am  
**Session I:** September 6 - September 27  
**Session II:** November 29 - December 20  
**Fee:** \$60  
**Age:** 16 years old and up  
**Minimum:** 3 students  
**Maximum:** 6 students  
**Location:** Ukiah Aikido  
 901 S. Oak St., Ukiah



## RETRO CHIC DANCE EXERCISE CLASS

Tuesdays & Thursdays!  
9 - 10 am

205 S. State St. Ukiah  
(707) 391-0880

On-Going! You Can Start Anytime  
\$4 per class! First Class FREE!

Nostalgic, Contemporary, Rock &  
Roll Oldie/ Broadway, Hip-Hop



## The Principles of Aikido

This is a Low Impact Aikido course for new or continuing Aikido students interested in slow practice that explores the principles of "the art of peace" without the need to roll or fall.



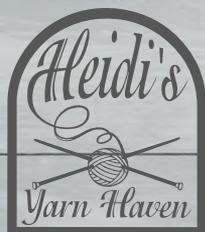
Solo and partner exercises teach the Four Principles of Aikido and their martial application while working on breath, movement, structure, connection, and ki extension.

Students with disabilities are welcome.

Wear loose, comfortable clothes and be prepared to have your shoes off.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Janet Rosen  
**Tuesdays:** 6:00 pm - 7:15 pm  
**Session I:** September 6 - September 20  
**Session II:** October 4 - October 18  
**Session III:** November 1 - November 15  
**Fee:** \$30 or drop-in \$10  
**Age:** 16 years old and up  
**Minimum:** 2 students  
**Maximum:** 8 students  
**Location:** Ukiah Aikido  
 901 S. Oak St., Ukiah



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## Tai Chi Chuan

This class teaches the principles and 37 postures of the Yang style short form. Tai Chi Chuan is an internal martial art, and is also called "meditation in motion." It improves strength, flexibility, balance, and reflexes while calming and focusing the mind through slow deliberate movement.

Ongoing classes welcome both beginning and continuing students. Cottie has practiced since 1975 and taught since 2003.

For more information call 463-0447.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Cottie Morrison  
**Wenesdays:** 7:15 pm - 8:00 pm (beginning)  
 7:15 pm - 8:45 pm (int/adv)  
**Dates:** September 28 - December 7  
**Beginners:** \$70  
**Int/adv:** \$100  
**Age:** 15 years old and up  
**Minimum:** 5 students  
**Maximum:** 20 students  
**Location:** Anton Stadium  
 Recreation Room  
 506 Park Blvd., Ukiah

## Beginning Aikido for Children

Ukiah Aikido's Children's Program focuses on the development of awareness, focus, discipline, and spirit. Coordination, flexibility, and fitness are the natural results of this fun activity.

Training cooperatively with partners, students learn how to be present in their bodies while gaining practical skills for calmly dealing with bullies. Aikido offers a safe place for children to experience interacting positively with others, see the direct consequences of their actions, and develop emotional resilience.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Randy Durnil  
**Wednesdays:** 5:30 pm - 6:30 pm  
**Session I:** September 7 - September 28  
**Session II:** October 5 - October 26  
**Session III:** November 2 - November 30  
 (no class Nov. 23)  
**Fee:** \$40  
**Age:** 4 years old - 10 years old  
**Minimum:** 2 students  
**Maximum:** 10 students  
**Location:** Ukiah Aikido  
 901 S. Oak St., Ukiah



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707-621-1741

## **AIKI-BALANCE: Low Impact Aikido for Coordination and Balance**

AIKI-BALANCE is a Low Impact Aikido course for fit adults who have concerns about balance or flexibility. It is recommended whether or not you have taken "All Fall Down" and can be taken repeatedly.



We use solo and partner Aikido exercises to improve coordination, equilibrium, and awareness of where we are in space. Includes sitting, gentle rocking, standing, and walking on our soft mats.

Wear loose, comfortable clothes and be prepared to have your shoes off.

### **ONLINE REGISTRATION IS NOW AVAILABLE**

- Instructor:** Janet Rosen
- Tuesdays:** 9:30am - 10:30am
- Session I:** October 4 - October 18
- Session II:** November 1 - November 15
- Fee:** \$30 or drop-in \$10
- Age:** 16 years old and up
- Minimum:** 2 students
- Maximum:** 8 students
- Location:** Ukiah Aikido  
901 S. Oak St., Ukiah

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## Power Pilates

Discover the powerful change you can make in your life. Pilates is a results proven exercise that strengthens the body's core muscles improving how you look and feel. Power Pilates is not a typical Pilates experience. This class is well balanced because it blends fat burning cardio with strength and endurance training using hand held weights, small balls and resistance bands to maximize results. Each class begins with great music and energetic sculpting bodywork, and then moves into classic Pilates mat, ending with stretch and relaxation. Every class is different, you will have fun and not get bored!

Gina has been teaching this class since 2000. As a result, a high percentage of her clients are long time, repeat clients from referrals. She teaches for all fitness levels. In just two hours a week you will see an improvement. Power Pilates is taught year round and you may join at any time. Your fee will be pro-rated. Gina can be reached at 391-4330 or at [ginagrecoPilates@yahoo.com](mailto:ginagrecoPilates@yahoo.com). Check out her website for Power Pilates testimonials and other classes she offers. [www.ginacreco.net](http://www.ginacreco.net).

Some of the benefits include:

- *Defined arms, chest and back*
- *Stronger abdominals*
- *Longer, leaner muscles*
- *Firm legs and hips*
- *Relief from stress and back pain*
- *Improve posture*
- *Gain Flexibility and balance*
- *Look better and feel stronger*
- *Burn fat*
- *Revitalize*
- *Gain confidence*



Don't you deserve an hour just for you? Forget about whatever is causing you stress and spend an hour de-stressing with good times, laughs and good health. Equipment is provided, YOU will need to bring a mat or towel.

### ONLINE REGISTRATION IS NOW AVAILABLE

<b>Instructor:</b>	Gina Greco
<b>Mon &amp; Wed:</b>	5:30 pm – 6:30 pm
<b>September:</b>	September 7 – September 28
<b>Fee:</b>	\$35
<b>October:</b>	October 3 – October 31
<b>Fee:</b>	\$45
<b>November:</b>	November 2 – November 30
<b>Fee:</b>	\$45
<b>December:</b>	December 5 – December 21
<b>Fee:</b>	\$30
<b>Drop in Fee:</b>	\$10 per class
<b>Location:</b>	Ukiah Valley Conference Center 200 S. School Street, Ukiah Enter through parking lot side door



## Yoga for Veterans

This Forrest Yoga four week series is designed specifically for veterans. A beginner class, we will focus on mindfulness and breath to decrease the body's stress response. Yoga can help you sleep better at night and feel more awake during the day. All bodies and injuries welcome. Modifications will be given if needed. Increase your balance and flexibility - learn something new!

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Genevieve Shouff
- Thursdays:** 5:45 pm – 7:00 pm
- Session I:** September 8 – September 29
- Fee:** \$55 or \$17 drop-in
- Session II:** October 6 – October 27
- Fee:** \$55 or \$17 drop-in
- Age:** 18 years old and up
- Minimum:** 5 students
- Maximum:** 20 students
- Location:** Anton Stadium Recreation Room  
506 Park Blvd., Ukiah

## Yoga for a Healthy Back

Backbends for a healthy back! This is a six week series of Forrest Yoga. Classes will focus on strength and flexibility for your back. Through these 90 minute sessions you will learn ways to improve your posture and move in a more pain-freeing way in your everyday life as well as deepen your yoga practice working with backbends. Modifications will be given for injuries.

Bring a yoga mat, water, and a towel.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Genevieve Shouff
- Wednesdays:** 5:30 pm – 7:00 pm
- Session I:** September 7 – September 28
- Fee:** \$55 or \$17 drop-in
- Session II:** October 5 – October 26
- Fee:** \$55 or \$17 drop-in
- Age:** 15 years old and up
- Minimum:** 5 students
- Maximum:** 30 students
- Location:** Anton Stadium Recreation Room  
506 Park Blvd., Ukiah

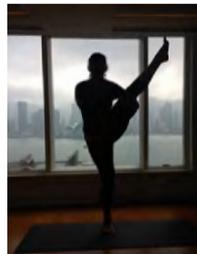
## Mixed Level Yoga

Fun and energetic Monday evening yoga class with music. All levels, all bodies welcome--that means you!

Bring a yoga mat, water, and a towel.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Genevieve Shouff
- Mondays:** 5:45 pm – 7:00 pm
- Session I:** September 5 – September 26
- Fee:** \$55 or \$17 drop-in
- Session II:** October 3 – October 24
- Fee:** \$55 or \$17 drop-in
- Age:** 15 years old and up
- Minimum:** 5 students
- Maximum:** 30 students
- Location:** Anton Stadium Recreation Room  
506 Park Blvd., Ukiah



## Healthy Eating Workshop

This series of 4 workshops teaches essential nutrition principles for a lifetime of health. Recipients gain practical information that provides guidance toward making daily diet and lifestyle decisions that will improve health, mood, sleep, mobility, and/or management of chronic conditions. Participants gain skills necessary to make changes in diet, lifestyle and approach to food. Use your increased knowledge of nutrition to improve the health of family and loved ones, too.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Amy Wachspress;  
Certified Nutritionist  
**Thursdays:** 6:00 pm – 8:00 pm  
**Date:** October 6 - October 27  
**Fee:** \$60 additional family \$40  
**Age:** 16 years old and up  
**Minimum:** 6 students  
**Maximum:** 15 students  
**Location:** Alex Rorabaugh  
Recreation Center  
1640 S. State St., Ukiah



## Vegetarian & Vegan Diets 101

Are you considering switching to a vegetarian or vegan diet? Or have you recently switched? If you want to learn more about healthy vegetarian or vegan eating, this class is for you. Amy will provide fundamental information about nutrition to guide you in making excellent food choices with these special diets. Many health professionals still refuse to recognize the fact that vegetarians and vegans can be perfectly healthy. This class will support you in your dietary decisions and help you make personal choices that work for you. Amy has been a healthy vegetarian for over 45 years.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Amy Wachspress;  
Certified Nutritionist  
**Thursdays:** 6:00 pm – 8:00 ppm  
**Date:** November 3  
**Fee:** \$25  
**Age:** 14 years old and up  
**Minimum:** 6 students  
**Maximum:** 25 students  
**Location:** Alex Rorabaugh  
Recreation Center  
1640 S. State St., Ukiah



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15th & 16th**



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UKIAH COUNTRY  
**PUMPKIN FEST**

**DINOSAURS AND PUMPKINS GALORE**

**Giant Pumpkin  
Weigh-Off  
Ukiah Safeway  
October 8th  
9am - 12pm**

**DOWNTOWN UKIAH  
SATURDAY, OCT. 15th 10am-6pm  
SUNDAY, OCT. 16th 10am-4pm**

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**Visit [www.cityofukiah.com](http://www.cityofukiah.com) For More Information**



SATURDAY, OCTOBER 15<sup>TH</sup>  
10 am - 6 pm

## PumpkinFest Event

The 2016 PumpkinFest event will take place **Saturday, October 15th from 10 am to 6 pm and Sunday, October 16th from 10 am to 4 pm.** As the largest street fair in Mendocino County, there will be something for everyone to enjoy including a children's carnival, mini-dog races & live music! We look forward to seeing you at the 23rd annual PumpkinFest!

*This Year's Theme is  
"Dinosaurs and Pumpkins Galore"*

## Giant Pumpkin Weigh-Off

The Giant Pumpkin Weigh-Off will be held at the Ukiah Safeway parking lot on **Saturday, October 8th from 9 am to 12 pm.**

Presented by Safeway, the Weigh-Off is an exciting day with over \$3,000 in cash prizes. Listen to the tunes from KWNE Radio on-site with their live broadcast! Activities include food vendor, FREE bounce houses, FREE face painting and the annual PumpkinFest coloring contest. Weigh-Off entry forms are available on the PumpkinFest page at [www.cityofukiah.com](http://www.cityofukiah.com), for more information call 707-463-6231.



## PumpkinFest Parade

The Parade is a fun and creative way to celebrate the harvest season. There will be prehistoric costumes, soccer teams, bands, music, horses and parade floats. The Parade will be held **Saturday, October 15th, at 10 am**, rain or shine.

Parade entry forms are available at [www.cityofukiah.com](http://www.cityofukiah.com) or call 707-463-6231. All parade entries must pre-register by October 7th.



## Savings Bank Scarecrow City

Stomp your way through Savings Bank's Scarecrow City and see the creative ways local school children dress-up and display their dinosaurs & pumpkin-themed scarecrows. The bank pairs local merchants and classrooms together to compete. Scarecrow City is on display during PumpkinFest in front of the Savings Bank at 200 N. School Street.



## 20th Annual Deep Valley Beer and Wine Tasting

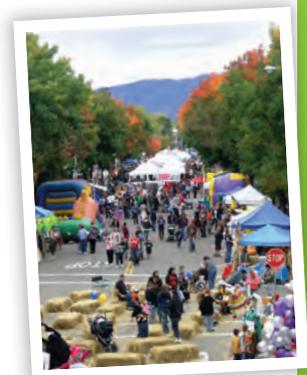
Taste your favorite Northern California beers and wines, and dance to live music! The fun takes place **Saturday, October 15th from 12:00 pm - 4:00 pm.** Tickets are \$20 in advance and \$25 the day of the event. Join us **Sunday, October 16th** for a beer and wine garden where guest are able to purchase a single drink for \$4 per glass from **12:00 pm - 4:00 pm.**

## Haunted House

The haunted house is sure to entertain all ages with secret tunnels, special lighting and many spooky surprises! This activity is fun for all ages. Open both Saturday and Sunday during PumpkinFest inside the Conference Center at 200 S. School Street, \$3 admission.

## Arts, Crafts, Food and More!

Get your holiday shopping started early! There is no better place and time than PumpkinFest. With fine art and handcraft vendor booths coming from far and wide, plus downtown Ukiah's unique shops and specialty stores, your opportunity to find the perfect "something" will never be better.



# SUNDAY, OCTOBER 16<sup>TH</sup> 10 am - 4 pm



## Standley Street Stage & Kids Carnival

Games, entertainment, free activities and more! Glide down the slide or squeal from the top of the Ferris wheel. Get your face painted and enter your dog in one of the fun pet contests or races. The Kid's Area is powered by DJ Ken Steely and promises to be a full weekend of fun.



## Mama's Cafe' Bake Contest

Bake and enter your best pumpkin or chocolate recipes! The Ukiah Country PumpkinFest is holding its 11th annual "Pumpkin OR Chocolate Baking Contest" which will take place on **Sunday, October 16th at 1 pm** on Church Street. Enter your best recipe now for free! Entry forms are available at [www.cityofukiah.com](http://www.cityofukiah.com) or call 707-463-6231. Ribbons and prizes will be awarded for first through third place in each category. Come to the baking event and taste the winning entries where samples will be distributed after the winners are announced.



## Slam Dunk Pizza 3-on-3 Hoop Tourney

The tournament will be held at the downtown Ukiah Savings Bank parking lot at 200 N. School Street on **Sunday, October 16th**. The fee is \$20 per player (max of 5 per team). All teams must check-in by 9 am. There will be Youth and Adult divisions with team and individual awards. Please call 707-463-6714 for questions or to register your team.



## Scout-O-Rama

Come visit Yokayo-Logger District Boy Scouts at the Country PumpkinFest Scout-O-Rama. Free activities for boys & girls, young & old. Come and meet the scouts and their leaders and learn more about all the fun in scouting. Everyone is welcome!



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# 3-ON-3 Hoop Tournament Sunday October 16th

**Divisions: Men's Open  
8th Grade & Under  
(open to boys & girls)**

**\$20 per player; team check in 9:00am**  
Outdoor courts in the Savings Bank Ukiah Parking Lot

**For more information, call (707) 463-6714**

## 13th Annual Thanksgiving Break Basketball Camp

**Dates:** Monday, Nov. 21—Wednesday, Nov. 23  
**Grades:** 2nd—8th  
**Times:** 8:30am—1:30pm  
**Cost:** \$60.00 pre-reg ; \$75.00 walk up  
 \$10.00 sibling discount  
**\*\*Low Income Discounts Available\*\***

**Location:** Alex Rorabaugh Gymnasium




**City of Ukiah Recreation Department**  
 411 West Clay St.  
 (707) 463-6714  
 Register online at [ukiah.recdesk.com](http://ukiah.recdesk.com)

## 2015 PUMPKINFEST PUMPKIN BAKE CONTEST WINNER "Pumpkin Chocolate Cheesecake"

MAMA'S CAFÉ & BAKERY PUMPKIN BAKE CONTEST 1<sup>ST</sup> PLACE WINNER: KATHERINE MACKENZIE

<b>INGREDIENTS:</b>	<b>Crust:</b>	<b>Pumpkin chocolate Filling:</b>	
	1 ½ cups pecans 2 oz. cacao powder 1/3 cup cacao nibs 4 oz. date paste 1/8 tsp. salt 1 Tb. Liquid vanilla	3 cups shredded pumpkin ¾ cup pumpkin puree 1 cup almond milk 2 TBL lemon juice 1 cup blonde coconut sugar 2 TBL liquid vanilla 1/8 tsp. salt	1/8 tsp. turmeric 1 tsp. cinnamon ¼ nutmeg 3 TBL sunflower lecithin 1 cup coconut oil 1 oz. cacao powder 1 ½ TBL liquid vanilla
<b>INSTRUCTIONS:</b>	<b>Directions to make Crust:</b>	<b>Directions to make filling:</b>	<b>Place cake in freezer for 1-2 hours or until middle is set or firm to the touch. Or place overnight in refrigerator until the same effect is achieved.</b>
	Process all ingredients until mixture is consistent.  Lightly grease cake pan  Distribute crust evenly through pan and lightly compact by hand  Set aside until ready to be filled.	Bake Pumpkin and Pumpkin puree at 350 till lightly toasted.  Add to blender all ingredients except lecithin and coconut oil. Blend till smooth and creamy. Stop and add oil and lecithin. Continue blending till well incorporates. Pour filling into pan all but 2 cups.  Blend reserved 2 cups with 1oz cacao powder and 1 ½ TBL vanilla. Pour this mixture over the total filling. Use a knife to swirl the 2 colored batters together to make a marbled look.	

## 2015 PUMPKINFEST PEAR BAKE CONTEST WINNER

### *"Pear & Pistachio Cake"*

MAMA'S CAFÉ & BAKERY PEAR BAKE CONTEST 1<sup>ST</sup> PLACE WINNER: SARIAH LOPEZ

**Cake:**

½ cup butter  
2 eggs  
1 cup white sugar  
2 teaspoons baking powder  
½ cup milk  
1 ½ cups all-purpose flour

½ cup ground almond  
1 tsp vanilla extract  
5 pears  
½ cup pistachio nuts, chopped  
1 teaspoon nutmeg  
2 cups water  
Juice of 1 lemon

**Cream Cheese Frosting Recipe:**

2 8oz. packages  
½ cup butter, softened  
2 cups powdered sugar  
1 teaspoon vanilla extract

**Directions to make Cake:**

1. Preheat oven to 350° F.
2. Butter and flour cake pans.
3. Peel and slice pears, place slices in water and lemon juice and set aside.
4. With a mixer, beat butter, sugar and eggs.
5. In a large bowl, combine dry ingredients (flour, ground almonds, salt, baking powder, and nutmeg).

6. In small quantities, add milk and dry ingredients to the butter/sugar mixture.
7. Beat together mixture until smooth.
8. Stir pistachios into mixture.
9. Pour 1/3 of batter into a cake pan and place pear slices onto the dough
10. Pour remaining flour into the mold.
11. Bake about 45 minutes or until knife comes out clean.

12. Let cake sit 5 minutes, then transfer to plate.
13. Allow cake to cool completely. Apply cream cheese frosting (recipe below) and chopped pistachios.

**Directions to make Frosting:**

1. In a medium bowl, cream together cream cheese and butter until creamy. Mix in vanilla, then gradually stir in powdered sugar.
2. Store in refrigerator after use.

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## BABYSITTING TRAINING

These classes are for 11 to 15 year olds to teach babysitting skills including handling emergencies and preventing accidents, feeding, diapering, playing with and caring for children.

**ONLINE REGISTRATION IS NOW AVAILABLE**

**Instructor:** Allen James  
**Age:** 11 – 15 years of age  
**Location:** NCO Conference Room  
 413 N. State Street, Ukiah

### BABYSITTER'S TRAINING

**Saturday:** September 3  
 9:00 am – 4:00 pm

**Fee:** \$75

### BABYSITTER'S CPR & FIRST AID TRAINING

**Saturday:** September 10  
 9:00 am – 3:00 pm

**Fee:** \$80

## California Child Care Training

These classes meet the California child care workers' requirements for Health & Safety training.

**Remember, that Pediatric First Aid IS NOT the same as Standard First Aid.**

- **EMSA approved sticker included**

**ONLINE REGISTRATION IS NOW AVAILABLE**

**Instructor:** Allen James  
**Age:** 18 years old and up  
**Location:** NCO Conference Room  
 413 N. State Street, Ukiah

### CALIFORNIA CHILD CARE CPR & PEDIATRIC FIRST AID

**Saturday:** September 17  
 9:00 am – 5:00 pm

**OR**

**Saturday:** November 5  
 9:00 am – 5:00 pm

**Fee:** \$100

### CALIFORNIA CHILD CARE PREVENTATIVE HEALTH & SAFETY

**Saturday:** October 8  
 9:00 am – 5:00 pm

**Fee:** \$75



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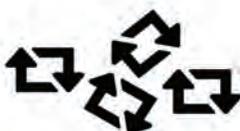
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[www.twitter.com/UkiahRec](http://www.twitter.com/UkiahRec)

## Health Care Professional

This class is for the participants that have a duty to respond and includes advanced techniques performing two-person CPR/AED for adult, child, and infant while using rescue breathing devices. Includes pocket mask.

- Challenge & Review opportunities are available
- 2 year certificate for CPR except for Lifeguard which is 1 year

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Allen James  
**Saturday:** October 22  
 9:00 am - 4:00 pm  
**Fee:** \$85  
**Age:** 18 years old and up  
**Location:** NCO Conference Room  
 413 N. State Street, Ukiah

## CFAST

### Layperson CPR Training 2010 Standards

To best serve the Ukiah community, these classes will be offered at the same time on the same day depending on individual needs. This will require cooperation from other students to serve all students in a timely and efficient manner. Each class begins with **Before Giving Care** (2 hours) then will be followed by the training segment of highest demand and so on. A timeline will be set up so the students can best plan their training time.

These classes instruct how to respond to emergencies by providing CPR, using an Automated External Defibrillator (AED) and how to deal with First Aid incidents such as shock, bleeding, cuts, bone and muscle injuries, bruises, and other emergencies.

- Challenge & Review opportunities are available
- 2 year certificate for CPR & First Aid

### ONLINE REGISTRATION IS NOW AVAILABLE

<b>Adult CPR/AED</b>	<b>3hrs</b>	<b>\$55</b>
<b>First Aid Basics</b>	<b>3hrs</b>	<b>\$55</b>
<b>Adult CPR/AED/First Aid</b>	<b>5hrs</b>	<b>\$75</b>
<b>Child/Infant/CPR/AED</b>	<b>3.5hrs</b>	<b>\$55</b>
<b>Child/Infant/CPR/AED/First Aid</b>	<b>6hrs</b>	<b>\$75</b>
<b>Adult/Child/Infant/CPR/AED</b>	<b>4hrs</b>	<b>\$75</b>
<b>Adult/Child/Infant/CPR/AED/First Aid</b>	<b>7hrs</b>	<b>\$95</b>

**Instructor:** Allen James  
**Saturday:** August 27  
 9:00 am - 4:30 pm  
 October 15  
 9:00 am - 4:30 pm  
 November 12  
 9:00 am - 4:30 pm  
 December 10  
 9:00 am - 4:30 pm  
**Age:** 18 years old and up  
**Location:** NCO Conference Room  
 413 N. State Street, Ukiah



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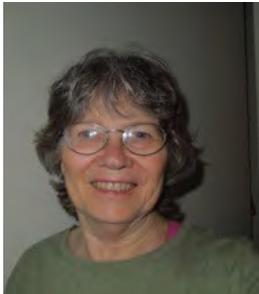
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## **Embodied Life**

The Embodied Life or Freedom Through Awareness work was developed by my mentor and teacher Russell Delman. It is a process-oriented practice which combines the practice of meditation, Feldenkrais-based awareness through movement and embodied inquiry. The three practices together provide a means to develop the ability to be with life's daily challenges in an authentic, warm-hearted way.



Each session will include the three elements of Embodied Life and each participant will be investigating an area of life where he/she wants to move forward. Each week will build on the previous week using these awareness tools.

Benefits may include increased self-regard, being with experience rather than reacting to it, more contentment and gratitude and more willingness to allow change. Wear comfortable clothing and bring a pillow for sitting on the chairs.

**ONLINE REGISTRATION IS NOW AVAILABLE**

**Instructor:** Miriam Raphael

**Wenesdays:** 10:00am - 11:15am

**Session I:** September 7 - October 5

**Session II:** October 19 - November 23

**Fee:** \$65 per person

**Age:** 18 years old and up

**Minimum:** 3 students

**Maximum:** 12 students

**Location:** Anton Stadium  
Recreation Room  
506 Park Blvd., Ukiah



**City of**

**Ukiah**

[www.cityofukiah.com](http://www.cityofukiah.com)

## Whose Life Is This Anyway? Life Coaching Workshop

What Intentions would you set to have a better life?

Find out how life coaching can support you.

This evening's workshop is an invitation to explore more self-awareness of what holds you back and what brings you alive. We will utilize initial coaching steps in bringing more clarity, balance, and well-being to your life, and take to heart what you most value.

In the spirit of more self-awareness, this fun, experiential class includes mindfulness exercises for relaxation, calming and presence; movement to open up and listen to your body; a journey into perspectives to see what's true for you and to open to new possibilities. Through coaching and interactions, the evening unfolds collaboratively in support of one another.

For more information, call Carol at (707) 391-5933

Visit her website at [www.carolgoldberg.com](http://www.carolgoldberg.com)  
One-on-one coaching available

Carol Goldberg, Certified Life Coach, has been working in the healing arts for over 29 years. She has a vast educational and professional background with a passion in supporting and encouraging her clients to consciously create a life that feeds their spirit.



### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Carol Goldberg
- Monday:** 6:00 pm – 8:30 ppm
- Date:** November 7
- Fee:** \$30.00
- Age:** 18 years old and up
- Minimum:** 4 students
- Maximum:** 12 students
- Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah



Multi-age communities of learners work together to discover aspects of the natural and social worlds

**G**ive your child a joyful learning experience full of discovery with:

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- ◆ Experiential learning with field trips, arts
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## Tree of Life Charter School

**Free Montessori elementary education for children ages 5 through 13**

Call for more information:

**707-462-0913**

[treeoflifeschool@pacific.net](mailto:treeoflifeschool@pacific.net)

[www.treeoflifeschool.net](http://www.treeoflifeschool.net)



## Discovery World

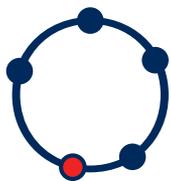


## Preschool

**656 S. Orchard Ave. • Suite #C  
Ukiah, CA 95482**

**(707) 462-2220**

Lic# 233006962



UKIAH LATITUDE  
**OBSERVATORY**  
39° 8' North

## Tours of Earth & Sky

### FALL 2016 EVENTS

Community Services of the City of Ukiah is continuing the **Open Park, Open Skies** program with a more **flexible program of events** to accommodate the public and the beginning astronomers.

#### TOURS OF EARTH & SKY

The public is invited to view first-hand the moon, planets, distant galaxies, nebulas and star clusters. **The free public viewing nights will be held on the following Thursdays: September 8th, October 28th, and November 3th at 7:30 pm.** Children under the age of 14 are welcome with a supervising adult.

**There is no charge for the public viewing night. However, a suggested \$5 donation per family helps support the Observatory Park program.**

#### TELESCOPES FOR THE BEGINNER

Is a class requiring registration through [ukiah.recdesk.com](http://ukiah.recdesk.com) (see page 2). The fee for three sessions is \$20 with proceeds helping support our free **TOURS OF EARTH AND SKY** series. **The classes will meet at 7:30 pm on Thursday's September 22nd, October 20th and November 17th.** If you have a telescope at home that you would like to use, or learn to operate one of the several larger telescopes that have been donated to Friends of the Observatory, this user friendly class is for you! **Space is limited so please sign up early!**

#### DAYTIME TOURS

Contact the observatory to schedule tours for individuals, small groups, and school field trips.

#### CONTACT INFORMATION

**ADDRESS:** 432 Observatory Avenue, Ukiah

**PHONE:** 707-467-5768.

**EMAIL:** [observatory@cityofukiah.com](mailto:observatory@cityofukiah.com)

**WEB:** [www.cityofukiah.com/observatory-park](http://www.cityofukiah.com/observatory-park).

**FACEBOOK:** [www.facebook.com/UkiahLatitudeObservatory](http://www.facebook.com/UkiahLatitudeObservatory)

## Telescopes for Beginners

In this class owners of small telescopes, or people considering buying one, are invited to make the most of their observing experience. Learn how to set up and align telescopes quickly to find and track the celestial objects for maximum viewing enjoyment.

The Ukiah Latitude Observatory has telescopes for beginners to learn with and more serious telescopes for amateur astronomers to experience before they upgrade their equipment.

Call 467-5768 for more information.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Martin Bradley

**Thursday:** 7:30 pm - 9:00 pm

**Dates:** Sept 22, Oct 20, Nov 17

**Fee:** \$20 per person

**Age:** 14 years old and up

**Minimum:** 3 students

**Maximum:** 6 students

**Location:** Observatory Park  
432 Observatory Ave., Ukiah



## Ultimate Frisbee

Come join in the fun. Ultimate Frisbee is played much like soccer. This exciting, non-contact sport takes "flight" two days a week throughout the year. Register at the City of Ukiah or at the field. New teams are formed each meeting.

**Saturdays:** 10:00 am – 12:00 pm  
**Location:** Vinewood Park  
**Tuesdays:** 6:00 pm – 8:00 pm  
**Location:** Vinewood Park  
**Fee:** \$20 per calendar year  
**Ages:** 18 years old and up

## Village Books

Literature, Mysteries,  
 SciFi, History,  
 Cookbooks and lots more!



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**A Small School for Big Thoughts**

## Ping Pong

Competitive ping pong with weekly play and tournaments.

Participants supply their own ping pong paddles.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Buckminster West
- Thursday:** 6:45 pm - 9:00 pm
- Dates:** ongoing, every Thursday
- Fee:** \$25
- Ages:** 18 years old and up
- Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah



## Rugby

Have you ever wanted to play rugby? Rugby is a sport with the ability of basketball, the stamina of soccer, and the hard-hitting of football. We will teach you everything you need to know. Travel all over northern California, stay in shape and make new friends. No experience necessary.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Michael Winters
- Tues & Thurs:** 6:30 pm - 8:30 pm
- Dates:** November 1 - March 30
- Fee:** \$20 per person per season
- Age:** 18 years old and up
- Location:** Ukiah Sports Complex  
905 City Well Rd., Ukiah



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**We  
want  
to  
hear  
from  
YOU!**

*Do you have special skills or talents that you want to teach to others?*

*If so, become an instructor for the City of Ukiah Recreation Department.*

*Call 707-463-6231 for more information.*



## Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. Pickleball was invented in the mid-1960s as a children's backyard pastime, but has quickly become a popular fun game for players of all ages

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Scott Miller & Susan Schrock
- Saturdays:** 9:00 am – 11:00 am
- Dates:** September 10 – December 17
- Fee:** \$40 OR \$5 drop-ins
- Age:** 12 years old and up
- Minimum:** 3 players
- Maximum:** 20 players
- Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah

## 13th Annual Thanksgiving Break Hoop Camp

The Thanksgiving Break Hoop Camp is perfect for children of all skill levels and offers a chance to get the equivalent basketball experience of 12 team practices in just three days. Each camper will receive intense individual instruction in every phase of the game of basketball from experienced local basketball coaches. The daily schedule will consist of fundamental skill work, fun competitions and live games. There will be daily prizes and awards for contest winners, campers with exceptional attitudes and players who show great hustle. Bring a lunch and come dressed ready for a full day of basketball!

For more information call (707) 463-6714.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Mon-Tue-Wed:** 8:30 am – 1:30 pm
- Dates:** November 21, 22 and 23
- Fee:** \$60 if registered by Nov 18th  
\$75 walk-up  
\$10 sibling discount  
Low income discounts available
- Grades:** 2-8; boys and girls  
All skill levels!
- Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah

**2017**  
**MEN'S AND WOMEN'S BASKETBALL LEAGUES**

**Deadline: December 9th**  
**Cost: \$450 sponsor fee**  
**\$40 player fee**

 (707) 463-6714  
www.cityofukiah.com



## GIVE US YOUR BEST SHOT!

Send a photo of a City of Ukiah recreation class or event, and your photo may be featured in the next Recreation Guide.

Email your "best shot" to:

**recreation@cityofukiah.com**

Be sure to include your contact information and where and when your photo was taken.

## Basketball Skills, Grades K-1

We will focus on beginner to intermediate basketball skills such as dribbling, passing, and shooting. We will also focus on team work and learning to work together.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Dave Kornegay  
**Mondays:** 5:30 pm – 7:00 pm  
**Dates:** September 12 – November 14  
**Fee:** \$40  
**Grades:** K - 1; boys & girls  
**Minimum:** 10 players  
**Maximum:** 20 players  
**Location:** Alex Rorabaugh Recreation Center  
 1640 S. State St., Ukiah

## Basketball Skills, Grades 2-4

Kids will work on improving their shooting, ball handling, offensive & defensive skills. We will also focus on understanding the game and working together as a team.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Dave Kornegay  
**Wednesday:** 5:30 pm – 7:00 pm  
**Dates:** September 14 – November 16  
**Fee:** \$40  
**Grades:** 2 - 4; boys & girls  
**Minimum:** 10 players  
**Maximum:** 20 players  
**Location:** Alex Rorabaugh Recreation Center  
 1640 S. State St., Ukiah

## Basketball Skills, Grades 5-8

Kids will work on improving their shooting, ball handling, offensive & defensive skills. We will also focus on understanding the game and working together as a team.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Miles Hayes  
**Tuesdays:** 6:30 pm – 8:00 pm  
**Dates:** September 13 – November 8  
**Fee:** \$50  
**Grades:** 5 – 8; boys and girls  
**Location:** Alex Rorabaugh Recreation Center  
 1640 S. State St., Ukiah

## High School Basketball

High School Basketball is designed for any boy or girl in grades 9-12. All skill levels are welcome! Coach Bill Heath will work in groups and 1-on-1 to make sure everyone learns the rules of high school basketball as well as exceed each player in their skill level. Competitive drills and game play will be a part of every class.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Bill Heath  
**Thursdays:** September 15 – November 17  
**Time:** 6:00 pm – 8:00 pm  
**Fee:** \$60  
**Grades:** 9 - 12; boys & girls  
**Minimum:** 10 players  
**Maximum:** 35 players  
**Location:** Alex Rorabaugh  
 Recreation Center  
 1640 S. State St., Ukiah

## Little Bounce Thanksgiving Break Basketball Camp

This Thanksgiving Break basketball camp is for younger players. Players will receive quality instruction, positive reinforcement and personalized attention in a safe, supervised environment.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Miles Hayes

**Mon & Tues:** 8:30 am – 12:30 pm

**Dates:** November 21 & 22

**Fee:** \$50 if registered by Nov 18th  
\$60 walk-up

**Grades:** Pre K - 1; boys & girls  
\*youngest 3 years

**Minimum:** 10 players

**Maximum:** 30 players

**Location:** Pomolita Middle School Gym

## Little Bounce Christmas Break Camp

This Christmas Break basketball camp is for younger players. Players will receive quality instruction, positive reinforcement and personalized attention in a safe, supervised environment.

### ONLINE REGISTRATION IS NOW AVAILABLE

**Instructor:** Miles Hayes

**Mon & Tues:** 8:30 am – 12:30 pm

**Dates:** December 22 – December 23

**Fee:** \$60

**Ages:** 3 - 7; boys & girls

**Minimum:** 10 players

**Maximum:** 30 players

**Location:** Alex Rorabaugh Recreation Center  
1640 S. State St., Ukiah



## Youth Basketball Info Page 41



# The City of Ukiah Presents



## Women's Slow Pitch Softball Tournament

**SATURDAY, SEPTEMBER 24TH**

**\$250 ENTRY FEE**

**DOUBLE-ELIMINATION**

**DEADLINE: SEPTEMBER 16TH**



For more information: (707) 463-6714—[jwebb@cityofukiah.com](mailto:jwebb@cityofukiah.com)—[www.cityofukiah.com](http://www.cityofukiah.com)

**ONLINE REGISTRATION IS HERE!**

**With the new RecDesk system, it's as easy as 1,2,3:**

1. Log in OR create an account @ [ukiah.recdesk.com](http://ukiah.recdesk.com)
2. Select the class you wish to register
3. Pay the amount listed on invoice



## Disc Golf

Ever wanted to learn how to play that game you see all over the Ukiah Valley? Check out one of the fastest growing sports in America—Disc Golf!! To learn more call 508-7553.

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Casey Thompson
- Tuesdays:** 3:30 pm – 4:00 pm
- Dates:** August 30 – October 25  
Play after instruction
- Fee:** \$20
- Age:** All Ages, 16 and under with adult
- Minimum:** 3 players
- Maximum:** 15 players
- Location:** Ukiah Skate Park



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Thank You  
for another terrific summer!!

From the staff of the  
UKIAH MUNICIPAL  
SWIMMING POOLS  
and the  
SUMMER SAFARI DAY CAMP

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2016 SUMMER  
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Parks  
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Life  
Better!

## Peak Performance Pitching

Students will have the opportunity to learn techniques on how to develop arm strength, health, and endurance. There will be an emphasis on work ethic, mental discipline, and routines. The goal of this class is to provide pitchers with a foundation which will help promote long term success towards their pitching expectations. If you have any questions you can contact Mickey Coughlin at 707-972-1917

### ONLINE REGISTRATION IS NOW AVAILABLE

- Instructor:** Mickey Coughlin  
**Time:** By appointment  
**Dates:** Call to schedule  
**Fee:** \$200 for four lessons  
**Age:** 10 and Up  
**Minimum:** 2 students  
**Maximum:** 30 students  
**Location:** Anton Stadium,  
 506 Park Blvd., Ukiah



# COMMEMORATIVE TREE & BENCH PROGRAM

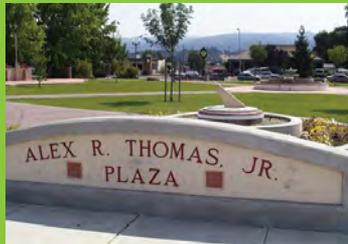
Celebrate an event  
or memorialize a loved one  
by having a commemorative  
bench or tree installed  
in a City of Ukiah Park.

For more information,  
call the City of Ukiah  
Community Services  
Department at  
(707) 463-6231.





# Ukiah Valley Conference Center



## Rental Facilities

- Ukiah Valley Conference Center
- Alex Rorabaugh Recreation Center
- Bechstoffer Gym
- Alex Thomas Plaza
- Todd Grove Park
- Oak Manor Park
- Vinewood Park

## Other Services Provided

- Catering
- Street Closure Permits
- Special Event Permits
- Audio Visual



For more information please contact The Ukiah Valley Conference Center at 707-463-6701  
 Visit our office on 200 South School Street, Ukiah CA 95482 or website at [www.cityofukiah.com](http://www.cityofukiah.com)

## CITY FACILITIES FOR RENT

City facilities are available to the public on a rental basis at very reasonable fees.

If your business, club, or family group is planning a meeting, wedding, reunion, party or other gathering, we may have the perfect location for you.

For information about renting these facilities, call: **463-6700**

Picnic & Barbecue Facilities  
 Conference & Meeting Rooms  
 Banquet & Wedding Facilities  
 Grace Hudson Public Meeting Room  
 Ukiah Civic Center Council Chambers  
 Alex Rorabaugh Center (ARC)

For information about renting these facilities, call: **463-6231**

Sports Fields & Stadium  
 Municipal Swimming Pools



## Youth Basketball Coaches, Referees and Sponsors needed!

Call (707) 463-6714 or visit 411 W. Clay St. in Ukiah for more information!



## COMMUNITY SERVICES DEPARTMENT...

Ukiah residents continue to enjoy the benefits of having excellent recreational park facilities. These include a golf course, the Grace Hudson Museum, the Conference Center, baseball and softball stadiums and nearly 130 acres of developed parkland. Our parks offer outstanding amenities including tennis courts, playgrounds, picnic areas, playing fields, and an amphitheater. In addition, our recreational activities are some of the most desired services offered by the City to its residents.

Professional associations such as the California Park and Recreation Society and the National Park and Recreation Association have for a long time boasted that the benefits of recreation are endless. Some of the many individual and community benefits provided by the parks and recreation services include:

### INDIVIDUAL BENEFITS

- Enhanced relaxation • A feeling of social belonging • Increased self-esteem & self-reliance • Making new friends • Reduced risk of stress related diseases
- A balance between work & play

### COMMUNITY BENEFITS

- Reduced crime & delinquency • Family unity • Community pride • Attracting new businesses • Enhanced ethnic & cultural understanding,

**"Life was meant to be lived." — Eleanor Roosevelt**

# THANK YOU SPONSORS!

## 2016 Summer Adult Softball

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Acevedo's Ukiah  
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Bad News Beers

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Fields of Bern

Flipping NorCal

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Frank Howard Tax

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Greenwood Aggregates

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Hillside Health Center

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R&B Towing

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Services, Inc.

Romi's Brew & BBQ

Safeway

Save My Ups

Selzer Realty World

Sherwood Valley Casino

Silva's

SIP! Mendocino

Smoke Eaters

Sparetime Supply

StudioWest

TeleCom

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The Pub

Ukiah Flooring Center/  
Windsor Bowling Alley

Dirty Ballers

Unusual Suspects

UVMC Valkyries

Van Meier Janitorial

Vintage Drywall

Windsor One

2016/2017 CITY OF UKIAH

# YOUTH BASKETBALL

**WHO:** Boys and Girls, Grades K - 12th  
**COST:** **\$60.00 Per Player;** \$55.00 Second Sibling  
*\*Low-Income Discounts Available through 10/21/2016\**  
**REGISTRATION:** **Deadline - Friday, October 21** (\$15 late fee after 10/21/16)  
 Ukiah Civic Center, 411 W. Clay St. M- F 8:00 a.m. to 5:00 p.m.  
**Phone: (707) 463-6714** Online: [ukiah.recdesk.com](http://ukiah.recdesk.com)  
 • Additional forms are available at [www.cityofukiah.com](http://www.cityofukiah.com).



Boys and girls will be separated into the following divisions: K-1, 2<sup>nd</sup>/3<sup>rd</sup> Grade, 4<sup>th</sup>/5<sup>th</sup> Grade, 6<sup>th</sup>-8<sup>th</sup> Grade, and High School. Games will be played at various Ukiah area gyms with practices starting in late November after Thanksgiving Break. League games will begin in early January with the season running through March. Separate teams for private schools and schools outside of UUSD can be organized if there are enough participants, coaches, and sponsors (Some restrictions apply, call for approval). The league is always in need of good coaches, team sponsors, referees and gym time.

***A 15% fee is retained on all refunds prior to the deadline. No refunds after 12/2/16***

**RELEASE FROM LIABILITY AND INDEMNIFICATION**  
**THIS REGISTRATION FORM IS INVALID UNLESS IT IS SIGNED**

**Please Read and Sign**

In consideration of the acceptance of my application for entry into the above stated recreation activity(ies), I hereby waive, release, and discharge any and all claims for damages for personal injury or property damage or losses, expenses, including reasonable attorney fees, which I may have or which may hereafter accrue to me, against the City of Ukiah as a result of my participation in the activity(ies). This release is intended to discharge the City of Ukiah, its officers, officials, employees, instructors, agents, and volunteers, from and against any and all liability arising out of or connected in any way with my participation in the activity(ies) even though that liability may arise out of the negligence or carelessness on the part of other persons. I further understand that accidents and injuries can arise out of the activity(ies), knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless the City of Ukiah and all of the persons mentioned above who might otherwise be liable to me or my heirs or assigns for damages. It is further understood and agreed that this waiver, release and assumption of risks is to be binding on my heirs and assigns.

I, the undersigned or parent/guardian of the individual named below do hereby agree to allow the individual named herein to participate in the aforementioned activity, and I further agree to indemnify and hold harmless the City of Ukiah and its instructors, agents, officers and employees from and against any and all liability resulting in injury associated with that individual's participation in this activity(ies). I/We agree to allow use of my/our photograph for program publicity. I/We read and agree to the registration and program policies. I have read and understand the previous paragraphs.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent's Signature Required For Players Under 18

Parent's Name \_\_\_\_\_

**Child's Name** \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Gender (M / F) Shirt Size (YS YM YL / AS AM AL XL XXL)

Grade \_\_\_\_\_ Age: \_\_\_\_\_ Years Played: \_\_\_\_\_

School: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone \_\_\_\_\_

Would you like to be a coach?: YES NO

Are you or someone else you know willing to sponsor a team (\$250)?

Name of Sponsor: \_\_\_\_\_ Phone \_\_\_\_\_

**For Official Use Only:**  
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The City of Ukiah is no longer accepting manual entry of Credit Cards. To register online, please visit [ukiah.recdesk.com](http://ukiah.recdesk.com) and follow these steps:

1. Log in OR create an account
2. Search and register for "Youth Basketball"
3. Pay the amount listed on invoice
4. You will be contacted by a coach

**PLEASE NOTE:**  
**SCHOLARSHIPS AND SIBLING DISCOUNTS**  
**CAN ONLY BE DONE IN HOUSE**



# Co-Ed League

**\*Deadline: September 30th**

**\*Fee: \$300 per team**

**\*Ages 16 and up**

**\*10 game schedule**

**\*Two-20 minute halves**

**\*Season begins October 23rd**

**\*Games on Sundays at the ARRC**

**Gather your friends, form a team and stay active in this all new Futsal league!**



**City of Ukiah Recreation Department:**

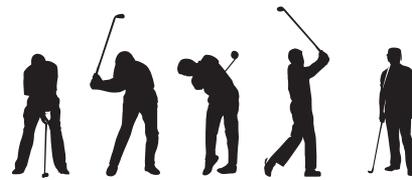
**411 West Clay St.**

**(707) 463-6714**

**[www.CityofUkiah.com](http://www.CityofUkiah.com)**

# UKIAH VALLEY GOLF COURSE

599 PARK BLVD., UKIAH (707) 467-2832



**Come out and join other golfers in social activities and gatherings.  
Be a part of it by joining the Men's or Women's Clubs, Par Tee Niners, summer BBQ's, etc.  
Call the Pro Shop, 467-2832 for more information.**

The Ukiah Valley Golf Course is proudly owned by the City of Ukiah.  
This picturesque golf course offers you great family-friendly golf surrounded with its magnificent views. It is a challenging 18-hole championship golf course recognized as a member of the Northern California Golf Association. **NCGPA Par 70**

- Open every day from sunrise until sunset
- Twilight rates available after 12 noon
- Food & beverage concessions
- Club rentals available
- Cart rentals available
- Golf instruction for individuals or groups
- Fully stocked pro shop
- Tournament scheduling available
- Men's and women's leagues
- Limited and unlimited memberships available

## GREEN FEES

### Saturday, Sunday & Holidays

**ADULTS** 18 holes **\$32**  
Twilight **\$22**  
**JUNIORS** 18 holes **\$12**  
9 holes **\$ 9**

### Monday thru Friday

**ADULTS** 18 holes **\$24**  
Twilight **\$19**  
**SENIORS** 18 holes **\$20**  
**JUNIORS** 18 holes **\$10**  
9 holes **\$ 6**

*(fees subject to change)*

### Annual Green Fees

Unlimited Adult **\$1,500**  
Unlimited Adult Couples **\$2,100**  
Limited Adult **\$1,050**  
Limited Couple **\$1,500**  
Limited Junior **\$ 250**  
Annual Private Cart Permit Fee **\$ 265**



Head Golf Professional

**Frank L. Johnson, Member PGA**

[www.ukiahgolf.com](http://www.ukiahgolf.com)



# Park Facilities & RENTAL INFORMATION

The Community Services Department operates and maintains a wide variety of park and building facilities to meet the needs of the community. Most parks are open daily to the public between the hours of 6am and 10pm. Many facilities may also be reserved for a low rental fee. We have the perfect location for meetings, seminars, weddings, parties, and other gatherings. For additional rental information, call 463-6700.

Facilities	Address	Acreage	Facilities															
			Open Grass Area	Playground Equipment	Picnic Tables and Benches	Barbecues	Reservable Group Picnic Area	Restrooms or Port-o-lets	Horseshoe Pits	Volleyball Standards	Tennis Courts	Basketball Courts	Adjacent to School Facilities	Swimming Pool	Amphitheater	Covered Gazebo/Pavilion	Softball/Baseball Diamonds	Multi-Purpose/Meeting Rooms
Alex Rorabaugh Center	1640 S. State St.	n/a					✓			✓	✓	✓						✓
Alex R. Thomas Plaza	310 S. State St.	0.8			✓		✓							✓	✓			
Gardner Park	248 Oak St.	0.2			✓													
Giorno Park/Anton Stadium	506 Park Blvd.	12.0	✓													✓		
Hudson-Carpenter Park	431 S. Main St.	0.8			✓												✓	
McGarvey Park	310 Dora St.	1.0			✓													
Nokomis Tennis Courts	Wabash Ave.	0.3									✓	✓						
Oak Manor Park	500 Oak Manor Dr.	4.0	✓	✓	✓	✓	✓	✓		✓	✓	✓				✓		✓
Observatory Park	407 Luce St.	2.5	✓															✓
Orchard Park	855 Orchard Ave.	0.25	✓	✓	✓													
Riverside Park	1281 E. Gobbi St.	38.0	✓		✓													
Todd Grove Park	600 Live Oak	16.2	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓		✓	
Ukiah Civic Center	300 Seminary Ave.	2.5	✓															✓
Ukiah Skate Park	1043 Low Gap Rd.	n/a	✓		✓			✓				✓						
Ukiah Sports Complex	905 City Well Rd.	10.3	✓	✓	✓			✓									✓	
Vinewood Park	1260 Elm St.	4.7	✓	✓	✓	✓	✓	✓		✓	✓							

- RENTAL OPERATIONS INCLUDE:**
- Picnic and Barbecue Facilities
  - Conference and Meeting Rooms
  - Banquet and Wedding Facilities
  - Board Room and Auditorium
  - Sports Stadium and Complex
  - Swimming Pool
  - Amphitheaters
  - Covered Gazebo and Pavilion

City facilities are available to the public on a rental basis at very reasonable fees.

If your business, club, or family group is planning a meeting, wedding, reunion, party or other gathering, we may have the perfect location for you.

**Call 463-6700 to Rent**

- Picnic & Barbecue Facilities
- Conference & Meeting Rooms
- Banquet & Wedding Facilities
- Grace Hudson Public Meeting Room
- Ukiah Civic Center Council Chambers
- Sports Fields & Stadium
- Municipal Swimming Pools

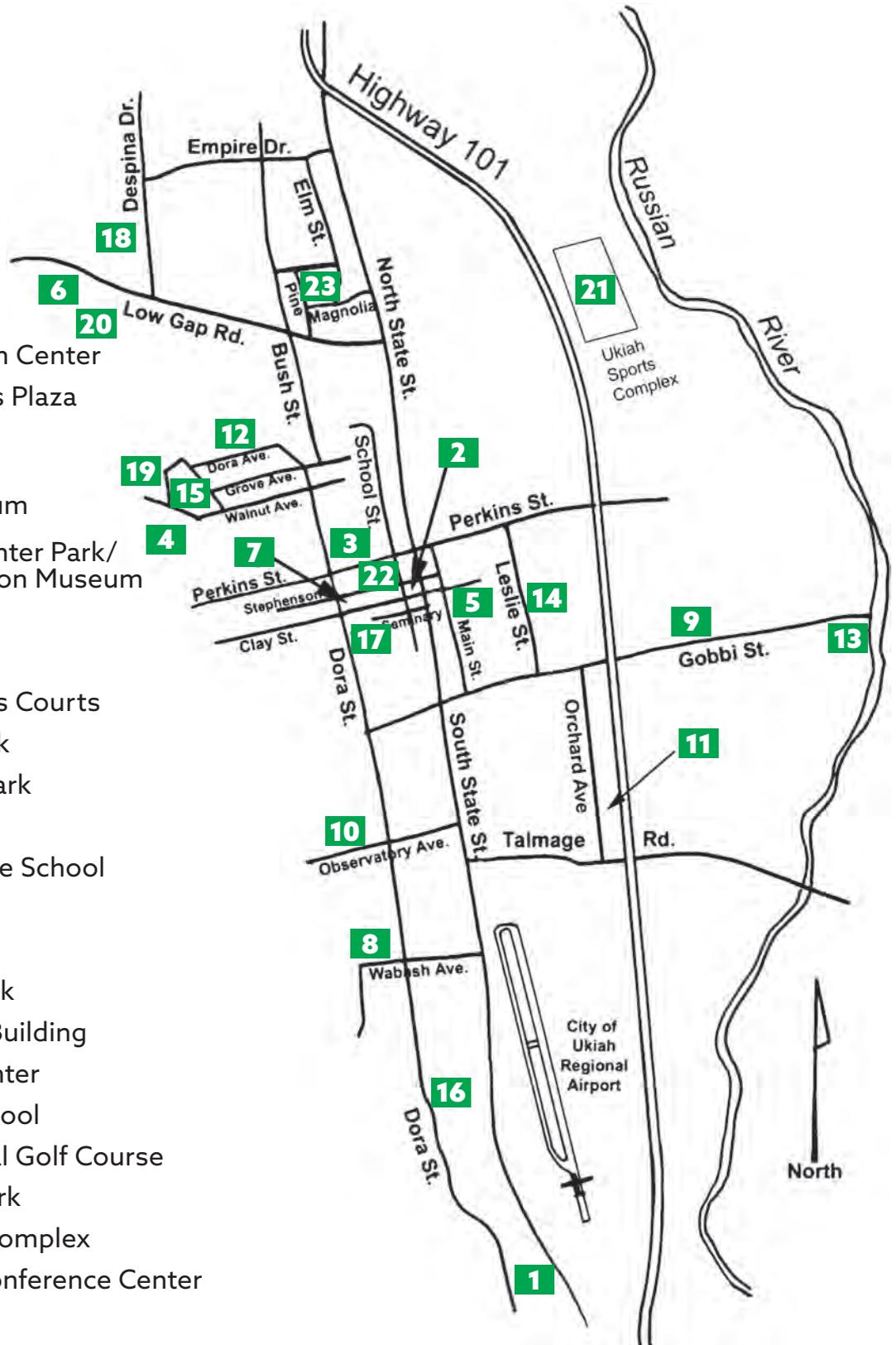


# Park & Facilities

## LOCATIONS

## INDEX

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- 19 Ukiah Municipal Golf Course
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- 23 Vinewood Park



# How Do I Register?



**MAIL-IN**



**ONLINE**



**WALK-IN**

Choose the programs you want. Complete the registration form fully with all class dates and times listed. Please be sure to sign your form. Please total all fees and include your check or money order payable to the City of Ukiah.

**PLEASE NOTE:** There will be a \$25 charge for all checks returned from your bank for non-sufficient funds. To make sure your registration is not delayed, please be certain that your forms are complete, correct and signed. Payment, either of cash, check, or money order. If paying by credit card, please visit **ukiah.recdesk.com** to register.

Once you've chosen the programs, complete the registration form and select a payment method. You can Mail-In, Walk-In or, if paying by credit card, go Online at **ukiah.recdesk.com**. If the class of your choice is full, you will be placed on a waiting list and contacted about the status of your registration.

Classes may be cancelled due to lack of enrollment. Please make every effort to pre-register so a class will not be cancelled unnecessarily. Pre-registration is required for every class.

## HOW WILL I KNOW I'M IN THE CLASS?

You will NOT be contacted to confirm your registration. Please make a note of the classes for which you registered.

You WILL be contacted in writing or by phone\* regarding your registration in the following cases:

- The class you have requested has reached its registration limit and you were placed on the waiting list.

- Your registration form is incomplete.

- Your class is being cancelled due to insufficient registration.

**\*NOTE: For this reason, it is imperative that you provide both your phone number plus an emergency contact.**

## REFUND POLICY

Refunds are granted only if a written request is received by the City of Ukiah before the second class meeting. There is a 15% administration fee deducted from all refunds. Instructors do not issue credit or refunds for classes you miss. A credit is offered if the class is canceled due to instructor's cancellation.

## WHAT HAPPENS WHEN I'M ON THE WAITING LIST?

You will remain on the waiting list until the class begins. We will make every effort to create additional classes and contact you if we have been able to do so.

Once the class begins, if we have been unable to accommodate you, we will process your refund for fees paid.

**NOTE: In order to remain on the waiting list, we require that your fees be retained. If you wish your name to be removed from the waiting list, contact us at 463-6231, and your refund will be processed.**

## FINANCIAL ASSISTANCE

The City of Ukiah wants every child to have an opportunity to participate in its various recreation programs. In an effort to provide affordable programs, the City has established a fee subsidy program. Please contact the City of Ukiah Community Services Department at 463-6231 at least 15 days prior to first class to inquire about completing an application for reduced program fees.

# REGISTRATION FORM



## Three Easy Ways to Register:



### MAIL-IN

Send Completed Form to:  
City of Ukiah  
Recreation Classes  
411 W. Clay Street  
Ukiah, CA 95482



### ONLINE

Complete Form via:

**rec desk**

[ukiah.recdesk.com](http://ukiah.recdesk.com)



### WALK-IN

Deliver Completed Form to:  
City of Ukiah  
8am-5pm; Mon-Fri  
411 W. Clay Street

LAST NAME, FIRST NAME	DOB	M/F	COURSE TITLE	DATE & TIME	FEE
<b>Refunds are granted only if a written request is received by the City of Ukiah before the second class meeting. THERE IS A 15% ADMINISTRATIVE FEE DEDUCTED FROM ALL REFUNDS.</b>					<b>TOTAL FEES</b>

## RELEASE FROM LIABILITY AND INDEMNIFICATION

### PLEASE READ AND SIGN:

In consideration of the acceptance of my application for entry into the above stated recreation activity(ies), I hereby waive, release, and discharge any and all claims for damages for personal injury or property damage or losses, expenses, including reasonable attorney fees, which I may have or which may hereafter accrue to me, against the City of Ukiah as a result of my participation in the activity(ies). This release is intended to discharge the City of Ukiah, its officers, officials, employees, instructors, agents, and volunteers, from all liability arising out of or connected in any way with my participation in the activity(ies) even though that liability may arise out of the negligence or carelessness on the part of other persons. I further understand that accidents and injuries can arise out of the activity(ies). Knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless the City of Ukiah and all of the persons mentioned above who might otherwise be liable to me or my heirs or assigns for damages. It is further understood and agreed that this waiver, release and assumption of risks is to be binding on my heirs and assigns.

I, the undersigned or parent/guardian of the individual named below do hereby agree to allow the individual named herein to participate in the aforementioned activity, and I further agree to indemnify and hold harmless the City of Ukiah and its instructors, agents, officers and employees from and against any and all liability resulting from any injury or property damage associated with that individual's participation in the activity(ies).

I/We agree to allow use of my/our photograph for program publicity. I/We have read and agree to the registration and program policies. I have read and understand the previous paragraphs.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature Required (Parent or guardian must sign for minor under 18 years of age)

Print Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### FOR OFFICIAL USE ONLY:

AMOUNT PAID: \_\_\_\_\_

PAYMENT METHOD: \_\_\_\_\_

### IMPORTANT NOTICE:

The City of Ukiah is no longer accepting manual entry of Credit Cards. To register online, please visit [ukiah.recdesk.com](http://ukiah.recdesk.com) and follow these steps:

1. Log in OR create an account
2. Select the class you wish to register
3. Pay the amount listed on invoice
4. Attend the class



## ADVERTISING IN THE GUIDE

The City of Ukiah is pleased to provide you with information on the benefits of advertising in the Activity and Recreation Guide. We are confident that you will experience a better "return on investment" than advertising with other publications. Our guide is printed in full-color with glossy covers and contains seasonal information about recreation and leisure activities throughout inland Mendocino County.

## OUR GUIDE GETS INTO THE HANDS OF YOUR CUSTOMERS!

### HERE ARE THE REASONS WHY:

- Directly mailed to every single resident and business in Ukiah, Redwood Valley, Calpella, Talmage and Potter Valley.
- Rates are lower than other magazines and newspapers.
- Single largest leisure and recreation guide in the region.
- Each ad is custom formatted to your specifications by our experienced and friendly staff.
- Proceeds support local youth activities.
- Published 3 times a year in January, June and September.
- The guide is also published electronically on the City's website.

### COMPARE OUR PRICES

BACK COVER:
\$1,050
<i>Full-Color, Glossy Print</i>
INSIDE FRONT COVER:
\$775
<i>Full-Color, Glossy Print</i>
INSIDE BACK COVER:
\$725
<i>Full-Color, Glossy Print</i>
FULL PAGE:
\$550
<i>7.5" x 9.5" Full-Color</i>
HALF PAGE:
\$300
<i>7.5" x 4.5" Full-Color</i>
1/4 PAGE:
\$155
<i>3.5" x 4.5" Full-Color</i>
BANNER AD:
\$125
<i>7.5" x 1.5" Full-Color</i>
1/8 PAGE:
\$105
<i>3.5" x 2.25" Full-Color</i>

### OUR CLIENT LIST INCLUDES:

- Alan Nicholson Design Studio
- Curves
- Heidi's Yarn Haven
- Mendocino Community Health Center
- Patrona
- SPACE
- The Tutoring Center
- Triple S Camera
- Villa Del Mar
- Village Books

**...JUST TO NAME A FEW!**

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Photo Calendars

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Ukiah, CA 95482

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**PAID**  
UKIAH, CA  
PERMIT #243

Postal Customer

ECRWSS



## HILLSIDE HEALTH CENTER

333 Laws Avenue, Ukiah  
**(707) 468-1010**  
[hillsidehealthcenter.org](http://hillsidehealthcenter.org)

MCHC is an equal opportunity provider  
and employer.

*Refuse to act your age!*

### FREE MEDICARE ANNUAL WELLNESS VISITS

We'll help you develop a personalized wellness program so you can keep doing what you love to do.

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