

Tab 6

Town Manager

From: Linda Zielinski <lmzielinski@icloud.com>
Sent: Tuesday, September 29, 2015 6:43 PM
To: manager@townoforiental.com
Cc: Diana Peterson
Subject: YOGA CLASS DISPUTE

Hi , Diane I I have held back in writing until I could take some time to digest the controversy . I have been a yoga "student" of Diana's since 2002 . She has definitely taught me invaluable lessons about inner peace and group intention . On the other hand , Susan has been my health care provider for many years , and I appreciate beyond words the invaluable impact she has made on my well- being . My admiration and affection for these two ladies are immeasurable ! That said , the approach of these two yoga classes seems to be very different . My personal feeling about the dispute is this : Oriental has always been about "finding one's niche" and that's just fine with the rest of the community . Diana has her niche . Susan has hers . They do not impinge on one another's as I can tell . Also , I was under the impression that Diana was teaching under the auspices of Pamlico Community College which is a non-profit institution . If the use of the Town Hall is dependent on that issue , perhaps that fact may settle the usage aspect . Hopefully , this clash can be settled amicably and justly for the sake of many of us who care deeply about these two marvelous mentors . With my very best regards .. Linda Zielinski

Sent from my iPad

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Version: 2015.0.6140 / Virus Database: 4435/10730 - Release Date: 09/30/15

Town Manager

From: mjrjrr@centurylink.net
Sent: Tuesday, September 29, 2015 5:55 PM
To: Town Manager
Subject: Town Hall Yoga

I am taking the Chair Yoga class at Town Hall and am pleased with its healthful effects.

I have taken Susan Koepp's therapeutic yoga classes several years ago.

It was helpful in some ways and less demanding and less active than the normal yoga class for younger people. The therapeutic class used a few standing positions and all others positions were performed on the floor. It was far more active than the chair yoga class held at the town hall. I ceased to attend Susan's therapeutic yoga class because some positions aggravated my back condition. And I was having difficulty climbing the very steep stairway there.

Also, at that time, there was a free regular yoga class at the Womans Club. I do not know if this class continues today. That class would certainly have competed.

The chair yoga class is helping in my post-surgery rehabilitation. And since I live in Oriental, I do prefer an Oriental location and hope it continues here. You may share my comments.

Janis Rott

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Version: 2015.0.6140 / Virus Database: 4435/10730 - Release Date: 09/30/15

Town Manager

From: Nancy Hiller <josie.hiller@gmail.com>
Sent: Saturday, September 26, 2015 5:06 PM
To: manager@townoforiental.com
Subject: Yoga at town hall

**I just wanted to add my plea and thanks in advance for hearing me:
Please, whatever you decide, allow the yoga with Ms. Petersen to continue here.
I am a big fan of "Dr. Sue" and relied on her care for my health and that of my
Mom's for many years. However, my 87 year old Mom and I found her yoga class
to be too rigorous (I am still recovering from a severe car accident and the chair
yoga with a little stretching on the mat is just right for me).
I can understand Ms. Keopp being upset about the free rent being offered anyone
else if she were 1) turned down for the same request and 2) lives in town and
pays city tax dollars for AC and heat of the room.
If both of the above requirements have not been met then I do not understand any
basis for a valid complaint. There are two veterinarians, several hair dressers,
and about 75 real estate agents. Perhaps I am missing a piece of information or
something?**

**Thank you for listening.
Nancy Hiller
Certified Life Coach and
Broker/Owner The New Realty Group**

Stay close to anything that makes you glad you are alive."
— Hafez

"The trick to keeping your heart open is to never close it" ;-)
from The Untethered Soul by M. Singer

Nancy J. Hiller, CPC
Certified Life Coach
Clearing the Way for Your Best Life
HealthyMindsHappyPlanet.com

512.791.2910 cell
toll free 1.888.790.1933

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Version: 2015.0.6140 / Virus Database: 4435/10715 - Release Date: 09/28/15

Town Manager

From: larsum@aol.com
Sent: Thursday, September 24, 2015 5:15 PM
To: manager@townoforiental.com
Subject: Fwd: business for profit held at the town Hall

-----Original Message-----

From: larsum <larsum@aol.com>
To: susan <susan@mywellnesspartner.com>; charlieovercash <charlieovercash@townoforiental.com>
Cc: barbventuri <barbventuri@townoforiental.com>; davidwhite <davidwhite@townoforiental.com>; sandywinfrey <sandywinfrey@townoforiental.com>
Sent: Thu, Sep 24, 2015 5:13 pm
Subject: Re: business for profit held at the town Hall

Susan,

Our policy, not an ordinance, calls for us to only allow non-profit groups to use the facilities. The board approved the temporary use of the facilities due to the loss of heating, I believe, at the location where the classes were being held. Somehow that class finished up and the group was allowed to continue. We have occasionally allowed a sponsored class by the college and a couple of other organizations for educational purposes. One of those was using social media to enhance business.

I am opposed to any for profit business competing against a business in the Town of Oriental.

Larry Summers
252-675-0467

-----Original Message-----

From: susan koepp <susan@mywellnesspartner.com>
To: Charlie Overcash <charlieovercash@townoforiental.com>
Cc: Barb Venturi <barbventuri@townoforiental.com>; David White <davidwhite@townoforiental.com>; Sandy Winfrey <sandywinfrey@townoforiental.com>; Larry Summers <larsum@aol.com>
Sent: Thu, Sep 24, 2015 1:32 pm
Subject: business for profit held at the town Hall

Your response can be directed to this email address, susan@mywellnesspartner.com or phone 249-2220, thank you, susan

September 22, 2015

Dear Commissioner,

It has come to our attention that the Town Hall is being used as a venue to conduct ongoing, for profit, Yoga and Tai Chi classes. The fact that it is being offered under the umbrella of PCC is immaterial. They have their own facility in the county where this series of classes would be more appropriately conducted. You, the Commissioners are subsidizing a business venture that is in direct competition with the classes that we offer. As long time local business owners, we feel your action is neither appropriate nor supportive of the businesses that pay taxes to the Town of Oriental. Furthermore, these class offerings are in direct competition with our businesses at prices that we can not begin to compete with.

The principle being violated here is allowing a business to have a rent free, utility free, tax-free enterprise at a public venue. To add insult to injury, our tax dollars are indirectly being used to support our competition.

We respectfully request that this practice be discontinued immediately.

Please respond to this letter expeditiously so that no further action on our part will be necessary.

Sincerely,

Susan Koepp, owner of Partners in Health Yoga
Jan and John LaGuardia, owners of Village Health and Fitness

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Town Manager

From: dianayoga@embarqmail.com
Sent: Wednesday, September 23, 2015 11:23 AM
To: Town Manager
Cc: Denise Meyerson
Subject: Yoga at Town Hall

Diane,

While I totally stand by my letter to you and the Town Commissioners, the only other thought I would like to add is that, for future PCC publicity, I would happily revert to my previous flyers and announcements that said CHAIR YOGA instead of YOGA FOR EVERY BODY.

It suddenly occurred to me that this might have been the catalyst for her complaint. She does not do "chair yoga" and, as I said, only a very small portion remain for the mat yoga section.

Thank you again for your continuing efforts for us all. Diana

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Town Manager

From: Margaret King <mfking1@earthlink.net>
Sent: Wednesday, September 23, 2015 10:46 AM
To: Manager@TownOfOriental.com
Subject: Diana Peterson's yoga class

Dear Diane,

I was greatly distressed to hear that the town is considering eliminating its agreement with Pamlico Community College and Diana Peterson to enable her to offer her wonderful chair yoga class in the equally wonderful Town Hall assembly room. As I understand it, Susan Koepp has complained that the low cost of Diana's class is siphoning off potential students from her classes and hurting her business. I am writing to question that assumption and to advocate for your continuing to allow Diana's class to meet at the Town Hall.

When the new Town Hall was built, I remember that there were a number of complaints about the expense incurred by creating such a "fancy" meeting space with such limited utilization. When Diana announced that her yoga class, which I had attended for several years at the Village Health Club, would be offered at the Town Hall, I was delighted. It seemed to me that the Town of Oriental was creating multipurpose usefulness of this meeting space with a program that benefited Oriental's senior citizens, especially those with arthritis. Since Oriental has so many residents over 60 years old, and since the closest senior center is northwest of Bayboro, I saw the Town's willingness to collaborate on offering this marvelous chair yoga program as one way of stepping into the gap created by our lack of a senior center, such as the one where Diana teaches yoga and tai chi in New Bern. I would hate to see the Town of Oriental move away from this valuable initiative.

Diana's yoga class serves a very specific need; it is designed for those who want the benefits of yoga but who may lack the flexibility and strength to do yoga on a mat due to arthritis or prior injuries or surgeries. Last week, when members of this session's class introduced themselves, all but one member mentioned either arthritis or a surgery that limited mobility. For these folks, Diana's class offers exercises that increase lubrication of all the joints, that strengthen major muscle groups in a gentle and safe way, that improve balance, and that promote conscious release of muscular tension. In addition, Diana teaches conscious relaxation and meditation, which numerous studies show to be beneficial to both mental and physical health (in their role in lowering blood pressure, for example). If the Town no longer allows her to teach this class at the Town Hall, they may be denying its benefits to a group of citizens who really need them.

If Diana's class is eliminated, or if the cost is increased to a point where some members can't afford it, I doubt that many members would switch to Susan's classes. Like Diana, Susan is an excellent yoga teacher, and she does offer a therapeutic yoga class on Thursday afternoons. But her studio is up a steep flight of stairs, and at least when I took her class, the studio was very hot in the summers, even with fans blowing and the windows open. The latter was the main reason that I stopped taking her class.

I found Diana's class sort of by accident some time later. As I understand it, she had been teaching at the Village Club for a number of years before Susan opened her studio. Some members of our class have been with Diana for many, many years. She has fostered a sense of community in her classes that creates tremendous loyalty among its members. Many of the newer members have joined because they have taken her Tai Chi classes for arthritis, they liked her as a teacher, and they wanted to include yoga as another practice to lessen the debilitating effects of arthritis. If a survey were taken of our class, I would be surprised if many, or any, members have come to Diana's class FROM Susan's or would consider going TO Susan's class if Diana's were eliminated. I suspect that Susan's main new "competition" (Diana's classes certainly aren't "new") is the yoga class at the Village Club that was begun after Diana left, which is free to Club members. There is also, of course, the free yoga class that Lee Duer teaches at the Oriental Woman's Club, but that has

been offered for many years. Neither of these classes really meets the needs of Diana's yoga students, but I suspect that their focus may overlap with that of Susan's non-therapeutic classes.

I urge the Town of Oriental to reconsider denying Diana's yoga class access to its wonderful but somewhat underutilized meeting space. I encourage the Town to survey class members to determine (a) why they joined this particular yoga class, (b) whether they would continue to attend if the cost per session were increased to cover a modest rent payment for the use of the space, (c) whether they left Susan's class to join Diana's - and, if so, why (e.g., was cost the reason), and (d) whether they would join Susan's class if Diana's were eliminated. Armed with that information, the Town could make a more informed decision as to how to move forward. My hope is that you will decide to maintain this valuable health resource for our citizens.

Sincerely,
Peggy King
117 Pineview Drive
Oriental, NC

Sent from my iPad

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Town Manager

From: larsum@aol.com
Sent: Thursday, September 24, 2015 5:15 PM
To: manager@townoforiental.com
Subject: Fwd: business for profit held at the town Hall

-----Original Message-----

From: larsum <larsum@aol.com>
To: susan <susan@mywellnesspartner.com>; charlieovercash <charlieovercash@townoforiental.com>
Cc: barbventuri <barbventuri@townoforiental.com>; davidwhite <davidwhite@townoforiental.com>; sandywinfrey <sandywinfrey@townoforiental.com>
Sent: Thu, Sep 24, 2015 5:13 pm
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Larry Summers
252-675-0467

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From: susan koepp <susan@mywellnesspartner.com>
To: Charlie Overcash <charlieovercash@townoforiental.com>
Cc: Barb Venturi <barbventuri@townoforiental.com>; David White <davidwhite@townoforiental.com>; Sandy Winfrey <sandywinfrey@townoforiental.com>; Larry Summers <larsum@aol.com>
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Town Manager

From: dianayoga@embarqmail.com
Sent: Saturday, September 26, 2015 4:02 PM
To: Town Manager
Cc: Denise Meyerson
Subject: PCC - Advanced Tai Chi at Town Hall

Hi Diane,

Since you had okayed my next series of PCC-sponsored 10 Tai Chi classes (Oct. 6-Dec.15, excluding Nov.24) I had notified my students and they have already purchased the recommended DVD and, I believe, some have registered with PCC.

I was just about to send out a reminder of the beginning date (as two students asked me that just today) and, while I don't think that my Tai Chi class was included in the problem with Yoga that Susan had raised, I thought it best to double-check with you before sending. Below is what I have written and am holding in Draft until I hear back from you. Thanks. Diana

P.S. As regards the Yoga dilemma, and after taking my two letters into consideration, I expect you'll let me know about our future there when you do.

Hi my fellow T'ai Ch-iers,

This is just a reminder that our first class for the 73 Forms begins on October 6 – 3:45 at our Town Hall. I know some of you have already registered, but, if not, please come early. Denise, our PCC angel will be here again....or call her at 249-1851 X. 3034. You may also call me with any questions at 249-0700.

I'm really forward to seeing you all again and continuing our adventure with this wonderful practice. Love,
Diana

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Version: 2015.0.6140 / Virus Database: 4435/10715 - Release Date: 09/28/15

Town Manager

From: Diane Miller <manager@townoforiental.com>
Sent: Monday, September 28, 2015 7:11 AM
To: <dianayoga@embarqmail.com>
Subject: Re: PCC - Advanced Tai Chi at Town Hall

The Board will be taking up the issue at their October 1 agenda meeting, and October 6 regular meeting. I would think the fate of all classes will be considered there. I would be looking for a new venue, because they are not allowed under current policy. It's my fault that I allowed it to continue after the first class in which you were looking for a temporary venue as replacement for an inoperable venue. Any church could, as they did prior, choose to allow your classes in their venue. While I have to answer to all citizens and businesses, churches simply answer to their congregations. As long as they have a facility to offer, it is their option to offer it.

Diane Miller
Town manager
Town of Oriental

Sent from my iPhone

On Sep 26, 2015, at 4:01 PM, <dianayoga@embarqmail.com> <dianayoga@embarqmail.com> wrote:

Hi Diane,

Since you had okayed my next series of PCC-sponsored 10 Tai Chi classes (Oct. 6-Dec.15, excluding Nov.24) I had notified my students and they have already purchased the recommended DVD and, I believe, some have registered with PCC.

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I'm really forward to seeing you all again and continuing our adventure with this wonderful practice. Love, Diana

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Version: 2015.0.6140 / Virus Database: 4435/10715 - Release Date: 09/28/15

Town Manager

From: dianayoga@embarqmail.com
Sent: Tuesday, September 29, 2015 11:14 AM
To: Town Manager
Subject: PCC classes at Oriental Town Hall

To our Town Manager and Board:

There are three other Yoga classes in Oriental that I'm aware of: Body Balance, the Village Club and a "free" class at The Woman's Club. My class was the first Certified Yoga teacher class in town – in 1997 - though the free class may have also been going on and led by another person. Since then, and after additional training, my class evolved into a Chair Yoga class.

No one else in town teaches Chair Yoga and no one else teaches Tai Chi for Arthritis. Since I cannot see any benefit to anybody in this town, in cancelling the PCC classes at our Town Hall, the complaint from Susan Koepp of Body Balance seems harmful and inappropriate, to say the least. There are over 30 in both classes and almost everyone lives in Oriental. Since hardly anyone has gone to PCC, and Denise Myerson has graciously come here to register people, I know they don't want to go be going there for classes and that is the beauty of our Town Hall having been made available.

Thank you for considering these facts.

Diana Peterson, Certified Yoga Teacher and

Certified Tai Chi for Arthritis Instructor

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