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"One [fundamental]  
understanding brings  
one-hundred  
understandings."  
-Chinese saying

## Highlights

- Extensive experience as an educator under vastly diverse circumstances, with all ages, diverse cultures, both domestically and internationally.
- Returned Peace Corps Volunteer, Nepal/Education, 1995-1997.
- B.A. in Biology/Botany; Masters of Arts in Social Sciences: Environment & Community, 2005-2008.
- Multi-lingual: English, Mandarin Chinese, Nepali.
- Big-picture thinker with broad skills, education, and experience.
- Familiar to experienced with a wide range of community organizing skills; co-founded and co-organized three community organizations.
- Comfortable speaking to large groups, boards, media, and elected officials.
- Able to understand issues from a great diversity of perspectives.
- Extensive trekking experience in Nepal.

## Skills and Training in Detail

### Education-related:

- ✓ Have educated people of all ages and diverse cultures, from kindergarten to adult; teaching science, English, and Tai Ji (T'ai Chi); domestically and internationally.
- ✓ Returned Peace Corps Volunteer, Nepal/180, Science teaching/training.
- ✓ Qualified tutor: Humboldt Literacy Project.
- ✓ California Basic Educational Skills Test:#40870927; 12/04/04
- ✓ Attended Behavior Problems & Management with Children: 20 hrs of training.
- ✓ Preliminary Designated Subjects Adult Ed Teaching Credential: Expired 2006.
- ✓ Preliminary Multiple Subjects Teaching Credential: Expired 2009.

### Community Organizing/Non-profit-related:

- ✓ Trained in community organizing at Humboldt State University by long-time organizer Eric Rofes (Education for Action, EDUC 313).
- ✓ Experienced as both a volunteer and manager in writing press releases, strategic planning, basic business plan/proposal writing, presenting to large groups of people, lobbying elected representatives, giving interviews, writing agendas and facilitating meetings, speaking at Board of Supervisors and similar meetings, volunteer recruitment and supervision, event tabling, education and outreach, event organization, donation solicitation/fund-raising, and phone-banking, and more.

### Small Business:

- ✓ Attended CR Extension course: Small Business Entrepreneurship.
- ✓ Completed Small Business Development Center (SBDC) Business Basics Seminar Series.
- ✓ Attended American Independent Business Alliance conference, Austin, TX.
- ✓ Wrote complete business plan, built financial spreadsheets, logistics and permits for Myrtletown Coffee & Tea.
- ✓ Attended Portland, OR-based American Barista & Coffee School's 5-day business and barista training.

### Computers:

- ✓ Extensive and intuitive understanding of computers and software.
- ✓ Familiar with many computer applications and operating systems, including Kubuntu

Linux, OpenOffice.org Office Suite (open-source replacement for Microsoft Office), Scribus (open-source page layout), and Nvu/Kompozer (open-source web-design), Cubasis (multi-track audio production) and Video Factory (on Windows)/Kino (open-source video production on Kubuntu).

**Language:**

- ✓ Nepali: fluent conversational, some reading and writing (Peace Corps Certified “Advanced”, but very rusty).
- ✓ Mandarin Chinese: fluent conversational with very limited reading and writing.

**Cross-cultural/International/Travel:**

- ✓ Very experienced in cross-cultural interaction; have an understanding of the issues surrounding living in another country/culture, culture shock, and reverse-culture shock (coming home); have a comparative understanding of many Asian cultures; and gained insight into how community design, business/trade, and social structure are related.

**Martial Arts:**

- ✓ Two years of Yang-style *Tai Ji Quan* 太極拳 (T'ai Chi) in Taiwan (1998-2000). Six months intensive Chen-style *Tai Ji Tui Shou* (Push Hands) and *Qi Gong* 氣功 (Ch'i Kung) in China (2002-2003). One month additional training in Push Hands in China with a student of mine, for whom I acted as translator and guide during our stay (September 2007).

**Personal/Interpersonal:**

- ✓ Have “sat” five 10-day, one eight-day, and multiple three-day Vipassana meditation courses. Each day begins at 4:00 a.m. and involves 10.5 hours of silent meditation, without communication with other meditators.
- ✓ This work resulted in increased focus, greater ability to understand situations and sides of issues, deal with difficult situations, interact/work with others, deal with emotions, and accept change.

**Cooking:**

- ✓ Certified Food Safety Manager: National Registry of Food Safety Professionals #EX20519040 (June 2010)
- ✓ Barista skills: brewed coffee, espresso drinks, panini, blended drinks (American Barista & Coffee School).
- ✓ Indian/Nepali: self-taught in Nepal.
- ✓ Chinese: self-taught in Taiwan/China, including tofu and soymilk-making.
- ✓ Thai cooking: self-taught, in addition to two short courses taken in Thailand.

**Music:**

- ✓ 20+ years experience on guitar, able to play bass guitar and drums.
- ✓ Songwriting, PC-based home studio music production, and performance.

## Education

***Humboldt State University, Arcata, Calif. (2008)***

**Master of Arts in Social Sciences, Environment & Community Program:** Interdisciplinary program housed in the Department of Politics. Subject areas diverse, including social justice, environmental justice, political science, community design, Native American studies, conflict resolution, community organizing, and sustainable rural economic development. Thesis research/writing involved fieldwork, data collection, and analysis.

**Thesis Title:**

“From the Local Pub to the Corner Store: A pilot study on the importance of small, independent businesses as sites of passive community-building.”

***Humboldt State University, Arcata, Calif. (1995)***

**Bachelor of Science in Biodiversity Biology with a minor in Botany:** Graduated with Honors, Magna Cum Laude. Phi Kappa Phi national honor society, Siemens' Scholar, and Presidential Scholar recognition.

## *Work/Volunteer/Relevant Activity History*

### ***Education - Tai Ji Quan (T'ai Chi) (2004 - 2009)***

Center Activities, Humboldt State campus, Arcata, Calif. (Fall 2004 - May 2009)

**Tai Ji Quan/Push Hands Leisure Class Instructor:** Teaching of Tai Ji Push Hands and the Yang Style 37-Step form to beginning and intermediate adult students.

Humboldt State University, Arcata, Calif. (Spring 2007 and Fall 2008)

**T'ai Chi teacher for PE 140 (temporary position):** Taught classes of 40-80 students, designed the curriculum with consideration to how much movement most students could be expected to absorb, monitored attendance, submitted grades, counseled students.

Eureka Adult School, Eureka, Calif. (Jan 2004 - August 2004)

**Tai Ji Push Hands Instructor:** Teaching of the Yang Style 37-Step form to beginning and intermediate adult students.

### ***Education – International Science and English (1995-2002)***

Xiangtan Polytechnic University (now Hunan University of Science&Tech), Xiangtan, Hunan, China, P.R.C. (Fall 2002)

**“Oral English” teacher for 1st and 3rd year university students:** Teaching, monitoring and evaluation, running conversation activities for classes of up to 90 students.

Sunlight Kindergarten, Changhua, Taiwan, R.O.C. (1998-2001)

**Primary English teacher for kindergarten classes:** Teaching, informal monitoring and evaluation, curriculum development. Everything regarding my English classes was my responsibility, as the owners couldn't speak much English and were basically hands-off. Spent two years developing my own English curriculum to balance games, singing, and heavily-repetitive role-playing and language exercises. My students were able to have basic, spontaneous (not rote) conversations with me by their third year (this is a significant accomplishment that's hard to understand unless you know the typical rote English education in these schools).

Joy School English *bushiban* (“cram school”), Changhua, Taiwan, R.O.C. (1998)

**“Native Speaker” English teacher:** Taught for 25-50% of weekly class time for over 20 different English classes/week, managing tired, overworked, and often unruly children with minimal English in a typical after-school cram program. Work involved lots of educational game-playing and class management.

American Peace Corps/Nepal (1995-1997)

**Volunteer in the Peace Corps/Nepal Education Program:** Seventh grade science education (in Nepali language), fourth and fifth grade English education, teacher training, curriculum development; secondary project to organize the design and construction of a village latrine system, which included budget and proposal design, fund-raising, and implementation; acquisition of Nepali language; trained in basic “third-world” development practices.

### ***Urban Design Issues/Humboldt County General Plan Update Advocacy (2005, 2011)***

Healthy Humboldt Coalition (March 2011 – present)

#### **Outreach Coordinator (very part-time)**

- Outreach to individuals and organizations on related components of the Humboldt County General Plan Update; coordinating sign-on letters for public comment in the process; policy analysis; policy research; content generation for outreach materials; strategic-planning as process changes and evolves; presentation of public comments at Board of Supervisors and Planning Commission meetings; tabling at events; other various duties as necessary (Jack-of-all-trades type of work).

Humboldt Partnership for Active Living, Eureka, CA (June - August 2005)

#### **Volunteer Participant**

- **Strategic Planning:** Participated in multi-week strategic planning for the then new Humboldt Partnership for Active Living (HumPAL) housed under Redwood Community Action Agency.

## ***Business and Entrepreneurship (2009-2011)***

Myrtletown Coffee & Tea (May 2009 – April 2011)

### **Founder/Business Planner**

- **Business planning/Logistics:** Wrote an extensive business plan for the project, consulting with the Small Business Development Center; coordinated getting bids from contractors; worked with consultants to design the proposed commercial kitchen layout; worked with other businesses to plan collaborations; worked with relevant County agencies to understand and fulfill codes and requirements and navigate bureaucracy; generated business projection sheets (profit-and-loss, cash flow, etc.) to better understand business potential; managed funds to maximize ability to purchase used equipment and ensure opening of shop; worked with Arcata Economic Development Corporation and Redwood Region Economic Development Commission to apply for funding to cover the rest of the project. Project ultimately unable to secure funding.

World Cup Coffee, Eureka, CA (October 2010 – December 2010)

### **Barista/Clerk (volunteer)**

- **Responsible for running the coffeehouse while owner absent:** Barista, opening duties, closing duties, cash register, cleaning, stocking. This was a trade for training as part of the process of working to open Myrtletown Coffee & Tea.

## ***Community Organizing (2005-2010 with breaks)***

Mariposa County Independent Business Alliance, Mariposa, CA (August 2009- May 2010)

### **Advisor/Lead Organizer (volunteer)**

- **Helped a group of Mariposa County independent business owners begin the process of forming an Independent Business Alliance:** Utilized the skills acquired at the Humboldt County Independent Business Alliance, including media relations, outreach, some fund-raising, and strategic planning. Lead organizer for kick-off event, bringing speaker Jeff Milchen out to present to over 35 area business owners, elected officials, non-profit organization representatives, and residents.

Humboldt County Independent Business Alliance, Eureka, CA (August 2007 - August 2009)

### **Co-Founder and Co-Coordinator (volunteer)**

- **Launching the organization:** Participated in the strategic planning and launching of the organization; wrote a basic business plan/proposal for the printing of our Local Options Independent Business Directory; worked with independent business owners, individuals, and other organizations to build and grow the organization.
- **Running the organization:** Managed most of the day-to-day administrative duties, including member relations, basic bookkeeping, invoicing, database management, website management, and project-related activities. Demands significant time and task management skills.
- **Projects and activities:** Brainstormed, researched, designed and managed various projects/activities, including shared advertising projects, event planning, educational programs and materials, annual independent business directory, member-to-member social capital cultivation, volunteer recruitment and management, phone bank planning and scripting, and basic "Go Local" campaign management.
- **Growing the organization:** Planned and ran membership drives, strategized projects for both mission and organizational advancement, engaged in outreach and presentations to groups like Kiwanis and local business associations.

Voter Confidence Committee/Humboldt Voters Association, Eureka, CA (Spring 2005 - Spring 2006)

### **Co-Founder and Co-Organizer (informal grassroots organizations/volunteer)**

- **Worked with other residents to promote election reform, specifically Ranked Voting (Instant-Runoff Voting and Choice Voting):** First experience in community organizing. Engaged in strategic planning, lobbied/ worked with local elected officials, organized a forum on Ranked Voting with then Eureka City Council members Chris Kerrigan and Mike Jones, staged demo-elections on election day to model Instant-Runoff Voting (where voters could vote again using IRV), co-managed media relations (press releases and interviews).

**(Pre-1995 work history available upon request!)**