

Home For The Holidays

Steve Brigham, Editor

Thanksgiving, Hanukkah, Winter Solstice, Christmas, and now New Year's – there's so much to celebrate at this time of year, and that we have been doing in Westport, with our stunning 25-foot-tall Westport Community Holiday Tree and plenty of Holiday activities for all ages. In this issue of *The Westport Wave*, we've got some great photos by Sarah and Jeff Mathias of all the December action! What a great way for all of us children to enjoy our cute little town!

If you were home for the Holidays here in Westport, you know that it rained a lot here for a change, in drought-busting proportions. From November 20th to December 21st, I recorded over 24 inches of rain here at Happy Acres, which is just across the fence from the Westport Community Headlands. A lot of that rain was from heavy downpours, as we had a subtropical connection in many of our storms with a kind of "convergence zone" setting up right over our town. We actually got a lot more rain than Crescent City, where their annual average rainfall is way more than ours! (You know what they say, in California "it never rains but it pours!")

But then, as soon as the Winter Solstice happened, it just plain dried up, and it was clear and blazingly sunny for the rest of December, including Christmas and New Year's Day. So now, on New Year's Day 2015, we've got typical winter weather here in Westport – typical for Baja California, that is (meanwhile, there's snow on the ground in Southern California!).

Our Westport weather (and everything else, it seems sometimes) in these Global Weirding times is indeed like Forrest Gump's box of chocolates – "you just never know what you're going to get next!"



The Westport Community Holiday Tree

Holiday Thanks To All!

Sarah Mathias

A big thank you to the Westport Village Society for funding the kids' Holiday activities with their Mini-Grant program. The funds received allowed for the purchase of craft supplies (now housed for future use at our Recreation Center) and the ingredients for hot cider and cocoa for the kids. The kids had a blast making ornaments, Rudolph noses, and other

creations with the supplies, visiting with Santa (many thanks to you, Santa!), helping trim our town tree, and watching Holiday movies. (Thanks also to Jeff Mathias and the WVFD for providing Santa's transportation while he was in Westport!)

I'd also like to add my personal thanks to everyone who pitched in and made our town tree possible. A lot of hard work went into raising the tree and keeping it up and lit despite some heavy storms, so thank you!



The Westport Tree, freshly cut from Gary's Forest!



Heave-Ho! Gary Quinton and Bill Knapp (buried in Tree) pushing, with (left to right) Lee Tepper, John Korhummel, Jeff Mathias, Austin Quinton, Art Crone, Bob Finnell, and Baile Oakes pulling.



Raven and Grady Hawes share a moment with Santa Claus.



Our kids trimming the Westport Tree.



3....2...1... The lights come on, December 12th!



January 10th – Kids' Movie Night

Sarah Mathias

This month we'll have another short film double-feature with *The Gruffalo* and *The Gruffalo's Child*. Doors open at 6 pm on Saturday, January 10 with the first movie starting when the popcorn is ready (usually by 6:20). Bring pillows and blankets/sleeping bags for the kids and a comfy chair for yourself.

Natural Playground Planning

Sarah Mathias

The next meeting of the **Westport Community Center Committee** will focus on the creation of a natural playground area for the children (of all ages) of Westport. The idea is to create an area (potentially on the Headlands) using natural elements where the children can play, create, and interact with nature. If this idea appeals to you, we invite you to be involved in the creation process. Join us on **Saturday, January 24 at 11:00AM on the Westport Headlands** as we begin. Children are, of course, most welcome!

Westport Community Church January Calendar

The Westport Community Church is pleased to offer a variety of experiences to help us discover ways to become more in touch with our spiritual heritage. We are doing our best to nurture a tradition of having weekly gatherings at the Church to explore various spiritual paths. All suggestions and participants for services are welcome at the Westport Church – and we welcome all denominations to hold services here!

January 11th, 10:00AM – Carolyn Cathey, Spiritual Healing through Love and Law

Love and Law. They sound opposite, don't they? Love is soft and Law is rigid. Love is emotional. Law is unfeeling. Love is creative. Law is robotic. But if Love and Law are put together, and followed wisely, Spiritual healing occurs and lives are enriched. Carolyn Cathey, Student Practitioner at the Mendocino Center for Spiritual Living, sheds light on the significance of Love and Law, why they matter, and how we can use these tools for healing in our lives.

January 18th, 10:00AM – Monthly Quaker Worship Group

Katherine White is helping us to establish an ongoing Quaker Worship Group meeting on the third Sunday of every month. The format is a simple, quiet meditation for 45 minutes followed by Katherine reading Quaker passages and a shared discussion of our experience including sharing of any of our thoughts or readings that one is inspired to bring to the group. This has been and will continue to be a very peace-filled and nurturing experience.

January 25th, 10:00AM – Mettika Hoffman, Fort Bragg Buddhist Sanga, Three Jewels Hall

Mettika will present the Buddha's teaching regarding mindful interdependence with the aid of a yummy tangerine. Following a 25-minute guided Buddhist meditation that is suitable for beginners as well as those who already have a practice, those attending will then have the experience of mindfully eating a tangerine noticing the sensations that arise from taste as well as considering the origin of the fruit, the energies of the elements, people that brought this tangerine to our location here on the coast, etc.

Long-time Westport resident and owner of the Westport Inn **Otto Marsh** is currently residing at a care center in Reno. He sure would love to get some mail from his friends in Westport. His address is: Stone Valley Special Care, 6155 Stone Valley Drive, Reno, NV 89523. Thanks!



Winter Solstice Musings

Thad Van Bueren

Before the modern era, the traditional start of the new year in the northern hemisphere was celebrated by many cultures on the winter solstice on December 21st. That same day is the summer solstice in the southern hemisphere. In the north the sun makes its lowest arc across the southern sky and the amount of daylight is consequently at a minimum. It is a good time to rejoice in the promise that days will grow longer, a transition associated with growth.

The Winter solstice is marked by many northern cultures with alignments of rocks such as the henges in Europe and petroglyphs at places like Fajada Butte in Chaco Canyon. To celebrate the winter solstice this year I created an ice sculpture called “Thaw” (see photo above) to symbolize beginning of the new solar year. It was suspended over a bowl at 3:03 PM on December 21, the precise astronomical solstice. As it melted, embedded talismans dropped into the bowl, creating their own music. For me, this sculpture embodies the fleeting and changeable nature of life.

Some eastern philosophies embrace change in a way that runs counter to western values. As David Hinton points out in the latest issue of *The Sun* (January 2015), our language itself reinforces the illusion that we are separate from the world. Here we are, often thinking in terms of security, assurances, and predictability when none really exists. We will all die. Yet, as Hinton notes, “the minute you buy into the idea that some part of you will hang around, you’ve removed yourself from the world of trees and clouds and birds.”

Hinton has made his life work the translation of eastern poetry. Many eastern poets have embraced what he calls “voicing silence,” a recognition that we are connected to the flow of the world. They were influenced by the Tao, an eastern philosophy that change is the only constant. Being in the moment, being fully “present,” is in many ways a practice that involves acceptance, not fortifying ourselves against change. Change may be scary, but no amount of wealth or promises will forestall the fact that our world will change.

Accepting that reality is not a passive act of resignation, however. We are part of the action and movement of the world, affecting outcomes as we are in turn effected by our world. Hinton says “if anything is going alter our destructive path, it’s a shift in consciousness. Until people start feeling a connection between their own body and mind and the rest of nature . . . they’re not going to care.” So here’s wishing you a new year full of valuable insight and love as we embrace the joys and challenges.

NEW Tai Chi Class Series for January – Tuesday Evenings at 6:30PM Starting January 6th

Scott Menzies

With the New Year comes the sense of New Beginnings. We've celebrated the end of the last year with Thanksgiving and Christmas, and now it's time to buckle down again and get back to the routines we want to see in our lives. Sometimes that means just reinstating routines that were disrupted by an essentially month-plus-long celebration, and sometimes that means starting (or trying again) to implement routines that have not been a regular part

of our lives, but which we would like to be (we know these, of course, as the oft-doomed New Year's Resolutions).

While I'm not necessarily a huge fan of New Year's Resolutions because of the stress the self-imposed sense of obligation to follow through can generate, I do see the first part of the new year, with its relative paucity of major holidays, as a somewhat natural time to try to implement routines you hope to continue throughout the year, or, perhaps, the rest of your life. So it is with this sense of New Beginnings that I'm shifting my T'ai Chi (T'ai Chi Ch'uan/Taijiquan) class schedule in January to offer in Westport the multi-week introductory course I regularly offer at my studio in Fort Bragg. The course will be held on Tuesday evenings, from 6:30PM to 8:00-ish, at the Westport Recreation Center, for the four weeks of January. This series is called **T'ai Chi and the Daoist Warrior**, a title which risks sounding either totally pretentious or totally corny – or both. So let me explain, starting with the background of my introduction to Taijiquan:

My travel on the path of T'ai Chi begun as a cultural experience in 1999. After two years in Nepal as a Peace Corps volunteer, my wife, Emily, and I were now living the independent traveler life in Taiwan - teaching English to make money to travel more. After few months there, I was asked by a new Taiwanese acquaintance if I wanted to join a T'ai Chi class. Grateful for opportunity to experience more of the culture, despite not being particularly interested in studying T'ai Chi per se, I said yes. It wasn't long into my practice that the health benefits started becoming clear, especially when it came to my knees, which had been historically problematic. (This was likely at least partially due to the small 1979 Toyota Corolla I'd driven since I was sixteen, and which was, at that time, on blocks in the States, and which, at least as of press time, I still drive to Westport T'ai Chi. Some attachments are just hard to give up, regardless of how much rust is present.)

Around 2001, Emily and I decided it was getting about time to return to the States, but we wanted to do a 6-month S.E. Asia/Nepal bike/trek/travel trip, and then check out life on the Mainland China side of the Taiwan Strait before calling it quits on Asia more

permanently. So after our trip back to Nepal, where we trekked to the Everest base camp and returned to the village to visit the family I stayed with in the Peace Corps, we also undertook a month-long bike trip from Bangkok, Thailand to Luang Prabang, Laos and (with some bus travel) continued through parts of Cambodia, then proceeded to Mainland China.

A major goal of mine in going to China was to deepen my understanding of Taijiquan. I had come to very much enjoy what I'd studied in Taiwan, but I had a sense of wanting something more. Within a short few weeks of beginning our stay in Xiangtan, Hunan Province, whose claim-to-"fame" is being the jumping-off point to Mao Tse Tung's childhood village, I met Master Zhou Fei. Fei is his first name, and his last name is essentially pronounced "Joe". Master Zhou told me his emphasis was *yong*, or "usage", meaning he taught Taijiquan as a martial art, not just as a Health & Wellness practice, which even in China is what Taijiquan is best known for. (After just a few months, I was surprised when Master Zhou informed me that I actually knew more about Taijiquan at that point than most Chinese people, despite the fact you see them practicing it in the parks everywhere.) Master Zhou explained that he emphasized seeking core themes and realities, rather than just learning things superficially. At that time, I had just taken my first 10-day Vipassana course (as taught by S.N. Goenka) in Taiwan, and was floored by how many seemingly disparate parts of my life had drastically changed for the better, just by sitting intensively for 10 days. So this concept of *Yi tong bai tong* – One understand [brings] one-hundred understandings – really resonated with me. I knew I'd found what I was looking for, and, additionally, I found myself studying martial arts, something I never envisioned myself doing. I also had to quickly improve my Mandarin Chinese, as Master Zhou speaks no English.

Fast-forward to 2007. We had returned to the States in early 2003, I'd been teaching T'ai Chi on the side for a few years, and it was time to go back to China for further training. I took a student of mine, Ryan, with me, and we went back, where, after a week's visit to Taiwan, we returned to China and practiced every day for a month with Master Zhou at his home in Xiangtan. While there was a significant amount of

physical practice, what more defined this trip was sitting on the curb in front of Master Zhou's house and talking about the Daoist (Taoist) underpinnings of Taijiquan as well as the modern relevancy of a traditional martial art. It was on that curb that I began to develop my understanding of the Daoist Warrior ethos. If a Daoist priest is someone who practices Daoism in a temple, then someone who practices Taijiquan (a martial art) is a Daoist Warrior: powerful yet tolerant; peaceful yet capable; nonviolent, yet not pacifist. The more I practiced and developed my understanding of this Daoist Warrior ethos, the more I saw how its modern relevancy lay in the development of a proactive but peaceful way of being that helps us better interact with others and life.

Sure, few of us plan to become bamboo-flying ninjas like those found in martial arts movies, and hopefully none of us will ever need to use our martial arts in physical combat, but we all have to deal with other folks on a daily basis, and the underlying principles of Taijiquan as a martial art (explored most directly through Taiji Push Hands) teach us tools that help us be at greater peace as well as help us work better with others, be it at home, in the office, or on the street, all while also improving our physical health in ways that are supportive, and not punishing, to the body.

Taijiquan, therefore, is a pathway to a proactive, peaceful self-actualization that helps us better do what needs to be done, when it needs to be done, with peace in our hearts and health on our side. Through a mixture of fundamental movement, lecture, and discussion, this is what is covered in **T'ai Chi and the Daoist Warrior**. The goal of this series is to give attendees as complete a picture as possible of what it means to practice Taijiquan, which is essentially the development of the Daoist Warrior ethos. After the series, the classes shift from learning-emphasis to practice-emphasis, where discussion is minimized in order to ensure the actual work of practice is done. Like any other "internal art" (including meditation), the real benefits of Taijiquan come from practice, not study or discussion, so focused practice is critical and emphasized in the ongoing classes. Study and discussion are important only in motivating us to do the work of practice. Beyond that, it risks becoming academic wheel-spinning that gives the impression we are progressing when, in fact, we are not. In the

end, it's all about the work.

Because it's important to get the whole picture, I ask that folks to commit to the whole series, so the four weeks is a package priced at \$50 through MCRPD. Unfortunately, due to the obligations of running my studio in Fort Bragg, after January the class will shift to Tuesday mornings at 9:00AM. Folks who attend this series, however, are welcome to attend drop-in classes in Fort Bragg, if you can't make the Tuesday morning slot and happen to be in town.

So that's the story of the Daoist Warrior, corny though the term still feels (even to me!). If you have any questions, you're welcome to call me at [530-410-3333](tel:530-410-3333). If you've been thinking of starting T'ai Chi Ch'uan (Taijiquan) or working to re-engage your practice, January will be a good time to do so. I don't expect I'll do another introductory series up in Westport for at least 6 months, if not longer, and from the reports of others who have taken this series, having that theoretical foundation is really helpful to understanding and sticking with the practice.

Westport Volunteer Fire Department Year End Report

Frank Maurice, Chief, WVFD

Westport Fire and Rescue has had a busy and productive year. In the last 6 months of 2014 Westport Fire has responded to 26 calls; including Structure and Wildland Fires, Medical Calls, Vehicle Accidents some with multiple patients and requiring extrication, Over the Cliff and Beach Rescues, and of course Trees Blocking the Roadway and Downed Power Lines. Our Fire Dept. trains constantly and has adopted new policies and procedures related to responding and the maintenance of all engines and equipment and the buildings that house them. Logan Smith, with help from firefighters, painted the Fire House again and all the doors are now Red.

Firefighters, Officers and Board members have worked together to improve the ISO rating. We were successful in that effort, as we have received a 5-5X rating effective March 1st, significantly improving our previous rating. This will provide homeowners and renters in our response area an opportunity to get reduced fire insurance rates for their homes. It may

pay to shop for the best insurance rates using the new ISO rating number.

In 2015 Westport Fire will send 3 new members to EMT School; this is a 160-hour course that will give them important medical skills. One new firefighter has signed up for the 2015 Mendocino Fire Chiefs Academy that will provide Firefighter 1 skills. This a 4-month program in which firefighters attend classes every weekend at a different county fire department, learning new skills at each. They meet and interact with other trainees and instructors throughout our County while learning these critically important skills.

Westport Fire is accepting applications for Fire Fighters and will provide training and equipment to all new volunteers. We welcome women and men. Qualifications are: a desire to help your community, willingness to learn, 18 or older, and residence within the WVFD response area (Hwy 1 milepost 72, north to Usal Road).

We thank the community for your continued support and invite you all to attend our business meetings at the Fire Station on the 1st Wednesday of each month at 6:00 PM. The first meeting of the year will be January 7th at 6:00 PM.

Thanks to all and Happy New Year!

WVFD Responding – President's View on Status, Goals, and Community Involvement

Bill Knapp, President, WVFD

Status

Fiscal Year 2015, which started July 1st 2014, has had a VERY eventful 1st half. Some highlights:

- A new Chief, Frank Maurice, was elected
- After serving as Chief for 10 years, Beck Regalia stepped down. However, he didn't get away, since he was then elected Captain
- The elections moved Dan Maxey from Captain to Assistant Chief and brought in Steve Goleman as a new Captain

- At the last Business Meeting of FY 2014 new By-Laws were adopted which increased the Board to 5 members and, for the first time, allowed residents of the WVFD response area to hold up to 2 of the 5 Board seats without being active duty responders
- Early in FY 2015 several new policies were presented by the Board, reviewed and voted in by the membership, including:

Hose and Pump testing, including schedule and record keeping standards

Engine and equipment maintenance and readiness, including preventive maintenance scheduling and record keeping standards

Training standards and cost reimbursement / coverage

PPE (Personal Protective Equipment) and other issued personal equipment

Spending Policy and Budgeting rules

- In July 2014, with very little warning, ISO requested an audit of WVFD. Several of the new policies were implemented to provide a more formal, organized process for dealing with reviews such as the ISO Audit. Fortunately the ISO auditor was willing to work with us and allow time to execute and document most of our new policies. The result, as documented elsewhere, was a significantly improved ISO rating. The cost was a significant amount of work in a short time, by both firefighters and board members and an accelerated expenditure of funds on maintenance and new equipment to meet requirements that materially improved our score. We learned a lot and know how to further improve our score on future audits.

Looking Ahead

The goal of WVFD is to provide a local, community based, professional service providing Fire, Medical and Rescue response. We want a Fire Department that both the community it serves and the members that serve can be proud of and see as a valued, respected part of our community.

Two high priority goals for the second half of FY2015 are to develop a “community informed” 5 Year Plan and raise additional funds to offset the deficit budget adopted for FY2015. The idea of a 5 Year Plan has been discussed at WVFD Business Meetings since last January.

- Buildings and Infrastructure - To meet some of our mission goals, we need to improve both meeting and training facilities, without compromising our response and equipment facilities. With the two existing buildings, we have sufficient square footage, but utilization of the current layout is inefficient and both buildings need maintenance.
- Training - Part of our new training policy, to maximize our volunteers’ ability to access the training, is to bring the training to Westport as much as possible. To maintain State and County skills certification, we must have certified instructors. We want to bring all mandated training to Westport and be able to hold special skills training that will draw other county departments.
- Upgrades and Replacement for Engines and Equipment - As we review our Risk Profile and call history, needs for additional or upgraded equipment will be identified. Also, WVFD needs to have a plan to cover replacement or major repairs to its vehicles over time. Also some of our equipment will be broken or damaged in the course of “normal” use during emergency response and will need replacement.
- Access additional revenue – To meet our declared mission, it will be necessary to increase our income.

The 5 Year Plan is really a long range tool to define where we want to be in the future and allow us to estimate what it may cost and how feasible it is, providing a good segue to the budget.

- First year with a formal budget – The budget was motivated by two major changes, reduction of WVFD response area from about 300 parcels to about 200 parcels and the adoption of new policies that defined measurable requirements for vehicles,

equipment, training and services to be covered. The above mentioned ISO Audit clarified the importance of both planning and budgeting.

- It is a Deficit Budget – Reduced revenue expectation, deferred maintenance, short term acceleration of equipment spending (ISO), and clearer understanding of what was needed to maintain a basic standard for response resulted in a deficit.
- What to do – The 5 Year Plan will start with the FY2016 budget, current budget needs immediate attention. We need about \$12,000 to balance the budget if there is no increase in spending. That includes a \$5,000 deposit into the Vehicle and Building Account. A year end appeal was made to the community for additional donations. We don't have the results yet. Possible actions include finding, applying for and receiving grants and putting on additional fundraising events.

Community Involvement

What WVFD needs from the Community

- Guidance (What should we do?) – WVFD cannot be a successful provider of a local, community based, professional service providing Fire, Medical and Rescue response without understanding its customers. We all intuitively understand the basics; put out fire, respond to medical emergencies and accidents, rescue from precarious places. WVFD responds to all 911 calls in our response area. Not all fire departments do. We think that is important, do you? We need additional training and equipment to accomplish that level of response. Other services we have provided include Fire Safe reviews of properties, pre-fire planning for commercial structures, fire insurance advice (including stored water access requirements). Are these services we should expand or eliminate?
- Acknowledgement (How are we doing?) - Everyone needs feedback, volunteers probably more than many others. Acknowledgement is not praise, though that is nice too. Are we

doing OK, meeting expectations? Is there more we can do, or things we should do better? Have we done something really wrong, upsetting you or someone you know? We can't achieve our goal of providing competent, professional service without this feedback.

- Support (Help us be able to do it.) - Community support comes in many forms. The acknowledgement item above is an important part of it. However, WVFD needs resources beyond what the responders and board members can provide directly. Those resources primarily take the form of money (donations) or time volunteered to help raise more money. At least 90% of WVFD's income is from direct donations or fundraising events like the Summer BBQ. WVFD needs to do a better job of involving the community in fundraising. We have a core group that has supported the BBQ for years – procuring, cooking, serving, cleaning up. Without these dedicated people, it would not be possible to put on the BBQ. WVFD really appreciates their dedication and help. However, our planning shows we will need to at least double fundraising event profits while also increasing income from grants and possibly donations. More planning and execution effort will be needed. We need a broader base of people willing to take on both the planning and execution of tasks related to fund raising.

What the Community needs from WVFD

- Please tell us!
- Talk to a member of the Fire Department. Come to a Business Meeting. They are held on the 1st Monday of each month, at 6 PM at the Fire Station.
- Feel free to call or email me (964-7355 or bill@netwidget.com) or Chief Frank Maurice (357-1866 or frankmaurice@sbglobal.net).

Remember, WVFD is a community based organization. We truly appreciate the support we get from the community. Without it WVFD could not function.

Here are some impressive Westport rainfall totals just in, as measured here on Pacific Avenue:

Total Rainfall, December 2014 = 17.17 inches
 Total Rainfall, July thru Dec. 2014 = 31.46 inches
 Total Rainfall, Jan. thru Dec. 2014 = 56.34 inches

(compare these totals with our total rainfall for Jan. thru Dec. 2013, which was just 14.69 inches!)

January 2015 Westport Calendar

- January 1st** – New Year’s Day
- January 4th** – Full Moon, 8:54PM
- January 6th** – WMAC Meeting CANCELLED
- January 7th** – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Firehouse
- January 8th** – Bookmobile, Store, 9-9:30AM
- January 10th** – Westport County Water District Monthly Board Meeting, 10:00AM, Firehouse
- January 11th** – Carlyne Cathey, Westport Community Church, 10:00AM
- January 18th** – Third Sunday Quaker Meeting, Westport Community Church, 10:00AM
- January 20th** – New Moon, 5:14AM
- January 22nd** – Bookmobile, Store, 9-9:30AM
- January 24th** – Community Center Committee Meeting on “Natural Playgrounds”, Westport Community Headlands, 11:00AM
- January 28th** – Westport Village Society Quarterly Board Meeting, Westport Church, 5:00PM
- January 29th** – Westport Community Church Board Monthly Meeting, 11:00AM, Westport Church

The Westport Wave is a free monthly community newsletter published by the **Westport Village Society**, a non-profit organization. Internet subscribers to the *Wave* receive their **COLOR** copies on or before the first day of every month by e-mail. Printed (black-and-white) copies of each month’s newsletter are also available for free at the Westport Store. Visit www.westportvillagesociety.org, where you can sign up to receive *The Wave* by e-mail and also read and download present and past issues of *The Wave*. Contributions for our February 1st, 2015 issue are due by January 26th, and should be sent to editor Steve Brigham at westportwave@wildblue.net, or P.O. Box 237, Westport, CA 95488.

New 4-week Series Starting Jan 6

T'AI CHI AND THE DAOIST WARRIOR



To practice Taijiquan (T'ai Chi Ch'uan) is to follow the path of the Daoist Warrior: powerful yet tolerant, peaceful yet capable. This series uses T'ai Chi Push Hands to introduce the practitioner to the difference between nonviolence and pacifism, helping us better engage with life and others in the ever changing and always challenging world in which we live. By asking us to neither resist nor retreat, but instead lead, T'ai Chi Push Hands trains us to be calm and thoughtful in our dealings, helping us be better partners, colleagues, friends, and, when necessary, adversaries.

“[The good General] fulfills his purpose, but only as a step that could not be avoided.”

- Dao De Jing (Tao Te Ching), Chapter 30.



Tuesdays, 6:30 - 8ish pm

Starting Jan 6, through Jan 27

Through Rec & Parks at

Westport Community Center



For more info: scott.m.menzies@gmail.com

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330 N. Franklin St., Fort Bragg, CA

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JANUARY 2015 Drop-In and Enrichment CLASS SCHEDULE



Westport Community Recreation Center (At the Westport School)

MONDAYS	TUESDAYS	WEDNESDAY S	THURSDAYS	FRIDAYS
10:30AM-12:00PM			9:30-10:30 AM	
<p>YOGA WITH JULIA</p> <p>90min</p>			 <p>W/Tabby 60min</p>	<p>COMING SOON: Easy-Does- It Gentle Yoga</p>
6:00PM-7:00PM	6:30PM-8:00PM			
<p>ZUMBA TONING PLUS ABS</p>	<p>TAI CHI WITH SCOTT MENZIES</p> <p>(4-WEEK SERIES, \$50)</p>			

*Drop-in Rate for 90min. class is \$12, or \$10 with class card
60min class is \$8, or \$6 with class card

*Motivator Rate! \$65 a month unlimited drop in!

Questions? Call Tabby @707-367-0010

