

What's Your Sign?

Steve Brigham, Editor

Since we only have six streets in the village of Westport (not counting Highway 1), it's not hard to know your way around. If anyone needs directions, we mostly can just point to a place and say something like "oh, it's just a couple houses down from that big tree over there". When someone mentions a particular street name, some of us might even draw a blank, mainly because a lot of our street signs are worn out or even non-existent.

Well make that were – for in January, a number of brand new street signs were installed. Now we know that Elica Street is actually Pelican Road (Road?), and Eviw Street is actually Seaview Drive! And even though we all knew that Abalone Street was Abalone Street because there was an abalone shell on the pole, now there's a real street sign on that pole, too.

So the next time you think of it, take a look – you may be surprised to find out that we have only one actual "street" in the village (Abalone), but we do have two "drives" (Seaview and Omega), one "road" (Pelican), one "avenue" (Pacific), and even a "terrace" (Hillcrest). That's quite a lot of diversity for a small town, but then again, we've always prided ourselves on our diversity here!

Pretty soon, we'll have signs of a different type up in Westport. Those will be signs advertising the brand new selection of exciting classes that Tabitha Korhummel and the Mendocino Coast Parks and Recreation District has in store for us starting this month at the Westport School. Check out Tabby's article beginning on this page, plus class schedules and more elsewhere in this newsletter, and "sign" up!

There's much, much more in this February edition of *The Westport Wave*, including articles on rainfall, art, philosophy, and even Redemption! Quite a mix for a



tiny town, but I guess that's just a "sign" of the times. So read on, and enjoy!

New Programs at the Westport Community Center

Tabitha Korhummel

Greetings fellow Westportians! Good news, our recreation program will begin Tuesday February 5th! See the schedules in this newsletter for dates and class descriptions! We are very excited to have many talented teachers on the schedule. There are still a few loose ends at the school building – anyone wishing to lend a hand this weekend please stop by or give me a call at (707) 367-0010 or email me at tabikat@mcn.org.

Here's a list of needs for the building if any one has items they would like to donate:

1. hand weights (aka dumb bells), several sizes
2. tapestries, inspirational posters, or art to hang on the walls
3. floor fans
4. a nice house plant (to cozy up the place)
5. curtain rods around 6 feet long, set of 2

Mark your calendars for our very first pancake breakfast fundraiser, Saturday February 24th, from 9:00AM to 11:00AM at the Church. Yes, there will be gluten free and vegan choices, and yummy delights like cashew cream and huckleberry syrup. Beautiful handmade aprons (by Nita Regalia) will be available for purchase, with proceeds going to our educational cause. Volunteers are needed for planning, cooking, promoting, cleaning up etc. This will be a fun way to build community and will help pay for programs, including supplies, teachers wages, utilities, and grounds up-keep. It will take the community to make these programs successful. My hope is that everyone will find benefit in participating!

Self-Awareness Workshop This Spring at the Westport School

Steve Brigham

Rebecca Picard will teach a three-part self-awareness workshop using enneagrams at the Westport School on three Sunday afternoons this spring: April 7th, May 19th, and June 2nd. See her class flyer elsewhere in this newsletter for more details, and stay tuned for more information in next month's *Westport Wave*. This promises to be a very exciting class, so mark your calendars now!

Kathryn LeMieux Showing New Work at Mendo Bistro

Ann Woodhead

Westport resident Kathryn LeMieux has installed an exhibit of some of her recent work at the Mendo Bistro in Fort Bragg. The show includes whimsical portraits in oil and surrealistic compositions incorporating Kathryn's original photographs as well as images from her extensive collection of 19th Century photos.

Since moving to Westport in 2009, Kathryn has shown her work at Gallery Depot Vente, the Mendo-Lake Credit Union, the Westport Hotel, and most recently, at Toto Zaida in Fort Bragg, where Mendo Bistro co-owner Jamie Parsons saw the work and asked Kathryn to bring a show to the Bistro. Kathryn is represented by Bodega Landmark Gallery in Sonoma County.

Kathryn's work has taken many forms, from underground cartoons to internationally syndicated comic strips, and from oil painting to surreal digital imagery. Since moving to Westport she has produced



a number of plein air paintings as well as digital composites, fanciful portraits (including a series of "Westport mermaids"), and photographs.

Kathryn is a self-confessed "history nerd" and has volunteered her time at Fort

Bragg's Guest House Museum. Her husband, Dr. Don Armstrong, is Superintendent of the Fort Bragg Unified School District. She and Don have a son, James, who is a Certified Forensic Accountant and co-owner, with his optometrist wife Laura, of Alberta Eye Care in Portland.

What Is Redemption?

Donna Brigham

The many questions relating to Redemption have been argued by theologians for centuries. Happily, at the Westport Recycle Center, my answers are much more clear. Although I cannot redeem you, I can redeem your CRV redeemable containers!

So what exactly is a CRV redeemable container? Well, it's typically a glass or plastic bottle that you have paid a CRV (California Redemption Value) deposit on when you bought it (if you look on the label, it says CA CRV). The whole point of this state-legislated deposit is to provide a motivation to recycle these containers and thereby keep them from clogging our landfills. One of my jobs at the Westport Recycle Center is to accept these empty containers from you for recycling, and pay you your deposit back (the redemption value does change, in small amounts from time to time, based upon State rates).

OK, most of you know all these things already, but if there is one thing that you remember about what you're reading now, remember this, and it has to do with your plastic soda and water bottles: Please, please – you **MUST** remove the plastic caps on your bottles **BEFORE** they can be redeemed. These caps are fine for your assorted non-redemption plastics, but the State wants them removed before they are weighed and redeemed. So give our brave recycling company (and me) a break, and **PLEASE REMOVE THOSE CAPS** before you bring in your plastic soda and water bottles. That way, you will be all ready for a quick and perfect Redemption when I see you!

The Westport Recycle and Waste Transfer Station is located on Highway 1 just ¼ mile north of the Westport Store, and we are open on Thursdays and Fridays from 10AM to 2PM and Saturdays from 10AM to 4PM to help with most of your recycling and garbage disposal needs. You can call me during our business hours at 962-9250 if you want to discuss the finer points of Redemption, but please bear in mind that I'm no theologian!

More About Thirteen

Steve Brigham

Last month, I confessed to you all that (like a lot of folks in our Western world) I'm just a little bit leery of the number Thirteen. Now that it's 2013, what's a self-respecting triskaidekaphobic to do?

Well, since then, I've talked to several people who've actually said that they have always considered 13 to be a lucky number for them! These folks will be happy to know that on one day each month this year, we'll write a numerical date with not one but two thirteens in a row (1/13/13, 2/13/13, etc.) (Just for fun, two of these dates are Friday the 13th, in September and December.) But wait, there's more! On January 3rd, we had a bonus double-thirteen day (1/3/13) – for a total of 13 double-thirteens for the year!

This amazing offer is not valid in all countries, mainly since lots of countries write the number of the day first, and then the month. They get still get 13 double-thirteens this year, but they're not consecutive (13/1/13, etc.). Their bonus day is March 1st, when they'll write 1/3/13.

Uh-oh. I'm writing this on January 30th, which for us is 1/30/13! And what about tomorrow, which is our 1/31/13? That makes 15 double-thirteens for the year for us, not 13! And in some countries, what about March 11th, 21st, and 31st? Those would be... (oh, heck, you figure it out – from now on, I'll just stick with my day job!)

Weather You Like It Or Not

Steve Brigham

It has come to my attention that some of our dear readers have wondered why I didn't include a 2012 Westport Rainfall Wrap-Up in our January *Wave*. So here's the reason – in December 2012, we got a lot of rain (11.92 inches here on the water, and much more up in the hills), which brought us into that wonderful world where we could say that precipitation-wise, we were "above normal". Although I wanted to proudly announce that fact a month ago, I was afraid that if I did so it might "jinx" our January rainfall totals! (It's happened before, believe me – and this is 2013, after all.)

As it turned out, January 2013 was a very dry month here anyway (maybe I "jinxed" it by not writing about it!) A mild El Nino failed to materialize, and instead we got El Zippo! In what should have been one of our wettest months, we got just 1.41 inches of rain here on the coast, so now we're beginning to fall a little below "normal" for the season, and moreso with each dry day. A similar situation occurred two years ago Westport, when we had 12.15 inches in December, but only 2.75 inches in January, and last year it was reversed, with just 1.75 inches in December but 5.90 inches in January. What you want in a good rainy season here is to have both December and January with lots of rain, but in recent years, it seems that the best we can do is either one or the other. This is still California, after all – if you want more dependable rain these days, you'll have to go up to Washington State!

So now, after our dry January, we're beginning to fall a little bit below our normal rainfall totals for the season to date. Especially if we have a dry February, we'll need a "Miracle March" to get back to respectable seasonal totals. The good news is that we've gotten just that for two years in a row now, with 14.15 inches in March 2011, and 13.37 inches in



March 2012. So there's hope, even though the long-range weather predictions are showing very few indications of a wet spring (they didn't last year either).

Now for some rainfall totals, as measured here at Happy Acres on Pacific Avenue (once again, you folks up on the hill likely got much higher totals than we did). And just to make it fun, I'll start with calendar year totals, not the July-June ones that are more frequently used hereabouts. Saved by a Miracle March, Calendar Year 2011 turned out on-the-button "normal", with 43.12 inches. Also saved by a Miracle March, and then augmented by a December Deluge, Calendar Year 2012 finished up with a respectable 47.80 inches. As for seasonal (July-June) totals, 2010-2011 came in at a whopping 54.84 inches, whereas 2011-2012 was a bit subpar with just 40.45 inches. As of February 1st, our season total for 2012-2013 sits at 22.54 inches (a year ago, we had 19.68 inches total for the season on February 1st, and a year before that, we had 28.25 inches).

One thing seems clear, and that is in these ENSO-neutral times, when the Polar Jet Stream keeps eluding us, our wells live for December and March. Without good numbers in these critical months, Westport would be in a world of drought. Oh well, if you don't like the weather, you can always blame the weatherman (don't worry, I can take it). And so I leave you with a great quote from one Sam Clemens (otherwise known as Mark Twain): "Everyone complains about the weather, but nobody does anything about it!"

Synchronicity

Jennifer Korhummel

They say that everything happens for a reason and that every action has an equal and opposite reaction. To describe a recent personal experience with synchronicity and coincidence, I am going to use the titles of a few books. One is "A Builder's Guide, Green from the Ground Up" and another is titled "When the Impossible Happens". In the builders guide I was mostly interested in efficiency lighting or passive solar, so I was learning about different types of windows. It became apparent to me that the coatings they use to reflect a section of the infrared light spectrum could be culprits in the climate and weather change dilemma, especially in the cities and areas where the buildings go up, way up. These windows cut heating and cooling costs considerably.

Later that afternoon I ended up at "Windsong" bookstore. I asked if he could find an old horse story by Farley called Man-o-War or it could be Pharr-Lap, I was not absolutely sure. Tim could not find the book so I kept looking and found something else, "When the Impossible Happens."

In "When the Impossible Happens" Grof states that Albert Einstein personally encouraged Jung to pursue his idea of synchronicity because it was fully compatible with new discoveries in physics (Jung 1973). Jung became so convinced about the important role synchronicity played in the **natural order of things** that he used it as a guiding principle in his everyday life.

Further reading in Grofs' book leads to some supporting information for this greenhouse effect window theory. To give you an idea of the meat of this book I want to give you a few catch phrases from it, "Invisible Conductor, Otherworldly Surreal, & Rainbow Bridge of the Gods". So I'm reading along and get to the part where the author describes a deep personal loss and it had to do with environmental disasters in the Big Sur region. This hit home for me, vividly remembering where I was when this happened I read on. "A catastrophic fire that had destroyed 160,000 acres of Ventana wilderness stripped the coastal mountain range of all vegetation for about twenty miles, from the Hermitage of the Immaculate Heart almost to Ventana Inn. The following onslaught of torrential rainstorms on the unprotected mountain slopes resulted in massive landslide." (Not the Stevie Nicks song either). The thing I found interesting is the Spanish word for window is "ventana"; some people believe that eyes are the windows into your soul, and I am inclined to believe that this could be true.

The last in this series of synchros occurred at Joe and Liza's house, where I was writing this on January 28th. A very cool vintage football photograph hangs on the wall there of Liza's father, Eddie Saenz (pronounced signs) and a near twin just happened to be pictured in the builders guide as well. The team he played on was the Washington Redskins, and the difference in the two photos was the Redskins' background, in which the U.S. Capital was pictured. Upon further investigation of Joe's sports memorabilia I noticed that his Muhammad Ali poster was from a boxing match at Madison Square garden on Monday, January 28, 1974, exactly 39 years ago. Man, what a coincidence! And this is also my Godmother's date of birth!

To sum it ali (typo intended) up, I think this is how our mother earth is talking to us. Did you experience any synchronicity this week?

At the Westport Hotel and Old Abalone Pub

After 6 weeks of rest and restoration, the Westport Hotel and Old Abalone Pub will re-open on Valentine's Day, February 14th, for our annual Elegant Romantic Dinner. This is a four-course dinner with complimentary sparkling wine at a cost

of \$65 per person. There will be 2 seatings, 5:30 & 7:30. Menu details are are still being being finalized. Reservation are required. Please call 707-964-3688 or e-mail westporthotel@mcn.org to reserve a table for what we promise to be a wonderful evening!

Save the date March 16, 2013 for the Westport Volunteer Fire Department's St. Patricks' Day dinner at the pub. As always, you will be able to count on good food, music, and a great time to celebrate. Dinner is \$20 with proceeds going to the WVFD.

Beginning on February 15th, our regular Winter hours at the pub are: Dinner: Thursday- Saturday 5PM-9PM, Saturday Tea: 3PM-5PM, Sunday Brunch: 10AM-2PM. See you there!

February 2013 Westport Calendar

February 2nd – Groundhog Day

February 3rd -- Super Bowl Sunday

February 7th – Bookmobile, Westport Store, 9:00-9:30AM

February 9th – New Moon, 11:20PM

February 10th – Lunar New Year

February 12th – Mardi Gras

February 13th – Ash Wednesday

February 14th – Valentine's Day

February 18th – President's Day

February 21st – Bookmobile, Westport Store, 9:00-9:30AM

February 24th – Pancake Breakfast School Fundraiser, 9-11AM, Westport Church

February 25th – Full Moon, 12:26PM

You are reading *The Westport Wave*, a free monthly community newsletter published on the first day of every month by the **Westport Village Society**, a non-profit organization. Internet subscribers to the *Wave* receive their free **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 free to all at the Westport Community Store, from the first day of each month on. Join the **Westport Village Society** today and sign up for your free newsletter at wvs@westportvillagesociety.org. Contributions for the March 1, 2013 edition of *The Westport Wave* are due by February 26th, and should be sent to editor Steve Brigham at westportwave@aol.com, or P.O. Box 237, Westport, CA 95488.



Feb DROP-IN and Enrichment CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-12:00 p.m	9:30-10:30	7:30-8:30 AM	9:00-10:00 a.m	10:30-11:30
<p>YOGA WITH JULIA</p> <p>STARTS FEB 18TH</p>	 <p>WITH AIMEE</p>		 <p>WITH TABBY</p>	<p>Tiny Tots Tumbling</p> <p>AGES 3-5</p> <p>SESSION STARTS MARCH 1st</p>
12:00-1:00 PM		4:30- 5:30	1:00-2:00	12:00-1:00 PM
		<p>YOGA KIDS</p> <p>Ages 5- 11</p> <p>Starts FEB 27th</p>		
5:30-6:30 PM	4:30 -5:30	6:00-7:00 PM	4:30-5:30 PM	5:30-6:30 PM
	 <p>AGES 6-12 SESSION STARTS FEB 26TH</p>	<p>Mixed Level</p> <p>all ages</p> <p>Belly Dance</p> <p>With Erika!</p>		

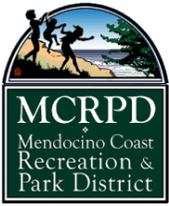
1. ZUMBA FITNESS Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

2  If you are looking to lose weight, build muscle through strength training, improve cardio vascular performance, feel your energy and strength go through the roof, this program is for you. Bring a light pair of dumbbells and a yoga mat.

3. YOGA mixed level ... 90mins of mind and body connection! Bring a yoga mat

4. Mixed level Belly Dance with the very talented Erika Freeman. Shimmy ,Shake and Undulate. Isolations drills and graceful choreography. Hip scarves are helpful and fun to wear

Like us on Facebook - <https://www.facebook.com/WestportCommunityRecCenter>



Westport Community Recreation enrichment schedule starts Feb 25th

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ZumbAtomic is a fun dance fitness class designed for kids. Participants will learn several choreographies. We will play games and take turns “leading the class” session ends with a informal “show for family and friends. Building confidence and leadership. ZumbAtomic kids will learn and identify several Latin and world rhythms ages 6-12
Tuesdays 4:30 – 5:30

Tiny Tots Tumbling

Stretch, roll, jump and play!
Learn animal walks and pre-gymnastics skills
in a fun and playful environment!

Parent Participation Required

For children three and five years of age
INSTRUCTOR: KASSIE HAYES
FRIDAYS 10:30-11:30



YOGA KIDS



Dynamic postures maintain flexibility, strengthen muscles, improve co-ordination and balance, whilst relaxation and breathing techniques improve memory retention, concentration and energy levels.
Wednesdays 4:30 – 5:30 p.m.



Session 1 starts the week of February 25th and runs 7 weeks -\$45 to register call Tabby 707-367-0010, or stop by the Westport Church between 9:00 and 11:00 February 24th during our pancake breakfast fundraiser.

Mark your calendars!

New Workshop/Class at the Westport School

Using the Enneagram as a Tool for Self-Awareness

Taught by Rebecca Picard*

Sunday, April 7, 2013; 1:00 – 4:30 p.m.

Sunday, May 19, 2013: 1:00 – 2:30 p.m.

Sunday, June 2, 2013: 1:00 – 2:30 p.m.

\$25.00 per person for the series

The Enneagram is a dynamic typology or “map” of nine personality types and the paths of personal growth that are likely to be most effective for each type. Its roots stem from ancient wisdom schools. In this series of 3 introductory workshops, participants will:

- Learn the basic structure of the Enneagram
- Develop a working hypothesis of their own “Enneatype”
- Discover how their Enneatype’s strategies are affecting their lives and relationships right now
- Become aware of how some of their strategies work on “autopilot” and don’t serve them
- Enjoy the fun of discovery
- Develop a clear sense of direction for personal growth and awareness during the next six months to a year

TO REGISTER: Please call or email Tabitha Korhummel at 367-0010; tabikat@mcn.org or call or email Rebecca Picard at 357-4872; rebeccapicard@mediate.com. If you email, please put “Enneagram Class” in the subject line.

If you have internet access, you may want to explore the Riso Hudson Enneagram site www.9types.com. Among other things, it offers a couple of self-assessment “tests” to begin to determine your own Enneatype.

*Rebecca is a former lawyer and divorce mediator who has been studying various modalities for personal growth since the mid-80s. She now serves as a coach for couples and individuals seeking to create more conscious, fulfilled relationships, including their relationship with Self.