

February 1, 2014

The Westport Wave

Published by the Westport Village Society, P. O. Box 446, Westport, CA 95488

Westport-Union Landing State Park Input Needed At Municipal Advisory Council Meeting Feb. 4th

Thad Van Bueren

The next meeting of the Westport Municipal Advisory Council will be held on Tuesday, February 4th at 7:00PM at the Westport Church. Mendocino Coast District State Parks Superintendent Loren Rex will attend the meeting to seek community input on desirable improvements, maintenance, and operational considerations at Westport-Union Landing State Park.

Some of you may not know that Loren began his career with the California Department of Parks and Recreation working as a seasonal aide at our local State Park. He is thus quite familiar with the history of the park and how it is used. He told me that State Parks does have plans to remove the pit toilet at the far south end of the park, which is now close to the bluff edge.

The Westport MAC recently commented on operations in WUL Park to the Parks Forward Commission based on community input. Those comments stressed the importance of keeping the park open and improving facilities, visitation, and revenues. Among other ideas, the WMAC suggested improved facilities for bicycle and tent campers in the closed southern portion of the park and improvement of the old coast highway as a segment of the California Coastal Trail for use by pedestrians and bicyclists. You can download that document at: http://www.westportmac.org/documents/WMAC_ParksForward_11-6-2013.pdf. So many of us cherish our State Park as a great place to walk, run, and enjoy Nature, and it is a vital economic engine for our small community. Please join us at the upcoming meeting and share your ideas with Superintendent Loren Rex!



artwork by Beverly Smith

The Year Of The Horse

Steve Brigham, Editor

One of the nicest things about living in this great multi-cultural world of ours is that there are so many things to celebrate! And as I write these words, the exact time of the New Moon has happened, so it's now officially the Chinese Lunar Year of the Wood (or Green) Horse. This is a lucky year, with an intelligent and proud animal who can do great things and is very loyal and hard-working as long as you give him the freedom that he needs. (The Wood Horse is also the same animal that I was born under, so it's special to me.) Now, as Chinese folks all around the world kick off their grand 2-week New Year's celebration, we can all celebrate with them!

This month in the *Wave*, we've got an extra-big issue that includes a tribute to our great friend Toby Hickman. Which reminds me – Toby would like me to remind all you Water District customers that we are on voluntary water savings now, so now is the time to fix all your toilet stoppers and check for and fix any other water leaks you may have. As Toby would say, "Get 'er done!" Gung Hay Fat Choy!

Volunteer Fire Department Meeting February 5th

The next business meeting of the Westport Volunteer Fire Department will be held at 6:00PM on Wednesday, February 5th at the Westport Firehouse. This is an open meeting, and the general public is welcome. It's a great opportunity to meet your firefighters, ask any questions you may have, make suggestions, see how the WVFD runs, and see how YOU can help!

Neighbor 2 Neighbor Meeting on February 11th at the Westport Hotel

The next meeting of the Westport Village Society Community Committee will be held on Tuesday, February 11th at 6:00PM at the Westport Hotel. Everyone who cares about the town of Westport and also the greater Westport area is encouraged to attend, as we discuss many community topics. One of these is an ambitious program that we now call **Neighbor 2 Neighbor** (or N2N for short), which seeks to bring together folks that need things done with volunteers that can do them. Communication and organization is the key, so bring your ideas to the February 11th meeting, and we'll see you there!

Westport/Ten Mile Cemetery District Board Meeting Feb. 12th

The Westport/Ten Mile Cemetery District operates three historic cemeteries in our area. The oldest is the Newport Cemetery, which is currently closed to the public except by special appointment (it is featured on page 4 of this issue). Our larger, public cemeteries at Westport and Inglenook are every bit as historic, are open to the public, and are still very much in current operation. Most of the maintenance on our cemeteries is done with volunteer time and labor.

The Cemetery District is run by a five-member, County-appointed volunteer governing Board. Current Board members are Nedra Lancaster, President, Jane Vartanian, Secretary, John Allison, Treasurer, Gary Quinton, Operations Manager, and Steve Brigham, Operations Director. Our quarterly Board meetings are open to the public, and we cordially invite all interested community members to

attend our next meeting, which will be held on **Wednesday, February 12th at 10:00AM at the Westport Church.** We've got lots of new projects for 2014 at all three of our local cemeteries, as we restore our fences and grounds to pristine historical appearance. These are our greatest local museums of all – to find out more about our cemeteries, and how you can help, please attend our Feb. 12th meeting!

NEW Programs And Classes For February at the Westport School!

Tabby Korhummel

FREE PLAYSHOP! Thursday February 6th at 11:00AM, Queenie from Queenie's Confections will be offering a POP up Valentine class for FREE. She promises this will be totally fun and addicting (in a healthy way), and materials will be provided. Bring anything that might inspire you, like pretty paper, photos, or any supplies you may want to use.

FIRST ANNIVERSARY YOGA CELEBRATION on Monday, February 17th at 10:30AM! Celebrate the beginning of our second year of Yoga classes with Julia! We will have tea and treats after class.

SPECIAL YOGA CLASS! On Sunday February 23rd from 11AM to 12:30PM, Yolanda will offer a special yoga class to benefit our Westport educational programs! We were so lucky to ring in the New Year with her and she is ready to do it again! One class participant said "I've never felt better!"

NEW CLASS ON TUESDAYS FROM 9:30AM TO 10:30AM – CORE 'N MORE!

This class is 45 minutes of a core-focused routine mixed with muscle isolation on trunk supporting muscles for example your glutes. It is simple to follow and easy to modify. Once you feel your strength increase you can challenge yourself to push a little harder. I like to finish class with a soothing and rewarding stretch session that runs about 15 minutes. If you correctly and successfully exhaust the body during the work phase and reward yourself in the stretch phase it should feel like getting a wonderful massage without having to pay top dollar!

FREE CLASS TICKETS! There are still free class tickets available at the Westport Community Store – pick one up and try out a class today at no charge!

Westport First Aid Class March 8th

Aimee Maxey

I have some simple questions for you. Do you have a first-aid kit in your car? Would you feel confident in applying basic first-aid to someone in need? If you answered no, then I have the perfect solution to that dilemma (if you answered yes, then you are already prepared).

Out of a necessity to satisfy my own needs, I asked my husband Dan to conduct a workshop. In this workshop, you will receive a pre-packed first-aid kit and the basic information on how to use the materials within it. All of us can apply a band-aid, but this will take you beyond that simple application. This is an opportunity to talk about real world situations and feel confident you are receiving solid answers.

It is wise for us to prepare and be able to help someone in need. As California residents, we are covered by the "Good Samaritan Act". That should free up some concerns, so let's start with some basic first-aid!

First Aid For The Uninformed

Date: Saturday, March 8th

Time: 10:00AM to 1:00PM, with a short lunch break (please bring a lunch or snack)

Cost: \$30.00 (includes first-aid kit and hands-on instruction)

Please pre-register so that we can prepare. Contact Dan or Aimee Maxey at maximus@mcn.org, and pay with cash or check. Thank You!

The Olympics Of Drought

Steve Brigham

Well folks, you read it first right here in the *Westport Wave*, in my column in our January 1st issue about our current California (and Westport) drought. Other folks must've read it too, since by late January, it seemed like every newspaper in the country was writing about the California drought, complete with dramatic illustrations of an invisible and immovable "mountain range of high pressure" 2000 miles long and 4 miles high that has been parked off our coast for 14 months now, allowing few storms to penetrate and parching our State like no one alive has ever seen.

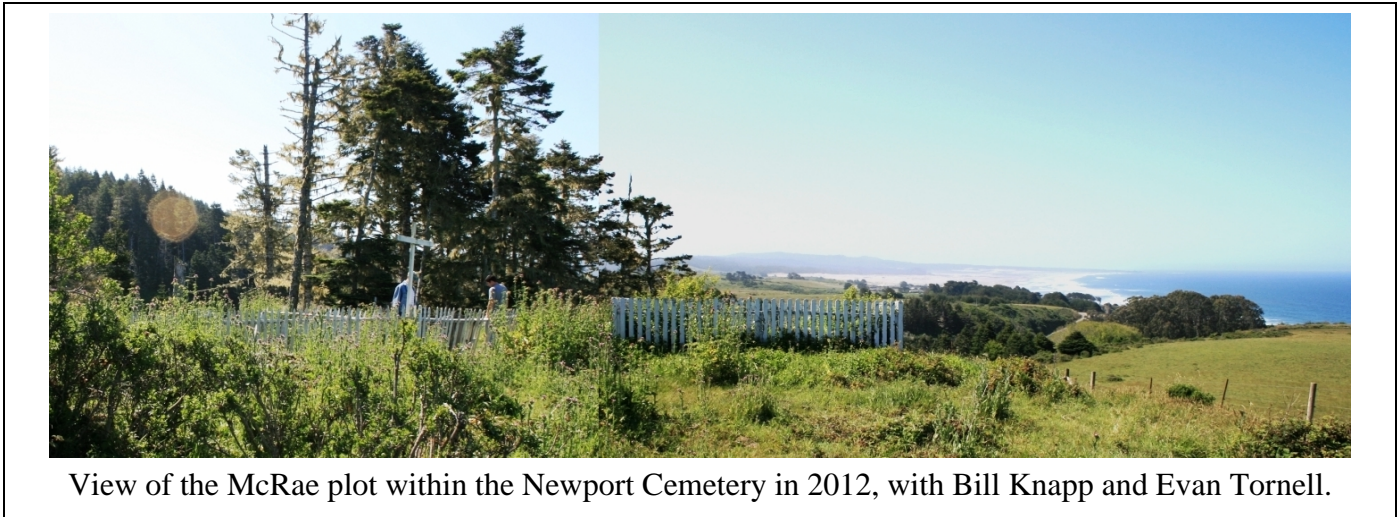
The statistics are amazing – just 10 to 20 percent of "normal" rainfall, for three years in a row in many places, and a Sierra snowpack this year just 17% of "normal" or less (I just read a report of no snow on the ground this January on the peaks above Donner Summit, where there was 11 feet of snow a year ago!)

The good news is that (as I write this) we've just gotten 1.52 inches of rain here in Westport (as recorded here on Pacific Avenue) on January 28th and 29th, which is more than what we got in the entire month of September 2013 and also November 2013 (we got nothin' in October 2013). But the bad news is that we're still dry, dry, dry in general. And when your team's losing, sometimes the only thing a statistician can do is see if you can break the record for "worst" instead of "first". So I looked up the precipitation records for Fort Bragg from the last 120 years, and bingo – it looks like we in Westport are a winner! The lowest recorded annual rainfall since 1895 in our area was 21.01 inches in 1976, and we just beat the pants off of that with our 14.69 inches in 2013! (Jeez, this is a heckuva way to win!)

So give us the Gold for Driest Year, but let's see if we can win more! How about Driest December? Well, even though we did our level best in 2013 with just .65 inches (compare that with the 11.92 inches we got in December of 2012), we still couldn't beat the amazing .32 inches of 1989. Give us a Silver for Driest December. OK, so how about Driest Fall? Well, sorry, but our September, October, and November totals for 2013, although a "respectable" 2.64 inches, didn't even come close to the meager 1.18 inches recorded in 1995. So maybe we get a Bronze for Driest Fall.

Hey, wait a minute! Wasn't 1995 the same year that it rained like cats and dogs in the beginning of the year and flooded everything? Well, without questioning either my eyesight or the US Government Approved Weather Records, I guess that just points out that California's weather can be mighty streaky. Just like the Stock Market, you'll be wet for a while, then all of a sudden you'll be dry for a while.

So now, as your faithful meteorologist, it's time for me to channel Donald Rumsfeld once again. Are we still dry? You bet. Will it stay dry this Spring? Rather likely, from our current perspective. Will an El Nino make it rain more this Fall? Gosh, I hope so!



View of the McRae plot within the Newport Cemetery in 2012, with Bill Knapp and Evan Tornell.

The Time Traveler

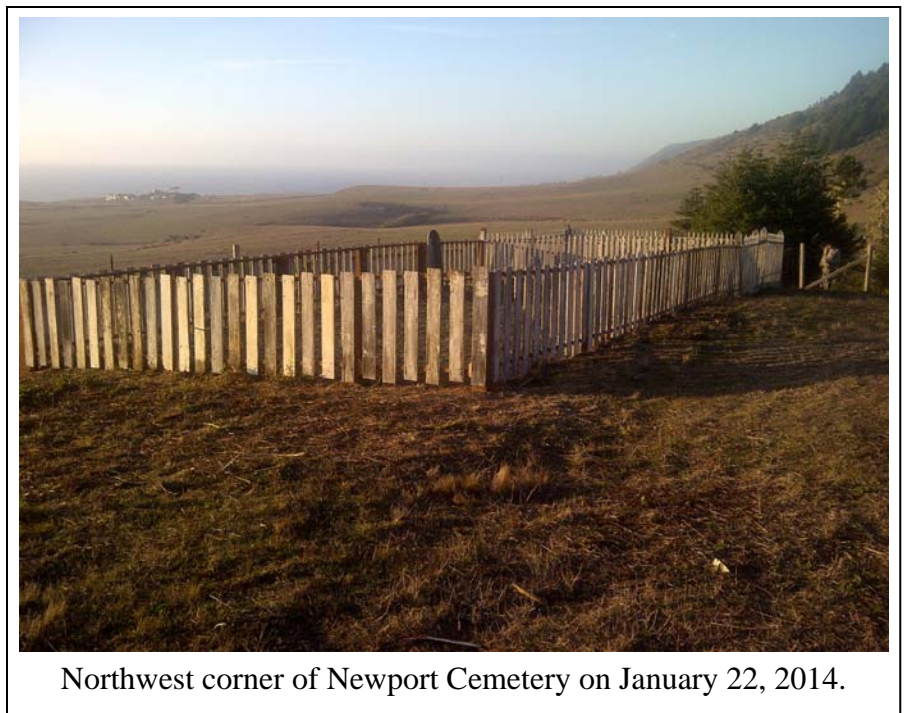
Thad Van Bueren

I first visited the Newport Cemetery May 23, 2012 with Bill Knapp and Evan Tornell. Also known as Knob Hill, Kibesillah, and Belobeda, the cemetery's white picket fence is easy to pick out on the Jackson family ranch at Newport on a hilltop east of Highway 1 and north of Abalobadiah Creek. Thanks to Gary Quinton's leadership, brush and fallen trees have been cleared and fences have been recently refurbished. I spent last Saturday with several other volunteers carefully taking apart old fences. New posts were installed in place of rotted ones, new stringers were run between them, and the original pickets were then reinstalled. Some new pickets still need to be added before the fences are painted. Before and after photos are provided for comparison.

Newport Cemetery is the earliest established in the local area. The first known burial was that of Enoch Judson Whipple, the last manager of the Mendocino Reservation. He died of tuberculosis in 1872, but was later moved to Rose Memorial Cemetery. The last known burial at Newport Cemetery is that of Thomas Dashiell in 1950. All of the graves are oriented with heads toward the west, where the setting sun is associated with departure. Burials took place here between 1872 and 1950. Forty-two burials are known, but some were later relocated.

In all, 28 graves have monuments that survive in the form of head and foot stones. You can inspect inventories of people buried in this and other local cemeteries on the History page of the WVS web site.

From afar, the Newport Cemetery seems to be surrounded by a perimeter fence of white pickets. But in fact there is only a barbed wire fence around the outside. The wooden fences comprise six separately-fenced family plots. Like many pioneer-era cemeteries, there is some possibility that unmarked graves are also present, so care was taken to rebuild wood fences along their original footprints.



Northwest corner of Newport Cemetery on January 22, 2014.



McRae Plot, January 2014.

All monuments have been left exactly where they were found. Future work will include stabilizing those monuments and maintaining the introduced plantings that still thrive in this cemetery. Narcissus were blooming during the work last Saturday, a tribute to the strange dry weather conditions we've been experiencing this winter. Other exotic plants include heritage roses, mock orange, and periwinkle.

Newport cemetery is located in a rectangular easement managed by the Westport-Ten Mile Cemetery District, a County agency. During the work last Saturday we found all four of the surveyed corners. Gary Quinton, Steve Brigham, and John Allison have all recently been appointed to the District, contributing their energy to the longstanding work of other members of that Board. Plans are also underway to engage in maintenance of the other more easily accessed cemeteries in our area. A docent-led tour of Newport Cemetery may be planned later this year. If you'd like to help maintain our local cemeteries, contact Gary Quinton at 357-1040.

Westport Church History, Part Two

Baile Oakes and Sally Grigg

(Editor's Note: This is the second in a series of articles on the history and uses of the Westport Church. Part One was published in our January issue.)

As we left off last month, on December 28, 1880 Peter and Albert Switzer donated to the citizens of Westport the land upon which the first Westport Church and community building was to be built. By the end of 1881, a wonderful two-story building had been built to serve those needs, overlooking the ocean on the south coast of the village. (No delay with a Coastal and Building permits here.)

The Westport Church occupied the first floor of the building and the second story was used as the Good Templars Lodge. (Remember the group of people from the first chapter who wanted to have a common place to meet other than the bars in town?) The Good Templars started out as a military and monastic order founded in 1119 by Crusaders to protect pilgrims and the Holy Sepulcher (the site where Jesus is believed to have been buried). This group eventually became the Knights Templar, an order of the Masonic Lodge. Later, a branch of this lodge became the Good Templars — a temperance society. The first trustees of the Lodge #338 were James T. Rogers, Mr. Roach and Peter Switzer.

The first trustees of the Westport Church were Jesse Van, Alexander Gordon and William Pennington. On January 4, 1886, Wm. Plieny, Recorder, made a record that in the event that the Good Templars Lodge disbanded, the second story of the building would revert to the Westport Church Trustees or their successors.

A lot for a future parsonage was acquired September 3rd, 1889. The indenture was made between Neil McDonald and two of the Westport Church Trustees, Alexander Gordon and William Pennington.

Other people in our village also greatly helped with the construction and needs of this wonderful community building. Of note is Mr. McDonald, who supplied water to the Westport Church building by extending a water pipe to the Church from his hotel.

One of the earliest trustees, Mae Sherwood, told her daughter Helen Ross that the church acted as an inter-denominational Church because there were so many different faiths in Westport and so few people.

Stay tuned as we move on into the 1940s and 1950's in next month's chapter of the origins of the Westport Community Church. As Jesus reminded us, "Love one another."



A Letter To The Westport Community

Dear Friends,

Toby Hickman was born on February 11, 1945, in Pasadena, California, and died suddenly on December 30, 2013, in Fort Lauderdale, Florida. He had a rich and fulfilling life, and I look forward to telling you all more about him. Right now, all I can manage is to offer the Westport community my profound gratitude for the way that the community has joined in mourning and celebrating my beloved husband. The kindness of the community has been overwhelming.

My special thanks to Tom Bangs of the Westport Landship, Kyle Siler of the Whale House, and Otto Marsh of the Westport Inn, for their generosity in providing housing for our family members and the blacksmiths who created Toby's burial urn. The Fire Department's kindness to me and respect for Toby touched all his family deeply. The amazing funeral – so many people who cared about him, the Fire Department guys helping me dig the grave, the spectacular urn, the Fire Engine taking me to the cemetery, Josh Azevedo and his family cooking for the wake, the dogs in and out of the house, the food, the flowers, and oh my god, the firecrackers! How Toby would have loved the firecrackers!

Toby loved this place and this community of people so much – he felt as if he'd found his true heart's

home here. The send-off he received proved him right.

Love,
Ann Woodhead



Toby Hickman, "Snake Andiron," mild steel, 16 x 10 x 18 in.

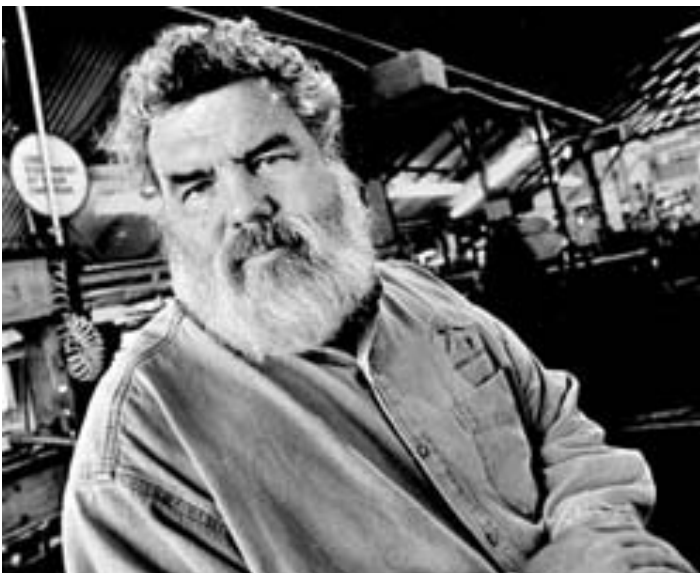
"To me, it's the physical act. Artistic development, business understanding – all that stuff has been an adaptation to allow me to continue to hit hot steel. It's the thing that makes me feel good. It's the feeling of the impact, swinging something heavy and hitting something that yields to that – and yields to it in a way that you intended it to. Just bashing around on hot steel can get to be too much work, but if you actually see something forming under hand, there is an enormous emotional reward." – Toby Hickman

Toby Hickman

Steve Brigham

World-famous Blacksmith, and **Master of the Power Hammer**. Toby Hickman meant everything to the blacksmith community, and he meant everything to Westport. And blacksmithing and Westport meant everything to him. You can thank Toby for his instrumental roles in modernizing not only the Westport Water District but the Westport Volunteer Fire Department as well. And you can thank Toby for being everyone's best friend, and always helping anyone who needed it. I couldn't be around this guy without wanting to volunteer for something. Toby, you were the one who taught me what it means to be a Westportian. Every time I saw you, you made me feel better about myself. You are a great teacher, and you will always be my hero.

**“THERE IS
NO SUBSTITUTE
FOR POWER”
– Toby Hickman**



Toby Hickman, “Wrap Torchere,” mild steel, polychrome lacquer finish, 78 x 13 x 8 in. and “Kelp Torchere,” mild steel, polychrome lacquer finish, 78 x 15 x 15 in. See more at: <http://www.penland.org/blog/2013/02/master-the-power-hammer-with-toby-hickman/-sthash.25jne6rg.dpuf>

Toby Hickman Memorial Bench

Plans are underway to design and construct a Memorial Bench in honor of Toby Hickman, which will be installed later this year on the Westport Headlands that Toby loved so much. Currently, we have some very interesting design concepts from Toby's blacksmith colleagues, and we will be working with them to develop a final design that will be serviceable, beautiful, and appropriate.

If you would like to help, please send your donation to **Toby Hickman Memorial Bench, Westport Village Society, PO Box 446, Westport, CA 95488.**

Grieving

Lin Taylor, Chaplain, WVFD

Just last month as we experienced the loss of one of our community members, Toby Hickman, we as a community came together to support and grieve our friend. It was uplifting to see and feel the love and unity that this painful experience brought to our Westport community. As painful as grief is, it is also a part of being human. Witnessing grief, even a stranger's, also reminds us of a dark reality: no matter who we are or what we do, each one of us will eventually lose someone we love.

It is common during grief to experience a mixture of emotions. Intense sorrow, terror, anger, a sense of helplessness and even fear are just some of the emotions that come to the surface. These emotions ebb and flow like waves washing up on the beach. Sometimes the waves are huge and scary; other times, small and gentle. They may come close together, or far apart. The stages of grief are not the same for everyone and there is no "right way" or time line on the feelings that come to person. Grief never really ends but there are different degrees of intensity. "Getting over" grief just doesn't happen. Learning to cope with it is a process different for each individual.

So how do we grow through grief? Can we really use our pain to make us stronger, rather than weaker? Rituals are one way to help one another with a loss. In the period of intense pain immediately following a loss, rituals can help mourners face the reality of mortality and give a pathway to feel their pain rather than deny it. The ancient rituals of death – from Hinduism's ritual washing of the body to the Jewish custom of sitting Shiva, or the Buddhist *powa*** -- shift us from a place of isolation, pain, and despair toward acceptance, connection, meaning, and wholeness.

Over time rituals can also help us complete one of the most important tasks of mourning: moving on with the rest of our lives. Loss brings us to a confusing and difficult crossroads--will we sink into negativity (blaming, raging, withdrawing, why me)? Or will we choose instead to pull ourselves up toward love?

Dr. John Woodall, Harvard Medical School instructor states: "*When a crisis happens, we have to call ourselves to the better angels of our nature. Grief is a*

measure of how much you love the person who is gone. A strong grief response is another way of saying that you love that person very much. But that love needs to evolve into a new expression, one that brings you back toward wholeness, connection and unity. The work of grief is to find a new way to love. It's an act of real faith to say, 'Despite my suffering, I will remain loving.'"

Let us not have grief be something that defines us, but something that inspires us to be better, more compassionate, loving people. If pain is the question, love is the answer. Let us be more loving toward ourselves, our family, our neighbors and our community.

***Buddhist Powa Ceremony Guidance for the Deceased* – This practice of transference of consciousness, known as 'powa', can be done either by a group of practitioners or individually. The purpose of doing this is to lead countless deceased beings to the Pure Land of a Buddha.

Lin Taylor is a crisis intervention specialist and grief counselor. If you have further questions or would like assistance through a trauma or grief she can be reached at (707) 357-0808.

Save The Date – May 11th – For The 2014 Mothers Day Ducky Races!

Lois Senger

It won't be long now before the **23rd Annual Westport Rubber Ducky Races** are about to begin! We will be at the same location, with the same players, and are hoping to plan a few surprises for this year. Aimee has the Raffle Quilt finished and it is hanging at the Westport Hotel, and we are ready to sell raffle tickets. I will be calling you to confirm your involvement this year or you can call me at 961-0178, and let me know your willingness to volunteer. We are hoping the campground will have a BBQ Grill we can use and they will let us know. If anyone knows of a BIG grill that Steve Brown can make his bed of oak wood coals on and use to cook tri-tip, please call me. The Fire Dept. guys offered to build a new one, if not. Anyone interested in a booth before the event where folks can make their own decorated ducks? Could be fun! More news next month!



Raffle Quilt On Display at Hotel

Stop by the Westport Hotel this month to see the brand new, big and beautiful hand-made quilt by Aimee Maxey, which will be raffled off on Mothers Day, May 11th at the 23rd Annual Westport Rubber Ducky Races and Barbecue! This priceless and outstanding creation can be yours if you win it, and the more raffle tickets you buy, the greater your chances of winning! Tickets are on sale now at the Westport Hotel for \$1.00 each, 6 for \$5.00, and 30 for \$20.00, with all proceeds going to the care and maintenance of our Westport Community Headlands.

Locals' Sneak Preview Of The New Old Abalone Pub Menu

Dorine Real

The Westport Hotel and Chef Oscar invite you to treat your Valentine to a special **Romantic Dinner** on Friday, February 14th. Enjoy a five-course dinner with a complimentary glass of champagne, enhanced by Valentine décor, a glimmering fire, and live Spanish guitar music by Alejandro Yañes. There will be two seatings, at 6pm and 8pm, and the \$65 per person *prix fixe* menu offers a choice of entrees. **Seating is limited and by reservation only –**

reservations can be made by calling the Westport Hotel at 964-3688.

This Romantic Dinner is also the grand opening of the Old Abalone Pub's 2014 season, offering dinners Thursday through Saturday, a scrumptious Sunday brunch, and afternoon tea every Saturday. However, *Wave* readers can get a sneak preview of Chef Oscar's new menu during Stealth Weekend, February 6th through the 9th. The usual schedule (dinners 5:00 to 9:00 and brunch 10:00 to 2:00) will apply. Our staff, both old and new, are looking forward to providing their loyal customers with food, drink, and good company in an atmosphere that is "cozy, casual, and a little bit elegant."

February 2014 Westport Calendar


- January 30th – Lunar New Year begins, 1:39PM Pacific Time (5:39AM January 31st China Time)
- February 2nd – Groundhog Day
- February 2nd – Groundhog Day
- February 2nd – Groundhog Day
- February 4th – WMAC Meeting, Church, 7:00PM
- February 5th – Westport Volunteer Fire Department Meeting, 6:00PM, Westport Firehouse
- February 6th – Bookmobile, Store, 9-9:30AM
- February 11th – Neighbor 2 Neighbor Meeting, 6:00PM, Westport Hotel
- February 12th – Westport/Ten Mile Cemetery District Meeting, 10:00AM, Westport Church
- February 14th – Valentine's Day
- February 14th – Full Moon, 3:53PM
- February 17th – Presidents Day
- February 20th – Bookmobile, Store, 9-9:30AM
- March 1st – New Moon, 12:00AM

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 also download present and past issues of *The Wave*. Contributions for our March 1st, 2014 issue are due by February 25th, and should be sent to editor Steve Brigham at westportwave@aol.com, or P.O. Box 237, Westport, CA 95488.



FEBRUARY 2014 SELF-ENRICHMENT WESTPORT SCHOOL CLASS SCHEDULE

(attend classes every week or just “drop in”!)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:30AM-12:00PM	9:30-10:30AM		9:30-10:30AM	
<p><i>YOGA WITH JULIA</i></p> <p>(90 minutes)</p>	<p><i>NEW!</i></p> <p>CORE ‘N MORE!</p> <p>(60 minutes)</p>		 <p>Zumba Toning</p> <p>(60 minutes)</p>	<p>Your Class Here?</p>
	10:30-11:30AM	5:30-6:30PM	6:15-7:45PM	
	<p><i>NEW SESSION of Kinder Gym and Tiny Tots Tumbling Starts February 25th!</i></p>	<p>BODY SCULPTING</p> <p>WITH AIMEE</p> <p>(60 minutes)</p>	<p><i>T'ai Chi Ch'uan with Scott Menzies</i></p> <p>(90 minutes)</p>	

***NEW!! CORE ‘N MORE!** – USE YOUR BODY WEIGHT TO STRENGTHEN YOUR CORE! ESSENTIAL FOR BACK HEALTH AND EVERYDAY LIFE, GREAT FOR ALL AGES AND FITNESS LEVELS! FINISH WITH A REWARDING 15 MIN. DEEP STRETCH!

*** BODY SCUPLTING** – USES A VARIETY OF WEIGHTS TO GENTLY SCULPT YOUR MUSCLES! ALL LEVELS WELCOME – BRING A WATER BOTTLE AND A SMILE!

*** YOGA FOR ALL LEVELS** – BE PREPARED TO GROW AN INCH!

*** T'AI CHI CH'UAN** – JOIN SCOTT MENZIES, TAIJQUAN/QIGONG INSTRUCTOR AND PROPRIETOR OF FORT BRAGG’S PERFECT CIRCLE TAIJQUAN.

*** ZUMBA TONING** – USE LIGHT WEIGHTS TO GENTLY SCULPT YOUR BODY AS YOU MOVE TO LATIN AND WORLD RHYTHMS!

*** TINY TOTS TUMBLING** – 2-3 and 4-8 YEARS PRE-GYMNASTICS FOR YOUR LITTLE ONES! (NEW SESSION STARTS FEBRUARY 25TH – CALL 367-0010 TO SIGN UP)