

March 1, 2013

The Westport Wave

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

A Bird's Eye View

Steve Brigham, Editor

Because of the sheer numbers involved, I reckon that most of my Westport friends are birds. And while I wouldn't actually want to be a bird, I've always wondered what things look like around here from their perspective, way up in the sky. The photograph of the Village of Westport at right was taken by aerial photographer Andy Shapiro just a month ago, and I think it's one of our best perspectives. For a modest fee, Andy can take aerial photos of your property or area as well, and can deliver in either print or disk format. Give him a call at (707) 494-5525 if you're interested.

Now if you live in town, you might be thinking "Where's my house?" Sad to say, if you're reading our black-and-white print version of *The Wave*, you might not be able to see it too clearly. But if you're reading our full-color Internet edition, all you have to do is zero in on the photo and magnify it, and you can even take "a walk around town" from the air! Expanding color photos is just one advantage of viewing *The Wave* electronically, and there are many others. On our www.westportvillagesociety.org website, you can sign up to get *The Wave* every month by e-mail (it's free!), and also view and download past issues of *The Wave*. Do it today!

Don't worry, though – we're not about to give up our black-and white print version, which is available for free from the first of every month on at The Westport Community Store. With so many new classes and other events happening these days in Westport, it pays to keep informed! And that means EVERYONE!



New Classes and Programs at the Westport Community Center

Tabitha Korhummel

Our pancake breakfast fundraiser was a huge success! 57 community members gathered in support of our Enrichment programs, and together we raised \$563.00! A giant THANK YOU to all that attended, and it was so wonderful to see all of you! Giant thanks also to Harvest Market for so generously donating \$50.00 worth of organic food to this event!

Extra big thanks to the following in no special order: Nita Regalia for donating handmade aprons to sell for the cause. Also to Aimee Maxey for making pot-holders. Aimee and Nita are both very talented and generous with their talents having donated countless hours making raffle quilts. A big thank you to Xavier Hale for doing everything from setting up to washing dishes, and also for the ginger shots. Thanks to Joy Wolf and Adam for flipping hot cakes and making green juice. And to my daughters that I drug out of

bed to wash dishes, take orders, and wait tables: Arista, Fionna, and Savannah – you girls saved the day! Thanks to Clair and Wendy for taking orders. Pete, Lois, Melinda, and Elika, the clean up crew, worked magic on the kitchen. And Beck Regalia, thanks for doing everything from hauling tables to cooking bacon!

Our new classes, sponsored by the Mendocino Coast Recreation and Parks District at the Westport School are doing a big success! The first month of operation has been very well attended with 6-13 people attending each class. Those numbers are great. Our Belly Dance teacher Elika Freeman has such a following that people came from Laytonville and Fort Bragg! Our next big community event (tentatively set for April) will be a Fire Dancing show, and will also include a routine performed by our belly dance class to showcase what they have learned.

Check out our March schedule, which is attached to this newsletter. We are very lucky to host some very talented teachers, right here in our own backyard. No need to drive 20 miles to take a class – spend that saved commute time doing something awesome like taking your dog to the beach or working in your garden! Any questions about taking OR teaching a class? Contact me (Tabby) at tabikat@mcn.org!

WVFD St. Patrick's Day Benefit Dinner!

**Saturday, March 16th – 5PM to 10PM at
The Westport Hotel and Pub**

Come for dinner!

Come to listen to a traditional Celtic band!

Come to enjoy traditional Irish Pub drinks!

Bring or meet your friends for a great evening!

The Westport Volunteer Fire Department is hosting a traditional Irish corned beef and cabbage dinner at the Westport Hotel and Old Abalone Pub on Saturday March 16th. Doors open at 5:00 PM, dinner is served until 9:00 PM, and the bar will close at 10:00 PM. There will be live music with Tim O'Leary and his group throughout the evening. Proceeds will be used for the purchase of Personal Protective Equipment for the Westport Volunteer Fire Department. Be there!



"Passion" by Donna Traycik

Recycled Art, Paper, and Photo Class

Donna Traycik

Anyone interested in tapping into their own creativity in a relaxed, fun environment is welcome to join a recycled art, paper, and photo collage class that meets in the Westport School/Recreation Center. The first class happened February 21 and was a lot of fun. The class meets Thursdays from 4:30-6:00 PM at Westport School through March 28th (except there will be no class March 7th). This program is sponsored by the MCRPD and there is a \$10 fee per session.

In this class, we will explore the art elements of color, line and texture resulting in your personal expression of abstracts, landscapes, seascapes, and portraits. No previous art training is necessary. All materials will be provided, but as the class progresses you may want to bring your own papers and photos to incorporate. Everyone who can work independently is welcome. A celebration show will hang during the month of April

at the center. Be aware that this activity can become quite addictive! So you may find yourself spending part of your future tearing, cutting and gluing bits of paper all over the place!

Self-Awareness Workshop This Spring at the Westport School

Rebecca Picard

Editor's Note: 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 attached to this newsletter for more details.

What is the Enneagram?

The Enneagram is an ancient symbol dating back to about 500 BC that literally means “nine + something written,” or a map of nine. After presumably being used in various ways by a number of Mystery Schools through the centuries, it was brought to the West in the 1960s through two distinct groups of people interested in psycho-spiritual paths: the followers of George Ivanovich Gurdjieff (“Gurdjieff”), who died in 1949, and the followers of Oscar Ichazo. Gurdjieff was a Russian Armenian Christian Mystic who was one of the first to bring knowledge of the East to the West through his “Fourth Way” groups. Most Enneagram literature, trainings and knowledge in the United States has been built upon the work of Claudio Naranjo, a Chilean psychiatrist, who developed his version of the Enneagram of psychological types from the work of Oscar Ichazo, a Bolivian philosopher. While the Enneagram has other uses, it is chiefly known in United States as a dynamic “map” of personality types, personality development and as a possible doorway from personality to “essence” or “true self.”

Each of the nine points on the Enneagram represents both a particular divine attribute, such as Love, Faith or Wisdom, and a personality type that grows from a sensitivity to and distortion of that attribute. Our personalities, necessary for survival, grow in response to all the ways in which our early experiences do not nurture and support the expression of our “essence.” Each Enneatype has a particular relationship to the other types and their qualities.

According to this map, in the process of human development from conception until death, we develop filters and strategies for dealing with life and its challenges. These include the attitudes, beliefs, belief systems and behaviors that largely determine what we pay attention to and how we direct our energies. While these strategies were undeniably useful at key moments in our early life, we become “fixated” on a set of “default” strategies and are no longer able to respond flexibly to whatever is called for in the present moment. Our personalities grow around these “fixations.”

For example, the mainstream culture of the United States (though certainly not all of us who live here!) has been identified as a having the general character of an Enneatype 3. The core belief or assumption of an Enneatype 3 is “I am what I do, achieve and accomplish.” This leads to a host of further beliefs, strivings and behaviors that largely ignore the dimensions of feelings, inner life and depth; when the fixation takes over, it can lead to workaholicism and/or attention to the image or the “package” instead of the substance. On the positive side, 3s are capable of getting a lot done, including long-term projects with a large vision such as putting a man on the moon.

How is the Enneagram of Personalities Useful in Everyday Life?

Among the many benefits of studying your own Enneatype is to develop more choice and flexibility. Most of us react compulsively rather than respond consciously to challenges in work, relationships and daily life. Identifying your own Enneatype is the first step in the Enneagram journey. While none of the Enneatype descriptions may seem like a perfect “fit” for you, if you consider patterns in your life that seem to repeat themselves, chances are you’ll find that one or two of the type descriptions resonate with your experience more than the others. You can experiment from there by “trying on” one of them for awhile. Identifying your Enneatype allows you to organize your understanding of your strengths and challenges and to notice when and how you respond to life compulsively, as if on “autopilot.” For example you might notice something such as “Oh, there I go again, needing to be perfect (a trait of 1s), or special (a trait of 4s) or useful to everyone around me (a trait of 2s)”

instead of simply being where you are and taking care of whatever is needed in the moment.

Each grouping of three Enneatypes approaches the world through a primary “intelligence center” or processing filter (though how each of the types relates to their processing function is different). For 8s, 9s and 1s, it is considered to be the gut, the body, anger, action -- the physical realm. For 2s, 3s and 4s, it is image, heart and feelings -- the emotional realm. For 5s, 6s and 7s, it is the head, fear and the mental realms. While we may have access to all three intelligence centers, we tend to favor one, neglecting or suppressing the others. One of the goals of personal development is to “use the right tool for the job,” so that whether the situation calls for empathy, analysis or action, we are able to respond accordingly.

One of the things I have personally found to be the most useful about the Enneagram is that once you know your Enneatype, the “map” points you to your path of integration or positive personal development through your “heart point.” Your “heart point” contains qualities you already have within you that need nurturing. Knowing your Enneatype also allows you to notice the qualities that show up when you are the most defensive; this is usually referred to as your “stress point.” These are qualities that invite you to become more self-aware and notice how hard you can be on yourself and others.

Overlays on the Enneatypes

The Enneagram system is much more complex and dynamic than simple “Enneotyping.” In addition to the heart point and the stress point, each type lives in the tension between two “wings” – the Enneatypes numerically on either side. Within each Enneatype are three “subtypes” characterized by dominance in one of the primary drives or instincts of (1) self preservation, (2) social functioning/ belonging or (3) sex. In addition, we all live on a continuum of self-development or self-actualization. As we move toward self-actualization and transformation, individual development ranges from a low end of reacting on autopilot, slavishly following our impulses regardless of the impact on ourselves and others; to, at the high end, being aware and actualized, noticing our default reactions and able to pause and choose our responses, ultimately trusting the Universe and ourselves as part of it. In other

words, how you relate to your own combination of Enneagram features is dynamic rather than static. At the end of the day, your relationship to the Enneagram is as individual as your fingerprint.

More Advanced Uses of the Enneagram

While “typing” others can be an obnoxious practice, if you have due respect for human variability and hold your hypotheses very lightly until and unless confirmed by the persons you are “typing,” knowing another’s type can help in understanding others and in not taking them personally. Partners in any kind of relationship who know each other’s Enneatype can more easily give up the notion of trying to make the other over in their image. They also hold many keys to getting along with their partner and understanding the partner’s priorities as well as their “buttons.” In regard to our understanding of ourselves, as we notice “stuck” places that don’t seem to relate to our chief Enneatype, the Enneagram may point to a growth direction by looking for the “heart point” of the Enneatype carrying the reactive trait we are working through. Uses of the Enneagram in understanding and relating to human beings are virtually endless.

If you Come to Class April 7, May 19 and June 2

In the three Sunday afternoon class series, we will explore our own Enneatypes through a combination of lecture, demonstration and experiential exercises. It would be helpful if participants came with a starting hypothesis of their chief Enneatype. 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. For beginning texts regarding the Enneagram, I recommend either [the essential Enneagram](#) by David Daniels and Virginia Price or [The Enneagram Made Easy](#) by Renee Baron and Elizabeth Wagele. None of this is required to participate in the class; everyone is welcome. Registrants who do not have access to the internet may request that I send them a very simplistic assessment from [the essential enneagram](#) book.

To register, please fill in and send the form attached to this newsletter, along with your check in the amount of \$25.00 payable to Rebecca Picard, P.O. Box 1205, Fort Bragg, CA 95437

The Time Traveler

Thad Van Bueren

This month I'd like to share a photograph taken sometime in 1906 or 1907 in front of the Hardy Creek Hotel. The ambrotype print is archived at the Kelley House Museum (Catalog#1197-13) and shared here courtesy of that institution. It depicts Wilson McFaul's Schacht automobile in front of Hardy Hotel. The image was almost certainly taken during the wet season because mud is caked inside the fenders, the tires are wrapped with rope to provide traction, and the people in the scene are dressed warmly.

McFaul was heavily involved in the tanbark and split stuff industry, and helped establish the first landing at Hardy Creek in the 1890s. When Juan Alviso died in 1900, McFaul purchased his lands around Juan Creek and built Union Landing south of the creek's mouth. By the time this photograph was taken, McFaul had far-reaching interests that continued to focus on tanbark and split stuff acquired from an extensive area between Hardy and Howard creeks. A large-scale lumber milling operation began production at Hardy Creek in 1903, and the railroad tracks connecting the wharf to the mill and woods is visible just in front of the car.

Wilson McFaul must have been fairly prosperous at the time, because few people in the local area had cars at this early date. The newfangled contraptions were hand made and relatively expensive. William and Gustav Schacht produced 8000 automobiles in Cincinnati, Ohio between 1904 to 1914. Thereafter, the G. A. Schacht Motor Truck Company focused exclusively on building trucks until 1940. McFaul's 2 cylinder, 10 horsepower "high wheeler" runabout clearly reveals how early autos adapted their form from horse-drawn carriages. This model was water-cooled and featured vulcanized hard rubber treads covering spoked wooden wheels



(http://web.archive.org/web/20091027003555/http://geocities.com/schacht_trucks/).

The top speed of such early automobiles did not typically exceed 25-30 mph. Given the rough condition of the early wagon roads available at that time, doing more than 20 mph was actually dangerous. Nowadays we think nothing of doing 55 mph and a finished asphalt-concrete highway. But imagine how differently people experienced the landscape traveling rutted dirt tracks at slower speeds. It was a time when traveling to the Westport area remained arduous and trips were not undertaken for frivolous reasons. Each trip involved a lot of effort and even discomfort. Perhaps also some mud in the eye!

Casting our minds back to those times, the slower pace and difficulty of travel implied people were more rooted to places and local social networks. Sure, there was mail and products were shipped in, but the lifestyle was slower paced and in many ways more localized than in our modern day. It makes one wonder now what will happen a century in the future, as our unsustainable dependence on global transportation comes into sharper focus.

Ducky Quilt 2013!

Bill Knapp

It's time to think about the annual Westport Ducky Race, and more specifically to think about the quilt that is traditionally raffled off at the Ducky Race. This year we have a little head start thanks to Nita Regalia. She has already finished and donated her **HAND QUILTED** pieced quilt, entitled **Magic O'Luv**. It is 65" wide by 88" long, suitable for a queen size bed (see photo at right).



Westport has become known for its raffle quilts, usually two a year, at the Ducky Race and the WVFD Summer BBQ. There are several Westport ladies who have volunteered, either jointly or individually, to provide the quilts.

I thought it might be interesting to provide a brief history of quilts to accompany the introduction of this year's Ducky Race quilt. Quilting has been traced back to Egyptian times. Perhaps it would be useful to provide a definition of a quilt. Random House Dictionary defines a quilt as "a coverlet for a bed, made of two layers of fabric with some soft substance, as wool or down, between them and stitched in patterns or tufted through all thicknesses in order to prevent the filling from shifting" The earliest known examples of quilted work were for clothing. In some cases highly decorative for show and other cases more utilitarian, knights during the times of the Crusades wore quilted garments under their armor for comfort. One of the earliest known quilts matching the Random House bedding definition is from the late 1300's AD, found in Sicily. The blocks were scenes from the legend of Tristan.

Bringing things closer to home, quilting has been a part of America since the early colonists. Quilting in America has been both a way to recycle fabric used in

clothing and home decorations such as curtains and bed canopies as well as creating works of folk art.

The earliest dated surviving American quilt is from 1704. By the 1840's, textile making in the US was prolific enough to provide reasonably priced fabric and quilting had a surge in popularity. The sewing machine, with the big technology breakthrough being treadle power, came on the scene in the 1850's.

Interestingly, quilts have a long history of being used to raise money for various causes. One of the earliest recorded causes was

abolition, starting in the 1830's. Ironically it was a combination of the northern sewing machine and the southern textile developments that made it possible to quilt at a rate and level to provide effective fundraising. Churches, fairs and other social gatherings frequently had quilts to raffle. Once the Civil War started, quilts served soldiers on both sides, both to raise funds for the war effort and for use in the field, primarily as bedding but also to augment winter jackets and blankets for both men and horses.

Quilts were also a part of the great westward expansion. They were very utilitarian, being used in place of window glass and doors in early cabins and huts erected during the settlement of the Great Plains. Quilts were also used to represent a family's wealth and were important for young ladies' hope chests. Quilting bees, where the quilting was hand stitched by a group of ladies, were important social gatherings.

Now that you have a little more exposure to the history of quilts, I hope your interest in obtaining a quilt made in the historic tradition of quilting has been stimulated! Raffle tickets for this year's Ducky Race quilt will start being sold in March. Also, the quilt will be displayed in different places in Fort Bragg and Westport starting in March, until our raffle in Westport on Mother's Day, May 12th.

Daylight Saving Time

Steve Brigham

The hardworking staff of **The Wild World of Westport** is never afraid to tackle even the most complicated of cultural topics. And although we pride ourselves on our clear-cut facts and explanations, even if we occasionally feed you a few vague, simplistic, or evasive answers, we're confident that you'll still enjoy the journey! This month, we'll look at the rather convoluted concept of Daylight Saving Time, which starts up again for us on March 10th, and seems to be designed simply to confuse the heck out of everyone twice a year!

Although in practice Daylight Saving Time (yes, that's the right spelling – since it purportedly “saves daylight”) is less than 100 years old, folks in temperate latitudes have had to adapt to different daylengths for as long as days have been around. The Ancient Romans had a neat way of doing it – they always had 12-hour days, but each hour was shorter in the winter and longer in the summer. The concept of “standardized time” is a relatively new one, and even in the 19th Century, folks all over the world weren't really sure what time it was – especially when they traveled, since “local time” often varied from town to town. Railroad owners didn't like this, since it meant that their railroad schedules took too long to print. And so they invented Time Zones.

But that didn't address longer summer days, which typically meant that the sun came up way early (time-wise) every day, when lots of folks were still sleeping. Ben Franklin just told folks to make use of the longer days (and save candles) by getting up early and going to bed early, but no one liked that idea. So in 1895, some clever bunny (his name was actually George Vernon Hudson) decided that we should all just turn our clocks ahead in summer so the extra daylight would come in the evening, after work. Drive-in movie owners hated this idea, as did the farmers, who actually liked getting up early. But once the retail stores figured out that they could stay open longer, they thought this was a great idea.

Actually, the first folks to use Daylight Saving Time were the Germans during World War I, since they figured it would save energy on summer evenings. And in fact, that's always been one of the main

promotions for it, which is why both Europe and the USA also used it later on during World War I, and also during World War II. It wasn't until 1966, though, that the USA started using it on a permanent basis (except for [non-Navajo] Arizona, which never likes to go along with anything). By that time, there were a lot more retail stores than farmers, and who in their right mind wanted to wake up in Seattle at 4AM anyway? Then, with the energy crisis of the 1970's folks got so into the whole thing that one year they had Daylight Saving Time all year! No one ended up liking that much, either, since kids had to walk to school in the dark.

So who exactly uses Daylight Saving Time? Well, at the moment it's mostly just North America and Europe (where it's called Summer Time), plus parts of Brazil and Australia. Lots of other temperate countries have tried it too, including Russia, which in 2011 liked it so much that they decided to have it all year (maybe their schools start later in winter). Now that we have standardized time zones, Daylight Saving Time can make lots of or very little sense if you live at one edge or another of a specific time zone or live near mountains or oceans (WARNING: Complicated Subject...Avoid For Now). The folks in the tropics don't care about the whole thing at all, because their days are always pretty much the same length and they don't want to get bummed out by all the confusion anyway. That's why many people move to the tropics.

We're the ones who are stuck with Daylight Saving Time, so for two weekends a year, we all go around searching for clocks to change and remembering that we don't even know how to change many of them. And even then, no one seems to know what time it is for at least a couple of days anyway. Many folks will just keep saying “OK, but what time is it *really*?” Which drives many other folks quite mad.

But wait, there's more! In 2007, our wonderful federal government decided that we weren't confused *enough*! Freshly armed with studies from all over the world that proved that Daylight Saving Time doesn't actually save any energy anymore, the government decided to expand it by three weeks anyway. So now we in the USA change our clocks on the second Sunday in March and the first Sunday in November instead of the last Sunday in March and the last

Sunday in October like everyone else (the big losers here are the kids on Halloween, since it doesn't get darker an hour earlier that day like it used to). Now, for three weeks out of the year, not only do Americans not know what time it "really" is here, they don't know what time it is anywhere else in the world either!

So when again does Daylight Saving Time begin this year in Westport? Sunday, March 10th, at 1:59.99 AM. Nope, it's not 2AM, since a properly programmed digital clock should go straight from 1:59AM to 3:00AM on that day. This makes it interesting in the fall when we change the clocks back (do we get an extra hour at the bars? – you'll just have to wait until the November *Wave* to find out). Of course, you can set your clocks any time you want, but remember to set them AHEAD one hour this time, or else you'll really be confused. As for the clock in Mom's Buick (which no one can figure out how to change), I guess it will just have to be wrong again for the next seven months, like it is every year. Maybe the folks in Arizona have the right idea!

March at The Westport Hotel and Old Abalone Pub

Dorine Real

The Westport Hotel and Old Abalone Pub reopened after a winter maintenance break with a special Romantic Valentine's Dinner. It was great to see some local faces at that celebration. We are now open for our regular winter hours: Thursday, Friday, and Saturday for dinner from 5:00PM to 9:00PM, Saturday afternoon from 3:00PM to 5:00PM for tea, and Sunday from 10:00AM to 2:00PM for brunch. Thanks to Steve Brigham and Liza Saenz for special help getting us ready to open.

Don't forget to "spring forward" on the night of Saturday, March 9th, or you could be late for brunch! This is also the time to change the batteries in your smoke alarms and do other twice-a-year tasks. Take advantage of the last weeks of winter by stopping into the Pub for a game of dominoes or a session in the massage chair.

On Saturday, March 16th, the Westport Volunteer Fire Department will throw their customary St. Patrick's

Day party, complete with corned beef and cabbage, Irish music, and Irish coffee. The meal price will be \$20 including tax. On Sunday there will be more Irish music and Irish specials. You say you do not like green eggs and ham? Try them with corned beef, or choose the Irish oatmeal.

A festive brunch for Easter (March 31st) is in the planning stage, but is sure to include chocolate!

March 2013 Westport Calendar

- March 7th – Bookmobile, Westport Store, 9:00-9:30AM
- March 10th – Daylight Savings Time Begins, 2AM (Set clocks AHEAD one hour)
- March 11th – New Moon, 12:51PM
- March 16th – WVFD Benefit St. Patrick's Day Dinner, Old Abalone Pub @ The Westport Hotel
- March 17th – St. Patrick's Day
- March 20th – SPRING EQUINOX, 4:02AM
- March 21st – Bookmobile, Westport Store, 9:00-9:30AM
- March 25th – Passover begins at sundown
- March 27th – Full Moon, 2:28AM
- March 29th – Good Friday
- March 31st – Easter Sunday
- April 1st – April Fools Day

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 www.westportvillagesociety.org, where you can also read and download back-issues of *The Wave*. Contributions for the April 1, 2013 edition of *The Westport Wave* are due by March 27th, and should be sent to Editor Steve Brigham at westportwave@aol.com, or P.O. Box 237, Westport, CA 95488.



MARCH DROP-IN and Enrichment CLASS SCHEDULE for Westport

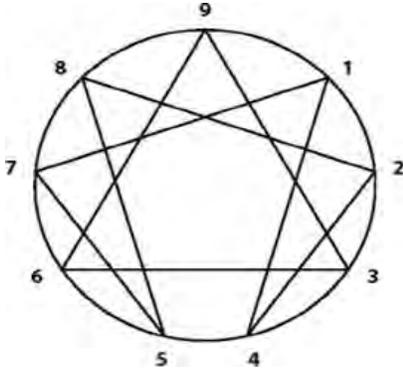
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-12:00	9:30-10:30	7:30-8:30 AM	9:00-10:00 a.m	10:30-11:30
<p>YOGA WITH JULIA</p> <p>\$12 or \$10 with a class card</p>	<p>RIPPED THE ONE STOP BOOT SNACK</p> <p>WITH AIMEE \$8 or \$6 with a class card</p>		<p> ZUMBA FITNESS</p> <p>WITH TABBY \$8 or \$6 with a class card</p>	<p>Tiny Tots Tumbling</p> <p>AGES 3-5</p> <p>SESSION STARTS</p> <p>7 week Session starts march 1st</p> <p>\$47</p>
4:30-5:30 p.m		4:30- 5:30p.m	4:30- 6:00	4:30-5:30 p.m
			<p>Paper art Collage With Donna</p> <p>Feb 21st-Mar 28th</p> <p>no class Mar 7th</p> <p>\$10 per class</p>	
5:30-6:30 PM	6:00-7:15 p.m	6:00-7:30 PM	6:00-7:15 PM	5:30-6:30 PM
	<p>Yoga-Flow</p> <p>A Free community service class</p> <p>blends balance, strength, flexibility and power in a fitness format</p>	<p>Mixed Level Belly Dance With Erika!</p> <p>\$12 or \$10 with a class card</p>	<p>Yoga-Flow</p> <p>A Free community service class</p> <p>blends balance, strength, flexibility and power in a fitness format</p>	

Like us on facebook for updates <https://www.facebook.com/WestportCommunityRecCenter>

For any questions email tabikat@mcn.org or call Tabby 707-367-0010

New Workshop/Class Series 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 – 4:30 p.m.
Sunday, June 2, 2013: 1:00 – 2:30 p.m.
\$25.00 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 (each builds on the last), 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

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.

To register: Please send the form on the next page, along with your check in the amount of \$25.00 to Rebecca Picard, P.O. Box 1205, Fort Bragg, CA 95437.

Questions? Call Rebecca at 707-357-4872 or call or email Tabitha Korhummel at 367-0010; tabikat@mcn.org or email Rebecca Picard at rebeccapicard@mediate.com. If you email, please put “Enneagram Class” in the subject line.

Using the Enneagram as a Tool for Self-Awareness

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

Sunday, May 19, 2013: 1:00 – 4:30 p.m.

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

Registration

(send to Rebecca Picard, P.O. Box 1205, Fort Bragg, CA 95437)

Name: _____

Address: _____

Phone number: _____ May messages be left here? _____

Email address: _____

Payment method:

Check in the amount of \$25.00 payable to Rebecca Picard
enclosed: _____

I would prefer to pay some other way; please call me: _____

What I am hoping to learn: _____

I do not have access to the internet. Please send me a simple test to
begin determining my enneatype. _____

WESTPORT VFD



Saturday March 16th, 2013
From 5 PM to 10 PM

LIVE CELTIC BAND

Dinner is Corned Beef and Cabbage w/ salad and soda bread
\$20 per plate - Vegetarian meals available



Full Bar with traditional Irish Drinks,
Beer and wine

Westport Hotel



Proceeds to purchase
Personal Protective Equipment
(PPE)
