

March 1, 2014

The Westport Wave

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Old structure needing demolition and removal.

Westport Volunteers!

Steve Brigham, Editor

As we head into our spring season here in Westport this month, it's time to get some work done! And that means lots of volunteer projects! For the past 135 years, just about everything really important in our town has happened because of volunteers. It's called "neighbors helping neighbors", and this year, it's only going to get better!

This March issue of *The Westport Wave* is all about volunteers and volunteer projects. We'll start off this month with coverage of a recently completed volunteer-clean-up tribute to George Lancaster, who has heroically given countless hours of community service to Westport in his many years as a resident, including serving for 25 years as our (volunteer) Westport Fire Chief. This is just one of many big (and small) community projects planned for 2014, so join in the fun and be a volunteer! If you like to work, the good news around here is that there's definitely plenty of work for everybody!

Big Volunteer Turnout To Honor George Lancaster!

Bob Finnell

At several past Westport Volunteer Fire Department meetings, there was a suggestion for the WVFD to recognize and honor **George Lancaster** for his over 25 years as Chief of our Volunteer Fire Department. This suggestion then crystallized into a "Tribute Action Plan" for the WVFD Firemen to volunteer their time, energy, equipment, and expertise to gratuitously remove the remnants of a small building on the Lancaster property that had the misfortune of being destroyed by an accidental fire several years ago. The Tribute Action Plan was then supported by the Westport Village Society at the January 2014 WVS Board meeting, with the WVS offering to fund the demolition dumpster container costs with the help of a special member donation. Then Westport's N2N ("Neighbor to Neighbor") group volunteered to also get involved. N2N is group of community volunteers (under the auspices of WVS) who are in the formative stages of developing a vision "to support the development of the Westport region as the most



Gary Quinton, Bill Knapp, and George Lancaster.



Clean-up complete!

socially caring, connected, nurturing, and self-sustaining community in Mendocino County." Well, with these three groups connecting, there was some real momentum in play!

The Lancaster Project got underway on Saturday, February 22nd, with WVFD Firemen carefully leveling the old building and loading the material and debris into the demolition dumpster. Then, on Sunday, February 23rd, community volunteers (approximately 12 people in all) brought rakes, shovels, weed whackers, lawnmower, wheelbarrows, and trash bins remove most of the remaining smaller sized debris and building materials and facilitate a general clean-up of the Lancaster property. Special thanks to Picasso Sosa and J.T Korhummel for doing much of the heavy lifting! This shows how a gracious spark of an idea of WVFD volunteerism can stimulate several groups to pay tribute to a Westport Area leader (who has provided much appreciated service to Westport), connect people in a real "neighbor-to-neighbor" "N2N" way, and ultimately lead to a positive and strikingly "clean and green" visual result for Westport. This could be a first step towards planning and executing future similar community-group-based efforts that could have a significant and meaningful social impact!

Westport Volunteer Fire Department Meeting March 5th

The next business meeting of the Westport Volunteer Fire Department will be held at 6:00PM on Wednesday, March 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!

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!

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!

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

The next meeting of the Westport Village Society Community Committee will be held on Tuesday, March 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. Neighbor 2 Neighbor brings together folks that need things done with volunteers that can do them. Communication and organization is the key, so bring your ideas to the March 11th meeting, and we'll see you there!

Get Healthy and Stay Healthy With Fitness Classes at the Westport School!

Aimee Maxey

It's time to get healthy and stay healthy with weekly fitness classes at the Westport School, and I'm writing this to encourage more people to attend these classes (see the last page of this newsletter for our full schedule). As with all the weekly fitness classes, the two that I am currently teaching can be modified to fit all physical levels. Please do not feel intimidated because you feel like there is no "fit" for you, since "fitness" is for all! Following are brief descriptions of my classes to give you an idea of what you can anticipate if you attend regularly:

CORE 'N MORE (Tuesdays from 9:30-10:30AM)

This is a full-body workout for physical and mental awareness, leaving you feeling stronger and more confident each time. We train the body as an integrated whole, fusing Yoga, Pilates, and basic core fundamentals with little to no equipment but the weight of our own bodies. This workout promotes strength and balanced muscles, as well as flexibility and increased range of motion for the joints. This is set with soft soothing music to reach a relaxed state of being and the class is always finished with a rewarding stretch segment at the end.

BODY SCULPTING (Wednesdays 5:30-6:30PM)

About 40% of the body is made up of muscles that we use for movement, work, and play. When your muscles are strong, you can confidently lift, reach, move, push, and pull without much thought. Strong muscles reduce the possibility of injuries, improve body composition, provide a sense of confidence, and allow you to recover more quickly after physical activities. We offer a variety of weights, so there is plenty of room to grow. The class is set to music that encourages movement. This class also works you from head to toe, ending with a rewarding stretch.

Why not try some of our fitness classes this month? Come visit and see what you think, and never be afraid to try something new!

Wild Plants Nurturance and Foraging Workshop May 3rd & 4th

Baile Oakes

Wow! Our Westport community is going to be blessed with two truly remarkable women who are coming to our village to share with us their knowledge of wild plants recognition and harvest times as well as all the incredible manners with which these plants can benefit us. I first met Judy and Corine at the "Not So Simple Living Fair" that is held each summer in Boonville. "The Not So Simple Living Fair" is a wonderful event, and I highly recommend your attendance and participation if you have a homesteading/community service skill that you wish to share. Corine Pearce's family has been in this area for thousands of years and she is a walking storehouse of ancient wisdom. The fact that she is one of the nicest people I have ever met is a wonderful bonus. Corine has a healing arts school in Redwood Valley and travels nationally and internationally to share her wisdom.

Julie Drucker, like most of us in our county, has a little bit less family heritage in our county. At the same time, her heart's calling is to understand and share the nurturance and bounty of our local environment, primarily sea vegetables. She lives in Ukiah and has the Yemaya Seaweed Company. She will be leading sea vegetable harvesting forays on our local beaches. She will have a good many dried samples with her and will lead a workshop on different ways that sea vegetables can be used. (Fukushima Note: I have a friend who has been sending in samples of sea vegetables to a lab in the Bay Area to determine whether there has been any radiation contamination of our local food source. To date, no isotopes have been detected.) If you are interested in attending this workshop and/or need more information please call me, Baile Oakes, at 964-7721 (email: BaileOakes@gmail.com).

Westport Rainfall Update: Over 10 inches of rain fell from January 28th to February 28th, as measured here on Pacific Avenue (you folks in the canyons and hills got more). That's three times what we got from July through December last year, and eight times what we got last February!

Connecting the Community

Sarah Mathias

In the spirit of connecting the members of our community with each other and with local resources, the Neighbor 2 Neighbor group of the Westport Village Society is gathering information for two community communication tools:

Westport Area Goods and Services for Sale or Hire

If you are a local resident and either produce goods for sale or provide a service for hire (even if only occasionally), we would like to include you on this list. This list will be made available to local residents and published in *The Westport Wave*. To have your name or business included please see the contact information below.

Westport Area Children's Activities Contact List

Ideally, this list should include both those with children who would like to be notified of local children's activities and those with or without children who would like to be included in the planning and preparing of such activities. This list would only be used for such communication and would not be made public.

To submit your information for either list, please contact Sarah Mathias by phone or e-mail: 962-0181 or sarah.e.mathias@gmail.com If you submit your information by e-mail please include the following: For the list of local goods and services, please include your name or business name, a brief description of the goods/services provided (if needed), and your contact information, including phone number and/or website. For the children's activities list, please include a contact name, indicate if you have children (include age(s) if you do), and the method by which you wish to be contacted (mail, e-mail, or phone).

Local Self-Governance

Baile Oakes

The concept of Village, Town, City, and County Self-Governance is moving forward and gaining momentum in our dear county. A couple of weekends ago, I attended a local self-governance workshop at the Mendocino Community Center that was run by a person affiliated with The Community

Environmental Defense Fund (CELDf). I attended the workshop in order to determine whether this movement presently has some local and national momentum as well as whether its goals have some feasible road map for success. As far as I can understand, their bottom-line game plan is to admit that protecting people's and Environmental rights is a no-win situation if you go up against the Corporate world through regulatory agencies and the Federal government, because the regulatory agencies are filled with corporate people and our Federal representatives are bought and sold by Corporations.

Therefore, their game plan is to start with local initiatives, ordinances, etc. that are passed to protect the local Environment and the Rights of the People and all of Creation in that local area. With that plan, when enough local governments have these laws in place and the great majority of the People believe in and work with these laws, then statewide referendums can be passed that protect these same fundamental rights because there will already be people fully invested in the process.

So how is it working to date? Their journey began with a local Township in the family farm area of rural Pennsylvania, because they got wind of a huge factory hog farm buying up property and planning on opening shop. CELDF helped them write up and pass an ordinance to ban factory farming. To date, CELDF has helped communities write and pass 166 local ordinances. Mora County in New Mexico has recently passed an ordinance to establish a Local Bill of Rights that protects their Natural Sources of Water!

At present there is a very active group of people in our county who are working with CELDF to write and pass a county ordinance to give the right of clean, fresh water to our county. The first draft of this ordinance will take place at a Democracy Workshop in Willits during the weekend of March 21st-23rd. More, lots more information can be accessed at CELDf.org. There will also be a group of people meeting on the coast, this Sunday, March 2nd at 3PM in Caspar. This meeting will focus on the ordinance to protect our local rights and control of our water. If you would like to attend, you can carpool with me – if you're interested, call me at 964-7721.

The Mendocino Theatre Company Announces its 37th Season of Innovative and Imaginative Plays

On February 27th, the Mendocino Theatre Company will open its 37th season. After finishing one of its most successful seasons in decades, the Mendocino Theatre Company consciously made a commitment to continue giving audiences what they responded to so positively in 2013: well-written plays with a special element of innovation and imagination.

“When you look at what makes theatre so captivatingly magical as both a form of entertainment and an art, you find a unique way of storytelling that cannot be accomplished in film, novels, or television,” says MTC Producing Director, Felicia Freitas, “where else but the theatre will you see a performer become 125 different characters simply by changing a hat, or a man who is really a tiger (but also a ghost) discuss the mysteries of the universe with poetry and humor, just two feet from your seat? It’s like no other experience on earth.”

With the audience response to plays in 2013 resulting in long waitlists and almost entirely sold-out runs, the Mendocino Theatre Company has purposefully selected the following six plays to appeal to the theatre-going community:

Other Desert Cities, a Pulitzer-Prize finalist following former friends of Ronald and Nancy Reagan, and their left-leaning daughter on Christmas Eve in Palm Springs.

Grace, a comedy and recent Broadway hit starring Paul Rudd and Ed Asner that features two identical Floridian apartments represented by a single set.

The Oldest Profession, an eclectic comedy featuring music, dance, and burlesque about five senior practitioners of “the world’s oldest profession.”

The Graduate, an adaptation of the 1967 cult film of the same name, featuring musical classics from the 60s such as Simon and Garfunkel’s “Mrs. Robinson.”

Shining City, a hauntingly poetic Irish ghost story directed by Peter Alzado, a guest artist from Ashland, Oregon.

Circle Mirror Transformation, a touching comedy set in an acting class in Vermont, performed with both scripted and improvised scenes.

Due to high demand, the Mendocino Theatre Company has also extended the run of each production from five to six weeks, and will continue accepting season ticket orders through April 6th so that audiences may secure seats in advance for plays that are likely to sell out.

***Other Desert Cities* Opens at the Mendocino Theatre Company**

Opening on February 27th, The Mendocino Theatre Company is proud to present *Other Desert Cities*, a witty and acclaimed new play by Jon Robin Baitz, under the direction of veteran company member Bob Cohen. Originally produced on Broadway starring Stockard Channing and Judith Light, *Other Desert Cities* is the winner of multiple awards, including a 2012 ‘Tony’.

Christmas Eve, 2004, writer Brooke Wyeth arrives at the Palm Springs home of her parents Lyman and Polly, former Hollywood Golden Era Republicans and personal friends of the Reagans. As family tensions begin to rise, it becomes clear that Brooke has arrived for more than just a family visit.

Known as one of the most complex and sophisticated American plays of the current decade, *Other Desert Cities* is a biting funny comedy/drama that takes a razor sharp look at familial responsibility, family secrets, and the objectivity of memoir.

Other Desert Cities is performed with the sardonic comedic tone that perfectly captures the uniquely American affair of spending the holidays with family. This gripping and well-respected new play features the talents of Michelle Raust, Sandra Hawthorne, Steve Jordan, Adam David Jones, and Toni Orans.

Other Desert Cities plays at the Mendocino Theatre Company at 45200 Little Lake St. in Mendocino from February 27th through April 6th, Thursdays-Saturdays at 8:00 p.m., and 2:00 p.m. on selected Sundays.

For tickets or more information, please contact the Mendocino Theatre Company Box Office at 707-937-4477, or go to www.mendocinotheatre.org.

Why Do I Volunteer?

Steve Brigham

Volunteers are like hummingbirds – they flit from job to job (or flower to flower, as the case may be), and both volunteers and hummingbirds get their jobs done in fine fashion. (Actually, I just thought some hummingbird photos would make this issue of *The Wave* seem more spring-like, so I came up with that lame analogy to justify it all – special thanks to Bob Wigand for these photos, which were taken in my former garden in San Diego County!)

Although we may not realize it, all of us “volunteer” to do stuff all the time (this can be as simple as doing chores around the house, where we may actually be “volunteered” by someone else even though we have to do the work ourselves!) “Volunteering” in a larger sense involves doing “good deeds” for others, and often it’s just helping your friends and neighbors without any second thought whatsoever. And then there’s the still-larger sense of “community volunteering”, which is working together with others in your larger community for the common community good. No volunteers make any money at their jobs, since a volunteer job is a job you do for no pay. (I should point out, however, that in my case as a former small business owner, working for nothing is a much better salary than losing money on my business every day, so now that I’m retired and I’m volunteering, I figure I’ve actually gotten a *raise* in pay!)

Volunteering is very popular these days all across America – at least we hope so, since nowadays that seems to be the only way anything important ever gets done, especially in small communities like Westport. The happy fact is that community volunteering is a positive, creative choice, often much more so than the jobs we do to earn a living. And although it doesn’t pay money, volunteering can offer some pretty terrific rewards, not the least of which is an enormous sense of satisfaction and self-worth. Different people have different reasons for volunteering, and I’d love to hear from all of you, dear readers, on why you volunteer. For my part, I can only tell you why I myself volunteer, and why I always find myself continuing to do it even though I probably should spend more of my time actually earning money. Maybe some of you can identify with some of the things I say.



The most obvious reason to me to be a community volunteer has always been that “there’s stuff that needs to be done, and someone’s got to do it!” When I first met the late Toby Hickman, I asked him why he volunteered to be on the Water Board. He said simply, “I like my toilets to flush”. (‘Nuff said!)

A lot of us do a lot of extra work in any job we do, whether paid or not, so that the job is done better. It can make the difference between a forgettable result and a truly excellent one – a success that in itself is a great reward. Back to small business – at least for me, running a small business *was* volunteering! But I was so proud of what I did, and so were others. And it did in fact help change the world for the better.

This brings up an interesting concept that is quite ingrained in our American culture – *to make the world a better place*. You don’t have to be a Jesuit to be steeped in this concept, of course, but I do give credit to some very good Jesuit teachers of mine for guiding me along that path. Ditto some great college professors that I worked with. Along the way of life, maybe you get into either a hobby or a profession (in my case, it was horticulture), which you find out is a big community all to itself. A community that can *help the world!* And you realize that you can do so much more as part of a *team* than you can by

yourself! So you organize – as volunteers – and stuff just starts happening! Pretty soon, you’ve created whole non-profit institutions that will outlive you and *keep saving the world* (and the community)!

The remarkable thing about working as a group is that *I actually like it* (well, in moderation, anyway). You see, I’ve always been one of those introverted people who are mostly happiest just being alone with the plants and animals, and I get tired of human contact pretty easily (especially groups of humans). Studies have shown that this is exactly the kind of person that can benefit most from volunteering and working with a group. Like it or not we’re all human to some extent, and humans instinctively like to be a part of a team. When you’re a community volunteer, it gives you an honest reason to get out of the house once in a while, since you know you’re doing it for others. Pretty soon, you’ve got a bunch of new friends as part of this team, since you’re all working together to get stuff done. A big one for me is all of the older folks that I’ve met and worked with in my 45 years of volunteering – so many of these folks turned out to be both mentors and role models that have made my whole life incredibly rich. The tremendous diversity of talent and experience that you can find in a group of older people is nothing short of amazing. Experienced folks have connections, and can get all sorts of big things done quite easily. The power of a team like this can be just plain awesome, and it is always a pleasure to be a part of such teams.

So you don’t necessarily have to be a “people person” to be a good volunteer. The secret to successful volunteerism is choosing the right job for your personality (you’re not getting paid, remember, so



you might as well be doing something you like). Because I like being by myself, I still like to do a lot of my volunteer work alone (which I’m doing right now putting together this monthly newsletter). Even if you’re an introvert, there’s lots of stuff you can do for others and for Westport all by yourself. That’s what our Neighbor2Neighbor meetings are all about – matching volunteer talent with stuff that needs to be done – the more talent and dedication we have, the more jobs will get done, and we’ve got plenty of work for everybody.

So as a Westportian, why do I volunteer? Bottom line, because it helps our community. Why work for free? Well, you couldn’t *pay* me enough to do some of the things I do (and that goes double and triple and more for a lot of other volunteers in this town.) I have a little extra time, so I might as well try to earn my keep around here. You can talk around the concept of volunteering at length (which I believe I have just done), but I do have to say that the feeling I get after being part of a successful team volunteer effort still always amazes me. (We won! Yay!!) This feeling actually seems to approach true happiness, because I’ve done something purely for others and not for myself, I’ve done it out of the goodness of my heart, and I even had a good time doing it! Does this sound like fun to you? I can see that halo over your head already!

Are you reading this in color? If you’ve got a black-and-white paper copy, you’ve got quite an imagination! For full, glorious color, see our website www.westportvillagesociety.org where you can download the color version and also sign up for free monthly e-mail delivery!





Reflections On Paradise

Margie and Gus Gustafson

Editor's Note: When it comes to volunteering, long-time Westportians Margie and Gus Gustafson should win an award. From 1987 to 2000, they were the Volunteer Camp Hosts at our local Westport-Union Landing State Park, responsible for day-to-day operations and maintenance every day of the year for 14 years. As volunteers! But the rewards were great, and it made their lives so rich. Following is one of their stories about a festive night at the Park. – S.B.

Welcome to Paradise, otherwise known as Westport-Union Landing State Beach. These days, we're progressing from being active outdoor enthusiasts to the less-vigorous yet equally satisfying experience of reliving the good time memories shared with campers during our tenure as Campground Hosts.

One of our favorite memories includes a very special type of sharing of musical togetherness of instruments and voices from all cultures and ages. It would start with a simple statement – "Did you know I saw "the washtub" in Area 5 this morning?" The regular campers would then by word-of-mouth make plans to meet in the northside camp area for an evening adventure with voices, instruments, and the washtub.

Kids eagerly took naps, as they knew this meant they were going to be allowed to be part of the festivities. We Camp Hosts were also engulfed in a rush to finish chores, as anticipation built up in all. Suppers were accomplished quickly and anyone watching would observe a trickle of campers starting to stroll the park road. The southern campers merged with others

trekking north, many reviewing old, fond friendships as they traveled.

On the north side of Howard Creek, campfires were being lit and munchies were brought forward to be shared by all. Soon the sounds of musical instruments tuning up would just evolve into a favorite song, and the music would begin. Twilight, the soft afterglow of sunset, would permeate all as instruments and singers explored old favorites. Part of the magic was the shared reminders of childhood, of other long-passed adventures – a step back in time for many of us, a leisurely stroll down memory lane.

The washtub, a re-imagined washing machine tub skillfully outfitted with many strings and sounds was expertly played by Mr. Hawkinson. Mr. Jacobson and his wife coaxed magical sounds from their aged fiddles as Darwin Thompson played guitar at Pat sang. Someone playing a comb joined in and then a washboard scratched by steel wool pads. A harmonious jews-harp and spoons rounded out the band. We all shared the simple joys, the ebb and flow of the music for the soul. Those of us who were "people watchers" feasted our eyes as all present experienced the feeling of shared simple pleasure.

All too soon, it was time to re-enter our regular world, and slowly parents with sleepy children would start the departure. An evening filled with fun, celebration, and musical adventure was destined to become, in our memories, a magical reminder of a step back in time.

Are You Interested in Better Local Walking and Biking Trails In and Around Westport Village?

Thad Van Bueren

If you ever walk or bicycle from the village up to Pete's Beach, the Fire Station, or the Cemetery, chances are good you had to jump off the highway as a car passed! It is not exactly a safe passage. That could change if enough local people show an interest and share their ideas. Westport is well positioned to apply for funding to design and built walking and biking improvements under a new transportation program. Come share your thoughts at the Westport MAC meeting March 4 at 7 PM at the Church.



Save The Date – May 11th – For The 2014 Mother’s 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. 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!

Another Secret Moon

We've all heard of a "Blue Moon", which happens on the rare occasion when there are two full moons in a calendar month (or 4 full moons in any one season). Well, there are no Blue Moons here in 2014, but in exchange this month we get our second Secret Moon of 2014 on March 30th. A Secret Moon is the second *new* moon in one month, and this one just barely qualifies, since the first new moon of the month is precisely at midnight on March 1st. Also happening this month is our Spring Equinox on March 20th at 9:57AM, which marks the official end of winter. Sometimes, it's the things you *can't* see that are the most fun to experience!

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.

March 2014 Westport Calendar

- March 1st** – New Moon, 12:00AM
- March 4th** – Mardi Gras
- March 4th** – WMAC Meeting, Church, 7:00PM
- March 5th** – Ash Wednesday
- March 5th** – Westport Volunteer Fire Department Meeting, 6:00PM, Westport Firehouse
- March 6th** – Bookmobile, Store, 9-9:30AM
- March 7th** – California Arbor Day
- March 9th** – **Daylight Saving Time Begins**, 2:00AM (set clocks AHEAD one hour)
- March 11th** – Neighbor 2 Neighbor Meeting, 6:00PM, Westport Hotel
- March 16th** – Full Moon, 10:09AM
- March 17th** – St. Patrick's Day
- March 20th** – Bookmobile, Store, 9-9:30AM
- March 20th** – Spring Equinox, 9:57AM
- March 22nd** – World Water Day
- March 30th** – New Moon, 11:45AM

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 download present and past issues of *The Wave*. Contributions for our April 1st, 2014 issue are due by March 28th, and should be sent to editor Steve Brigham at westportwave@aol.com, or P.O. Box 237, Westport, CA 95488.



MARCH 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</i></p> <p><i>WITH</i></p> <p><i>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>Kinder Gym and Tiny Tots Tumbling</i></p> <p>(60 minutes)</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!