

May 1, 2015

The Westport Wave

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Home Improvement

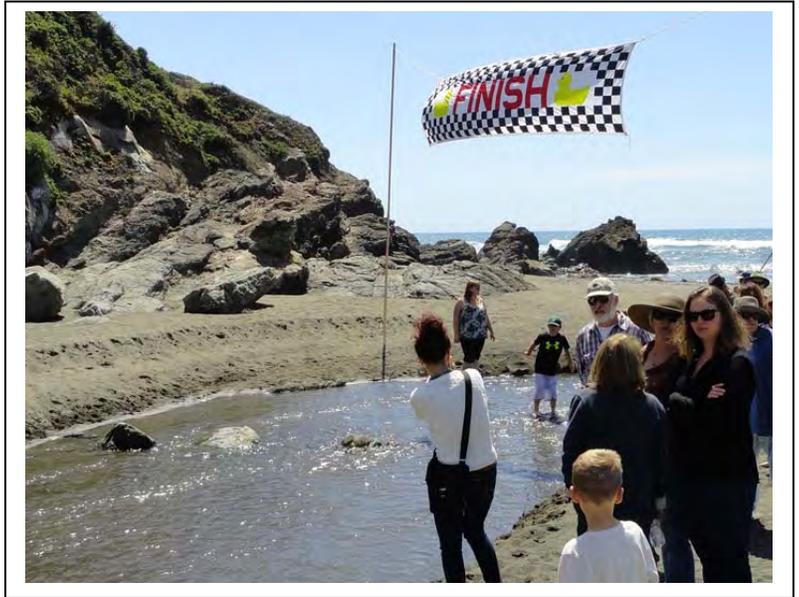
Steve Brigham, Editor

Spring is here, and that can mean a lot of home improvement projects for all of us. Not just in and around our homes, but also in and around our town. Our town is our home too, and it doesn't just belong to all of us – it belongs to each and every one of us individually. So it's a natural thing for all of us to want to fix it up.

There's been a lot of community improvement activity in Westport in the past few months, and we've got special reports on two of these projects for you in this month's *Wave*. You may have noticed that our Post Office is getting a complete makeover (see page 7). And our Cemetery District has been replacing and restoring old fences and signs at an amazing pace at the three historical cemeteries in our area (see page 8).

More projects are everywhere! The Westport Church is in the process of painting the vestibule and kitchen in the Church building. The Westport Water District has rebuilt and repainted their pumping station building near the treatment ponds. The big Firehouse doors are now red! The Westport Village Society has been busy with maintenance chores on the Headlands. And just about everyone has been madly mowing in a year when the grass has been growing like crazy.

Home improvement Westport Style doesn't cost most of us a whole lot of money. That's because most of it is done not only with volunteer labor, but also with donated money. No one has enough time or money to get all of these projects done by themselves – that's why we have our various organizations and the many volunteers that work with them. It takes not a village, but an army – an army of friends – to get real home improvement done here in Westport. And the more you volunteer, the more you'll be proud of anything "community" as being your very own!



On May 10th, It's Off To The Races!

Mother's Day in the USA may have first been celebrated in 1908, but it was the Founding Mothers (and Fathers) of the Westport Village Society that re-invented Mother's Day forever in 1991. Ever since then, many, many happy families have celebrated Mother's Day each year at the **Great Westport Rubber Ducky Races**, which features not only top-quality Ducky Racing on Wages Creek, but also tri-tip BBQ and other great home-made food served with real china and silverware, great live music, and a fabulous raffle for a one-of-a-kind handmade quilt, flower bowls, and other prizes. And of course, all mothers will receive a free pot of blooming flowers!

This year's **25th Annual Dash Of The Duckies** will be held on **Sunday, May 10th**, once again at the Westport Beach Campground just north of town on Highway 1. The festivities start at 11:15 AM – see the flyer at the end of this newsletter for the complete schedule of events and starting times for the three featured Ducky Races. Tell your friends, bring your Mom, and see you there!

The 25th Annual Great Westport Rubber Ducky Races Update

Lois Senger

Our annual **Commotion By-The-Ocean** is about to begin, and this is our 25th! Thanks to all the volunteers that have been busy for the past two months getting things ready for the event. There are still some areas that could use some volunteer help and you can just help the day of the event for anywhere from 1-2 hours.

To start with, Xavier Hale and his steady **DISHWASHING CREW** (Steve B., Nita and Dave, and Jeff S.) greatly need help. Jeff has let us know ahead of time he may only be able to be there in spirit. These folks wash 300+ dishes, plus all the pots and pans for all the meals in a 3-hour time period. If they had just 3-5 people willing to give them an hour, they might actually be able to sit down for a meal, watch a race, or listen to some music! Please give them an hour of your time at the event!

The **BAKE BOOTH** could use some help the day of the event. Barbara and Fiona will greet you with smiles, and Kiri will help if she is in town (thanks!). Usually, other young volunteers show up and help that day, and I thank you (and anyone else) who has an hour or so to help serve desserts and coffee. **WE NEED BAKERS TO BRING BAKED GOODS** to the bake booth the day of the event! If you cannot come to the event (we will miss you) and you still want to donate, please bring baked goods to the Westport Hotel on Friday or Saturday, and we will make sure they get to the event. Special thanks to Sarah, who has told me she will bake 2 pans of gluten-free chocolate brownies to donate, so we will have something for everyone! Please get your baking aprons on and create and donate – a sign will be posted at the store to remind you all.

The drought is affecting the water level in Wages Creek, but thank goodness we have creative Course



Our Ducks Will Be Ready To Go On May 10th!

Makers, (Homer and Pete) who are willing to wick the creek, do a rain dance, or creatively arrange the course boundaries, so we always know we will have some great Ducky Racing! If you want to help them, check with them the morning of the race. We need volunteers to transport the ducks from the registration booth to the race starting area in wheelbarrows, control the mobs (!), and announce the winners, etc. So much fun stuff to do!

Lee will be providing new t-shirts for sale at **MERCHANDISE BOOTH**, as well as assorted racing ducks, including souvenir duckies that commemorate 25 years of Westport Ducky Racing! Don't forget the **DECORATED DUCK CONTEST**, so get your ducks ready by beautifying your ducks! There may be also be a surprise 25th Anniversary poster for sale at the Merchandise Booth (it's being produced as I write).

Pam and Steve Brown are taking a well-deserved year off to enjoy their new granddaughter, so Melinda and Robin (her "prep cooks" all these years) are co-chairing the Food Booth. Rick at the Deli is going to be in town and let them in to prep the food, and Dorine and Lee are offering the use of their kitchen as well. Dorine is going to be involved in some prep of food. Marie lets them store cold items at the Store (including the meat)... and ah yes, the Tri-Tip. This

year, we have new chefs extraordinary, Steve C. and Falcon, co-chairing the BBQ of meat. They have both worked with Steve Brown in the past, and I think they have plans for some of their own signature ideas. (So nice that so many in our community like to be creative and add their own personal touch!)

And then there is Heidi! She is the original natural organizer and remembers all the details of so many Booths, and so is the supreme task

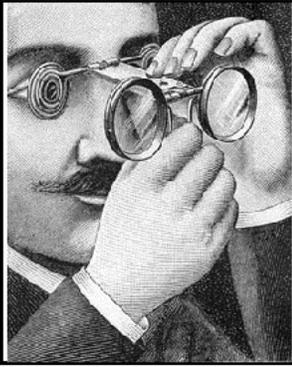
masker! Without her leadership, essential items would become a disaster the day of the event. She's even recruited her children Sam and Fred (and his fiancé Christine) to help. That is one way to make sure you spend Mother's Day with your children and also help your community! The REGISTRATION BOOTH is also a shared family event every year, with Thad and Donna and their whole family crew.

We have new BIG DUCK SIGNS, thanks to Gary for making them and Heidi requesting them. Hopefully, you'll enjoy them! The QUILT BOOTH (Bobbie), the MOTHER'S DAY FLOWERS (Steve B), and the Anateladexus MUSICIANS are all ready and poised to add a festive air to our event, so thanks to all! Also, a BIG THANKS to SPUNKY SKUNK, THANKSGIVING COFFEE, PURPLE ROSE, WESTPORT COMMUNITY STORE, and the WESTPORT HOTEL for helping sponsor our event with donated merchandise. Check out the SPUNKY SKUNK window display in Fort Bragg that Barbara creates in the space so generously provided to us, and support our local businesses!

This event is the result of so many volunteers in our community, but in this article I could only list the Chair folks. If you want your name in the "lights" we can arrange a position for you, too! If I overlooked someone, or hurt anyone's feelings, let me know, and the Ducks on me! THANKS EVERYONE!!! --Lois

Westport Community Yard Sale

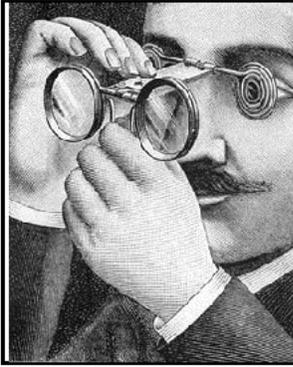
Many Families—Diverse Treasures!!



Saturday May 23

9 to 3
on the Headlands

Also Enjoy:
Farmers Market and
Local Food & Libations



Think Green: Reuse Is Better Than Recycling

Westport Community Yard Sale on the Westport Headlands May 23rd

Sarah Mathias

This year's Westport Community Yard Sale is set for **Saturday, May 23rd, from 9:00AM to 3:00PM** on the Westport Headlands. Bring your old items, fresh creations (local crafts!), locally grown produce, and or plants, etc. to sell – or just come to shop! (You never know what treasures you might find!) To ensure that we have tables for everyone, **please reserve your spot in advance** by contacting Thad Van Bueren at 964-7272. There is a \$10 participation fee to cover the cost of advertising.

Kids' Movie Night May 30th

Sarah Mathias

Kids' Movie Night at the Community Recreation Center this month will be on **Saturday, May 30th**, with the movie *Madagascar*. Doors open at 6:00PM, with the movie starting when the popcorn is ready (usually by 6:20PM). Bring pillows and blankets/sleeping bags for the kids and a comfy chair for yourself!



The Westport Community Church

Westport Church May Calendar

Founded in 1880, the Westport Community Church is pleased to offer a variety of experiences to help us discover ways to become more in touch with our spiritual heritage. We are doing our best to nurture a tradition of having weekly gatherings at the Church to explore various spiritual paths. All suggestions and participants for services are welcome at the Westport Church – and we welcome all denominations to hold services here!

The 2nd, 3rd and 4th Sundays of the month have a regularly scheduled focus. The 1st Sunday and the rare 5th Sunday have purposefully been left open for community members to suggest other speakers/focus for these days. Please contact Millie Saunders at 964-3030 regarding your suggestions and help.

1st Sunday, May 3rd and 5th Sunday, May 31st – open for a community member to fill or there will be no meeting these days. Please call Millie if you are interested.

2nd Sunday, May 10th, 10:00AM – Dr. Steven Doyle, Center for Spiritual Living

Dr. Steven Doyle will speak regarding his intention of manifesting for himself a passage from his body through full conscious awareness. After his talk, Steven will lead a question and answer session. Dr. Doyle has studied the ancient Hindu texts for five decades. He has led many seminars in the Southwest and Hawaii over the last fifty years.

3rd Sunday, May 17th, 10:00AM – Our Monthly Quaker Worship Group

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

4th Sunday, May 24th, 10:00AM – Mettika Hoffman, Fort Bragg Buddhist Sanga, Three Jewels Hall

Mettika will present an introduction to the Buddha’s teachings regarding ethical behavior, a code of conduct that prevents us from adding to our suffering, stress, and anxiety to self and others. The teachings point to how each person’s choices impact the whole. One of Mettika’s teachers made an apt analogy regarding these teachings: “Living without a moral code is like driving a car without brakes”.

Buddhist morality begins with five moral principles that people are strongly advised to adhere to if they wish to make spiritual progress: abstaining from killing, abstaining from stealing, abstaining from false and harmful speech, abstaining from sexual misconduct, and abstaining from drink and drugs which cloud the mind. There have been many insightful and lively discussions concerning this topic.

Cindy Mettika Hoffman, a lay minister in the Thai Forest Tradition and certified Dharma leader will give a 20-minute guided meditation. These instructions are helpful for those who have never meditated as well as those who have a practice. Following meditation, there will be a short talk and discussion.

Please remember: All Sunday Services/Meetings at the Westport Community Church begin promptly at 10:00AM. Please come join us!

On May 12th, 1985, the Trustees of the Westport Community Church had their very first meeting in their brand new Church building that we all still use today. Happy 30th Birthday, old friend!

Ducky Quilt 2015!

Bill Knapp

This year's Ducky Races Raffle Quilt created by Bobbie Knapp truly evokes Mother's Day. The block pattern colors are lavenders and greens and feature flowers. The 26 blocks feature a negative / positive theme where the light and dark colors are reversed. Thirteen different block patterns include a pillow. The beautiful dense quilting is thanks to Cindi Jo. This quilt is suitable as a

hanging, couch throw, or a lap blanket at the foot of a bed. You need not be present to win. Tickets cost **\$1.00 each, six for \$5, fifteen for \$10, and 35 for \$20.** Tickets may be purchased before May 10th at the **Westport Store** and also the **Spunky Skunk in Fort Bragg**, where the quilt will be on display until May 9th. And of course, you can also buy your raffle tickets at the **Ducky Races on May 10th.**

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.

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 USA 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. With all this in mind, I hope your interest in obtaining a quilt made in the historic tradition of quilting has been stimulated!



Headlands Discussion Meeting Saturday, May 16th

Steve Brigham

The final get-together in a series of Westport Community Headlands Discussion meetings will be held on **Saturday, May 16th, at 11:00AM on the Westport Headlands**. The purpose of these community meetings is to complete the Westport Village Society 10-year review of our Headlands management plans and practices with friendly on-site community listening discussions that are open to all. Our goal this year is not necessarily to change, but rather review and improve. At our May meeting, we will discuss the results of the **WVS Headlands Survey**. Surveys returned so far have contained many helpful comments, with a general consensus that our existing Headlands Management Plan needs little in the way of changing.

This is Your Village Society

Thad Van Bueren, President, WVS

When I first heard about the Westport Village Society some 20 years ago, the name intrigued me. It sounded inviting. My curiosity was piqued in the same way expressed by the Subdudes' in their song about the "Social and Pleasure Club" in New Orleans. Just what is this Village Society, I wondered? When I learned the group was interested in to preserving the Headlands, that hooked me. Over the years, WVS has supported many other community projects and activities with your help and involvement.

Our meetings are a great place to meet local people and get involved in the life of this community. I was therefore pleased to see the large turnout for our April 18th WVS quarterly Board meeting. We moved that gathering to the third Saturdays in July, October, January and April to encourage more community participation. Apparently, the change was popular. While we talked about many things at the meeting, I'd like to focus on our discussion about goals.

A central theme in the discussion of goals was how to make WVS more relevant to younger members of the community. The specific goals that emerged included getting more younger folks involved, improving

communication and coordination with other local organizations, revisiting how we manage the Headlands Park, reconsidering fundraising approaches, and promoting "shovel-ready" community projects.

One thing is fairly clear. If we don't get more committed participation from younger folks in the Westport community, the WVS will simply expire. At age 60, I am the youngest Board member. Devoting time to an organization that benefits the community is not something we do simply because we have a lot of extra time (most of us work and play as hard as you); it is because it makes us a community. We are holding the 25th Great Rubber Ducky Race and BBQ on May 10th, but the future of that event is frankly uncertain. Many of us believe a new approach to fundraising and community participation in the WVS is needed if the nonprofit is going to continue.

We've already taking some steps to reach our goals and we'd appreciate any suggestions you offer. Please share your ideas with Steve Brigham (our newsletter editor) and Bob Finnell. They will gather ideas for actions that will help realize our goals. Changing our meeting date was just one of those measures, designed to encourage more participation and improve communication. Closer cooperation between local organizations on fundraising events was suggested as a way to avoid burning out our volunteers. Perhaps that idea merits consideration.

The WVS has also been doing some other things to reach our goals. Offering mini-grants and supporting neighbor-to-neighbor work groups and their projects are examples of actions that provide immediate benefits to the community and also offer an opportunity to roll up our sleeves and work together. Gary Quinton has helped organize many of those shovel-ready projects that you may have noticed around the community.

Last but not least, WVS is now analyzing input we've received on the management of the Headlands Park. We'll take that input into consideration as we plan how we'll move forward. If you are interested in helping us manage the park, we are considering monthly work parties. If you're interested, call me at 964-7272 or contact Steve Brigham at stevebrigham@wildblue.net.

Westport Post Office Makeover

Steve Brigham

Since it was first established in 1879, the Westport Post Office has always been a focal point of our community, especially since that's where most of our mailboxes are. Adjacent to the Westport Store, our current post office building has served us very well for many years, and is also one of the "cutest" post offices

in America, having been photographed by countless people over the many years of its existence. This past winter, a strong storm blew the door off our beloved building; and, well, the old structure really needed major repairs anyway.

That's when ace volunteers Picasso Sosa and Gary Quinton (along with an anonymous donor) came to the rescue! Their splendid makeover is restoring our historic Post Office to its former glory, and then some! Now, the outside is finished (including a brand new flag pole and a big, beautiful American Flag donated by Dan Maxey), and work on the inside is proceeding. Considering that these volunteers do have real lives, the progress on this project has been remarkably fast and efficient.

Needless to say, long-time Westport Postmistress Marie Fostiak is tremendously happy with the Post Office makeover, and so thankful to all who are making it possible. A community project like this takes so many things – initiative, experience, talent, organization, generosity, and above all, plain hard work. It is a team effort, and like so many important improvements in Westport, it is built "by the community and for the community". On behalf of all of us, thank you so much to all of those participating in this great project!



Stay Safe On The Beach

Westport Volunteer Fire Department

Seven members of the Westport Volunteer Fire Department (WVFD) responded to a cliff rescue late Tuesday afternoon, April 21. Two men had spent the day surf fishing and rock picking for abalone. When the tide came in they became trapped in the rocky cove just north of the beach at Hardy Creek. They tried to escape by climbing up the rocks above the cove. One of the men lost his footing and fell about 70 feet to his death on the rocks below. His companion, though visibly shaken, was able to walk back up to the parking area above Hardy Creek where he received emergency care from WVFD personnel and from a District Coast Hospital paramedic. He was able to drive back home the next day.

We greatly appreciate the mutual aid assistance provided by CalFire and by the Fort Bragg Fire Department. It took eight rescuers from all three agencies to carry the body of the deceased on a stretcher out of the cove, over the rocks, across the beach and up the steep cliff to the parking area on Highway 1. The winch on Fort Bragg's rescue vehicle helped make the recovery easier and safer for the rescuers.

This tragic incident is another reminder that our beautiful coastline can be dangerous as well as breathtaking. Taking a few basic precautions can help us stay safe on the beach. Before going to the beach obtain a pocket tide table for the area you are visiting, check the tides, and get a surf forecast. Understand where unusual currents exist. Check the weather forecast. Surf, weather and tide information is available from local radio stations and dive shops. Never turn your back to the ocean. And if you walk around a bluff or a cliff at low tide, make sure you always have a safe and visible escape route.

Inglenook Cemetery Gets New Fence and Sign

Steve Brigham

Most of us pass by the Inglenook Cemetery on a regular basis, since it's right on the way to Fort Bragg. Have you noticed anything different about the Inglenook Cemetery recently? Well if you haven't, that's just what the Cemetery Board wants to hear!

You see, Inglenook is a very old, historic cemetery, which the Cemetery Board strives to maintain in pristine historic condition. When we fix something, it is always a process of restoration, not just repair. In fact, this year at Inglenook the entire front fence, the large entry arch, and the cemetery sign were replaced by Operations Manager Gary Quinton, mostly utilizing volunteer labor. This money-saving and very efficient project has resulted in new structures that look the same as the old, but will last for another 50 years or more. And so the Inglenook Cemetery will continue to be in fantastic shape in the 21st Century, while looking just like it did in the 20th Century and in the 19th Century before that!

O.K., you did notice the new coat of paint and the brand new sign, didn't you (see photos this page). The Inglenook Cemetery, along with the equally historic Newport Cemetery and Westport Cemetery, is operated and maintained by the Board of Directors of the Westport Ten Mile Cemetery District. Members of this five-member volunteer Board are appointed by the Mendocino County Board of Supervisors – currently they are Nedra Lancaster, President, Jane Vartanian, Secretary, John Allison, Treasurer, Gary



Quinton, Operations Manager, and Steve Brigham, Operations Director. To learn more about our local cemeteries, you are invited to attend our quarterly Board meetings – the next one will be on **May 13th at the Westport Community Church at 10:00AM.**

This month, the Westport Cemetery will also get a brand-new “old” entry sign, to go along with its new “old” fence that was installed last year. We'll have lots more on our local historic cemeteries in next month's *Westport Wave*, so stay tuned!



24/7 Westport Wave

Did you know that the easiest way to read *The Westport Wave* is on the Newsletter page of our website westportvillagesociety.org – where you'll always find the most current issue as well as all the monthly back-issues back to November 2011!



We're All READY! – for the Great Westport Easter Egg Hunt!

Easter Thanks!

Sarah Mathias

Thank you to everyone who helped plan, donated eggs, or helped with the hiding of the eggs for this year's Great Westport Easter Egg Hunt on the Westport Headlands! The weather was amazingly cooperative (giving us just enough dry time to hide and find eggs), and the kids had a blast!

Time and Tide

This month, we'll get a good series of early morning low tides from May 17th thru May 21st, all of which are listed as minus one foot or more on tidal charts for Westport. You can always check the tide levels for just about anywhere (including Westport) and anytime at saltwatertides.com. But please be careful when you're near the ocean! (see article on page 7)



Rusty Fisher Finds a Good-'er!

Court-Ordered Community Service Opportunities In Westport

Gary Quinton

Do you need to serve court-ordered Community Service or serve in a Sheriff’s Department Work Release program? Why not serve it in your community? We would value your time!

There are several places and varied types of work in Westport where you can provide your hours and get credit towards the satisfaction of your court order, including work for the Westport Volunteer Fire Department, Westport-Ten Mile Cemetery District, and the Westport Village Society. Jobs include grass/weed cutting, painting, handyman work, and more. We can help you with the registration paperwork and compliance/completion documents. If you are interested, please call Gary Quinton at 964-7073.

Logan’s Corner

“Trust”

The bottom line of Time.
The partnership of Love and Bold.
The brainworks of the partners.
The reassurance of the Old.

The longing for Glory becoming;
Learned Light for the young.
The new horizon of the Self;
Finding Self-Truth yet unsung.

The foreseen Hope on a blind curve;
While traveling on a bumpy road.
An old soulful vehicle;
With young stories yet bestowed.

Thoughts questioned ‘bout tomorrow,
Will the sky still be Blue?
If you trust me,
I’ll trust you.

-- J. Logan Smith, 4/15, Westport, Ca.

May 2015 Westport Calendar

- May 3rd – Full Moon, 8:43PM
- May 5th – Cinco de Mayo
- May 5th – WMAC Meeting, 7:00PM, Church
- May 9th – Westport County Water District Monthly Board Meeting, 10:00AM, Firehouse
- May 10th – Dr. Steven Doyle, Center for Spiritual Living, 10:00AM at the Westport Community Church
- May 10th – **Mother’s Day – 25th Annual Westport Rubber Ducky Races, Westport Beach Campground, 11:15AM to 3:00PM**
- May 13th – Westport Ten Mile Cemetery District Quarterly Board Meeting, 10:00AM, Church
- May 13th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Firehouse
- May 14th -- Bookmobile, Store, 9-9:30 AM
- May 16th – Headlands Visioning and Management Meeting, 11:00AM, Westport Headlands
- May 17th – Third Sunday Quaker Worship Group, 10:00AM at the Westport Community Church
- May 17th – New Moon, 9:15PM
- May 23rd – Westport Community Yard Sale, Westport Headlands, 9:00AM to 3:00PM
- May 24th – Mettika Hoffman, Fort Bragg Buddhist Sanga, Three Jewels Hall, 10:00AM at the Westport Community Church
- May 24th – Westport Community Church Monthly Board Meeting, 11:30AM, Westport Church
- May 25th – Memorial Day
- May 28th – Bookmobile, Store, 9-9:30AM
- May 30th – Kids’ Movie Night, Westport Community Recreation Center, 6:00PM

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, to read and download present and past issues of *The Wave*. Contributions for our June 1st, 2015 issue are due by May 26th, and should be sent to editor Steve Brigham at westportwave@wildblue.net, or P.O. Box 237, Westport, CA 95488.

Functional Movement Classes

with Ann Woodhead

Four-Week Short Session:
Wednesday, May 6, through Thursday, May 28

DANCING DOG LOFT

(Eagles Hall, corner of Corry and Alder Streets, Fort Bragg)

Wed. 10:00-11:45 am **Functional Movement for Women**

Thursday 4:00-5:15 pm **Functional Movement for Men**

Functional Movement is Ann's unique approach aimed at increasing the ease and pleasure of moving in daily life as well as in athletic or dance activities.

In a **Functional Movement** class you will be guided through simple but enlightening exercises designed to help you identify and address your movement challenges, giving you tools to improve your balance, the strength of your center, the fluidity of your movement, your stamina, and your comfort and confidence in body and mind.

Class Fees: Single class \$10, 4-class card \$36
Classes are drop-in, and no previous dance or formal movement experience is necessary. Wear loose, comfortable clothing—sweats or yoga pants are ideal.

Ann Woodhead is a life-long explorer of movement and the mind/body/spirit relationship. She is an award-winning dancer, choreographer, actress, and director with an M.A. in Psychology and 50 years of teaching experience.

For more information: Call (707) 961-1246 or
Email annwoodhead@wildblue.net



Mother's Day in Westport



Sunday

May, 10 2015

11:15 Gates Open

11:30-2:15 Duck

Registration

12:00-2:30 BBQ

Served

12:30 Decorated

Duck Contest

12:45 Handcrafted

Race

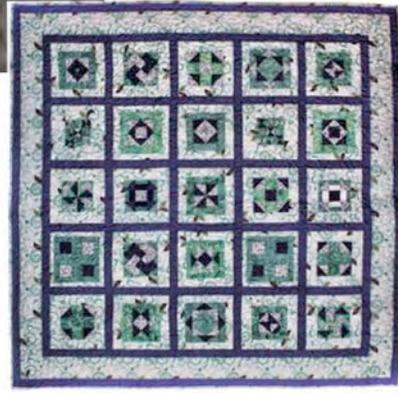
1:30 Kid's Race

2:15 Classic Race

3:00 Quilt Raffle

Drawing

Race Entry \$5.00



The Great Rubber Ducky Race At Wages Creek



Decorated Duck Contest



Raffle Quilt Tri-Tip or Veggie BBQ

\$12 Adult, \$5 Child

Benefits WVS

Info: www.westportvillagesociety.org

