

# The Westport Wave

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

## It's Barbecue Time!

Dan Maxey, Assistant Chief, WVFD

It's that time again – for the **Westport Volunteer**

### **Fire Department's 37<sup>th</sup> Annual BBQ**

fundraiser, which will be held this year on **Saturday, August 16<sup>th</sup>**. At this annual summer festival, the Westport Headlands come alive from noon to sunset with local bands, craft booths, games, kids games, face-painting, microbrews, local wines, and a fantastic barbecue with complete with soft drinks and dessert. All proceeds go to the Westport Volunteer Fire Department to purchase new equipment and supplies.

Our celebration opens at 12 Noon. Food service begins at 1 PM and runs until 5 PM. Musical performances this year will showcase nine headliner bands from the North Coast, plus a few more surprise guest performers. The BBQ features barrel-roasted tri-tip and barrel-smoked chicken prepared by our firefighters, plus a vegetarian entree. Sides are corn on the cob, freshly made salads, and home made desserts. Beverages include soft

drinks, wine, and local micro-brewed beers. Meal tickets are just \$15 for adults, and \$10 for seniors and children.

Festivities include a raffle featuring a beautiful locally

handmade quilt (see page 2), craft booths, volleyball, horseshoes, and games for children, including face painting and a jumpy booth. There will also be a visit by a Cal Fire engine and crew and if all goes well a Cal Fire helicopter landing.

The Westport Volunteer Fire Department is an all-volunteer department of local residents who receive no salaries or stipends. We are run entirely on donations. Major expenses such as vehicles, equipment, and building

maintenance and repair are purchased with grants or proceeds from fundraising events such as this annual barbecue. Come out for a great day, meet the members of WVFD, enjoy great food, great music, and a beautiful location on the Westport Headlands!

**A DAY ON THE WESTPORT HEADLANDS**

**LIVE MUSIC**

Michael Ward & the Mighty 3 Bones  
Lost Johnson Band  
Steven Bates  
Sue Sisk Band  
The Dunes Boys  
Rick Brumbelee Danny Barca  
Sean VanBuskirk & Special Guests

\*BARREL ROASTED BBQ\*

\*TRI-TIP \* CHICKEN \* VEGGIE MEAL AVAILABLE\*

**WESTPORT DISK GOLF**

CRAFT BOOTHS \* VOLLEYBALL \* HORSESHOES  
Kid's Games \* Face Painting \* Jumpy House  
**Quilt & Basket Raffles**  
Many Raffle Prizes \* Fresh Blackberry Desserts  
BEER AND WINE \* DANCING

Meal tickets: Adults \$15 Kids and Seniors \$10: All You Can Eat  
Donation to WVFD

**Saturday, August 16th 12 - Sunset**  
BBQ served 1:00 till 5:00pm

**WESTPORT FIRE RESCUE VOLUNTEER**

**Sorry No Dogs**



## WVFD Raffle Quilt !

The photo above is of Aimee Maxey's beautiful handmade quilt that she has donated to the Westport Volunteer Fire Department for their Raffle at the WVFD Barbecue on Saturday, August 16<sup>th</sup>. This one-of-a-kind creation will be on display at Racine's in Fort Bragg until the day before the barbecue, so go visit it today and buy your raffle tickets at Racine's. Of course, you can also see the quilt and buy more raffle tickets at the WVFD Barbecue! Raffle tickets are \$1.00 each, or 6 for \$5.00, 15 for \$10.00, and 35 for \$20.00. You need not be present at the BBQ to win. The more tickets you buy, the better your chances of winning, so buy your tickets TODAY!

## CPR Class August 9<sup>th</sup> at the Westport Community Center

Please see page 9 of this newsletter for an informational flyer on the excellent **Cardiopulmonary Resuscitation (CPR)** class that will be presented on **Saturday, August 9<sup>th</sup> at 10:00AM** at the **Westport Community Center**. This is absolutely essential information and technique that all of us should be familiar with, so plan on attending this class!

Also see page 10 of this newsletter for the outstanding schedule of summer classes at our Community Center that Tabby Korhummel has organized for all of us. You don't have to go to every class in each category – you can also just “drop in” whenever you want to!

## August Community Meetings

**Westport Volunteer Fire Department** monthly Business Meeting – Wednesday, August 6<sup>th</sup>, 6PM at the Westport Firehouse.

**Westport County Water District** monthly Board Meeting – Saturday, August 9<sup>th</sup>, 10AM at the Westport Firehouse.

**Community Center and Neighbor 2 Neighbor** combined monthly meeting – Tuesday, August 12<sup>th</sup>, 6PM at the Westport Hotel.

**Westport Ten Mile Cemetery District** quarterly Board Meeting – Wednesday, August 13<sup>th</sup>, 10AM at the Westport Church.

**WVFD BBQ** – Stop by the **Westport Village Society** booth from Noon to 4PM on August 16<sup>th</sup> and tell us what YOU think about local issues!

## Building Community – An Update on the WVS Community Center Committee

Sarah Mathias, WVS Community Center Committee Chair

The June 10<sup>th</sup> special meeting of the Westport Village Society looking at potential ownership of the school building created a lot of interest, energy, and questions. Interest in our program and facilities, energy to further the concept of a Community Center in Westport, and questions such as what is the best way to ensure the future of our rec program and what do we want, as a community, in a community center?

Inspired by this interest and energy, and as chair of the Community Center Committee, I have been looking for ways to answer these questions. One attempt was the community meetings I held on July 15<sup>th</sup>. A Parent's meeting was held first to address child-specific issues, followed by a meeting that was open to the entire community. The purpose was to get the community's input on the second question mentioned above: what do we want in a community center? A small group attended, and their input is documented in the meeting notes that follow this

article. However, I am still looking for more input, and there are still ways for you to give your input.

**The Community Center Committee will be meeting jointly with the Neighbor 2 Neighbor group on August 12 at 6 p.m. at the Westport Hotel.** Tentative agenda topics include the Church playground, the WVS Annual Meeting (more on that below), grant possibilities for building a Westport Community Center, and pursuing programming and activities (including Halloween festivities!!). The meeting is open to everyone who has interest in any of these topics. Once an agenda is finalized it will be posted at the Westport Store.

Another important date is October 3<sup>rd</sup>. The Annual Meeting of the WVS will be this night, starting with refreshments at 6:30PM. This is the night to come share your opinions! Should our community put all of our current energy and effort into our current facilities on the Church grounds, or are you interested in pursuing new facilities to house our program while continuing to nurture what we have? This will be the time to let the WVS and the Community Center Committee know what you think. I am eager to hear from all of you.

In the meantime, the following are my notes from the July 15<sup>th</sup> meetings:

**Parents' Meeting** (July 15, 2014 at 4PM)

**Present:** Four community members attended

**Regarding Programming:**

More age specific activities

More individual classes instead of sessions

Story Time, including food/snacks and art (this is currently being worked on)

Art activities including painting rocks/leaves, and working with clay (a way to fire would be needed, and a couple of options were discussed)

**Regarding the Playground:**

Repairs and maintenance are needed to make the playground safe and to keep it safe (rusty attachment points, broken bracket on slide, former steering wheel mount needs removing)

Substrate needs raising. Weed cloth with pea gravel or bark chips over it was suggested.

## **Halloween**

It was agreed that we will organize Halloween activities for our children in the village this year. A future gathering will be held to make further plans.

Historically the WVFD has been involved in Halloween festivities for the children of Westport. There is a desire to see this tradition revived in some form.

It was suggested that a flier be distributed to inhabited houses to let them know trick or treaters are coming.

Possibly, a small party for the children could be held in the Church (the rafters look perfect for hanging decorations).

A craft day for the kids could be held prior to the party to create decorations.

A backdrop for costumed children to have their pictures taken in front of was also proposed prior to this meeting, and the idea was shared at the meeting.

**Community Center Meeting** (July 15, 2014 at 5PM)

**Present:** Seven community members attended

**Regarding Programming and Activities:**

More for children, including gardening, cooking, music, and creative motion

Age integration: story time, singing, and dancing for adults, children, and both together

Potluck movie night at the church with "thought-provoking" movies

Art and writing classes, with serious instruction

Elders as mentors and teachers

More self-enrichment (the Enneagram class was mentioned as an example)

**Regarding Restraints/Limitations of the Current Facilities:**

Supplies cannot be left in buildings

Activities that involve alcohol (including brewing) are up to the comfort level of the Church Board

It was proposed that limitations could be overcome by holding activities off-site such as holding a brewing class at The Westport Inn

No climate-control

**Regarding Maintenance of the Grounds:**

Paint the School Building

Cut trees back from the school building (volunteers will take care of this)

Fix the rotted board on the church ramp (repair appears to have been completed – see page 5)

Many improvements/repairs will have to be approved by the Church Board before being completed

**Steps Moving Forward:**

Nurture what we have: have activities and see if momentum grows.

The Westport Community Church Board will pursue a joint-use agreement with Fort Bragg Unified School District

## Consider Serving

Thad Van Bueren, President, WVS

The **Westport Village Society** invites you to attend our **Annual Member Meeting** coming up on **Friday, October 3<sup>rd</sup>**, to discuss local activities and help us plan directions for the future. The meeting begins with an informal reception with snacks and drinks and a chance for members and neighbors to connect.

It has been a busy year for the WVS, thanks to your participation and contributions to our many activities and programs. This newsletter and our web site <http://www.westportvillagesociety.org/> are just some of the more visible ways we try to keep our community connected and engaged. We also manage the Westport Community Headlands and support projects that benefit the community. Some of our activities this year include sponsoring the Neighbor 2 Neighbor program, the Westport Community Garden, and a newly approved mini-grant program.

There are many ways to contribute to the WVS, and we appreciate and thank those who have donated the time energy to connect us as a community. Steve Brigham wrote eloquently about community service earlier this year in *The Westport Wave*. His article coincided with upsurge in community activism this past year. In a small village such as ours, it is inspiring to be part of those expanding activities and social engagement. Many contributions occur from the personal initiative of neighbors willing to share

knowledge, skills, and enthusiasm. But local groups like the WVS also serve an important function because they can accomplish larger objectives.

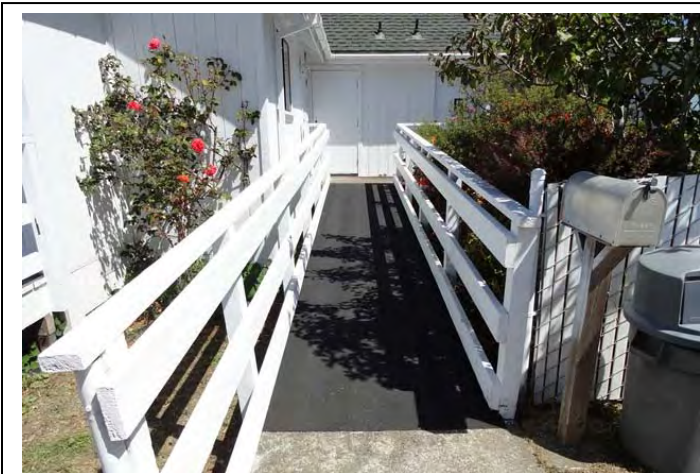
Running an organization requires the dedication of a Board of Directors who are committed to the goals and best interests of that entity. The WVS encourages you to think about running for our Board. Having served as a Director for the past 15 years, I can tell you that it is both rewarding and challenging. The rewards come from doing things that benefit the community. The challenge involves listening and acting in a way that takes into consideration diverse points of view. This is a good challenge, because like life itself, something valuable can be learned by engaging one another respectfully to accomplish projects that benefit the community.

Please consider running for office if you are inspired by the kinds of things the WVS does. WVS Directors are elected by voting members of the Society at the annual meeting to serve a 3 year term. Polling occurs by secret ballot to ensure members vote for those they feel will best serve the organization. We encourage those who want to run for office to submit a concise position statement for the September 1<sup>st</sup> *Westport Wave* newsletter. We also provide a forum for candidates to speak at the annual meeting, just prior to the election. You can check out our bylaws and other information about WVS on our web site.

## Don't Panic, It's Organic!

Steve Brigham

Wouldn't it be nice to have a farmers market that's open 24 hours a day, 7 days a week? And what if the organically grown vegetables there were even fresher than a farmers market, since you do the harvesting yourself? Well now you've got it at the **Westport Community Garden** (just look for the greenhouse at the Westport Community Center at the end of Abalone Street), where there are now fresh carrots, beans, sugar-snap peas, lettuce, swiss chard, kale, strawberries, zucchini, summer squash, tomatoes, tomatillos, bell peppers, and jalapeno peppers, all waiting for you to pick them. All we need is you – to stop by and have your fill! It's free and easy, and you can harvest any time you want. So make it a point to check out the Westport Community Garden this summer on a regular basis, and Happy Harvesting!



## Community Church News

Steve Brigham

The photo above is of the newly rebuilt ramp going up to the side door of the **Westport Community Church**. This much needed improvement, along with some other fix-up work, was recently accomplished as a completely volunteer effort. Sincere thanks go out to Sonny Grigg, Benito Flores, Baile Oakes, and Martin Wallsburger for their time and expertise, and Rossi's Building Materials, Redwood Roofing (Nick), Howard Creek Ranch, Norvell's Paint, and Baile Oakes for their donations of materials. It has often been said that the path to spiritual understanding is best undertaken one step at a time. Now the path has been cleared for you to walk in safety!

Another photo, at right, shows a peculiar pattern on the side of our Community Storage Building next to the Church. I took this photo around 11:30AM on July 25<sup>th</sup> – it is a very interesting reflection that has been appearing for only a short time every day. You, dear reader, may take it from there.

Congratulations to Patrick Turner and Britt Smith of Willits on their beautiful wedding, which was held at the Westport Church on July 26<sup>th</sup>. Our cute little Church is such a great venue for a small wedding!

## You Can Help!

Recently, a family of four who are valued members of our Westport community lost their home and most of their possessions in a fire. If you would like to help them with donations of money, clothes, or household items, please call Sally Grigg at 964-6725. Thanks!

## Check Your Propane Bill

Jim Genereux-Roberts

Over the last several years I had been having my propane delivered by one of the propane companies in Ft. Bragg. I noticed that my last couple of bills had been extremely high. The bill I received several months ago showed the number of gallons delivered and total amount for the bill, but not the price per gallon. It also had a HazMat fee and a Fuel recovery fee. I thought it was high, but I just shined it on. Then just a couple of months ago I received another bill for 103.3 gallons at \$4.859 per gallon plus a \$9.59 HazMat fee and a \$7.62 Fuel Recovery fee. I went in to the office and asked the woman there why I had been charged so much for the propane. She just shrugged her shoulders and said that she would adjust the bill to reflect \$3.76 per gallon and she would put me on a "discount" list.

I then contacted Eel River Fuels, a local propane company in Ft. Bragg, and I was quoted a much more reasonable price per gallon and no delivery fee. That means no HazMat fee and Fuel Recovery fee. If you feel you are not paying a fair price for your propane, you might consider calling Joe Brennfleck at Eel River Energy, 964-2407. If you do call tell them Jim from Westport told you to call. *Editor's note: I had a similar problem with Suburban Propane earlier this year, when I was blindsided by a truly exorbitant per-gallon charge. It pays big money to get a better deal!*





Ricci Dedola as Mrs. Robinson and Tristan Sample as Benjamin Braddock in MTC's *The Graduate*. Photo by Larry Wagner.

## Stage Adaptation of Classic Film *The Graduate* Now Playing at the Mendocino Theatre Company!

Felicia Freitas, Producing Director, MTC

Opening July 31st, The Mendocino Theatre Company is proud to present the stage adaptation of *The Graduate*, based on the classic film of the same name. The play, which received world-wide acclaim, was adapted by original Director Terry Johnson, based on the film by Calder Willingham and Buck Henry, and the original novel by Charles Webb.

It's 1964, and Benjamin Braddock's just returned home after graduating at the top of his class with a laundry list of accomplishments. But according to his mother, "he seems a little disillusioned." With his whole future laid out for him, Benjamin decides to manage his own affairs ... with the unforgettable Mrs. Robinson.

Featuring some of the most iconic music of the 60s, *The Graduate* has continued to speak to generations of moviegoers since its premiere in 1967. Adapted for the stage in 2002 starring Kathleen Turner, *The Graduate* can now be experienced by audiences in a whole new way.

*The Graduate* features Tristan Sample, a New York-based actor and recent New School of Drama graduate, as Benjamin Braddock, and Ricci Dedola, director of last season's smash hit *The 39 Steps*, as Mrs. Robinson. Joining them are local favorites Gabrielle Addison, Lindy Peters, Steve Jordan, Pamela Allen, Brook Scott, Erika Freeman, and Lexy McWhorter. The play is directed by Mendocino Theatre Company Producing Director Felicia Freitas.

*The Graduate* plays at the **Mendocino Theatre Company at 45200 Little Lake St. in Mendocino July 31st through September 7th**, Thursdays thru Saturdays at 8:00PM, and also 2:00PM 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](http://www.mendocinotheatre.org).

## An Evening of Stand Up Comedy with Raina Deerwater at the Mendocino Theatre Company!

Felicia Freitas, Producing Director, MTC

Appearing for **one night only**, up-and-coming comedienne Raina Deerwater (photo page 7) will present an evening of stand-up comedy at the Mendocino Theatre Company on **Wednesday August 6<sup>th</sup> at 8:00PM.**

Comic Raina Deerwater was born in Normal, Illinois and raised in Mendocino, California. She finds the contrast of the two to be stunning. Raina currently attends Emerson College in Boston, where there are seasons and stores open after 8PM. She is studying screenwriting and hopes to write the next great American lesbian romantic comedy, but in the meantime she enjoys jumping back between coasts and performing her own material for the both the Atlantic and Pacific oceanites. She also knows about four chords on the ukulele, but that's enough! In



addition to her popular comedic material, Ms. Deerwater has been known to play a song or two for her adoring audience.

This grown-up evening of stand up comedy will be featured at the Mendocino Theatre Company for one night only at the Mendocino Theatre Company, 45200 Little Lake St. in Mendocino at 8PM on August 6th. The show, featuring mature content, will be performed without an intermission. A no-host bar will be open for the event. For tickets or more information, please contact the Mendocino Theatre Company Box Office at 707-937-4477, or go to [www.mendocinotheatre.org](http://www.mendocinotheatre.org).

## Logan's Corner

**"Far East, Far West"** (for Gandhi)

Crawlin' clothes and dysentery  
Take me back to the road  
India or Asia;  
Or the outbacks of my load.  
In the weakness of my destiny  
A beggar tugs my sleeve;

Emptiness fills me against all I do believe.  
Sadness of a child's eyes  
Hungers with despair;  
Trains come and go – everywhere.  
People keep crowdin', seeking something more  
Noses to windows, of ungiving stores  
False chains restrain a dignity,  
Lost in Humanity; as if we cut the flowers and the  
remains are stems and leaves –  
Left to drift on ... to wither in the wind;  
Or fall upon shoulders some timeless sin.  
Like Lashes to the oxen, or a whip to the slave  
Freezing cool as ice cream, and cold as the grave.  
Hot as the pier, burns everyday.  
We all want to help; yet –  
Don't get in my way!  
And Mankind's not so kind  
When it comes to this worl';  
Every man and woman, every boy and girl.  
We just do what we want;  
No matter, rich or poor.  
We do what we can,  
And make sure ta' lock our door.  
-- J. Logan Smith, 8/13, Westport, CA

## Local Listings

Sarah Mathias

If you wish to have your name or business name included in this list, please contact Sarah Mathias (962-0181 or [sarah.e.mathias@gmail.com](mailto:sarah.e.mathias@gmail.com)).

### Thad Van Bueren

Family History/Geneology Research  
Archaeology  
(707) 964-7272  
[thad@mcn.org](mailto:thad@mcn.org)

### Ocean Construction Company

**Christopher Grosjean**  
General Building Contractor (CA #929536)  
Home Construction and Maintenance  
Spa Repair  
(707) 357-4817  
[oceanconstructioncompany@gmail.com](mailto:oceanconstructioncompany@gmail.com)

### Kayla Fisher

Custom Cakes  
(707) 367-1057

**Robin's Bail Bonds**

Contact: Jessica Whitmire  
(707) 964-9006

**Gary Quinton**

Court-Ordered Community Service/  
Work Release Program Coordinator  
(707) 964-7073

**Cate Verbeke**

Vegetable Starts  
(802) 557-7315  
[cateverbeke@gmail.com](mailto:cateverbeke@gmail.com)

**Chuck Linker**

Firewood  
(707) 513-9577 (leave message)

**Patty Moran**

Bookkeeping  
Real Estate  
(707) 621-1298

**Elika Freeman**

Ionic Cell Cleanse  
(707) 734-3103

**On the Road Veterinary Care**

Dr. Barbara Fishelson  
Mobile Veterinary Services  
(707) 937-1358  
[ontheroad@mcn.org](mailto:ontheroad@mcn.org)

**Perry & Sons**

Contact: Perry Brown  
Landscape, Gardening, Caretaking, and Home  
Maintenance Services  
(707) 964-0923

**Diana Douglas Brown**

Caregiver and Personal Assistant  
Oil Painter (Available for Private Lessons)  
(707) 964-0923

**Hands on Health Massage**

**By Noemi**  
(707) 961-1201

**Anna Rea/Mendocino Safety**

Community Training and Employment-Required  
CPR/AED Pediatric and Adult First Aid Classes

[info@mendocinosafety.com](mailto:info@mendocinosafety.com)  
[www.mendocinosafety.com](http://www.mendocinosafety.com)  
(707) 357-2401  
(707) 964-6410

**Carter Briggs**

Errand Running/Rides to Fort Bragg  
Sliding Scale; Call for Availability  
(860) 614-9950

**Tom Kisliuk**

Wages Creek Enterprises  
Forest Inventory and Management  
[t.kisliuk@mcn.org](mailto:t.kisliuk@mcn.org)

**August 2014 Westport Calendar**

**August 5<sup>th</sup>** – WMAC Meeting CANCELLED

**August 6<sup>th</sup>** – Westport Volunteer Fire Department  
Monthly Meeting, 6:00PM, Westport Firehouse

**August 7<sup>th</sup>** – Bookmobile, Store, 9-9:30AM

**August 9<sup>th</sup>** – Westport County Water District Board  
Meeting, 10:00AM, Westport Firehouse

**August 10<sup>th</sup>** – “Super” Full Moon, 11:10AM

**August 12<sup>th</sup>** – Community Center and Neighbor 2  
Neighbor Meeting, 6:00PM, Westport Hotel

**August 13<sup>th</sup>** – Westport Ten Mile Cemetery Board  
Quarterly Meeting, 10:00AM, Westport Church

**August 16<sup>th</sup> – Westport Volunteer Fire  
Department Annual Summer Barbecue, Noon  
to Sunset, Westport Headlands (BBQ served  
1:00PM to 5:00PM)**

**August 21<sup>st</sup>** – Bookmobile, Store, 9-9:30AM

**August 25<sup>th</sup>** – New Moon, 7:13AM

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*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](http://www.westportvillagesociety.org), where you can sign up to receive *The Wave* by e-mail and also read/download present and past issues of *The Wave*. Contributions for our September 1<sup>st</sup>, 2014 issue are due by August 28<sup>th</sup>, and should be sent to editor Steve Brigham at [westportwave@wildblue.net](mailto:westportwave@wildblue.net), or P.O. Box 237, Westport, CA 95488.

## CPR



*Learn the skills to save a life  
in a group setting led by an  
AHA Instructor or a facilitator*

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only™ CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant.

These topics can be presented together or taught separately as stand-alone modules. Skills are taught by using the American Heart Association's research-proven practice-while-watching technique, which allows participants to practice on a CPR training manikin while skills are demonstrated in the course video.

Family & Friends CPR may now be taught by an AHA Instructor or led by a facilitator (a community member, family member or friend) who wishes to pass on lifesaving CPR skills to others.

Course materials for Family & Friends CPR include a Student Manual with tear-out participation card and a DVD packaged with a free Facilitator Guide. The Facilitator Guide includes essential information for Instructors and facilitators of Family & Friends CPR classes.

### Course Covers

- New science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- Hands-Only™ CPR for adults
- Child CPR (compressions and breaths)
- Adult and child AED use
- Infant CPR
- Adult, child and infant choking relief

**Almost 80% of sudden cardiac arrests happen in the home. 92% of victims don't survive, often because people around them don't take action and begin CPR. You can help change this statistic by learning the simple skills of CPR. Use the Facilitator Guide to help pass on skills training to others.**

Sign up at [www.mendocinosafety.com](http://www.mendocinosafety.com)

call 707 357-2401

### Course Materials

- Family & Friends CPR Student Manual with tear-out participation card (90-1007; packages of five)
- Family & Friends CPR DVD with free Facilitator Guide (90-1033)

### Primary Audience

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, parents, grandparents, babysitters and others interested in learning how to save a life.

As a facilitated or Instructor-led course, Family & Friends CPR extends the availability of and access to training, so that more people can learn CPR and use their skills to act quickly in an emergency.



**1-877-AHA-4CPR**

**[www.heart.org/cpr](http://www.heart.org/cpr)**

Click "Community Training"

*When lives are at stake, don't settle for less. Insist on quality training from the leader in first aid and CPR: the American Heart Association.*


class cost is \$25 includes a training manual



# AUGUST 2014 CLASS SCHEDULE



Westport Community Center  
(At the Westport School)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:30AM-12:00PM	9:00-10:00AM	9:00-10:30AM	9:00-10:00 AM	9:00-10:00AM
YOGA WITH JULIA 90min	CORE 'N MORE! WITH AIMEE 60min	TAI CHI WITH SCOTT MENZIES	 ZUMBA W/Tabby 60min	Yoga Gentle Flow w/Tabby
	SATURDAYS 9:00-10:00 AM		SUNDAYS 2:00-4:00PM	
	Body Sculpting with Aimee 60min		KIDS SUMMER DAY CAMP JUNE 22,29, JULY 13,20,27, and AUGUST 10, 2- 4PM 6 WEEK SESSION \$80	

\*Drop-in Rate for 90min. class is \$12, or \$10 with class card  
60min class is \$8, or \$6 with class card

\*Motivator Rate! \$65 a month unlimited drop in!  
Questions? Call Tabby @707-367-0010

