

“Spring has returned. The Earth is like a child that knows poems.”

*Rainer Maria Rilke*

March’s full moon and the Spring Equinox are happening at the same time on Wed. March 20 (2:28PM PST)! It has been 40 years since the last pairing, so celebrate the day by balance of equal joy and awe with flowers, fun, and of course hugs to your fur folks!

### EVENTS AND MY NEWS FLASHES

Equal day and equal night encourage a healthy balance on the Equinox. I am offering a sketch journal class at the Carpinteria Arts Center, CA on March 12 from 10AM to 2PM. Come, really see, feel, and record your sketch crawl! Sign up: <https://www.airbnb.com/experiences/303374>

**Fur Shui’s 2nd release: Larger format and Kindle.**  
To purchase:  
**Fur Shui**

### WHERE?

My drawing and painting continue with a plein air oil class with Dan Schultz of Ojai. Been uncommon dodging the raindrops and being out in the “cold” of late winter. Also, have recently been honored to be in the National Water Color Society Regional all media show (My Pastel “The Colors of Sunset”) in San Pedro, CA. Show is on til March 23!

*My 14 x 11 in. pastel painting of late summer afternoon low tide of Moonlight Beach, Encinitas, CA... “The Colors of Sunset”.*



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### WHO, HOW, AND WHAT?

*A happy Spring to all in the Northern Hemisphere.*

Day and night are equal on the Spring Equinox, March 20. This marks the astronomical first day of Spring in the North Hemi! This happens the same day as the Full Moon called the “Full Worm Moon” (<https://bit.ly/2F7etra>). This day is celebrated all around the world from the ancient days when the Druids gathered at dawn at Stonehenge, England to the Ancient Chinese believing on this day of the Vernal Equinox balancing eggs end on top of end brings great luck and fortune.

**CELEBRATE:** Surround yourself with nature, get your garden ready for planting, honor re-birth with placing bright flowers in your home, take a hike and view the new plants and nature waking up!

*Spring into action: Take your fur friend on a good walk with you.* I get many animals who have a challenge of being “stiff” and have aching joints and bodies. Always check in with your vet when you see any lameness, unusual posture, or arthritis symptoms. Here are a couple of pointers that you can do (from *Dr. Andrew Jones*):  
**“ACUPRESSURE. GB 41, located on the bottom of the foot, in the depression of the two outside toes, and is especially good for arthritic pain in the hips.**

**GLUCOSAMINE HYDROCHLORIDE is the most important supplement to add to your pet’s diet. The dose is 1/4 of a 500mg tablet once daily per 10 lbs of body weight. It helps to rebuild the cartilage and delay further cartilage breakdown.”**

Check out this article from *Pet CareRX* to give you an idea of good diets for fur folks with “stiffness”: <https://bit.ly/2UfQSIw>

I love doing pet essence pet portraits (gift certificates too), Here is my client’s cat Lexi...she is quite the spirited one.



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