

February 1, 2015

# The Westport Wave

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## The Westport Community Headlands and The Year Of The Green Goat

Steve Brigham, Editor

No, we're not going to raise goats on The Westport Headlands. But 2015 is the year to have our decennial community review of policies and procedures on The Headlands (our current Headlands Management Plan, which is excellent, was ratified in 2004). As Chair of the WVS Headlands Committee, at the beginning of our own Western New Year I was thinking of what would be the best way to structure this review, and the words kind, gentle, calm, and inclusive came to my mind. How about a series of consensus-building get-togethers on The Headlands, inspired by the plants, animals, and sea of The Headlands itself?

A couple of weeks later, it was time for me to look up the upcoming Chinese or Lunar New Year, since we usually mention something about that in *The Wave*. As it turns out, on February 19<sup>th</sup> we'll shift from the tumultuous and rather headstrong Year Of The Horse to the more calm, kind, and sympathetic Year of The Goat (or Sheep), and it's a Green (or Wood) Goat at that! Channeling my inner John Madden (OK, I had to get football in here somewhere), I thought "Hey wait a minute! I already thought of that all by myself three weeks ago!" The world works in interesting ways, doesn't it?

So here's the plan. Beginning on **February 21<sup>st</sup>, at 11:00AM on The Westport Headlands**, and continuing on the 3<sup>rd</sup> Saturday of every month, I will lead a friendly discussion and walkabout that is open



The Westport Community Headlands

to all. Any decisions that are made we will make together – there is no great hurry, we will take our time, and since it may take a few meetings to perfect our togetherness, patience is important. Goals this year are to review our Headlands Management Plan (you can download it at [westportvillagesociety.org](http://westportvillagesociety.org) in the Headlands section) and see how well we're following it, how we can improve what we're doing, and also set new policies for items and ideas not covered in the Management Plan. Our goal is not necessarily to change, but rather review and improve, and because we are meeting every month, if you can't make it one month, we'll fill you in the next month.

Not too many villages in America have an open-space park that's nearly as big as the village itself, let alone an ocean to boot. Our monthly peripatetic dialogs this year (Socrates would be proud of us!) can be a great community bonding, consensus-building experience that will reinforce our common pride in our beloved Headlands. So let's all be Green Goats this year, and I'll see you on The Headlands at 11AM February 21<sup>st</sup>! **Gung Hay Fat Choy!**



## February 21<sup>st</sup> – Kids’ Movie Night

Sarah Mathias

This month we'll be watching *My Neighbor Totoro*. Doors open at 6:00PM on Saturday, February 21<sup>st</sup> with the first movie starting when the popcorn is ready (usually by 6:20). Bring pillows and blankets/sleeping bags for the kids and a comfy chair for yourself!

## Functional Movement Classes at Dancing Dog Loft in February

Ann Woodhead

As many of you know, I've had a tough year on many fronts. But things are looking up: I am now scheduled for hip joint replacement on March 2<sup>nd</sup>, and am eager to get past the surgery. In the meantime, I want to teach some **Functional Movement** classes, both to remind myself of what will help me recuperate and to reconnect with students/friends.

Here's the schedule for **Wednesday, January 28<sup>th</sup> through Thursday, February 26<sup>th</sup>** at Dancing Dog Loft at Eagles Hall, corner of Alder and Corry Streets in Fort Bragg:

Wednesday mornings: **Functional Movement for Women**, 10:00AM to 11:15AM.

Thursday afternoons: **Functional Movement for Men**, 4:00PM to 5:30PM

Cost is \$10 for a single class, or \$36 for four classes. (If you paid for classes before I stopped teaching at the end of 2013, I will be happy to honor that commitment.) All classes are on a drop-in basis.

I hope to see you soon. And please pass my contact information to anyone you think might be interested! New students are always welcome!

**Functional Movement** is a unique approach to increasing the efficiency, ease and pleasure of our movement in daily life as well as in other physical disciplines and practices. For more information, please call [\(707\) 961-1246](tel:(707)961-1246). Thanks!

## February 12<sup>th</sup> – Valentine’s Crafts at the Westport Community Recreation Center

Sarah Mathias

Donna Traycik and Sarah Mathias will have the Community Recreation Center open for card making and other Valentine's Day crafting on **Thursday, February 12<sup>th</sup> from 3:00 to 5:00PM**. Bring your creativity, and we'll provide the paper, doilies, glitter, and more!





The Westport Community Church

## Westport Community Church February Calendar

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, February 1<sup>st</sup>** – This date is open for a community member to fill or there will be no meeting this day. Please call Millie if you are interested.

**2nd Sunday, February 8<sup>th</sup> – Sylvia Gilmour – “Cultivating Compassion”**

The Dalai Lama once said that "compassion is a necessity, not a luxury, and that without it humanity cannot survive". Sylvia Gilmour, MA, a Professional Spiritual Practitioner Student from the Mendocino Center for Spiritual Living, will share insights and ideas about listening to the voice within to find the courage to love. She says, "Most of us have had

experiences resulting in fear and separation. Yet we all have the choice to stay there, or to cultivate compassion for ourselves and others, by developing more empathic responses, leading us back to the core qualities of Unity and Love".

### **3rd Sunday, February 15<sup>th</sup> – Our 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, February 22<sup>nd</sup> – Mettika Hoffman, Fort Bragg Buddhist Sanga, Three Jewels Hall**

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 though who have a practice. Following meditation, there will be a short talk on the topic of how to access joy in our everyday lives. The teaching entitled "The Second Arrow" will be introduced. There will be time for questions and sharing.

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

*“Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.”*

*Rainer Maria Rilke, Letters to a Young Poet*

## New First Friday Gallery To Feature Local Artist Logan Smith

Beginning on **Friday, February 6<sup>th</sup>**, and continuing on every First Friday of each month, Westportian Logan Smith and his Lost Johnson Productions will be providing the live music for the new Restaurant Gallery at **The Restaurant at 418 N. Main Street in Fort Bragg.**

Kicking off the Grand Opening on February 6<sup>th</sup> will be Sue Sisk and The Family Band, to accompany artist Susan Larsen and her show “Back Roads, etc.”, a fresh collection of photos that will be on display for the month of February. Come and feast your eyes, while enjoying “the best food in Fort Bragg”!

## WVFD T-Shirts at The Westport Store Starting In February

Wouldn't you like a great Westport Volunteer Fire Department t-shirt, glasses, or other apparel item? Don't want to wait until the Summer Barbecue? Well now (starting in February), you can buy these great souvenir items any time at the Westport Community Store! Not only will your purchase support our Volunteer Fire Department, your wardrobe will benefit too! And while you're at it, why not buy some t-shirts or other items for your friends and family in other parts of the world – they'll love being the first in their town to have WVFD apparel!

## Westport Recycle Center News

Donna Brigham

Just a quick note here that we will no longer be accepting microwave ovens for recycling. But you can still bring in your unwanted computers and television sets, which we do recycle at no charge.

The Westport Recycle and Transfer Center is operated by Solid Waste Of Willits, and is located on the north side of town, just behind the Westport Firehouse. We are open Thursdays and Fridays from 10:00AM to 2:00PM, and Saturdays from 10:00AM to 4:00PM. Please call 962-9250 for more information, and Thanks For Recycling!

## High Speed Internet Is Here!

Steve Brigham

When I landed in Westport five years ago, all I really could afford as far as an Internet connection here in Westport was dial-up service (you know, the kind where you type in a website and then go mow your lawn and by the time you're done the website may actually be finished loading). At that time, I had heard that faster speeds were possible with satellite service, but the service was expensive and not reliable.

Then, two years ago, I learned of a new satellite service by Exede/Wildblue that offered “fast” speed to Westport at a special Recovery Act price of just \$39.95 per month, with no installation fees. So I went for it. At 1Mbps download speed (similar to DSL), it was only about a tenth of what the gummint considers real “high speed”, but it was still 40 times faster than dial-up, and suddenly the Internet was useful again! Videos were still slow to load, however, and forget about streaming music or movies. Plus, there were restrictions on how much data you could actually use in a month, and buying extra data was expensive.

The amount of data shoved through the Internet is getting bigger all the time – and 1Mbps doesn't really cut it anymore for much of what the Internet has to offer. So this year, I was ready to upgrade, and I found out that Exede can now provide real high-speed Internet service in Westport with no data restrictions. But like anything else in America, you pay more to get more, and it's going to set me back \$99/month (I think new customers can get a trial plan for half that). But now I get 16Mbps download speed (just like city folks!), and the Internet is useful again!

## Another Dry January

Steve Brigham

Historically, January has been one of our wettest months of the year, with 9 inches of rain or more for the month not unusual. But for the past three years, January in Westport has been more like Baja California, with blazing sun most of the time. Our January rainfall total here in 2013 was just 1.4 inches, our January 2014 total was just 2.4 inches, and now just 1.7 inches for all of January 2015 (from one “storm” only). Let's hope we do better in February!



1863 Carleton Watkins photo of Albion (courtesy, Bancroft Library)

## Albion History Presentation

Thad Van Bueren

I recently conducted some historical research on the town of Albion. After researching our own area a few years ago, it came as no great surprise that vast amounts of photographs, maps, and other information exist in local archives for that nearby coastal town.

The thing I really like about historical research is not just looking through old stuff, however. It is making new discoveries. Some of those findings even change the whole way I look at the accepted story of a particular area.

Sure enough, I learned many new things about Albion—even some that radically changed my perspective. For example, did you know the first mill on the Mendocino coast was not the one at Big River? I'd long known that Captain Richardson may have built an earlier one at Albion, but it was not until I checked the facts that I was able to conclusively

verify that the first mill at Albion went into production before the mill in Mendocino. And that is merely one small taste of the intriguing history of our neighboring community of Albion. Come to my slide show on **Sunday, February 22<sup>nd</sup> at 2:00PM** at the Westport Church if you'd like to learn more!

## Time To Get Our Ducks In A Row

Lois Senger

It's just a little more than three months to go before our **25<sup>th</sup> Annual Westport Mother's Day Rubber Ducky Races**, which will be held this year on **May 10<sup>th</sup>**. Since this is our 25<sup>th</sup> event, we want to make it a special occasion, so any ideas you may have and work you can do is vitally important. One thing that would be nice this year is to have an extra-special 25<sup>th</sup> Anniversary event poster – would you like to submit a design? Please call me at 961-0178 with any ideas and offers to help with this year's festivities – there's lots of work to be done, and we need you!



## Logan's Corner

### "Valentine"

The breath of you  
upon my lips

Your closed eyes  
upon my heart

Your sounds  
within my soul

Your limbs and hands  
wander my shoulders

a search for love  
finding all of the moment

Our selfless senses  
Take over...

Lost in dreams  
We embrace

-- J. Logan Smith, 1/15, Westport, CA

## February Sky

Watch for Jupiter on February 6<sup>th</sup>, as it reaches its closest distance from Earth (which is still 404 million miles). On February 21<sup>st</sup>, look in the western sky just after sunset to see the conjunction of Venus and Mars, which will appear just one moon-diameter apart (they will actually be 74.4 million miles apart!) You can follow all the February sky action at [earthsky.org](http://earthsky.org)!

## A Valentine For Your Pet

Steve Brigham, Editor

This is just an idea, but people aren't the only folks that deserve your Valentine. For most of us, our companion animals are our special loves in their own unique ways (and this can include wild animals that are your friends, too). I've been trying to think of new things we can do in *The Wave* this year, and I welcome your suggestions! I thought it might be fun if folks sent in something nice about their pets, an ode perhaps, along with a full-face photograph your pet. Send in your contribution today (*Wave* addresses are at right). Valentine's should be every month, anyway!

## February 2015 Westport Calendar

- February 2<sup>nd</sup> – Groundhog Day
- February 3<sup>rd</sup> – Full Moon, 3:09PM
- February 3<sup>rd</sup> – WMAC Meeting CANCELLED
- February 4<sup>th</sup> – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Firehouse
- February 5<sup>th</sup> – Bookmobile, Store, 9-9:30AM
- February 8<sup>th</sup> – Sylvia Gilmour on "Cultivating Compassion", 10:00AM at the Westport Church
- February 14<sup>th</sup> – Valentine's Day
- February 14<sup>th</sup> – Westport County Water District Monthly Board Meeting, 10:00AM, Firehouse
- February 15<sup>th</sup> – Third Sunday Quaker Meeting, 10:00AM at the Westport Community Church
- February 16<sup>th</sup> – Presidents' Day
- February 17<sup>th</sup> – Mardi Gras
- February 18<sup>th</sup> – Ash Wednesday
- February 18<sup>th</sup> – Westport Ten Mile Cemetery District Quarterly Board Meeting, 10:00AM, Westport Church
- February 18<sup>th</sup> – New Moon, 3:47PM
- February 19<sup>th</sup> – Lunar New Year
- February 21<sup>st</sup> – Headlands Visioning and Management Discussion and Tour, 11:00AM, Westport Community Headlands
- February 22<sup>nd</sup> – Mettika Hoffman, Fort Bragg Buddhist Sanga, Three Jewels Hall, 10:00AM at the Westport Community Church
- February 22<sup>nd</sup> – Albion History Presentation by Thad Van Bueren, 2:00PM, Westport Church
- February 26<sup>th</sup> – Westport Community Church Board Monthly Meeting, 8:00AM, Westport Church

*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), to read and download present and past issues of *The Wave* – you can also sign up on the website to get *The Wave* free by e-mail every month. Contributions for our March 1<sup>st</sup>, 2015 issue are due by February 24<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.