

Santa Visits Westport!

Steve Brigham, Editor
Photos by Sarah Cullar

Yes, Virginia, the Westport kids got their wishes when **Santa Claus** himself showed up right on time at the **Westport Community Center Christmas Party** on December 7th! To get ready for Santa, the kids had worked all afternoon making ornaments for the Westport Holiday Tree, which they trimmed themselves, culminating with the lighting of the town Tree at 5:30PM. By that time, Santa was on approach, and the beautiful tree lights showed him right where to land. He brought presents for all the kids, and commented that he really liked our town Tree this year. "That's such a beautiful Ponderosa Pine!" Santa said, "It reminds me of Lake Tahoe – in fact, I think I'll head up there tonight after I'm done here in Westport!" And when the party was over, Santa did just that, and was off in a flash. "You're the Next Generation, boys and girls, and you'll soon take over the world! I'm always here for you – see you next year! **Ho Ho HO!!**"



Santa and Piper



Santa and Luna



Left to right: Kylie, Maisy, Piper, Luna, Rusty, Victoria, Shelby, Judah, Kenai, and Peggy in front of the Westport Community Holiday Tree.



Peggy trimming the Westport Holiday Tree with Kayla in the background.



Judah's having a great time making ornaments!

“Art to Heal Your Scars” Workshop Sunday, January 6, 2019 - Westport Community Center 1:30 to 3:30 PM

Donna Traycik

Donna Traycik and Sue Korhummel are offering an exercise in self-healing through painting. We adults all carry some type of scarring: physical, emotional, spiritual, or a combination of these. This class offers you an opportunity to discover and heal through guided meditation, putting your scars down on canvas with a brush, and ultimately healing them through individual color, line and texture. Donna discovered this technique via her personal journey with heart surgery and breast cancer and is motivated to share so it can bring relief to others.

Materials will be furnished, however if you have your own acrylic paints, brushes, easels, etc. please bring them. Canvases will be provided. In lieu of a fee, please consider giving a contribution to our Westport Community Church.

Space is limited to 12. Call Donna at 964-7560 or Sue at 964-2741 to reserve your place.



Shelby's giving Peggy a ride.

Westport Cancer Forum Saturday January 5th at 10:00AM

Thad Van Bueren

Last month I requested information about diagnosed cases of cancer in our community. Thanks to all of those who have come forward. Let me explain why I am concerned. It is well known that cancer is the second leading cause of death in the US. Many of us have personal experience with that deadly group of diseases. It was my personal acquaintance with local victims that made me ask: Is the local rate higher than expected and, if so, what is the cause?

compiled. Research is planned to establish persistence, bioaccumulation, and toxicology.

A meeting is planned to brainstorm this topic on Saturday January 5th at 10:00 AM at the Westport Community Center. A brief presentation will be offered. If this interests you, please join that conversation. This study is intended to establish facts that can be used to identify comprehensive incidence rates, causes, and possible remedies. Community participation is essential to verify facts. A confidential questionnaire will be shared at the meeting. You can contact me at 964-7272 to share information or learn more.

Area	Cancer Type	Study Period	Sex	Age	Mean Rate*	County Cases	Expected Westport Incidence**	Reported Westport Cases+
County	All Types	1995-2015	Both	All	436.6	9614	36.1	20
County	Breast Cancer	1995-2015	Female	All	120.7	1393	4.6	7
County	Bladder Cancer	1995-2015	Both	All	38.6	852	3.2	2
County	Leukemias	1995-2015	Both	All	12.6	266	1.0	3
County	Leukemias	1988-2014	Both	0-19	6.8	43	0.4	1
USA	Breast Cancer	2011-2015	Female	All	145.9			
USA	Leukemias	2011-2015	Both	All	15.2			
USA	Bladder Cancer	2011-2015	Both	All	23.0			

*Age adjusted rate per 100,000. **Based on county rate and local mean population.
+Anecdotal reporting (not comprehensive).

Pounds of Concentrated Herbicides Applied Since 1990 (Below) (Source: California Department of Pesticide Regulation) (<https://www.cdpr.ca.gov/docs/pur/purmain.htm>)



I spent some time collecting information, and my preliminary findings are conveyed in the table above. As a caveat, the local incidence rates are not comprehensive and the actual rates are undoubtedly higher. Rates for Leukemia, Breast, and Bladder cancers are of particular concern because correlation with environmental contamination is strongly suspected. I discussed this with County Health officials who will endeavor to share more complete local incidence data.

In the pristine rural setting we inhabit, the main environmental pollution vector is the herbicides applied in local forests. There is cause for concern because many of us rely on surface water (for example, the village water supply). The accompanying figure at right shows the pounds of concentrated active ingredients applied per square mile in local watersheds since 1990. The chemicals in descending order of prevalence are imazapyr, an unspecified compound, triclopyr, glyphosphate, and sulfometuron methyl. Garlon was sprayed aerielly in the more distant past and that data is being



The Westport Community Church

Westport Community Church January Spiritual Programs

3rd Sunday, January 20th, 10:00AM– Tich Nhat Hahn Discussion Group

This discussion group is focused upon Tich Nhat Hahn’s Book: “Living Buddha, Living Christ”. No need to have the book. We will share passages from the book and discuss how they might or might not influence how we show up for our selves and all Creation.

4th Sunday, January 27th, 10:00AM Monthly Quaker Worship Group

Katharine White returns to lead our monthly Quaker Worship Group meeting. The format is a simple, quiet meditation for 45 minutes followed by Katharine 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.

Westport Church Broadens Mission

Founded in 1880, the mission of the non-profit **Westport Community Church** is: **"to facilitate opportunities for spiritual growth and serve the needs of the Westport community."** While the Church has always served the community, the recent acquisition of the school building underscores an expanded role for community service. Church-owned property is community property, and it will continue to provide a space for both community and spiritual events as we shift toward greater inclusiveness and service to the community. Church Trustees Val Hale and Erin Detrick are heading up the effort for revitalized community use. Please chat with them. Input is sought on desirable uses, as well as how to sustain the operation with fundraising, donations, and other approaches. Please attend our monthly Board Meetings to see how you can help our community!

Our January Westport Community Church Board meeting will be held on Saturday, January 19th at 2:00PM at the Church – all are welcome to attend!

Community Garden News

Steve Brigham

At the Westport Community Garden, you pick your own fresh, delicious, organically grown vegetables anytime you want them, **ABSOLUTELY FREE!** And there are still lots of great vegetables ready for harvest anytime right through January! This month, we’ll have Swiss Chard, Red Swiss Chard, Curly Kale, Toscano Kale, Spinach, Beet Greens (and baby Beets), Parsley, Chives, Cilantro, Oregano, and Thyme, plus an assortment of salad greens such as (safe!) Romaine Lettuce, Butter Lettuce, Red Lettuce, Arugula, Mesclun (French Curly) Lettuce, and Salad Bowl Leaf Lettuce. So just look for the greenhouse at the Westport Community Center at the end of Abalone Street, and yes, **everyone in the whole world is welcome** – and the Garden is open 24/7, so it just doesn’t get any more convenient than that. Just pick what you want, at any time, and enjoy!

Our Dangerous Ocean

Steve Brigham and
Thad Van Bueren

Most of us realize how dangerous the ocean can be. We know that the surf, tides, and currents can be treacherous and unpredictable, especially in winter. Even capable swimmers and kayakers can face injury, hypothermia, and even death. Common sense warns us to carefully evaluate conditions and avoid the ocean during high surf advisories.

Unfortunately, some visitors to Westport seem to lack that awareness. On December 15th, 2018, visitors to our area “borrowed” some kayaks stored on Eddie White Beach at the Westport Headlands at around sunset during a high surf advisory, and went into the frigid water wearing only street clothes. Here is the Mendocino Coast State Parks report on the near-fatal ocean rescue which ensued:

“Westport, CA — Saturday evening, at approximately 5:15 pm, California State Parks, Westport Volunteer Fire Department, CAL FIRE and Mendocino Volunteer Fire Department responded to an aquatic emergency near the town of Westport. Two adults had entered the ocean on sit-on-top kayaks and were calling for help. The large surf was knocking them off the kayaks as they were struggling to make it back to shore.

State Park Lifeguard Ean Miller overheard the emergency dispatcher put out a call of multiple victims in kayaks off of Westport Beach. As Miller arrived on scene he was informed that one victim had made it back to shore and the second was floating face down approximately 75 feet offshore. The victim was in street clothes and not wearing a wetsuit or a lifejacket.

Miller was able to place the victim on his rescue board and immediately paddled to shore. On the beach, firefighters from Westport Volunteer Fire Department and CAL FIRE assisted with



Thanks to the quick response of the WVFD and our other first responders, a life was saved on the Westport Headlands on December 15th. (photo by Bob Finnell)

resuscitation efforts. Once the victim was transported up the cliff to the waiting ambulance EMT’s from the Mendocino Coast District Hospital were able to revive the victim and establish a heartbeat. The patient was transported to the Mendocino Coast District Hospital and then transported to a hospital in Santa Rosa where they are currently recovering.”

Because of the fast response from our excellently trained and equipped Westport Volunteer Fire Department, State Park Lifeguard, Cal Fire, and Mendocino Coast District Hospital EMTs, a woman’s life was saved. It reminds all of us to be aware of conditions and to behave safely and responsibly. The Westport Village Society Board will be reviewing its policies and rules for use of Eddie White Beach at its next meeting on **Saturday, January 19, 2019 at 9:00AM**. All are invited to attend.

NOTICE: A permit is required for kayaks left unattended at the Westport Headlands beach (Eddie White Beach). Kayaks that lack permits have been secured. Owners should contact the Westport Village Society at 964-7272 to obtain a permit or arrange to retrieve their kayaks.

24/7 Westport Wave

The Westport Wave is always free to everyone at any time on the Newsletter page of our website westportvillagesociety.org – where you’ll always find our most current issue as well as seven years of monthly back-issues, all in living color, with live links! Check it out, and tell your friends!



Elementary students and their teacher dance through a beach litter pickup while learning about wave physics.

personnel) who took on extra work so that students could participate. We thank the parent chaperones and drivers for their amazing work and care. We are also grateful to the students, especially those who gave us feedback on how we can improve our planning, presentation and communication with every trip.

The two-year grant programs provide each class with a half day classroom lesson prior to the trip, then a

School Children Go to Class Outdoors at Usal Beach

Carla Thomas, HRIA Usal Beach Project Manager

Community feedback is enthusiastic about the **Humboldt Redwood Interpretive Association (HRIA) Sinkyone Wilderness-Usal Beach Outdoor Education Project**. Local school children attend field trips to Usal Beach or Needle Rock at the Sinkyone Wilderness State Park. The park is located on the coast in Northern Mendocino County. These trips are funded by grants from the California Coastal Conservancy Explore the Coast Grant and the California Coastal Commission Whale Tail License Plate Grant.

Children and families from Laytonville Elementary School and Spy Rock Elementary School, Leggett Valley School and Whale Gulch School, Round Valley Elementary/Middle School, and Beginnings Skyfish School in Briceland were able to participate. The Cahto Tribe Education Department supported their students who went on Laytonville trips. The HRIA Usal Project staff is grateful to all of the teachers, the administrators and support staff (aides, food service, transportation departments, office



Students learn about redwood ecology at the Usal Shady Dell Peter Douglas Trail.

full day at the park. In one case, the program has been part of an overnight campout. HRIA project staff work closely with the teachers to integrate curriculum with teacher class plans. Children participate in experiential learning about watershed health, soil-forming processes and erosion, wave energy, cultural and natural history, controlled burn management of wildlands, animal, plant and fish identification, air quality, symbiotic relationships, life strategies and animal behavior. HRIA Usal Beach Project staff members emphasize how organisms interact with the environment, using various ecological strategies to meet life needs. Students are encouraged to examine their own life strategies and strategies of others, including the methods of science and traditional knowledge.

Over the past two years 177 students, 12 teachers, and 42 parent/family chaperones shared in the experiential learning at Usal. Parents, teachers and students enthusiastically have requested that the program continue to develop an outdoor education classroom and adopt-a-beach program. HRIA staff members are working with school administrators and teachers as well as other organizations to continue, expand, and improve the program. Ranger Andrea Mapes serves as project liaison with California Department of Parks and Recreation and HRIA. The amount of partner



Observing Bull Elk feeding strategies at Usal Creek (if you look closely, you'll see the Bull Elk in the center of the photo right at the edge of the forest.)

support has been outstanding. We particularly thank Laytonville Unified School District Superintendent Joan Potter, who has served as the School Leadership for the Outdoor Education Project. Additionally, she and Stephen Turner, Mendocino County Office of Education, working with HRIA and Redwood Forest Foundation Incorporated (RFFI) have negotiated limited access to a road owned by RFFI. Our partner public school buses may use the RFFI road instead of the Mendocino County Usal Road for HRIA Usal field trips. This alternate route agreement reduces dependence on weather conditions, shortens transit time and improves student safety using hazard assessments and preparedness plans during transit. Presentations from RFFI staff, and fish biologists deepened the understanding of the students for ecological processes and the importance of environmental restoration on the RFFI Usal Redwood Forest land.



HAPPY NEW YEAR from Marty and all of us at *The Westport Wave*!

Thursday, January 17th – Bookmobile, 9:00-9:30AM, Westport Community Store

Saturday, January 19th – Westport Village Society Quarterly Board Meeting, 9:00AM, Westport Community Church

Saturday, January 19th – Westport Community Church Monthly Board Meeting, 2:00PM, Westport Community Church

Sunday, January 20th – Tich Nhat Hahn Discussion Group, 10:00AM, Westport Community Church (see p. 4)

Sunday, January 20th – Total Lunar Eclipse, 6:36PM to 11:48PM – Maximum Totality 9:12PM

January 2019 Westport Calendar

Tuesday, January 1st, 2019 – New Year’s Day

Thursday, January 3rd – Bookmobile, 9:00-9:30AM, Westport Community Store

Saturday, January 5th – Westport Cancer Forum, 10:00AM, Westport Community Center (see page 3)

Saturday, January 5th – New Moon, 5:28PM

Sunday, January 6th – “Art To Heal Your Scars” Workshop, 1:30PM to 3:30PM, Westport Community Center (see page 2)

Tuesday, January 8th – Westport Municipal Advisory Council Monthly Meeting, 7:00PM, Westport Community Church

Wednesday, January 9th – Westport Volunteer Fire Department Monthly Business Meeting, 6:00PM, Westport Firehouse

Saturday, January 12th – Westport County Water District Monthly Board Meeting, 10:00AM, Westport Firehouse

Sunday January 20th – Full Moon, 9:16PM

Monday, January 21st – Martin Luther King Day

Sunday, January 27th – Quaker Worship Group, 10:00AM, Westport Community Church (see p. 4)

Thursday, January 31st – Bookmobile, 9:00-9:30AM, Westport Community Store

The Westport Wave is a free monthly community newsletter published by the **Westport Village Society**, a non-profit community-benefit 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 our current newsletter are also available for free at the Westport Community Store. **Check out our website www.westportvillagesociety.org, to read and download both our current issue plus seven years of past monthly issues of *The Wave*.** Contributions for our February 1st issue of *The Westport Wave* are due by January 27th, and should be sent to Editor Steve Brigham at westportwave@gmail.com, or P.O. Box 237, Westport, CA 95488. Thank You!