

## What If?

Thad Van Bueren

Westport currently has three nonprofits that operate or otherwise support the Church, the Village Society, and the volunteer Fire Department. What if there were no longer enough dedicated local people or funding to run those local nonprofits? The simple answer is that they would cease to exist and their assets may no longer be controlled by the community. How will this impact your life? This is not a far-fetched scenario and it may not be that far down the road.

Many of the same people have been doing the work involved in keeping these nonprofits afloat, often holding positions on more than one Board. Some of them are getting elderly or have already withdrawn. We have a small pool of people to draw upon. The bottom line is that if efforts to recruit younger Board members do not gain momentum, these organizations are headed toward extinction.

It takes time, energy, money, and organization to achieve larger goals for the community. Those who volunteer know and the load burns people out when there are not enough others to share it. The fundraisers alone take the help of a huge number of volunteers. We contribute because it enriches and connects us. Hopefully we also have some fun or feel good doing something that helps create community. We see a need and do our best to meet it.

After years of volunteering in Westport some persistent questions arise. I pose them now to start a conversation about how we can sustain our community into the future. I've been wondering for years: Do we really need three different nonprofits in such a tiny community? Who will keep them going in the future? And is it possible to accomplish the same things (and perhaps others) more efficiently?

It is rather inefficient to keep three different organizations afloat in a community with just 300 permanent residents. Each entity must hold their own meetings, maintain and file required records, pay for their own costly insurance and operations, and the list goes on and on. Each organization must have a Board and other volunteers to carry out all of their work. Simply put, there is an awful lot of redundancy in effort and costs just to keep them going separately.

While two of the three organizations are financially sound, the Westport Community Church has been on the brink of bankruptcy for nearly a decade. Formed in 1983, the Church provides the only public buildings available for services, meetings, classes, and other events. Unfortunately, both buildings have serious delayed maintenance issues that will render them unusable if left unaddressed. The Westport Village Society was formed in 1992. It owns the Headlands and has supported the other two nonprofits. The Fire nonprofit was the most recent to form, but it is down to just 6 people who not only provide life-saving response but must raise funds through their nonprofit to address training and equipment needs.

True, each entity currently has its own mission. Yet a single nonprofit could address all those needs if it's mission was broadly defined. Separate funds could then be earmarked for each aspect of that mission. A single nonprofit would reduce work and costs, allowing us to repurpose those dollars and energies to fill the community's needs. It would also provide a way to ensure the entire community can elect Directors, something only WVS currently allows. How better to make sure the changing needs of our community continue to be served? A consolidated nonprofit may also improve chances to obtain grants.

We need to be realistic about the future and think outside of the box when it comes to addressing local needs. The missions of the three organizations already overlap in the sense that they all serve the

community. A lot of effort is spent operating these three separate organizations and it is burning people out. The separation of the nonprofits not only creates more work, it sometimes thwarts cooperation despite our very best intentions. Why not work together?

If a merger occurs, all of the varied needs could be addressed with greater efficiency, less effort, and improved coordination. Separate funds could earmark money for specific needs. Instead of paying to insure and operate three different organizations, costs would be significantly reduced. Work would also be streamlined and better coordinated. Savings of money and energy could then be applied to addressing unmet needs, with priorities set by the community. Folks younger than I may be more inclined to serve and lead a nonprofit that has a broad community service mission that is receptive to their ideas. Donors also will be more generous to a single well run organization than with three separate ones that face uncertain futures.

### Join Aimee’s Exercise Class Every Saturday at 10:00AM at the Westport Community Hall!

Aimee Maxey

Aimee Maxey hosts an ongoing fitness and exercise class **every Saturday from 10:00AM to 11:00AM at the Westport Community Hall**. The title is “20x3”, meaning each segment will have 20 minutes dedicated to the mode of exercise. The first 20 minutes is cardio – this is beneficial for circulation and oxygen consumption – and memory building, because it will be choreographed. The second 20 minutes is weight resistance, beneficial for endurance, muscle mass, metabolism, and bone density. The final 20 minutes will focus on the core – the foundation of all movement, staying upright, and protecting the back. We will follow this up with a

### 24/7 Westport Wave

This month’s *Westport Wave* and over 7 years of monthly back-issues are always free to everyone at any time on the Newsletter page of our website [www.westportvillagesociety.org](http://www.westportvillagesociety.org) – in living color, with live links! Check it out, and tell your friends!



mindful, relaxing stretch at the end to feel complete. I am asking for 5 dollars per participant per class, and I will share my earnings with the Community Center fund. This class is intended for all ranges of fitness – do not feel intimidated about your level, I will accommodate you!

### November at the Westport Hotel and Old Abalone Pub

Tabby Korhummel, Hotel and Pub General Manager

**The Old Abalone Pub is open for our Fall hours from 5:00PM to 8:00PM every Thursday, Friday, and Saturday for Dinner, and also from 3:00PM to 5:00PM every Saturday for Tea.**

**Please call (707) 964-3688 for reservations and more information**, and like our Facebook page for more info., weekly specials, and “Local Love”!  
<https://www.facebook.com/abalonepub>.



**December 7<sup>th</sup> Holiday Party at Switzer Farm (Fee House) in Westport**

Gary and Michiko Weiss, and their daughters Maia and Tashi, would like to invite all Westporters to join us for a holiday open house party at our place (36700 North Highway 1) on Saturday, December 7, between 3:30 and 7 pm. It’s our chance to meet those we haven’t yet met, to get to know better those of you we have met, and to celebrate the holidays with all of you. We will have good food (Tashi, Maia and their friend Michael are cooking) and beverages and hope you can just bring yourselves and good cheer. Casual!

Please RSVP to Gary at garyevanweiss@gmail.com or 415-939-5862 **by December 1, 2019** to let us know if you can make it!

**Sea Vegetable Workshop Cancelled**

Baile Oakes

The Seaweed Workshop scheduled for November 9th in Westport has been canceled due to lack of interest. There have been no responses from our community, nor any from Julia Drucker’s own mailing list.

She has had two successful seaweed harvesting workshops in Westport over recent years. Possibly we can bring her here at harvest time in 2020. Please

feel free to contact me at 964-7721 if you have interest in bringing her back here in the future.

For more information about this topic you can also contact Julie directly at 513-7397. She also has a website that you can visit for additional information: [www.yemayaseaweedcompany.com](http://www.yemayaseaweedcompany.com)

**Housing Ordinance To Be Heard by Supervisors Nov. 5th**

A proposed Ordinance will be considered by the County Board of Supervisors on November 5<sup>th</sup> to allow the development of “Accessory Dwelling Units” and “Junior Accessory Dwelling Units” in the Coastal Zone. They are already allowed in the inland region. The BOS meeting will occur at Saint Anthony’s Hall at 10700 Lansing Street in Mendocino starting at 9 AM. You can check the agenda for more specifics on the timing of this hearing topic. This proposed ordinance responds to a new State Law that will go into effect January 1, 2020. That law requires more permissive policies to permit the construction or conversion of existing structures into affordable housing.

For the specific text of the proposed ordinance search under “Items for Public Hearing/ OA\_2018-0009/GP\_2018-0003 (Accessory Dwelling Units) at: <https://www.mendocinocounty.org/government/planning-building-services/public-notices>.

The ordinance will allow streamlined “ministerial” permits for up to 500 new units along the Mendocino coast with no public hearings. The units may be attached to an existing dwelling or detached and fully independent. Free plans are available. Applicants will need to meet some basic requirements including recording a deed restriction that will ensure each constructed ADU remains affordable. If this matters to you, please make your voice heard either at the meeting or by sending comments to the Clerk of the Board in advance.



## Westport Community Church November Spiritual Programs

Baile Oakes

### 3<sup>rd</sup> Sunday, November 17<sup>th</sup>, 10:00AM Thich Nhat Hahn Discussion Group

This discussion group is focused upon Thich 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 ourselves and all Creation.

### 4<sup>th</sup> Sunday, November 24<sup>th</sup>, 10:00AM Monthly Quaker Worship Group

Katharine White continues to gift our community with a Quaker Worship Group meeting. Katharine usually begins with a reading from Quaker passages, then leads us in a quiet meditation. Participants are encouraged to share thoughts that arise during this time of meditation. This is followed by Katharine leading us in 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.

*Three things will last forever –  
faith, hope, and Love – and the  
greatest of these is Love.*

~Paul the Apostle

### Sign Up to Use The Westport Community Hall And Church

You can reserve the Westport Community Hall or the Westport Church for classes and other activities by placing your event on the Community Hall and Church Calendar at the Westport Store. Reservations are on a first come basis. Donations are welcome to help sustain the facilities. Please leave the buildings in better condition than you found them, turning off lights and appliances, removing

trash, cleaning, and locking up. No smoking or alcohol use is allowed. Please contact Val at 489-6380 or Thad at 964-7272.

## Court-Ordered Community Service Opportunities in Westport

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 weed cutting, painting, handyman work, and more. If you are interested, please call Gary Quinton, (707) 964-7073.

## Hospital Affiliation

The October 17<sup>th</sup> hospital affiliation meeting at the Westport Community Hall was well attended and informative. Many good questions were posed and answered by Hospital administrators and Board members. A fact sheet is provided on pages 7-9 of this newsletter because this is a critical local issue. It will be decided by District voters in March.



On December 15<sup>th</sup>, Katy Tahja will present “An Eclectic History of Mendocino County”

## New Mendocino County History Book Signing and History Talk Sunday, December 15<sup>th</sup> in Westport

Thad Van Bueren

Why are there herds of white deer scattered around the center of the county? What was Winston Churchill doing here in 1929? What time in history was Ukiah growing tobacco, and why? A lady stagecoach driver had a route through the interior of the county – what unique skill did she have? For answers to these and other history mysteries, local historian Katy Tahja presents readers with the first new history of the area in 100 years, “An Eclectic History of Mendocino County.”

At the **Westport Community Hall on Sunday December 15<sup>th</sup> at 2:00PM**, Tahja will share tidbits of history from Mendocino County and her photo collection, for a look at what’s happened from 1852 to 2002. Rather than dry statistics, she will focus on interesting vignettes that tell a behind-the-scenes story. Along with exploration and discovery of the county, native culture, settlers arriving, agriculture, industry, transportation, flora and fauna and more, readers will discover interesting critters, people, places, and things they might never have heard about before.

Katy Tahja is a retired librarian who married into a family that arrived in Comptche in 1883. She and her husband raised a family and there are now three generations living on the family ranch with her grandson going to the same one room school his mom attended 30 years ago.

Writing about local history in northwestern California she is the author of “Logging Railroads of Humboldt & Mendocino Counties”, “Early Mendocino Coast”, “Humboldt State University”, “Rails Across the Noyo: Trackside History of the Skunk Train”, and a little book called “All Roads Lead to Comptche”. She and her husband docent at the Kelley House Museum in Mendocino, and she is a newspaper columnist. With professional storytelling skills she shares tales of an indigenous woman using native plants, a lady lighthouse keeper, and a whorehouse madam.

## The Westport Community Garden

Steve Brigham

Now in our 8<sup>th</sup> big year, the **Westport Community Garden** (at the Westport Community Center at the end of Abalone Street) produces delicious and nutritious fresh, **organically grown** vegetables that you pick yourself at any time, **ABSOLUTELY FREE!** The Garden is open to **EVERYONE IN THE WHOLE WORLD 24/7**, and is supported by your donation dollars to the **Westport Village Society**.

All you have to do is get off your rear end and go pick yourself some nice fresh veggies (did I mention it’s free?), and you’ll be surprised how much better they taste when they’re picked fresh like that compared to that days-old stuff you get from the grocery store. **In November at the Westport Community Garden, we’ll have romaine lettuce, butter lettuce, red leaf lettuce, arugula, Italian parsley, cilantro, onion chives, French thyme, Greek oregano, lemon balm, green curly kale, mixed purple kale, Chinese snow peas, strawberries, Italian green beans, zucchini squash, lemon cucumbers, mini yellow tomatoes, green string beans, broccoli, lots of young, tender carrots, and even some full-size Early Girl tomatoes.** Stop by the Garden frequently, and **Don’t Panic, It’s Organic** – we never ever use pesticides or chemical fertilizers ‘round here, and we’ve got everything for you but the salad dressing!



**Look who turned 1 year old on October 7<sup>th</sup>!** It's **Heron Hale**, son of Val Hale and Erin Detrick, who run our beloved **Westport Community Store!**

Heron is already most adept at seasonal merchandising, and is ready to help you with your purchases both now and in the future! Oceans of Thanks to Val, Erin, and their entire Community Store staff for all they do for all of us every day!

## November 2019 Calendar

**Friday, November 1<sup>st</sup>** – All Saints' Day

**Saturday, November 2<sup>nd</sup>** – All Souls' Day (Day of the Dead)

**Saturday, November 2<sup>nd</sup>** – Pie and Other Things Pumpkin Contest, 4:00 PM, Westport Hotel and Old Abalone Pub

**Sunday, November 3<sup>rd</sup>** – Daylight Saving Time Ends, 2:00AM (set clocks BACK one hour)

**Tuesday, November 5<sup>th</sup>** – Westport Municipal Advisory Council Meeting CANCELLED.

**Thursday, November 7<sup>th</sup>** – Bookmobile, 9:00AM-9:30AM, Westport Community Store.

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

**Saturday, November 9<sup>th</sup>** – Sea Vegetable Workshop CANCELLED (see page 3)

**Sunday, November 10<sup>th</sup>** – Self Massage class by Katrina Aschenwender at Westport Community Hall, 3:00-4:30 PM (see page 10).

**Monday, November 11<sup>th</sup>** – Veterans' Day

**Tuesday, November 12<sup>th</sup>** – Full Moon, 5:34AM

**Wednesday, November 13<sup>th</sup>** – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Firehouse

**Sunday, November 17<sup>th</sup>** – Monthly Thich Nhat Hahn Discussion Group, 10:00AM, Westport Community Church

**Thursday, November 21<sup>st</sup>** – Bookmobile, 9:00AM-9:30AM, Westport Community Store

**Sunday, November 24<sup>th</sup>** – Monthly Quaker Worship Group, 10:00AM, Westport Community Church

**Tuesday, November 26<sup>th</sup>** – New Moon, 7:05AM

**Thursday, November 28<sup>th</sup>** – Thanksgiving Day

**Saturday December 7<sup>th</sup>**—Weiss holiday party at the Switzer-Fee House, 3:30-7 PM (See page 4)

**Sunday December 15<sup>th</sup>**—History talk and book signing by Katy Tahja at Community Hall (See page 5)

*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](http://www.westportvillagesociety.org), to read and download both our current issue and over seven years of past issues of *The Wave*.** Contributions for our December 1<sup>st</sup>, 2019 issue of *The Westport Wave* are due by November 25<sup>th</sup>, and should be sent to Editor Steve Brigham at [westportwave@gmail.com](mailto:westportwave@gmail.com).

### Affiliation Fact Sheet

The Mendocino Coast Health Care District has entered discussions with Adventist Health exploring the possibility of affiliation between the two organizations. Such an affiliation is to ensure access to quality health care on the Coast by taking advantage of the expertise and resources that a hospital system can provide. Adventist Health desires to integrate the services it provides in Willits and Ukiah with those on the Coast. Below are some frequently asked questions about the proposed affiliation. The affiliation is still under negotiation and some details may change; however, this information reflects what is currently being proposed. The final terms of the affiliation will be made available to the general public as part of the documents and information about a potential ballot measure in March 2020.

- ***Why are we only considering Adventist Health, are there other options?*** A request for proposals was sent out to five health care systems in Northern California in April. Adventist was the only one to respond favorably with an acceptable proposal. In the meantime, the District is examining alternatives to affiliation. These other options, which might include downsizing our current services, are viewed as less desirable in terms of long-term stability and growth.
- ***How will the decision be made?*** The District Board is negotiating with Adventist to develop mutually agreed upon terms. If this is successful, then those terms will be presented as ballot measure language by November 26, 2019, for voting on March 3, 2020, by the registered voters in the Health Care District. A vote of greater than 50% will allow the affiliation to occur.
- ***What will the relationship be between the District and Adventist Health?*** The proposal calls for a 30-year lease of the hospital, clinics, home health and ambulance services by Adventist. The District will remain the owner of these entities and collect lease payments from Adventist.
- ***How will this affect the hospital?*** The lease agreement will specify that the hospital remains an acute care in-patient hospital, maintain at least 25 beds (the current number) and continue to provide emergency room services. It is expected that, as a result of the affiliation, more resources will be available to recruit and retain staff as well as bolster departments that currently have unmet needs such as new equipment and upgrading existing facilities.
- ***How will this affect my property taxes? What will happen to Measure C money?*** The affiliation will not increase property taxes. The District currently raises approximately \$1.6M per year through Measure C. This money will not be affected by the affiliation. The money will remain under the control of the District and will be spent locally following the stipulations stated in the ballot language of Measure C. The Measure C oversight board will also remain in effect.

### Other Discussion Topics

- ***What is Adventist Health's track record?*** Adventist has taken over management of several similar hospitals across the State, including in Ukiah, Willits, Marysville, Lodi, Tulare and Tehachapi. The general experience has been one of significant improvements in patient and employee satisfaction. These areas have seen growth of services and financial prosperity as a result of affiliation with a larger system.
- ***What about the State requirement to do a seismic upgrade of our existing hospital by 2030?*** Bringing our existing 1971 building to code will cost at least \$24M. In which case, we are still left with an old building that lacks modern health care innovations. Building a new hospital will cost around 4 times that; however, it will be much more attractive, both physically and functionally. The role of Adventist in helping meet this requirement is a key part of the ongoing negotiation.

- **What will the governance structure be under the affiliation?** A new community board will be formed with members appointed by Adventist Health. It will likely consist of 11 members including three members from Adventist Health, one member from the Mendocino Coast District Board, the hospital's Chief of Staff and six representatives from the local community.
- **What will happen to the existing employees?** Employees will move from being employed under the District to the new entity. Job descriptions, seniority and pay will be preserved. Benefits may change as employees are added to the Adventist benefit plans. Paid Time Off (PTO) will either be carried over or payed out on transition.
- **What will happen to the union?** The present collective bargaining agreement will be accepted by Adventist Health. Adventist will negotiate with the union following all the usual regulations and laws governing employer and union relations.
- **What will happen to our staff?** It is expected that the clinical areas will maintain the current staffing with some even experiencing an increase. However, it is likely some positions will be centralized. Affected employees will be given an opportunity to move into other available positions and receive re-training.
- **What will happen to the plans for a new electronic medical record?** The implementation of Meditech is on hold while the affiliation is being considered. If the affiliation moves forward, then the system used by Adventist, known as Cerner, will be implemented.
- **What will happen to the clinics?** The clinics' staff and medical providers will transition to the new entity along with the hospital and its staff. It is expected that, over time, the number of primary care providers and specialists will be increased.
- **What will happen if my doctor chooses not to work for Adventist Health?** All clinics will be maintained throughout the affiliation. If a provider (physician, nurse practitioner or physician assistant) chooses not to remain in their current position, then an interim provider will be brought in to ensure uninterrupted patient care until a permanent replacement can be hired.
- **What will happen regarding women's reproductive health?** Adventist Health does not place any restrictions on family planning discussions between a patient and her provider. This includes discussing such options as birth control, IUDs and elective abortions. There is no restriction on birth control (including IUDs) which can be placed in the clinics.
- **What about abortions?** While Adventist Health does not allow *elective* abortions to be performed in its facilities, it does allow counseling around such options to be given to a woman by her provider, who would then make an appropriate referral out of the system for such services if the woman chooses an abortion. This is similar to what happens now. Currently, about one *elective* abortion is performed here every five years. There are no restrictions placed on performing a *therapeutic* abortion in an Adventist facility. So, in the case of a woman undergoing chemotherapy or similar situations where there would be a *medical* indication for terminating a pregnancy, this is fully allowed.
- **What about LGBT people? Will patients and staff be affected by the affiliation?** While the Seventh Day Adventist Church has a stand opposing same sex marriage, it is important to know that Adventist Health is associated with but not run by the Church. State and federal law prohibits an employer and a health care provider from discriminating against patients or employees based on sexual preferences. Adventist Health values the diversity added by our LGBT community members. Adventist Health is committed to mirroring the patients they serve in the staff that operates the hospitals and clinics within the organization.



- ***What are the expected benefits of affiliation?*** There are many benefits expected, including the ability to maintain our acute care hospital and emergency room, expansion of primary care and specialists in the community, growing home health and hospice services, increasing the number of ambulances operating on the Coast, and more resources to either retrofit our existing facility or build a new hospital as a means of meeting the seismic requirements.
- ***What is the role of the District Board after affiliation?*** The District Board would conduct healthcare related educational/research activities and serve as a community resource for the promotion of wellness and prevention of chronic illnesses. The District Board would be a catalyst for ensuring that the provision of all appropriate healthcare services occur locally within its boundary limits. Lastly, the District would be the responsible landlord for its owned property, plant and equipment assuring its appropriate upkeep and the payment of debt obligations.
- ***What will happen if affiliation is not approved?*** To remain financially viable, the District would have to consider eliminating services that are not cost effective and not central to its core mission of providing acute care.

Several public forums are planned and open to the general public. We encourage you to attend and have your questions answered and your opinions heard. The dates, times and locations are as follows:

- Elk - (Monday, October 7, 2019 at 6 p.m. at the Greenwood Community Center)
- Albion - (Tuesday, October 8, 2019 at 6 p.m. at the Union Pacific College Field Station)
- Fort Bragg - (Monday, October 14, 2019 at 1 p.m. at the Senior Center)
- Comptche - (Monday, October 14, 2019 at 6 p.m. at the Chapel of the Redwoods)
- Mendocino - (Wednesday, October 16, 2019 at 6 p.m. at the Hill House Inn)
- Westport – (Thursday, October 17, 2019 at 6 p.m. at the Community Hall, Old School Building)
- Fort Bragg – (Monday, October 21, 2019 at 6 p.m. at the Town Hall)
- Caspar - (Tuesday, October 22, 2019 at 6 p.m. at the Caspar Community Center)
- Fort Bragg - (Thursday, October 24, 2019 at 6 p.m. at the Cotton Auditorium)

If you have further questions, you can contact Wayne Allen, MCDH interim CEO, at 707-961-4610. Thank you for your support of health care on the Coast.

# FASCIA ROLLING

Sunday  
November 10



## Full Body Self-Massage

*with a soft foam roller & therapeutic balls*

@ the Westport Community Rec Room

24900 Abalone St, Westport

3:00-4:30

\$35

handouts included

Limited Space

RSVP @ [www.deeprootshealingarts.com](http://www.deeprootshealingarts.com)

**KATRINA ASCHENBRENNER**

CMT

(707) 357-1136

