

October 1, 2013

# The Westport Wave

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

## Westport Angels

Steve Brigham, Editor

In small towns all over the world, life is all about neighbors helping neighbors. It's always been that way in Westport, and it always will. That's how we get stuff done around here. I often use the term "Westport Angel" for the many, many folks here who help one another every day, pitching in and doing good deeds for their community. This issue of the *Westport Wave* is all about community service, which will be even more of a recurring theme in the future.

There is, of course, another type of Westport Angel – those of us that have passed on. Thad tells about Darwin Thompson on page 4. And we all have been greatly saddened to recently lose another of our finest angels, Larry Phillips. For many, many years, Larry has been a stalwart of our community, along with his partner Greg Dougherty. Many of you know them via their immensely popular Purple Rose restaurant, which was originally in Westport and then moved to Cleone. Larry was also a Master of the Japanese Tea Ceremony, among many other interesting things. We miss him. A lot.

## Westport Village Society Annual Meeting October 4<sup>th</sup>

Save the date – **Friday, October 4<sup>th</sup>** – for the **Westport Village Society 21<sup>st</sup> Annual Meeting**, which will be held at the Westport Church starting at 6:30PM. Join us for a great community-bonding evening, featuring an overview of the WVS activities and accomplishments during the past year as well as our annual election of Board members. Refreshments will be served, Westport history books and ducky t-shirts will be sold, and you'll have an opportunity to renew your membership, see what the WVS is doing for our Community, and also tell us what you think should be done! See you there!



## New Paint For Westport Church!

Baile Oakes

In case you haven't noticed, cruise by the Westport Church and marvel at the glowing fresh white paint that was lovingly applied by our community members in September!

This heartfelt gift of service to all of us to was spearheaded by Val Hale and Gary Quinton, along with a host of people who donated time and money. Much gratitude and appreciation goes out to all of them, who are featured on the next page. Please give them a big thank you when you see them!

It has been brought to my attention that not all present members of our community may be familiar with the people, mission, and organization that comprise our

Westport Community Church. And so, I will begin a series of short articles starting next month that will take you from the very beginnings of the Westport Church up to the present time.

For now, though, know that from the Church's inception well over a century ago, it has always served the village of Westport as a place of worship as well as a community center. The modern-day Westport Community Church is administered by a Board of Directors that is comprised of Millie Saunders, Sally Grieg, and myself. Millie is our president, Sally takes care of the business side of things, and I am the liaison for the buildings and grounds that are owned by the Westport Community Church. All of our decisions are based upon consensus, respect for all, and love. Stay tuned for more Church news in the November *Westport Wave*!

sunny and warm September 1<sup>st</sup>, with a team led by Gary Quinton, who assisted Picasso Sosa and Earl Landes – two professional painters with professional washing and painting equipment and expertise. Picasso Sosa must be especially thanked, since as the youngest member of an older crew, he was the only one who volunteered to get up on the extra-tall ladder and paint the “high stuff”, including the Church steeple! Steve Brigham helped with vegetation management and other supporting tasks. A week later, the white trim got another coat of paint, which was accomplished in just two hours by the team of Picasso Sosa, Gary Quinton, Baile Oakes, Millie and Jeff Saunders, and Steve Brigham.

But you can't paint without paint! And so huge thanks go out to our generous monetary donors, without which nothing would have happened, but because of which, everything did happen:

- Nancy Dubois
- Sidney Finkelstein
- Margie and Gus Gustavson
- Valentine Hale
- Toby Hickman and Ann Woodhead
- Frank Maurice and Lyn Taylor
- Dorine Real and Lee Tepper
- Goldie Westheimer

Because of good old Westport Teamwork, our Community Church looks so much better now, and it went so smoothly because of terrific expertise, planning, and organization. Still to come is the painting of the front Church steps, and a few other things – and we're on it!

## Give A Helping Hand

The Helper

*(Editor's note: This is the first installment of a regular monthly column that will outline current needs of our Westport area community and its members.)*

Give your neighbor a helping hand? Sounds good, but how do you know your neighbor needs one? How do you know when your neighbor is sick or injured and just taking out the trash is a monumental task? Sometimes when the old bones hurt, a lot of the things we used to do are just too much and it all piles up and you just give up.



Picasso Sosa painting the Westport Church

## Westport Church Angels

A heartfelt thank-you to all of the Westport Angels who contributed both time and money to accomplish, in September, the much-needed repainting of the Westport Community Church! This project was spearheaded by Val Hale (fundraising) and Gary Quinton (project organization).

White-On-White was the chosen “color” scheme, which not only symbolizes spiritual purity but also restores our Church to its original version's Victorian look. The actual power-washing and spray-painting was very efficiently accomplished in just 6 hours on a

Westport is located 14 miles from a major town and most of the area is very rural with neighbors not close by. The average age of the area is older, and retired. It's awful when you need to get to the doctor's office, the pharmacy, grocery store, and so forth and not be able to get there without a helping hand.

There are a lot of willing people with helping hands and the time to help but they do not know who needs that helping. There are people living in Westport who drive to Fort Bragg regularly, all by themselves, and would love to take someone in need of a ride, but they do not know who that person is. There are a lot of people in our area that have time and resources they would like to contribute to the common good of our neighborhood, but do not know what needs to be done or how to get into contact with someone who does.

Additionally there are always community projects that need to be done for the good of the area that require skills, people, and assets brought together. The same way we get the helping hand information together could be the same way we get to find out about our community needs and get the people willing and able to make things happen together. Maybe there are people out there who would love to organize the information and make the calls to lend a helping hand from their home.

The Westport Village Society has its Annual Meeting on October 4<sup>th</sup> at the Westport Church starting at 6:30PM. If you have any ideas on how to cure this communication issue, are willing to help organize some kind of a helping hand or have any input at all, bring your ideas to the meeting. Let's do something about this!

## Community Potluck and Quilt Raffle to Benefit New Westport Community Recreation Programs

Tabby Korhummel

On Saturday October 12<sup>th</sup>, from noon to 2PM, we'll be kicking off our all-new Fall 2013 season of recreational and educational classes and programs with a Community Potluck at the Westport Church! Please plan on attending to share a meal with your neighbors, sign up for our new classes, and give your input on what recreational and educational programs you would like to see and participate in here in

Westport. Our new Fall 2013 class schedule will be available, and we will be raffling a beautiful handmade quilt donated by Aimee Maxey (you can purchase tickets at the Westport Store for \$1.00 each or 6 for \$5.00). Money raised will go towards weights, a balance beam and a sign, and donations will be graciously accepted!

## T'ai Chi Ch'uan Classes To Begin Thursday, October 3<sup>rd</sup> at 6:15 PM

Join Taijiquan/Qigong instructor and proprietor of Fort Bragg's Perfect Circle Taijiquan Scott Menzies for a 90 min class. Scott started studying Yang-style Taijiquan in Taiwan in 1999. Upon moving to mainland China in 2002, he began his foray into Chen-style Taijiquan as a martial art, studying Taiji Push Hands and Qigong in Mandarin Chinese. Scott is also a long-term practitioner of Vipassana meditation (as taught by S.N. Goenka).

## Top 10 Benefits of Yoga

Tabby Korhummel

Give Yoga a try and discover what it can do for your body, mind, and soul!

**Stress Relief:** Yoga reduces the physical effects of stress on the body.

**Pain Relief:** Yoga can ease pain, some practitioners report that emotional pain can be eased through the regular practice of Yoga.

**Better Breathing:** Yoga teaches people to take slower, deeper breaths helping to improve lung function and increase the amount of oxygen available to the body.

**Flexibility:** Yoga helps to improve flexibility and mobility, increasing the range of movement and reducing aches and pains.

**Increased strength:** Yoga asanas (postures) use every muscle in the body, helping to increase strength literally from head to toe.

**Weight Management:** Yoga (even the less vigorous styles) can aid weight control efforts reducing cortisol levels, burning excess calories and reducing stress.

**Improved Circulation:** Yoga helps to improve circulation and, as a result of various poses, more efficiently moves oxygenated blood to the body's cells.



**Staying Present in The Moment:** Yoga improves concentration, coordination, reaction time and memory.

**Cardiovascular Conditioning:** Even gentle yoga can provide cardio-vascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.

**Inner Peace:** Meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives.

## The Time Traveler

Thad Van Bueren

Many of you aware that long-time Westport native Darwin Thompson passed away on September 11th. I will remember him as a kind and generous man who was passionate about local history. His family has roots five generations deep in the Westport area, and Darwin was an avid collector of local history. Just a few years ago he presented two lengthy slide shows that packed the Westport Church to capacity.

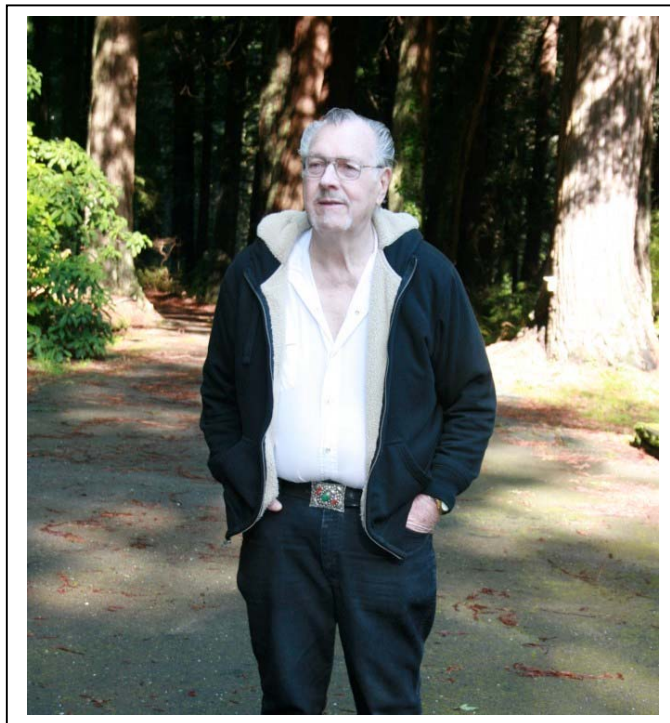
Darwin's family owned the extensive ranch from Dehaven Valley north toward Union Landing until his mother died in 1972. The center of activities at the Thompson Ranch was the house on Howard Creek, a property that was purchased in 1909 from Alf Howard. Cape Vizcaino was owned by the Thompsons from an even earlier date. The ranch was sold in 1972 and developed as the Westport Beach Subdivision, while the Cape Vizcaino property became Darwin's home for many years after that.



Darwin shared his historical photographs generously with anyone who showed interest, and his house was truly a museum with many interesting relics of

bygone days. He allowed me to scan many of his photographs, which are now in the WVS archives. Some of them were published by WVS and the Kelley House Museum in the 2012 book about local history called *Belonging to Places*. That volume is still in print and may be purchased at the Westport Store and other local outlets.

We plan to make some of Darwin's images available on the WVS web site in the coming months. Check the local history page for details at: <http://www.westportvillagesociety.org/history.html>. Meanwhile, I thought I would share two of my favorite pictures. One shows Darwin and his brother Dick on a horse at the family's ranch, now the Howard Creek Ranch Inn. The grave of Harlo H. Thompson is visible on the hill behind the boys in this late 1940s image. The second photo is one I took of Darwin in 2010 at his new home on Simpson Lane at the time I was helping him prepare his slide show.



## Haul Road Update

A group of local citizens appealed the approval of the permit for the Dune Rehabilitation Project by the Board of Supervisors August 26th to the California Coastal Commission. The BOS decision was made over the objections of dissenting Supervisors Dan Gjerde and Carre Brown. The Commission appeal can be downloaded (6 mb file) at this link:

[http://www.westportmac.org/Dunes/CCC\\_Appeal-CDP-12-2012.pdf](http://www.westportmac.org/Dunes/CCC_Appeal-CDP-12-2012.pdf). The appeal alleges that the project is incompatible with the Local Coastal Program certified in 1985, as well as the California Coastal Act. The main concerns raised in the appeal are: (1) the precedent-setting intentional destruction of an existing hard surface multi-use coastal trail without constructing a comparable replacement trail; (2) the magnitude of land and shoreline-altering impacts of the proposed project; (3) the significance of project impacts to special status species, wetlands, and Environmentally Sensitive Habitat Areas (ESHAs); and (4) the inadequacy of the data supporting the local decision as set forth in a Mitigated Negative Declaration (MND).

California Department of Parks and Recreation waived the right to an initial hearing, allowing the Commission staff more time to prepare. The appeal will likely be heard either at the November 13-15 Commission meeting in Newport Beach or the December 11-13 meeting in San Francisco. The Commission and its staff may schedule it on the earlier date because CDPH has advised them the grant money for the project must be spent by June 30, 2014. If you want to comment to the Commission on this matter, it must be done in a letter signed and mailed to Coastal Commission (1385 Eighth Street, Suite 130, Arcata, CA 95521). The letter should refer to Commission Appeal A-1-MEN-13-241 and must reach their office by no later than October 21st to ensure it is included in the Commission's meeting package. It is reasonable to ask them to continue the hearing to the December meeting to allow a fair opportunity for local people to attend.

## Mystic Horse Retreat

Beverly Smith

*(Editors Note: This is the first in a series of inspirational writings by Beverly Smith, a Westport resident artist, writer, and "horse listener.")*

This is a sojourn in a world where horses breathe into the human spirit and wipe the dust off the holy grail in each human soul.

Leading the way is one very wise and regal horse named Apolinaire with his traveling companions and tools — his herd, one dog, all the

wildness of nature that surrounds us, and the artistic expressions of human imaginations.

The horses have come to the ranch with their own crosses to bear. Some were abused, a few have physical issues, others were labeled no longer of use...but they do not remain victims. All have found their way here for something more important, fulfillment of a new purpose. They have come to be the "main act" in the unfolding exploration of the spiritual interactions between horses and humans.

Though they have frequent contact with me and other humans, they have been allowed to live as freely as possible as domesticated animals, with minimal human dominance. Riding is not important with this herd at this time. They have taught me that the less we impose our will on theirs the more cooperative they become, not in order to serve the human will but to find mutual purpose and synchronicity. Living in this atmosphere of freedom and mutual respect, the mystical qualities attributed to the horse through history are revived and flourish once again in an environment that allows and acknowledges their spiritual gifts.

These horses who have been rescued have become rescuers. They restore in the human heart that which has seemingly been lost. They call us to live from our spirits, allowing the divine and the supernatural to merge with the ordinary events of daily life. They call us to linger a little bit longer in those brief moments of joy, peace, contentment, love, and ecstasy that spontaneously find ways into our lives; those deeply personal gateways into the mystical.





### Westport Rocks Again!

Steve Brigham

The saga of The Westport Rocks continues! Joel Johnson wrote me in early September, just after we had published our first feature on this geologic phenomenon in the September *Wave*. The mysterious “Westport Rock Stacker” was back, and hard at work redoing his stacking artwork along Highway 1 just south of town. It turns out that his name is Caleb, and he is an artist from New Hampshire with lots of experience stacking rocks. He and his rescue cat Marilyn have been on the road all along the West Coast since January. This bright and energetic fellow has naturally become taken with the Westport area, and he is looking for work and a place to stay.

After the “re-do” there were even more rocks than before! The weird thing, though, was they seemed to multiply after that, so instead of only one stack of rocks on each boulder, whole “families” of rocks started appearing! Some folks were saying that tourists were pulling off the road and adding their own new rocks. Or maybe Caleb was adding more.



Or maybe the rocks were multiplying all by themselves! We may never know for sure, since by the end of September most of the rocks had mysteriously vanished, just as fast as they had originally appeared.

### October 2013 Westport Calendar

- October 1<sup>st</sup>** – WMAC Meeting, Church, 7:00PM
- October 3<sup>rd</sup>** – Bookmobile, Store, 9-9:30AM
- October 4<sup>th</sup>** – **Westport Village Society 2013 Annual Meeting, Westport Church, 6:30PM**
- October 5<sup>th</sup>** – New Moon
- October 12<sup>th</sup>** – Westport Recreation Center Community Potluck, Westport Church, 12-2PM
- October 17<sup>th</sup>** – Bookmobile, Store, 9-9:30AM
- October 18<sup>th</sup>** – Full Moon
- October 23<sup>rd</sup>** – Westport Village Society Board Meeting, 5:00PM, Westport Church.
- October 31<sup>st</sup>** – Bookmobile, Store, 9-9:30AM
- October 31<sup>st</sup>** – Halloween!

\*\*\*\*\*  
 You are reading *The Westport Wave*, a free monthly community newsletter published on the first day of every month by the **Westport Village Society**, a non-profit organization. Internet subscribers to the *Wave* receive their free **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 free at the Westport Community Store. Visit [www.westportvillagesociety.org](http://www.westportvillagesociety.org), where you can download past and present issues. Contributions for the November 1<sup>st</sup>, 2013 edition of *The Westport Wave* are due by October 28th, and should be sent to editor Steve Brigham at [westportwave@aol.com](mailto:westportwave@aol.com) or P.O. Box 237, Westport, CA 95488.