

November 1, 2013

The Westport Wave

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The World Around Us

Steve Brigham, Editor

There are a lot of ways that we can think of that phrase “the world around us” – from the fly on our arm to the entire universe. But to me, especially now, the most important of these many levels of thinking are my home and my community in which I live.

This past Fall Equinox brought Donna and I the most unusual surprise of a very serious emergency appendectomy. Thanks to modern medicine, Donna’s completely healed now – and we certainly noticed the power of Westport during this healing process. So much support from our friends, and so much support from our beautiful environment here made true healing possible!

You just never know when you might be stuck at home for a while, and that’s when you appreciate most of all what home is. This different perspective can help us grow, as it reminds us why we have chosen Westport – like many others have in the past, and many others will in the future. Yes, Toto, there’s no place like home! Westport is special in any century, and we all feel a “belonging” to this place. Let’s all be thankful for that! **Happy Thanksgiving!**

Massage Workshop November 16th

Tabby Korhummel

Katrina Oak Aschenbrenner of Deep Roots Healing Arts will give a **massage class on Saturday, Nov. 16th at the Westport School from 3PM to 5PM**, with extra time after that for discussion. Learn how to give a shoulder massage without getting your hands tired, with some easy and effective techniques to relax shoulder and neck muscles! Learn how to give a great massage – the fun part is that you get one, too! Although it is not necessary to bring a massage buddy to this class, you can save money if you do – class fees are \$45 per person if you come alone, but



Sometimes, a different perspective helps us grow.

just \$40 per person if you bring a friend. At this class, you’ll learn anatomy and kinesiology (movement) of the neck, shoulder and spine, plus acupressure points for quick release. Also covered will be myofascial release, aromatherapy, and Swedish deep tissue techniques that can reduce hand fatigue. And you’ll also take home a bottle of luxurious essential oil! Please note: since space in this class is limited, call 357-1136 or 367-0010 to reserve a spot. What a terrific time we all will have!



The Westport-Ten Mile Cemetery District Needs Volunteers!

Our local historic cemeteries need a lot of help -- and our Cemetery District has very limited funds. Fences need to be repaired and painted, grounds need to be tended, and headstones and monuments need attention. We can purchase materials, but we need your labor! If you have some community time available, skills that your community needs, and are willing to volunteer, then we need YOU! If you can help, please contact Gary Quinton at 964-7073.

Community Improvement Meeting Nov. 12th at the Westport Hotel

The Helper

The first in a series of Greater Westport Community Improvement get-togethers will be held on **Tuesday, November 12th at 6:00PM at the Westport Hotel.** All who live in the Westport area are invited to attend this informal gathering, with the objective of discussing ideas for making our community better and more cohesive. Included for discussion will be the Helping Hands Project, which seeks to bring together people that want to help their neighbors with neighbors that would like some help.

Do you have some ideas for making Westport a better place? Most people do, and people want to hear about them! So please plan on attending, as we all strive to make Westport the very best it can be!

Haul Road Permit Appeal

The California Coastal Commission will hear the Appeal of a permit for State Parks' proposed MacKerricher Dune Rehabilitation Project on November 13, 2013 in Newport Beach. The proposed project will destroy 2.7 miles of the haul road coastal trail and cause other significant impacts. The permit will be subject to complete reconsideration by the Commission, offering the public another chance to influence the outcome. The agenda and staff report is at <http://www.coastal.ca.gov/mtgcurr.html> and the appeal is available at http://www.westportmac.org/Dunes/CCC_Appeal-CDP-12-2012.pdf. If you want to comment on Appeal A-1-MEN-13-241, it must be done in a letter signed and mailed to Coastal Commission (1385 Eighth Street, Suite 130, Arcata, CA 95521) well before the hearing. Emails are more problematic due to strict guidelines for public input that you can learn about on the Commission web site.

WMAC Opening

The Mendocino County Board of Supervisors is seeking applicants for a vacancy on the Westport Municipal Advisory Council, which is an Alternate Director who votes when a Director is absent. Visit <http://www.co.mendocino.ca.us/bos/Forms.htm> to review all current County vacancies and find out about submitting an application to the Clerk of the BOS. The WMAC lacks a representative from the village of Westport; thus people living there are particularly encouraged to apply. You must be registered to vote in the WMAC's sphere of influence to be appointed. Visit <http://www.westportmac.org/> for details on the WMAC.

Westport Recycle Center News

Donna Brigham

If you've ever considered having a ruptured appendix, I would strongly advise against it! One day you feel just fine, and the next day you're in the hospital! It wasn't fun, but thanks to our great hospital staff, I'm fully recovered now, and I plan to be back on the job on November 7th. Many thanks for all your wonderful cards and thoughts, which really helped my recovery!

Belonging To Places

Steve Brigham

First published a year ago, Thad Van Bueren's excellent new Westport area history book *Belonging To Places* has been a sellout success, and is now in its second printing! This is the perfect time to start thinking about this terrific publication as a great Holiday gift for anyone on your list who's interested in the natural and cultural history of not only our town, but small-town America in general. This easy-to-read 120-page soft cover book is jam-packed with historical black-and-white photos, many of which have never been published in a book before. It is also a great value at its new price of just \$15.00 per copy (one price for all), very affordable for gift-giving.

Over many centuries, many waves of people have come to live in the Westport area, and the thing that unites them all is that they all (including us) develop a sense of "belonging to places" in this area. This book admirably illustrates the history of these many settlements and the people who have lived there. But rather than just simple stories about individuals, this book also features insightful analysis of the way these people lived and the things that were important to them, and as such also functions as an excellent anthropological reference suitable for any library. This book is not only very comprehensive and well-written, but it's also fun to read over and over again!

Belonging To Places may be purchased in person at The Westport Community Store for \$15.00 per copy. For an extra \$2.50 per book shipping fee, you can also order this book by mail for shipping anywhere in the USA. Just send your check for \$17.50 per book and address(es) for mailing to History Book, Westport Village Society, P.O. Box 446, Westport, CA 95488, and your book will be on its merry way!

The Time Traveler

Thad Van Bueren

Over the past two years timber harvests have resumed in the watershed where I live. I say resumed, but in truth few decades have passed since 1900 without the extraction of more trees from this tiny (2500 acre) coastal watershed. Since I moved

here about 20 years ago, at least 5 harvests have taken place, despite the ever-diminishing size of the logs and profits. After the original old growth forest was liquidated a century ago, new growth occurred and successive generations of trees have been taken.

Harvesting methods and objectives have evolved significantly over time. Modern methods involve large bulldozers and yarding machines, devices that have replaced the bull teams and steam donkeys of yesteryear. This month's photo harkens back to the days when yokes of bulls were still used to haul old growth logs out of the forest. It shows "Bullhorn" Watkins, a man who presumably acquired that moniker by driving a bull team, although in this image he is standing next to a mule.

Bull teams were used until steam donkeys replaced them in the late 1880s. Hence, this photograph likely predates 1890. An English immigrant named Harry F. Watkins lived and worked in the Westport area according to the 1880 federal census, and I believe he is the person pictured here. He was 22 in 1880. His garb includes furry chaps that are rather distinctive and certainly would have provided some protection, as well as warmth.



"Bullhorn" Watkins, ca.1880 (courtesy of Robert .J. Lee)

Mystic Horse

Beverly Smith



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.



Equine Guru

Beverly Smith

This evening I arrived at the barn a little later than I wanted. I jumped into my mucking boots, set the beet pulp to soaking, fed the cat after three quick strokes down her back, then raced to get my chores done before the sun pulled the shade on the day. I was on a roll.

I noticed that Apolinaire was nearby instead of in the pasture as usual. He came over to me and this normally laid-back horse walked briskly beside me as I hurried through the paddock with the manure cart. I figured he had something to say to me, and I was enjoying the attention. When I stopped briefly for a couple of fork loads of manure, Apolinaire continued

walking, then made a sharp turn in front of the cart and stopped with his large body planted broadside. There was no way around him. That stinker was blocking me!

I asked him what was going on. Instead of firing my usual boring-stuff questions at him, such as what did he need from me, or what message was he bringing me. I walked curiously up to him and stood quietly. He's been teaching me well... to be still.

Without even thinking, I took a deep breath and let it out. That was all he was waiting for. With that breath, and in precision timing like a dancer in pure form and synchronicity, he curled his body around and in one smooth movement, walked away. I suspect he was feeling proud of himself for a mission accomplished. Maybe even a little smug.

In one clever maneuver, he had gotten me to slow down and became more mindful as I continued with the rest of my evening chores. Quiet amusement at what this horse had achieved with me entertained me as I worked.

(Editor's Note: Beverly Smith is a writer and artist currently living in Westport. She is a horse "listener" who works with horses in non-traditional ways. Last month, I messed up badly and published the first of her articles in an incorrect layout. So this month, I have reprinted that article and also added her second one, along with her splendid illustrations, with my sincere apologies to Ms. Smith.)

Fall Pie Contest November 2nd!

Dorine Real

On Saturday, November 2nd, the Westport Hotel & Old Abalone Pub will present a Fall Pie Contest. You be the judge! Judging and tasting will be from 3:00PM to 8:00 PM. A fee of \$5.00 includes pie sampling, a ballot, and tea or coffee.

To enter your pumpkin pie or "other" pie, (such as apple, cranberry, or pecan), call 964-3688 or e-mail westporthotel@mcn.org. Please enter! The variety of pies is what makes it fun. Yes, there will be prizes as well as glory.

If you read your Wave too late and missed the contest, come by the Westport Hotel any Saturday afternoon in November (except the 23rd) and get a pumpkin treat

and coffee for that same \$5.00. The Pub is open for afternoon tea from 3:00PM to 5:00PM.

Set Your Clocks BACK!

In the March 2013 Wave (available on our website listed below), I told you everything you need to know about the rather confusing topic of Daylight Saving Time. But I left you with one burning question: when time changes back to Standard Time in the fall, do we in California get an extra hour in the bars? Sorry, folks. California has ruled that bars must close two hours after midnight, no matter what time anyone thinks it is. Just thought you'd like to know. Set your clocks back one hour on Sunday Nov. 3 at 2 AM-S.B.



November 2013 Westport Calendar

- November 2nd – Dia de Los Muertos
- November 2nd – Pie Contest, Westport Hotel, 3-8PM
- November 3rd – **Daylight Saving Time Ends, 2:00AM (Set clocks BACK one hour!)**
- November 3rd – New Moon, 4:50AM
- November 5th – Election Day
- November 5th – WMAC Meeting, Church, 7:00PM
- November 11th – Veterans Day
- November 12th – Community Improvement Meeting, Westport Hotel, 6:00PM
- November 14th – Bookmobile, Store, 9-9:30AM
- November 17th – Full Moon, 7:16AM
- November 27th – Hanukkah Begins at Sundown
- November 28th – Thanksgiving Day

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 to all at the Westport Community Store. Visit www.westportvillagesociety.org, where you can also download present and past issues of *The Wave* or send an email wvs@westportvillagesociety.org to get on our email list. Contributions for the December 1st, 2013 edition of *The Westport Wave* are due by November 26th, and should be sent to editor Steve Brigham at westportwave@aol.com, or P.O. Box 237, Westport, CA 95488.



NOVEMBER DROP-IN and Enrichment CLASS SCHEDULE at the WESTPORT SCHOOL

MONDAYS	TUESDAYS	WEDNESDAY S	THURSDAYS	FRIDAYS
10:30AM-12:00PM	9:30AM-10:30AM		9:30AM-10:30AM	9:30AM-10:30AM
<p>YOGA WITH JULIA</p> <p>(90 minutes)</p>	 <p>WITH AIMEE</p> <p>(60 minutes)</p>		 <p>Zumba Toning</p> <p>(60 minutes)</p>	<p>BODY SCULPTING</p> <p>(60 minutes)</p>
			6:15PM-7:45PM	10:00AM-11:45AM
			<p><i>T'ai Chi Ch'uan</i> with Scott Menzies</p>	<p>Kinder Gym and Tiny tots session in progress</p>

*** BODY SCUPLTING: USES A VARIETY OF WEIGHTS TO GENTLY SCULPT YOUR MUSCLES! ALL LEVELS WELCOME – BRING A WATER BOTTLE AND A SMILE!**

*** YOGA FOR ALL LEVELS – BE PREPARED TO GROW AN INCH!**

***R.I.P.P.E.D RESISTANCE- INTERVALS- POWER-PLYOMETRICS- ENDURANCE-AND DIET – A WELL-ROUNDED WORKOUT SURE TO LEAVE YOU FEELING ALIVE!**

*** T'AI CHI CH'UAN – JOIN SCOTT MENZIES, TAIJIQUAN/QIGONG INSTRUCTOR AND PROPRIETOR OF FORT BRAGG'S PERFECT CIRCLE TAIJIQUAN.**

*** ZUMBA TONING – USE LIGHT WEIGHTS TO GENTLY SCULPT YOUR BODY AS YOU MOVE TO LATIN AND WORLD RHYTHMS!**

*** TINY TOTS TUMBLING – 2-3 and 4-8 YEARS PRE-GYMNASTICS FOR YOUR LITTLE ONES! 5 WEEK SESSION SIGN-UP. 367-0010.**