

November 1, 2014

The Westport Wave

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Oh My Gourd! Giant Pumpkins Squash Records

Steve Brigham

You've heard of the Great Pumpkin? Well it just keeps getting bigger all the time. Way bigger! Yep, Giant Pumpkin Mania has taken over in our 21st Century, with new world's records being set every September and October, and this year was no exception. You'd need a pretty big front porch to display these modern Great Pumpkins. I mean, how big can a pumpkin actually get?

Gardeners all over the world have been growing prize pumpkins for a long time. The first-ever "official world record" pumpkin weighed 400 pounds, grown by William Warnock and displayed at the 1900 Paris World's Fair. Bill beat his own record by four pounds four years later (he was way ahead of his time), and that record stood for over 70 years until it was broken by Bob Ford in 1976 with a 451 pounder. By 1981, the record was 493.5 pounds by 4-time champ Howard Dill, the Father of Giant Pumpkins and developer of the Dill's Atlantic Giant Pumpkin variety. That's when things really got growing. The 600 pound barrier was broken in 1984, then the 800 pound barrier in 1990. The first world-record pumpkin over 1000 pounds was grown by Nathan and Paula Zehr in 1996, and the 1200 pound barrier was



It's a World's Record! Beni Meier with his 2323.7 pound pumpkin, at the official weigh-in at Ludwigsburg, Germany on October 12th.

broken in 2001. The first to top 1500 pounds was Ron Wallace in 2006, who also broke the "impossible" 2000 pound barrier in 2012 with a 2009 pound pumpkin named "Freak II".

So how did the modern giant pumpkins get to be so big? You can imagine, of course, that these trophy-pumpkin folks are pretty darn good plant growers. They grow their plants in just the right climates, and don't scrimp on the water and fertilizer. Interestingly enough, organic fertilizers and micorrhizae are all the rage – they just seem to make bigger pumpkins than synthetic fertilizers do. Every grower has their own "super secret" recipe for a very potent compost tea. But the main reason the pumpkins keep getting bigger is genetics. Serious growers plan their crops like horse breeders plan their next horses, using only the most sought-after seeds from the best and latest

world-record pumpkins from all over the world. The current world-record Biggest Pumpkin (see photo above), for example, was planted from a seed taken from Ron Wallace's aforementioned (2012) "Freak II", which was the first one-ton fruit ever produced on Earth (yes, a pumpkin is botanically a fruit, although it is culinarily used as a vegetable).

And so the modern Giant Pumpkins just keep getting bigger. The current American record was set just a few weeks ago on October 13th in Half Moon Bay by John Hawkey of our nearby Napa Valley, weighing (the pumpkin, not John) 2058 pounds. Hawkey could have earned \$30,000 for his pumpkin if it had been a world record. But it didn't hold a candle to Swiss Master Beni Meier's new world record 2323.7 pound "gourdzilla" (photo page 1), which had been officially weighed in Ludwigsburg, Germany just the day before. (And indeed, it would take a pretty big candle to illuminate Beni's latest creation.) This current World's Largest Pumpkin is a triumph of vindication for Meier, whose "ground breaking" 2328 pound pumpkin last year was disqualified because it had a hole in it. This new record pumpkin is one valuable jack-o-lantern, since it has already won big prize money – plus, each of its seeds will likely fetch over \$1000 each at auction (and at that size, it probably has a lot of seeds!).

How big can big pumpkins get? Well as you might expect, there was in fact a recent scientific study on that. And they couldn't even figure out how they got this big in the first place! So for now, the Great Pumpkin is still somewhat of a mystery. Oh, and in case you're wondering how these growers manage to move their giant pumpkins from their gardens to the official weigh-ins at pumpkin festivals, the answer is – *very carefully!*

Westport Village Society News

Thad Van Bueren, President, WVS

The Westport Village Society's 22nd Annual Member Meeting took place on Friday, October 3rd. The featured round table discussion at the meeting focused particular attention on the topic of community, and was led by Sarah Mathias, Chair of the Community Center Committee. This theme will be explored on an ongoing basis in the coming year. Details on the next meeting of Community Center Committee are in the

article that follows, and your participation is encouraged. Absent other candidates, incumbent Directors Steve Brigham, Dorine Real and Thad Van Bueren were reelected to serve 3-year terms.

The WVS Board met October 23rd and discussed a variety of matters. One topic that drew positive support from the Board and public was the new mini-grants program. The WVS Board envisions the program as a way to stimulate more activities that draw the community together. Sarah Mathias provided an update on the Community Center Committee that included an effort to plan a natural children's playground, more activities, and a questionnaire to solicit the community's vision for a multi-use center. A committee was also formed to revisit and update the management plan for the Headlands under the direction of Steve Brigham. The existing management plan is over a decade old and several significant changes have taken place in the condition of the property and policies developed over the past decade for various uses. Revision of the management plan is an opportunity to touch base with the community about how the Headlands is used and maintained. Please share any input with Steve at stevebrigham@wildblue.net. The existing management plan can be downloaded from the WVS web site. Lastly, the WVS Board hopes to define concrete goals for 2015 at its January 28th meeting. If you have suggestions, please share them with any WVS Director and join us at the January meeting!

Community Center Committee

Sarah Mathias, Committee Chair

The Community Center Committee will resume regular meetings this month on November 18th at 6:00PM at the Westport Community Recreation Center (the school building). The agenda is short this month, with our focus having been narrowed down to three areas:

- The continuing support and expansion of the program in place through MCRPD
- Beginning the planning process for the creation of a natural playground for the children of Westport
- Continuing the dialogue regarding a community center in Westport.

Anyone with interest in these topics is encouraged to attend. You are also welcome to contact me with your thoughts at sarah.e.mathias@gmail.com.

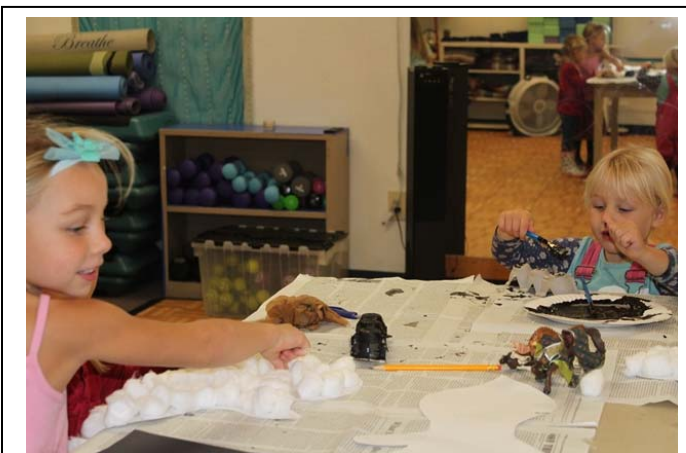
Please note that this meeting is separate from the Neighbor 2 Neighbor meeting which continues to meet on the second Tuesday of each month (this month on the 11th) at 6PM at the Westport Hotel.



Our kids at their local Westport Movie Theater!

Kids' Movie Night In November

Kids' Movie Night continues this month on November 15th with a showing of "The Many Adventures of Winnie the Pooh". Doors will be open at 6:00PM, with the movie starting around 6:20PM (we'll take an intermission halfway through). Bring blankets/sleeping bags and pillows for the kids and a comfy chair for yourself. The event is free, but donations for popcorn are encouraged!



Jaysie and Kylie Whitmire get to it on October 25th making Halloween decorations.



Hunter Mathias completing his project.

Halloween Crafts, Westport Kids!

Sarah Mathias

This last Saturday, October 25, local kids had an opportunity to come to the Westport Community Recreation Center to do a variety of Halloween themed craft projects. Since the weather was wild (and a few of our local kiddos were sick), we had a small turnout but also a lot of messy fun! The kids made cotton ball ghosts, egg carton bats, paper jack 'o lanterns, and hand print spiders and monsters. Their projects were worked into the decorations for the Westport Halloween parties and the leftover supplies were donated to the Recreation Center to be used once again by our local children. Sincere thanks go to both the Westport Village Society and to Xave Hale for funding this and our other local Halloween festivities by mini-grant and donation. Their generosity has allowed both us and our children to have a lot of holiday fun. Thank you!



Some of the finished Halloween decorations!

Westport Community Church

The Westport Community Church Board is pleased to offer experiences within the life-enriching variety of paths to becoming more in touch with our spiritual heritage. We are doing our best to nurture a tradition of having us gather in Westport to explore our spiritual paths each Sunday at 10:00AM. All suggestions and participants for services are welcome at the Westport Church – and we welcome all denominations to hold services here!

November will bring us three Sundays of scheduled services. Katherine White is helping us to establish the ongoing Quaker Worship Group meeting on the third Sunday of every month. Our October meeting was well received by all who attended. The format was a simple, quiet meditation for 45 minutes followed by Katherine reading Quaker passages and a shared discussion of our experience. It was and will continue to be a very peace-filled and nurturing experience. **Our Quaker Worship group will meet this month on Sunday, November 16th.**

On Sunday, November 9th, Reverend Tanya Wildflower will introduce us to another path along the way of life. Tanya is the spiritual Director of the Mendocino Center for Spiritual Living: a spiritual community dedicated to teaching spiritual tools that empower each individual to live a life that reveals the full expression of Being. What that looks like is unique to each person.

The Mendocino Center has had a presence on the Coast since 1990. They are members of the Centers for Spiritual Living, which has its roots in the New Thought philosophy and can be seen as a religion or as a way of life. They study the nature of our relationship with the Infinite Source and how it operates in our lives. They also study and practice how we can direct our thoughts and beliefs to create positive change. The focus of the Spiritual Center is upon a practical application of the spiritual principles that govern our Universe.

The format of the service is much like that of other protestant services. During the service on November 9th, Tanya will speak on the subjects of “Why Spirituality?” and “What is the Value of Spiritual Community?”

On **Sunday, November 23rd**, a brief overview of the Buddha's teachings will be presented by **Cindy Mettika Hoffman**. The morning will begin with a guided meditation instruction that is appropriate for beginners as well as those who already have tried meditation. Basically, meditation is cultivating awareness of the present moment, as some might say "the here and now." The Buddha's teachings offer skillful means to develop our natural capacity for well being and happiness for self and others. The morning will end with reflections, questions, and sharing.

Cindy Mettika Hoffman was authorized to teach in the Vipassana and Thai Forest traditions in 2003. She has been practicing the Buddha's path since 1991. Because of her deep appreciation of the Dharma, she built a straw bale addition to her home named Three Jewels Dharma Hall for meditation and teachings in 1997. She is looking forward to meeting the community of seekers in Westport. For more information call Mettika at 964-4606, or e-mail her at cindyho@mcn.org and see her new website threejewelsfortbragg.org) All Westport Community Church gatherings start at 10AM.

Community Bible Study at The Westport Church

Gary Quinton

All are cordially invited to our new Community Bible Study meetings every Thursday at 7:00PM at the Westport Church. This is an informal, friendly group with a diversity of interests in Bible study, with no set agenda except to study the Bible. We welcome new ideas, experience, and directions, so please join us on Thursday evenings every week or whichever Thursdays you can make it. Thanks so much!

Recycling News

Donna Brigham

This is an important notice about your TAP (Tin-Aluminum-Plastic) recycling. That's the real big bin where you put stuff but you don't get paid for it. Because of a miscommunication, I have incorrectly been accepting scrap metal for the big bin recently. From now on, the Westport Recycle Center cannot accept any scrap metal for recycling other than tin cans and aluminum. Scrap metal can still be recycled

at our Solid Waste of Willits facility in Willits, however. The Westport Recycle and Transfer Station (in back of the Westport Firehouse) is open from 10:00AM to 2:00PM on Thursdays and Fridays, and 10:00AM to 4:00PM on Saturdays. Thanks!

Court-Ordered Community Service Opportunities In Westport

Gary Quinton

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 grass/weed cutting, painting, handyman work, and more.

Please call us and tell us about your work skills, and let’s see if we can match your skills to work that needs to be done. That match-up will be a benefit to you and your Westport Community at the same time, and your work can be confidential and non-judgmental. We can also help you with the registration paperwork and compliance/completion documents. If you are interested, please call Gary Quinton at 964-7073.



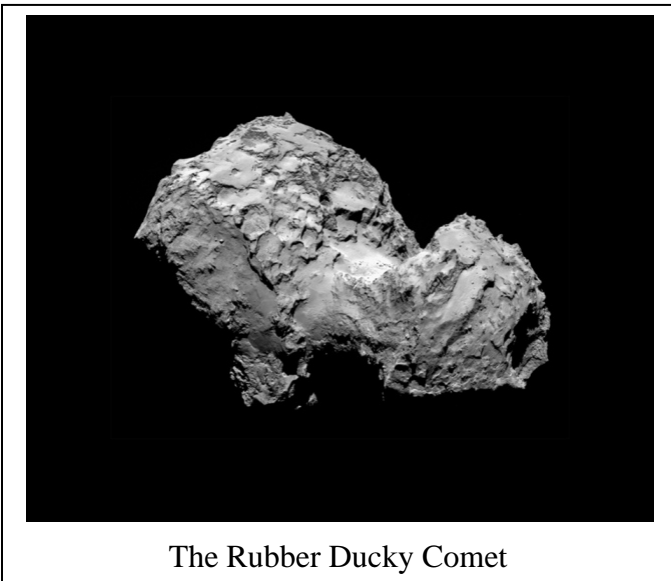
The Philae Lander separates from Rosetta.

Rubber Ducky Landing Nov. 12th

Steve Brigham

How many space probes can dance on the head of a duck? Well this month the human race is fixin’ to find out, and just one would be plenty in our first-ever attempt to soft-land a space probe onto a speeding comet. And not just any comet, but the Rubber Ducky Comet! If all goes well, on November 12th the European Space Agency will separate its Philae lander from its Rosetta spacecraft (which has been orbiting the comet since August 6th), with touchdown on the comet’s surface (right on the “head” of the “duck”) planned for 7:35AM PST. The ultimate goal of this mission is to ride that ol’ Ducky Comet all the way around the sun!

Officially known as 67P/Churyumov-Gerasimenko, the Rubber Ducky Comet (which actually does look like a Rubber Ducky from one angle) is a 2 by 3 mile chunk of rock and ice that is currently 287.4 million miles from the sun and heading towards the sun at 39,865 miles per hour (that’s as I write this – follow the speeding progress in real time at www.livecometdata.com). Every 6.5 years, it loops into our inner solar system and swings around the sun, with its closest solar approach at around 114 million miles (we orbit the sun at around 93 million miles away). This is a small comet, and you’d need a powerful telescope to see it from Earth, but fortunately we’ve got cameras on the scene now so everyone can see it close-up. As you might expect, landing a space probe on a speeding comet (it’s rotating, too – with one rotation every 12.7 hours) is



The Rubber Ducky Comet



The Philae Lander drills into the Ducky Comet.

tricky business, especially if you've never done it before (and humans never have).

So in case you ever have to chase down a speeding comet, here's how you do it. First of all, it's a good idea to get to the comet while it's still way out in space, before the comet starts getting too "gassy" on you (as comets get closer to the sun, some of their frozen chemistry (which is mostly water) goes from solid to gas, which along with some dust creates a comet's "tail"). So plan on going at least as far away from Earth as the orbit of Jupiter, which is almost half a billion miles from here. The first thing you'll find out is that no one has a rocket big enough to get there fast. This is where you may want to ask a scientist who knows something about orbital mechanics to plan your itinerary for you. Yep, it'll take a while, especially if you're on a budget and want to save on gas. The Rosetta spacecraft has actually taken 10 years to get to its comet, almost exclusively on solar power and using a spiral flight path that featured one gravity assist loop around Mars and three around Earth.

Speaking of gravity, once you do get to the comet, you'd better be going just the right speed and direction, or you'll blow past your target like nobody's business (your scientist can help you with this, too). And even then, you can't go too fast when you go to land on the comet, since it's way too small to have much gravity in it at all. In the case of the Rubber Ducky Comet, if you're going any faster than one mile per hour, you'll – bounce off! For this reason, the Philae lander on November 12th will not mess around once it gets to the surface of the comet. This dishwasher-sized landing machine will come in

real slow, and shoot two harpoons into the comet's surface with ropes attached so it doesn't bounce off the surface for good. Its footpads even have ice drills and will secure the lander to the surface with bolts. Of course, there's a ton of things that can go wrong in this kind of landing, and one of the biggest problems is that the spacecraft and comet are so far from Earth that it takes 28 minutes just for signals to get to the lander from here. No one on Earth can know exactly what's going on out there until a half-hour after it actually happens! So you can't just put it on manual and fly 'er in yourself. All you can do is take your best shot (don't worry, they've made lots of maps) and set the autopilot and hope you don't land sideways on a big rock and tip over or something.

Could some of the water on our planet have come from comets? Sounds crazy, but a lot of folks think it may be true. There's so much knowledge to be gained from the ESA Rosetta mission, and secrets of the origins of our solar system are being unlocked because of it (just as the secrets of ancient Egyptian hieroglyphics were unlocked by the discovery of the Rosetta Stone and the Philae obelisk 200 years ago). For ten years now (with over 2000 people contributing), the Rosetta mission has been a remarkable, fairly low-budget, against-all-odds endeavor with so far amazing success, and a successful landing and then a year-long trip around the sun on the back of a speeding comet would be nothing short of incredible. Where's the USA in all of this, you might ask? Well, originally, we had the mission planned ourselves, and it included returning to Earth with real comet samples. But Congress decided we couldn't afford any of it, and so we ended up just letting Europe do it (they couldn't afford to bring samples back either), although we did contribute some experiment packages to the mission that we are running.

Interestingly enough, the original ESA mission was planned for a different comet, but they had problems with their booster rocket back in 2003, so the Rubber Ducky Comet became the second choice for this later launch and landing. But because it is the Rubber Ducky Comet, this Rosetta mission is extra-special to me as a resident of Westport, CA, which of course is the "Rubber Ducky Capitol Of The World". (The mission orbital and landing mechanics are pretty cool, too!)



Genetically Modified Crops and Too Much Herbicide Use

Steve Brigham

For a number of years now, genetically modified food crops (which are now in widespread use) have been a big topic of discussion. Nowadays, this discussion is often just folded into a broader discussion of GMOs (Genetically Modified Organisms) in general. However, this broader discussion can also have the unfortunate effect of submerging attention on what to my mind has always been the most destructive and sinister widespread use of GMO technology. And that is the presently huge acreages of major food crops that have been genetically altered to be immune to chemical weed killers. This is the exact opposite of safe chemical use, and it was designed from the very start to sell more and more huge quantities of dangerous herbicides. The fact that the big corporations who make lots of money developing and selling these genetically modified crops also make even more money selling weed-killing chemicals to the same farmers they sell their crop seeds to should never be overlooked.

So say you're a big-time corn farmer in the Midwest. You've got thousands of acres of beautiful young corn plants growing like crazy. Isn't it a little weird to load up your crop duster plane or tractor-mounted spraying rig with powerful plant-killing chemicals and blanket-spray your entire crop? Wouldn't that kill all of your corn plants? Well it will kill every normal plant that the spray touches – but if you grow herbicide-resistant GMO corn, it won't kill your corn. How has farming gotten to this point? Well here's

how it happened... Once upon a time, farmers had to pay workers to hoe weeds out of their fields. But with the advent of chemical herbicides, they then also began having workers spot-spraying weed killers on individual weeds. This sometimes resulted in a certain amount of crop failure, since sometimes the weed killers got on the crop plants and killed the plants that they were supposed to help. Enter the big chemical

corporations, which had a money-making idea. Why not find a way to make the crops immune to weed killers? Then you could just blanket-spray vast acreages of cropland with powerful herbicides that would kill every kind of plant except the crop. Then the farmers wouldn't have to spend all their money paying people to hoe or spray weeds – instead, they could spend all that money on the fancy GMO seeds and the almost unimaginable (and totally unnecessary) quantities of weed-killing chemicals that the big corporations would sell them!

That situation was bad enough. But then what happened in the GMO fields is that the weeds themselves, through a type of boiler-room natural selection, began to produce weed-killer-resistant progeny. And so glyphosate (Round-up is one well-known trademark) resistant “superweeds” evolved. Now, many farmers are resorting to spot-spraying some very powerful older (and more dangerous) herbicides, namely 2,4-D and dicamba, to kill their “superweeds”. But wait, won't those kill the present GMO crops too? That's right, they will, so right now there is an EPA and USDA approval process going on (expected to be “rubber stamped”) to OK the use of 2,4-D and dicamba-resistant GMO food crops, which would mean that farmers will be able to merrily load up their airplanes or spray rigs with enormous quantities of these more-dangerous herbicides and spray them all over the place. (When the weeds mutate to resist these chemicals, will Agent Orange be next?)

I've spent many years studying pesticides and teaching people about them, and it is truly amazing to me that this USA government-approved chemical

warfare was ever approved in the first place and is still taking place on American food farms. No chemical herbicide is completely safe, and some are more dangerous than others. Carefully controlled manual applications of small amounts of the safest herbicides can at times be justified, but blanket-spraying entire fields is insanity, and a great danger to wildlife to boot. Humans have (or at least ought to have) a choice. And if you take a close look at the chemicals involved, you might not want to eat the food that is sprayed like this (remember that corn syrup is in almost every processed food we eat, and what about your soy protein?). But wildlife has no choice, and the environmental costs of too much powerful herbicide use will be likely extreme and probably already are.

Ten years ago, the “big three” weed killer-resistant GMO crops (corn, soybeans, and cotton) were a fairly small percentage of the total USA acreage of those crops. But in 2014, these GMO varieties are now a full 90% of the total acreage of those crops in our country. And wait – there’s more! There are also GMO crops in widespread (84%) use that have been modified with built-in systemic insecticides, leading to more danger to wildlife – definitely butterflies and moths, likely including bees, and you can decide for yourself about humans. So far, the built-in pesticide is only Bt, but what might be next? The big problem on our hands these days is not genetic modification *per se*. The big problem is *what* the genetic modification is *for*, and what it *does*. As far as growing our food is concerned, why can’t we just do things the old-fashioned organic way (or at least the old-fashioned “minimal pesticide” way), and protect everyone’s health instead of only caring about corporate profits? It pays to stay informed on all of this, and I urge you all to do so. There’s a lot at stake – think about it the next time you pull a weed in *your* garden!

Local Listings

Our Local Listings has moved to our website, www.westportvillagesociety.org, so check them out for local businesses and service providers. If you wish to have your name or business name included in the website list, please contact Sarah Mathias (962-0181 or sarah.e.mathias@gmail.com).

Logan’s Corner

J. Logan Smith

Zombies are bar hoppin’
Beachniks are finger poppin’
Sidewalk strollers handlin’ monkeys
For Tweakers and fast food junkies

Skaters rollin’ big fatties
Street walkers whistle sugar daddys
Panhandle pushers over-loaded
Poker players all folded

Welcome to the land of the free!
Lots o’ freeways
for you and me

Homeless haven bonfires
Graveyards of old tires
Farmlands with crops o’ dust
Donated to the ‘Land and Trust’

...(come get all this free stuff)
tricks and treats
-- 6/7/14, Westport, CA

Westport MAC

For the past few months the Westport Municipal Advisory Council has not met on the first Tuesday of the month due to a lack of agenda topics. This month the November 4th meeting will again be cancelled for the same reason.

We would like to remind the community that the WMAC was created to provide an avenue of communication with the County and other government entities. We would appreciate your suggestions for topics for future meetings. Anything that falls under our County charter is relevant. The WMAC could invite guest speakers such as our Supervisor Dan Gjerde, the Planning Director or lead staff, etc. if the community is interested in having a direct conversation with them. Our next regular meeting is scheduled for Tuesday Dec. 2 at 7 PM at the Westport Church building. Please contact Thad (WMAC95488@wildblue.net) before Nov. 28 if you have a topic you would like on that agenda.

Time And Tide

Steve Brigham

On Sunday, November 2nd at 2AM, we go BACK to Pacific Standard Time, and say goodbye to Daylight Saving Time until next March. (If you want to know why the gummint decides what time it is supposed to be and not us, see my article in the March 2013 *Westport Wave* at www.westportvillagesociety.org.) So remember to set your clocks BACK on Saturday night before you go to bed (or Sunday morning if you're the independent type).

As far as tides go, we're back to our fall season, where our minus tides tend to happen in the afternoon and early evening (they happen in the early to mid-morning in the spring, and while I'm still not completely sure why, I'm blaming it on the Moon for now). You can always easily follow the tides for Westport and anywhere else in California at www.saltwatertides.com. The best times to see minus tides this month in Westport will be on November 5th (-0.6 at 3:52PM), 6th (-0.9 at 4:37PM), 7th (-0.9 at 5:22PM), and 8th (-0.9 at 6:06PM), and also November 22nd (-0.7 at 5:04PM), and 23rd (-0.9 at 5:46PM) – but since sunset will be just a little after or a little before 5PM, you may want to bring your flashlight on some of those days. Remember that this is a season of fairly strong surf, so if there are big waves, they can easily negate the effect of a low tide. Oh well...

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, where you can sign up to receive *The Wave* by e-mail and also read and download present and past issues of *The Wave*. Contributions for our December 1st, 2014 issue are due by November 25th, and should be sent to editor Steve Brigham at westportwave@wildblue.net, or P.O. Box 237, Westport, CA 95488.

November 2014 Westport Calendar

- November 1st** – All Saints Day
- November 2nd** – All Souls Day (Day of the Dead)
- November 2nd** – Daylight Savings Time Ends, 2AM (set clocks BACK one hour)
- November 4th** – Election Day
- November 4th** – WMAC Meeting CANCELLED
- November 5th** – Westport Volunteer Fire Department Monthly Business Meeting, 6:00PM, Westport Firehouse
- November 6th** – Full Moon, 2:23PM
- November 9th** – Tanya Wildflower, Mendocino Spiritual Center, at the Westport Church, 10AM
- November 11th** – Veterans Day
- November 11th** – Neighbor 2 Neighbor Meeting, 6:00PM, Westport Hotel
- November 12th** – Westport Ten Mile Cemetery Board Quarterly Meeting, 10:00AM, Westport Church
- November 16th** – Third Sunday Quaker Meeting with Katherine White, Westport Church, 10AM
- November 18th** – Community Center Committee Meeting, School Building, 6:00PM
- November 22nd** – New Moon, 4:33AM
- November 23rd** – Cindy Mettika Hoffman on Buddha's teachings, Westport Church, 10AM
- November 24th** – Westport Community Church Board Meeting, Westport Church, 5:30PM
- November 27th** – **HAPPY THANKSGIVING!**

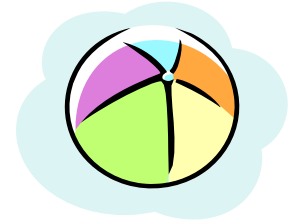
THE HIGHEST JOY

To open your heart fully without the exhausting demand to be loved in return, to love unconditionally without need or expectation, to give without ever needing to receive, yet to be forever receptive of life's gifts, and to never blame another for your sorrows - that is the birth of true abundance, the surrender of ego, the highest joy in the world. Your true power lies not in your ability to control or manipulate, but in your ability to love, to let life in. And I speak from experience, for I once believed that others were to blame, that my heart was too small to contain galaxies.


Jeff Foster



NOVEMBER 2014 Drop-In and Enrichment CLASS SCHEDULE



Westport Community Recreation Center (At the Westport School)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:30AM-12:00PM		9:00-10:30AM	9:30-10:30 AM	
<p>YOGA WITH JULIA</p> <p>90min</p>		<p>TAI CHI WITH SCOTT MENZIES</p>	 <p>ZUMBA FITNESS</p> <p>W/Tabby 60min</p>	<p>COMING SOON: Easy-Does-It Gentle Yoga</p>
6:00PM-7:00PM				
<p>ZUMBA TONING PLUS ABS</p>				

*Drop-in Rate for 90min. class is \$12, or \$10 with class card

60min class is \$8, or \$6 with class card

*Motivator Rate! \$65 a month unlimited drop in!

Questions? Call Tabby @707-367-0010

