

November 1, 2015

The Westport Wave

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The Way We Are

Steve Brigham, Editor

With short days, long nights, and the almighty Holidays fast approaching, it is natural for us to think more of home and hearth. Perhaps we even reflect a bit more on not just what we do but the way we live, and the way we are. Westport is a quiet, unhurried place, full of natural

beauty – and that’s the way we like it, whether we are full-time residents or occasional visitors. Sometimes, it’s the occasional visitor whose perspective reminds us residents of how nice Westport really is.

Enter Ana Seagal, a high school student whose family has been visiting Westport for many years as guests of the Brazills. Bill sent me the following essay that Ana recently wrote, which she has graciously given us permission to reprint here. This essay is both heartwarming and superbly written, and I think it serves well as a reminder to us all what a wonderful place we live in. I hope you will think that too.

Where I Lived and What I Lived For

by Ana Seagal

David Henry Thoreau wrote, “Be it life or death, we crave only reality. If we are really dying, let us hear the rattle in our throats and feel the cold in the extremities; if we are alive, let us go about our business.” For me, there is there is one place that has



felt like *pure* reality. It was a place we visited every spring as a family. It was a four-hour journey to get there, and the weather was always brisk because of the chilling ocean air. Slightly north of Fort Bragg is a tiny town called Westport with a population of nearly seventy hardy souls. Within its borders sits a house with no connection to the modern world. It was built in the 1800s, and has scarcely been redone since. The house is a small structure (barely two stories) that sits on the edge of a bluff with a view of the ocean every day. On the actual cliff there is an even smaller artist’s shed, where many visitors have found their inspiration. Everything there is decades out of date, and hasn’t changed since our first visit there. That was the charm of it. This place was one I thought of as home. The first time my family took me to Westport, I was too young to comprehend or remember the place itself. Instead, I only remembered the *feeling* it gave me.

My parents said Westport house was the only place that I was calm as a child. Some of my first specific

memories took place on the bluff with this little house above the ocean. Upon arriving, I would routinely run up through the gate, and up the back steps. I would find the key under the abalone shell on the back porch, and rush inside to see if anything had changed since our last visit. Nothing had. Inside, my dad coaxed the fire to life, and soon it was warm inside. That feeling of warmth and safety is something I value a lot. It is the sense that the cold from outside can't affect you. You are sheltered and warm. The first night, we typically went to bed really early because we were all tired from the drive. Sometimes my brother and I, with hazy eyes would fall asleep by the fire, not even bothering to climb the creaky stairs to a bed. In the morning we would *magically* wake up to the sound of the waves crashing outside the bedroom window.

Mornings began with the smells of breakfast filling the little house, and the chills of night being shaken off by the sunlight and the wood-burning stove. My brother and I would inch down the stairs in the cold morning air, and we all ate breakfast as a family. We were closer in Westport than we ever were at home. Family is always important to me, as I love and respect my family very much. In Westport, we all got closer, and bonded over the waves. During the day, we hunted for mussels on the beach, and rolled around on the grass. We had trust in the ocean as we ran across the waves, laughing at their inconsistencies and personality. My brother always climbed the highest rock he could find before the ocean caught him. Even in the face of danger, we all felt extraordinarily safe. We trusted our environment. My mother always taught me to view nature with appreciation and thoughtfulness. Up in Westport, that was not hard, as everything there was beauty. I was able to live knowing that the world around me was special, and stunning. Finally, the day would end it with the pile of us on a bench upon the bluff, staring out at sunset. We wrapped ourselves in blankets, and teeth chattered as we cuddled. Then we just sat anticipating the trillions of lights in the sky that were to follow.

All of the memories were magical, but the only thing I can guarantee will remain in my head forever is the *feeling*. This was a place that felt like family. Tranquility hit you like a wave, and you went into a self-reflective state of mind. It is the only place I am

sure I was myself. Even though I grew up in a rapid-paced city, I considered Westport the place I grew as a person. I guess that could be linked to the idea that it was a constant – a place to which I could always return. It never varied, and it always remained a safe environment filled with adventures and love. Westport is my Walden Pond, and it is the only place I feel like I have lived with intention. The disconnect from daily, busy life, and the surrounding nature contribute to Westport being a part of who I am. It is the place I feel most alive. It could be running through waves, or the inexplicable joy that raced through me when the first star came out, but no matter what, Westport is something I value.

Kids' Movie Night – Nov. 14th

Sarah Mathias

This month's Movie Night will be on **Saturday, November 14th**. The feature will be posted on the Recreation Center sign at the Westport Store a few days before Movie Night. Doors will open at 6:00PM, with the movie starting when the popcorn is ready (usually by 6:20). Bring pillows and blankets/sleeping bags for the kids and a comfy chair for yourself. All are welcome to come enjoy the movie.

Westport Winter Market and Craft Fair Sunday, November 29th

Sarah Mathias

This year we'll be having a Winter Market and Craft Fair at the Westport Recreation Center and Church (see flyer at the end of this newsletter). The date has been set for **Sunday, November 29th, from 11:00AM to 3:00PM**. Jewelry, carvings, yarn crafts, foods, body products, and more will be featured. Vendor spots are available on a sliding scale from \$5-\$20, due after the market so that vendors can base their donation on how they did that day. The proceeds will go to our Recreation Center Program and to maintaining our Church building. If you'd like to be a vendor, please contact Sarah Mathias at 962-0181 or westportcafleamarket@gmail.com. You may also keep in touch via the Westport Markets page on Facebook.

November Classes At The Westport Recreation Center

Tabby Korhummel

Come get your mind and body fit with our continuing morning classes at the Westport Recreation Center! Weekly November classes are as follows: **Gentle Flow Yoga, Mondays, 9:00AM to 10:30PM, Tai Chi with Scott Menzies, Tuesdays 9:00AM to 10:30PM, and Zumba Toning Wednesdays 9:00AM to 10:00PM.** 60-minute classes are \$8 each drop-in, or \$6 with a frequent flyer card, and 90-minute classes are \$12 each or \$10 with a card. For more information call Tabby at (707) 367-0010.

Westport Disc Golf Tournament Saturday, November 14th

Tabby Korhummel

IT'S ON!!! The **MCRPD Westport Disc Golf Tournament** will be held on **Saturday, November 14th**, complete with Tourney Discs by Innova, and Kids, Beginner, Intermediate, Advanced, and Pro/Open divisions (the Pro/Open Division will have a cash payout!). Player packages, lunch and good times are included in fees. Pro/Open \$60, Kids \$30, Beginner thru Advanced \$40. See you all on November 14th! For more info. see flyer on page 9 of this newsletter, or email ncottrell@mcrpd.us, or call Nattalie at MCRPD at (707) 964-9672.

Local Information for Newcomers

Sarah Mathias

A **“Welcome to Westport!”** information packet has been created for distribution to anyone new to the community. The packet contains information about the WVS, WVFD, Recreation Center, Church, local businesses, and more. If you are interested in receiving a packet, or if you'd like one to be sent to someone, please contact Sarah Mathias at 962-0181 or sarah@huntersplayground.com.

Effective immediately, The Westport Wave has a BRAND NEW EMAIL ADDRESS! We're now at westportwave@gmail.com, so please make a note of it, and keep those articles coming in!

November at the FREE Westport Community Vegetable Garden

Steve Brigham

Thank you all again for your tremendous support of the **Westport Community Garden** (at the Community Center at the end of Abalone St.) this year – this year, we’ve had so many regular visitors, and every single fresh vegetable has found a home at the peak of its perfection! Summer may be over now, and sad to say, there’s nothing I can do to bring the summer vegetables back to life until next year. But there are still a few **green beans** left on the vines as I write this, and we’ll still have some **tomatoes** ripening throughout November.

In November, there will still be plenty of **lettuce, chard, kale, cilantro, and edible-pod snow peas** just ripe for the pickin’. You simply won’t find premium-quality organically grown vegetables anywhere for this price – mainly since all of these delicious vegetables are **ABSOLUTELY FREE FOR ANYONE TO PICK AT ANY TIME!** It’s just like having your very own farm (what more could anyone want?) So keep visiting the Community Garden this month – Mom says, “It’s GOOD for you – GO for it!”

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. We can help you with the registration paperwork and compliance/completion documents. If you are interested, please call Gary Quinton at 964-7073.

Old Abalone Pub Will Be Open Fridays and Saturdays In November!

The Old Abalone Pub will be open on Fridays and Saturdays from 5:00PM to 9:00PM in November.

Come sample our a la carte menu, with light fare, beer, wine, and espresso this month! A *prix fixe* dinner for hotel guests and the public will be served by reservation only. The Pub and Hotel will be closed for our normal winter closing in December and January – re-opening for 2016 on February 11th. Please call (707) 964-3688 for more details, or email us at westporthotel@mcn.org.

Westport Village Society Annual Meeting Report

Thad Van Bueren, President, WVS

In case you missed the Westport Village Society Annual Meeting on October 2nd, we've decided to rename the organization Werewolves, Visigoths, and Scyllas. Ha-ha, just kidding – we didn't actually change the name of the WVS, but we did elect two Directors and we talked about the future of the organization. I'd like to briefly share some thoughts on both of those matters.

On behalf of WVS, I'd like to first offer sincere thanks to outgoing Board Member Nita Regalia for her valued service over the past 3 years. Among other contributions, Nita has been creating gorgeous Ducky banners to make our annual fundraiser the wonderful event for many years. They help make the Ducky event something so many in our community and beyond look forward to attending each year. Nita also favored earlier meetings. In the spirit of improving access we now meet the third Saturday of October, January, April and July at 9 AM in the Community Church. Please feel free to join us!

The membership cast 13 ballots to re-elect Director Gary Quinton and add new Director Sarah Mathias to the WVS Board, both for 3-year terms. We welcome Sarah and appreciate Gary's continuing service. Sarah has been active with the WVS for several years,

servicing as the chair of our Community Center Committee, hatching the idea of a natural play area on the headlands, and organizing several events that benefit families and children. Gary continues to contribute to WVS in diverse ways, always ready to tackle those hands-on projects. Thanks to both of you, as well as our other dedicated Directors! We look forward to your ongoing contributions.

A primary topic of conversation at the WVS Annual Meeting and the October 17th Board meeting concerned the future of the WVS as an organization. The WVS was created nearly 25 years ago, galvanizing interest within the community around the goal of preserving the Headlands as community open space. Some have called it our community commons and many of us enjoy it on a regular basis. After accomplishing the preservation of that Headlands Park, some of our committed volunteers are now wondering who will fill their shoes. We are at the point where it is appropriate to ask: How can WVS be more relevant to the future of our community? Answering this question is a homework assignment for our Directors for our January 16th meeting. I'd like to challenge you to share your own thoughts in less than 250 words.

To put this in perspective, only one of our Directors is under 60 years old. And some of our key volunteers want to retire after decades of service. This means the organization will either go extinct or find a way to engage younger members of the community. I like to frame the question as an effort to figure out how WVS can play a role in the way this community comes together. Perhaps we need to devote more of our energy to activities that foster interaction and fun, whatever they may be. Potlucks, dances, art classes, recreation, movie nights, whatever. What floats your boat? If you have some ideas, write me at wvs@westportvillagesociety.org or come share them directly with the WVS Board in January.

24/7 Westport Wave

Did you know that the easiest way to read *The Westport Wave* is on the Newsletter page of our website westportvillagesociety.org – where you'll always find the most current issue as well as all the monthly back-issues back to November 2011, all in living color! Tell your friends!



The Westport Community Church

Westport Community Church November Calendar

Founded in 1880, the **Westport Community Church** is pleased to offer a variety of experiences to help us discover ways to become more in touch with our spiritual heritage. We are doing our best to nurture a tradition of having weekly gatherings at the Church (which is at the end of Abalone Street on the left) to explore various spiritual paths. All suggestions and participants for services are welcome at the Westport Church – and we welcome all denominations to hold services here!

The 2nd and 3rd Sundays of each month currently have a regularly scheduled focus. Regretfully, our popular 4th Sunday Buddhist speaker Mettika Hoffman will no longer be able to be here each month because her Sangas at Three Jewels Hall in Fort Bragg are now meeting on Sundays. We sincerely appreciate the tremendous success of this past year with Mettika for all of the joy, teachings, and love that she has shared with us! For now, we have the 1st, 4th, and occasional 5th Sundays open for community members to suggest other speakers and topics for these days. Please contact Church President Millie Saunders at 964-3030 to discuss your ideas and see how you can help the Westport Community Church.

2nd Sunday, November 8th, 10:00AM – Mendocino Center For Spiritual Living

Carolyn Cathey, Spiritual Coach and presenter of life-transforming workshops, presents “**Spoon Bending – Listening for the ‘Now!’**” ~ Spoon bending play-exercises reveal why trying to force something to happen doesn’t work, and that for success, you are to listen to the inner voice that says ‘Now’. Yes, we will bend spoons. If you have old spoons and forks to contribute to the play time, please bring them.

3rd Sunday, November 15th, 10:00AM – Our Monthly Quaker Worship Group

Katherine White is helping us to establish an ongoing Quaker Worship Group meeting on the third Sunday of every month. The format is a simple, quiet meditation for 45 minutes followed by Katherine reading Quaker passages and a shared discussion of our experience including sharing of any of our thoughts or readings that one is inspired to bring to the group. This has been and will continue to be a very peace-filled and nurturing experience.

The Westport Community Church is more than just a Church – it’s a Community Meeting Place, and so many of our local organizations meet here on a regular basis. We also have a kitchen, making our facility perfect for any community gathering. Our present Church building and storage shed were built in the 1980s by the Westport Community and for the Westport Community – and we are committed to our mission of serving the Westport community in whatever way we can. In short, the Westport Community Church is one of the best community resources Westport has!

Although the Westport Church Board has very little money, we do have a good-sized list of maintenance and improvement projects for our community buildings. We are also oversee all of the facilities on our property, which include the Recreation Center building and the Community Garden. Wouldn’t you like to help with these important community projects? Please call Millie Saunders at 964-3030 if you would like to help – let’s all help maintain our important community meeting and storage facilities!

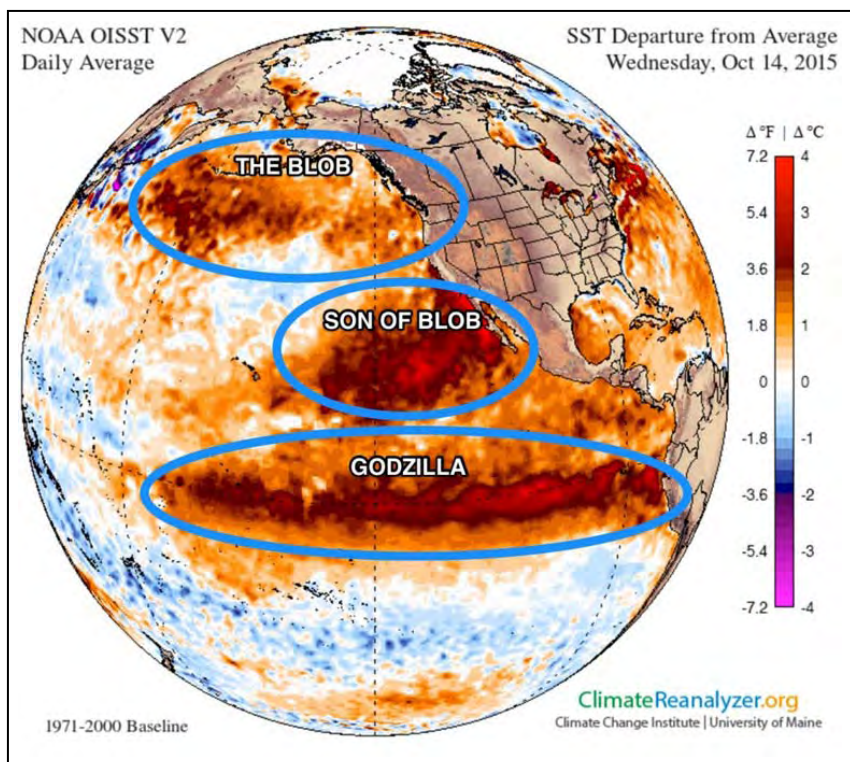
El Niño vs. The Blob II – The Son of Blob!

Steve Brigham

Well, it's been three months since I wrote my now-famous article on **El Niño vs. The Blob** (see it in the August 2015 *Westport Wave* at www.westportvillagesociety.org). Wouldn't you know it, quite a few very similar articles came out on the Internet in the months after I published, but I think I'm still the only one that directly compared this whole El Niño thing to a Mexican wrestling match. Don't get me wrong, I'm not making fun of winter weather predictions – it's just that I read way too much smart but rather complicated science (as well as assorted gobbledygook) every day about the ubiquitous subject of El Niño, and I really think there's a need to describe what's really going on in terms that a normal person could understand. Like a **MONSTER MOVIE!** (It is close to Halloween as I write this, after all.)

When last we left off, the latest (July) map of sea surface temperatures in the Pacific Ocean clearly showed a mess of extra-warm water along the equator and also another mess of extra-warm water south of Alaska. Scientists call the equatorial one Godzilla El Niño and the Alaska one The Blob (I am not making this up). Three months later (see map upper right), Godzilla has gotten even stronger, The Blob has gotten just a little weaker, and a new mess of extra-warm water has popped up, right off the coast of California! Yes folks, it's The Son of Blob!

What does all this mean in terms of our winter weather ahead here in Westport? Well, rather than give you 25 pages of precise measurements and analysis, I'll cut to the chase – the scientists still don't really know! Of course, there are some educated opinions out there (including mine), but it's still a little like playing the ponies, mainly because no one has ever seen this much warm water at this time of year in the Eastern Pacific before. It's a good bet right now that this winter will be wetter than normal in Southern California, and a little drier than normal in the Pacific Northwest. But what about us in Northern



California? We get rain here when cold air hits warm air, and if any members of the Blob Family block that cold air, it will still rain here, but it won't be Biblical.

So what's really going to happen? I think that Godzilla will beat The Blob Family, but it will take a while to wear them down. Don't get your hopes up for too much rain until after mid-December, but watch for typical El Niño conditions after the Rose Bowl is done. Once the El Niño thing gets going, its signature will be that when it does rain, we'll get twice as much as normal. Storms may stack up in February – if they do, watch out, since if our soils get too saturated then trees will blow down and the power will go out and mudslides could happen. (I hear there are some cheap fares to Hawaii in February, by the way.) And don't rule January and March out, either – all in all, a wetter than average winter.

So apart from good science, what's my real reasoning here? Well, it's true that with current climate change, we're in new territory in terms of long-range weather predictions. But there is one thing that remains constant about Westport weather – it's never the same two years in a row! Last year, we had a wet fall and a dry winter. This year, we're having a dry fall, so (yes, you guessed it) we're going to have a wet winter!



Preparing for El Nino Rains

Part 2

Westport Volunteer Fire Department

According to the latest reports from the National Weather Service, El Nino is likely to bring heavier rain than normal to our community from December through March. This is the second in a series of articles about what we can do to prepare.

The first article, in last month's *Westport Wave*, contained a list of some things each of us can do to prepare. Here are some additional things to add to that list:

Make sure gutters, downspouts, drains and sump pumps are clear of debris and functioning properly.

Review your insurance policy and contact your insurance agent if you have any questions about coverage for your home or business property. Questions to ask could include these: Will damage caused by a mudslide be covered? What about damage caused by an overflowing stream or creek? Will damage resulting from earth movement or slippage due to super-saturated soil be covered? After reviewing your insurance coverage you may want to update your coverage and consider FEMA flood insurance.

Develop an evacuation plan, especially if you are located in a low-lying area that could be flooded by heavy rains or high surf, or if you are located on property that could be affected by a mudslide.

Keep the vehicle you would use to evacuate as full of fuel as you can.

Create a survival kit you can take with you if you have to evacuate. The kit should contain canned food and other non-perishable food, a manual can opener, flashlights with extra batteries, a portable radio, prescription medicines, toiletries and other personal items, extra clothing and blankets, a first-aid kit, water for a gallon of water per person per day

is recommended.

Read the separate article which follows in this *Westport Wave* about Power Line Safety.

The Westport Community Church has agreed to make the garage building next to the Church available as a storage facility for food and other emergency supplies for the community. The Water District and the Fire Department have developed a plan to make potable water available at the Fire Station during a major community emergency. The Fire Department has contacted the Mendocino County Office of Emergency Preparedness to request a trailer with sandbags, blankets, cots and other emergency supplies that would be parked at the Fire Station. We have not yet heard whether the County will be able to make a trailer available for us.

There are some things we are still working on. If we obtain sandbags, we will also need sand and a place to store the sand. The Fire Department would appreciate the temporary loan of a portable generator so we can keep the lights on at the Fire Station if power goes out. We are still working on a back-up plan for shelter and warmth and restroom facilities for any displaced members of our community. If you have any suggestions, or if you would be willing to contribute supplies or facilities to help in a community emergency, please call John Allison at 357-3732 or send him an email at jrallison27@gmail.com. Stay tuned for more information in next month's *Westport Wave*.



Power Line Safety

Westport Volunteer Fire Department

Downed power lines are extremely dangerous. Power lines transmit thousands of volts of electricity through copper wire that is not insulated. If you see a downed power line, assume that it is energized. Move at least 300 feet (the length of a football field) away from the power line and anything it touches. Don't try to move the power line and don't try to rescue anyone who may have come in contact with it. Once at a safe distance, call 911. Remember that anything an energized power line touches will also be energized. This includes telephone lines, cable lines, fencing and trees. If you see a tree leaning up against a power line, don't touch the tree. Move a safe distance away, and then call 911.

Sometimes, especially in wet weather, electricity from a downed power line will travel some distance through the ground. If you are in the vicinity of a downed power line (which you may not be able to see) and feel tingling in your legs and lower body, you are standing on energized ground. When that happens, keep both feet on the ground. Move away from the power source by shuffling away, keeping both feet together on the ground. Walking or running away could create a circuit, allowing electricity to pass through you up one leg and down the other.

Finally, if a power line comes in contact with your vehicle when you are inside, stay inside the vehicle. Rubber tires are pretty good insulators. Honk your horn, roll down a window and shout for help, and call 911 if you can. If your vehicle is on fire and you have to get out, remove loose clothing and jump clear of the vehicle with both feet together, making sure you are not touching the vehicle. It is critical to avoid touching your vehicle and coming in contact with the

ground at the same time. Once out of the vehicle, shuffle – don't walk or run – until you are a safe distance away.

November 2015 Westport Calendar

November 1st – Daylight Saving Time ends, 2:00AM (set clocks BACK one hour)

November 2nd – All Souls' Day

November 3rd – WMAC Meeting CANCELLED

November 8th – Carlyne Cathey, Mendocino Center For Spiritual Living, "Spoon Bending – Listening for the 'Now' ", 10:00AM at the Westport Church

November 11th – Veterans Day

November 11th – New Moon, 9:47AM

November 11th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Firehouse

November 12th – Bookmobile, Store, 9-9:30AM

November 14th – Westport County Water District Monthly Board Meeting, 10:00AM, Firehouse

November 14th – MCRPD Disc Golf Tournament, Westport Disc Golf Course, end of Abalone St.

November 14th – Kids' Movie Night, Westport Community Recreation Center, 6:00PM

November 15th – Third Sunday Quaker Worship Group, 10:00AM at the Westport Community Church

November 18th – Westport Ten Mile Cemetery Board Quarterly Meeting, 10:00AM, Westport Church

November 25th – Full Moon, 2:44PM

November 26th – **Thanksgiving Day**

December 1st – WMAC Meeting 7:00PM, Westport Church (check <http://www.westportmac.org/> for agenda or cancellation)

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 WVS website www.westportvillagesociety.org, to read and download both present and past issues of *The Wave*.** Contributions for our December 1st, 2015 issue are due by November 25th, and should be sent to editor Steve Brigham at westportwave@gmail.com, or P.O. Box 237, Westport, CA 95488.

M.C.R.P.D.

2ND ANNUAL



Tourney Discs
by



**Cash payouts
for Pro/open
Percentage based awards for Ams**

~Pro/open \$60

~Beginner thru Advanced \$40

~Kids \$30

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AT MENDOCINO COAST RECREATION AND PARK DISTRICT



**Registrations begin onsite at 10 am, first toss at 11:00am
Donated silent auction proceeds will be donated
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Player packages, lunch and good times included in fees.

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Westport Community Recreation
Center and the
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(east of the store on Abalone St.)

Spots for vendors available on a sliding
scale; \$5-\$20 due after the market ends.

Table fee benefits local programs.

Contact Sarah Mathias at
962-0181 or

westportcraftmarket@gmail.com
to reserve your spot