

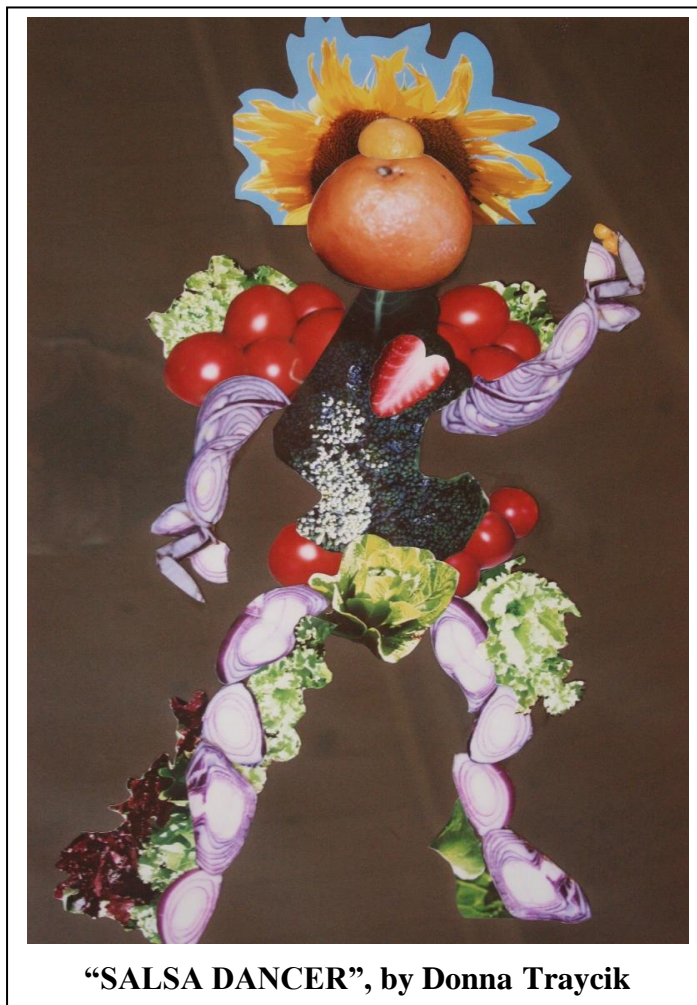
## "You Art What You Eat" Workshop September 13<sup>th</sup>, 1PM

Donna Traycik

On Friday, September 13<sup>th</sup>, from 1:00 to 4:00PM  
at the Westport

Community Hall, Sue Korhummel (965-2741) and Donna Traycik (964-7560) invite all interested artists to gather with them and explore the theme of food in art. Using whatever media calls you, bring your ideas and supplies for an afternoon of creativity: acrylics, oils, collage, assemblage, or any material that will depict your thoughts about food. Some materials will be provided, including snacks. The purpose is to come up with a showing to be hung at the Westport Hotel during the month of October. Open to all ages with no pressure to display. Mark this date on your September calendar to enjoy a creative afternoon with old and new friends!

end of Abalone Street) produces delicious and nutritious fresh, **organically grown** vegetables that you pick yourself at any time, **ABSOLUTELY FREE!** The Garden is open to **EVERYONE IN THE WHOLE WORLD 24/7**, and is supported by your donation dollars to the **Westport Village Society**.



"SALSA DANCER", by Donna Traycik

All you have to do is get off your rear end and go pick yourself some nice fresh veggies (did I mention it's free?), and you'll be surprised how much better they taste when they're picked fresh like that compared to that days-old stuff you get from the grocery store. In September and through the fall at the Westport Community Garden, we'll have **romaine lettuce, butter lettuce, red leaf lettuce, baby artichokes, arugula, Italian parsley, cilantro, onion chives, French thyme, Greek oregano, green curly kale, mixed purple kale, Chinese snow peas, strawberries, Italian green beans, zucchini squash, lemon cucumbers, and mini yellow tomatoes.** By

## The Westport Community Garden

Steve Brigham, Editor

Now in our 8<sup>th</sup> big year, the **Westport Community Garden** (at the Westport Community Center at the

October, we'll have green string beans, carrots, and full-size Early Girl tomatoes as well. Stop by the Garden frequently, and **Don't Panic, It's Organic** – we never ever use pesticides or chemical fertilizers 'round here, and we've got everything for you but the salad dressing!

## Join Aimee’s Exercise Class Every Saturday from 10:00AM to 11:00AM at the Westport Community Hall!

Aimee Maxey

Aimee Maxey hosts an ongoing fitness and exercise class every Saturday from 10:00AM to 11:00AM at the Westport Community Hall. The title is “20x3”, meaning each segment will have 20 minutes dedicated to the mode of exercise. The first 20 minutes is cardio – this is beneficial for circulation and oxygen consumption – and memory building, because it will be choreographed. The second 20 minutes is weight resistance, beneficial for endurance, muscle mass, metabolism, and bone density. The final 20 minutes will focus on the core – the foundation of all movement, staying upright, and protecting the back. We will follow this up with a mindful, relaxing stretch at the end to feel complete. I am asking for 5 dollars per participant per class, and I will share my earnings with the Community Center fund. This class is intended for all ranges of fitness – do not feel intimidated about your level, I will accommodate you!

## September at the Westport Hotel and Old Abalone Pub

Tabby Korhummel, Hotel and Pub General Manager

The Old Abalone Pub is open from 5:00PM to 9:00PM every Thursday, Friday, and Saturday for Dinner, and also from 3:00PM to 5:00PM every Saturday for Tea. In September, we will also be open from 5-9PM for Dinner on Sunday the 1<sup>st</sup> and Sunday the 8<sup>th</sup>, which will be our last open Sunday of the year. Please note that we are pre-booked for a private event on Friday, September 6<sup>th</sup>. In October, our fall/winter hours will be Thursdays through Saturdays 5:00PM to 8:00PM.

We’ve got some great music and special events for September at The Pub!

Saturday, 9/7 – Chuck Tourtillott

Friday, 9/13 – Chad Swimmer and Sue

Saturday, 9/14 – Matthew Westmorland

Saturday, 9/21 – Chuck Tourtillott

Apple-fest:

Friday, 9/27 – Barry Schragar

Saturday, 9/28 – The Seaside String Sisters

Saturday, 9/28 – Scarecrow Contest in the Pumpkin Patch, 4:00PM

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



**SUPPORT YOUR LOCAL PUB!**



## Westport Municipal Advisory Council to Host Local Economic Visioning Meeting Tuesday, October 1<sup>st</sup> at Community Hall

Thad Van Bueren, WMAC

The Westport Municipal Advisory Council will host a local economic visioning meeting on October 1<sup>st</sup> at 7:00PM at the Westport Community Hall. The discussion will be facilitated by the Economic Development and Financing Corporation, a nonprofit organization working for Mendocino County under a grant from the US Economic Development Administration. The goal is to create an Economic Recovery and Resiliency Plan for the County by the end of April 2020.

Community input is essential to make a difference in the future of our local economy. The idea is to hear your ideas about future economic prospects and incorporate them into a long term plan that will stimulate local prosperity for all residents. Heather Gurewitz, Executive Director of the EDFC, will facilitate a Strategic Economic Visioning Session. She will start by giving a short presentation on the work EDFC has done to assess the county's economic status and issues, as well as to outline potential goals and strategies.

Gurewitz will then facilitate a discussion of about 30 minutes that will allow members of the local community to share their perspective on the economy and their work. She will be looking for insight, feedback, and ideas about how Mendocino County can have an inclusive and effective economic growth strategy. Your input will make a difference in the future implementation of the plan. We hope to see you at the meeting!

### 24/7 Westport Wave

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



See this 2005 photo and many others from past Ducky Races at the WVS Meeting on October 4<sup>th</sup>!

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

Thad Van Bueren, WVS President

The Westport Village Society 2019 Annual Members' Meeting will be held on Friday, October 4<sup>th</sup> at the Westport Community Church on Abalone Street starting at 6:30PM. As usual, the meeting will begin with a casual opportunity to socialize with neighbors and enjoy snacks and beverages. Your contributions of edible treats and non-alcoholic beverages are welcome! A slide show of the Westport Rubber Ducky Races events in years past will play during the social.

At 7:00PM we will review WVS activities over the past year and elect Directors to fill vacancies. Two Board positions will be elected. Please consider running for the WVS Board if you find our mission inspiring and reside or own land in our membership area between Ten Mile and Rockport.

The remainder of the meeting will be devoted to listening to your suggestions for activities and projects that the WVS might pursue with your assistance and energy in the coming year. Information about the WVS is posted at: <http://www.westportvillagesociety.org>. WVS Board candidate statements will be provided in the October 1<sup>st</sup> *Westport Wave*.



**Westport Community Church  
September Spiritual Programs**

Baile Oakes

**3<sup>rd</sup> Sunday, September 15<sup>th</sup>, 10:00AM  
Thich Nhat Hahn Discussion Group**

This discussion group is focused upon Thich Nhat Hahn’s Book: “Living Buddha, Living Christ”. No need to have the book. We will share passages from the book and discuss how they might or might not influence how we show up for our selves and all Creation.

**4<sup>th</sup> Sunday, September 22<sup>nd</sup>, 10:00AM  
Monthly Quaker Worship Group**

Katharine White continues to gift our community with a Quaker Worship Group meeting. Katharine usually begins with a reading from Quaker passages, then leads us in a quiet meditation. Participants are encouraged to share thoughts that arise during this time of meditation. This is followed by Katharine leading us in a shared discussion of our experience, including sharing of any of our thoughts or readings that one is inspired to bring to the group. This has been and will continue to be a very peace-filled and nurturing experience.

*I’ve learned that whenever I decide something with an open heart, I usually make the right decision.*

**Maya Angelou**

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

You can reserve the Westport Community Hall or the Westport Church for classes and other activities by placing your event on the Community Hall and Church Calendar at the Westport Store. Reservations

are on a first come basis. Donations are welcome to help sustain the facilities. Please leave the buildings in better condition than you found them, turning off lights and appliances, removing trash, cleaning, and locking up. Due to insurance issues, no smoking or alcohol use is allowed. Please contact Val Hale with any questions at 489-6380.

**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 and weed cutting, painting, handyman work, and more. We can help you with registration paperwork and compliance/completion documents. If you are interested, please call Gary Quinton, (707) 964-7073.



## Westport Sea Vegetable Workshop Planned For November 9<sup>th</sup>

Baile Oakes

Members of our coastal community will be gifted on **Saturday, November 9<sup>th</sup>** with a visit from Julie Drucker. She will offer a workshop covering the nutritional and healing qualities of our local seaweeds as well as how to prepare them for consumption and other applications.

For most of the past 16 years, Julie has been harvesting, studying, offering workshops, and developing healing practices focused upon the gifts of our local seaweeds.

Seaweed is high in iodine, iron, vitamin C (which aids iron absorption), antioxidants, soluble and insoluble fiber, vitamin K, vitamin B-12, and a range of other nutrients important for human health. Red seaweeds such as Nori are high in protein. What's more, seaweeds contain certain compounds not found in terrestrial food sources, including fucoidan, a type of carbohydrate that has anticoagulant and antiviral properties. Numerous studies have linked the Japanese diet – high in fish, seaweed, soy, fruits and vegetables – to lower rates of cardiovascular disease, Type 2 diabetes, obesity, and cancers in general. Studies such as these do not isolate the effects of seaweed from other dietary and lifestyle factors, notes Dr. Mary Hardy, a medical authority on dietary supplements and former medical director of the Integrative Medicine Clinic at Cedars-Sinai Hospital in Los Angeles. But based on evidence of seaweed's disease-fighting potential from cell and animal



Julie Drucker (on right) harvesting Sea Vegetables

studies, she says, "I do think this is a nutrient-rich superfood."

Our coastal Upwelling system (winds that blow offshore bringing nutrients to the surface) creates a seaweed ecosystem between Vancouver and Monterey, California for Brown, Red, and Green Seaweeds that is one of the richest in the world. The native communities for thousands of years tended these areas, making our coastal environment even more abundant. Add that Mendocino is one of the cleanest coastlines on the West Coast, and you have first class Sea Vegetables.

Julie's November 9<sup>th</sup>, 2019 Workshop, from 2:00PM to 6:00 PM, will cover detailed nutritional information on seven of our most nutritionally rich brown and red varieties, plus how to use them for skin and hair as well as how to easily prepare them. We will end in a meal that includes a savory and a sweet seaweed dish that we lovingly prepare and eat together. Seaweed will be available for purchase. Fee: \$40 (meal included). Free overnight accommodation is available. Contact Julie at 707-513-7397 for more details. [www.yemayaseaweedcompany.com](http://www.yemayaseaweedcompany.com)



Westport was filled with hundreds of happy visitors on Aug. 17<sup>th</sup> for the Annual WVFD Fundraising BBQ! (Bob Finnell photo)

## September 2019 Westport Calendar

**Monday, September 2<sup>nd</sup> – Labor Day**

**Tuesday, September 3<sup>rd</sup> – Westport Municipal Advisory Council Monthly Meeting cancelled (see <http://www.westportmac.org/>)**

**Sunday, September 8<sup>th</sup> – Grandparents’ Day**

**Wednesday, September 11<sup>th</sup> – Westport Ten Mile Cemetery Board Quarterly Meeting, 10:00AM, Westport Community Church**

**Wednesday, September 11<sup>th</sup> – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Firehouse**

**Thursday, September 12<sup>th</sup> – Bookmobile, 9:00AM-9:30AM, Westport Community Store**

**Friday, September 13<sup>th</sup> – “You Art What You Eat” art class with Donna Traycik and Sue Korhummel, 1:00PM to 4:00PM, Westport Community Hall (see page 1)**

**Friday, September 13<sup>th</sup> – Full Moon, 9:32PM**

**Saturday, September 14<sup>th</sup> – Westport County Water District Monthly Board Meeting, 10:00AM, Westport Firehouse**

**Sunday, September 15<sup>th</sup> – Monthly Thich Nhat Hahn Discussion Group, 10:00AM, Westport Community Church**

**Thursday, September 19<sup>th</sup> – Westport Community Church Board Monthly Meeting, 11:00AM, Westport Community Church**

**Sunday, September 22<sup>nd</sup> – Monthly Quaker Worship Group, 10:00AM, Westport Community Church**

**Monday, September 23<sup>rd</sup> – Fall Equinox, 12:50AM**

**Thursday, September 26<sup>th</sup> – Bookmobile, 9:00AM-9:30AM, Westport Community Store**

**Saturday, September 28<sup>th</sup> – New Moon, 11:26AM**

**Sunday, September 29<sup>th</sup> – Rosh Hashanah Begins at Sundown, 7:01PM**

**Tuesday, October 1<sup>st</sup> – Rosh Hashanah Ends at Sundown, 6:58PM**

**Tuesday, October 1<sup>st</sup> – Mendocino County Economic Visioning Meeting facilitated by Economic Development & Financing Corporation, 7:00PM, Westport Community Hall (see page 3)**

**Friday, October 4<sup>th</sup> – Westport Village Society Annual Members’ Meeting, 6:30PM, Westport Community Church (see page 3)**

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*The Westport Wave* is a free monthly community newsletter published by the **Westport Village Society**, a non-profit community-benefit organization. Internet subscribers to *The Wave* receive their **COLOR** copies on or before the first day of every month by e-mail. Printed (black-and-white) copies of our current newsletter are also available for free at the Westport Community Store. **Check out our website [www.westportvillagesociety.org](http://www.westportvillagesociety.org), to read and download both our current issue and over seven years of past issues of *The Wave*.** Contributions for our October 1<sup>st</sup>, 2019 issue of *The Westport Wave* are due by September 26<sup>th</sup>, and should be sent to Editor Steve Brigham at [westportwave@gmail.com](mailto:westportwave@gmail.com), or P.O. Box 237, Westport, CA 95488. Thank You!