

October 1, 2019

The Westport Wave

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



It takes a village to keep our village going – please attend the Westport Village Society Annual Meeting on Friday, October 4th and be a part of making our unique and historic small town the best it can be!

Westport Village Society Annual Meeting Friday, October 4th at 6:30PM!

Thad Van Bueren, President, WVS

The WVS 2019 Annual Meeting will be held Friday, October 4th at the Westport Community Church on Abalone Street starting at 6:30 PM.

The meeting begins 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 our Ducky Event in years past will be shown.

At 7:00PM we will review WVS activities over the past year and elect Directors to fill two vacancies. 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. Only one person has declared their candidacy, and his statement is provided below. After the election we will discuss suggestions for activities and projects that might be pursued in the coming year with your assistance. Information about the WVS is posted at westportvillagesociety.org.

From Bill Knapp to Members of the Westport Village Society: This fall my current tenure as a Director of WVS Board expires. I am willing to serve for another term if elected at this year's annual meeting. I have been on the WVS Board since 2005, mostly as Treasurer. I am also a committee member of the Westport MAC. I am retiring this month after 14 years as a member of the Westport Volunteer Fire Department. I hope to be able to continue to contribute to the greater Westport Community.

Westport Municipal Advisory Council Meeting October 1st

Thad Van Bueren, WMAC

The Westport Municipal Advisory Council will meet at 7:00PM on Tuesday, October 1st at the Westport Community Church. Although the Economic Visioning Discussion as presented by the EDFC that was originally planned has now been postponed to a later date, the WMAC at this meeting will facilitate our own discussion about how to foster future economic opportunities for Westport residents. All are invited to attend!

Join Aimee's Exercise Class Every Saturday at 10:00AM 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!

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 – in living color, with live links! Check it out, and tell your friends!



October at the Westport Hotel and Old Abalone Pub

Tabby Korhummel, Hotel and Pub General Manager

The Old Abalone Pub is open for our Fall hours from 5:00PM to 8:00PM every Thursday, Friday, and Saturday for Dinner, and also from 3:00PM to 5:00PM every Saturday for Tea.

We've got some great music and special events for October at The Pub! Please see our flyer on page 8 of this newsletter for all of our special events, including great live music every week and lots of fun activities in our Fall Pumpkin Patch!

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>.



Unless you already look like this, it's time to get your costumes ready for Westport Halloween!

Westport Halloween!

Sarah Cullar

It's almost Halloween! Once again, on **Thursday, October 31st**, we'll gather as a community for Trick-or-Treating and a potluck. **On Halloween night all Trick-or-Treaters can gather at the Westport Community Center at 5:15PM.** We'll set off through the town around 5:30PM. Everyone is welcome to come to the Church afterward for a potluck. The potluck will start when we get back from Trick-or-Treating. This should be around 6:45PM, but it's different each year. If you live in town you can keep your eyes on the Trick-or-Treat route. We'll start off toward Omega, then go to Pacific, then weave our way back to the beginning via Pelican and Seaview. Hope to see you there!

Steve's Fearless Winter Weather Forecast

Steve Brigham, Editor

The Addams Family (pictured at left) were a sort-of-but-not-quite normal family who were all just a little bit quirky. And that, my friends, is your take-away from my 2019-2020 Annual Fearless Winter Weather Forecast for Westport. Why? Well, despite the fact that everyone wants to know what the weather will be like months in advance, it's pretty much impossible to honestly and accurately forecast weather anywhere any further out than a week or so. Still, folks like me always try, based upon what few long-range weather trends that we can identify. But that's a sort of like meeting Gomez and Morticia Addams for the first time, and thinking that "they seem like such normal folks". Likewise, despite all predictions, you may be surprised at your weather this winter when all is said and done!

No wet El Nino this year, and no dry La Nina – just neutral La Nada. All the more reason to not know what-the-heck is going to happen! I think variability will be our keynote (so does the *Old Farmer's Almanac*), and that we could get a little bit of everything. Case in point: right now as I write this, on the afternoon of September 29th, it's raining, thundering, and it's cold! But just a week ago (as it remarkably and unusually was all summer for us in Westport), it was warm and sunny. I say look for changeability in our weather this winter (which is the hallmark of climate change, after all). In that kind of regime, no one can give you any reliable predictions of week-to-week weather months from now other than that our winter will be overall just a little warmer, with rainfall totals at least normal as well when all is said and done. But watch out for that wild weather from time to time!

Based on the rain today, it looks like we'll finish our October-September 2018-2019 Water Year with around 49.25 inches of total rainfall here on the Westport Headlands – not bad when you consider that our average rainfall is 43 inches. I think a year from now that we'll meet or beat our average rainfall once again, but it could be an adventure week-to-week!



Westport Community Church October Spiritual Programs

Baile Oakes

3rd Sunday, October 20th, 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 ourselves and all Creation.

4th Sunday, October 27th, 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.

It's not about how much you do, but how much love you put into what you do that counts.

Mother Teresa

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 9th

Baile Oakes

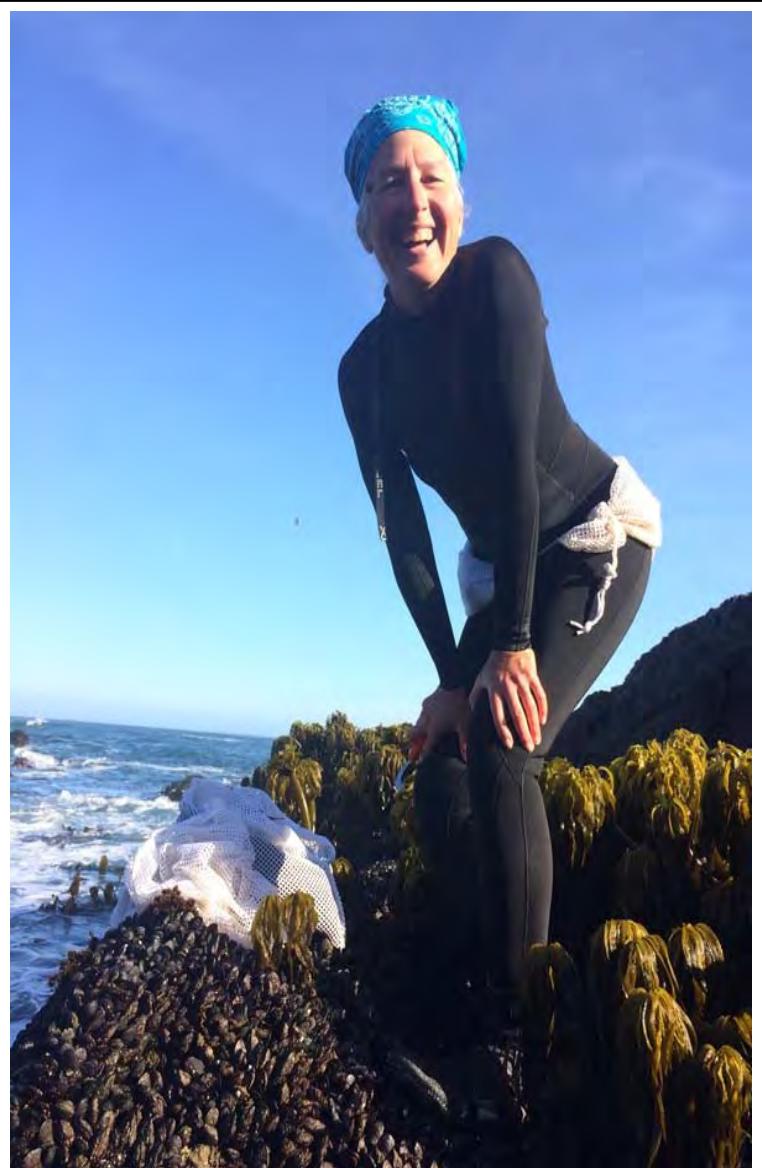
Members of our coastal community will be gifted on **Saturday, November 9th** with a visit from Julie Drucker. She will offer a workshop covering the nutritional and healing qualities of our local seaweeds as well as how to prepare them for consumption and other applications.

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 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



Julie Drucker harvesting Sea Vegetables

cleanest coastlines on the West Coast, and you have first class Sea Vegetables.

Julie's November 9th, 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

The Westport Community Garden

Steve Brigham

Now in our 8th big year, the **Westport Community Garden** (at the Westport Community Center at the 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**.

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 October at the Westport Community Garden, we'll have romaine lettuce, butter lettuce, red leaf lettuce, arugula, Italian parsley, cilantro, onion chives, French thyme, Greek oregano, lemon balm, green curly kale, mixed purple kale, Chinese snow peas, strawberries, Italian green beans, zucchini squash, lemon cucumbers, mini yellow tomatoes, green string beans, broccoli, lots of young, tender carrots, and even some full-size Early Girl tomatoes.** 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!



Tree removers getting ready to cut down our 100-year-old landmark Westport Cypress on Sept. 18th.



The final cut, which removed the top of the tree after all of the lower branches had been removed.

The End of An Icon

Steve Brigham (*Photos by Donna Brigham*)

For over a century, a huge and graceful Monterey Cypress has graced Omega St. in Westport. Prominently visible all over town and beyond, this landmark tree is our finest surviving member of a generation of Monterey Cypress trees planted in town by early Westport residents in the late 19th and early 20th centuries. This tree is further notable as a memorial tree to the esteemed Westportian Cherie, who used to take her lunch breaks under the tree in former times and who died unexpectedly.

Sadly, this tree is now a was. On September 18th, "Cherie's Tree" was cut down, because in its very old age now it was threatening to drop giant branches or perhaps even fall on nearby homes (which are much younger, of course, than the tree itself). It is indeed tragic when living landmarks like this tree, older than any living human, are removed. Fortunately, Monterey Cypress trees grow quite fast for a tree, and so the best we can do is to plant new trees that will replace the old ones in our town – as has already been done on Omega St. These new trees will have a healthy, beautiful, and non-threatening life for many years to come, and will be our landmarks of beauty for our 21st century.



October 2019 Westport Calendar

Tuesday, October 1st – Rosh Hashanah Ends at Sundown

Tuesday, October 1st – Westport Municipal Advisory Council Monthly Meeting, 7:00PM, Westport Community Church (see page 2)

Friday, October 4th – Westport Village Society Annual Members' Meeting, 6:30PM, Westport Community Church (see page 1)

Sunday, October 6th – Scarecrow-Making Workshop, 12:00PM-3:00PM, Westport Community Hall

Tuesday, October 8th – Yom Kippur Begins at Sundown

Wednesday, October 9th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Firehouse

Thursday, October 10th – Bookmobile, 9:00AM-9:30AM, Westport Community Store

Saturday, October 12th – Westport County Water District Monthly Board Meeting, 10:00AM, Westport Firehouse

Saturday, October 12th – Pumpkin Fest, 3:00PM-8:00PM, Westport Hotel and Old Abalone Pub (see page 8)

Sunday, October 13th – Full Moon, 2:07PM

Saturday, October 19th – Westport Village Society Quarterly Board Meeting, 9:00AM, Westport Community Church

Sunday, October 20th – Monthly Thich Nhat Hahn Discussion Group, 10:00AM, Westport Community Church

Thursday, October 24th – Bookmobile, 9:00AM-9:30AM, Westport Community Store

Sunday, October 27th – Monthly Quaker Worship Group, 10:00AM, Westport Community Church

Sunday, October 27th – New Moon, 8:38PM

Thursday, October 31st – Halloween

Friday, November 1st – All Saints' Day

Saturday, November 2nd – All Souls' Day (Day of the Dead)

Saturday, November 2nd – Pie and Other Things Pumpkin Contest, 4:00PM, Westport Hotel/Pub

Sunday, November 3rd – Daylight Saving Time Ends, 2:00AM (set clocks BACK one hour)

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, to read and download both our current issue and over seven years of past issues of *The Wave*. Contributions for our November 1st, 2019 issue of *The Westport Wave* are due by October 27th, and should be sent to Editor Steve Brigham at westportwave@gmail.com. Thank You!

FALL AT THE WESTPORT HOTEL AND OLD ABALONE PUB.

Starting October 1st we will be serving dinner 5:00 till 8:00pm Thursday- Saturday.

Fall is in the air and the pumpkins are getting ripe. Mark your calendars for our pumpkin harvest and fall community celebration 3:00-8:00pm Oct 12th. \$10 entry fee includes picking and carving or painting a pumpkin in our garden. Erin Brazill will play music. There will be hot apple cider, a photo op set up and face painting for the kids. Our pumpkins are mostly sweet pie pumpkins and can also be used to bake something delicious for our "Pie and Other Things Pumpkin Contest" Nov 2nd. And as a fundraiser for our Firefighters we will offer Bratz (or veggie sausage) in a bun with a Guinness stout or root beer for 10\$. The fun continues on with K'Onda playing in the pub from 6:00pm-8:00pm.



In an effort to make our pumpkin patch even more magical we are having a Re-DO Scarecrow making workshop at the Westport community rec room. Sunday Oct 6th 12:00-3:00pm. Some materials will be provided. Bring things to decorate and dress your scarecrow. Have fun, get creative, think of any theme that might inspire you and show up. Bring some snacks to share if you like. This activity will be fun for all ages and a great opportunity to build community and scarecrow to liven up the pumpkin patch.

UPCOMING EVENTS IN THE PUB

10/5 MATTHEW WESTMORLAND, blue grass, country, pop 5:00-8:00pm

10/12 PUMPKIN FEST. Erin Brazill 3:30 K'Onda Latin rhythms 6:00-8:00pm

10/19 AARON FORD Folk, Americana and blues 5:00-8:00pm

10/25 CHAD SWIMMER AND SUE Latin rhythms 5:00-8:00pm

10/26 CHUCK TOURTILLOTT songs we love to hear 5:00-8:00pm

11/2 PIE AND OTHER THINGS PUMPKIN CONTEST 4:00 PM

11/9 NAVARRO NIGHTS WINE TASTING & MUSIC WITH BOB DEESE 5:00-8:00pm

For more information call us at 707-964-3688, visit our website westporthotel.us, email us at westporthotel@mcn.org and like our facebook page or updates on whats happening now <https://www.facebook.com/abalonepub/>.