

May 1, 2023

The Westport Wave

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Take a Walk at DeHaven Beach

Thad Van Bueren

Next time you visit DeHaven Beach check out the new signs. Entry signs now welcome visitors to the property the Westport Village Society recently acquired. The signs thank the State Coastal Conservancy, WVS donors, and local tribes for supporting conservation of the property and provide rules for responsible visitation. The property is open sunrise to sunset with no vehicles, fires/fireworks, or camping allowed.

The entry signs and cliff warning signs were fabricated by Braggadood and then mounted on a framework of donated recycled redwood posts. On April 9th, Cris and Nic Grosjean helped install the two entry signs on the north and south headlands. Many visitors stopped to ask about the project, expressing their support and in one case even lending a hand. Cliff warning signs were put in place a few days later.

We rely on your help managing that property for the common good. If you notice activities that are at odds with sound land conservation and resource protection please take the time to talk with those visitors about responsible stewardship and reference the posted signs. We would appreciate your efforts to bring problems and suggestions to our attention by contacting the Westport Village Society at wvs@westportvillagesociety.org.



Thad Van Bueren and Nic Grosjean with the new DeHaven sign.

WVS is currently drafting a provisional Management Plan. Input provided by the community, local tribes, the SCC, and the public since project inception in early 2022 will be used to identify conservation and public access objectives. Please send your ideas to wvs@westportvillagesociety.org. By the end of July, resource and habitat inventories will be complete and that data will be factored into the plan. Access improvements will be proposed in a manner that avoids any significant environmental impacts. Other measures will be proposed to conserve and restore habitats and resources. Once the draft Management Plan is made public in early September, a public meeting will be scheduled to provide an opportunity for discussion.

Westport MAC Update

The regular meeting schedule of the **Westport Municipal Advisory Council** has been changed to the second Monday of each month at 7:00PM at the Westport Community Center on Abalone Street in Westport. **The next meeting is Monday May 8th at 7:00PM.** Agendas are normally posted on the Bulletin Board at the Westport Store and distributed to people who have asked to be on our email list. That notice is normally given at least 3 days in advance. If you would like to receive the agenda please send an email to WMAC95488@gmail.com.

Westport Hotel & Old Abalone Pub Happenings

Tabby Korhummel, General Manager, Hotel and Pub

The Westport Hotel will be serving Mother's Day Ducky Brunch from 10:00AM to 2:00PM on Sunday, May 14th.

The Old Abalone Pub is open for dinner from 5:30PM to 8:30PM on Thursdays, Fridays, and Saturdays.

We have music scheduled on most Saturday nights at 5:30PM:

May 6th – Sean Hawthorne, Flamenco guitar

May 13th – Tai Evans and Blake Ritter Harmonic Convergence

May 20th – Chad Swimmer with Sue and Frannie, Classic Latin

May 27th – Joel Jordon and Mark Hannon, mellow rock and classic country

Music nights in the Pub are fun and we would love to see you! We can get very busy so it's always a good idea to make reservations.

Our Saturday Afternoon Tea is planned for once a month through the summer from 3:00PM to 5:00PM by reservation. Dates are May 20, June 24, July 22, and August 19. Make a date, make a reservation, and bring friends to this wonderful afternoon tradition.

Have a special occasion and would like to have a tea party? Give us a call and we can plan around your schedule. **(707)964-3688**



Opening Soon: Sirens Cafe at the Lost Coast Inn (formerly the Westport Inn)

We're almost ready to open..... look for our signs!
Menu sample, walk up order & porch dining or take away!
Espresso drinks, cold brew & drip coffee from Black Oak & Thanksgiving coffee roasters
Nor-cal Fog, vanilla black tea & lavender, oat milk latte.
Golden Chai, chai spice & turmeric, coconut milk latte.
Mushroom Mylk, blend of superfood & adaptogenic mushrooms, herbs and cacao, oatmilk
Dirty Chai, chai latte with a shot of espresso
Green drink fresh pressed greens, celery, apple, ginger, cucumber and lemon
Smoothies
Breakfast Burrito
Avocado toast
Waffles & fruit
Fresh baked cinnamon rolls, chocolate chip cookies, pretzels, savory rolls and seasonal cake
Soup of the day (always vegan) with fresh baked rosemary garlic roll.

No-Cost Roadside Fuel Reduction Project is Confirmed

Carla Thomas, Westport Fire Safe Council

Thank you! We received a good response from local landowners, and a Team Rubicon crew will arrive this summer to commence work (see also the April Wave article for more information). If you have not done so already and wish to sign up, now is the time to submit sign-up forms. The more properties we have for the crew, the better. These teams are trained volunteers who donate two weeks a year to help in disaster assistance as part of a national program.

If you know of a place where the crew can camp or reside nearby, please let us know. They usually stay at Willits High School, but travel time to the coast each day will greatly impede the amount of work they can accomplish. The crew needs showers, toilets, and beds or a place to put tents. A kitchen would be helpful as well.

Team Rubicon's local coordinator will come mid-May to drive the roads with Chief Maxey and review the work needed. If you would like to get no-cost roadside fuel reduction (clearing) for your property, please request a sign-up form and send it to Carla Thomas at 707- 272-1994 or carlasthomas@earthlink.net. The Westport Store also has the forms.

Please join us at the next Westport Fire Safe Council meeting on Saturday, May 6th at 10:00AM at the Westport Firehouse!

May Classes at the Westport Community Center

Various classes and meetings are planned at the Westport Community Center in May. If you would like to host an event at the Community Center (24900 Abalone Street), please sign up and put your phone number on the calendar in the Westport Store or contact Erin Detrick at erind.3500@gmail.com to ensure there are no scheduling conflicts. Event hosts are asked to follow simple rules posted in the two meeting halls. Masking is suggested but not required.

A sliding scale donation of \$5-\$10 per person per session is suggested for ongoing classes:

- **Mondays and Wednesdays at 5:00PM** – RIPPED exercise program with Kayla. This combines resistance, speed, force, endurance, and core exercises to promote fitness.

Wednesdays at 9:00AM – Tai Chi with Beck.

Move / Breathe / Connect

Ann Woodhead

Westport resident Ann Woodhead is starting new movement classes at the Mendocino Dance Project Studio, newly established at 305A Redwood Street in Fort Bragg. With many years of study, movement experience, and teaching, Ann has developed an effective and non-threatening approach to enhancing awareness, flexibility, strength, balance, safety, and satisfaction of moving for virtually anyone at any time of life.

Ann taught Functional Movement at her own studio, Dancing Dog Loft, in Eagles Hall, for about 14 years. Since Eagles was sold last year, forcing the closure of the studio, Ann has been considering how to approach new classes. *Move / Breathe / Connect* classes will include awareness, stretching, and strengthening work/play, with more exploration of the many ways that our breathing affects our sensations and movement. Classes are designed to help us

MOVE more freely,

BREATHE more fully,

and **CONNECT** more deeply with ourselves and others

Schedule of MBC classes:

MBC for women: Mondays 10:30-11:45 am

MBC for men: Thursdays 3:30-4:45 pm

No previous formal movement experience necessary. All are welcome. Class fees: \$15 for a single class, \$44 for four classes (sliding scale possible) First class is free.

Please call Ann at (707) 961-1246 (a land line—no text) for more information.

Picking Pearls

Babaji

Instead of picking pebbles, we have to learn how to pick pearls.

We often fall into the bad habit of “picking pebbles” – focusing on negativity. We criticize ourselves or we get stuck on negative things that we experience or that we hear or read. We easily get consumed by petty irritations and our own and others' complaints about them.

A person who is bringing spirituality in their life, who is acknowledging the divinity within them forms a habit of picking pearls. “Picking pearls” is focusing the mind towards the good things that happen during the day. When you look at it, there are countless moments in the day when good things happen: you notice a beautiful flower, somebody gives you an unconditional sweet smile, somebody brings you a glass of water, somebody is kind to you, somebody overlooks your weakness, somebody forgives you. Moments of kindness, moments of compassion, moments of forgiveness.

Picking pearls is remembering all of the good that came to me and all of the good that came through me into the world. Acknowledging these moments is acknowledging the presence of the Divine in the world.

Babaji’s mission is to help people experience fullness in life through simple spiritual practices and meditation. He currently divides his time between the Sonoma Ashram in Sonoma and Upasana Hilltop Sanctuary here in Westport. For more information, please visit www.sonomaashram.org or reach out by email at info@sonomaashram.org.



The Westport Church

***Breathing in, I calm
body and mind.
Breathing out, I smile.
Dwelling in the present
moment I know this is
the only moment.***

Thich Nhat Hahn

Thich Nhat Hahn Discussion Group – Sunday, May 14th, 2:00PM

Baile Oakes

This Westport Community Church discussion group is focused upon the teachings of **Thich Nhat Hahn**. We will share his messages, different each month, and discuss how they might or might not influence how we show up for our selves and all Creation. This month, our quote is on breathing (see above). We request that attendees be vaccinated and we will meet according to Church Covid precautions.

24/7 Westport Wave

The Westport Wave is always free to everyone at any time on the Newsletter page of our website www.westportvillagesociety.org – where you’ll find our most current issue as well as over 11 years of monthly back-issues, all in living color, with live links! Check it out, and tell your friends!



This 4-foot segment of baleen is from a 63-foot Fin Whale that washed up on Blues Beach in 2007.

Whale Serendipity

Thad Van Bueren

Serendipity is the faculty or phenomenon of finding valuable or agreeable things that were not being sought. ~Akira Suzuki

I first communicated with the Noyo Marine Science Center's stranding coordinator Sarah Grimes in July 2019 to report a small dead baleen whale washed ashore on Blues Beach just south of Westport. Gary Quinton spotted it and told me. I went down to investigate and later learned from Sarah it was a Minke Whale. She reported it to the stranding network, a group of cooperating institutions that collect information about stranded marine mammals along the North American coastlines.

I finally met Sarah in person at the Westport Whale Festival March 24 along with other knowledgeable and enthusiastic NMSC staff. WVS volunteers brought a mandible and a partial baleen rack donated to us. It came from a 63 foot Fin Whale that washed up on Blues Beach February 7, 2007. Marine mammals and their remains are protected by law and

possession requires a permit from the National Marine Fishery Service. The WVS received a permit in 2017 for the jaw bone and has applied for another permit for the baleen. The NMSC folks brought other marine mammal specimens to the event and we had a great conversation.

As a follow up, Sarah connected me with biologists at the University of New Mexico and Humboldt State University who are investigating stress, reproduction, and foraging ecology in various baleen whales (Parvorder Mysticetes) using baleen and tissue samples. I had a Zoom conference with Dr. Geraldine Busquets and Sarah Grimes this week. The study involves the analysis of stable isotopes and hormones that can reveal a lot about dietary intake, travel, and related issues. As a consequence, WVS is transferring several of the baleen plates from the rack in our care to Dr. Busquets for use in the study. In return, she will share the results of the investigation and may later visit the local area to offer a presentation. So stay tuned.

May 2023 Westport Calendar

(Please see also the Westport Community Center classes on p.3)

Friday, May 5th – Full Moon, 10:34AM

Saturday, May 6th -- Westport Fire Safe Council meeting, 10:00AM, Westport Firehouse (see page 3)

Monday, May 8th – Westport Municipal Advisory Council meeting, 7:00PM, Westport Community Center. Contact WMAC95488@gmail.com for info. (see page 2)

Wednesday, May 10th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM (call Chief Dan Maxey at (707) 357-4353 to attend remotely)

Thursday, May 11th – Bookmobile, 9:00AM to 9:30AM, Westport Store (masks encouraged)

Thursday, May 11th – Westport County Water District Monthly Board Meeting, 7:00PM (call Kayla Cooper at (707)367-1057 for information on attending by Zoom)

Saturday, May 13th – Westport Community Garden Volunteer Work Day, 10:30AM, Westport Community Garden

Sunday, May 14th – Mother’s Day

Sunday, May 14th – Mother’s Day Ducky Brunch, 10:00AM to 2:00PM, Westport Hotel and Pub (see page 2)

Sunday, May 14th – Thich Nhat Han Discussion Group, 2:00PM, Westport Church (see page 4)

Friday, May 19th – New Moon, 8:53AM

Thursday, May 25th – Bookmobile, 9:00AM to 9:30AM, Westport Store (masks encouraged)

Thursday, May 25th – Shavuot Begins at Sundown

Monday, May 29th – Memorial Day



Back in the good old Ducky Days of May...

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. Both the current *Westport Wave* and over 11 years of monthly back-issues are also on the Newsletter page of our WVS website www.westportvillagesociety.org. **Contributions for our June 1st, 2023 issue of *The Westport Wave* are due by May 27th**, and should be sent to Editor Steve Brigham at westportwave@gmail.com. Thanks!