

June 1, 2023

The Westport Wave

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Tribal Consultation at DeHaven Beach

Thad Van Bueren

The Westport Village Society has been talking with representatives of a half dozen federally recognized local tribes about the DeHaven Beach property for over a year. We embarked on that outreach because the property has a long history of use by those indigenous people. That use continues to the present day. In fact, we recently learned the annual tribal walk on Branscomb Road will take place this year on June 24th. So please drive carefully between Wilderness Road and the coast that day and welcome our neighbors!

The WVS recently held a meeting with local Native Americans at DeHaven Beach on March 13th. We invited members of the Round Valley Tribes, Sherwood Valley Band of Pomo, Coyote Valley Band of Pomo, Scotts Valley Band of Pomo, Potter Valley Tribe, Cahto Tribe, Sinkyone Intertribal Wilderness Council, and Kai Poma nonprofit. It was a beautiful day and a productive discussion took place among the nine people who came. We spoke about protection of cultural sites, maintaining and possibly improving access for traditional gathering and fishing, cooperating on public education and interpretation, and how to wisely manage the property to conserve its cultural, environmental, and scenic qualities.



Meeting at DeHaven Beach March 13, 2023 – left to right: Donna Medley, Merle, Atta Stevenson, Anira Gacha, Victoria Patterson, Jenny Shattuck, and Eddie Knight.

Specific interest was expressed in the botanical survey that WVS has commissioned and ongoing access to intertidal plants and animals used for subsistence.

The conversation with tribes will continue and their input will be used to help draft a thoughtful Management Plan for the property this summer. The possibility of a partnership with tribes was suggested as a way that responsibility for various management tasks could be shared. Future management of the property will entail conservation, monitoring, and facilitating responsible public coastal access. A draft Plan is expected to be ready for circulation to the public and partners like the State Coastal Conservancy and tribes by September. Input is welcome from the public. Please contact the WVS at wvs@westportvillagesociety.org or call me at 964-7272.

Westport MAC Update

The regular meeting schedule of the Westport Municipal Advisory Council has been changed to the third Thursday of each month at 7:00PM at the Community Center on Abalone Street in Westport. The next meeting is **Thursday, June 15th at 7:00PM**. Agendas are posted on the Bulletin Board at the Westport Store and distributed to people who have asked to be on the WMAC email list at least 3 days in advance. If you would like to receive the agenda please send an email to WMAC95488@gmail.com.

Sunday Afternoon Art at the Westport Community Center

Aimee Maxey and Melinda McLaughlin

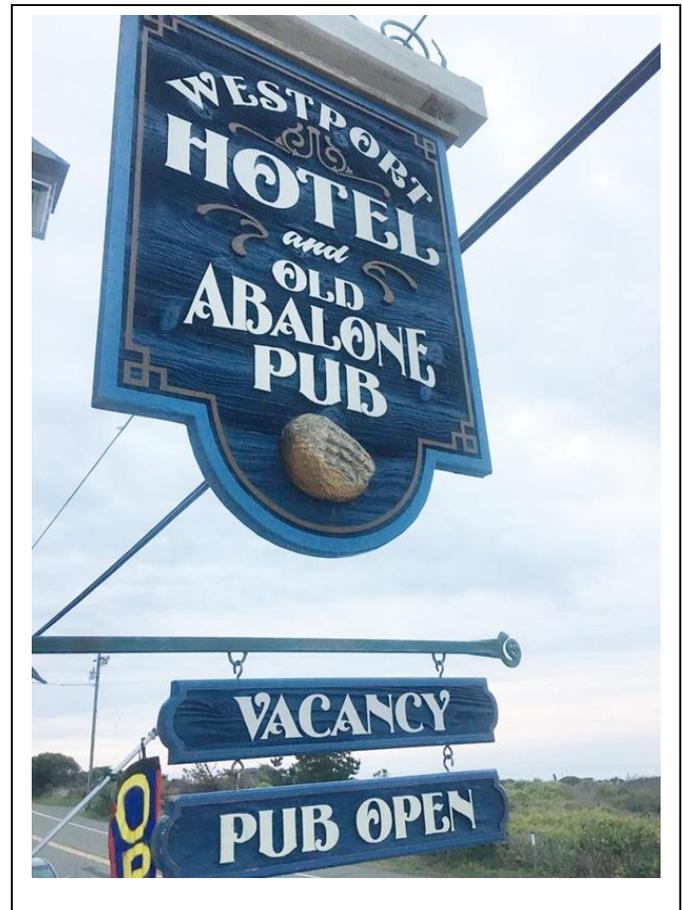
The June and July “Sunday Afternoon Art” sessions will be held from 12:00PM to 2:00PM at the Westport Community Center on June 26th and July 30th. At the June session, we will prepare two projects: a collage journal and a monthly planner. We’ll finish both at the July session.

The journal has a collaged front and back cover and gel printed pages inside. The monthly planner’s cover and pages are painted w/acrylic paints in any style you wish with embellishments added if you so choose! Supplies will be provided. Of course if you have collage fodder and favorite paints, brushes, etc. please bring them.

Please contact Melinda by email or text if you plan to attend, so we can plan supplies accordingly: (707) 972-7840 or melindasmclaughlin@gmail.com. Hope to see you there!

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!



Westport Hotel & Old Abalone Pub Happenings

Tabby Korhummel, General Manager, Hotel and Pub

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.

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. Upcoming dates are 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.



The Westport Church

**Thich Nhat Hahn Discussion
Group – Sunday, June 11th, 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 love (see below). We request that attendees be vaccinated and we will meet according to Church Covid precautions.

Love is treating your heart with a great deal of tenderness, with understanding, love, and compassion. If you cannot treat your own heart this way, how can you treat your partner with understanding and love?” — Thích Nhất Hạnh

**The Most Precious Thing –
The Breath**

Babaji

I meet many people who say, “Babaji, I’m anxious - my mind is racing. I cannot stop my mind from thinking negative things.” Yes, we all want to be happy and calm and enjoy the abundance in our lives, but our minds can often keep us in negativity, depression, fear or anxiety.

The mind is restless, by nature - it is either in the past or in the future. It never stays in the present moment. Today, many people take the support of medication and various kinds of substances to try to calm the mind. Since time immemorial, yogis have experimented and cultivated a very simple and holistic process to bring peace to the mind.

The Breath

When we bring our attention to the breath we can fully experience the present moment and calm the restless mind. It does not require anything from outside. It just requires a little time, patience and discipline.

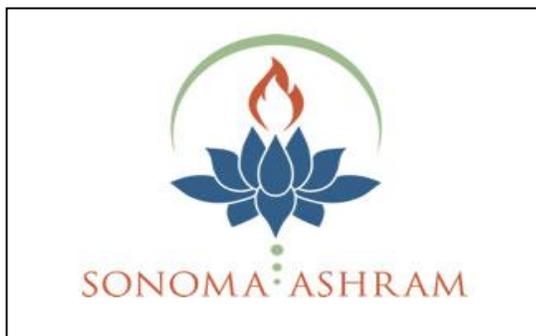
Our breath is coming in and out all day every day. Without it, our life on this earth will come to an end. But how often do we honor it or even pay attention to it at all? In yogic philosophy, the breath is the vehicle for *prana*, the life force. If we receive the breath with that kind of respect, with gratefulness, we can connect with something much deeper inside of us and truly transform our life.

During the day, try to carve out a little time to focus on your breath. Whenever you have a moment, just stop whatever you are doing, close your eyes, soften your body, pause the breath, then release it - welcome it and let go. Do this a few times. Try bringing your attention to your heart or your forehead as you hold in your breath. Before you start to stress out, release the breath. This is a simple practice that anyone can do anywhere and if it’s done mindfully, in a disciplined way with determination, it can do wonders.

There is a beautiful story. One day there was a man who was determined to find a Philosopher’s Stone, a rare and mythical stone that turns any metal that it touches into gold. He had only gone a few steps from

his house when he came across a wandering holy man. The holy man asked him “Where are you going?” and the man replied, “I am setting out to look for a Philosopher’s Stone.” The holy man replied, “Oh, I have one right here - I’ll give it to you!” and took a small rock out of his bag. The man saw it and replied, “No, no - this cannot be the stone I am looking for. It couldn’t be that simple for me to find it this easily. Thank you, but I am going to keep looking.” The man wandered for days, and by the time he returned back to his home, empty handed, the holy man was gone.

We do the same thing with our breath. It is the most precious and powerful thing that we have to calm the mind, and it’s right here, within us, with us all the time. We just need to give the breath its due respect and take a little time to practice turning our attention towards it.



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.

Fence Restoration at the Westport Cemetery

Westport Ten Mile Cemetery District Board of Directors

You may have noticed the fence restoration at the Westport Cemetery. The work was done by local carpenter and home grown boy, Jimi Stipe. The Board is pleased not only with the craftsmanship but

also with the change in design which provides a greater view of the Pacific.

While working, Jimi was impressed with the number of visitors who would stop and walk the grounds. It occurred to us that perhaps a bench or two would provide sitting opportunities for these visitors. If anyone is interested in sponsoring a bench, please contact our Board President, Gary Quinton, (707) 357-1040. Jimi Stipe can be reached at (707) 972-6520.

If you haven’t yet explored either the Westport or Inglenook cemeteries, we invite you to do so. They tell stories!

Westport Fire Safe Council

Carla Thomas

Westport Fire Safe Council is bringing eight or more Team Rubicon volunteer crew members to conduct roadside fuel reduction from July 17 – August 5. If you submitted a request for work on your road, you will receive a permission form from Carla Thomas to fill out and return during June. This allows the crews to work on your property along the roadside.

Crew work will be done in the Westport Beach Subdivision and on side roads off Branscomb Road. The crews will be housed and have cooking facilities at the First Presbyterian Church of Fort Bragg (many thanks to the congregation). More details will be posted in the July Westport Wave. We are hopeful this will be an annual event.

Let’s show them our appreciation and a warm welcome while they are here. This work from Team Rubicon <https://teamrubiconusa.org/> is made possible through the collaborations of Eric Hart, of the Ridgewood Fire Safe Council, Mendocino County Fire Safe Council, and Westport Fire Safe Council. Local volunteers are welcome to join the teams and their training. Please let Carla Thomas carlasthomas@earthlink.net know if you want to join a crew or have a good idea on how we can welcome them. They enjoy getting to know the community they are serving.



Students and staff from the Transition Learning Center putting up Memorial Day flags this year at the Westport Cemetery
(photo by Erin Brazill)

Sunday, June 11th – Thich Nhat Han Discussion Group, 2:00PM, Westport Church (see page 3)

Wednesday, June 14th – Flag Day

Wednesday, June 14th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM (call Chief Dan Maxey at (707) 357-4353 to attend remotely)

Thursday, June 15th – Westport Municipal Advisory Council meeting, 7:00PM, Westport Community Center. Contact WMAC95488@gmail.com for info. (see page 2)

Saturday, June 17th – New Moon, 9:37PM

Sunday, June 18th – Father’s Day

Monday, June 19th – Juneteenth

Wednesday, June 21st – Summer Solstice, 7:57AM

Thursday, June 22nd – Bookmobile, 9:00AM to 9:30AM, Westport Store

Sunday, June 25th – Sunday Afternoon Art, 12:00PM to 2:00PM, Westport Community Center (see page 2)

Wednesday, June 28th – Eid al-Adha begins at Sundown

June 2023 Westport Calendar

Ongoing classes at the Westport Community Center:

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.

Saturday, June 3rd – Full Moon, 8:41PM

Thursday, June 8th – Bookmobile, 9:00AM to 9:30AM, Westport Store

Thursday, June 8th – Westport County Water District Monthly Board Meeting, 7:00PM (call Kayla Cooper at (707)367-1057 for information on attending by Zoom)

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

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 July 1st, 2023 issue of *The Westport Wave* are due by June 27th, and should be sent to Editor Steve Brigham at westportwave@gmail.com. Thanks!