

Westport Volunteer Fire Department News

At our Business and Annual Elections meeting on June 14th, Darnell Michlig became the newest active duty member of the Westport Volunteer Fire Department. Darnell grew up in Humboldt County and moved to the Rockport area three years ago where she works as caretaker of the old mill in Rockport. Since a number of our emergency 911 calls each year are near Rockport and as far north as Hales Grove, Darnell is likely to be the first member on scene for several calls. She is excited about joining the Fire Department and has been training with us for the past three months. We are now fourteen active duty members strong!

The officers and directors of the Fire Department were all reelected for another year. Here are the results:

- Dan Maxey Fire Chief, Board member and CEO
- Jeff Mathias Assistant Fire Chief and Board President
- Ski Saunders Fire Captain and Training Officer
- John Huff and Steve Goleman Fire Captains
- John Allison Board member and Secretary
- Ellie Kelsey Board member and Treasurer
- Melinda McLaughlin Board member



Westport's newest firefighter, Darnell Michlig (right). Congratulations and Welcome to the WVFD!

Save the Date: On Saturday August 19th, from noon until dusk, we will be holding our annual fundraising event on the Westport Headlands. Live music, great food, beer, wine, and non-alcoholic beverages will be featured. There will be plenty of fun activities for the whole family. More detailed information will be provided in the August 1st edition of the *Westport Wave*.

Best wishes to everyone in our community for a happy and safe Fourth of July!

Westport Hotel & Old Abalone Pub July Happenings

Tabby Korhummel, General Manager, Hotel and Pub

The Westport Hotel and Old Abalone Pub are open for summer hours from 5:00PM to 9:00PM on Thursdays, Fridays, Saturdays, and Sundays. We have music scheduled on most Saturday nights at 5:30PM.

We serve afternoon tea every 3rd Saturday by reservation. Give us a call at (707) 964-3688 if you would like to plan a private tea party

Upcoming music in the Pub:

7/6 Back Ground Boys

7/8 Art opening for Jaquelyn Cisper and acoustic guitar with her husband Christopher

7/15 Aaron Ford

7/22 Back Ground Boys

7/29 Paul Farley

Sunday Afternoon Art at the Westport Community Center

Aimee Maxey and Melinda McLaughlin

Our next "Sunday Afternoon Art" session is Sunday, July 30th from noon to 2 p.m. at the Westport Community Center. At the June session, we started two different styles of journals. One has a collaged front and back cover and will have gel printed pages inside. The other is painted w/acrylic paint in any style you wish with embellishments added if you so choose.

Supplies are provided. Of course, if you have collage fodder and favorite paints, brushes, etc. please bring them. A donation of \$5 to the Westport Community Center is suggested and appreciated. Please join us even if you weren't able to attend in June.

Westport Fire Safe Council Gets Funding for Roadside Fuel Reduction for the Westport Area

Carla Thomas, for the Westport Fire Safe Council

Team Rubicon is coming to Westport to conduct roadside fuel reduction and clearing during the last week of July and first week of August (see our June *Wave* article for more on Team Rubicon). If you submitted a request for work done on your property, you will receive an email from Carla Thomas <u>before</u> <u>July 1st</u> with details. If you do not receive the email, please contact Carla Thomas at (707) 272-1994 or <u>carlasthomas@earthlink.net</u>. We will be working closely with Team Rubicon to schedule the work. We also will be organizing activities to thank these dedicated volunteers for helping our community. Let Carla Thomas know if you can help us give thanks.

More good news! On June 1st, the Westport Fire Safe Council received \$7,950 from the Mendocino County Fire Safe Council (MCFSC) to develop local personnel and fuel reduction crew capacity in Westport during 2023. If Team Rubicon is not able to address all 20 properties that requested assistance during their time here, we will continue the work with these MCFSC funds developing locally-based crews. If you are interested in receiving training and /or working as a fuel reduction crew member, please let Carla Thomas know.

24/7 Westport Wave

The Westport Wave is always free to everyone at any time on the Newsletter page of our website <u>www.westportvillagesociety.org</u> – 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!



The Westport Church

Thich Nhat Hahn Discussion Group – Sunday, July 9th, 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 the pace and direction of life and what we do with it (see below). We request that attendees be vaccinated and we will meet according to Church Covid precautions.

Many of us have been running all our lives. Practice stopping. Thích Nhất Hạn

Sowing the Seeds of Our Own Happiness

Babaji

We are all looking for happiness in every endeavor we engage in. No matter what we do, the ultimate goal is always to experience fulfillment of some kind that results in happiness. Most of the time instant gratification is mistaken for happiness. This new found happiness is short lived, it is not everlasting. Where and how to find that peace and happiness that is always with us should be our search.

One of the teachings of the sages comes to mind, "O human if you want to live in peace you have to remember just two things: forget the good that you have done to the other and the harm that the other has done to you. And always remember God and death."

→ Most of our unhappiness comes from our unfulfilled expectations from the other. If we keep thinking about the good that we have done to the other, unconsciously some kind of expectation finds its place in our heart and mind. And when it is not met, we become unhappy. We find ourselves in this predicament when our good deed is conditional. The day we set out to do unconditional good deeds, we sow the seed of our own happiness.

Similarly, when we keep thinking about the harm that the other has done to us, our minds can become preoccupied with getting even. Any satisfaction that is experienced by "getting even" actually does not bring us any solace in the long run. If we look into it deeply, there is again some kind of expectation from the other who we feel has caused harm to us.

The more our attention is on the other, the further we get from our true self. We begin to live a story that is created around our being good and the other bad or our being right and the other wrong. The further we get from our true self, the unhappier we get. The only way to get back to our center is by deeply looking into what I am truly devoted to. Once our attention is shifted towards something higher and unchanging, it becomes easier to return back home to our true self.

One of the definitions of God is that which is beyond mind, unchanging and ever present. When we turn towards that presence in our life, it gives us hope and trust and inspiration blossoms in our heart. As long as we keep seeking instant gratification from the world that is constantly changing and those around us with their own limitations, real happiness will be elusive.

Remembering death also plays a great role in our search for happiness. Acknowledging that our time on earth is limited keeps us in remembrance of the bigger picture. No matter what story we are living, it all comes to an end with the death of the body which is certain for everyone who is born. Not living with acceptance of this natural phenomenon becomes the cause of fear. Contrary to this, acceptance brings us freedom.

May we not waste this precious and limited time we have feeling trapped by our own expectations and hurts. May we live in remembrance of something higher.

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 <u>www.sonomaashram.org</u> or reach out by email at <u>info@sonomaashram.org</u>.

<u>July 2023</u> <u>Westport Calendar</u>

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, July 1st – Fort Bragg Fireworks, at dusk from the Noyo Bluffs, Fort Bragg

Monday, July 3rd – Full Moon, 4:38AM

Tuesday, July 4th – Independence Day

Thursday, July 6th – Bookmobile, 9:00AM to 9:30AM, Westport Store

Thursday, July 6th – Westport Municipal Advisory Council meeting, 7:00PM, Westport Community Center & Zoom; contact <u>WMAC95488@gmail.com</u> for details.

Saturday, July 8th – Westport Community Garden Volunteer Work Day, 10:30AM, Westport Community Garden

Sunday, July 9th – Thich Nhat Han Discussion Group, 2:00PM, Westport Church (see page 3)

Wednesday, July 12th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM (call Chief Dan Maxey at (707) 357-4353 to attend remotely)

Thursday, July 13th – Westport County Water District Monthly Board Meeting, 7:00PM (call Kayla Cooper at (707)367-1057 for information on attending by Zoom)

Monday, July 17th – New Moon, 11:31AM

Thursday, July 20th – Bookmobile, 9:00AM to 9:30AM, Westport Store

Thursday, July 20th – Westport Community Church Board Meeting, 10:00AM, Westport Church

Wednesday, July 26th – Westport Village Society Quarterly Board Meeting, 6:30PM at the Westport Community Center and Zoom; contact <u>bill@netwidget.com</u> for details.

Sunday, July 30th – Sunday Afternoon Art, 12:00PM to 2:00PM, Westport Community Center (see page 2)

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 backissues are also on the Newsletter page of our WVS website www.westportvillagesociety.org.

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

