

## Finding Moments of Stability

Babaji

At the beginning of every year at the Ashram, a word is chosen that we remember throughout the year. This year, the word is:

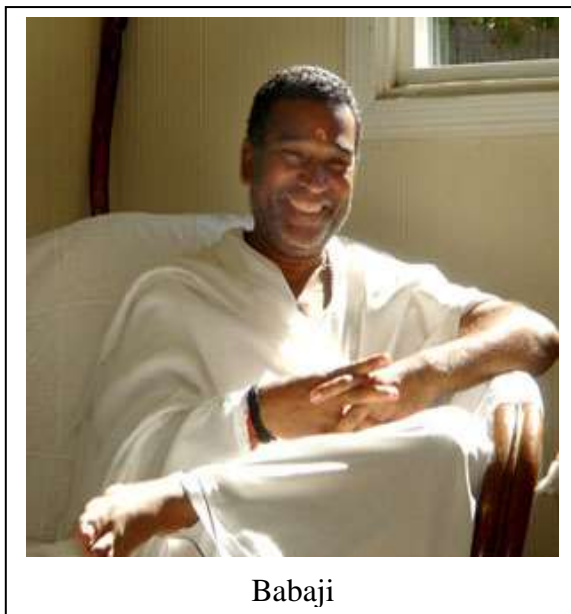
### stability

Imagine that you are riding on a bus and there are no seats so you need to stand. When the bus is running smoothly, you can easily ride along without holding on to anything. But when the bus begins to stop and go in traffic, it gets harder and you need something sturdy to hold on to. Otherwise, you fall down and get hurt.

What is it in our lives that gives us stability when there is a lot of turmoil or change happening around us? It is our spiritual practice. Whatever form it is, it gives us stability.

No matter what is happening in the world, or in our life, or in the lives of those around us, please remember: stability.

Contemplate on that word and entertain that stability within you. Welcome in a nice deep breath, remembering: "I am stable. I am capable of being stable. I *will* be stable." Mind may come up with some idea, that "If I do that, then I'll be stable.", or "If I acquire that, I'll be stable." Or "If this thing is all taken care of, I'll be stable." It doesn't work that way. Stability has to begin within.



Babaji

Out of stability, everything comes. This is the greatest gift we can give to ourselves this year. Throughout your day, practice pausing the breath, and when you do, bring the word stability to your mind. Everything is still, everything is stable, everything is fine.

When we are disconnected from that stability within, our mind keeps running, running, running. The time that we spend connecting with the stability inside gives us energy, clarity, and focus. When we take a step back, pause, and our

breath comes from that place of calmness, new ideas, new inspirations, and new hope can emerge.

May this new year be filled with that stability for you, no matter where you are. Even in the middle of your engagement in the world, may you connect with that stability that's already within you.



*Babaji's mission is to help people experience fullness in life through simple spiritual practices and meditation. He divides his time between the Sonoma Ashram in Sonoma and Upasana Hilltop Sanctuary here in Westport. He is currently in India at his Ashram in Varanasi to check in on the many social service projects serving impoverished communities nearby. For more information, please visit [www.sonomaashram.org](http://www.sonomaashram.org) or reach out by email at [info@sonomaashram.org](mailto:info@sonomaashram.org). We'd love to hear from you!*

## Free Food For All at the Westport Choice Pantry

Melinda McGlaughlin

**The Westport Volunteer Fire Department is currently hosting a Food Pantry with food for all community members on the third Wednesdays and Thursdays of the month.** Fresh produce, meat, dairy, cereal, canned goods, pasta, and juice are available for pick up. Bags are at the ready! Kids' bags with diapers are available as well.

We are located at the Westport Firehouse, 37551 Shoreline Highway, Westport.

**Wednesday hours are 6 p.m - 8 p.m. Thursday hours are 10 a.m. - noon.**

In addition, we are considering being open on the third Saturday of the month as well. If you would like to assist in that regard, please call 707.972.3583. Thank you in advance for your support!

## Westport Hotel and Old Abalone Pub Re-Open February 8<sup>th</sup>

Tabby Korhummel, General Manager, Hotel and Pub

The Pub and Hotel will re-open February 8th.

**We will have a very special 5 course Valentines dinner on Wednesday, February 14<sup>th</sup> at 6:00pm by reservation and pre-order. \$160+ tax and gratuity per couple (see flyer on page 6).**

Five course meal includes Crab Bruschetta, Creamy Sorrel Soup, Fresh Citrus and Avocado Salad, Herbs D' Provence Roast Leg of Lamb with Flageolet Beans a' la Francaise, or Cioppino w/ crab, scallops, shrimp and clams served with garlic bread or Chanterelle and Asparagus crepe with white wine garlic béchamel.

For dessert choose from Chocolate Hazelnut Torte or Coeur a' La Creme with Red Raspberry sauce or Sorbet Trio.

Please call 707-964-3688 or email [westporthotel@mcn.org](mailto:westporthotel@mcn.org) for dinner reservations.

## A Cloud Never Dies

Thich Nhat Hanh

“When the cloud is no longer in the sky, it doesn't mean the cloud has died. The cloud is continued in other forms like rain or snow or ice (or even invisible water vapor – S.B.). So you can recognize your cloud in her new forms. If you are very fond of a beautiful cloud and if your cloud is no longer there, you should not be sad. Your beloved cloud might have become the rain, calling on you, ‘darling, darling, don't you see me in my new form?’ And then you will not be stuck with grief and despair. Your beloved one continues always. Meditation helps you recognize her continued presence in new forms. A cloud can never die. A cloud can become snow, or hail ...or rain. But it is impossible for a cloud to pass from being into non-being. And that is true with your beloved one. She has not died. She is continued in many new forms. And you can look deeply and recognize herself in you and around you”.

## Thich Nhat Hanh Discussion Group Sunday, Feb.11<sup>th</sup>, 2:00PM

Baile Oakes

This **Westport Community Church** discussion group is focused upon the teachings of **Thich Nhat Hanh**. 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 death and eternal life (see above). We request that attendees be vaccinated and we will meet according to Church Covid precautions.

## Annual Westport Whale Festival Saturday, March 23rd

Tabby Korhummel

I'm looking for enthusiastic volunteers to help make this event a fun and educational family event. Please reach out if you want to join the team! 707-964-3688 (tabby @ The Westport Hotel ).

## Remembering Donna Traycik

Thad Van Bueren

My dear wife Donna Marie Traycik, the mother and grandmother of our family and beloved friend/family to many here and elsewhere died peacefully at our Soulsong home January 18 surrounded in her last hours and days by her family and supported by two wonderful home health nurses. She was deeply comforted by messages many of you sent. Donna will be greatly missed, but she also remains in our hearts always. In her own words she wrote “energy never dies. It simply transforms. That’s what I have done . . . I have merged into the brilliant light. My true essence is now wave and particle.”

She lived in this community the last three decades of her life and formed many close friendships, as was her way throughout her long and interesting life. She spread love and good will everywhere she went with her sparkling energy, creativity, and intelligence. Donna made friends easily because her heart was always open. She was patient, wise, understanding, generous, intuitive, and non-judgmental. She travelled widely and always took time to stay in contact with people she cared about in the many places she lived and visited. Her example remains an inspiration for how to make this world a better place. May that ripple forward and gather momentum!

I met Donna Marie Traycik on January 5, 1985, introduced by mutual friends. Though I’ve known her less than half of her 86 years, our marriage was arguably the most profound and undeniably the most enduring partnership in her life and mine. She was an exceptional human being. We met at a stage of our lives when we were both actively opening ourselves to personal growth. We considered each other soulmates, nurturing, inspiring, loving, and challenging each other by turns. That included allowing space for differences and separate exploration. For example, she kept an affirmation in her wallet that says “I can always trust my inner guidance. I can do anything I choose.” It was written



after she walked on fire for the first time in 1988. In 1991 I too walked across a bed of hot coals, facing my fears and learning to trust my inner voice.

Donna was born in 1937 in Flint, Michigan to Eugene and Dorothy Traycik. She was the first-born daughter in a family that grew to include two sisters and a brother. Her sister Diane and her brother Tim survive her. The death of her baby sister Dorothy in 1945 affected her deeply. Her large extended family played an important role in her life, presaging our own tightly knit family. In 1955 she married her first husband Ed Grosjean shortly after graduating from high school. Ed joined the Army and was deployed in Germany where their daughter Dawn was born in 1956. After returning to Michigan the family grew to include her son Gregg in 1960 and her son Christopher in 1965. They divorced in 1968.

Donna married Dr. Hubert Verwys in Grand Rapids, Michigan in 1971. As her children matured her horizons broadened. She pursued the arts and education, knowing from an early age that she wanted to become a teacher. Hu's opposition to her college plans precipitated their divorce in 1979. Donna moved to Pincrest, California to start a new life near her daughter Dawn. She brought her sons Gregg and Cris. Donna worked as a teacher's aide in Pincrest Elementary School and had a third short-lived marriage. By 1985 both of us were single and living in Tuolumne County unbeknownst to each other.

We met at a dance in Sonora on January 5, 1985 introduced by mutual friends. The spark ignited and by the end of that year we were married and living in Jamestown while she pursued a teaching credential through a University of San Francisco extension program. We loved getting out in nature, doing art together, and sharing adventures and ideas. Her children became my family and we spent a lot of time together. Our four grandchildren were born between 1985 and 1988. We moved to Fiddletown in 1989 to pursue new jobs and facilitate Donna's ongoing education at Sacramento State University. Both of us dreamed of moving to the north coast.

In the early 1990s we finally found a property and community that spoke to us, acquiring a parcel on Howard Creek Road. We moved to Soulsong in 1994 to pursue our dream, made possible in part by my telecommuting. I worked a compressed schedule that left me three days a week to build our spiral house. Donna taught at Leggett School until she retired in 2004. Over the years members of our family have joined us here forging their own lives and friendships among the wonderful people in this

community and neighboring places. Donna maintained strong connections with some of her former students, later officiating at their weddings. We remain close to many of those families and their children to this day.

After retirement Donna volunteered to team teach with her good friend Kathleen Murray at Westport School. She got involved with local children and their families and gave piano lessons in our home. She helped make community events happen, especially those involving younger folk. Donna also served on the Board of Parent and Friends, taking on the role of President during a very challenging period for that organization. She was a talented artist and brought many creative ideas to fruition. After her breast cancer in 2015 she made it a daily practice to draw in an art journal every day. She loved gardening and we grew a lot of our own organic food. Her way of being and treating others with true loving kindness is an ongoing inspiration and example. She was an old soul who possessed a lot of wisdom and gave her love freely.

In early November she shared this painting (below) to prepare her friends for her transition, explaining "the tree symbolizes death which we all must pass on our path after life to go beyond the mountain into the light to our next adventure. I have entered that path now with a recent diagnosis of liver cancer with complete peace and acceptance in my heart and the support of my beloved family to live each day at home. My

energy has been draining, however, my mind and spirit is at ease. Thanks for being a part of my life. Love you all!" A celebration of her life will be held at our Soulsong property sometime this spring. We will spread the word beforehand.





HAPPY VALENTINE'S DAY!

## February 2024 Westport Calendar

Ongoing classes at the Westport Community Center:

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

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**Thursday, February 1<sup>st</sup>** – Bookmobile, 9:30AM to 10:00AM, Westport Store

**Thursday, February 1<sup>st</sup>** – Westport Municipal Advisory Council Meeting CANCELLED. Contact WMAC95488@gmail.com for details

**Thursday, February 8<sup>th</sup>** – Westport Hotel and Old Abalone Pub re-opens for dinner (see pp.2 and 6)

**Thursday, February 8<sup>th</sup>** – Westport County Water District Monthly Board Meeting, 7:00PM, Zoom. Call Kayla Cooper at (707)367-1057 for information on attending by Zoom.

**Friday, February 9<sup>th</sup>** – Super New Moon, 2:59PM

**Sunday, February 11<sup>th</sup>** – Thich Nhat Hanh Discussion Group, 2:00PM, Westport Community Church (see page 2)

**Wednesday, February 14<sup>th</sup>**  
– Valentine's Day

**Wednesday, February 14<sup>th</sup>**  
– Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Westport Firehouse (subject to change)

**Wednesday, February 14<sup>th</sup>**  
– Special Valentine's Dinner (reservations only), Westport Hotel and Pub (see pp.2&6)

**Thursday, February 15<sup>th</sup>** – Bookmobile, 9:30AM to 10:00AM, Westport Store

**Thursday, February 15<sup>th</sup>** – Westport Food Pantry, 10:00AM to 12:00PM, Westport Firehouse (see p.2)

**Wednesday, February 21<sup>st</sup>**  
– Westport Food Pantry, 6:00PM to 8:00PM, Westport Firehouse (see page 2)

**Saturday, February 24<sup>th</sup>** – Full Moon, 4:30AM

**Thursday, February 29<sup>th</sup>** – Leap Day

**Thursday, February 29<sup>th</sup>** – Bookmobile, 9:30AM to 10:00AM, Westport Store

**Saturday, March 23<sup>rd</sup>** (save the date) – Annual Westport Whale Festival (see page 2)

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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. Both the current *Westport Wave* and 12 years of monthly back-issues are also on the Newsletter page of our WVS website [www.westportvillagesociety.org](http://www.westportvillagesociety.org). **Contributions for our March 1<sup>st</sup>, 2024 issue of *The Westport Wave* are due by February 26<sup>th</sup>**, and should be sent to Editor Steve Brigham at [westportwave@gmail.com](mailto:westportwave@gmail.com). Thanks!

# THE WESTPORT HOTEL AND OLD ABALONE PUB

We are happy to share that our restaurant  
will be reopening for dinner

*February 8<sup>th</sup>*

please call to make a reservation  
**707.964.3688**

Celebrate your love this year by attending our  
prefix 5-course *Valentine's day dinner*  
\$160 per couple (gratuity not included)

## VALENTINES DINNER

### WESTPORT HOTEL & OLD ABALONE PUB

*By reservation only*

*Navarro fruit 2013*

*Crab Bruschetta*

*Cream of Sorrel Soup*

*Fresh Citrus & Avocado salad  
Organic butter lettuce & citrus dressing*

*Herbs de Provence roasted Leg of Lamb  
white beans a la Francese*

*White Wine Garlic, Bichamel, Chanterelle, Mushroom and Asparagus Crepe*

*Or  
V-day Stoppino w/crab, scallops, shrimp and mussels*

*For dessert:*

*Chocolate Hazelnut Torte (GF)*

*Or  
Creme a la Creme w/ Red Raspberry sauce*



◆ *Special 2/14/24* ◆

Enjoy a scrumptious 5-course dinner with that  
special someone followed by a night in one of our  
beautiful rooms and wake to our signature two part  
breakfast for a very special rate of \$300  
(tax and gratuity not included)  
Call to book this special deal!

## *Wine and Whales Spring special*

Spend a weekend in one of our balcony rooms  
during March or April\* and receive **10% off and a  
Complimentary bottle of local wine**,  
so you can enjoy viewing the migration  
of the whales from the comfort of one of  
our 4 beautiful balcony rooms  
Use code: WineandWhales when booking  
\*some exclusions apply visit our website for details

