

September 1, 2024

The Westport Wave

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The 2024 WVFD Fundraising Barbecue photo by RD Finnell

Laura own Good Morning Graphics in Fort Bragg, and Mike also works as a builder and property manager. He is an ordained minister who enjoys fishing and photography. We are now 14 active duty members strong!

Westport Volunteer Fire Department August Highlights

WVFD

Many people braved the intermittent rain showers on Saturday, August 17th to attend the return of Westport Volunteer Fire Department's Fundraising Barbecue. The music and food were great, and people of all ages had a lot of fun. The Barbecue gave community members opportunities to connect with each other and to make new friends. The event also provided significant financial support for the Fire Department's operations.

At the monthly business meeting a few days earlier, we welcomed our newest active duty member, Michael Fox. Mike was born in Roseville and has been a coastal resident for 35 years. He and his wife



Chief Dan Maxey congratulates Michael Fox (right) as the newest active duty member of the WVFD.



Westport Hotel and Old Abalone September Pub News

Tabby Korhummel, General Manager, Hotel and Pub

Our last Sunday of the season will be September 1st. We will be closed on the Saturdays of September 14th & 21st for private celebrations. Chad Swimmer will entertain us in the Pub on September 12th with Latin Americana tunes. Like our Facebook page for updates on live music and weekly specials.

We hope to see you soon at the Old Abalone Pub!

The Westport Hotel and Old Abalone Pub Fall Hours are Thursdays, Fridays, and Saturdays from 5:00PM to 9:00PM. We also serve Saturday afternoon Tea every 3rd Saturday by reservation from 3:00PM to 5:00PM. **Please call for more information – 707-964-3688. Thanks!**

Free Food For All at the Westport Choice Pantry

Melinda McLaughlin

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 (this month September 18th) are 6:00PM to 8:00PM. Thursday hours (this month September 19th) are 10:00AM to 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 Village Society 2024 Annual Meeting at 7:00 PM Friday, October 4th

Bill Knapp, WVS President

The WVS Board is pleased to announce the Annual WVS Member Meeting will have a combination physical and Zoom meeting located at the Westport Community Center this year. The Zoom link will be provided in the October 2024 Westport Wave, and on the WVS web site.

Two Westport Village Society Board positions will be up for election by vote or acclamation this year. The three year terms for two Directors, Sebastian Regalia and Kayla Cooper have expired. Only two people indicated interest in the open Board positions; Mr. Gary Quinton (WVS Treasurer and former Director) and Mr. Sebastian Regalia (current WVS Director) committed to run for the positions by the August 27 deadline. Because there are just two candidates, the vote of acclamation will be conducted in person at the meeting, rather than with mailed ballots.

There will be a general mailing for the annual meeting in mid September. Additionally the Annual Meeting Agenda will also be posted on the WVS website. Draft meeting minutes of the 2023 Annual Meeting have been posted.

We hope to see you there at the 2024 WVS Annual Meeting. A Social Mixer starts at 6:30 p.m. The Annual Meeting will start at 7:00 p.m.



The Westport Church

**Thich Nhat Hanh Discussion
Group Sunday, Sept. 8th, 2:00PM**

Baile Oakes

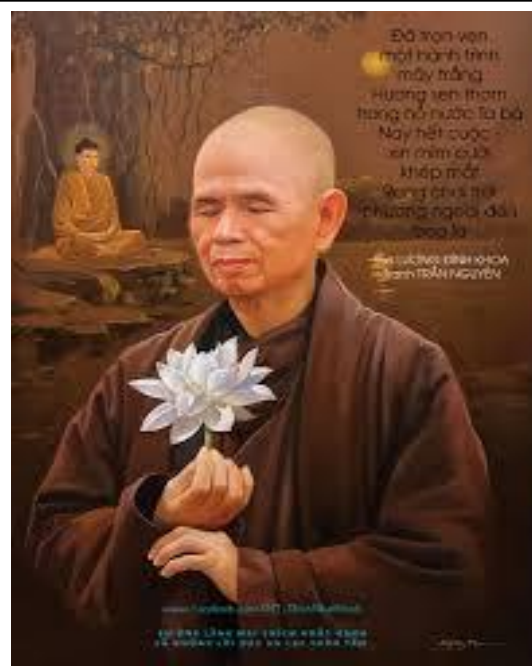
This **Westport Community Church** discussion group is focused upon the teachings of **Thich Nhat Hanh**. We will share his messages, different each month, and discuss how they might or might not influence how we show up for our selves and all Creation. This month, our quote is on Spirituality (see box at upper right). 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 12 years of monthly back-issues, all in living color, with live links! Check it out, and tell your friends!

Having a spiritual dimension in our lives does not mean escaping life or dwelling in a place of bliss outside this world but discovering ways to handle life's difficulties and generate peace, joy, and happiness right where we are, on this beautiful planet.

Thich Nhat Hanh



Thich Nhat Hanh



Babaji

True Nourishment

Babaji

We all want to be happy and live with purpose. We all want to live a meaningful life and experience that wholeness. How to find that?

The other day at the Ashram we were talking about why to live on bread and butter if we could have fine cuisine at home. Sometimes we skip our regular meals, snack all day long, and go to bed tired and hungry. Yes, we satisfy the hunger of the moment, but the real nourishment doesn't come.

It is the same thing with a spiritual practice. If the goal of spiritual practice is just to feel a little bit peaceful or withstand the day's challenges, in my opinion this is not enough. I call this "maintaining ourselves," which is like barely surviving, or "eating bread and butter." We miss out on the real gift that a steady spiritual practice can bring to us.

I see people work very hard. They work continuously from the moment they wake up until the moment they go to sleep. True, they accomplish many things, but is it really nurturing their soul? At the end of the day, can they look into their eyes in the mirror and say, "Yes, I have lived today fully."

The practice that we have doesn't need to be complicated or elaborate. It can be very simple. What makes it real for us is our commitment to it.

How committed am I to my practice? Whatever my practice may be -- even just five minutes of meditation or three deep breaths first thing in the morning -- am I so committed to it that nothing comes between me and my practice? Have I become as habitual with my practice as I am with brushing my teeth every morning? Does my practice come to my side when I feel joyful as well as when I'm a little shaky?

People do many things in the name of being spiritual, a little bit of this and a little bit of that. I call this "snacking." While it may relieve the immediate hunger, it does not bring us a feeling of wholeness or real satisfaction. When we begin to satisfy our hunger with nutritious meals prepared with

love, we receive nourishment, we receive energy, we experience the capacity to go out and manifest in the world.

So whatever form our spiritual practice is, let us strive to be consistent with it. Let us begin the day with it and end the day with it. And also in the middle of the day, let us invite it to be by our side. Maybe it's a prayer that we recite or maybe it's a personal mantra or simply a mindful breath. The more precious we hold our spiritual practice in our hearts, the more it brings to us.

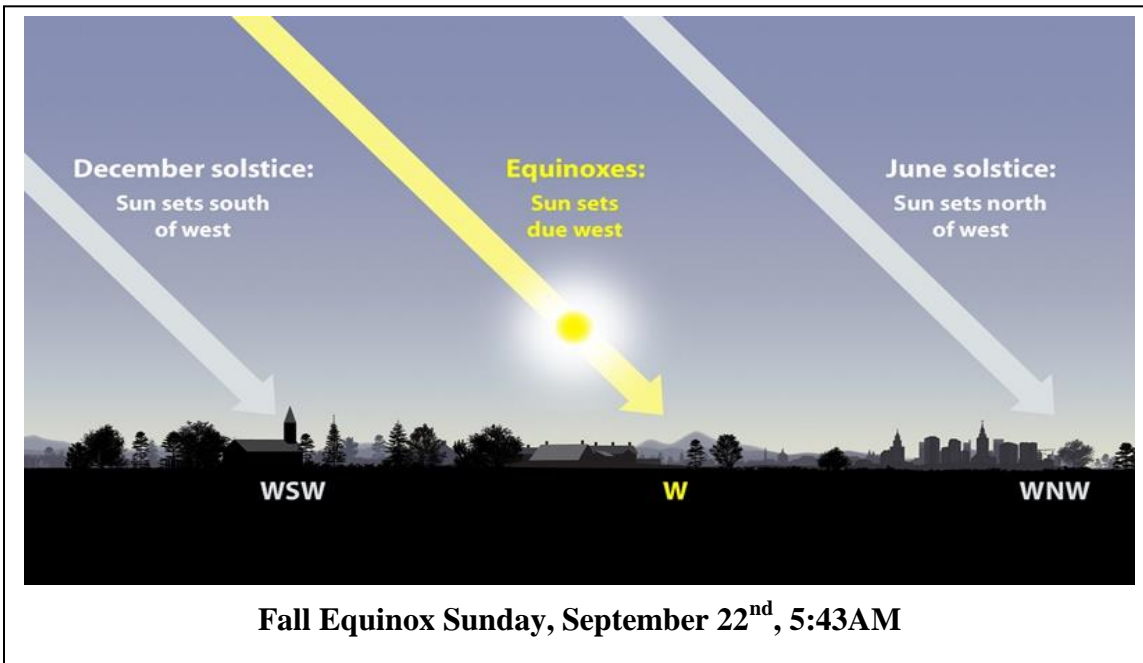


Babaji's mission is to help people experience fullness in life through simple spiritual practices and meditation. He divides his time between the Sonoma Ashram in Sonoma and Upasana Hilltop Sanctuary here in Westport. For more information, please visit www.sonomaashram.org or reach out by email at info@sonomaashram.org.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



Westport 50 Years Ago by Bill Brazill

Here's a photo I took from above Westport in 1973. Many folks in town in those days would hike up Clay Road to the top and then cut over north through the woods to a neat little log cabin that was located just over the crest of the big hill above town. We would pause there to take in the view from where this picture was taken and then head on down the hill towards town with the kids and dogs ahead. Seems we would do it on Sunday mornings or when friends from out of town came to visit. Good times! As you can see it was pretty much all open grass in those days. Mostly trees and brush now.



Tuesday, September 17th – Partial Lunar Eclipse, maximum at 7:44PM, on Eastern Horizon

Wednesday, September 18th – Westport Food Pantry, 6:00PM to 8:00PM, Westport Firehouse (see p.2)

Thursday, September 19th – Westport Food Pantry, 10:00AM to Noon, Westport Firehouse (see p.2)

September 2024 Westport Calendar

Ongoing classes at the Westport Community Center:

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

Monday, September 2nd – Labor Day

Sunday, September 2nd – New Moon, 6:55PM

Thursday, September 5th – Westport Municipal Advisory Council Meeting, 7:00PM, Westport Community Center (see <https://www.wmac95488.org/> for details)

Sunday, September 8th – Thich Nhat Hanh Discussion Group, 2:00PM, Westport Community Church (see page 3)

Wednesday, September 11th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Westport Firehouse

Thursday, September 12th – Bookmobile, 9:00AM to 9:30AM, Westport Store

Thursday, September 12th – Westport County Water District Monthly Board Meeting, 7:00PM, Zoom. Call Kayla Cooper at (707)367-1057 for information on attending by Zoom.

Tuesday, September 17th – Super Full Moon, 7:34PM

Saturday, September 21st – Northern California Coastal Clean Up Day, 9:00AM to 12:00PM. Bring gloves, buckets or reusable bags. Limited Parking. Organizer Anne Young (707) 962-0470 anne@mendocinolandtrust.org

Sunday, September 22nd – Fall Equinox, 5:43AM

Thursday, September 26th – Bookmobile, 9:00AM to 9:30AM, Westport Store

Friday, October 4th – Westport Village Society Annual Members’ Meeting, Westport Community Center, 6:30PM, meeting starts at 7:00PM

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 12 years of monthly back-issues are also on the Newsletter page of our WVS website www.westportvillagesociety.org.

Contributions for our October 1st, 2024 issue of *The Westport Wave* are due by September 26th, and should be sent to Editor Steve Brigham at westportwave@gmail.com. Thanks!