

## Westport Hotel and Old Abalone Pub February News

Tabby Korhummel, General Manager, Hotel and Pub

The Westport Hotel and Old Abalone Pub will re-open for 2025 on Thursday, February 6<sup>th</sup>, when our Pub will resume winter hours from 5:00PM to 8:30PM Thursdays through Saturdays.

Chef Odile is planning a very special Valentine's Day dinner menu for Friday, February 14<sup>th</sup>, and reservation requests can be made via email or phone. [westporthotel@mcn.org](mailto:westporthotel@mcn.org) or 707-964-3688.

**Happy New Year from all the Hotel and Pub staff, and see you in 2025!**

## 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 February 19<sup>th</sup>) are 6:00PM to 8:00PM. Thursday hours (this month February 20<sup>th</sup>) 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 50 Years Ago** – This photo, taken by Bill Brazill in 1973, shows the back side of what was then called “The Antique Store” (left) and “The Cobweb Palace” (right). The Antique Store (a historic Westport building nowadays known to many as the “Blue Victorian”) was at the time run by Dr. Peters and his wife Grace. The Cobweb Palace (today known as The Westport Hotel and Old Abalone Pub) was at the time run by Mike Alexander, and was quite the happening place for Westport locals.

## On Negativity

Thich Nhat Hanh

“We have negative mental habits that come up over and over again. One of the most significant negative habits we should be aware of is that of constantly allowing our mind to run off into the future. Perhaps we got this from our parents. Carried away by our worries, we're unable to live fully and happily in the present. Deep down, we believe we can't really be happy just yet—that we still have a few more boxes to be checked off before we can really enjoy life. We speculate, dream, strategize, and plan for these "conditions of happiness" we want to have in the future; and we continually chase after that future, even while we sleep. We may have fears about the future because we don't know how it's going to turn out, and these worries and anxieties keep us from enjoying being here now.”



The Westport Church

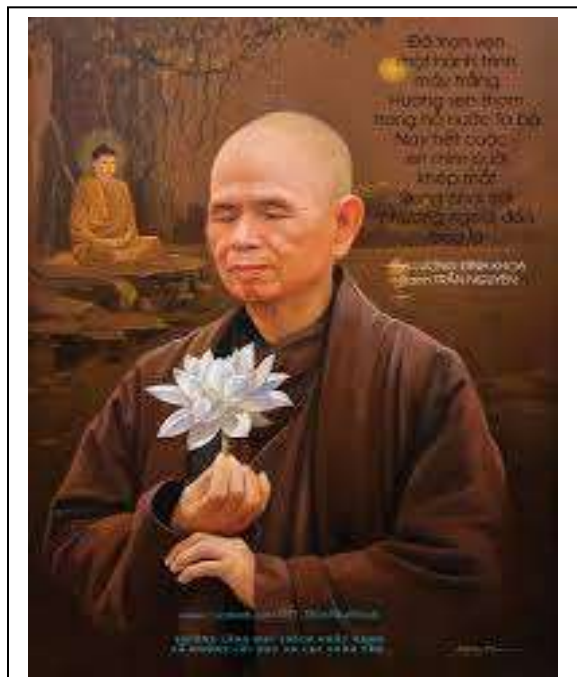
### Thich Nhat Hanh Discussion Group Sunday, February 9<sup>th</sup>, 2PM

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 Negativity (see above 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](http://www.westportvillagesociety.org) – where you'll find our most current issue as well as over 13 years of monthly back-issues, all in living color, with live links! Check it out, and tell your friends!



Thich Nhat Hanh



Babaji

## Stopping the Flow of Negativity

Babaji

It's important to pay attention to how we engage in the world. What do we spend our time thinking about? What do we give importance to? The day we begin to really look at our actions and thoughts, we begin to live a spiritual life.

We all have a tendency to hold onto negative vibrations. When we are feeling fear, anger, jealousy or any negative emotion, there is a part of us that knows that something is not right, yet still we easily get washed away.

How do we stop the flow of negativity?

There is one very simple practice that I recommend which can be done no matter where you are or what situation you find yourself in. Just stop your breath for a moment. Before the body begins to stress, release, and slowly welcome in a new breath. Do this a few times. Pull yourself back.

It takes some practice, but the sooner we can catch ourselves from flowing into negativity, the better off we will be. Think of it this way: it's a lot easier to pull out a weed while it's young than to wait until the roots have grown deep.

Sometimes, negativity comes towards us from someone else. Somebody is angry, somebody is unhappy, somebody is throwing a tantrum. In those moments, it's very important to be aware of how we are using our energy. If we react, more energy will be needed later on to sort everything out.

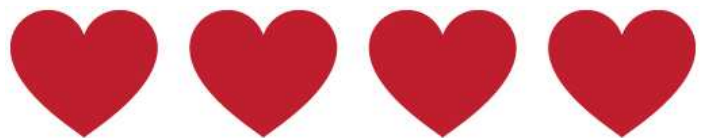
We look at the news and all kinds of things are happening there. It's good to stay informed, but we really need to look at how much time and energy we are spending, particularly if we find ourselves constantly getting angry and reacting to the news we hear.

The more we think about something, the more energy we send in that direction. When we take that step back, give it a little space and energetically disconnect, we will see that everything eventually settles down.

We do have the ability to keep ourselves from flowing into negativity. It takes a little attention, a little practice and remembering: nothing is worth losing your peace. Nothing.



*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](http://www.sonomaashram.org) or reach out by email at [info@sonomaashram.org](mailto:info@sonomaashram.org). We'd love to hear from you!*





Candlemas (February 2<sup>nd</sup>) celebrates the Coming of Light, halfway through winter.

## February 2025 Westport Calendar

**Sunday, February 2<sup>nd</sup> – Groundhog Day**

**Sunday, February 2<sup>nd</sup> – Candlemas Day**

**Thursday, February 6<sup>th</sup> – Westport Municipal Advisory Council Meeting, 7:00PM, Westport Community Center (see <https://www.wmac95488.org> for meeting confirmation)**

**Sunday, February 9<sup>th</sup> – Thich Nhat Hanh Discussion Group, 2:00PM, Westport Community Church (see page 3)**

**Wednesday, February 12<sup>th</sup> – Full Moon, 5:53AM**

**Wednesday, February 12<sup>th</sup> – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Westport Firehouse**

**Thursday, February 13<sup>th</sup> – Bookmobile, 9:00AM to 9:30AM, Westport Store**

**Thursday, February 13<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 14<sup>th</sup> – Valentine’s Day**

**Friday, February 14<sup>th</sup> – Special Valentine’s Day Dinner served at the Westport Hotel, by reservation only, [westporthotel@mcn.org](mailto:westporthotel@mcn.org) or 707-964-3688 (see page 2)**

**Monday, February 17<sup>th</sup> – President’s Day**

**Wednesday, February 19<sup>th</sup> – Westport Food Pantry, 6:00PM to 8:00PM, Westport Firehouse (see page 2)**

**Wednesday, February 19<sup>th</sup> – Westport Village Society Finance Committee Meeting, 6:30PM, Westport Community Center. If you would like to attend by Zoom, please contact us at [wvs@westportvillagesociety.org](mailto:wvs@westportvillagesociety.org) or (707) 964-7272.**

**Thursday, February 20<sup>th</sup> – Westport Food Pantry, 10:00AM to Noon, Westport Firehouse (see page 2)**

**Thursday, February 27<sup>th</sup> – Bookmobile, 9:00AM to 9:30AM, Westport Store**

**Thursday, February 27<sup>th</sup> – New Moon, 4:44PM**

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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 over 13 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>, 2025 issue of *The Westport Wave* are due by February 27<sup>th</sup>, 2025** and should be sent to Editor Steve Brigham at [westportwave@gmail.com](mailto:westportwave@gmail.com). Thanks!