

Westport Village Society News

Thad M. Van Bueren, WVS
President



The Westport Village Society Board held its Quarterly Meeting January 22, 2025 at the Community Center with several members of the community joining the discussion. This article highlights a few topics that may interest you. Please call (707) 964-7272 or write wvs@westportvillagesociety.org to get involved or ask questions.

WVS plans to update its Board Manual to address changes in policies and procedures developed during the past 5 years. For example, the Covid pandemic required us to facilitate remote meeting participation and change our voting practices. We've also altered our financial operation and may want to propose other changes as the review proceeds. The WVS Executive Committee will meet March 19 at 6:30PM at the Community Center to begin that work. Zoom attendance can be arranged if you contact us in advance to indicate interest. The existing manual was last revised in 2020 and can be downloaded at: https://www.westportvillagesociety.org/

WVS continues to improve its finance procedures to make accounting, reporting, and filing financial forms more transparent. A budget was approved this fiscal year and categories of income and expenses were clarified. A Finance Committee Meeting will occur February 19 at 6:30PM. We will share details of how to attend by Zoom with anyone who lets us know in advance that they would like to participate.

Two meetings in late 2024 have explored whether there are enough volunteers to resume the Great Rubber Ducky Race on Mother's Day or organize other smaller events. The Ducky event planning meeting in December was poorly attended and no poster art has been donated. Please contact Tabby at wws.@westportvillagesociety.org ASAP if you are willing to help revive that signature community event. Smaller events including a mid-summer treasure hunt and plein air art event are also under consideration.

Proposed public access improvements at the DeHaven property were discussed as the permit and a construction grant application deadline approach. Responding to public concerns about the parking lot, the Board approved reducing it to four regular spaces and one handicap accessible space using the smallest allowable footprint. The lot will also be moved next to the Caltrans right of way to deter RV entry and the potential for unauthorized overnight camping. We are currently estimating the construction cost to inform application for a construction grant from the State Coastal Conservancy.

Lastly, recent inspection of the stairway at the Westport Headlands revealed concerning deterioration of several redwood girders and treads. Funding was approved to address the most pressing concerns while we consider the scope and cost of a longer-term solution. Please exercise care if you use those stairs and do not enter if they are closed off for repairs.



Westport Hotel and Old Abalone Pub February News

Tabby Korhummel, General Manager, Hotel and Pub

The Westport Hotel and Old Abalone Pub will reopen for 2025 on Thursday, February 6th, 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 14th, and reservation requests can be made via email or phone. 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 19th) are 6:00PM to 8:00PM. Thursday hours (this month February 20th) 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.



The Westport Church

Thich Nhat Hanh Discussion Group Sunday, February 9th, 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

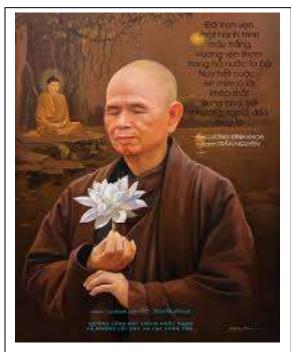
The Westport Wave is always free to everyone at any time on the Newsletter page of our website www.westportvillagesociety.org — where you'll find our most current issue as well as over 13 years of monthly back-issues, all in living color, with live links! Check it out, and tell your friends!

On Negativity

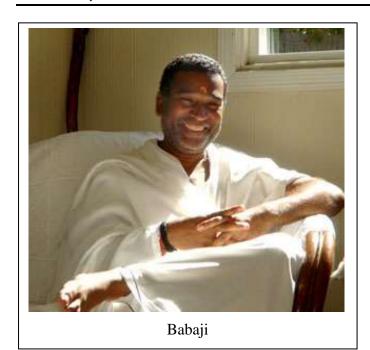
Thich Nhat Hanh

"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."



Thich Nhat Hanh



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 or reach out by email at info@sonomaashram.org. We'd love to hear from you!





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

February 2025 Westport Calendar

Sunday, February 2^{nd} – Groundhog Day Sunday, February 2^{nd} – Candlemas Day

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

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

Wednesday, February 12th – Full Moon, 5:53AM

Wednesday, February 12th – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Westport Firehouse

Thursday, February 13th – Bookmobile, 9:00AM to 9:30AM, Westport Store

Thursday, February 13th – 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 14th – Valentine's Day

Friday, February 14th – Special Valentine's Day Dinner served at the Westport Hotel, by reservation only, westporthotel@mcn.org or 707-964-3688 (see page 2)

Monday, February 17th – President's Day

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

Wednesday, February 19th – Westport Village Society Finance Committee Meeting, 6:30PM, Westport Community Center. If you would like to attend by Zoom, please contact us at www.ewstportvillagesociety.org or (707) 964-7272.

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

Thursday, February 27th – Bookmobile, 9:00AM to 9:30AM, Westport Store

Thursday, February 27th – New Moon, 4:44PM

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.

Contributions for our March 1st, 2025 issue of *The Westport Wave* are due by February 27th, 2025 and should be sent to Editor Steve Brigham at westportwave@gmail.com. Thanks!