

August 1, 2016

# The Westport Wave

Published by the Westport Village Society, P. O. Box 446, Westport, CA 95488

## WVFD BBQ August 20<sup>th</sup>!

Westport Volunteer Fire Department

It's BARBECUE time again – at the **Westport Volunteer Fire Department's 39<sup>th</sup> Annual BBQ**

**Fundraiser**, which is happening on **Saturday, August 20<sup>th</sup> from 12:00 to 7:00PM!** At this annual Summer Festival, the Westport Headlands comes alive with live music, dancing, craft booths, kids' games, local microbrews and wines, soft drinks, and a fantastic barbecue with all the trimmings. All proceeds go to the Westport Volunteer Fire Department to purchase new equipment and supplies.

Our celebration opens at 12 Noon. Food service begins at 1:00PM and continues until 5:00PM. Live music performances showcase top-notch bands from the North Coast. The BBQ

features barrel-roasted tri-tip and barrel-smoked chicken prepared by our firefighters, plus a vegetarian entrée as well. Sides are corn on the cob, freshly made salads, and home-made desserts. Beverages

include soft drinks and local wine and beers. Meal tickets are just \$15 for adults, and \$12 for kids 10 years old and under. Festivities include a raffle featuring a beautiful hand-made quilt (see page 8 of this newsletter), craft booths, volleyball, horseshoes, and games for children, including face painting. There

will also be a visit by a Cal Fire engine and crew, and weather and schedule permitting a Reach or CalStar helicopter landing and display.

The Westport Volunteer Fire Department is an all-volunteer department of local residents who receive no salaries or stipends. We are run entirely on donations. Major expenses such as vehicles, equipment, and building maintenance and repair are purchased with grants or proceeds from fundraising events such as this annual barbecue. Please come out for a great day, meet the

members of the WVFD, enjoy great food, great music, and our beautiful location on the Westport Headlands! See you there, tell your friends, and thank you so much!

**A DAY ON THE WESTPORT HEADLANDS**  
Lost Johnson Productions  
& Coast Sound Presents:  
**Highway One**  
**Steven Bates Band**  
**The Smoke Detectors**  
**Sue Sisk**  
! From Boonville Special Guests:  
**The Thorn Petals !**  
and much more  
*39<sup>th</sup> Annual WVFD Fundraiser*  
**\*BARREL ROASTED BBQ\***  
\* TRI-TIP \* CHICKEN \* VEGGIE MEAL AVAILABLE \*  
\* CRAFT BOOTHS \* VOLLEYBALL \* HORSESHOES \*  
\* KID'S GAMES \* JUMPY HOUSE \* FACE PAINTING \*  
**Quilt & Basket Raffles**  
**Many Raffle Prizes**  
**BEER AND WINE \* DANCING**  
Meal tickets: Adults \$15 Kids < 10 \$12: Donation to WVFD  
*Saturday, August 20<sup>th</sup> 12-7 PM*  
BBQ served 1:00 till 5:00pm  
**WESTPORT FIRE RESCUE VOLUNTEER**  
**Sorry No Dogs**

## Help Lighten the Load for the WVFD on Sunday, August 7<sup>th</sup>

Sarah Mathias

Are you looking for an easy way to help support our local fire department? This coming **Sunday, August 7<sup>th</sup>**, the Westport Volunteer Fire Department will be holding hose testing at the Firehouse. Hose testing is an important part of ensuring that WVFD firefighting gear is in full functional shape prior to an emergency and helps the WVFD's ISO rating, which translates to a lower rate on fire insurance for you.

Hose testing is a lot of work, but requires no special skills, so we're inviting anyone who wants to make the load lighter for the firefighters to come help. We need strong backs to help move hoses and keen eyes to check for leaks. If you'd like to help out, even for just part of the time, we'll be working from around 9:00AM until about 1:00PM. Thank you for supporting the WVFD!

## August at the Old Abalone Pub

Joywolf

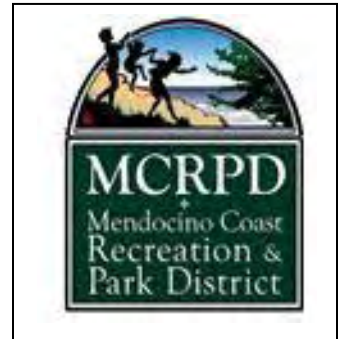
The Old Abalone Pub at the Westport Hotel is going full-speed-ahead with dinner five nights a week (Thursdays through Mondays from 5:00PM to 9:00PM), breakfast on Saturday and Sunday (from 8:30AM to 10:00AM), and afternoon tea on Saturday (3:00PM to 5:00PM). Some of Chef William's dishes are already becoming locally famous -- try the *chiles relleños* stuffed with tender-crunchy vegetables, or the classy classic Caesar salad.

People have asked, "What is a kuchen?" A kuchen ("coo-k'n") is an old-fashioned European dessert popular in Germany and Hungary that is similar to a fruit tart. However, the crust is soft and puffy like a soft cookie. It is much less sweet than a pie, and shows off the fresh tartness of fruits like apricots and plums.

We're getting excited about the Fire Department's Annual Barbecue on August 20<sup>th</sup>! Come in to wind down after the barbecue with coffee drink specials!

## Summer at the Westport Community Recreation Center

Tabby Korhummel



**The Mendocino Coast Recreation and Park District is happy to announce a special "Paint-Along Painting Party" acrylic painting class which will be taught by Aimee Maxey on Sunday, August 14<sup>th</sup> from 4:00PM to 5:00PM at the Westport Recreation Center** (right next to the Westport Church at the end of Abalone Street). This class will be easy to follow and fun to do. You can keep it simple or get as creative as you like! All supplies needed will be provided. The cost for this class is \$25, and the **class size will be limited to five people, so please call Tabby at (707) 367-0010 to reserve your spot today!**

Ongoing weekly classes this summer continue to be our **Monday morning 9:30AM Yoga class**, which is now taught by Melinda McLaughlin, and our **Tuesday morning 9:00AM Tai Chi class** taught by Scott Menzies. In addition, see our Facebook page <https://www.facebook.com/WestportCommunityRecCenter> for an announcement on dates and times for a new dance fitness class starting in mid-August!

The Westport Recreation Center recently hosted a special handcrafted earring class sponsored by the MCRPD, and it was very successful. Ten ladies attended and all left adorned with beautiful hand crafted one-of-a-kind Feather Earrings. Watch for another earring class here this fall!

### 24/7 Westport Wave

Did you know that *The Westport Wave* is always free to everyone at any time on the Newsletter page of our website [westportvillagesociety.org](http://westportvillagesociety.org) – where you'll always find our most current issue as well as over four years of monthly back-issues, all in living color! Check it out, and tell your friends!

## Ann Woodhead Becomes Dr. Ruth!

Steve Brigham

Friends and Neighbors, even if you don't normally do it, this is your month to go to the Theater! That's because celebrated Westport actress, performer, director, and professor Ann Woodhead will be appearing as Dr. Ruth Westheimer ("The Sex Doctor") in a one-woman play called **BECOMING DR. RUTH**, at the **Mendocino Theatre Company thru August 28<sup>th</sup>**. This is the chance of a lifetime to see a remarkable fusion of two very famous and talented women! Don't miss it!

### BECOMING DR. RUTH

by Mark St. Germain

directed by Elizabeth Craven

**starring Ann Woodhead as Dr. Ruth**

Ruth Westheimer has an incredible story to tell: how she escaped from the Nazis as a child, trained as a sniper for the Haganah in Jerusalem, studied psychology at the Sorbonne, and struggled as a single mother in the United States before finally making her name as a radio and television personality. This fascinating bioplay celebrates the resilience, humor and spirit of the woman who became everyone's favorite sex therapist.

Following are Ann's performance dates. Reserve your seats now by calling the **Mendocino Theatre Company** at (707) 937-4477 or visiting their website at [www.mendocinotheatre.org](http://www.mendocinotheatre.org).

Friday July 29<sup>th</sup> at 8:00PM  
 Saturday, July 30<sup>th</sup>, 8:00PM  
 Sunday, July 31<sup>st</sup>, 2:00PM  
 Saturday, August 6<sup>th</sup>, 8:00PM  
 Sunday August 7<sup>th</sup>, 2:00PM  
 Friday, August 12<sup>th</sup>, 8:00PM  
 Saturday, August 13<sup>th</sup>, 8:00PM  
 Thursday, August 18<sup>th</sup>, 8:00PM  
 Friday, August 19<sup>th</sup>, 8:00PM  
 Wednesday, August 24<sup>th</sup>, 8:00PM  
 Thursday, August 25<sup>th</sup>, 8:00PM  
 Friday, August 26<sup>th</sup>, 8:00PM  
 Sunday, August 28<sup>th</sup>, 2:00PM

## Westport Flea Market August 28<sup>th</sup>

Sarah Mathias

The next Westport Flea Market will be held on **Sunday, August 28<sup>th</sup> from 11:00AM to 2:00PM** on the Westport Headlands. There will also be a Flea Market on the Headlands from 11:00AM to 2:00PM on the last Sunday of September (September 25<sup>th</sup>). Anyone is welcome to come sell whatever they have – things you create, things you found, things you want to get rid of, plants, food, art, whatever! This year there is still no table fee, just be there and set up by 11AM (and let me know you're coming beforehand – it's nice to know I won't be out there by myself, and I can also have a table for you if you don't have one of your own). For more information, or to let me know you'll be participating, contact me at 962-0181, or [sarah.e.mathias@gmail.com](mailto:sarah.e.mathias@gmail.com), or via the Westport Markets Facebook page.

## Just Eat It! At the Westport Community Garden

Steve Brigham

Who can forget that great song *Eat It!* by Weird Al Yankovic? (It's a take-off on Michael Jackson's *Beat It!*) In my tortured little mind, that's the song I sing to myself at least twice a week, when I'm watering our vegetables at the **Westport Community Garden** (at the end of Abalone Street at the Community Center). Because that's what you should do right now with all of our fresh, organically grown vegetables – pick them (it's free!) and just *Eat It!*

This month, we've got cucumbers, edible-pod peas, lettuce, cilantro, basil (hey, that sounds like a mean garden-fresh salad!), 3 kinds of summer squash, and Blue Lake green beans and Italian green beans to boot! Two other vegetables we've got in abundance are Kale and Swiss Chard. Now instead of spinach, your mother should have told you to eat these instead. That's because Kale has enough anti-oxidants in it to ward off not only cancer but also anything that has to do with aging. Swiss Chard has so much magnesium in it that it helps fight the effects of aging as well (it's been proven that most Americans are very low in magnesium). **Pick 'em – it's free, and just *Eat It!***



The Westport Community Church

## Westport Community Church August 2016 Calendar

Founded in 1880, the **Westport Community Church** is pleased to offer a variety of experiences to help us discover ways to become more in touch with our spiritual heritage. We are doing our best to nurture a tradition of having weekly gatherings at the Church (which is at the end of Abalone Street on the left) to explore various spiritual paths. All suggestions and participants for services are welcome at the Westport Church – and we welcome all denominations to hold services here!

**We are pleased to announce that our popular Quaker Worship Group will now be meeting on the 1<sup>st</sup> Sunday of each month in addition to their regular 3<sup>rd</sup> Sunday meetings.** We still have the 4<sup>th</sup> and occasional 5<sup>th</sup> Sundays open for community members to suggest other speakers and topics for these days. Please contact Church President Millie Saunders at 964-3030 to discuss your ideas and see how you can help the Westport Community Church.

### **1<sup>st</sup> Sunday, August 7<sup>th</sup>, 10:00AM – Our Bi-Monthly Quaker Worship Group**

Katherine White leads our regular 1<sup>st</sup> Sunday Quaker Worship Group meeting. The format is a simple, quiet meditation for 45 minutes followed by Katherine reading Quaker passages and a shared discussion of

our experience including sharing of any of our thoughts or readings that one is inspired to bring to the group. This has been and will continue to be a very peace-filled and nurturing experience.

### **2<sup>nd</sup> Sunday, August 14<sup>th</sup>, 10:00AM – Carolyne Cathey, Mendocino Center for Spiritual Living, on “What Do You Want?”**

Carolyne Cathey, Spiritual Leader, discusses a crucial aspect to living the life you desire in her talk, “What Do You Want?”

“If you could place an order, like from a menu, knowing it would be brought for you, what would you ask for? What would you like to do on this earth in this human experience while you are still here to do it? What will you regret if you don’t do it while you’re alive in the physical? While you have the chance? It’s your time!”

Join us for this in-depth discussion of how you might be getting in your own way from experiencing what you truly want.

### **3<sup>rd</sup> Sunday, August 21<sup>st</sup>, 10:00AM – Our Bi-Monthly Quaker Worship Group**

Katherine White leads our regular 3<sup>rd</sup> Sunday Quaker Worship Group meeting. The format is a simple, quiet meditation for 45 minutes followed by Katherine reading Quaker passages and a shared discussion of our experience including sharing of any of our thoughts or readings that one is inspired to bring to the group. This has been and will continue to be a very peace-filled and nurturing experience.

## **Local Information for Newcomers**

A “**Welcome to Westport!**” information packet has been created for distribution to anyone new to the community. The packet contains information about the WVS, WVFD, Recreation Center, Church, local businesses, and more. If you are interested in receiving a packet, or if you'd like one to be sent to someone, please contact Sarah Mathias at 962-0181 or [sarah@huntersplayground.com](mailto:sarah@huntersplayground.com).



## Marty Anderson – Fire Chief!

Marty Anderson

Sometimes my *Westport Wave* photo assignments can get a little tedious, but Steve always reassures me that my work is important because, as he says, “Little dog photos help sell newspapers.” But this month’s project was really fun! Steve needed some publicity shots for the WVFD BBQ, and he asked me if I would like to sit in a fire engine for a few pics. Well, I literally jumped at the chance! You see, I am eight

years old – and what eight-year-old wouldn’t jump at the chance to sit in a giant red Fire Engine!

I was so excited the day of my photoshoot at the Firehouse I couldn’t stand it! WVFD Fire Chief Frank Maurice actually made me Honorary Fire Chief, at least for the photoshoot (he was there by my side during the shoot for my safety). That fire engine was the biggest, reddest thing I have ever seen, and it made a tremendous roaring sound. Just being inside this giant machine was an awesome experience! I am in a real live Fire Truck! I am driving a real live Fire Truck (well, not quite, but don’t blow my experience here). MARTY ANDERSON, FIRE CHIEF, IS DRIVING A REAL LIVE FIRE TRUCK! YAHOO!!



If you want to see a real live fire truck, you can at the WVFD ANNUAL BBQ on August 20th on the Westport Headlands. OK, not if you’re a dog, since there’ll be so much food around that there can be no dogs at the BBQ. So I won’t be there, but really I don’t have to, since Barb always brings me back a “doggie bag” of delicious food. It’s definitely worth waiting for!

## Letter From Nicaragua

Fionna Regalia

*Editor's Note: This just in from proud parents Tabby and Beck! Westportian Fionna Regalia is on a Pre-Med service trip with Global Works in Nicaragua, working in clinics and helping to clean up water systems. Here is her exciting report!*

When I first arrived in the Miami International Airport I was nervous, mostly because my connecting flight was delayed. As I walked up to gate D26, I was so relieved to see the group of red Global Works shirts. When I arrived we all sat in a circle and were handed a post it note. On the note, we wrote 3 things; our name, our seat number, and what service meant to us. After finishing this activity we were informed that one of our fellow student's flight was delayed, and our leader Michelle had to stay in Miami to wait for them. They would meet us in Nicaragua the next day. We all boarded the plane, and just as we were about to take off, the captain told us the engine light was on and they needed to fix the engine before we could leave. About an hour later, we were finally taking off. When we were landing, we could look out the window and see the lights of Managua below us. After we got out of the airport, we met up with the people who flew in on their own. We all piled into the bus, and took the hour drive to the Laguna where we are staying.

As we drove, everything seemed familiar but at the same time quite different. We were driving on the outskirts of a city, and it felt like it does back home, except the houses, the shops, and the vegetation were all different. In the morning we awoke to beautiful scenery – a crater lake was surrounded by the lush vegetation of the jungle – and had our first encounter with *gallo pinto*. *Gallo pinto* is made of beans and



Fionna Regalia (4<sup>th</sup> from left) with her pre-med co-workers in Nicaragua.

rice, which is part of a typical Nicaraguan breakfast. After breakfast, we had our orientation and got to do “get to know you” activities. We all sat and talked about how we want to act, and things we want to do on this trip to make it ideal for us. After orientation we had lunch, then we were off on a cultural tour. Our first stop was the Masaya Volcano, one of the three places in the world where you can see active lava. When we arrived at the top of the volcano, we were only allowed to be up there for about 10 minutes because the volcano is releasing gasses that are dangerous if inhaled for a long time. We stood on the lip of the volcano and looked down at the lava beneath, and we were all in awe. It was truly a beautiful sight. The lava at the bottom of this huge volcano was so powerful, and the orange glow made it hard to look away. We could see the contrasting coats of the bright green parrots flying into their nest on the side of the volcano, which surprised us because of how dangerous it all seemed. After the volcano, we were off to the market. We all split off into groups of three and got to spend 30 minutes in the market to buy souvenirs and see all the amazing patterns and textiles. After the market we went to a school where they teach pottery, and we got to see a demonstration of them making a vase. After the demonstration, we explored their shop and got to see the amazing quality of the products they are making. Then we were back

to the resort. After dinner we all took part in an amazing salsa class, everyone had fun, and there were lots of laughs. After the class everyone was tired so it was time to go to our rooms, wash off, and get ready for another exciting day.

### July 19, 2016

We meet at 7:30am for a typical Nicaraguan breakfast, filled with more *Gallo pinto* and fresh juice. Then we quickly meet on the bus at 8:00am for an early start for all of the day's activities. After an hour and a half drive we picked up our first speaker, Yamileth. She spoke to us about the neighborhood she grew up in as we drove around it, and we were amazed to see the different lifestyles that the people lived there. She showed us how people had been living in the city's dump and made money by picking up recyclable items. We learned about a Spanish program that has been put in place to lift the neighborhood out of poverty, and were even able to see photos that compared the area to how it had looked before the efforts and what had changed. After, we got off the bus to see Yamileth's home and learn more about her efforts to improve her community. We were so inspired by her passion and determination to help her neighborhood improve. We all signed a wall of her home with short messages to her. After signing the wall, Maria Ivania came in off her mo-ped. We were excited she came to talk with us because she wasn't feeling well, and we thought she wouldn't be able to come. Maria talked to us about her clinic that she set up to provide medicine for locals. She's also training her 16-year-old daughter to help in the clinic because the work is not paid so it is difficult to find staff. After hearing her stories, we got back on the bus to eat lunch at La Trenza (a famous Nicaraguan restaurant). We had the opportunity to try traditional Nicaraguan beverages with corn, hibiscus, and chocolate. We also ate plantain chips. The meal was delicious! After lunch we were off to the beach house where we will be staying for a few days. At the beach house, we discussed how the days' experience relates to our lives back home. We had a home cooked dinner and did more team building activities. We are really coming closer together as a group! You can see more at:

<https://www.globalworkstravel.com/blog/nicaragua-intro-to-pre-med-public-health-session-2>



Frank Maurice serving local beers and wine at the BBQ.

## Westport Volunteer Fire Department News

Frank Maurice, Fire Chief, WVFD

Hi Westport area residents and friends! The Westport Volunteer Fire Department is having its 39th annual fundraising BBQ on Saturday the 20th of August. Come join the fun and meet the folks who volunteer to help everyone who lives here and/or stays here, when they need fire protection and emergency medical help. Our Fire Department Board is actively working hard to prepare budgets, spending policies, and apply for grants; they have successfully just completed and been awarded another 50/50 matching grant for purchasing new hose and brass to outfit the recently acquired type 1 engine we are now putting into service along with new mobile radios and protective gear. Your **Fire Department Board** now has four dedicated community members: **Bill Knapp-President, Lee Tepper-Treasurer, John Allison-Secretary, and Frank Maurice CEO.** We need a 5th position to be filled so please consider this position of honor to serve on the Westport Fire Board. Your firefighters/EMTs and first responders train twice a month and attend one business meeting per month to keep up on the skills and needs of running a life-saving organization. Just yesterday (July 30<sup>th</sup>), six members trained all day at the Mendocino Fire Dept. with 4 other fire departments and Cal-Star flight nurses to improve our skills in handling burns of all types and degrees, impaled objects, pediatric emergencies, diabetes, airway management, and more, while 4 more volunteered to stay behind and

cover the response area when half of our department was training out of town. We try to make sure our town has local coverage for emergencies all the time. We average about 4 to 6 calls per month, so with trainings that makes 7 to 9 days every month and often more that we are actively working to serve the community on top of working our jobs, taking care of our families, and attending other responsibilities. **Your Fire fighters are: Chief-Frank Maurice, Assistant Chief-Daniel Maxey, Captain/former Chief-Beck Regalia, Captain/EMT-Glen Jones and Captain/EMT/Training Officer Jeff Mathias, Firefighter/EMT-John Allison, Chaplain/EMT Lin Taylor, Firefighter/EMT Ski Saunders, Firefighter-Bill Knapp, Firefighter-Steve Golman, Firefighter-Chuck Linker, Firefighter-Kelly Chumley, Firefighter Mike Perry, Firefighter Bryan Hougland, and Firefighter auxiliary Barbara Anderson,** who personally calls us at home to announce every training and meeting (and don't forget her faithful sidekick Marty!) Thank you so much one and all for your excellent hard work!



**YOU CAN WIN** this beautiful hand-made quilt at the WVFD BBQ Raffle on Saturday, August 20<sup>th</sup>! The quilt will be on display at the Westport Hotel in August before the BBQ, and raffle tickets will be available at the WVFD BBQ. Buy lots of raffle tickets – it's for a good cause!

## August 2016 Westport Calendar

**August 2<sup>nd</sup>** – New Moon, 1:44PM  
**August 2<sup>nd</sup>** – WMAC Meeting CANCELLED  
**August 4<sup>th</sup>** – Bookmobile, Store, 9-9:30AM  
**August 7<sup>th</sup>** – First Sunday Quaker Worship Group, 10:00AM at the Westport Community Church  
**August 10<sup>th</sup>** – Westport-Ten Mile Cemetery Board Quarterly Meeting, 10:00AM, Westport Church  
**August 10<sup>th</sup>** – Westport Volunteer Fire Department Monthly Meeting, 6:00PM, Westport Firehouse  
**August 13<sup>th</sup>** – Westport County Water District Monthly Board Meeting, 10:00AM, Firehouse  
**August 14<sup>th</sup>** – Carolyn Cathey, Mendocino Center for Spiritual Living, speaks on “What Do You Want?”, 10:00AM at the Westport Church  
**August 14<sup>th</sup>** – “Paint-Along Painting Party”, an acrylic painting class taught by Aimee Maxey, 4:00PM, Westport Recreation Center  
**August 18<sup>th</sup>** – Full Moon, 2:26AM  
**August 18<sup>th</sup>** – Bookmobile, Store, 9-9:30AM  
**August 19<sup>th</sup> and 20<sup>th</sup>** – Seaweed Workshop (see the flyer on the next page for details – please pre-register)  
**August 20<sup>th</sup>** – **Westport Volunteer Fire Department Annual Fundraising Barbecue, 12PM to 6PM, Westport Community Headlands**  
**August 21<sup>st</sup>** – Third Sunday Quaker Worship Group, 10:00AM at the Westport Community Church  
**August 21<sup>st</sup>** – Westport Community Church Quarterly Board Meeting, 11:30AM, Church  
**August 28<sup>th</sup>** – Westport Flea Market, 11:00AM to 2:00PM, Westport Headlands

*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. **Check out our website [www.westportvillagesociety.org](http://www.westportvillagesociety.org), to read and download both our present issue and over four years of past issues of *The Wave*.** Contributions for our September 1<sup>st</sup>, 2016 issue of *The Westport Wave* are due by August 26<sup>th</sup>, and should be sent to editor Steve Brigham at [westportwave@gmail.com](mailto:westportwave@gmail.com), or P.O. Box 237, Westport, CA 95488. Thank You!

# Yemaya Seaweed & Julie Drucker

## Edible Seaweed Identification & Cooking Class



Oakes Place, Westport, CA  
August 19 & 20, 2016



**LEARN HOW TO IDENTIFY KOMBU, WAKAME, NORI, SEA LETTUCE, BLADDERWRACK, AND MANY MORE ON A MINUS TIDE AT ABALONE POINT, ONE OF THE RICHEST BIO-DIVERSE AREAS IN THE WORLD!**

### **Friday August 19th 5PM -8PM Cooking Class**

*Learn to prepare, store and use Mendocino coast seaweeds. Followed by a communal meal from what we've prepared. All ingredients are provided.*

### **Saturday August 20th 7:45am-2pm Seaweed Identification & Harvesting**

**7:45-11AM at Abalone Point Beach.** *Learn to identify Mendocino Coast seaweed and harvesting techniques.*

**11:00-2:00PM** *Learn seaweed drying methods and Nutritional benefits of this outstanding medicine! Potluck Lunch with leftovers from night before. Seaweed can also be purchased to take home.*

**Price: \$25-\$30 for each 3hr. section. Children are most welcome and come Free.**

To RSVP call or text Julie Drucker at 707-513-7397 or via email: [juliedruckerdance@yahoo.com](mailto:juliedruckerdance@yahoo.com).

Over night camping available-bring your own tent. Outdoor shower provided. For more information about location, camping, kitchen, call host Baile, at 707-964-7721.

**DIRECTIONS:** Oakes Place entry is located on the ocean side of Highway 1. Arriving from the South, the entry is 100 feet after mile marker 76.51 feet south of the driveway. Arriving from the north, the entry is next to the pullout with a large orange mailbox address: 36000 North Highway 1.

# 23rd Mendocino Circle of Men Retreat



Headwaters of Big River @ Shambhala

## Sharing our Mutual Journey

Dear Brother - You are Invited to Playfully Renew  
the Love and Innocence that are our True Nature.

Our Circle explores how to authentically and mindfully manifest our  
lives and community. Please join us, regardless of age, race,  
religious affiliation, sexual orientation, education, whatever.



When: 2PM Friday September 16th - 4pm Sunday September 18th

Where: Shambhala Retreat Center, Comptche, CA

Cost: \$200. - Sliding Scale as needed, Meals Included

**Please Respond by September 1st !**

To Register make checks payable to :  
Circle of Men, PO Box 2557, Mendocino, Ca 95460



For more information contact: Baile Oakes 707-964-7721 [BaileOakes@gmail.com](mailto:BaileOakes@gmail.com)