

Gossip

### Family Gatherings

Dennis McHone's mother's 95<sup>th</sup> birthday on July 31 was the occasion for a big family gathering on Pelican Street. Eighty relatives gathered in Willits for a week-long party that culminated in a long weekend with 30 people at the Westport houses. Happy birthday, Mary McHone!

Best wishes to Jessica Langan and Michael Spangenberg of Ukiah, who were married on the overlook platform on the Headlands on August 25. Music was provided by Peter Kapp, the bagpiper from Boonville. Dogs were definitely welcome. The reception was at Rockport Beach, where the family holds a gathering every summer.

### Dance and Art Classes Will Prepare for Evening of Middle Eastern Flavors

Preparations continue for "An Evening of Middle Eastern Flavors", an evening of feasting with entertainments and an art auction, the first in a series of fundraisers to benefit The Baghdad Shelter. The Shelter is a humanitarian project created to offer shelter, protection, and a future to orphans -- the "Invisible Children" -- in Baghdad, Iraq. The Shelter is an NGO with no political or religious affiliations or aims. Local fundraising for the Shelter is being done by Marguerite Lambert with the sponsorship of Mendocino County Veterans for Peace Chapter 116.

The Shelter provides for a tiny group -- 13 -- of the estimated 90,000 orphans in Baghdad alone. UNICEF and IRIN report that 90% of Iraq's children are currently living with post-traumatic stress because of the daily violence they either witness or suffer. They lack access to drinking water, food or medicines, and to doctors or counselors to deal with their mental or physical health. The children are not safe, anywhere. The necessity of addressing the plight of these children will continue well beyond the end of occupation. children, it is on a scale where one can have a tangible personal impact.

The date for the event, **Saturday, October 13**, coincides with the Moslem holiday Eid al-Fitr, the end of Ramadan, a day of feasting, generosity, and gratitude. Although the event is completely non-

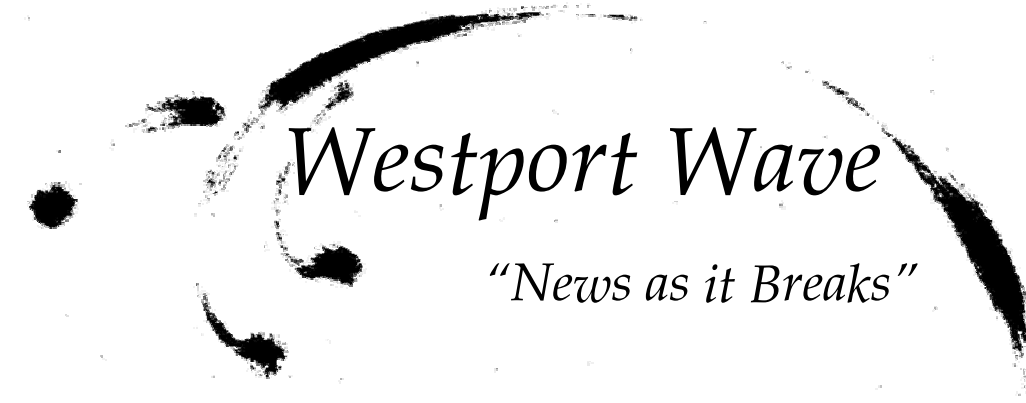
religious, Marguerite believes that this is an auspicious date. She remembers an experience in Malaysia several years ago. She and her traveling companions had hired a cab for the day, and were invited into the home of their cab driver/ tour guide to meet his wife and mother, and his newly born twin sons and to share some food with the family, to break the fast. Though none were Muslims, they were delighted to accept this gracious invitation to partake of the celebration.

A series of dance workshops will culminate in performances at the fundraiser, and an art workshop series for children (ages 11-14), will produce works for the art auction. There will be a planning meeting on **August 30** at 4:00 pm at the Long Valley Dance School to discuss the artistic aims of the workshops, to schedule the dance workshop series and the art workshop series, and for preregistration. Dances offered for performance will be Balinese, modern jazz, and a country line dance, taught by Marguerite, a longtime area dancer. Each class will meet weekly, with the last week of the session consisting of daily rehearsals. The Balinese and country line dance classes will meet for an hour each week, while the modern jazz dance, (to Michael Franti's music "To the East, to the West") will meet 1½ to 2 hours weekly.

We still need a volunteer art workshop facilitator for weekly meetings of approximately two hours for six weeks. Participants will hear Iraqi children's stories, then create their own expressions on peace, war, and occupation. Each child will choose his or her medium and bring their own supplies. Donations such as paper and paints will be gladly accepted.

Currently there are donation cans for the Baghdad Shelter at The Good Food Store and Pure Bliss Day Spa in Laytonville and at Westport Community Store (thanks to those who have already donated about \$30) and Gallery This in Westport. An information packet about the Shelter is available at Gallery This!

If you want to be added to the guest list (limited to 100 people at \$100 each), or to be involved in any aspect of the project, contact Marguerite: 964-8854



### Low Water, High Rates

The latest news from the Westport County Water District is not good. In common with much of the West, we are experiencing severe water source shortage, much more severe than last winter's rainfall shortage. The drilled well is producing less than six gallons per minute, and Wages Creek is at its lowest flow in memory, measured at about 3½ cubic feet per second. Although that would be more than enough for the town alone, we have to share the stream with the rest of the natural world. The conservation guidelines discussed in the last issue have been adopted as District policy. Phase One voluntary conservation guidelines are in effect. Residents and businesses are asked to:

- Limit watering to mornings and evenings before 9:00am and 7:00 pm.
- Inspect and repair toilets and change toilets and showers to low flow units.
- If you leave town, check your meter telltale for water flow as you go.
- Monitor your meter for leaks between monthly meter readings by the District.
- Watch for green patches of vegetation which might indicate leaks.

Vacation rental and summer home owners should appoint someone to check the meter after each departure. The District will also be providing each vacation rental with information about conservation. Many residents who have lived with drought before know more water-saving tricks. The main thing is to be conscious of water and use it like the precious resource it is.

The water shortage has been made even worse lately by underperforming equipment and

mysterious leaks. These problems are expected in an old plant in need of a lot of "catch-up" maintenance. The operations team of Alan Hodge, Frank Maurice, and David Doriot has been making steady progress in bringing the plant up to a high standard of performance and reliability, but there is still much to be done. There is a substantial list of repairs and replacements that need to be made in the coming months. This reality is taken into account in the Water Board's budget for fiscal years 2007-08 and 2008-09. The expense total of \$145,560 means that the combined water and sewer rate must be \$131 a month. The District Board members and clerk Tammy Doriot have worked very hard to cut every expense, and are eager to accept any ideas that would lighten this burden on water customers. The rates will be discussed at the next regular meeting on **September 19** and at a special rate hearing to be set.

### Westport Village Society

Westport Village Society will meet next on **September 13** (not its regular third-Thursday date). The main business will be to plan the annual members' meeting on **October 5**, when two new directors will be elected and the goals and projects of the organization in the coming year will be discussed. Everyone is always welcome to attend and bring up issues or ideas for community-benefit projects.

Current members will soon be getting a notice that their renewal is due; if you don't get that notice, you are not a paid-up member, and Westport Village Society hopes you will consider joining.



## Traditional Wisdom

**Find Your Voice**

We are headed toward the last of the chakras associated with the body. The fifth chakra, your throat chakra, is your communication center.

It is at the center of the human capacity to express, communicate, and inspire others. There are actually two chakras that are so close together they are integrated into one. The main throat chakra opens towards the front of the neck, while a secondary, smaller one opens its energy to the back. The fifth chakra constitutes an internal link between the lower chakras and the crown center. At the same time it links the contents of all the chakras to the external world.

The colors associated with the fifth chakra are pale blue, silver, and greenish blue. Its symbol is a 16-petaled lotus and its basic principle is the resonance of being. Parts of the body associated with the throat chakra are neck, throat, jaw, ears, voice, trachea, bronchial tubes, upper lungs, esophagus, and arms.

A harmoniously functioning throat chakra will be evident through the ability to openly express and communicate your true feelings without fear; a clear, melodious voice; and the power, even in difficult situations, to remain clear in your feelings and true to yourself. To cleanse this chakra look up into the sky on a cloudless day: the color will stimulate and open your mind. You can also stare into the immense blue of the ocean, breathe in the beauty, and relax. The gem stone aquamarine will help open the communication channel into your soul, releasing purity and freedom. Turquoise connects us with the earth, absorbs positive energy and protects against negative influences. Chalcedony inspires and stimulates creative self-expression through speech and writing. For a little aromatherapy try sage and eucalyptus. Sage sends healing vibrations into the "seat of language." It loosens tension in the throat and lets us express our needs. The refreshing scent of eucalyptus clears and widens the fifth chakra. It opens our inner voice and lends creativity and naturalness to our communication.

For meditation try to visualize a clear blue drop of water. Imagine being inside this drop, but feel the spaciousness and openness of the water. Hold the vision with strengthening breaths for a few minutes, release it and clear your mind.

AN INVITATION TO  
**"A BREATH OF PLEIN AIR"**  
**WESTPORT, CALIFORNIA • OCTOBER 13, 2007**

WESTPORT VILLAGE SOCIETY AND GALLERY  
 THIS! INVITE YOU TO PARTICIPATE IN THE PLEIN  
 AIR OUTING OF YOUR CHOICE:

- OIL PAINTING WITH HOPE STEVENSON
- ACRYLIC WITH JOE JAQUA
- WATERCOLOR WITH CAROL DEETCH
- PHOTOGRAPHY WITH ROSALIE  
WINESUFF
- COLOR PHOTOGRAPHY WITH GARTH  
HAGERMAN

THE DAY WILL INCLUDE:

- CONTINENTAL BREAKFAST
- A SIX-HOUR GROUP OUTING WITH YOUR  
PREFERRED LEVEL OF SUPPORT, FROM  
COMPANIONSHIP TO TECHNICAL  
INSTRUCTION
- BOX LUNCH
- EVENING PARTY WITH WINE, HORS  
D'OEUVRES, AND MUSIC ON THE  
WESTPORT HEADLANDS

INCLUSIVE COST WILL RANGE FROM \$100 TO  
 \$120 DEPENDING ON INSTRUCTOR. TO ENROLL,  
 E-MAIL [ART@WESTPORTCA.ORG](mailto:ART@WESTPORTCA.ORG) OR CONTACT  
 LIZA AT 964-2027 .  
 BENEFITS WVS COMMUNITY CENTER FUND

**Westport Deli Open This Fall**

Now through October, the Westport Deli will be open Saturdays and Sundays for deck and indoor dining and takeout. Stop by between 8:30 and 2:30 and enjoy one of Otto's espresso drinks or let Jennifer Korhummel serve you foods including ice cream, baked goodies, sandwiches, waffles with fresh fruit and whipped cream, bagels, yogurt, hot dogs, and the Anytime Breakfast Sandwich. Look for the banner made by Wanda Restivo.

**Coming Up****September**

- 6 (Thursday): MAC formation meeting, 7:00, church
- 7 (Friday): Coastal Commission hearing, Eureka
- 13 (Thursday): Westport Village Society meeting, 7:00, church (**changed date**)
- 15 (Saturday): Coastal Cleanup, 9:00-noon, meet at Store
- 17 (3<sup>rd</sup> Monday): Westport Volunteer Fire Department meeting, 6:00, firehouse
- 19 (3<sup>rd</sup> Wednesday): Water District meeting, 7:00, firehouse

**October**

- 2 (Tuesday): International Nonviolence Day
- 5 (Friday): Westport Village Society annual members' meeting, 7:00, church
- 13 (Saturday): "A Breath of Plein Air" workshops and celebration, all day  
"An Evening of Middle Eastern Flavors" benefit party, Area 101
- 15 (3<sup>rd</sup> Monday): Westport Volunteer Fire Department meeting, 6:00, firehouse
- 18 (3<sup>rd</sup> Thursday): Westport Village Society meeting, 7:00, church

**Newport Inn Appeal Goes to Eureka**

Two Coastal Commissioners have joined the appeal of the proposal by Jackson-Grube Family, Inc. for a new inn at the old Orca Inn site, based on their