

## WELL NEWSLETTER – October 2, 2006

### Calendar of WELL Events

#### **October 9: ElderTalk II**

6:30PM, Little Lake Grange Hall – 291 School Street

Our guests for this evening will focus on Agriculture, Transportation, and Livelihood. Our guests will include Grandma Mavis, Helen Bartow and Howard McCoy. Come listen to our local elders share stories about their rich experiences in Willits as we learn simpler ways of living. This event is co-sponsored by the Little Lake Grange.

#### **October 21: Harvest Festival**

10AM – 7PM, Little Lake Grange – 291 School Street

This day long event will include informative demonstrations such as a solar oven cook-off, fruit & vegetable dehydration, apple crushing & juicing and acorn preparation. Kids can come learn too – there are special events scheduled just for them!

At 5PM we will share a 100 mile Harvest Dinner where all of the food served will be local. Cost for dinner is \$8 for adults and \$4 for children 10 and under. This event is co-sponsored by the Little Lake Grange. More information will be forthcoming regarding this event.

We need lots of volunteers to help us pull this all off. **Please contact the office to offer help – it's going to be a lot of fun.**

#### **October 28: Halloween Harvest Dance**

6PM – Midnight, Little Lake Grange – 291 School Street - \$10

Dress in your wackiest costume and come dance to local favorite Sweet Spot as WELL, REDI, and the Little Lake Grange resurrect an old Willits tradition. More details to follow. **We need volunteers for this event**, so please contact the WELL office if you are available to help create a fun evening for our community.

#### **November 13: Speaker Event: David Korten, Author of “The Great Turning”**

6:30PM, Willits Community Center - 121 E. Commercial St.

WELL is pleased to host an informative evening featuring David Korten author of the new bestseller “The Great Turning: From Empire to Earth Community.” In this book David describes how the convergence of Peak Oil, Climate Change and the impact of economic globalization has created both an incredible challenge and a unique opportunity to remake our culture. In this talk David will share his vision of how we can create “Earth Community” locally in response to this mammoth challenge.

### Other Events

#### **The Now and Then Film Series – Fall 2006 schedule:**

All films to be shown starting at 7PM at the Little Lake Health Center, 45 Hazel

Suggested Donation of \$5.

**OCTOBER 5TH - "OUR DAILY BREAD"** an upbeat film depicting the creation of community revolving around food production

**OCTOBER 19th - "FED UP"** - Overview of our food production system from the Green Revolution to the Biotech Revolution and what we can do about it.... including historical footage of Monsanto's development of GMOs

**NOVEMBER 9TH – "Rainwater Collection for the Mechanically-Challenged"** (37 minutes) – An inspirational and how-to video about collecting your water from the sky.

**October 7 - Composting Workshop in Willits**

On Saturday October 7<sup>th</sup> Carol Cox from the Ecology Action Network will be offering a composting workshop at the Marin Street Garden. The workshop begins at 9:30AM and costs \$5. Please call Mary Zellachild at 459-3963 to register. Bring a bucket of kitchen waste and bucket of yard waste if you plan to attend.

**October 7 - 100 Mile Potluck in Laytonville**

Sustainable Laytonville is hosting a 100 Mile Potluck in Harwood Park a 1:00PM on Saturday, October 7<sup>th</sup>. Bring your dish -made from as many "local" ingredients as you can muster- and an idea/equipment for sport or game. Celebrate the harvest season with some fun! This will be a great time to check out the Laytonville Community Garden. Call Susan at 984-6070 or Kent at 984-7078 for more information.

**October 7 - 100 Mile Potluck in Ukiah**

GULP (Greater Ukiah Localization Project) in conjunction with the Ukiah Farmer's Market invites everyone to attend a 100 mile potluck. This event is at 11:00AM at Alex Thomas Plaza in downtown Ukiah. Bring a dish composed of ingredients grown or raised within a hundred miles. Please be ready to list all ingredients and their origins on a 3" x 5" card. Please also bring your own plates, utensils, and cups. For more information, contact Julie at 485-1960.

**October 14 - Sanhedrin Nursery Local Food Event**

Sanhedrin Nursery will be hosting a local food event where David Drell will be teaching seed and food processing techniques. At lunch participants will share in a local food potluck. The event begins at 10AM. Please call Dave at 459-9009 for more information.

**October 19 – Brad Lancaster in Willits**

On October 19<sup>th</sup> MELC & REDI will present an evening with Brad Lancaster at the Willits Community Center. Brad is the author of the book "Rainwater Harvesting for Drylands." Join us to hear Brad Lancaster explain various tools & techniques for implementing sustainable water systems into your homes, landscapes, and communities using onsite resources. This event begins at 7PM at the Willits Community Center. For more information call Maximillian Myers at MELC at 456-0779.

**October 28 – Willits Community Services & Food Bank 25<sup>th</sup> Anniversary Celebration**

WCS will be celebrating its 25<sup>th</sup> anniversary on October 28<sup>th</sup> at the Senior Center in Willits from 5PM to 8PM. Wine and hors d'oeuvres will be served as they wish Executive Director Jim Mastin farewell.

## Other News

### **Join or Follow the Progress of the Willits Locavores!**

As part of October's Food Month activities, fifteen pioneering souls have already signed a pledge to eat locally for one month. These are the Willits Locavores! Jason is already sharing his experience in local eating, meal planning, food preparation, and sourcing of local food on his blog at: <http://www.relocalize.net/blog/42>

The most recent entries are at the top of the blog, so scroll down and read from the bottom up if you want a full history of Locavore activities. If you still want to team up with the Locavores it is not too late. Help them research what local foods are available and join them in potlucks and food preparation activities. Share what information you have with the Locavores directly on the blog, or email Jason directly at [jason@redinet.org](mailto:jason@redinet.org).

### **Mendocino County Joins ICLEI.**

"The Cities for Climate Protection™ (CCP) Campaign enlists cities to adopt policies and implement measures to achieve quantifiable reductions in local greenhouse gas emissions, improve air quality, and enhance urban livability and sustainability. More than 650 local governments participate in the CCP, integrating climate change mitigation into their decision-making processes." (From the International Council for Local Environmental Initiatives – (ICLEI) website – see the link below.)

On September 19th by a 4-1 vote the Mendocino County Board of Supervisors adopted a resolution making Mendocino County a part of ICLEI. Many thanks to all of you who contacted the Board of Supervisors urging their support.

### **Jason Bradford Interviewed on Truthout.org**

On September 13, 2006 Jason Bradford discussed WELL's localization efforts. Catch the interview here: [http://www.truthout.org/docs\\_2006/091306A.shtml](http://www.truthout.org/docs_2006/091306A.shtml).

### **Mendocino County Forming an Energy Task Force**

At the Mendocino County Board of Supervisors meeting on September 19<sup>th</sup>, the supervisors voted to create an energy task force which will be charged with drafting an energy element for the County's General Plan update. The make up of this task force will be decided on October 16. Anyone interested in joining should contact Cliff Paulin at [cliffpaulin@hotmail.com](mailto:cliffpaulin@hotmail.com) as soon as possible.

### **Al Gore's Summary of the Relationship between Peak Oil and Global Warming**

Last summer Al Gore discussed the relationship between peak oil and climate change with David Room at Global Public Media. This is a very good summary illustrating how they are symptoms of systemic problems. It is only a couple of minutes. Download the interview here in mp3 format at <http://www.globalpublicmedia.com/interviews/747>. Please note that the download is about 1.6MB.

### **Local Yaks Need a New Home**

YAKS are an all-purpose livestock for a sustainable rural economy -- lean meat, rich milk, soft warm fiber, and the willingness and strength to pull and carry heavy loads, all from an animal that utilizes feed 70% more efficiently than a cow while doing much less damage to sensitive riparian habitats.

Gina Covina and Lin Due have a small starter herd in Laytonville that needs a new home. The herd consists of three mature cows, one yearling heifer, and a sweet-tempered bull calf unrelated to the others. The future herd sire won't be mature enough to breed for another two years, putting yak reproduction three years off.

Yaks are intelligent, curious, and ready to engage with people. They are calmer than cattle as a general rule, though not necessarily docile, and their bulky physiques make their occasionally quick and nimble acrobatics a surprise.

Finding a good long-term home for the yaks is their priority and they are prepared to be very flexible about financial considerations. For more information, contact Gina Covina or Lin Due at 984-7414 or by e-mail at [gcovina@willitsonline.com](mailto:gcovina@willitsonline.com), [lin@willitsonline.com](mailto:lin@willitsonline.com).

### **Get Involved**

WELL is a volunteer based organization. Our staff time pales in comparison with the dedicated efforts of all of you. Now that we have brought our governance work to a close, we need volunteers to fill many of the roles we have created. If we are able to find steady and committed people to help, what we can accomplish in the next year is impressive. Take a look at the Governance Document to see which Team you might like to join. Reading the Strategic Plan will give you an idea of what each Team will be working on in the next year.

### **Halloween Harvest Dance**

As I mentioned above, the Halloween Harvest Dance is happening on October 28<sup>th</sup>. We need a bunch of volunteers to make this event run smoothly. This is a great opportunity to get to know other members of our Willits community. Huge thanks to Melinda Clarke who has agreed to be the volunteer coordinator. If you are interested in helping out, please call me at the WELL office at 459-1256.

This event will include an auction of local art, crafts and other items of interest. If you have something you would like to donate for the auction, please download our auction item request form at <http://www.willitseconomiclocalization.org/HalloweenHarvestAuctionItemRequest.pdf> complete the form, and then contact me at the WELL office.

### **Volunteers Needed To Assemble Community Solar Dryers**

Dave Mullein at the REDI office needs help assembling community solar dryers for the Grateful Gleaners and other members of the Willits community to use to process food. Dave needs help with this effort. If you are interested in helping, please call him at 459-1256.

### **Recipe**

Here's another recipe that is a yummy way to use up all of those zucchinis from the garden. I made this recipe in my solar oven and it turned out great. Thanks to Donna D'Terra for this decadent recipe.

#### **Chocolate Zucchini Cake**

2.5 cups flour	1/2cup milk
0.5 cups cocoa	0.75 cup soft butter
2 tsp vanilla	2.5 tsp baking powder

1.5 tsp baking soda  
1 tsp salt  
2 tsp grated orange peel  
1 cup chopped pecans

1 tsp cinnamon  
2 cups sugar  
3 eggs  
2 cups coarsely shredded zucchini

- Combine flour, cocoa, baking powder, baking soda, salt & cinnamon. Set aside.
- Beat butter and sugar until smooth. Add eggs one at a time. With a spoon stir in vanilla, orange peel, & zucchini.
- Stir flour mixture & milk into mix.
- Stir in nuts.
- Pour batter into a greased & flour dusted 10" tube or bundt pan.
- Bake at 350 degrees for 1 hour until toothpick is clean.
- Cool in pan 15 minutes and turn out onto wire rack.

### **Big Thank You**

WELL would like to thank the Post Carbon Institute for generously supporting WELL over the last eight months. Their support has funded the WELL office manager position making it possible for WELL to operate more efficiently and communicate more effectively.

### **Note from Spring**

After lots of warnings, trainings, last days, last details, final moments, I am finally, almost entirely, on maternity leave. There are still a few straggling little details to attend to, but mostly, I am done. Your emails aren't read by me, someone else returns your calls, and decisions are made without me.

It has been a great pleasure to serve at the center of WELL's activities for the last year. I have enjoyed the challenges of growing a vibrant organization. And I have appreciated all of the enthusiasm, time, care and energy that so many of you have offered. I miss my job already, even as I am very grateful to turn my attention to other preparations, and I look forward to more good work together. I am most confident that things will go smoothly on without me - Suzie is more than competent and the new Coordinating Committee is very dedicated.

### **Office Note**

WELL's tripod that it uses during presentations to hold up poster board has gone missing. If anyone has seen it or is willing to donate another tripod or easel to WELL for this use, please contact the WELL office. This tripod will help us present information more effectively at all of our events.

If you would like to be taken off this mailing list, please let me know and I will gladly oblige.

Cheers,  
Suzie

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