



Willits Economic Localization

The WELL Bucket

Volume 5 – Issue 1

January/February 2010

Schedule of Events

January & February 2010

January 7, 14, 21, 28 – 3:00 to 6 pm

Farmers Market

Little Lake Grange

January 9 – 7:00 to 9:00 pm

End of Industrial Civilization

Opening Reception (see page 10)

Willits Center for the Arts

January 9 – 12 to 5 pm

Trail Symposium Outing/Open House

Fort Bragg (see page 9)

January 13 – 9:30 am

WELL Coordinating Committee

221 E. Lenore Ave

January 16 – 7 to 11pm

Endo of Industrial Civilization

Community Forum

Center for the Arts (see page 10)

January 19 – 6 pm

Mendo County Beekeeper's Guild

Willits Library Meeting Room

January 21 – 7pm

Film: *Jacked Up* (see page 6)

Little Lake Grange

January 23, 30 – 10 am to 12:30 pm

Fresh, Fast, and Frugal

Nutritional cooking classes

Call Annie 459-6362 (see page 3)

January 29 – 6pm

Climbing the Redwood Giants

Nat'l Geo. Doc. film (see page 8)

Mendocino College, Center Theatre

January 30

Annual Seed and Scion Exchange

Call Mark 462-7843

January 30 – 9 am to 3 pm

Redwood Futures Initiative

RSVP required (see page 8)

January 30

Annual Seed and Scion Exchange

Call Mark 462-7843

January 31 – 4 pm

WELL Program & Potluck

Local Currencies

Little Lake Grange (see page 6)

February 6 – 10 am to 12:30 pm

Fresh, Fast, and Frugal

See January 23rd. (see page 3)

February 6 – 5:30pm

Sip N' Soup

Benefit for Willits Daily Bread

Willits Community Center

WELL Committees Form

To Carry Out 2010 Action Plan

On November 22, 2009, WELL members gathered at the Little Lake Grange to set goals and create an action plan for 2010. As reported in this last newsletter, five general areas of interest had been identified in an earlier brainstorming session. Participants at the November 22nd meeting broke out into groups to flush out ideas in four principal categories: Local Business, Food, Transportation, and Health/Communication.

The result of these first sessions is the formation of committees who will meet periodically throughout the year to carry forward their plans. The following is a summary of each committee's initial report. Many of the ideas are still in development and some are probably "overly ambitious" as one member admitted. We should keep this in mind as we follow the progress of these committees throughout the year.

Local Business Committee

by Holly Madrigal

The "local business" group had a lively discussion and several topics of interest were identified that are summarized here. We have not set any specific dates or goals in relation to our discussion at this time.

A Learning Center or Business Incubator could be created and used as both a place to have classes on various trades as well as serving as an address location for new businesses that would receive mail and have computer, fax, and phone access.

There was a conversation about hosting a **sustainable entrepreneur symposium** to identify the viable business opportunities that fit with WELL's vision and to explore how to encourage some of the local business ideas to the next step. In this line of thought we also talked about WELL serving as a fiscal sponsor for proposals such as a rail/bus project that Michael Hackleman and others have pioneered. By allowing similar developments to be under WELL's non-profit 501(c)(3) status there could be greater opportunity for further non-profit investment.

A proposal was floated to survey our local waste stream by partnering with Willits Solid Waste to record the items being disposed of and to decipher which items could be reused or re-purposed. This survey could also include the waste stream of fabric which does not always end up in the land fill but may otherwise be underutilized. These discarded fabrics could be rewoven into quilts, rugs or other added value items for sale. The same crafting of underutilized materials could be applied to sheep's wool as insulation for other uses.

Continued on Page 2

WELL Committees Form *continued from page 1*

Local Business continued

And finally we talked about the ability to **invest locally**. There is interest in finding additional ways to keep investment wealth, including retirement income, within our community.

Participants were: Mary Zellachild, Holly Madrigal, Michael Hackleman, Ana Cox, Freddie Long, Elaine Walsh.

Transportation Committee by Janice Gendreau

It became clear early on in the Transportation group discussion that our goals must be **longer term** because the institutional structure for transportation is complex and sluggish. We agreed that even though we can't expect big accomplishments in 2010 we need to get started now if we are to make any headway. Our second point of agreement was the **need to work with existing groups** that are promoting more sustainable forms of transport such as pedestrian, bicycle, rail and other shared modes.

Tasks for 2010:

Research possible trail links within and beyond Willits seeking input from local parties and experts.

Advocate for bicycle and pedestrian access and safety by working with the City of Willits Main Street Committee, the City's Pedestrian/Bicycle Task Force, and participating in the County-wide committee to form a Parks, Recreation, Trails, Open Space, and Agriculture District(s) in Mendocino.

Partner with Mendocino County Rail Society and other groups to form a county-wide effort to **bring passenger rail to the region**. Contact someone with the Ukiah City Council which recently funded renovation of Ukiah Depot. Find out if they endorsed a rail connection.

Participants were: Richard Hincker, Richard Jergenson, Roy Krausen, Ralph Ring, Marsha Ring, Janice Gendreau.

Food Committee by Kimball Dodge

Our group discussed various issues, projects and ideas related to community agriculture in our area. We want to **continue support and involvement in the community gardens**: Brookside Farm, the WISC garden, and the Howard Hospital and Senior Center garden projects. We want to support Antonia's gardening work at the high school, the Granary and Mendo Food Futures, and our local Grange

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Mason in our Midst

By Kimball Dodge

We are so fortunate to have Mason Giem in our midst! He is the young VISTA (Volunteers in Service to America) volunteer who has come to us for a year, and is living on Redwood St. in the home of WELL CC President Jane McCabe and Dickie Winkle (and Mary Zellerchild). You have probably seen him around town by now. Mason comes from an old ranching family in Missoula, Montana, where he graduated last June with a degree in sociology. He decided, after volunteering with Americorp and entertaining the idea of joining the Peace Corps, to stay in America and apply for a position with VISTA, and when he heard the job description that Cyndee Logan had put in for, he couldn't resist coming to Willits!

Some of the activities that he has gotten involved in or "instigated" are: backyard gardening classes to be taught next spring by Master Gardeners from Ukiah; helping to further develop the WISC garden as a community demonstration garden open to the public; and, working at the Brookside Farm on funding and infrastructure development as well as contributing his labor. In addition, he is coordinating an after-school nutrition program in the elementary and middle schools assisted by several high school students.

You can see Mason at the Farmers' Market every week helping with the Granary and Mendo Food Futures projects. Stop by and say "hello."

Thank you, Mason, for all you are doing to further local, sustainable agriculture in our midst!

Start Here With:

- Organic and Open Pollinated Vegetable Seeds
- Certified Organic Potatoes
- Naturally & Locally Grown Vegetable Starts
- Fruit & Nut Trees




Sanhedrin Nursery
1094 Locust St. Willits 459-9009

Coordinating Committee Members 2009 -2010

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Happy, Healthy New Year!



Mendocino Organics Winter CSA

Support a local Biodynamic farm & receive vegetables
December through April

<http://MendoOrganicsCSA.wordpress.com>

Sign up now to lock in your half or full share!



Brookside Farm
People-Powered Produce
...would like to thank WELL for its support.
All our shares are now sold.
Brookside Farm welcomes volunteers to work in a beautiful setting and learn how to garden in Willits. Low income volunteers can earn up to \$20 per week in Farmers' Market credits.

Interested? Contact Antonia at 272-1395

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~ Cooking local, fresh, fast & frugal ~

Would you like to feed your family for less? You can, with tasty Soup & One Pot Meals. Learn about simple winter meals for busy people; Cooking with garden fresh produce and grains.

A series of 3 classes ~ includes a lunch that we will cook & eat together

January 23rd: **STAPLES: Grain & Bean storage and cooking**
Unattended cooking - How to use tools & equipment

January 30th: **Using whole, cracked & ground grains**

February 6th: **Beans...are good protein & easy to prepare!**

Each lesson includes basic cooking with seasonal fresh veggies: steaming, stir fry, crock pot roasting.
\$20/class (sliding scale & scholarships available)

Taught at the Grange in Willits by Nutritionist & Natural Cook Ann Waters B.S.; Sign up by calling 459-6362
Sponsored by North Coast Opportunities

WELL Coordinating Committee Briefs

Meeting Summary for 11/11/09

The CC adopted a policy, consistent with regulations for non-profit 501(c)(3) organizations, that we will not endorse or promote any candidates for public office but can, with limitations, take positions on ballot measures or legislation. We also can provide education on candidates' positions on issues.

Subcommittees will work on improving our database, as well as following up on membership renewals. A large percentage of our members have not renewed, some for several years. We voted to raise the low-end of sliding scale membership to \$15 per person beginning in January.

We had reports from the Harvest Festival and Harvest Dinner. There were many ideas for improving the Festival for next year. For the dinner, we need mutual agreement and clarity in advance if we are co-sponsoring the event with the Grange. A percent share of net proceeds is being discussed.

We reviewed accomplishments and unfinished goals from 2009, and discussed agenda ideas for the Nov. 22 potluck meeting for goal-setting and action-planning for 2010.

Meeting Summary for 12/14/09

The Co-Com reviewed the status of our organizational goals from 2009, noting the need for follow-ups on member renewal process; thank-yous for sustainers; ideas for expanding membership; recruiting new volunteers; newsletter ads; updated flyer or cards; continuing budget review; office procedures manual; and reorganizing computer files. Kudos to Harry for the website, Janice for newsletter editing, Freddie for accounting assistance, Roger for computer help, and Kimbal for ongoing tabling! Though not done this year, there's a possibility of a 2011 calendar of "sexy gardeners" along with recipes as a WELL fundraiser.

The Co-Com also reviewed ideas for articles in this newsletter, including reports from the goal-setting general meeting in November.

Looking at expenses and income to date in 2009, we are slightly in the red. (More member renewals and donations are needed!) But we've also cut significant expense items during the year. At our next meeting, we'll take up a 2010 Budget.

We'll start the year with a forum on local currencies – some already underway and some new ideas. The anticipated date will be on Sunday, Jan. 31 at the Grange, with a potluck at 4pm followed by panel discussion. We also hope to help in developing a local Jobs Forum during 2010, possibly qualifying for Federal stimulus funds. An idea suggested by the Community Health & Communications group at the goal-setting meeting was a "Happy, Healthy Hearts Day". This group is encouraged to pursue this, with WELL and other groups potentially co-sponsoring. Further WELL programs – to be discussed in future CC meetings - may include: film festival; starting gardens (panel, workshops, work parties); water issues; farm tour; harvest festival; and a speaker on Transition Towns.

An idea proposed by Jay Gordon is to make Willits a destination for eco-tourists, to be promoted on the web, through travel articles, etc. Vista worker Mason Giem reports he's pursuing making the WISC garden & water recharge system a self-guided tour-site, and would like to see the City Water Conservation Park on Redwood Ave., and the future Grange grain storage silos be two other tour sites. The Chamber of Commerce is helping on siting directional signs; WHS wood shop can help create signs. Some funds are needed for supplies, which grants and/or WELL may provide.

A related item is that about 20 Vista volunteers will come to Willits over the MLK weekend for workshops and service.

A total of \$100,000 is available from the Community Foundation, usually in \$3-5,000 grants, spread through the County, with an emphasis on physical improvements and long-term impact. We supported an application on behalf of Brookside Farms to be prepared by Antonia Partridge and Mason Giem. They will develop a wish list and apply for an appropriate grant with assistance from Janice who attended the Foundation's workshop.

Complete minutes of meetings will be posted to the website.

WELL Committees Form *cont. from page 2*

Food Committee *continued*

including the operation of its new commercial kitchen, which will be available for community cooking and preserving endeavors. Then there is support for our own local seed company, Bountiful Gardens. So much good work is happening in this town!

Looking forward, we now have local meat, dairy, egg, vegetable, and fruit production on-going, but we are also hoping for a **renewal of grain, bean and potato crops**, all historically grown in this valley. For this we need: more farmers and more land, of course (possibly leased/sharecropped). But we also **need harvesting and processing capabilities**. Silos for grain storage at the Grange have already been funded and bulk organic grains and beans from the Sacramento Valley are for sale at the Farmers' Market and the Willits Action Group office, where there is also a flour mill available, and you can also pick up a new Mendocino County Food Guide (phone number there is 456-9005).

In Anderson Valley, Doug Mosel and others have begun growing grains, and they have accumulated some great equipment and **experiential knowledge that could be communally shared**. Another hope is for more local use of solar ovens for summer cooking. They are easy to construct and take great advantage of our Mediterranean climate.

Recommended reading: *A Nation of Farmers*, by Sharon Aspyk and Aaron Newton. Available through the library or Leaves of Grass bookstore. Also, *Small Scale Grain Raising*, by Eliot Coleman. Available through Leaves of Grass.

Health Committee Report

by Pat Norris

The Health Committee members who were present at the general meeting were full of ideas and enthusiasm. As a result of the ideas being put forth, a decision was made to rename this task force Community Health, Communication, and Wellness, and this reflects the action plans that were emerging.

Initial focus was on stress and stress reduction. There was general agreement that it is most desirable to **teach practical skills**, not simply talking about it but learning and doing. This may be especially important

during the present and, quite possibly, coming hardships. Plans were made to be able to deliver 3 to 5 hour sessions on specific topics. These would be in a workshop format and directed toward active self-regulation. There is a lot of talent and experience in the members who were at the meeting, and we also talked about **engaging other health providers** in our community who may or may not be WELL members.

Interest was also expressed in offering services, such as massage and stretching, at events such as the WHAT walks. It was suggested that **"listening posts"** could be established at these events. This led into the other major focus of the group: conscious communication.

Topics included: communicating with other health professionals in the community; keeping and **establishing open communication** with the city, perhaps in the form of short sessions offered regularly, e.g. in January, March, May, July and September, that could potentially grow as awareness of these opportunities grew; and providing peaceful communication and non-violent skills to WELL members and the larger community, to **help reduce stress in the community**. It was proposed that we have a Communication Workshop day at some point during the year. **A Global Café**, or World Café, was proposed as an invaluable communication tool which is already established in some places. In this format, a topic or question about a problem is proposed, and participants, four to a table, discuss it, changing tables a number of times for maximum exposure to the thoughts on the topic.

The group proposed a February date for a potluck lunch followed by a "Happy Healthy Hearts" presentation.

Bring Us Your Hale, Hopeful Friends Longing To Be Engaged!

Can you make a New Year's resolution that will benefit WELL and bring sustenance to a friend? Bring us a new member!! Don't think of it as a chore. After all there are benefits to being informed and involved in a movement for a sustainable future. You may even consider "giving a membership" to someone who can't afford it or just hasn't gotten around to signing up.

WELL General Meeting & Potluck
Sunday, January 31, 4 pm at Little Lake Grange
"Local Currency Forum"

This panel discussion will feature Bret Cooperider from Ukiah Brewery discussing "Mendo Mula" Derek Huntington, President of Sonoma County GoLocal Cooperative speaking about his local buying card program and other engaging speakers.

During the British war against Napoleon in 1816, when nearly 80 percent of all tax revenue was spent on debt payments, England's Channel Islands of Guernsey and Jersey issued their own currency that partially replaced the pound (source: Huffington Post). Join us for this rousing discussion about local currency options for our community in these times of crisis. Bring a dish and utensils.

GRANGE NEWS IN BRIEF

There was much good cheer at the Wassailing and Spiral Dance event on December 19th. No one did a head count but there appeared to be as many as 150 people in attendance. The event was produced by WELL member Annie Weller and featured the Mendocino College Jazz Choir.

The new commercial kitchen is expected to be completed by mid- late January. Procedures for using the new kitchen are being finalized.



The Grange breakfast will be back soon, maybe even this month but, for sure, in February and will be highlighting a "local" plate with as many local and organic ingredients as possible within a reasonable budget including local fruit in season.

MLK DAY VISTA RETREAT IS ON!!

As though he were not busy enough Mason Giem, our super enthusiastic VISTA volunteer, has plans for a VISTA Retreat here for the Martin Luther King weekend. He has secured rooms from "wonderful, active, caring residents of Willits" for the volunteers' stay. He is getting food donated. He has befriended another permaculture enthusiast in town who is offering the use of his kitchen, his ping pong table, and even throwing a dance party.

"The service project that is planned is at the permaculture water conservation, demonstration, community garden right outside my office. We will be planting native drought resistant plants and possibly building a greenhouse or shed. I will also try to involve other community members in the project and I am sure that the volunteers will see a wonderful impact for their efforts," Mason enthused.

"I have told the volunteers about Willit's localization organization, WELL, that is spearheading the effort to become an example to the rest of the world on how to live in a post oil society, and that they would love to speak to the group. Also, I have spoken to my neighbor and he would love to teach yoga, partner stretches and acro-yoga for the volunteers."

If that's not enough to entice the volunteers here Mason is not beyond a wee bit of exaggeration. "For those volunteers who like to enjoy the woods, I've told them that there is a forest two blocks from my house and I am pretty sure fairies and gnomes live there."

Editor's note: No prompting was needed for complimentary remarks.

From
Now & Then Film Series

THE NOW & THEN FILM SERIES
 NEEDS YOU, SAYS UNCLE SAM, WHO
 HAS ENDORSED THE SERIES AS
"GOOD FOR AMERICA"!



What would bring you out for a film??? Your suggestions for a film? If you are interested in helping – whether it is finding new films, setting up chairs, sweeping up popcorn, baking cookies for our refreshment stand, we need each of you! Perhaps you would like to buy & donate a film for a showing, which can then be donated to the WELL sustainable film section now available for rentals at Main St Music. Your input in all ways is welcomed.

Bring your neighbors & teen friends to see an awesome film...

ALL JACKED UP

January 21 at 7 pm

All Jacked Up is an angst-driven portrait of four teenagers who discover the unhealthy truth about their obsessive, addictive, and emotion-fueled eating habits. The role of parents, schools, and the American food system is indicted.

Little Lake Grange
291 School Street

Suggested donation of \$5 to help build the WELL Film Library is appreciated. Organic popcorn with "real" butter, chocolate and other snacks are available.

WELL ACCOMPLISHMENTS IN 2009

Prepared by Holly Madrigal

FOOD PROGRAMS

Goal: Assist in Granary Buying Club.*

Result: *Mendo Food Futures* is the local currency backed by brown and white rice, beans and triticale. Over 1,000 bills at \$10/bill have been dispersed and the group is in the process of installing storage bins at the Grange for further food security access. The group is also planning on working with a local farmer to provide additional grain.

Goal: Assist in Community Kitchen.*

Result: Construction has begun and work is on track to be completed by the end of January! This "certified" kitchen located in the Little Lake Grange will be available for use to prepare value added foods.

*These first two projects have been spearheaded by **NCO** and **Willits Action Group** with participation by WELL and the Grange. WELL seeks to be a clearinghouse for promoting these and other such community efforts.

Goal: Promote & Help Plant Edible Gardens, "Little Red Wagon" project.

Result: WELL organized a "Little Red Wagon" outing where volunteers went door to door in our community with edible plant starts. Seventeen households partook of the offering.

Goal: Outreach to Potential Farm Landowners

Result: Needs continued effort. Pilot projects were conducted with potatoes and grain. Relationships continue to be developed with multiple local land owners.

Goal: Local Farm Tour.

Result: The fourth annual farm tour was a success. Around sixty people attended this event which toured four local farms -- Brookside Farm, Willits High School Farm, WISC Garden and Green Uprising Farm.

PUBLIC EDUCATION/ YOUTH OUTREACH

Goal: Distribute Food Security Information Sheets.

Result: This has been done at various events.

Goal: Educate on Local Food Issues.

Result: Two community food forums were held at the Little Lake Grange including panel discussions with local farmers and the public. These were well received and well attended.

Goal: Show Films/ Speakers at Willits High School.

Result: This project has not moved forward this year, however, Willits' new VISTA volunteer Mason Geim is actively coordinating outreach to our local schools. WELL also envisioned a "Youth Food Summit" as a goal that has yet to be undertaken.

Goal: Sustainability Film Series & WELL Recommended Films For Rent.

Result: This film series has been a success educating and informing on multiple topics. *Main St Music* now has a WELL rental section. Thanks Pete and Richard J!

MEMBERSHIP/FUNDRAISING/ADMINISTRATION/LOCAL COMMITMENT

Goal: Renew All 300 Members, at Least 20 Sustainers (\$100/yr or more). Reduce overhead.

Result: Member list now includes 400 people but not all have renewed. A better renewal system and continued outreach to new members are needed.

The website has been revamped thanks to Harry Maurer and the Newsletter is now being created by the volunteer efforts of Janice Gendreau.

A continued effort to maintain and promote the goals and values of WELL were ongoing. During 2009 WELL was also involved in supporting local control by opposing Measure A and worked to promote bike and pedestrian friendly planning in Willits.

SUPPORTERS: RFFI - MENDOFUTURES - PARDUCCI VINEYARDS - MEMBERS OF THE JSDF ADVISORY COMMITTEE - MEMBERS OF THE MENDOCINO COUNTY BOARD OF SUPERVISORS - MENDOCINO LAND TRUST- MENDOCINO COLLEGE - ANDERSON LOGGING - THE CONSERVATION FUND - FARM AGRICULTURE AND ENVIRONMENTAL HEALTH

Invites you to join us in viewing *National Geographic's* Documentary

"CLIMBING THE REDWOOD GIANTS"



You are invited to spend an evening with J. Michael Fay,
National Geographic Explorer-in-Residence, and Lindsey Holm

Friday, January 29, 2010, from 6 pm to 9 pm

The Center Theater, Center for the Visual Arts Building, Mendocino College
1000 Hensley Creek Road, Ukiah

J. Michael Fay and Lindsey Holm share the experience of their 1,800 mile, 333-day journey deep into the redwood forests of northern California and southern Oregon. The documentary, along with their personal commentary, provides an illuminating look at these marvelous trees from the outermost edges of the forest to the tops of the tallest trees, while sizing up the health and future of the Redwood Region. By the end of the evening you will 1) gain more knowledge about the opportunity afforded to us by the *National Geographic* publicity about our region, 2) share ideas leading to a step-by-step road map on how to leverage this national and international exposure to benefit your respective organization's initiatives.

MENDOCINO COUNTY "REDWOOD FUTURES INITIATIVE"

Saturday January 30, 2010

9 am to 3 pm

**Mendocino College Gymnasium
1000 Hensley Creek Road in Ukiah**

J. Michael Fay, National Geographic Explorer-in-Residence, will be in attendance and is challenging us to come together to craft a strategy for action that will restore the health of our forest ecosystems, protect species and legacy stands, sustain viable working forest landscapes and rebuild the social and economic well-being of our communities throughout the Redwood Region.

The conversations will be facilitated by professional facilitator Steve Zuiebeck and the MendoFutures team. A light breakfast, beverages and a sack lunch will be served. **Please pass this invitation on to someone you know who would contribute to the conversation.**

RSVP needed via email to Susan Strom at sjstrom@mcn.org

To read more about the cover story on the redwoods with beautiful pictures and video clips of Michael Fay's redwood transect, follow the link to the October 2009 issue of *National Geographic*: www.ngm.com/redwoods. To read more about MendoFutures go to www.mendofutures.org

Mendocino County Trail Symposium

This Saturday, January 9, 2010
 Open House from 12:00-5:00 p.m.
 Larsen Hall, Fir and Franklin in Fort Bragg

This one day event will allow the public to experience local trails for all user types, hear about what trail and active transportation opportunities are out there, and to learn and become a part of future trail opportunities.

Learn about existing trails and future trail opportunities

Be part of healthy transportation planning for Mendocino County

MCOG's Regional Transportation Update

2006 Regional Bikeway Plan

Strategic Plan for the California Coastal Trail in Mendocino County

Information booths on all things trails

There will be over a dozen informational booths related to local and regional transportation systems, recreation, tourism promotion, and more.

Schedule for Open House at Larsen Hall: Noon to 5:00 p.m.

- 1:00 p.m. - Introductions
- 1:15-2:15 p.m. - Speaker Series on Existing Trails in Mendocino County
- 2:30-3:30 p.m. - Speaker Series on Planned and Proposed Trails
- 3:45-4:30 p.m. - Key Note Speaker Marlene Padilla: Hiking the California Coastal Trail
- 5:00 p.m. - Social Gathering at North Coast Brewing Company

More information on the [Trail Symposium webpage](#). Call Tamira Jones at the Mendocino Land Trust at 707-962-0470 or email tjones@mendocinolandtrust.org with additional questions.

Don't forget to register for your morning trail outing!

9:00 a.m. - 10:30 a.m. [Guided Noyo River Water Trail with Liquid Fusion](#). Cost \$10. Call 962-1623.

9:00 a.m. - 11:00 a.m. [Otis Johnson Park Hike & Workday](#). Contact Terri Jo Barber at 961-2828.

9:30 a.m. - 12:00 p.m. [Equestrian Trail Ride in the Ten Mile Watershed](#). Contact Lari Shea at 964-9669.

9:30 a.m. - 11:30 a.m. [Coastal Trail walk on the former GP Mill site with the City of Fort Bragg](#).

Contact Marie Jones at City of Fort Bragg (weekdays) at 961- 2827.

10:00 a.m. - 11:30 a.m. [Historic Fort Bragg Walking Tour](#). Contact Ruth Sparks at 961-1881, Native Daughters

10:00 a.m. - 11:30 a.m. [Group bike ride through Fort Bragg](#). Contact Dan Gjerde at dqjerde@fortbragg.com.

Sponsored by the Mendocino Land Trust

www.mendocinolandtrust.org





**Benefit for:
WCA, KZYX,
and TUC Radio.**

Lawrence Ferlinghetti & Maria Gilardin

END OF INDUSTRIAL CIVILIZATION

Opening Reception: Saturday, January 9, 2010. 7:00 - 9:00 p.m.



**Runs Through
January 31st.**

Gallery open:
Th./Fri. 4 to 7 pm
Sat./Sun. 12 to 3 pm
Sat., Jan. 16, 7 to 11 pm
Community Forum

WELL e-mail: office@well95490.org

Website: <http://www.well95490.org>

Phone: (707) 459-7076



Willits Economic Localization

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Willits, CA 95490