

Willits Economic Localization

The WELL Bucket



Volume 5 – Issue 6

November/December 2010

Schedule of Events November & December

November 2 – 5:30 – 7 pm

Survive and Thrive
Willits Library

Call Jed for other dates (page 6)

November 8, 15, 23, 30 – Noon

Heart & Soul (Transition Initiative)
Every Monday, 12 – 1 p.m
Upstairs at J. D. Redhouse
Call Carlin at 459- 4850

November 4, 11, 18 – 3 – 6 pm

Farmers Market

Little Lake Grange

November 3, 10, 17 – 9 am

Farm-to-School Workshops
Help out the schools. Learn to
preserve produce. Call 456-9005.
Little Lake Grange Comm. Kitchen

November 6 – 10 am – 6 pm

Mendocino Wine & Mushroom
Train Fundraiser for Howard Hsp.
www.howardfoundation.com

November 6 – 4 pm

Vision Mendocino 2030 Workshop
Willits Community Center (page 5)

November 8 – 6 to 7:30 pm

Cooking a Vegan Thanksgiving
Ukiah Coop, 721 S. State St.
RSVP to reserve 462-4778

November 13, 14 – 9 am & 1 pm

Big Grange Work Day
Little Lake Grange (page 1)

November 15 – 6:30 pm

WELL CC Meeting
221 E. Lenore Ave

November 18 – 7 pm

Now & Then Films
*What Would Jesus Buy, and,
12 Stones*

Little Lake Grange (page 2)

December 10- 12 pm to 8 pm &

December 11 – 9 am to 6 pm

Communiity Crafts Fair
Little Lake Grange

December 2, 9, 16, 23 – 3 – 6 pm

Farmers Market
Little Lake Grange

YOUR IDEAS SOUGHT FOR GRANT FUNDS

As previously reported in this newsletter, WELL received a generous \$10,000 donation from an anonymous individual who passed away this year.

At this time the WELL Coordinating Committee is asking members to submit their ideas in writing for the use of these funds. We are not seeking proposals for specific projects at this step but broad ideas. In the past WELL has distributed “seed grants” to groups and individuals to help launch or support small projects through a proposal process. We may do this again. But now we want to entertain other ideas.

Keep in mind this criterion when submitting your ideas: they must fit into WELL’s mission – to foster a local, sustainable economy that provides health and security for our community. This could be something that provides or demonstrates useful knowledge or skills, expands local opportunities, jobs, food and energy production, increases health and well-being, etc. If you know the approximate cost of your project, please provide this. Also, if you are willing to develop and research the project further, let us know that too. Beyond this, let your imagination be your guide.

Please submit your ideas **in writing** to office@well95490.org, or mail them to P.O. Box 42, Attention: Grant Ideas, by the end of November.

WELL NEWSLETTER EDITOR POSITION OPEN

WELL is looking for a part-time editor for our bi-monthly newsletter. This would be a paid position and requires approximately 8-10 hours every other month starting in mid-December for the January/February newsletter edition. More hours would be allowed as needed for initial set-up and the possible expansion of the newsletter in the future.

Candidates should have good writing and editing skills and be familiar with Microsoft Word and some publishing software. Experience editing a newsletter or other publication is preferred. Please send a cover letter and resume to Madge at mstrong@willitsonline.com.



Help Fix Up the Grange

Big Grange Workday Weekend, Nov. 13th and 14th.

Two shifts: 9 am – noon, and 1-4pm, with lunch

Email Karina at Karinajoy@willitsonline.com or
call 459-9550 to sign up for a shift

Your help is needed to wash the hall and stage area walls, prep for painting, and paint the hall and stage (hurrah!) plus a few other chores.

LEARNING SELF-HEALING AT WELL PROGRAM

WELL's October 17th Health forum demonstrated some powerful techniques that can "re-awaken" the mind/body connections and promote healing.

The forum was led by Pat Norris, a Doctor of Psychology, who worked in the Menninger Clinic for 20 years and in private practice for 12, where she practiced some of the techniques presented. Pat began by showing a brief film demonstrating the Emotional Freedom Technique (EFT), an approach that uses major acupuncture points located on the meridians, each of which is connected to a body organ or system, to bring the body's energy system back into balance by tapping firmly and briskly on the points. This technique can be applied to any physical or emotional problem. Many practitioners contend that every physical problem has an emotional basis; Gary Craig, the founder of EFT states "The cause of all negative emotions is a disruption in the body's energy system." The film demonstrates treatment after emotional traumas and dealing with unhealthy behavior. The practitioner in the film applied the technique, which involves tapping on those key acupuncture points, to a person with an acute phobia (fear of rats and mice), a woman who was subjected to severe parental sexual abuse, a patient who was addicted to cigarette smoking, and a person with pain and tightness in her jaw muscles from clenching, worst when she was having a rough day. All were successfully treated. Pat emphasized the importance of the patients "deeply and profoundly accepting themselves" throughout the therapeutic process. She also noted that the technique often doesn't reduce a patient's symptoms in one session but is something that an individual can learn and apply to themselves once they are familiar with the entire procedure.

Lisa Mace, a certified practitioner of the Anat Baniel Method, had the audience enthralled with a film about Elizabeth, a child born with one third of her cerebellum missing. While conventional doctors dismissed the child as developmentally hopeless, her parents pursued alternative avenues. This led them to the Feldenkrais Method as practiced by Anat Baniel where touch and movement are used to forge new connections between the body and mind. This approach accesses the brain by way of the body. The results on Elizabeth were extraordinary. Through years of transformational movement lessons she is able to lead a normal life and is studying at a university when the film concludes. This method, where the body teaches the brain, can rehabilitate and improve physical and emotional performance. Lisa teaches the Anat Baniel method to people of all ages and all physical conditions. With her background of exercise physiology and physical therapy, as well as her training by Anat, she finds the most appropriate movements for each person she treats, and she teaches exercises that people can do for themselves.

Pat pointed out that these two demonstrations both show the tight connection between mind and body. "Every change in the physiological state is accompanied by an appropriate change in the mental - emotional state, conscious or unconscious, and conversely every change in the mental-emotional state, conscious or unconscious, is

Continued on page 5

The Now & Then Film Series presents

**Two Films: One on Consumerism
and the other on Gifting**

November 18, 7 p.m.

Little Lake Grange

"What Would Jesus Buy?"

Taking on rampant American consumerism with a focus on Christmas shopping, the Rev. Billy and the Church of Stop Shopping go on a cross-country journey to save citizens from the Shopocalypse in this hilarious documentary. Reminding shoppers of the true meaning of Christmas, Reverend Billy exorcises demons at Wal-Mart's headquarters and preaches his message at the Mall of America and Disneyland (excerpts).



Reverend Billy

"12 Stones"

A 22 minute documentary short that captures the amazing journey of a group of illiterate women in southern Nepal. In a country where running water and electricity are luxuries, most of the people in Nepal live below the poverty line. A group of women, with the help of Heifer Int'l, an aid organization that promotes sustainable development, are assisting hundreds of other women and their families rise from poverty to reclaim a future.



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www.movetomendo.com



Brookside Farm
People-Powered Produce
...would like to thank WELL for its support.

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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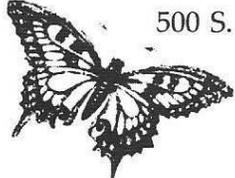


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WELL Coordinating Committee Briefs

Co-Com Meeting of 9/8/10 – Summary

A good deal of this meeting was spent planning for the Sept. 19 Community Flea Market & Harvest Fair.

We discussed the upcoming City Council meeting dealing with alternatives to the Freeway Bypass for addressing local traffic congestion. This subject needs further follow up.

At our previous meeting we allocated up to \$1,000 toward the initial steps required to realize the Willits Creek Trail (from Brooktrails to the City), but the Brooktrails Township has delayed action on this item. We need to continue tracking this.

We discussed having a “retreat/advance” with WELL CC, Transition folks and other key activists to see how we can work collaboratively. The date was not yet determined. We also are exploring the idea of a joint newsletter with groups such as the Grange and others, and the need to replace Janice as editor.

Co-Com Meeting of 10/13/10 – Summary

We reviewed plans and logistics for the Community Meeting & Health Forum for Oct. 17. We also noted that there are several candidates for openings on the CC, and therefore, in accordance with her request, have accepted “D” (Dierdre) Maurer’s resignation.

Mason Giem reported on his effort to develop a community garden in Brooktrails, with exciting prospects for a site with good soil, sunlight, and access to treated water. He will come back to us when funding needs are determined, probably this winter.

Mary Zellachild proposes to develop periodic posters of upcoming activities covering WELL and other relevant groups’ events, suggesting a title of “Self-Reliant Willits”. The CC is enthusiastic about this idea, which may also dovetail with our outreach to other groups, such as the Grange, Transition, Local First, WAG, etc., to develop a joint newsletter. Contacts are being made, with the hope of having a new editor in place for the January edition. Meanwhile, Janice has graciously offered to edit the Nov./Dec. edition (despite her move to SF at the end of Oct.)

We set a tentative date of Jan. 23 for our next community meeting and will plan the theme and participants at our next CC. We also set a date of Nov. 21 for a “Retreat/Advance” meeting of the CC and other key activists to review WELL’s mission, how WELL and Transition interact, and brainstorm future plans.

How to use our \$10,000 gift from an anonymous donor has not yet been determined, but we’ll begin soliciting project ideas from members, with the possibility of a number of smaller seed grants or one or two larger projects, perhaps seeking additional grant funding as well.

The CC also reviewed a number of house-keeping items, such as our tabling at the Farmers Markets and Hometown Celebration, updates on the computer database and handling of emails, the upcoming member renewal/fund appeal mailing, and changing the schedule for future CC meetings to Monday evening.

Due to untimely rain the weekend of September 19th, we were forced to cancel the Community Flea Market and Fair. Because of all the people involved (vendors, musicians, volunteers) and the logistics of putting this together (city permits, equipment, publicity), it is not possible to do this again without an eight week lead time, weather and the availability of the site permitting. Janice and Jane wrote out checks (or returned them) immediately to payees after the event cancellation. We will be getting a refund from Solid Waste of Willits shortly. Janice has developed a binder with all the information for putting on such an event in the future.

Complete minutes will be posted on our website.

Self Healing (continued from page 2)

accompanied by an appropriate change in the physiological state." This plus volition is the basis of self regulation. Pat discussed several other methods of self-regulation. She taught attendees the sensory feedback technique of Temperature Training which is easy to practice any time, any place and can help manage stress, reduce anxiety and cravings, eliminate migraines, and restore circulation to any parts of the body. It can also promote healthy heart, digestion, blood pressure, and immune system.

Mediator and Conversation Facilitator Mair Alight concluded the program by enthusiastically and humorously illustrating the absurdity of allowing outside forces to control our thoughts and feelings. Learning the "language" skills we need to put ourselves in control is the key to reducing anxiety, anger, and improving self-esteem. Mair has a weekly practice group and offers mediation and other services. Write her at mairalight@gmail.com or call 367-3432.

For those who missed it, Pat hopes to hold another program showing these and more self-help methods that could get us through challenges and hard times. Pat can be contacted at patricianorris@comcast.net or at (707) 456-9968. Lisa Mace can be reached at movingwell@willitsonline.com or at (707) 354-3717.

BRIEFS N' BITS**Books of Interest:**

Things We Didn't See Coming. By Steven Amsterdam. In this small marvel of a novel we are offered an alternative version of the first half of the 21st century that is hopeful as humanity struggles with environmental degradation, resource wars, etc.

Pandora's Seed: The Unforeseen Cost of Civilization. By Spencer Wells. The rise of farming and our current crises.

Life in the Hothouse: How a Living Planet Survives Climate Change By Melanie Lenart. A scientist explains how the planet adjusts to warming.

MENDOCINO VISION 2030**PUBLIC WORKSHOP****SATURDAY, NOVEMBER 6 AT 4 P.M.****WILLITS CITY HALL, COMMUNITY CENTER**

MCOG is developing a "regional blueprint for sustainable change in Mendocino County over the next 20 years" and is seeking comments from the public. It's part of a statewide planning process "to integrate land use planning and transportation planning at a regional level. The County's plan will be a community-driven, long-range vision document that integrates planning for housing, jobs, transportation, and the environment. This vision document will be a decision-making tool for policymakers to assess priorities and funding for future transportation and other planning projects." More information is at www.visionmendocino2030.org or call 463-1859 where you will find more opportunities to participate.

**Redwood Avenue
Garden Update**

Volunteers have built and painted the fence between the former Bradford property and the Redwood Avenue garden. We have also weeded, pruned and mulched the front half of the garden. Some very good news is that the new owner has agreed to allow us to hook up to water at his house. We will be reimbursing him for water use. So the garden is saved for now!

What the garden needs now is an ongoing manager or a group of committed neighbors to take over, as I agreed to do this on a temporary basis. It also needs a vision. What is the purpose of this garden? Is it a small neighborhood park with fruit trees? Is it a mini community garden? Will the city council member who predicted that the garden would be neglected in the long run be right?

Please contact me if you're interested in being involved with garden planning or to volunteer on work days. Judy Luria 456-9086 or judya@pacific.net

**"NEW" WELL Coordinating
Committee
2010 – 2011**

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Making Ends Meet: How to Survive and Thrive During the Transition

Tuesdays

5:30 to 7:00 PM, Willits Public Library,
Meeting Room



Making Ends Meet: A free series of discussions with Jed Diamond

We live in difficult times and many of us have concerns about how to make ends meet. As a counselor for the last 40 plus years I have been helping people understand what is going on in our world and how best to deal with it.

Although times are hard and they are likely to get harder, there are also opportunities for us to come together as a community to help ourselves and help each other. This is a good time for heart and soul work. Each gathering will offer opportunities for creative discussion and action plans in support of ways we can help ourselves and our community to make ends meet during these exciting times of transition.

What we create together can become a series of mini-economic incubators that can help us all see what works. The gatherings are **free**, but each time we meet we collect donations for our local Daily Bread/Soup kitchen. We help ourselves as we help others and we help others as we help ourselves.

We have had two successful meetings thus far and look forward to continuing to expand our group. The more people involved, the more resources we have collectively to help grow our community. For more information and to **reserve your spot call Jed at 707 459-5505.**

WELL EMAIL: office@well95490.org

Website: www.well95490.org

Phone: (707) 459-7076



Willits Economic Localization

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