



Schedule of Events May & Jun 2015

May 5, 1:30pm – Board of Supervisors re: herbicides in wetlands (see p. 2) and hack ‘n squirt (see p. 7)

May 5, 5:30pm – Wellness talk at Senior Center, see p. 2

May 7, 3-6pm – Outdoor Farmers Market & Maypole, see p. 1

May 11, 6:30pm – WELL Coordinating Committee, see p. 6

May 21, 7pm – Film: Russian River, see p. 10

May 24, 8-11am – Grange Pancake Breakfast

May 24, 10am – Gleaners Plant Sale, see p. 5

May 28, 2pm – Move to Amend meeting, contact Margaret Koster, 459-5970

May 31, 9:30am – Walk for Wellness, see p. 8

May 31, 11-2 – Healthy Living Fair, see p. 2

June 2, 5:30 – Wellness talk, see p. 2

June 6, 11am – Gardening class, see p. 7

June 8, 6:30 – WELL Coordinating Committee, see p. 6

June 9 to July 14, 5:30-8pm – Healthy Living, 6 weekly workshops, see p. 2

June 18, 5pm – WELL Bike Show, see p. 3

June 25, 5pm – Hometown Celebration

July 4, - Annual Parade (also weekend Frontier Days events)

Farmers Market Moves Outdoors: May 7th Celebration



Dancing round the Maypole a few years ago.

The Farmers Market is back at Bud Snyder Park (across from City Hall) for the late Spring and Summer – rain or shine (and often breezy).

The Mayday celebration this year will be on May 7th – celebrating the re-opening of the outdoor Farmers Market and the longer days and abundance of the season. Join us for a traditional Maypole dance as well as face painting and flower garland making. Weaving the Maypole will start around 4:30.

As part of the afternoon events, WELL will have a table. We encourage folks to visit and see what we’re up to. New or renewing members will get prizes of seeds or starts while supplies last!

Plan to attend Farmers Market regularly every Thursday, 3:00 to 6:00pm. Support your local crafts-

people and organic farmers, listen to live music, and enjoy the community scene!



The Farmer’s Market Band

**Be sure to read
 the article,
 “Growing Our
 Local Economy”
 on Page 5!**

Caltrans Bypass – Update (May 2, '15) by Madge Strong

The saga of the Bypass continues: Caltrans bulldozes ahead despite impacts, disasters, cost overruns, and sensible alternatives.

Herbicides: After years of assurances to the contrary, Caltrans is poised to allow herbicide use on 67 acres of wetland “creation” areas (mostly along streambanks) in their mitigation contracts. They argue it’s necessary to expedite the eradication of blackberries.

Fortunately, opposition is building. A forum on Mar. 8th informed and energized the public on the issues. On April 22th Willits City Council, by a 4-1 vote, called on Caltrans and all relevant state and federal agencies not to allow the use of herbicides (or other ‘cides).

Tom Woodhouse has introduced a similar resolution to the Board of Supervisors, on their May 5th agenda. (On the other hand, the BOS failed to adopt a mild resolution opposing “hack and squirt” – see separate article page 7.) With elected officials weighing in, we hope agencies will pay attention!

Work Continues: Meanwhile, Caltrans’ contractor has rebuilt the collapsed section of the viaduct, despite no information on what caused the collapse.

Caltrans has also recently restarted dumping tons of fill on the northern interchange, with a phalanx of trucks and spraying of water for dust control. It’s estimated the parade of dump trucks will last six months, raising the bypass up to 30 feet high. Their “redesign” (to placate a behind-doors deal with Army Corps of Engineers last summer) slightly narrows the on and off ramps (saving only about 3 acres of wetland fill), while it eliminates the previously planned round-about on uplands. SOLLV continues to advocate that the round-about alone could provide the northern



Coyote Valley representative Priscilla Hunter facing off with Caltrans and contract archeologists.

bypass connection, saving money, wetlands, and providing more convenient access in and out of Willits.

Cost Overruns: Points of leverage on Caltrans’ “super-sized” project were discussed at a SOLLV-sponsored forum on April 25th. One is the cost overruns. Our county has so far footed the bill for 15% of the project: starting at \$32 million, then adding another \$9 million for unspecified cost overruns in late November 2014. This has tapped out funding for *all* other local transportation projects for past and future years! But it’s not over: the mitigation project is way over budget, and Caltrans admits there will be other overruns. Couldn’t our local officials refuse to sink more funds into this black hole?

Archeological Sites: Another “leverage” is that both the footprint and mitigation areas are now known to be filled with Native American artifacts. In the EIS for the project in 2006, only one site was identified. Now the entire area is deemed an archeological district. All three local tribes (Coyote Valley, Sherwood, and Round Valley) have demanded government-to-government consultation, yet Caltrans

has so far failed to do surveys or observe protocols to protect the areas. The tribes have federal laws on their side – perhaps atoning for centuries of past abuse.

Check www.savelittlelakevalley.org for late-breaking news.

Healthy Living Events

As the new hospital approaches its grand opening, a number of events are planned to improve the health of our community.

On May 5th, 5:30-6:30, April Cunningham, NCO Food Systems Program Coordinator, will share techniques and local resources for adding more seasonal and local produce to your diet. Increase your wellness through learning about preparation and preservation of local food. This is part of the Avenues to Wellness (ATW) series, at the Willits Senior Center. It is free to the public and a healthy snack is served. The next in the series will be June 2nd, program TBD.

On May 31, 11-2 PM, ATW is holding a Healthy Family Fair, at Recreation Grove Park, following

Continued on page 3

SECOND ‘ANNUAL’ BIKE SHOW

Thursday, June 18, 5pm At Bud Snyder (City) Park

(Okay, we skipped a year, so maybe it’s bi-annual...)

Come, bring your bike and enjoy our creative bike-riding community.

Awards will be given for best decorated, best utilitarian, best kid-friendly, best-in-show, and many other categories of bikes.

This will also be a celebration of the City’s seeking a grant for a bike and pedestrian corridor (rails with trails) from the High School to the new Howard Hospital, with a possible spur trail going west to Baechtel and Blosser Schools!

More info from Holly, 459-0447 or one_visionary@yahoo.com.

Pictured at right: Participants from the 2013 Bike Show.



Mendocino County Can Become California’s 15th Charter County by Mary Zellachild

A coalition of people from various Mendocino County activist groups will be gathering signatures to put an initiative on the November 2015 ballot. If passed, this initiative will turn Mendocino County into a charter county.

Becoming a charter county is a way to gain more local control. Everyday we become aware that forces outside the county are becoming even more powerful. A charter gives citizens as well as local government greater power to have their voices heard on issues that impact their economy, resources and everyday life.

Fourteen counties in California are already charter counties. By adopting a home rule charter and subsequent amendments, the people of these counties have been able to have a greater say in creating governance unique to their own situation and interests. Mendocino County can do the same.

With a charter the County can become more sustainable and resilient, have more autonomy and greater control over County finances. A charter provides an ongoing vehicle for responding to citizens’ concerns. Voters have the final say at the ballot box whether to become a charter county as well as enacting future amendments.

By the beginning of May signatures will start to be collected in all parts of the County. Be sure to sign when you see our volunteer signature gatherers! Anyone interested in being part of this movement or wanting more information, call Robin at 467-3934 or email bodhi-

Donations to WELL are always appreciated!
Mail to: WELL,
P. O. Box 42, Willits CA
95490 or use Paypal on our website, well95490.org.

Healthy Living Events

Continued from page 2

the WHAT Walk. It’s Free! Great food samples. Games. Diabetes Screenings. Wellness Activities. Drawings, Prizes and FUN!

From June 9 - July 14, there will be a Healthier Living Workshop Series every Tuesday for 6 weeks from 5:30-8 PM. These workshops will include:

- Tips to better manage your health
- Strategies to reduce pain, fatigue, stress, anxiety, and sleep loss
- Communication skills to work better with doctors, family and friends
- Goal-setting and problem solving
- Healthy eating and physical activity
- Ways to maintain independence

Contact Judy at (707) 841-7657 for more info.

Grange Farm School – Join our PoultryShare by Ruthie King

New life is bursting at the Grange Farm School this Spring! Seedlings push their heads up, lambs chase butterflies around the lush green pasture, chicks pip through their shells and miraculously emerge as small fluffs. The chicks we are hatching are Ohio Buckeyes, a threatened heritage breed that once held a spot as a favorite dual purpose (meat and egg potential) bird in America. The Ohio Buckeye was developed in the 19th century by Nettie Metcalf, part of a rich tradition which has largely been lost, as the poultry industry - organic and conventional - now relies so heavily on hybridized birds.

So what is the difference between a hybrid and a heritage chicken? A heritage breed is one that was developed before 1950, standardized by the American Poultry Association. Most were meaty egg layers so that both male and female offspring had a use (dual purpose). Hybridization involves cross breeding intensively to achieve offspring that exhibit strongly one or two traits. Typically, hybrid birds are specifically bred for a meaty carcass OR extremely high egg production; many other traits are deselected and vanish from the genetic pool. The most common meat bird produced today is the Cornish Cross, which have lost the ability to forage, reproduce, or even survive much longer than two months.

Here at the Grange Farm School, we will be keeping two separate flocks of meat birds to demonstrate the differences. One flock will be comprised of Red Rangers, a slower growing hybrid bird that should survive better on pasture, and the other flock will be comprised of a breeding flock of Ohio Buckeyes. Through several generations of breeding we hope to produce a tasty broiler chicken that can be raised on pas-



Jim Adkins of the Sustainable Poultry Network demonstrating the American Poultry Association's "Standard of Perfection" on a heritage Barred Rock.

ture for optimal flavor and health, and reproduce on its own with useful male AND female offspring.

Working with Jim Adkins of the Sustainable Poultry Network, the Grange Farm School will be on the map of sustainable poultry breeders, reviving a threatened breed of poultry and teaching the skills to raise and market poultry with the goals of animal welfare, ecological stewardship, and breed preservation.

This year we are launching a PoultryShare program so that locals can participate in the poultry resilience project here at the Grange Farm School. The PoultryShare is similar to a CSA with customers purchasing chickens at the beginning of the season that are then custom grown and delivered ready to eat to their freezer! This model creates a connection between producer and consumer, providing the costs of feed and husbandry up front, so the birds are getting the best treatment and care, while the customer has the guarantee of

a properly raised and processed broiler. Put in your order today for quality, local chickens raised intentionally for you.

Contact info: Ruthie King manager@grangefarmschool.org, website: www.GrangeFarmSchool.org or find us on Facebook.

Brooktrails Lawsuit

The Brooktrails lawsuit against City of Willits was finally settled! Finally, time to move on and cooperate!

Meanwhile, Keep the Code has just filed a lawsuit challenging the City's approval of the REACH emergency service at the airport. And a group called Friends of Outlet Creek have filed suit against the Board of Supervisors' approval of the Grist Mill asphalt plant.

Growing Our Local Economy

On Mar. 22nd, John Kuhry, Executive Director of EDFC, spoke in Willits about a ground-breaking new opportunity to invest in "Main Street" not "Wall Street." EDFC (Economic Development & Financing Corp) has just received approval for a Direct Public Offering

investment of \$1,000. Expected return is 2% over 6 years. Anyone in California can invest up to \$2,500 and qualified individuals can make larger investments. EDFC is seeking to raise \$1,000,000. EDFC will thoroughly vet all loans from the fund for financial viability as well as

A new Direct Public Offering (DPO) allows local investors to participate in building our local economy.

(DPO) that allows local investors to target a portion of their dollars to building our local economy.

Kuhry calls this "Local Social Impact Investing." EDFC's mission is "Connecting money and ideas with entrepreneurs to create sustainable prosperity in Lake and Mendocino Counties." Entrepreneurs in our community, facing challenges of geography and demographics, often cannot qualify for commercial bank loans. They need "patient capital" – some flexibility and help getting started.

EDFC already has extensive experience and a good track record as a lender of last resort to incubate and help finance new enterprises. This new DPO for the first time allows investors (including non-accredited, non-millionaire folks) to participate with a minimum

social impact: good for the planet, people (jobs), and profit.

Kuhry said it was appropriate to have the first "roll-out" of this program in Willits, since Willits has taken the lead on many progressive ideas for sustainability and localization.

People at the WELL-sponsored presentation were very excited about this new way to invest in our local economy. We also heard from Wowser about their plans to begin a for-profit "Wowser Wagons of Willits" enterprise, building and selling portable micro-housing. This, along with such enterprises as a small-scale meat packing plant, wool-processing facility, and bio-char, could all be considered candidates for DPO funding.

For more information, go to www.edfc.org or contact John Kuhry at 467-5953.

Grateful Gleaners Plant Sale

Come visit the Grateful Gleaners Plant Sale on Sunday, May 24, 2015, from 10 am to 4 pm at the corner of West Mendocino and Spruce Street. Our theme is "Gardening in Drier Times". The focus will be on drought-tolerant landscape plants, herbs and prioritizing in the vegetable garden. In addition to plants, handouts will be available on gardening techniques that will help decrease water use in the garden. The proceeds from our plant sales help us purchase tools and materials for our gleaning activities. Meet Gleaner Team Leaders, and sign up to be a Gleaner! For further information, contact Karen at 459-2101.

Gardens Needed For August Tour!

WELL has sponsored a farm or garden tour almost every year for the past 10 years. This year we're planning a walking tour of central Westside gardens in early August (1st, 8th, or 15th). We're soliciting gardens now.

Do you (or perhaps friends in town) have an organic garden – with edible as well as ornamental plants – you'd like to show off? Please let us know!

We hope to feature gardens that minimize water use, through drought-tolerant plantings, permaculture features such as swales, use of grey water and/or water catchment. Any food-growing gardens in the walking area (west of Main St. from roughly Laurel to W. Commercial) are welcome. The tour will end at the Brookside School Garden, with lunch and music.

If you know of suitable gardens, please contact Madge at 459-1493 or mstrong@willitsonline.com.

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CoCom Summaries

Meeting of March 9

We review details for the Mar. 22 Local Investing Event (see report on page 5). We decide to table at the May 7th May Day celebration/ return of Farmers Market to City Park (see page 1). We also discuss plans for another Bike Show (see page 3) and for this year's Garden Tour (see page 5). We're still exploring some ideas for future speakers.

Kristin reports on the smooth transition of her becoming data management person and some ways to improve systems (email list serves, ad renewals, etc.).

We brainstorm some ideas for skills/ professions needed (for scholarships and to encourage youth to return to Willits), including: farmers, plumbers (esp. grey water & catchment), water & wastewater operators, solar, doctors & nurses, cobbler, teachers, ecological restoration, fire suppression.

We approve co-sponsoring the Comm'ty Rights Network of Mendocino Co.(crnmc) meeting Mar.15. In view

of the higher insurance cost this year, our guidelines for reimbursements will now be \$40 for meetings and \$80-100 for events (which can be waived at our discretion).

Meeting of April 13

We currently have \$5,881 in checking and \$4,880 in savings account; some of that is in earmarked funds. We have about 170 current members (including advertisers), with about 70 more whose memberships expired Dec. 2014 (plus another 100 or so from 2013 and 2012). More renewal follow-ups are needed. We will review our budget status next meeting.

We brainstorm some articles to include in the May-June newsletter. We also should be progressing soon on the new website!

We approve a grant of \$50 toward Wowser's fundraising effort. We're very supportive of their goals of skill-training and creating good local jobs! We also approve co-sponsoring the Regenerative Earth Work-

shop on Apr. 19 (see report page 8).

Two Community Rights meetings were held Mar. 15: one county-wide, one organized by the Willits group with guest speaker Shannon Biggs. Some County activists are working toward a Charter County, with one goal being to create a public bank. The county network is working on structures that enable geographic groups, conflict resolution, and addressing other issues.

The Mar. 22 Local Investing event went well (see page 5). Also mentioned was the Mar. 8 Herbicide Forum and an upcoming April 25 forum on downsizing the bypass, both sponsored by SOLLV (see page 2).

It's suggested we re-visit how we (the CC & WELL generally) can find our niche and raise enthusiasm for our mission, while continuing our valuable role with other groups: networking, promoting, providing insurance, etc.

Next CoCom meetings are May 11 and June 8, 6:30 at 221 S. Lenore, log cabin at NE corner of the WISC complex.

Town Hall Report Re: Cannabis by Holly Madrigal

The topic for April's 95490 Community Town Hall Meeting was "How will the legalization of Cannabis change life in our 95490 community?" Jane Fatcher, Casey O'Neill and Holly Madrigal, members of the panel, gave opinions, visions and guesses on the topic.

Casey O'Neil is a member of the Emerald Growers Association. He recently met with lawmakers in Sacramento to develop a water use permit for farms, regulated by the State Water Resources Control Board, applying to all agricultural users, not just cannabis farms. He believes Mendocino County farmers can succeed by positioning themselves as high-quality or "craft" producers, rather than large

scale farming, and by forming co-ops with other farmers for marketing and sharing best practices.

Jane Fatcher, a reporter for the Laytonville Observer and other publications, thinks that we have much to gain by planning for the end of prohibition by educating ourselves, encouraging collaboration and envisioning potential businesses like a cannabis analysis lab. The nearest lab for the Emerald Triangle is in Santa Rosa. This lab is used to test for quality, CBD/THC properties, and pesticides.

Holly Madrigal, of the Willits City Council, stated that one policy option is to become the equivalent of a "dry" county by maintaining prohibition. This could negatively

impact our economy. Or we could prepare to capitalize on legalization by building infrastructure similar to that of the wine industry; to be active in crafting legislation that ensures strict standards, reasonable taxation and positions our local farmers for economic survival.

Some community members voiced concerns; most offered anecdotal support. It was acknowledged that this has been a controversial topic in the community. The consensus was that the conversation about cannabis legalization needs to continue.

If you would like to help plan future Town Halls, call Jane McCabe, 456-9067.

Why Garden? by Ron Woolsey of Phoenix Rising Garden

There are many reasons to produce your own food, but here is some new information you should consider. We all know we should take antibiotics only if necessary because it encourages bacteria to mutate into strains that can resist antibiotics. But meanwhile antibiotics are given to livestock often and in huge quantities because it increases body weight by 15%, thus giving the corporate-owned farms a 15% boost in profits.

Now, remember that the manure from livestock then goes to the fields of vegetables that you buy in the store. It turns out the antibiotic resistant bacteria is showing up in the supermarket. To view the whole shocking story, go to youtube.com and type in "Frontline The Trouble With Antibiotics."

Some markets are taking notice of public concern. McDonalds recently announced they would no

longer use chickens given antibiotics, but admitted that the ban would not apply to cattle. Speak out. Let your concerns be known.

So what can you do? Grow your own food (at least some of it)! You can get reliable results from several types of kale, which contains calcium, magnesium, vitamin A, vitamin C, and is thought to help prevent cancer and coronary disease, limit cancer progression, and lower cholesterol.

Pick a spot with plenty of light, although later in the season when it gets hot you will also want some planted with semi shade through the noon hours. Loosen the soil with a pick or fork. If you can afford to, add potting soil, compost, or other organic amendments.

The reason I chose kale is that it is easy to grow and will thrive in most conditions. Go to your local nursery and buy a six-pack of small plants of each variety and plant in

groups of 6 or more. Plants are social and respond to growing in clusters or communities.

Harvest the lowest leaves, always leaving 5 or more leaves on the plant. Remove the entire leaf and leaf stem all of the way to the main stalk. (Compost any yellowing or badly damaged leaves.) What you don't eat, dry; it makes a great crunchy snack. There are many recipes to choose from.

May is a little late, but it's still OK to plant now!

This article is offered by Phoenix Rising Garden, a model village garden dedicated to inspiration and education – founded and supported by Ron Woolsey of Living Sculpture Studios. This garden has its own well water and donates vegetables to the food bank year round. Support and donations are greatly appreciated. Free classes are on the first Saturday of every month from 11am to 3pm. Call to confirm schedule and location. Contact via Living Sculpture Studios/Facebook or 489-5408. The garden is located on the West side of North St between Redwood and Pine in Willits. Stop by.

Hack & Squirt: Fire Danger in Our Forests!

On April 21st, over 200 people came to the Board of Supervisors hearing, with 30 or 40 speaking about their concerns over the fire hazard and other risks caused by herbicide use in our forest lands. The lumber industry calls this method "frilling" while most of us call it "hack and squirt". It entails cutting the bark and applying Imazypyr herbicide to tan oaks on thousands of acres, mixed among the more marketable conifers. Many local fire personnel spoke passionately about the fire danger posed by the resulting standing dead trees, especially in our drought conditions.

After many hours of testimony (with only the representative of Mendocino Redwood Company and one former lumberman in favor

of the practice), the Board of Supervisors failed to pass the mild advisory resolution, which asked the companies to voluntarily cease for six months. Proponent Dan Hamburg and Supervisor Dan Gjerde were the two votes in favor, with Tom Woodhouse, John McCowen and Chair Carre Brown against.

Woodhouse has said he doesn't like hack & squirt but didn't like the form of the resolution: government telling private business what to do. Contact him at 459-4677 or tmgwoodhouse@hotmail.com. A related item on this issue is on the May 5, BOS agenda.

To be informed of future actions on this issue, add your name to the Herbicide Action list by emailing longfreddie@gmail.com.

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18th Willits Walk for Health & Wellness

Sunday, May 31, 2015
Registration opens at 9:30 AM
at JD Redhouse Mercantile
212 S. Main St., Willits.

It's Fun! It's FREE! Free Prize Drawings Following Walk

Men, women, and children of all ages are welcome (and also well-behaved pets on leashes). We also invite bicyclists to join us.

The walk begins in downtown Willits and winds through the neighborhoods. The entire walk is 5 miles, but people can walk some or all. We walk rain or shine!

The walk will finish at Rec Grove for the Avenues to Wellness (ATW) Free Family Food and Fitness Fair from 11:30-2:00, including:

- Great food samples from Howard Hospital Chef Kyle Evans.
- Fun fitness activities.
- Free diabetes screenings.
- Zumba and Yoga for adults and kids.
- And much more!

Information: Willits Healthy Action Team (W.H.A.T.)
Jed Diamond 707 459-5505

Regenerative Earth Workshop

by Lucinda Dekker

On April 19th Simran Raphaell led a workshop on **STORING WATER IN YOUR SOIL** at the Little Lake Grange, sponsored by WELL.

Simran is a permaculture educator and founder of Regenerative Earth. He shared drought solutions through techniques for fortifying new soil and reusing exhausted soils to make them better and better every season!

He discussed the value of bokashi, how it is made and how to successfully utilize it in your gardens through foliar feeding/compost tea extracts, mulching, top dressing/side dressing, and soil amending. Other important topics included disease and pathogen prevention, on-site waste to resource management, simple ways to make BioChar at home (raw char/carbon for soils, etc), putting the "Bio" in Biochar, charging or "activating" Biochar, and how to get the most by working WITH Nature. Everyone took some bokashi home with them to use in their own gardens.

We look forward to seeing Simran again in the fall when he will address the issues of composting our farm waste into valuable bokashi!

For info, contact lucinda.dekker@gmail.com.

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Now and Then Film Series Presents:

The Russian River: All Rivers— The Value Of An American Watershed

May 21st, 7-9pm • LL Grange • 291 School St, Willits

Rivers are among Earth's most enduring features. Even when threatened or in decline, they and the habitats they nourish, can appear deceptively beautiful. The Russian River and its watershed have always provided. Those with access to this gift have always taken what they've wanted. This moving film offers a biopic of The Russian River, her history, abuse and our urgent need to choose a future for her. This film is a true classroom for understanding the at risk rivers and waters of California. We will start on time, at 7pm.

Suggested Donation of \$5 to \$10 will help us to continue to offer this series of profound indie films!

Heirloom "Tiny but Mighty" popcorn with real organic butter and Fair Trade chocolate refreshments for sale by the Grange.

WELL Coordinating Committee 2014

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Madge Strong, 459-1493
mstrong@willitsonline.com

Willits Economic Localization

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