



The WELL Bucket

COMMUNITY EVENTS

Sept-Oct 2017

Aug. 31, 6:30pm, WELL CoCom meeting at Willits Hub

Sept. 1, 5:30pm, SEIJ meeting at Willits Hub, see Log Walk, page 8

Sept. 2, 10:30am-2:30pm, Phoenix Rising gardening class, see page 4

Sept. 2, 2pm, Memorial for Chris Hardaker at Brooktrails Commtty Garden, see page 2

Sept. 5 – 7, 9am-9pm, Heirloom Expo in Santa Rosa, see page 5

Sept. 5, 5:30-7:30pm, Avenues to Wellness on Mental Health, at Willits Center for the Arts (WCA), see page 9

Sept. 9, 10am-noon, Solidarity Economy class begins, see page 8

Sept. 9, 10:30 am, 'Apple or Scalpel' with Dr. David Phillips presented by Juice Plus at First Presbyterian Church in Ukiah, more info and free tickets at Eventbrite or contact Janae Stephens, 456-7035, janae@jp4wellness.info.

Sept. 12, 1:00-2:30pm, Caring Kitchen adult volunteer training, see page 6

Sept. 13, 6:30pm, Willits City Council hearing re: cannabis ordinance, see page 4

Sept. 15, 3-8pm NCO Gardens Project party in Ukiah, see page 7

Sept. 21, 5pm dinner, 6:30pm Peace Day program at Willits High School, see page 7

Sept. 22, 6:30pm, Now & Then Film "Cash Crop" at LL Grange, see page 5

Sept. 23, 10am-2pm, Bee event at Hopland Field Station, see page 9

Sept. 24 and 28, Willits Goes Wild field trip to Angelo Reserve, see page 4

Sept. 24, 8-11am, Grange pancake breakfast, see page 5

Sept. 24, 6:30pm, Willits City Council cannabis ordinance, see page 4

Oct. 1, 3-5pm, Forum on Ballot Measure B (mental health initiative) at Little Lake Grange sponsored by the AAUW

Oct. 3, 5:30-6:30pm, Avenues to Wellness at WCA, see page 9

Oct. 6, 5:30pm, SEIJ meeting at Willits Hub

Oct. 7, 10:30am-2:30pm, Phoenix Ris-



Workers for GRID Alternatives complete the solar installation at Little Lake Grange. For the story on GRID's residential solar installations, see page 2

Sonoma Clean Power Offers Deal on EVs

Excerpt from article by Guy Kovner in *The Press Democrat*.

How about a shiny new electric car for less than \$10,000? Price has long been a concern for motorists interested in ending their relationship with petroleum, and Sonoma Clean Power, the not-for-profit public electricity provider for Sonoma and Mendocino counties, is bringing the cost of electric vehicles down to clearance-sale levels.

The second year of the agency's Drive EverGreen electric vehicle (EV) incentive program — on now through Oct. 31 — offers deals on nine models sold and leased by seven local dealers, ranging in base price from a \$51,095 BMW i3 down to a Volkswagen e-Golf listed at \$28,995.

The e-Golf, a hatchback with a 124-mile range, comes with a \$7,000 dealer credit and a \$2,000 Sonoma Clean Power incentive for the average utility customer, plus the possibility of a \$2,500 state rebate and a \$7,500 federal tax credit. The incentive package slashes the price to \$9,995.

"It's a smokin' deal," said Cordel Stillman, director of programs for Sonoma Clean Power, which delivers electricity to 600,000 customers in the two North Bay counties.

NOTE: Willits City and area residents may have noticed their elec-

Continued on Page 2

Sonoma Clean Power - Continued from Page 1

tricity provider is now Sonoma Clean Power, an arrangement approved by the Board of Supervisors and City of Willits. The power is still delivered and billed by PG&E but, unless you specifically opt out, the electricity generation is by this non-profit group, which slightly beats PG&E prices and endeavors to use more sustainable and local sources where possible.

In addition to the BMW and the VW, the program covers the Ford Focus EV, Kia Optima and Soul EV, Nissan Leaf, Mercedes Benz B-Class Electric and the Chevrolet Volt and Bolt EV. Most models will go about 100 miles or more on a charge, with the Bolt rated at a 238-mile range. The program also provides the hardware for two free charging stations, leaving buyers to pay tax, shipping and installation costs.



June Grabill, 3, squirts her dad, Chris Grabill, with a water hose Friday in Santa Rosa as they wash the family's electricity-powered Nissan Leaf. Photo by Kent Porter / *The Press Democrat*

The average gas-burning car emits 11,247 pounds a year of greenhouse gases, which trap heat and contribute to global warming, according to the U.S. Environmental Protection Agency. An EV that charges its batteries on Sonoma Clean Power's Evergreen option, which delivers 100 percent renewable energy, accounts for 208 pounds of emissions a year, the local agency said.

For information on Drive EverGreen, go to sonomacleanpower.org.

Chris Hardaker **—a Loss in our Community**

We are sad to learn of the untimely death of our friend and community activist Chris Hardaker on Aug. 19th. Most recently Chris initiated WELL's 1000 Sunflowers Project and was single-handedly responsible for growing, giving away and in some cases planting up to 1000 starts.

A trained archeologist, Chris also had participated in trying to reduce the damage of the Caltrans Bypass to Native American sites.

An informal memorial for Chris will be held Sat. Sept. 2nd, 2pm at the Brooktrails Community Garden, of which Chris was a founding member. Please bring finger-food to share. For info, contact Freddie at long-freddie@gmail.com or 459-5267.

GRID Alternatives **First Residential** **Solar Install** **In Willits**

On Thursday, August 31st, GRID Alternatives completed the program's first residential solar installation in Willits. The non-profit solar provider installed a 2.5 kW DC solar PV system, which is expected to offset approximately 75% of the homeowner's electricity usage and provide projected saving of more than \$26,000 over the system's lifetime.

GRID Alternatives, the nation's largest solar nonprofit, provides no-cost solar PV systems to income-qualifying homeowners. GRID was founded in 2001 in the San Francisco Bay Area and has installed more than 8,500 solar electric systems around the country. GRID's North Coast Office is located in Willits and serves homeowners in Mendocino, Humboldt, and Lake Counties. To date, GRID has provided solar for more than 250 families, including 130 projects with 18 tribal partners.

The systems are largely funded by SASH (Single-family Affordable Solar Homes), a ratepayer funded program administered by the California Public Utilities Commission that provides the upfront rebate to help low-income homeowners access the benefits of solar at no-cost.

To qualify for GRID's Single-Family Affordable Solar Homes (SASH) program, a homeowner must live in their home, receive PG&E electricity, meet annual income qualifications, live in an affordable housing zone, and have a solar suitable home.

In addition, GRID brings together volunteers and job trainees to provide hands-on installation training they can use to find jobs in a growing solar industry. GRID mainly works with students in the Sustainable Construction and Energy Technology Program at Mendocino College as well as Humboldt State University and College of the Redwoods in Humboldt County. For more information about GRID Alternatives, qualifying for solar, or volunteering for an upcoming installation, please go to www.gridalternatives.org or call 707-456-4852.



Healthy Mendocino Project

Healthy Mendocino and members of the greater Willits community will be hosting a special program on:

Sunday, October 8th, at 4:00 pm at the Willits Hub, 631 S. Main Street

The Healthy Mendocino Project is part of an ongoing Community Health Improvement Plan (CHIP) led by an alliance of Mendocino County, Hospitals, Clinics, North Coast Opportunities and many other agencies. The goal is to increase the quality of life in Mendocino County by encouraging informed dialogue about the actions local residents and organizations can take to improve community health.

This process of involvement includes equitable community engagement, healthy public policy, beneficial community development, and partnerships throughout the county.

The Healthy Mendocino Project addresses five priority areas that were identified by the Community Health Needs Assessment (CHNA) at a community meeting in June of 2016: Poverty, Housing, Mental Health, Childhood Obesity & Family Wellness, and Childhood Trauma. Action Teams have been formed in the Inland Ukiah area which includes, Anderson Valley, Hopland, Redwood Valley, Potter Valley and Capella, to address each of these areas. The North Coast has recently formed Action Teams for their region. Each group has been busy identifying goals, measurable objectives and action plans. Plans are moving forward to create Action Teams in other regions of the county including South Coast, Willits, Laytonville, Legget and Round Valley.

WELL is co-sponsoring this presentation by Healthy Mendocino Coordinator Patrice Mascolo and Healthy Mendocino Project Manager Thaïs Mazur so that the Greater Willits community can learn more about how to participate and support these efforts.

On October 25, the Healthy Mendocino Project will be hosting a summit at the Community Center in Willits from 9:30 – 12:30. This will be an opportunity for all the regional Action Teams and interested community members to come together to hear updates, share ideas and brainstorm strategies.

For more information on please contact Patrice at healthymendocinio@ncoinc.org.

WELL Seeks Website Helper

WELL's website (www.well95490.org) has lots of great information but is in desperate need of updating! If you are familiar with the Joomla platform, or are willing to learn it, we need a website helper! Preferably a volunteer position but might include some compensation, a few hours a month. If interested, please contact Paul at 459-1418 or 4paulj@gmail.com.

ECOLOGY ACTION SEEKS VOLUNTEERS

Ecology Action's GROW BIOINTENSIVE nonprofit, located in the hills just east of Willits, needs an extra hand or two with some of our garden tasks such as hand watering in the evenings. Hand watering is an excellent opportunity to observe the garden and learn about our gardening practices; also includes access to other Ecology Action opportunities. This would be a wonderful experience for anyone in the area interested in sustainability and/or gardening!

CITY & COUNTY CANNABIS REGULATIONS UPDATE

Mendocino County Board of Supervisors has recently voted to amend the Medical Cannabis Cultivation Ordinance to make it generally more user friendly. Links to the new amended ordinance as well as a summary of most of the changes can be found at <file:///Users/admin/Desktop/Agenda.pdf> (p. 5). Jane Futch's more specific summary of changes and proposals as of August 8 is at <https://theava.com/archives/72286/comment-page-1>. The issue of the "transferability" of the right to seek a permit in the rangeland zoning district will most likely be discussed at the Board's September 12 meeting. Info on the process for applications can be found at the County's Dept. of Agriculture website or email agcomm@co.mendocino.ca.us.

Meanwhile, the City of Willits has drafted its own set of regulations. As noted in the last newsletter, the draft allows cultivation for personal use for up to six plants per parcel indoors only – check in with the Community Development Department to determine if any building or electrical permits are needed. Commercial uses for medical cannabis would require a permit subject to the ordinance's regulations, including indoor cultivation, processing, manufacturing and distribution (only in industrial zoning), up to three dispensaries (also allowed in C-2 zoning), and testing labs.

The City's proposed draft will be heard by the City Council on Sept. 13th (6:30pm at City Hall) and then, if all is in order, be officially adopted on Sept. 27th. City Planner Dusty Duley expects to be processing applications immediately thereafter. You can contact him at dduley@cityofwillits.org, or review the proposed ordinance at the city's website: www.cityofwillits.org.

WILLITS GOES WILD FIELD TRIPS by Robin Leler

Eel River Recovery Project (ERRP) led another great field trip in August, re-visiting Soda Creek, where recovery efforts were put in a few years ago. In some places pools are forming that support baby trout and frog populations. We also drove the 10-mile stretch of Eel River between Scott Dam and Van Arsdale Dam, imagining a future salmon park for hiking and bicycling.

Upcoming events include:

Sunday, September 24 - to the beautiful Angelo Reserve on the South Fork of the Eel River, west of Branscomb. This reserve is untouched by logging or paved roads, a gem in our own backyard.

Thursday, September 28 - Angelo Reserve, same as above. Driving time from Willits: 1 hr., 10 minutes, plus easy 2-mile hike. Family friendly. No dogs allowed. Bring your own vehicle or ride in the Willits Go Wild van (seats 12).

Saturday, October 14 - Salmon Awareness Festival in Round Valley. Salmon BBQ, Native Pomo dancers, information booths.

Thursday, October 19 - to the future Salmon Park along the main stem of the Eel River. In the 10-mile stretch between Lake Pillsbury and the Van Arsdale Reservoir, the upper road has been reopened to vehicles following last winter's slides.

Call Robin Leler at 459-0155 for details. All trips are free of charge, though donations are always gratefully accepted.

PHOENIX RISING GARDENING CLASSES

Learn agricultural skills and help with one of the gardens that provides vegetables for Willits Food Bank. It's time to start the fall and winter garden now.

Next classes are on Saturday Sept 2 and Oct 7, 10:30 am til 2:30 pm. The garden is on the west side of North Street between Redwood and Pine Streets. Classes are free, but donations are appreciated.

For more info contact Ron Woolsey at 489-5408 (leave a message with a good time to call you back).

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GRANGE FILMS, BREAKFASTS & MEETINGS

The Little Lake Grange continues its Now & Then Films series with “Cash Crop” – a film about the marijuana industry – on Friday, Sept. 22nd (NOTE: not the usual Thursday evening). Shorts and trailers start at 6:30; the main feature at 7pm; and heirloom popcorn & chocolate are available. A donation is requested. A film TBA will also be shown on Thurs., Oct. 19th.

There will be two more of the popular Grange pancake breakfasts on Sunday Sept. 24th and Oct. 22nd, 8-11am (then a two month break in Nov. & Dec.). You can get the natural plate with a choice of buttermilk or gluten-free pancakes, with or without bacon and fruit, with or without real maple syrup. An inexpensive, tasty feast as well as a chance to visit with your neighbors.

And the Grange also continues its regular meetings, Sept. 14th and Oct. 12th, 6:15 potluck and 7pm meeting. Our Grange is taking the lead on promoting local food, initiating the School of Adaptive Agriculture, hosting the Farmers Guild, and supporting many other community events and groups, including KLLG hometown radio station.

For more information about the Grange, call the office at 459-9716 or Annie at 459-6362.

HEIRLOOM EXPO

The seventh annual National Heirloom Expo – billed as the largest such expo in the world – takes place Sept. 5-7 at the Sonoma County Fairgrounds in Santa Rosa. The Expo features over 100 nationally and internationally known speakers (including Vandana Shiva and Robert F. Kennedy, Jr.), hands-on demonstrations, over 300 exhibitors, kids’ activities, lots of music and, of course, delicious healthy food!

Everything from heirloom seed varieties to produce, live plants to organic garden products to clothing, household products, and craft items will be available!

Gates are open 9am-9pm. Tickets, purchased at the gate, are \$10 per day or \$25 for a 3-day pass; children are free.

HERB WALKS & HEALTH CLASSES

Local herbalist Beth Riedel is again offering an array of walks and classes to learn about natural health. One offering is a series of ten Tuesday evening classes, 6:30-9 pm from Sept. 26-Dec. 5 on HERBS, BODY SYSTEMS & HEALTH. You can take the whole series or individual classes.

Beth is also offering a one-time intensive on “DIGESTION AFFECTS EVERYTHING!” on Saturday, Oct. 7, 12:30-4:30 pm.

In addition, she will be leading a series of HERB WALKS, 10am-noon, on Sun. Sept. 24; Sat. Oct. 14; Sun. Nov. 19; and Sat. Dec. 2.

Beth Riedel, AHG, NC, is a Professional Herbalist, Flower Essence Practitioner and Nutritional Counselor. She brings a wealth of experience and love of nature to her classes. She has led herb walks and classes for over 30 years, and is a co-founder and past president of the Sonoma County Herb Association.

For more information and to register please call: (707) 459-1810 or email: beth@multitalents.net.

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MENDOCINO WILDLIFE: BATS & MORE

By Traci Pellar

As fall approaches we can expect our wildlife to get busy collecting acorns, berries, and other pantry items for the winter. As we know, being a Mendocino resident, you are a part of wildlife. It is all around and under us: the sky, the earth and all life in between.

Want to learn about bats? Join the Mendocino Wildlife Association at the Willits Hub, 630 N. Main St. on October 24th at 6:00, for a Q&A about these beneficial mammals in our area. Call [707-357-5693](tel:707-357-5693) for any questions.

If you have any wildlife questions or need help troubleshooting with wildlife issues, please do give us a call at [707-984-6363](tel:707-984-6363). You can also enjoy our beautiful website at www.mendowildlife.com.

We should be having another First Responder Training this winter at the Hub for all you interested in helping. For the Love of the Wild!

EDFC MICRO-LOANS

The Economic Development & Financing Corporation (EDFC) has a micro-entrepreneur loan program which allows EDFC to make loans for business start-up or development to eligible small businesses with 10 or fewer employees, in Lake and Mendocino Counties. The maximum amount of a loan under this program is \$50,000.

The program, enabled by a loan from USDA Rural Development, also includes Technical Assistance Grant funds to provide business skills training and development support for potential and current microloan clients. EDFC works with the West Company - Mendocino's Small Business Development Center to provide technical assistance for the program.

EDFC is a non-profit, Community Development Financial Institution formed in 1995 with the mission of "Connecting money and ideas with entrepreneurs to create sustainable prosperity in Lake and Mendocino Counties."

For more information, see the EDFC website: <http://edfc.org/find-money/> or call Diann Simmons at 707.234.5705.

CARING KITCHEN PROJECT UPDATE

As reported last edition, Caring Kitchen is a new NCO program based in Willits that provides healing meals for cancer patients, while also training teen volunteers in preparing and delivering this healthy food. Here are some updates:

- A couple of outstanding issues with our Willits kitchen (now located at St. Anthony's church) are being resolved so we can get a green light from Environmental Health to begin producing meals.
- A total of nine teens have been trained and received their eFoodHandler certifications. New teen recruiting is underway now that school is in session.
- We will begin cooking for delivery mid-late September! Once we do, regular food prep and cooking days will be Tuesdays, Wednesdays, and with final packing and deliveries on Thursdays.

Cancer Resource Center and Adventist Health Ukiah Valley are currently selecting our first set of clients. We will start out by serving 18 meals (2 entrees, 1 side/salad, 1 qt. soup, 1 dessert) each week to inland Mendocino cancer patients and their families.

Donations of food from community gardens and farms are welcomed! There are also numerous opportunities for teens and adults to participate (RSVP required). Teen training and work days are generally 3:30-5:00pm. Upcoming Adult Volunteer Orientations will be held Sept. 12 and Oct. 16, 1:00-2:30pm at 474 East Valley Street in Willits. Adults please RSVP to April Cunningham acunningham@ncoinc.org; for teen activities, please direct inquiries and RSVPs to Tina Tyler-O'Shea tylert@mendocinocounty.org.

You can also "like" the NCO Caring Kitchen Facebook page (invite your friends to like it too!) <https://www.facebook.com/NCOcaringkitchenproject/?ref=bookmarks>

- Submitted by Tarney Sheldon, Nutrition Basics Program Manager, NCO Community Action, 707-462-1950 or www.ncoinc.org

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KLLG 97.9 Willits Radio

Live broadcasts have now been going for more than five months. There are more programmers on the air every week. They are looking for Members, Underwriters, and Volunteers.

459-5554 <http://kllg.org/>

Climate Change Workshop Oct. 17-19

How Will You Show Up During Humanity's Final Chapter?

Come join us in a workshop with Prof. Guy McPherson, abrupt climate change scientist, and Pauline Schneider, facilitator. Prof. McPherson will discuss pursuing a life of excellence in the midst of abrupt climate change. How shall we respond to anthropogenic climate change? What tools can be employed by society and individuals to positively alter the future? How shall we live in light of this information?

Prof. McPherson, Professor Emeritus of Natural Resources and Ecology & Evolutionary Biology at the University of Arizona, has been touring Europe and the United States discussing climate change and our response to it. He is the author of three recent relevant books: *Extinction Dialogs: How to Live with Death in Mind* (with Carolyn Baker); *Going Dark*; and *Walking Away from Empire: A Personal Journey*.

All members of the public are invited to this 3-day workshop October 17-19, 2017 (Tuesday, Wednesday, and Thursday) at Yokayo Ranch, 800 Hensley Creek Rd., Ukiah, CA. **Cost is \$200/person** for the workshop, and \$25-50/night for lodging; participants should bring food to share (there are kitchens on site).

To register, please contact Sandy Marshall, at 707-272-2968 or san.marshall@gmail.com. If you are unable to attend but want to get involved, please email ccwood@ix.netcom.com or call Charles Cresson Wood at 707-937-5572. You can **join our Mendocino Coast**

Transition Towns listserv:

<http://mcn.org/listpages/subscribe.php>;

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or check our web site:

www.transitionmendocinocoast.org.



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PEACE DAY, Sept. 21

Celebrate International Day of Peace in Willits, Thursday September 21, 2017, from 5 to 8:15 pm, at Willits High School. Dinner will be provided from 5 to 6 pm (while it lasts, donations accepted). A free, bilingual program (Spanish and English) of music, dance, poetry, blessings, and prayers for peace from many different traditions will follow, from 6:30 to 8:15 pm.

Participants include Willits Mayor Gerry Gonzalez, Baile Folklórico, Wallace Clark, Chief of the KonKow Band of Maidu, Emandal Chorale, Babcock Park peace activists, Willits Interfaith Council, and numerous youth poets, artists, dancers, and musicians.

Presented by Rotary Club of Willits, Nuestra Alianza, Willits Interfaith Council, WHS Rainbow Peace Club, and many other peace-loving groups and individuals. Join us in the spirit of Peace!

For more info contact Randi Covin, 459-2456 or rcovin13@gmail.com.

NCO GARDENS PROJECT Celebrates 10-year Anniversary Sept. 15

The Gardens Project of North Coast Opportunities (NCO) has helped start 45 community gardens in Lake & Mendocino Counties (including the Willits Community Garden), has trained 75 garden leaders, and the gardens produce an estimated 28,000 pounds of local food annually!

The project is celebrating its 10-year anniversary with a party on Sept. 15, 3-8pm at Vinewood Park, 1240 N. Pine Street in Ukiah. Tickets in advance are \$30, which includes dinner. For info or to reserve your place, contact 462-1958.



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LOG WALK

The journey of the redwood log that began in Mendocino County in the spring has continued from Richardson Grove to Redway and points north this summer. The carrying of this (hollowed) log – on land and on rivers all the way up the Pacific Coast – symbolizes the need to protect and heal our forests from over-logging and poison herbicides. Ceremonies, prayers and a sense of solidarity kept up the spirits of those who have made the multi-day treks.

For more information about the regional alliance working on forestry issues, contact Naomi Wagner at 459-0548 or come to a meeting of SEIJ (Social, Environmental & Indigenous Justice Alliance) at the Willits Hub, 630 S. Main St., 5:30pm on the first Friday of each month. SEIJ – a successor of SOLLV - also works on monitoring the Bypass mitigation projects and on justice for Native American sites destroyed during Bypass construction.



SOLIDARITY ECONOMY CLASS

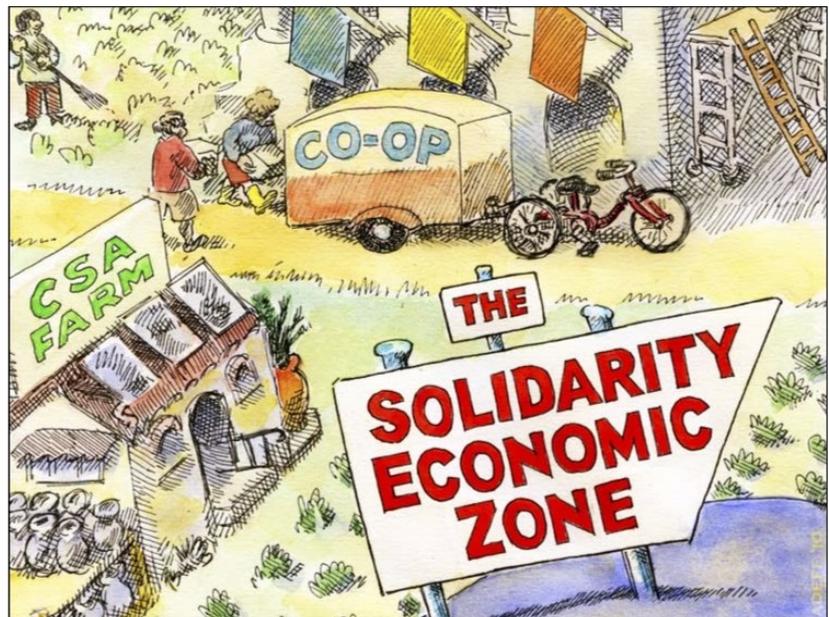
This Fall Mendocino College is offering a class that will be inspirational for all of us working for a sustainable local economy. It's called "Building an Economy for our Common Good," subtitled "Mapping Solidarity Economy Enterprises in Mendocino County."

Classes will cover defining the solidarity economy and identifying, mapping and surveying solidarity enterprises throughout our county. These enterprises challenge the dominant economic model by including environmental concerns, social justice and/or economic democracy in their underlying mission. The completed project will connect with the national and global projects mapping the solidarity economy around the planet.

The class is led by Jim Tarbell, author and editor of *Justice Rising*; Carrie Durkee, organizer/educator; and Margaret Koster, organizer/activist.

The class begins Sept. 9th and continues every other Saturday, 10am to noon, until Dec. 16th, at the Ft. Bragg campus, room 116. However, they are seeking ways that

interested people can participate from other locations. Please contact Jim at 964-1323 (rtp@mcn.org) or Carrie at 937-2554 (cdurkee@mcn.org) or Margaret Koster 459-5970 (mkoster@pacific.net). Register for the class by calling Patti Gulyas at Mendocino College, 707-468-3236 or go to www.mendocino.edu/workshop-registration.



AVENUES TO WELLNESS FEATURES MENTAL HEALTH (& MORE) By Suzanne Picetti for Avenues to Wellness

On Tuesday Sept. 5, Avenues to Wellness (ATW) presents ‘*Mental Health: Up Close and Personal*’ - the first of a series of discussions on mental health issues in our community and how we can solve them. This program, from 5:30-7:30 pm at Willits Center for the Arts, will feature Jed Diamond PhD, Gary Martin, MA, and Tom Allman each talking about their personal experiences related to mental illness.

Avenues to Wellness is a community-based wellness program created especially for Inland Mendocino County by the Frank R. Howard Foundation. Other upcoming programs are:

- October 3, with Claudia Wenning, ND presenting ‘Quantum Wellness: the 5 most effective things you can do for your health’; and

November 7, with Nicholas Casagrande, EA presenting ‘Financial Wellness.’

These free ATW programs are the first Tuesday of each month, 5:30pm, at the Willits Center for the Arts.

In addition, ATW is offering six-week Healthier Living Workshops in Laytonville, beginning Thurs., Sept. 21, 1:30-4pm, and in Redwood Valley, beginning Tues., Sept. 19, 1:-3:30pm. These workshops are free for people who have on-going health conditions (arthritis, heart disease, diabetes, chronic pain, etc.) and their caregivers or family members.

Visit www.avenuestowellness.org for more information or call (707) 456-9676.

WOOL MILL UPDATE

The Mendocino Wool Mill, funded by scores of local investors through EDFC’s pioneering Direct Public Offering, is nearing operation. As is so common in construction projects, building costs have reached 160% of the original projections. Owner Matt Gilbert has been a responsible manager of the process, and taken time out to do sheep shearing to keep from dipping into the business reserve.

One by one they are getting their machines operational – first the carder, then the pin-drafter, next the spinner - and fine-tuning the processes and equipment. A great way to check on their progress is on their facebook page: <https://www.facebook.com/MendoWool/> Matt tries to post on it every two weeks, including some videos so you can see how the equipment runs.

Their final occupancy sign-off from the City of Ukiah will come after all of the equipment is installed and working. Once they have that, they will be ready to schedule the Open House this fall.

EDFC will be sending out the interest payments to investors following the schedule in the promissory notes. The first payment to the earliest investors will start May, 2018.



Matt setting up the carder

Native Bees in Your Backyard

This event, sponsored by Hopland Research and Extension Center, is on Sept. 23, 10am-2pm. Visit Kate Frey’s garden (author of *The Bee-Friendly Garden*), enjoy a locally sourced lunch, and learn about California’s native bees from UC Berkeley experts. \$40 registration fee. For more information go to: <http://hrec.ucanr.edu/?calitem=374194&g=61984> or contact Hannah Bird at (707) 744-1424 ext 105; bird@ucanr.edu.

CO-COM SUMMARIES

July 31, 2017

Member Neil Richardson explained his idea for a major annual art show, with juried entries, drawing the public and art collectors from far & wide. The Art Center would be the natural lead to form a planning committee, and WELL would be delighted to help support! It's a perfect idea for economic development, with our wealth of local talent! (Contact Neil at 501-781-5618.)

The Hub Lunches morphed into the sunflower project for now. That project had some notable success and a good 'buzz' this year. We hope the Chamber will help with an earlier start, getting more merchants on board next year. Meanwhile, we will promote planting of drought-tolerant perennials (lavender, rosemary, etc.), including at the planned civic billboard and at Bypass interchanges, working with the City.

We co-sponsored the planned Blues Festival in August with our non-profit insurance, but decided not to do a sales booth. (Note: this turned out to be fortunate since the event was cancelled at the last minute.)

New member Amy Fox has volunteered to help post on Facebook. We're still seeking someone (able to manage Joomla platform) to update our website!

We discussed future program ideas, such as inviting key players (and interested public) to a Healthy Mendocino presentation; this is now set for Sunday, Oct. 8th. (See article this issue.) Related ideas are an overview of non-profits serving Willits (especially NCO and the Community Foundation) and/or an update on further aspects of the Caltrans mitigation projects.

A summary of the CoCom meeting of Aug. 31st will be in next edition (too late for this issue's deadline).

Next CoCom meetings will be:

Monday, Oct. 9th and Monday, Nov. 13th, 6:30pm at the Willits Hub, 631 S. Main St.

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WELL COORDINATING COMMITTEE

Paul Jacobson, 459-1418, 4paulj@gmail.com
Tim Rice, 456-1146, tim@multitalents.net
Laura Toomey Rowland, 354-3410, laura-toomey@comcast.net
Madge Strong, 459-1493, mstrong@willitsonline.com
Lyn Talkovsky, 621-3215, lyn@twinberry.net

There are still two vacant seats. If interested, come to a meeting or call Madge at 459-1493.

Dirt from the Farm – School of Adaptive Agriculture by Kelly Hansen

A month into the summer term, our six summer term students have settled into the routine of life on the farm. On an average day, they're up and hard at work in our market garden by 6:30am helping our Garden Manager Joshua with harvest for the farmers markets, watering, weeding, trellising or putting together a special order for a local restaurant.

When field work is completed for the morning, they do their chosen community chores before lunch. Everyone pitches in with keeping the community spaces hospitable, while two students prepare lunch with produce from the garden. Everyone gathers at lunch to share a community meal. Often much silliness ensues but serious work can get hashed out over hearty repast.

The afternoon proceeds with guest instructors and classes in one of our five key subject areas – crop production, livestock management, community dynamics, business management or industrial arts. Last week we had hands-on bread baking demonstration, Brian Bartholomew discussed rotational grazing, we continued our multipart series on soil science with Rachel Britten, and Takashi held his ever popular plumbing class.

Another cornerstone of our program, our weekly fieldtrips, allows our students to get an insider's look at the tools, equipment, theories, and practices that form successful farms in our region. Last week our students were able to visit Irene's Garden and Happy Day Farm in Laytonville to see what two very different but successful market farms look like in Mendocino County.

As you can see from this snapshot of an average week at the School of Adaptive Agriculture, our students days are stuffed full with the basics every aspiring new farmer should know and our students are eager and excited to tackle the next two months of their studies.

Upcoming public events include:

Farmer Technical Workshop with NRCS Sept. 1st, and

Oct. 28th - Hot Buttered Rum @ Little Lake Grange -

Join a raucous evening for another wild costume party this Halloween. School of Adaptive Agriculture is hosting so you know it's gonna be good.

We would like to thank the Little Lake Grange for its ongoing support, without which we wouldn't be able to offer the high quality education these students are receiving. For more info contact: office@school-of-adaptive-agriculture.org.



Farm school students harvesting garlic

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ing gardening class, see page 4
Oct. 8, 4pm, Healthy Mendocino presentation (WELL-sponsored) at Willits Hub, see page 3
Oct. 9, 6:30pm, WELL CoCom meeting at Willits Hub
Oct. 14, Salmon Awareness Festival in Covelo
Oct. 16, 1-2:30pm, Caring Kitchen adult volunteer training, see page 6
Oct. 17-19, Climate Change Workshop, Ukiah, see page 7
Oct. 19, 6:30pm, Now & Then Film TBA at LL Grange
 Oct. 22, 8-11am, Grange pancake breakfast
Oct. 24, 6pm, Mendocino Wildlife Assoc. Q&A about bats at Willits Hub, see page 6
Oct. 25, 9:30am-12:30pm, Healthy Mendocino county summit at Willits Community Center, see page 3
Nov. 5-7, Ecology Action 3-day Bio-Intensive Gardening training, contact EA at 459-0150 or

www.growbiointensive.org.

Nov. 7, 5:30-6:30pm, Avenues to Wellness at WCA, see page 9
 Ongoing:
 Thursdays 3-6pm, Farmers Market at Recreation Grove Park



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Vision: An enduring local economy that provides health and security for our community.

Mission: To foster the creation of a local, sustainable economy in the Willits area by helping residents to learn valuable skills and take action, and by partnering with other organizations to share knowledge and support projects that build a thriving community.

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