



# The WELL Bucket

## Community Events

Nov. & Dec. 2018

Nov. 4, 9:30am- 2:30pm, Fermentation Workshop with Michelle Costa, at School of Adaptive Ag, see page 7

Nov. 6 – Election Day!

Nov. 8, 5:30-6:30pm – Financial Wellness speaker Nicholas Casagrande, presented by Avenues to Wellness, at Center for the Arts, see page 9

Nov. 8, 6pm, Cultivate Wellness Empowerment Event with guest Debbie Fry at LL Grange Room 4, see page 8

Nov. 12, 6:30, WELL Coordinating Committee meeting at Willits Hub

Nov. 14, 6:30 – Willits City Council meeting

Nov. 16, 5-9pm – Harvest Dinner with guest speaker Corine Pearce, by Inland Herb Guild, at LL Grange, see page 9

Nov. 17, 5pm BBQ, 7pm – ERRP shows 'Signs of Resilience' film at Willits Hub, see page 6

Nov. 23, 10am – ERRP sponsors volunteer training on salmon monitoring, Willits Hub and field trip, see page 6

Dec. 2, 4pm – WELL Open House/ Celebration at Willits Hub, see page 1

Dec. 10, 9am- noon - Farmer to Farmer Field Day, see page 7

Dec. 11, 6 pm - Cultivate Wellness open house/ Community Acupuncture and Acupressure, at LL Grange Room 4, see page 8

Dec. 12, 6:30pm – Willits City Council will include a presentation of the Paint the Town project from WELL.

**WELL Open House!**  
*Celebrating Paint the Town!*  
*Honoring Artists, Volunteers & Sponsors*  
**Food! Entertainment!**  
*2nd Anniversary of the Hub!*  
**Sunday, December 2<sup>nd</sup>, 4-6 PM**  
*at the* **Willits Hub, 630 South Main**  
**Potluck Side Dishes Encouraged (Not Required)**  
**We'll have a short WELL meeting to elect CoCom members**  
For further info, contact Madge at 459-1493

## FARMERS MARKET MOVES INDOORS

It's that time of year again: effective Nov. 1st, the Farmers Market moves from Main Street over to the Little Lake Grange, every Thursday (except holidays). There is still fresh produce, meat and more from local farmers, plus lots of hand-crafts and specialty items from local artisans – perfect for holiday shopping. Winter hours are 3-5:30pm.

PAINT THE TOWN— by Madge Strong

Since our last newsletter, we have been BUSY on Paint the Town projects! The most dramatic results are the beautiful murals that have emerged on the K-rails (concrete barriers) at Main & W. Commercial Streets.



Ileya's hummingbird

We've had five painting parties in September & October, with over two dozen volunteers participating. On Sept. 13th, Little Lake Fire Department volunteers (and Chief Wilkes) came with fire trucks and power-washed 8 of the 12 K-rails, while other volunteers scrubbed and scraped the 15-year old chipped paint. On Sept. 16, a team of volunteers finished power-washing and scraping the other 4 K-rails AND applied primer coats to all 12. Already a big improvement!

The most fun started when our two artists (so far) sketched in designs and we began painting the murals. Rebecca Daun-Widner, assisted by Aura de la Fuente (both teachers at the Charter Elementary School), de-

signed scenes of hills, trees, and rivers covering six of the panels facing Main Street. Local artist Ileya Stewart created a garden of colorful flowers visited by a bee, butterfly and hummingbird on the two panels facing W. Commercial St..

The artists put in many extra hours guiding and refining the murals as volunteers continued participating in two more painting parties on Oct. 14 and Oct. 28, and one scheduled Nov. 1st. Their collective efforts are turning these murals into amazing works of art.

More painting parties are likely in November, weather permitting. Please contact Paul at 4paulj@gmail.com or call Madge at 459-1493 to be notified of dates.



Brian's fire hydrant

Two of the remaining K-rails are becoming the project of the Willits High School Art Class under Carolyn Bakewell's direction. Two more as yet to be assigned.

Fire Hydrants, Trash Receptacles, & More

As reported two months ago, artist Brian Weller took the initiative to paint the first trash receptacle (Mondrian-style, across from the newly painted Noyo Theater), and he has also painted a fire hydrant, dumpster, and utility pipes in the same vicinity.



Volunteers at the K rail - photo by Mathew Caine

(Continued on page 3)



Volunteers at work on the W. Commercial K rails

*(PAINT - Continued from page 2)*

At our recent painting parties, some of the volunteers spread out to paint other hydrants, with a priority on the downtown area. There are about 300 hydrants in Willits, not to mention utility boxes and pipes, dumpsters and trash receptacles, all of which could add dashes of color and creativity to town. Check with Paul to choose what you'd like to paint!

In conjunction with the Center for the Arts and the City's Revit-ED Committee, we'd also like to see plantings, banners, signage, large murals, and other artful improvements to town. As one WELL organizer said, we want Willits to be 'hip and classy'.

There's almost no limit to this project!

Photos & Artwork in Storefronts: Two photos of local artists at work by photographer Ree Slocum are now displayed next door to Busters Burgers. In collaboration with Willits Center for the Arts, we hope to expand this part of our Paint the Town project so that,

instead of empty storefronts, we create a sidewalk art gallery on Main Street. We are currently seeking more willing property-owners to allow photos and other art works to be displayed. Contact Madge at [mstrong@willitsonline.com](mailto:mstrong@willitsonline.com) if you have leads or ideas!

This all has taken much longer and cost more than WELL's organizers had imagined, but it's worth it! People walking, biking and driving in town are uplifted and enthusiastic. The spirit of community action and artistic creation are part of a revival of energy in our town.

YOU CAN PARTICIPATE in this wonderful local movement to bring some color and artwork to town! To volunteer time or ideas, contact Paul at [4paulj@gmail.com](mailto:4paulj@gmail.com). To help fund these efforts, please send a check to WELL (tax-deductible) at PO Box 42, Willits 95490, with 'Paint the Town' on the memo line, or contribute via Paypal at [www.well95490.org](http://www.well95490.org).



Rebecca's landscape mural in process

## CITY OF WILLITS NEWS-

Excerpts from Oct. 19 bi-weekly report from City Manager Stephanie Garrabrant-Sierra

PG&E is conducting Public Safety Power Shutoff in portions of Northern California communities to prepare for extreme weather conditions. City Staff attended a recent webinar to learn how this may affect Willits.

Deputy City Manager Cathy Moorhead oversees election issues and also the Airport, which is looking forward to some upcoming maintenance and on-going tree clearing (required by FAA). Public Works and Parks will soon be sweeping five days a week, gearing up for winter, checking and clearing out storm drains and trimming low hanging trees from the road side and fixing pot holes.

The Davis Creek Bridge water main relocation may take place mid November but no firm date is set yet. This tie in will directly affect approximately 140 customers, who will be notified in advance; the rest of town will not be affected.

Several departments helped in locating and fixing the leak on Main St. in front of the House Doctor that was caused by the vibration of the paving roller.

The 1st and 2nd plots of the Watershed Emergency Salvage Logging and Reforestation Plan [in the City-owned watershed area damaged in last year's fire] have been completed. The 3rd and final plot is on hold due to no buyer for the logs for now.

The Water Treatment Plant (WTP) has undertaken some annual maintenance. WTP also met with Division of Dam Safety for annual inspection of both Centennial and Morris dams and spillways; they were very pleased with our maintenance.

Recently the police department has had to stack calls most days, using triage in our response strategy...life-

threatening to property threatening. Incidents included a bicyclist struck by a vehicle on S. Main Street near the Bodyworks Gym; and apprehending an armed felon parolee. **Corporal D'Orazio is now in training with the department's new K-9.** Police also took up a number of issues at the Traffic Safety Committee (Oct 16).

Community Development staff has been working with LAFCO to finalize the Willits Municipal Service Review and Sphere of Influence Update, which will be on **LAFCO's December 3rd agenda.** They are also working with the Mendocino Transit Authority to establish a new bus stop in the Alder Court area to replace the bus stop removed on the west side of Main Street across from Browns Corner.

The Revit-ED Committee met on October 23rd, reviewing a staff update on the implementation of the Willits Main Street Corridor Enhancement Plan. A final report on how to best accomplish City improvements will be presented to the Council at an upcoming meeting.

**The City's new Building Official is busy:** During the first half of October, the Department issued building permits valued at \$1.5 million. Staff is soliciting applications for Medical Cannabis Dispensaries in the City consistent with the Ordinance adopted by the Council last year. There will be a 45 day window to apply starting around the 1st week of November.

Staff has also begun implementing the Vacant Commercial Building Registration Ordinance, with registration forms and information sheets to send out to applicable owners and developing a registry of information. The registry will be shared with prospective tenants and new owners with the intention of reducing the number of vacancies.



Children danced at the four concerts in Rec Grove park sponsored by the city this fall.

(Continued on page 5)

(City News – continued) Engineering is completing work on the Penn Street storm drain repair project. PG&E's gas main replacement project needs to expand to part of South Lenore, extending the project into November and possibly later, depending on weather. It's preferable to complete this work before the slurry seal project next spring. The plans and specifications for the slurry seal project are going out to bid, hoping for an award of contract before the end of the year in order to keep the \$100,000 matching SB1 funding. Staff is also working on plans for the North Maple Street storm drain project. An asphalt curb on Harms Lane will soon be constructed. The public works crew is completing the semi-annual gravel extraction under Broaddus Creek bridge at East Commercial Street. Administration is scheduling an audit in December and reviewing applicants for Finance Director, Office Assistant, a Senior Accountant.

## REPORT FROM BIONEERS – by Paul Jacobson

For me the 29th Bioneers conference in San Rafael (Oct. 20-21) began with Mary Boeve, the Executive Director of [350.org](http://350.org). Her message was one of perception; to see the world differently, and take heed of its dire warnings. The UN Climate Report made it crystal clear: the earth has less than 12 years to reverse climate change or face uncontrollable climate destruction.

Although this warning was brutally honest, the majority of the presentations emphasized success in the face of these difficult odds. For one example, in our world so defined by tweets, daily news storms, and social media, **we don't recognize that in the 10 years since Trans Canada, there is still No Pipeline!**

What Mary felt is needed, going forward, is to address power inequality; to support those on the front lines; and to build relationships of tolerance through networking toward similar goals.

The Google Earth Engine presentation by Rebecca Moore was amazing. This technology showed the real-time activities of corporate fishing boats, the diminishing habitat for the last remaining Sumatran Rhinos, as well as the solar potential of Project Sunroof in San Jose. The availability of this instantaneous scientific data is profound for the potential positive direction our world can take. For example, forest preserve managers in Africa are using this technology to catch poachers, deter predators away from village compounds, or simply identify animal migrations. Something good for a change!


While technology was impressive, many of the presenters were inspiring to tears. 18 year old Edna Chavez from S Central LA, whose brother was killed in gang violence and father deported by ICE, carries on a struggle for respect and recognition of minority rights. The Ceibo Alliance, a collaboration of differing tribes from the Ecuadoran Amazon, stood side by side on stage in representative native dress, describing their struggles against a century of colonization by capitalist corporations seeking raw materials and destroying their forests. The Biomimicry Foundation's awards showed amazing scientific developments utilizing the wisdom of nature to solve current human problems, such as the winner's small device that facilitated re-planting trees in the Amazon.


"Our stories unite us" was a significant take away for me. From 'agesim' to sexism, from indigenous struggles to minority rights, the presenters' stories showed their integrity and conviction that truly do unite us.

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## Eel River Recovery Project Update – by Pat Higgins

### Fall Chinook Assessment Focus on Outlet Creek

The Eel River Recovery Project (ERRP) has now completed six years of volunteer-assisted monitoring of Eel River Chinook. Their findings are explained in a new movie: *Signs of Resilience: Eel River Chinook Salmon Assessment 2012-2017*. The film will be shown on Saturday, November 17 at 7pm after an albacore BBQ at 5pm at the Willits Hub, 630 South Main Street (potluck side-dishes welcome). On Friday November 23 at 10am (instead of shopping), ERRP is sponsoring a training for volunteers on how to participate in the 2018-2019 Outlet Creek fall Chinook assessment, followed by a field trip to spawning locations afterward.

*Signs of Resilience* documents that the fall Chinook population in the Eel River watershed is oscillating between 10,000 and 50,000 fish annually. Much of the spawning habitat in the more remote parts of the basin is in advanced recovery from the 1964 flood effects and logging damage. However, not all basins are doing well: there are indications of substantial decline of Chinook salmon in the lower South Fork Eel River and in the upper main Eel River upstream of Dos Rios, including Outlet Creek. While thousands of Chinook spawned in Outlet Creek in some recent years, there were few Chinook salmon seen migrating or spawning in 2017-2018. Despite sufficient rainfall in the Thanksgiving window that is often the peak of the

run, only three carcasses were seen by volunteers and no nest or redds identified.

Eel River tributaries like the Middle Fork and Black Butte rivers have optimal spawning substrate and the egg and larvae (or alevin) survival is good. These streams are salmon “sources” where many thousands of juveniles are produced annually when rains are sufficient and spawners reach them.

On the other end of the spectrum are Salmon Creek near Miranda and Tomki Creek in the upper Eel. These basins historically produced thousands of salmon, but recent

PG&E surveys find only dozens or hundreds. These streams have excess sediment loads and peak flow problems that cause egg mortality; consequently, they are salmon “sinks” when fish spawn there.

Is Outlet Creek a source of salmon or is it passing a tipping point and becoming a sink? In 2018-2019 ERRP hopes to rally citizen monitors to observe and document spawning after rain events and to report in a standard way. Photos and video of spawning or migrating fish are also highly desirable. Each person learns a lot more about their piece of the river system, and collectively we can take the pulse of Outlet Creek (get off the couch!).

People interested in participating can call Pat Higgins at 707 223-7200 and learn more at the film showing and volunteer training. See [www.eelriverrecovery.org](http://www.eelriverrecovery.org) and also follow ERRP on Facebook.



Baechtel Creek above Willits. 12/2/16



Optimal Chinook spawning gravel on the Black Butte River at Cold Creek, 40 miles upstream of the Middle Fork and the Eel River Guard Station, 10/12/18.

## FARM SCHOOL WORKSHOPS

Fermentation Workshop, Nov. 4, 9:30am-12:30pm, with Michelle Costa, at School of Adaptive Ag. Explore the techniques of salt brining with fermentista Michelle Costa in the rustic farm kitchen at the School for Adaptive Agriculture. We will cover the basics of salt brining vegetables and fruit chutneys. We will discuss equipment, salt, water, health benefits, and best practices as well as the basic science behind the art of fermentation. During this hands on fermentation class you will use vegetables fresh from the harvest to make and take home your own ferment, Class will culminate by sampling various ferments while enjoying the beautiful setting at Ridgewood Ranch. Space is limited, pre-registration is required (mendocinoferments@gmail.com). \$45 includes materials and instruction. Contact Michelle Costa at 707-354-0175 or mendoferments@gmail.com with questions.

Farmer to Farmer Field Days - December 10th, 9am-noon. Lean Thinking on Your Farm - How to Work Smarter Not Harder: Technical Workshop for Farmers at Yokayo Roots Farm, Ukiah.. Attendance is free and open to specialty crop growers--fruits, vegetables, nuts, flowers, herbs--as well as anyone aspiring toward a career in production agriculture. Tours take around 3 hours and are followed by a potluck lunch. Sponsored by School of Adaptive Agriculture and others. RSVP to office@adaptiveagriculture.org by Dec. 5.

## Grange News - Position Available

Pancake breakfasts and Now & Then Films are on hiatus until January, 2019. The regular Grange meetings will be Nov. 8 and Dec. 13, 6:30 potluck, 7pm meeting.

The Grange is seeking a Business and Rental Manager. This person will be responsible for managing a 13-unit mobile home park, 10 rental rooms in Grange hall, renting main hall for events, and managing our commercial kitchen, under the direction of the Grange Executive Committee. Resume, experience and knowledge of Quickbooks, Excel (or other spreadsheet program), and email use are necessary. Flexible hours. Monthly salary starting at \$900-1000 with increase after training period. Call 459-9716 for details and to apply. Applications close on Nov 15th.

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## Empowerment Event! Nov. 8

by Claudia Wenning

Continuing the concept and vision of the Northern California Women's Empowerment Summit this past June, Michelle Cummins and I have been holding free Empowerment Events every month. We share tools and self help techniques to improve your health and well being - part of the free "Open Studio" offers, which we started a few years ago. This month, we are welcoming Debbie Fry as guest speaker, with the topic Applied Kinesiology, on November 8th from 6-7:30pm, at Cultivate Wellness Studio, room 4 at the Little Lake Grange. We hope to see many of you! Please RSVP to Michele at 972-1601 or Claudia 354-3111.

And we have a super fun surprise Celebration Event for you coming on December 11th, 6 pm: We are giving back to the community with Community Acupuncture and Acupressure. Come and celebrate with us; we will have free offers, live music and much more!

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### EDFC – Business Loans & Upcoming Economic Summit

Economic Development & Financing Corporation (EDFC), a local non-profit alternative lender, is here to support economic development throughout the County. We have funds available for start-ups and business loans up to \$250,000. We are happy to talk with business owners about their opportunities through EDFC and other resources. Contact Heather Gurewitz or Diann Simmons at 707.234.5705; or cell: 707.489.4663 EDFC is also planning a Mendocino County Economic Summit on January 31, 2019, 12:00-4:30 PM at Willits City Hall, 111 E. Commercial St. The purpose of this event, dubbed 'Charting a Path Forward,' is to bring together the many resources and partners supporting economic development in our county, identify gaps, and begin charting a path for the future. This will be the first step toward developing a strategic plan for Mendocino County's economic future.

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### WELL Seeks New Data Manager

WELL needs to replace Emily Rose Smith when she moves to a new job in the near future. The position involves only about 10 hours per month on average, at \$15 per hour - a good fit for someone seeking a small niche with flexible timing. This contract person needs to handle both data base and Quickbooks. If you are interested or have a lead, please contact Madge at mstrong@willitsonline.com or 459-1493.

## CO-COM SUMMARIES

Sept. 17, 2018

We reviewed the progress of our Paint the Town projects, including work parties on the K-rails, completed photo displays, and on-going painting of fire hydrants, trash receptacles and dumpsters.

**We'll try to add photos to our website, post on Facebook, and pursue grants, local donor sources and/or crowd funding.**

**We heard about the Inland Herb Guild's activities and agreed to sponsor their educational & fund-raising event on Nov. 16 to cover insurance at the Grange.**

**We'll have tabling to promote WELL at our co-sponsored local Candidates Forum on Oct. 4 and other upcoming events.**

October 15, 2018

We again reviewed progress on Paint the Town projects – see article & photos in this issue. Paul is point-person keeping track of our many volunteers. Expenses have gone up, but donations have also been coming in. If we get a grant and/or sponsorships, we may be able to offer stipends to artists. We continue to table at events and post on Facebook, with a lot of enthusiastic response.

**Emily Rose has given advance notice she's getting a new job within 6 months. We thus are seeking a new data management person (approx. 10 hours/month).**

We decided to reschedule our Open House event to Sunday, Dec. 2 (see page 1). At next CoCom we can begin planning a Jan-Feb event such as Energy Conservation with guests from Sonoma Clean Power.

Next CoCom Meetings: Nov. 12, 6:30 at the Willits Hub.

### WELL Coordinating Committee 2018

**Paul Jacobson, 459-1418,**

**4paul@gmail.com Tim Rice, 456-**

**1146, tim@multitalents.net Laura**

**Toomey Rowland, 354-3410,**

**lauratoomey@comcast.net**

**Madge Strong, 459-1493,**

**mstrong@willitsonline.com Lyn**

**Talkovsky, 621-3215, lyn@twinberry.net**

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



## HERB GUILD HARVEST DINNER – Nov. 16

The Mendocino County Herb Guild is thrilled to invite you to our first ever HARVEST DINNER on Friday, November 16th, from 5-9pm at the Little Lake Grange in Willits. Come celebrate this abundant season and the accomplishments of the Guild. We'll begin the evening by serving a delicious farm-to-table dinner at 6pm, followed by a speaker program of local herbalists. We are honored to welcome Corine Pearce, local indigenous Pomo herbalist, basket weaver, teacher and author, as our keynote speaker. Corine will be speaking about plant and ecosystem restoration and conservation as a way of connecting to our sacred part of the world. You'll be able to support local herbal vendors, bid on amazing herbal goodies in the silent auction, and purchase herb-infused desserts and drinks at our Elixir Bar! All proceeds go to support the Guild in our vision of bringing resilient, full-circle herbalism to Mendocino County. Presale tickets are \$20 for adults, \$10 for children and are available at [www.mendocinoherbguild.com](http://www.mendocinoherbguild.com) and at JD Redhouse. Tickets will be \$25 at the door. Limited Seats are available - get your tickets today!

### WILD WILLITS FEST – A SUCCESS!

The first-ever Wild Willits Fest on Oct. 20th was a rousing success. There were over 140 runners for the 5K, 10K, and Half-Marathon runs. There was delicious local food, live music, artist booths, activities for kids, booths featuring body workers, masseuses, herbalists, and nutritionists, and more, all staged from our lovely Recreation Grove park. The volunteer Visit Willits Board, which organized this event, has more plans coming up in the near future.

To find out more, check out their website at [www.visitwillits.com](http://www.visitwillits.com)

### FINANCIAL WELLNESS – Nov. 8

Avenues to Wellness presents a free talk by guest Nicholas Casagrande, EA, on the subject 'Prepare Yourself for Financial Wellness' on Thursday, Nov. 8, 6:30pm at the Willits Center for the Arts. Most of us feel stress about money, and only 18% of Americans feel confident about their retirement. This talk will help you prepare and act on your financial planning and give you peace of mind for your future.

Mr. Casagrande is an accountant and financial advisor with our local firm NC Financial. Call 456-9676 or email [atwforhealth@gmail.com](mailto:atwforhealth@gmail.com)



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## RENEW OR JOIN WELL!

*Willits is at a crossroads, facing challenges post-Bypass, renewing downtown, cannabis legalization, the need for good jobs, housing, and more.*

**WELL** (Willits Economic Localization) is a non-profit, volunteer organization working since 2004 for an enduring local economy that provides health and security for our community. We educate, undertake projects, and work with other groups on issues including *Local Food / Water Conservation / Emergency Preparedness / Human & Environmental Health / Energy & Transportation Alternatives / Local Enterprise and Investments*. Our current focus is **PAINT THE TOWN**, bringing more art and color to Willits (see article page 2).

*Please renew your membership or join now! **\$20 (or more) per individual, \$35 (or more) per family through 2019.** Membership supports our ongoing localization efforts and includes our bi-monthly newsletters, periodic email updates, and free entry to special WELL events.*

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Yes, I want to be a member of WELL through 2019: \$\_\_\_\_\_ enclosed.

Name(s): \_\_\_\_\_

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