



# Willits Economic Localization The WELL Bucket

Volume 6 – Issue 1

January / February 2011

## Schedule of Events

### January & February

Jan 4, 11, 18, Feb. 1 – 5:30 – 7 pm

Nutrition & Cooking Classes  
Little Lake Grange (see page 8)

Jan. 10 – 6 pm

WELL CC Meeting  
221 E. Lenore Ave.

Jan. 20, 7 pm

Now & Then Film Series  
“What in the World Are They  
Spraying” at Little Lake Grange

Jan. 23, 8 – 11 am

Grange Pancake Breakfast  
Little Lake Grange

Jan. 23, 4 pm

WELL Water & Energy Forum  
Little Lake Grange

Jan. 25, 6:30 – 8:30 pm

The Zero Mile Diet with John Jeavons  
Little Lake Grange (see page 4)

Jan. 28, 6:30 – 8:30 pm

Building Gift Community  
Little Lake Grange (see page 4)

Feb. 7 – 6 pm

WELL C Meeting  
221 E. Lenore Ave.

### Ongoing Events

Every Monday, 12 – 1 pm

Heart & Soul (Transition Initiative)  
Upstairs at J. D. Redhouse  
Call Carlin at 459- 4850

Every Other Tuesday, 5:30 – 7 pm

Making Ends Meet  
Willits Public Library (see page 2)

Every Thursday, 3 – 6 pm

Farmers Market. Little Lake Grange

## WATER & ENERGY FORUM

Sunday, Jan. 23, 4 pm

Little Lake Grange

WELL Community Meeting with:

**Larry Desmond**

**David Partch**

**Quinton Roland**

**Brian Corzelius**

**Keith Rutledge**

*See Page 2*

## WHAT IS WELL?

### Willits Economic Localization

**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 to take action, and by partnering with other organizations to share knowledge and support projects that build a thriving community.

# WELL Community Meeting on Water & Energy

What Willits can do to improve our  
water and energy security

**Sunday, Jan. 23 at the Grange**

The Willits community is invited to a forum on energy and water issues on Sunday, Jan. 23, 4 pm at the Little Lake Grange, School & Pine Streets in Willits. This forum will feature local experts, with an emphasis on what Willits residents can do to improve our water and energy security. The forum is sponsored by WELL.

Regarding water resources, panelists will include: Larry Desmond, local hydrologist, David Partch, of Willits Water Wisdom, and Quinton Roland, Willits City staff working on home greywater and water conservation programs. For energy issues, presenters will be Brian Corzelius, who has done extensive research on local and regional energy options, and Keith Rutledge, of REDI's home energy conservation program. Holly Madrigal will facilitate the meeting.

There will be snack foods to share – but not a potluck meal this time – and the meeting will include time for community announcements, questions & answers, and your ideas.

A donation of \$5-\$10 is suggested, but no will be turned away. Proceeds will be split between WELL and the Grange. For further information, go to [www.WELL95490.org](http://www.WELL95490.org) or call Holly at 459-0447.



Keith Rutledge of REDI will talk about local energy - solar, hydro and wind micro-potential, and biomass (wood gasification/algae biodiesel) for electricity generation, as well as vehicle fuels.



Larry Desmond of Mendocino Waterworks has been dowsing for 25 years.



## Making Ends Meet:

### How to Survive and Thrive During the Transition

*Every other Tuesday - 5:30 to 7 pm*  
Willits Public Library, Meeting Room

Facilitated by Jed Diamond

**January 11 & 25, and February 8 & 22**

Each meeting we discuss our personal and/or community projects that we are involved with, ask for help, give and get support, and keep creating. We see ourselves as a mini-economic incubator, putting into practice what we think might be helpful and evaluating the results.

**We also have instituted a  
MEMSWA,  
which stands for  
“Making Ends Meet Swap”  
towards the end  
of each meeting.**

Those attending our gatherings are invited to bring things to swap. We all have useful items that we aren't using, i.e. clothes, tools, jewelry, books, CDs, etc. I may bring my brand new sweat-shirt I've never worn. You may have some books that I'd love to read. We strike up a deal and complete a MEMSWA. No money changes hands, but we each come away with something that will improve our lives and help us make ends meet

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[www.movetomendo.com](http://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.

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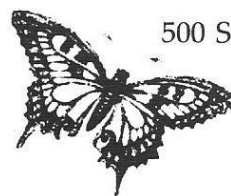
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## Willits and the World, 2011: The Zero Mile Diet

On Tuesday, January 25th at 6:30 pm at the Little Lake Grange, John Jeavons will be giving a talk on Willits and the World, 2011: The Zero Mile Diet.

He'll share his wide expertise on our food future, what is going on in the world, what is happening in Willits and what we need to do to prepare for the transition we are going through.

John Jeavons, recipient of the Boise Peace Quilt, Santa Fe Living Treasure and Eco-Farm Suste Awards, has been



John Jeavons

directing the Ecology Action GROW BIOINTENSIVE (GB) Sustainable Mini-Farming Program for almost four decades.

The GB method is being used in 142 countries in virtually all climates and soils where food is grown and has the potential to produce higher yields, with a fraction of the water, nutrient and energy inputs with locally available resources while using open-pollinated seeds that can be easily saved by gardeners and farmers.

### You'll Learn About:

- designing a diet to grow and eat "from your heart"
- which crops will give you the most nutrition in the smallest area
- which crops to begin with
- how to begin to experience everything you need to know about the personalities of the crops you want to grow and eat in as little as an average of 15 minutes a day in just 100 square feet of growing area

**Both talks co-sponsored by the Making Ends Meet group, WELL, and the Little Lake Grange**

## "We Need Each Other: Building Gift Community"

On Friday, January 28th at 6:30 pm at the Little Lake Grange, Bill Kauth and Zoe Alowan will be sharing their experiences creating community.

Their talk will be based on their new book, *We Need Each Other: Building Gift Community* and will offer specific guidance on co-creating core communities, developing safety nets, and finding social inventions to design new cultural systems.

Bill is the co-founder of the Mankind Project that has offered a male initiation experience to over 50,000 men over the last 25 years. Mankind now has 40 centers in 8 countries around the world. Bill and Zoe are also active in the Ashland, Oregon



Transition Town movement.

"In *We Need Each Other*, Kauth and Alowan have constructed an extraordinary manual for creating vibrant (although not necessarily residential) community based upon the gifts we can offer each other. Tried and true group processing tools are utilized for supporting and protecting the fundamental longing of the human heart for intimate, clear-eyed connectedness. I highly recommend this practical toolkit for finding, joining, and nurturing one's tribe."

-- Carolyn Baker, Ph.D., host of the daily news digest *Speaking Truth to Power*, author of *Navigating the Coming Chaos: A Handbook for Inner Transition*.

### You'll Learn About:

- The different types of community that are needed to survive and thrive during these transition times.
- The "gift community" movement.
- How men and women can best work together.
- The truth about money.
- The importance of commitment in developing communities.
- Optimal community size and finding the right members.

## WELL RETREAT: WHERE WE'VE BEEN; WHERE WE'RE GOING

The WELL Coordinating Committee was joined by about a dozen guests on Nov. 29, 2010, in a retreat to evaluate where we've been and where we want to go from here. The 4-hour process was facilitated by Cyndee Logan. After a very brief review of our 6-year history, a key part of the evening was assessing our strengths and weaknesses.

Some of the weaknesses we identified were: not being inclusive of the entire community (including youth); not having a clear vision, focus, or leadership; not being visible enough, or being perceived as "fringe"; and potential for burn-out of those doing the most. Fear, a sense of powerlessness, denial and being judgmental were all seen as obstacles to our success.

On the positive side, we identified the strength of our history and experience, our pioneering, and the desire and intention for outreach, openness and inclusion, building community, celebrating and having fun, taking care of ourselves, and "walking the talk" with focused projects.

Some of the keys to good results in the future will

include: setting priorities, increasing our visibility, undertaking projects only when there's clear leadership for it, having fun, maintaining our financial health, connecting with other community groups, and drawing on people's passions. We also need to follow up and track our accomplishments.

Some specific project ideas were: home garden tours; inviting guest speakers; more outreach to groups and in local media; and community emergency preparedness planning. Guests also talked about the desirability of creating "open space" events for the entire community.

This retreat was seen as the beginning of an ongoing process of evaluating and defining how WELL can be most effective in the community and in helping to achieve a more self-reliant Willits.

One important question is to what extent is WELL a "connector" (networking, facilitating, educating) versus a "do-er" (initiating our own localization projects). Or can we do some of both?

Members with ideas on these issues please email [office@WELL95490.org](mailto:office@WELL95490.org) or call Madge at 459-6675.

## Real Dirt eNews

The "Real Dirt" eNews is an email newsletter put out by the North Coast Gardens Project. Sign up for "Real Dirt" at the [Gardens Project](http://www.gardensproject.org) website, [www.gardensproject.org](http://www.gardensproject.org), and you'll get a colorful email with informational summaries with links to stories you can read in full at the Gardens Project site.

The December issue of "Real Dirt" has info on the Grange Grains program, which evolved from Mendo Food Futures: "North Coast Opportunities, Little Lake Grange, and Willits Economic Localization are working hard to reintroduce a local source of grain into Mendocino County's restaurants and farmers' markets through the new Grange Grains program based out of Willits."

Grange Grains brown rice is available now at the Willits Farmers Market, Thursdays from 3 to 6 pm at the Little Lake Grange and, reports the newsletter: "at Burrito Exquisito on Main Street and soon at the Howard Memorial Hospital. In Ukiah in the near future you will find either our brown rice, white rice or black beans at the Ukiah Brewery, New Dragon restaurant and Patronas."

## WELL Coordinating Committee 2010 – 2011

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## Brookside School Farm

Brookside School Farm provides fresh nutritious produce for Willits children and serves as an outdoor classroom increasing agricultural literacy and food security for our community. This 1 acre organic farm is open to the community. Brookside School Farm is a space where we learn about the benefits of eating locally grown food, and are empowered with the skills and knowledge needed to gain self-reliance in growing fruits and vegetables.

Brookside School Farm, under the umbrella of NCO Gardens Project, provides healthy fresh food to children in our community by giving fruits and vegetables to public school students, Head Start and the Willits Kids Club. Brookside School Students, Grades K-2, visit Brookside School Farm as a part of the garden enhanced-nutrition education program, and they participate in planting and harvesting fruits and vegetables to be served in their classrooms.

Meal of the Month, a new program in the planning stages for 2011, will feature local fresh and healthy food served as a featured alternative to the normal cafeteria fare. Each month a different menu will be created featuring produce at the peak of its season ... Strawberries in May, Tomatoes in August, Pears in October. The food will be accompanied with a presentation educating students about the many benefits of eating this way. A local diet is good for our health, good for our pocketbooks, good for our local economy, and good for the environment.

Brookside School Farm not only works to educate K-12 students in Willits schools, we also aim to increase community food security by educating community members to increase agricultural literacy and to empower people to grow their own food. The farm hosts informal volunteers as well as students in an agricultural internship program through a partnership with Mendocino College. Through service learning, these interns and volunteers provide the many hundreds of hours of work vital to farm production.

***Volunteers are welcome, and there's a task for everybody: from planting seeds in flats to building greenhouses, or helping in the kitchen to prepare food for the cafeteria.***

If you have an interest in supporting the goals of Brookside Farm, there are many ways to participate. You can come get fresh air and exercise while giving the helping hands on the ground that the farm needs to grow food for the schools. Projects are varied and there is something for everyone, from gentle work planting seeds in flats, to greenhouse construction, harvesting, pruning and more. You can help in the kitchen with processing, washing, chopping, cooking to prepare food for the cafeteria. You can make a cash donation or look at the farm's wish list to see if you have something to share.

**For more info contact Farm Manager, Antonia Partridge at (707) 456-9005 or [antoniap@mcn.org](mailto:antoniap@mcn.org).**

***Brookside School Farm provides healthy fresh food to children in our community by giving fruits and vegetables to public school students, Head Start, and the Willits Kids Club.***

The benefits of the intern and volunteer programs extend beyond Brookside School Farm. Interns and volunteers receive Farmers Market Bucks, wooden tokens good to spend only at the Willits Farmers Market. Volunteers and interns become regular shoppers at the market and spend more than they would if paying cash. The incentive funds are recycled locally to support our area's larger agricultural community. Thanks to this program, the Willits Market showed the most growth of any market in the county in 2010.



**Antonia Partridge**



## WELL Coordinating Committee Briefs

### November 15, 2010 Meeting

**Community Meetings:** We decided to have our next community meeting on Jan. 23, with a forum on energy and water issues. Several local experts will be invited to present. We decided not to do a potluck this time, keeping the focus on the meeting. We also brainstormed ideas for future meetings, such as guest “big picture” speakers, farm & garden forum; follow-up health forum (including electronic field issues); local beautification and road/pedestrian improvements; Brooktrails 2<sup>nd</sup> access options; and a community-wide forum co-sponsored by many groups. We may consider having meetings more often.

**Newsletter/Media:** Three excellent candidates were interested in the Newsletter Editor position. We selected Jennifer Poole. We will continue to pursue contacts for possible co-sponsors of the newsletter and evaluate pros & cons of a paper-mailed newsletter. We also discussed ideas for more outreach, such as articles in Willits News, a Facebook presence, and presenting to local groups and classes.

**Retreat:** We discussed logistics and some agenda ideas for the WELL retreat to be held Nov. 29. A subcommittee subsequently met with our facilitator, Cyndee Logan, to outline the agenda.

**Grants:** WELL has received seven informal proposals so far for using our \$10,000 gift. The CC initially planned to consider these at our Jan. 10 CC meeting, but subsequently has deferred that to Feb. 7. WELL has also applied for a Community Foundation Grant which, if we receive it, may further the potential Willits Creek Trail project.

**Vision 2030:** Two CC members reported on the Vision 2030 forum held in Willits by MCOG consultants. The goal of this CalTrans-funded effort is integrating sustainable land use & transportation planning, locally and county-wide. We will continue to participate in 2011.

### December 13, 2010 Meeting

**Newsletter & Other Media:** We are still pursuing ideas for possible joint newsletter. We formed a PR/Media committee to define those issues and to coordinate media outreach: newsletter, email updates, posters/fliers, website, a Power Point presentation, and a newly created Facebook site. Another outreach is to continue tabling at special events, and through the grain table at Farmers Market.

**Community Meeting - Jan. 23:** Logistics, format and presenters for this energy and water forum were discussed. Details are noted elsewhere in this newsletter.

**Future Community Meetings:** We will begin having these events more frequently to keep up with “hot” issues, with a forum on transportation issues planned for Feb. 27. (Recent serious traffic accidents highlight the needs!) In addition to forum topics mentioned last month, we may also consider programs on emergency preparedness planning and a community swap meet (skills, services & products).

**Retreat Review/ Fund Ideas:** We decided to have our next CC meeting on Jan. 10 focus on review of results from our retreat and setting goals & program for 2011. The following CC meeting on Feb. 7 will include review of ideas for allocating some portion of our \$10,000 gift funds.

*Complete minutes will be posted on our website: [www.well95490.org](http://www.well95490.org)*

## WELL STILL ACCEPTING IDEAS FOR GRANT FUNDS

The WELL Coordinating Committee has received a number of ideas for use of the funds that were generously donated by an anonymous individual who passed away in 2010.

We are still accepting ideas from members. We are not seeking proposals for specific projects at this step but broad ideas. In the past WELL has distributed “seed grants” to help launch or support small projects through a proposal process. We may do this again. But now we want to entertain other ideas.

Please submit your ideas **in writing** to [office@well95490.org](mailto:office@well95490.org), or mail them to P.O. Box 42, Willits, “Attention: Grant Ideas.”

## **Nutrition & Cooking Classes with Ann Waters** **for weight loss, releasing fatigue & regaining your energy**

*Did you make a New Year's Resolution to lower your stress or lose some weight?*  
 Take Annie's classes on Endocrine Balance - find out how **your** unique body needs to be fed!

- ~ Fresh & simple - tasty meals for low thyroid, adrenal fatigue, diabetes & sugar balancing
- ~ Simple Healthy Nutrition with Traditional Foods & Herbs
- ~ Supplements & Herbs to help balance your endocrine system
- ~ Tricks to getting healthy – for good!
- ~ Find your way back to balance in body, mind & spirit
- ~ Cooking with LOCAL, garden-fresh produce & Organic Staple Foods

### **A series of classes ~ includes sample tastings & appetizers:**

- January 11th: **PANCREAS:** Blood Sugar balance, Weight loss & diabetes nutrition with balanced protein meals.  
 Crock Pot cooking - Soup & One Pot meals
- January 18th: **ADRENALS:** Vegetables, fruits, grains & healthy carbohydrates  
 Lower stress & fatigue with nutritional snacks & correct meal patterns
- February 1st: **THYROID:** Create Your Plate! Healthy Menus for energy & stamina.  
 Tips for making a quick meal from simple ingredients

Fees are \$20/class or \$60 for all 4 sessions ~ Tuesday evenings at 5:30 pm to 7:30 pm  
*Little Lake Grange Kitchen, Willits ~ Sponsored by the Grange Women's Alliance*

Your instructor: Ann Waters, Qualified Nutritionist & Experienced Natural Chef  
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**Register at 459-6362 ~ Limited Class Size**

**WELL EMAIL:** [office@well95490.org](mailto:office@well95490.org)

**Website:** [www.well95490.org](http://www.well95490.org)

**Phone:** (707) 459-7076



**Willits Economic Localization**

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