



logo: John Chamberlin

# Caspar Community News

October 1st, 2013

website: CasparCommons.org

## upcoming event

**Saturday, November 16 Harvest Dinner**

### **Water** continues

40,000 gallons/day of water from its two lower wells just east of Highway One off Fern Creek. Due to the cost of upgrading the water quality of these wells, Mendocino Water in 2011 began buying water from a Fort Bragg City tank on Highway 20 at \$.59/1,000 gal. Earlier, in 1992, the Caspar Cattle Company explored the possibility of selling water to the Mendocino City Community Services District (MCCSD). Toward that end, MCCSD paid Lawrence & Associates, of Redding, \$25,000 to study Caspar water.

Is water (even little Caspar's) the new gold? Or is a leaky bag of water a liability?

### **What Do You Think About Caspar's Water?**

by Judy Tarbell

For over a decade, Caspar residents have discussed the pros and cons of holding the community's water resource in common, and making it available for use by Caspar residents. In the next few months, several people will be interviewing Caspar residents, noting their thoughts about being part of a community-owned water system.

An interesting marriage of Caspar residents and the Caspar Cattle Company might be possible. The Company is obligated to continue supplying water to its recipients - five company-owned rentals, the Caspar Community Center and the former Company Store, and two properties currently not hooked up.

But the word on the street is that the system needs to be upgraded, and hard-to-locate leaks and breaks in the pipe have caused continual problems. There are no gauges to monitor use, and only one usable shut-off valve (known to this writer at least) past the holding tank. Were Caspar residents to form a Caspar Mutual Benefit, Non-Profit Water Company or District, and secure a loan to upgrade the system, it would behoove the Caspar Cattle Company to donate the water system to such a Company or District. This is what the Brown family did in the 1970s, when the Public Utilities Commission required the Browns to upgrade the quality of their family-owned Albion water system and did not allow the Browns to discontinue supplying water to its current users.

Why might Caspar residents be interested in owning Caspar's water? Some residences on small lots are unable to locate a well 100' from their septic system. Some properties have low-yield wells. Some residents are concerned about future use of the Caspar aquifer.

For many years, Caspar Cattle Company allowed Mendocino Water Company to sell an estimated



### **Gardening in Caspar**

by Rochelle Elkan

The Caspar Community Garden is flourishing. A great group of five gardeners report that they are having a wonderful time growing potatoes, peas, carrots, kale, cabbages, beans, rhubarb, celery, broccoli, lettuce, beets, squash, blueberries, and raspberries. One gardener, Linda L., donates her vegetables to the Redwood Coast Senior Center. Another, Lea -- we call her "the compost Queen" -- keeps track of the three compost bins while working her garden beds tirelessly.



**Gardening** continues

She and her partner have improved the greenhouse ventilation and are planning to make the gate sturdier. Sakina, the champion gopher catcher, grows beautiful vegetables that she sells at the farmer's market and at Down Home Foods in Fort Bragg. Linda P. is so happy to have a place to garden, she sings as she gardens. After a lot of weeding, Chris reports that she enjoys making her beds beautiful. She has been planting a lot of perennials brought from her last garden.

Sadly, we must report a theft in our garden. Five 5-gallon perennial plants disappeared. Then, all the flowers on one of Sakina's plants, being allowed to go to seed for seed saving, also vanished. We want the garden to be a place for our community to come and appreciate the bounty of our soil, sun, and labor...but where our hard work is respected and left alone. We didn't want to put a lock on the gate, but we have.

On a positive note, carrots, beets, zucchini, cherry tomatoes, and basil were harvested from the dedicated Caspar Kitchen beds, and served at our Pretty Good Day in Caspar event on Sunday, August 18th. Nothing tastes better than produce eaten right where it was grown!

Gardeners, thank you so much for making the Caspar Community Garden a lively, productive, and beautiful place to visit.

# u p c o m i n g !

**Board Meetings**

- October 18
- November 1
- November 15
- November 29
- December 27

Everyone welcome at  
Caspar Board Meetings:  
9:00am

**Pub Nights**

- October 11
- November 8
- December 13

**Breakfasts**

- October 27
- November 24
- December 22

## Community Center News

Here is a compact overview of what is going on at the Caspar Community Center and events we have planned for the future. In addition to our regular Fourth Sunday Breakfast and Second Friday Pub Night, ongoing classes take place three evenings per week, offering tango, African dance and drumming as well as daytime "Music Together" and ballet for children. Taiko is currently taking a break, so Tuesday evenings are available, if you know of a class looking for a home. Many local organizations, such as Audubon, Women in Business and The League of Women Voters also have regularly scheduled meetings at the center. The center is often rented for private events on the weekends, such as weddings, memorials, bar mitvahs and by other local non-profits for their fund raising events. A complete schedule can be found on our online calendar at [casparcommons.org](http://casparcommons.org). Our lovely certified kitchen is available to rent by the hour, week-days, for food production use.

Coming up on November 16 we will be having our Annual Harvest Dinner and Silent Auction. This will be a truly gourmet dining experience featuring local foods, prepared by Caspar's finest chefs. Judy Tarbell is spearheading our silent auction this year, so if you would like to donate, or help out, contact her at 964-1323. Our goal is to raise enough money at this event to have the wood floors of the center professionally refinished. Reservations are required and can be made by emailing [caspar@mcn.org](mailto:caspar@mcn.org) or calling the center at 964-4997.

Looking ahead, plans are underway for a New Years Eve Gala Dance Party. Also, we are working on creating a new series of world music concert/dinner events starting in the spring. We are not ready to divulge the specifics yet, but the idea is to bring in world-class performers from the Bay Area and beyond who play interesting music from other parts of the globe. There would be a corresponding meal of that ethnicity prior to the concert, such as Brazilian food and music.

I would like to conclude with a heartfelt thank-you to the Caspar Board, scores of volunteers and donors, without whom we would not be able to sustain this vibrant heartbeat of our community which the Caspar Community Center has become.

- Dalen Anderson  
Community Center Manager

## Caspar's Resident Tick Doc Advises...

According to the American Lyme Disease Foundation (ALDF), a person's best defense against Lyme disease is a daily self-examination. The sooner a tick is removed, the better. An infected deer tick usually cannot begin transmitting the *Borrelia burgdorferi* spirochete until it has been attached to its host for about



36 to 48 hours. Other measures to reduce their risk of contracting Lyme disease include:

If a deer tick attached to the skin has not yet become engorged, stay alert in case symptoms do appear even after the tick is removed, especially if an expanding rash, flu-like symptoms, or joint pain occur during the first month after a deer tick bite. If even subtle symptoms are present, seek medical attention. Doxycycline, amoxicillin, and cefuroxime are the oral antibiotic agents most highly recommended for management of most symptoms.

Keep in mind that the more severe, potentially debilitating symptoms of later-stage Lyme disease (severe headaches, painful arthritis and joint swelling, cardiac abnormalities and central nervous system involvement) may occur weeks, months, or even years after a tick bite.

If you spend time outdoors in brushy tick-infested areas like our headlands, avoid contact with soil, leaf litter, and vegetation when you can. Wear enclosed shoes and light-colored clothing with a tight weave, so ticks can be spotted easily. Scan clothing and exposed skin for ticks frequently. Use insect repellent that contains diethyltoluamide (DEET) on skin and clothing.

Avoid sitting directly on the ground or on stone walls. Keep long hair tied back, especially when gardening. Perform a final, full-body tick check each night before going to bed.

If you find a tick attached to your skin, removing it

within the first 48 hours greatly reduces your chances of contracting Lyme disease. To remove a tick, use a pair of pointed precision tweezers to grasp the tick by the head or mouth parts where they enter the skin and, without jerking, pull firmly and steadily directly outward. Do not twist the tick out or apply petroleum jelly, a hot match, or alcohol to the tick. The goal is to extract the whole critter, embedded mouthparts and all. Once extracted, place the tick in a vial or jar of alcohol to kill it, and clean the bite wound with disinfectant. Monitor the site of the bite for a rash for 3 to 30 days after the bite, watching for the other early symptoms of Lyme disease. If you notice any of these symptoms, contact your physician immediately.

Reduce the tick population around the home by keeping the lawn mowed and trimmed; by clearing brush, leaf litter and tall grass around your house and at the edges of gardens and open stone walls (CalFire will be glad you did); by stacking wood-piles neatly in a dry location and off the ground. If you and your neighbors agree, and previous experiences with tick infestations warrant, have a licensed professional spray your residential environment with an insecticide.

– Dr. Jim Katzel



Detail from Sev Ickes' wonderful Caspar Painting Cards available at 4th Sunday Breakfast Posters \$20 5 cards for \$10 12 cards \$20 all proceeds support Caspar Community

### Join in the Fun and Work of Caspar Community

If you would like to volunteer for events, we need help with Fourth Sunday Breakfast, Pub Night, the upcoming Harvest Dinner (November 16th), or our Memorial Day Rummage Sale. Contact Dalen at [caspar@mcn.org](mailto:caspar@mcn.org).

If you would like to be on one of our committees, they are Facilities, Kitchen, Community Planning, Finance, Pub Night, Fundraising, and Garden. Email Dalen ([caspar@mcn.org](mailto:caspar@mcn.org)) for more information.

If you would like to make a donation or monthly pledge, please visit the Donate page on the Caspar website.



photos: Rochelle Elkan

## What's Afoot Gallery Returns!

by Annie Lee and Michael Potts

After several years of intermittent use, the historical *What's Afoot* art gallery is enjoying a renaissance. From its beginnings as the Caspar livery stable, it evolved to be a garage and filling station, then the sometime home of Dr. Harold Ginsberg and a venue for Doc Fulton's famous Caspar Underground Breakfast Club, and an eclectic mix of art shows, music, and poetry presentations. For a time in the 1980s, it housed the Caspar Bakery, which eventually moved to Mendocino, and is now called the Good Life Bakery. In the 1990s, it was Caspar Community's first home, where we met for several years before purchasing the Caspar Schoolhouse.

A group of fellow artists is working to bring back this landmark for our Caspar community. Two successful art shows and a garage sale and antique show have been held here. Restarting *What's Afoot* is a challenging labor of love, and so far we are encouraged by all the loyal community support. We're open to ideas and additional participants!

Anyone interested in putting on an event at *What's Afoot* can contact Fred Sternkopf (originaldr.doo@gmail.com) at 707 962-0410.

Newsletter layout and editorial  
Rochelle Elkan & Michael Potts

Caspar-centric articles of interest to the Caspar Community are welcomed and invited.

Send your text and pictures to  
[lists@casparcommons.org](mailto:lists@casparcommons.org)

## From the Board President:

It's been a pretty good summer in Caspar.

It was fun and gratifying to see so many of us out for the Pretty Good Day in Caspar Event. Looking around that day I was a bit overcome with the amazing accomplishments of our community over the past 15 years. We have a wonderful facility that has become the focus of a strong community of volunteer cooks, eaters, musicians, dancers, gardeners, dishwashers, and chair folders. We host a variety of events and classes, and have a garden producing abundant food. Visitors comment on the good vibe of our gatherings and of our little town

Importantly, our financial situation is good. Our budget for this year is \$120,000. Our expenses include our mortgage, \$36,000; Staff, \$30,000; program and fundraising expense, \$16,000; maintenance and improvement, \$10,000; and insurance, \$5,000. We also place money in a reserve account for capital improvements and contingencies.

Our income is about 30% from Program and fundraising events, 32% facilities rentals and 38% from donations.

It is a goal of the Board to work with the community to increase regular donations so as to take some of the pressure of the constant need to hold fundraising events. Please consider signing up for a monthly automatic donation.

We are looking for a new board member. If you are available for meetings Friday mornings, are excited about Caspar and have a few hours a week to share with your community, please talk with me about the many pleasures of serving on the Caspar Community Board.

With expectations of many more pretty good days,

– Paul Reiber

### Caspar Community Board

Paul Reiber, President      Annie Lee, Secretary  
Susan Juhl, Vice-president      David Alden, Treasurer

Rochelle Elkan, Bob Frey, Paul Schulman,  
Oscar Stedman, Jessie VanSant

Dalen Anderson, Executive Director