

Deadwood DITTO

2015 JANUARY



Third Saturday

January 17

Dance with the lively

Never Ever Band

Six experienced musicians play lively upbeat tunes for all tastes and ages, on a variety of instruments including fiddle and mandolin.

They are across the board good fun.

Dinner at 6.30pm, \$7.00, for really good food.

Music starts at 7.30pm, donation at the door



DEADWOOD DANCE TRIBE

Come on a dance journey in the heart of Deadwood!

Celebrate life, cultivate community and connect with pure joy. Ecstatic Dance is a free-form movement space where the intention is set for people to move how they wish - to joyful, fun, and inspiring music in a supportive environment!

Saturday January 31st 7pm

Warm up period followed by opening circle and dance. Bare feet or clean shoes please.

This tribe is all-inclusive, family-friendly and welcome to all levels of experience. Following dance we will have a potluck and open drum/music jam.

Sliding scale donation appreciated at the door.
No one turned away for lack of funds!



Deadwood Community Center

4.3 miles up Deadwood Creek Road (off HWY 36)
deadwooddancetribe@gmail.com for more information

COMMUNITY CALENDAR

JANUARY

01--NEW YEARS DAY

08--Mapleton Food Share 10am-2pm

08--DNW Board Meeting 6:30pm

@ Community Center

11--Lion's Club Breakfast 7:30-10:30am

@ Mapleton Lion's Club

15--Blachly Lane Electric Cooperative Meeting

@ Deadwood Community Center

16--Triangle Food Box 10am-2pm

@ Triangle Grange

17/18--Winter Folk Festival

@ Florence Event Center

17--THIRD SATURDAY ~ MUSIC & DANCE

Dinner 6:30pm ~ Music 7:30pm

@ Deadwood Community Center

19--Martin Luther King Jr. Day

21--DCS Board Meeting 7:00pm

@ Community Center

22--90 by 30-Child Abuse Prevention 3-7pm

@ Mapleton High School ~ More Info Inside

23--90 by 30-Leadership Mtg 11:30am-1:00pm

@ Siuslaw Elementary School

24--Mapleton Food Share 10am-2pm

26--DITTO DEADLINE

31--Deadwood Dance Tribe 7:00pm

@ Deadwood Community Center

UPCOMING

Feb 14--Native Plant Distribution

@ Community Center

ONGOING

Mondays--Al-Anon Meetings 6:30pm

Call for location and/or info 964-3038

Tuesday & Friday--Yoga in Deadwood 10am

Contact Marigold...5341

Deadwood Country Market

Open Hours: Tuesday thru Saturday 8:00am - 7:00pm

Sunday & Monday 8:00am - 6:00pm

Email DITTO submissions to: deadwoodditto@yahoo.com

Hello friends and neighbors.

The next meeting for the Deadwood Community Services Board will be Wednesday, January 21, at 7pm. The meeting will be held at the Community Center. All are welcome to come and participate. If you would like to read a summary of the last meeting you can do so on the Deadwood Trading Post. www.deadwoodtradingpost.com

River, creek, and lakeside landowners may be eligible to receive free native plants. Trees planted along streams help reduce erosion, filter nutrients, and keep the water cool for salmon and trout. The Siuslaw Watershed Council will once again provide free native plants for waterside (riparian) planting in the Siuslaw Basin and Coastal Lakes Area.



Call the SWC office to receive a brochure with more information on each available plant or visit our website at www.siuslaw.org/native-plant-distribution. Then determine which plants will work best for your site conditions, and then let us know which of these plants are on your wish list! SWC staff can also help advise you on plant selection and placement. Send us your requests early because supplies are limited.

Priority is given to requests placed prior to December 19th, although we will accept requests after this date. The Distribution date is Saturday, February 14th.



For more information, please call Tyler Pedersen at 541-268-3044, or e-mail nativeplants@siuslaw.org. This project is made possible through a grant from the Coast Range Stewardship Fund (USFS) and private individual donations.



One of the most powerful and inspirational spiritual awakenings and a sure-fire way to become happier is to make peace with your mistakes.



U209

Important Notice for Blachly-Lane Electric Cooperative Members

Dear Member:

On Thursday, January 15, 2015 at 11:00 AM Blachly-Lane Electric Cooperative will be holding a meeting to provide information regarding Blachly-Lane's new remote read meters. The meeting will be held at the Deadwood Creek Community Center, located 4.3 miles up Deadwood Creek Rd off Hwy 36 in Deadwood, OR 97430.

Have questions? Please call 541-688-8711 or 1-800-446-8418. We hope to see you there.

Blachly-Lane Electric Cooperative

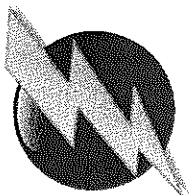
Hi Mick,

So good to receive the envelope with all the letters and help. I got so much wonderful, positive mail today, I'm just overwheeled, (SA) warms my heart.

Boy, I'm sooo happy and impressed by all the signatures and letters from the community, thanks for helping.

THANKS

S - ARS J.



ASSOCIATED SERVICES CORPORATION

BOOKKEEPING - PAYROLL - TAX PREPARATION - NOTARY
OFF TAX SEASON HOURS ~ MON-THUR ~ 10:00AM-2:00PM
Tax Season Hours begin January 20th ~ Mon-Fri 9:30am-5:30pm
10692 HIGHWAY 126, SUITE 4 (WEST OF GAS STATION)
541-268-0108
OBTP#B13567



If you want to have an effective, loving experience of family, you must learn to be patient and to not let the little things drive you crazy.

A Scribe Transcripts

~Greetings Authors, Writers~

Copy editing, proofreading, and/or transcribing your dictations.

Need assistance, call Deborah 541-535-5379 or email ascribe@deborahsdesk.com

Excellent references~Est. 1994

90by30

REDUCE CHILD ABUSE IN LANE COUNTY 90 PERCENT BY 2030
Center for the Prevention of Abuse and Neglect - University of Oregon - 90by30.com



Join the West Lane Child Abuse Prevention Effort!

We can STOP child abuse before it starts. Everyone has a role. Find ways to lead and learn about West Lane's on-going efforts to reduce child abuse by 90% by 2030.

Volunteer Orientation and Leadership Retreat
Thursday, January 22, 3p.m. - 7 p.m.
Mapleton High School, East Mapleton Road
Please RSVP: rosew@90by30.com

Upcoming Projects for Volunteers and Leadership Team:

- Survey our neighbors about their beliefs about how we can end child abuse (no personal questions)
- Identify what helps build safe families in our community, and what else our community needs for an even stronger support system
- Plan first Lane County-wide Child Abuse Prevention Month – April 2015

Guests welcome to Leadership Meetings: 11:30-1pm on January 23rd at Siuslaw Elementary School, March 6th at Mapleton HS, and May 8th at Siuslaw ES.

Contacts: Lynn Anderson, 541-997-5458, Jesika Kaczenski, 503-440-7427, or email Rose Wilde at rosew@90by30.com

December 2014

“Everything in moderation ... including moderation.”
submitted by Michelle

Interesting Facts:

Percentage of families of fast-food workers who are enrolled in one or more public assistance programs: 52%

Cost of public assistance to families of workers in the fast-food industry: \$7 Billion

McDonald's net income in 2013: \$5.6 Billion

Cost to the taxpayer to keep a man in prison in NY state for 22 years at today's cost: \$1,321,672

Cost to the taxpayer to have Steve Causey live in Lane County for 22 years: \$0

Submitted by Richie

Deadwood Raincheck

No stats again. But the total for December is 18.6 inches, about 1/5th of our annual total. The big storm left us about 12 inches of rain alone.

Hi there neighbors!

For anyone who may be feeling sore muscles, aches and pains, creaky stiffness, the desire to get more in touch with your body, for those wanting to work on their posture, or simply to treat yourself to an hour of luxury.... I am offering massage to all Deadwood residents for a discounted deal of \$50/hr. With an additional \$10 off your first massage.

I offer Deep Tissue and Connective Tissue Therapies, and Swedish Relaxation Massage.

To schedule a massage please contact Anna: 3539 or PresenceCenteredAwareness@gmail.com

Aloha

HEALTHY PEOPLE, HEALTHY PLANET

Loose weight, Save money, Be Happy

For energy and vitality:

Eat Fresh Whole Foods.
Shop at farmer's markets.
Fresher, tastes better, avoids the middle men, saves gas
Snack on fresh fruits and vegetables.
Buy local, eat local.
Only eat happy cows.
Have fun with recipes, cook from scratch
Share meals and recipes with friends and family.



Get Active

Turn off your computer and TV.
Play Sports, instead of just watching them!
Walk in nature often.
Go swimming.
Grow a garden, even in pots on a balcony
Plant trees, (they breath in CO2 & breath out oxygen)
Enjoy visiting your favorite places.
Explore new ones



Community

Consider the big picture of life, then act locally.
Are you thinking of we or just me?
Make friends with your neighbors.
Forgive someone everyday. Grudges create separation.
Encourage others to do their part for the climate.
Participate in, or create, community activities.
Spread happiness.
Smile and greet strangers in the street.
Car pool. Bike ride with a friend.



A few precautions

Take care of your digestion
Over weight is largely undigested food
Read labels
If you can't pronounce it, you can't digest it.
Avoid pre-packaged and frozen foods in bags & boxes
They are full of un-pronounceables, lack vitality, packaging is polluting, and, oh the power it takes to keep 'em frozen!
Turn off your fridge at night. Ahh, the peace
(it will not defrost that quickly)
Choose foods produced nearby
Beware of crops that cause de-forestation
Keep your own to-go cups and containers in the car with your shopping bags.

Make wise decisions for our planet's healthy future.
www.Aerious.org

SAVE YOUR POCKET SAVE THE PLANET

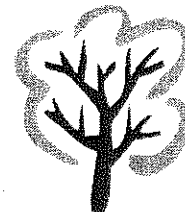
Do your part to make a difference.

Save on gas and CO2 emissions:

Don't idle around, turn your engine off!!
(All those fumes polluting and wasting gas while waiting in parking lots, road blocks, road works add up to a lot.)

Run your car more efficiently:

Keep it tuned up.
Change the fuel filter
Check the air in your tires
Replace and rotate your tires
Invest in high grade gasoline.
(Cheap gasoline is false economy)
Choose vehicles for their fuel efficiency.



Do you NEED to drive?

Car pool whenever possible
Plan your routes for less miles.
Get your exercise, ride a bike or walk a mile or two.

At Home:

Remember the Solar Clothes dryer?
(Clothes dried on the clothes' line smell better, last longer!)
Dry by the fire in winter
Wash smalls by hand, wait for a full load before running washing machine.
Turn off your lights when leaving a room.
(Really, it does make a difference.)
Use efficient light bulbs.



Heating:

Put on a sweater instead of turning up the central heating!
Only heat the rooms you are using.
Block drafts under doors, around windows.
Snuggle up under a banky.
Turn down hot water heater to 120 (It's plenty hot)

Shopping:

Remember your shopping bag
Use the bulk foods dept at most super markets.
(Save on wasteful packaging and cheaper)
Bring your own containers and bags.
Buy fresh vegetables at local farmers' market.
Avoid Plastic.

Invest in quality products that last longer
Boycott cheap throwaways and "Disposables"

What can you add to this list?

Get this model done with others