

Deadwood Ditto March 2018 Calendar:

- 06**, Yoga for Pain Management begins
LCC Florence, 2:30-3:30pm
- 08**, Mapleton Food Bank
- 10**, Seed Swop Community Center, 12-3pm
- 11**, Caroline's 90th Birthday Party
Community Center, 2-5pm
- 13**, Mapleton Elementary School
Community Open Day, 4-6pm
- 16**, Blachly Grange Food Bank
- 16**, Organic Pizza for Nora Kent
Day and Neila's, 5.30pm
- 17**, Fun with Yoga for Vitality
Florence, 10:30am-3:15pm
- 17**, THIRD SATURDAY 6:30pm
- 24**, Mapleton Food Bank
- 24**, Nora Kent Fundraiser,
Community Center, 5.00 pm



Caroline Estees at home

Saturday March 17th, 2018
Third Saturday Dinner & Dance welcomes back to Deadwood...

The KUSH Band

ROCKIN' THE STAGE FOR DECADES
GOOD TIME PARTY DANCE MUSIC



ORIGINALS AND COVERS OF RHYTHM
& BLUES AND SOULFUL ROCK

Dinner for sale at 6:30, Music at 7:30
Deadwood Community Center
4.3 miles up Deadwood Creek Road in
Deadwood Oregon

Happy Birthday Caroline Estees

Born March 14, 1928 in Sherman Texas
*Visionary Founder of Alpha farm in 1972 as
Quaker outreach.
*Major force in the creation and growth of the
Oregon Communities Movement
* Pioneer in the process of consensus decision-
making groups

Invitation

Deadwood Friends and Alpha Family
Celebrate Caroline's 90 years
Sunday afternoon March 11, 2-5pm
Deadwood Community Center
An informal gathering of the clan with
High Tea light refreshment finger foods

RSVP preferred: Alpha Farm x 5102



Here are three different opportunities to meet Nora, hear what she has to say and to discuss your needs as a West Lane County resident.

These three events are fundraisers for Nora's grass roots campaign to listen to and represent the people of West Lane County while protecting the environment.

If you can't attend, donations are gladly accepted at www.norakent.org.

Fun with Yoga for Vitality

**Saturday, March 17,
10:30 am- 3:15 pm**

A Day of Yoga classes with energy refreshments between classes and meet Nora.

10:30-11:45 am Gentle Yoga for Seniors.

Learn moves that you can do at home to help make everyday activities a bit easier.

12:15-1:30 pm All Levels Yoga

Learn techniques to power up your life that you can apply to any other activity, work or play.

2:00-3:15 pm Fun with Yoga.

Flow with music, moves for couples and Mandala asanas. All levels welcome.

Florence Unitarian Universalists Fellowship Sanctuary

8773 US 101 Nth Florence

Suggested donation \$15-20 per class or \$40- \$55 all three.

All proceeds for the Nora Kent Campaign.

Mary McNutt, Yoga Instructor

541 964 5341, mcnutt.mary@gmail.com

Deb Cleveland Band Dinner and Dance

Saturday, March 24

Deadwood Community Center

5:00- 7:00 pm Dinner and Presentations.

Dinner: Chili, both vegetarian and beef, corn bread, rice, salad, and all the trimmings.

Desert: Ice cream and Cake.

7:00-9:00 pm Music.

Rousing Rhythm and Blues with first-rate musicians.

Suggested donation: \$15-\$20.

There will be a raffle with great prizes.

All funds in support Nora Kent campaign.



Organic Pizza Night

Friday March 16 at 5:30pm

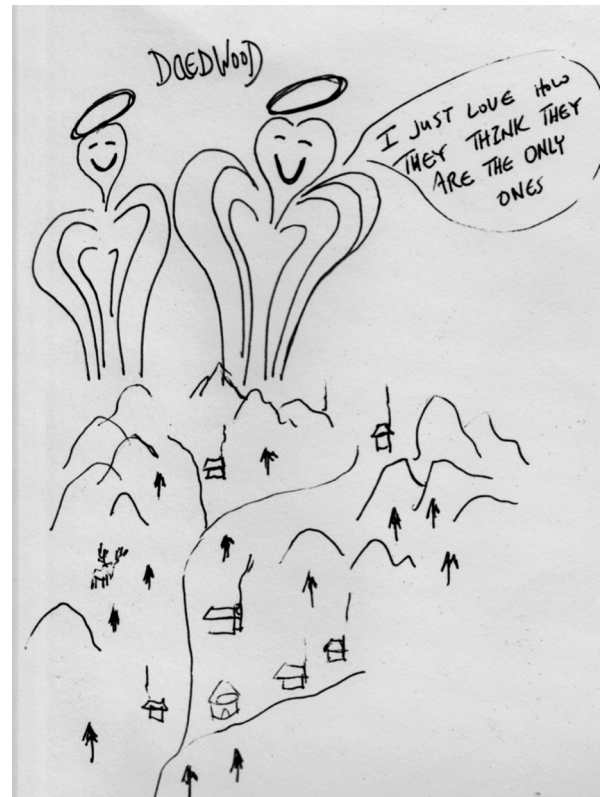
Day and Niela invite you to another fun opportunity to support Nora Kent.

Nora will represent the people's rights to vote on the issues of banning areal spraying of pesticides in Lane County.

Please come meet and interact with Nora

18624 Hwy 36, Green Leaf, milepost 23

All funds support Nora Kent campaign.



The Mapleton Elementary School

Community Open House has been rescheduled for **Tuesday, March 13th** from 4-6pm. *It was previously cancelled due to weather.*

ALL community members are invited to come and see our newly re-modelled facility!

Community Awareness Health Fair and Dinner. **Thursday, March 15th** from 5:00-7:00pm, in the Mapleton Elementary School Gym.

All Community members, families and students are invited to attend and listen to a variety of presentations on topics that include: Teen proofing your home, Internet safety, drug & alcohol prevention, fire prevention and more!

Dinner will be provided following the presentations and each presenter will have a table that attendees can visit for more information.

For more information, please call Jodi O'Mara at 541-268-4471

*Jodi O'Mara, Superintendent
Mapleton School District*

SAVE THE DATE:

APRIL 14, 2018 11AM - 4 PM

Deadwood Community Center

Architecture of Internment: The Build Up to Wartime Incarceration

This exhibit explores how Oregonians participated in the decision to incarcerate Japanese Americans and Japanese immigrants during World War II.

Watch for more details in the April Ditto and flyers to be posted!

Submitted by Maryanne

- **For Sale**
- **PEAVEY 40 Watt Guitar AMP**
- Nice, small but powerful
- Highly portable
- \$60 obo *Mark x5341*
-
- **Bamboo Garden Stakes**
- 4 to 8 feet long
- U choose & pickup
- \$12 for 20 or \$22 for 50
- Endless supply! *Mark x5341*

Help to Make a Cozy Home

I need a few things to make my barn home space more cozy as I adapt to being on my own - a futon mattress and a bed frame and a cot so friends can visit and sleep comfortably off of the cold floor. A large tapestry or two to make a warm sleeping space out of a large room, near my wood stove. If you can spare any of these items, please let me know. Thank you community! Sequoyah @ #5838 or Sequoyahwalkingfeather@gmail.com

Time for new adventure and life-loving friends for: mushroom hunting, beach trips, hiking, riding bikes, wild-crafting herbs and forest foods, making herbal concoctions, riding horses, creating art, growing food, growing medicine, yoga, meditation, nature walks, and more. Contact Sequoyah at Sequoyahwalkingfeather@gmail.com. I live on Nelson Mountain Road

Yoga for Pain Management & Easeful Body

Sponsored by PeaceHealth, this class has been created for people with chronic pain to relieve physical mental and emotional stress. Easy moves for all ages, no experience needed.

Tuesdays 2:30 to 3:00pm, Donation optional, Lane Community College, Florence.

Mary McNutt, Yoga Instructor, x 5341

mcnutt.mary@gmail.com

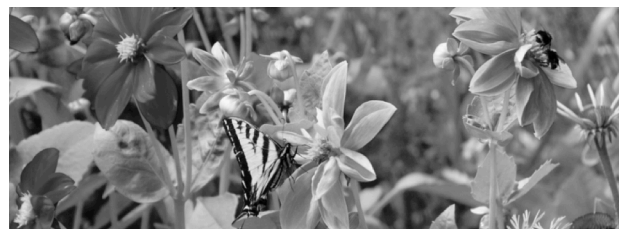
SEED SWOP

Saturday March 10, 12:00 to 3:00pm Deadwood Community Center

Spring is upon us and the March New Moon is just around the corner so it is time to get those seeds a 'sproutin'. Bring your seeds!

Please remember to bring containers/envelopes and labels for yourself.

Any questions? *Call Mary G. @ x3236*



Deadwood Food Co-op

All Produce Is Organic

& Prices Change March, 2018

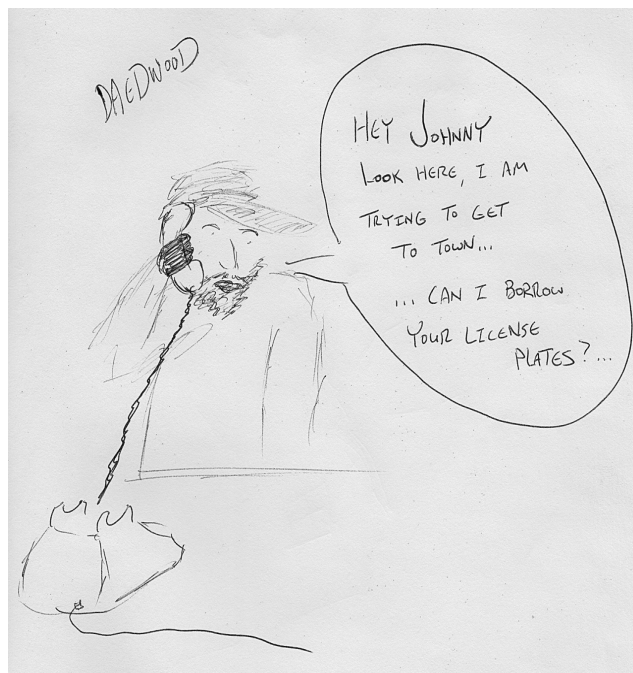
Apples 1.17 each Yams \$1.23#
Sweet Potatoes 1.51# Carrots 1.25#
Pears .83 each Avocado 3.11 each
Yellow Onions .73# Kale 1.70 bunch
Bananas 1.11# Garlic 5.45# Lemon 1.62 each
Bell Peppers 2.93# Grapefruit 1.52 each
Lettuce 2.75 each Beets 2.50 bunch
Cantaloupe 4.20 each Orange 1.04 each
Poblano Peppers 3.75# Cauliflower 3.16 each
White mushrooms 3.20# Celery 1.60 each
Zucchini 2.50# Eggplant 1.50
Limes 2.00# Winter Squash 2.00#
Green Beans \$2.65# Ginger 3.05#
Tangerines 25# \$51.00 Mango \$1.75 each
Chard 2.00 bunch Russet Potatoes .77 each
Spinach 2.00 bunch Red Potatoes 1.74#
Bok Choy 2.50# Seedless Grapes 19# \$55

Call Michelle at 541 964-5621 or Cathy Barr at 541 964-5371 to receive, and contribute to, the benefits of Food Coop membership. Help us preserve this long-standing community service!



Fare Well Craig

Craig Carlton was born in 1951 in Walla Walla Washington. As a child he moved with his family to Seattle, Utah, and Minnesota. After a stint in the Army with service in Germany as an MP he moved to California then landed in Oregon. He Graduated from nursing school in 1992 and spent began nursing in Portland until his retirement. He helped care for his father, Don Carlton, in Deadwood until Don's death. Craig's interest included history, photography and cooking. He was active locally in several community groups: Deadwood Neighborhood Watch, Deadwood Care Team, Micro Loan Committee and Anonymous Random Acts of Kindness, (his favorite)



commix by POZ

A Poem by Wally Schafer

Disrespect
Notice Given
oceans intend
grim revenge
against lands
that would thus
disrespect
their tributaries .

Sub by A.K.A. Steve C.

*Ditto Crew: I am loving the dittos,
thanks you guys. Steve C.*

FUN TO WATCH (ourselves) Just in case you didn't know, LivingWell of Deadwood was recently featured in a DIY Network (cable TV) series of specials called Building off the Grid. The show you want is S18, Cob Cabin. See our very own Deadwood thru the lens of major national media.
Sub By POZ (Forest)

Editors note: Deadwood is not actually identified so our general privacy is in tact. This cabin is "on top of a mountain in Oregon" with plenty of overhead drone shots of our forests.

The Florence Farmers Market

Bay Street, Tuesdays, 3:00- 7:00 p.m. May 15 start
 The Market is looking for a manager with a passion for sustainably grown or produced local foods. This position requires exceptional customer service skills across a broad spectrum, including working with farmers, volunteers and market attendees.

The market manager will be onsite at the market while it is open. The market will include about 10 vendors who will sell locally produced goods such as fresh produce, eggs, baked items, meat and flowers from within 60 miles of the Siuslaw Region.

In addition to being at the market site, the manager will spend an additional six hours keeping records,

processing SNAP tokens and reimbursements, and helping with promotion and marketing, including social media, special market events and partnering with other community businesses.

The proposed start date for this position is March 26 and the ending date will be Nov. 15. For a complete job description and proposal criteria, please visit www.rivercal.org/marketmanager or email SiuslawVision@gmail.com. Contractor proposals are due March 15.

The Florence Farmers Market is an initiative of the Siuslaw Vision.
Sub by Stephanie Sarles, Co-ordinator Siuslaw Vision





A Message from Jesse

As some of you may remember, a very huge turning point in my relationship with the Creator came when I made an earnest request to Him (My actual words to God were "God, whatever You are, whoever You are, if You are, I'd like to know the truth about these two books I've been reading.") He responded in an amazing way, and my life changed, forever.

If you would like to know more, please feel welcome to call Jesse Pattison at x3049

March 2018

Mapleton School District #32

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MARCH IS READ ACROSS AMERICA MONTH!			1 Elementary Rotary Book Giveaway 10:30-11:30	2 No School	3
4	5 MS Girls BB @ McKenzie 4:30	6	7 MS Girls BB @ Home vs. T-Lake 4:00	8 Elementary 5th/6th Grade Field Trip HS Spring Dance	9 No School	10
11 Daylight Savings Time Begins	12 MS Girls BB @ Mohawk 4:30	13 Elementary School Community Open House 4:00-6:00	14 MS Girls BB @ Lowell 4:00 Board Meeting 6:00	15 Community Awareness Health Fair & Dinner @ Elem. 5:00-7:30	16 No School	17
18	19 MS Girls BB @ Eddyville 4:00	20 Elementary Field Trip to Mapleton Library HS Track @ Home 4:00	21	22 Elementary Field Trip to Mapleton Library	23 No School HS Track @ Oakridge	24
25	26	27	28	29	30	31 

It's March, the nettles are coming.....

Nettle Love

Mara Levin, Herbalist (AHG)

I trust that most readers know the Nettle plant (*Urtica dioica*) in the Urticaceae family, relatively abundant in our watershed. This plant loves water so can be found close to stream banks, under alder and salmonberry in low lying areas, and around the garden. It is a bitter herb and contains Vitamin A and C, iron, potassium, calcium, and magnesium.

As a food, the tops (4-6 leaves) are harvested in early spring (preferable) and can be harvested anytime before it flowers, although young greens are best. The color is dark green, sometimes purplish. Sustainable harvest is about 30% of a patch. Always leave the strongest plant to seed. Be careful not to harvest "Dead Nettle" or "Hedge Nettle" (*Stachys* spp.) that are soft and fuzzy. Approach Nettle with respect and focused attention. Wear gloves to harvest. Use scissors to cut the tops and bring a basket or bag. Shake the tops to remove bugs as you harvest. The "stinging" property is rendered inactive by cooking. Nettle can be steamed and is a great addition to soup or stir-fry or in making a green sauce, seasoned to your personal taste.

Traditionally, Nettle has been used as a nourishing tonic for the digestive and urinary tracts. Make a tea by steeping 1 TBS. of dried leaves, or 3 TBS. of fresh leaves in 1 cup of hot water for 20 minutes. Drink 2-3 cups a day, or use 30-40 drops of tincture 2-3 times daily as a nourishing tonic. It is astringent, mildly diuretic, and is a useful mild anti-inflammatory. Be sure to drink at least 2

Note: Nettle has estrogenic properties so large amounts should be avoided during pregnancy.

Nettle has been successfully used to reduce pollen allergy symptoms. The most effective way to use Nettle for allergies is the juice or extract (tincture) made from the **fresh** plant. While the dried leaves are a good tonic and food, it is not effective for allergy symptoms. Use 30-40 drops of tincture made from the **fresh** plant 3-8 times daily, or drink 1-8 oz. of fresh squeezed juice. It takes 24-48 hours to see results.

The juice can be extracted in a juicer and strained. Several years ago, I made a pint of juice for a friend and suggested drinking a third of the quantity everyday for 3 days. He decided to drink the entire pint in one day. He reported that his allergy symptoms were gone for the rest of the season!

