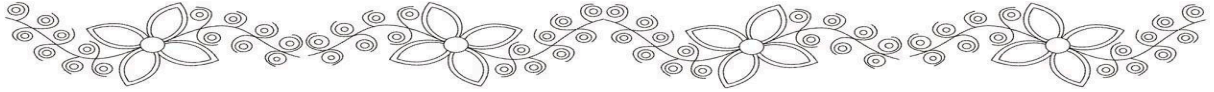


DEADWOOD DITTO

JUNE 2025



Third Saturday dinner and dance, Deadwood Community Center	June 21st, Saturday	Potluck Dinner 6:30, Music 7:30
Swisshome/Deadwood Fire Dept Board mtg	June 12th, Thursday at 7 pm, Swisshome station (next to the Post Office)	Contact Mona Arbuckle @sd.rfpd.@gmail.com
Deadwood Farmers Market	Sundays, June thru October	Post Office parking lot 11:00am-2:00 pm
Mapleton Food Share- contact 541-268-2715 or 541-268-2919	June 12th, Thursday and June 28th, Saturday	10am-2 pm
Age Cafe Deadwood Community Center	June 18th, Wednesday	1-2:30 pm, see article
Triangle Lake Food Box- contact Cyndie Blake 541-925-3254	June 20th, Friday	10am-2 pm
Deadwood Ditto deadwoodditto@yahoo.com	Submissions due the 26th of the month, with distribution very close to the first of the next month	Editor - Jan Kinney, with help from many folks
Deadwood Food Coop	Every other month Info available on Deadwood Trading Post under Food Coop tab	Yvonne Pappagallo contact yvonnppappy@gmail.com

Third Saturday

THIRD SATURDAYS
WELCOMES BACK TO
DEADWOOD...

SKIP JONES & THE SPIRIT OF NEW ORLEANS

JUNE 21, 2025

DEADWOOD COMMUNITY CENTER
4.3 MILES UP DEADWOOD CREEK ROAD
DEADWOOD OREGON



Submitted by Kate Harnedy

WHAT IS AGE CAFÉ?

Age Café is based on The World Café (www.theworldcafe.com) a program designed for engaging people in conversations that matter.

Small groups of four to six people discuss a variety of topics:

Transitions and Changes • Gratitude • Inspiration items/show and tell • Beginner's Mind • The Joy of the Ordinary • An inter-generational community • Health and wellness • Preparing for death
Spirituality • Your Thoughts?

Our Age Cafes are always offered:

- On a not for profit basis
- In an accessible, respectful and confidential space
- Without intention of leading people to a conclusion, or action
- Alongside refreshing drinks and nourishing food - and cake!



WHAT IS OUR PURPOSE?

To create a space within space through ritual • To create a deeper sense of community and connection • To grow in appreciation of our shared wisdom on our life's journey

WHAT ISN'T OUR PURPOSE?

Being right or wrong (debate) • Challenging or analyzing other people's comments or beliefs • To provide education • To provide advice or counsel

"True belonging never asks us to change who we are..."

True belonging requires us to be who we are."

Brene Brown



Deadwood Death Cafe

Please attend this free event from 1pm to 2:30pm at the Community Center Wednesday June 18th.

Listen to others and share your thoughts about the joys and challenges of aging.

*Submitted by
Christopher Eilers
and Greg Kennedy*

Siuslaw Watershed Council Summer Camps



Our traditional **Watershed Camp** program will run for five days, packed full of hands-on learning and fun as we explore the Siuslaw River watershed from the headwaters to the beaches. Activities will include mudflat clamming, paddling, jig tying, nature hikes, and more. Dates of the camp are **June 23 thru the 27th**.

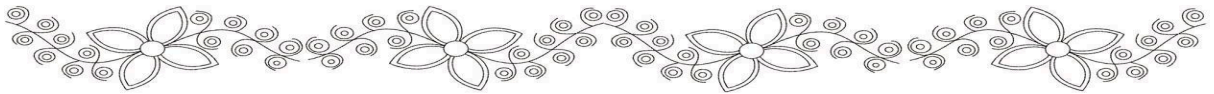
Wilderness Weekend will be running for its third year, offering high school students the chance to

experience backpacking and back-country camping, learn principles of "leave no trace" outdoor ethic, and connect with natural resource professionals in the field. This three-day, two-night camping excursion has capacity for 12 high school students and is sure to be a memorable experience. Dates of this camp are **July 23rd thru the 27th**

Registration is first come first served. Thanks to support from Mapleton School District and our funders, there will be no cost to enroll in any of our summer programming this year. For more information about registering visit our website.

<https://www.siuslaw.org/camp/>

Submitted by Elijah Yager



Notice of Regular Board Meeting and Budget Hearing

The Swisshome Deadwood Rural Fire Protection District Board of Directors will hold the regular Board Meeting and Budget Hearing on Thursday, June 12th, 2025 at the Swisshome fire station (12) - 13283 OR-36, Swisshome, OR 97480.

Approval of Minutes and Bills:

Public Comment:

Treasurer's Report:

Old Business:

New Business:

Correspondence:

Fire Chief Report:

Budget Hearing

Capitalization Policy

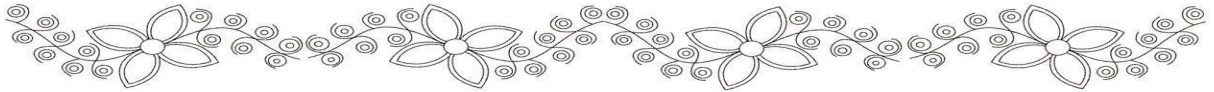
Paid Leave Oregon Policy

Submitted by Mona Arbuckle

May Day Run 2025

Bikers		Runners		Walkers	
Andrew	10:34	Kunu	14:00	Marylou	31:55
Asa	11:57	Tommy	16:00	Heidi	36:23
Oz	12:25	Amelia	16:27	Paola	36:23
Lorraine	15:50	Shoshanna	16:27	Jan	38:20
		Matthew	19:14	Tchanan	38:20
		Danell	19:30	Sandy	38:20
		Reza & Banjo	21:35	Jen	38:20
		Ami & Nes	21:54	Lin	38:20
		Ziyana	25:30	Karen	38:20
		Sonoma	25:30	Mark & Mary	43:06
		Barbara	28:52		

Great fun was had by all. Thank you to our timekeepers, our pancake crew and our gardeners!
Cheers to all of you for keeping the Deadwood May Day tradition going! *Submitted by Danell*



Dear Deadwood Community,

Did you know that there are chemicals that are petroleum based in the "fragrance" and "scent" ingredient in cleaning and personal care products? They are called Volatile Organic Compounds or VOC's.

Did you know that some of these ingredients have a half-life of 200 years and persist in the water? Laundry detergent, fabric softeners, and dish soap are but a few of the products that contain these petroleum -based chemicals called petroleum distillates. Every time clothes are put in the dryer these chemicals off-gas. Did you know that the off-gassing of these Volatile Organic Compounds deplete ozone? These compounds pollute the air and can irritate the lungs of sensitive individuals for up to 3 miles. Birds, bees, salmon, humans, trees, plants, and other living beings are negatively affected by these chemicals.

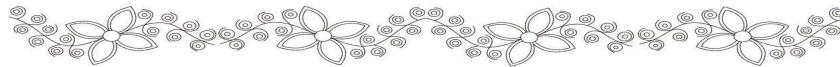
Please consider paying attention to the ingredients in cleaning and personal care products that we are buying and leave these products on the shelf. Many "fragrance free" or "free and clear" products are available. Let's all help to keep our water and air clean and protect the health of our community.

Thank you. *Mara Levin*

New Curmudgeon

This month's highlight is memorial day. Oh yeah...let's not forget. Come on P.T., isn't it time for another circus...some bareback riders and a high wire act. Pretty low tech stuff for sure. Our everyday political exhibition dwarfs it in comparison. Its every element of surprise keeps us on the edge of our seats, complete with elephant yet and only missing the sparkly blue tights. Well, maybe if we look close...Everyone loves a big parade and I believe there's one planned. Who's to be impressed? Not the lowly t.ps., especially those in the soup line. When the smoke clears, it's the same-ole, same-ole. The ouroboros is an apt symbol of our cultural dynamic, but is it eating or just holding on for dear life as the pace accelerates? We'll never fix what's broken in the world with the same ethic that broke things. Life is a windswept beach where dreams are scattered in the sands, and the friction of changing the status quo erases the footsteps.

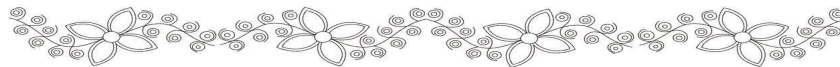
Submitted by James Webb



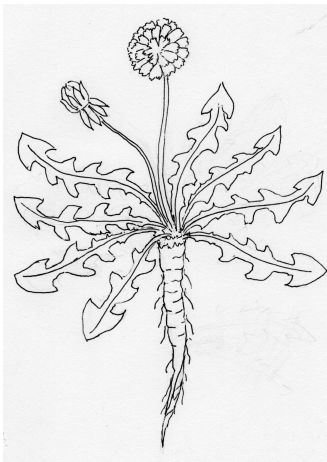
HOKUSAI DEATH SONG 1849

Now as a spirit
I shall roam
The summer fields.

Submitted by Kaki Burruss



Identifying Dandelions (taraxicum officinalis)



True Dandelions have deeply indented jaggerdy leaves, they are smooth and slightly shiny, and grow in a rosette form. The flower stalks are never divided. Only one flower per stalk. False Dandelions, dandelion look alikes at first glance, grow in the same formation but the leaves are more rounded with less pronounced indentations, they are thicker, soft and fuzzy with little hairs. The flower stalks are divided with multiple flowers branching off of one stalk. False dandlions, I believe, have the same medicinal qualities as the true ones, but are less potent.

Read on.....

DANDELIONS!

Abhorred or adored! STOP! Before you dig them up and discard them (even tho your compost heap would benefit greatly from their inclusion), know that they have much vitality to offer those willing to conquer their disdain and put some in a salad. Yes, when I harvest salad greens from my garden, dandelions are part of the fare. Just a couple of leaves, you will hardly notice they are there.

So here's why:

Raw leaves are high in Vitamin A (higher than carrots), K and C, Potassium and Calcium. The Bitter flavor will stimulate digestion. Dandelion is an Alkalizing tonic. Roots and flowers are edible too. Add a little root and a few leaves to your soups, and stir fries.

The cooked leaves are high in iron, phosphorus and B vitamin complex.

Dandelion Root

Vinegar:

Make a mineral rich dandelion vinegar by adding cleaned roots to apple cider vinegar and let brew in a dark cool place for a few weeks. Use in your salad dressing.

Dandelion coffee:

Roasted roots may be combined with burdock and chicory root creating a flavor similar to coffee that will repair the damage to the liver caused by the coffee.

Dandelion Flowers:

Make a tea for headaches and pain relief. It is also a heart tonic. Use topically for wounds and skin blemishes. For a medicinal tea, infuse flowers (do not boil) for at least 10 minutes or more.

Overall, in herbal medicine, dandelions have been found to: To benefit the liver, kidneys, gallbladder, spleen, stomach, and pancreas. (And we pull them up to discard them as weeds?) The whole plant is edible and the

bitter flavor of the leaves promotes bile and strengthens the digestive system. It is very valuable for diabetes and hypoglycemia. It will detoxify the body from eating meat and fatty fried foods.

It is one of the best herbs for the liver, clearing heat and congestion and therefore cleansing the blood. It has been known to cure hepatitis.

As a diuretic it clears the kidneys and will lower blood pressure. Dandelions are good for your breasts and can possibly reduce tumors, swollen lymph and cysts and possibly protect us from breast cancer

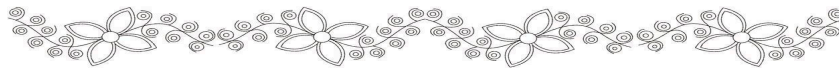
In the Garden

I always leaves some dandelions in my garden beds as they are dynamic collectors, The long tap root will pull up minerals from deeper layers of the earth and as leaves wilt and compost these minerals are made available to plants with shorter roots.

Let the dandelions grow in your garden and include some leaves in your salad every day!

*Prepared by MaryGold McNutt. Submission for DCA Food Security Group
Bibliography THE HERBS OF LIFE, Lesley Tierra . L. AC. Herbalist HERBAL MEDICINE FROM THE EARTH, Sharol Tilgner, N.D.
THE HERB BOOK, John Lust THE ENCYCLOPEDIA OF HERBS AND HERBALISM, Edited by Malcom Stuart, Orbis.London*

NB If you have a serious health condition, please consult with your doctor or certified herbalist



The Evening Grosbeak

Tail up, wings aflutter
He's dancing in her drab wake
Hopping and hoping.

Kaki Burruss

Bathtubs

When I describe Deadwood to others, I hear myself telling a kind of fairy tale—a world tucked away in the middle of the woods, green leaves dappled with sunlight, rustic wooden cabins overlooking the creek. It's much more than that—a strong political history, eccentric personalities, abandoned cars in a ravine waiting like little orphan Annie for a mechanic to come and take them to their forever homes.

But Yardenna's house—that part really is a fairy tale: red roof rising from the misty meadow, fairy godmother waiting within. Yardenna's bathtub may not have been the first stop on my itinerant bathing journey, but it's certainly the one that leveled it up. To begin with, there's the tub itself, luxuriously spacious, the centerpiece of bathroom architecture that positions it like a church altar, light pouring in from a picture window onto a shrine of cleanliness and sterling hospitality.

Yardenna's journey to her red roof abode took patience. She first fell in love with the valley one summer during a family adventure at Rock Creek, and after years of remaining steadfast in her recurring role as summertime Deadwoodian, she decided it was time to commit to a place of her own. But it had to be just right, and when this one became available, she knew.

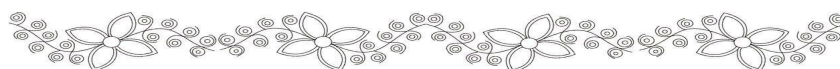
When talking about her home, she is effusive about the artistry of the builder architect*,

referring to the style as functional art. The aesthetic is inspired by the natural environment that surrounds the home, as well as older architectural elements repurposed in creative ways, complete with all kinds of special details that could only come from the singular vision of this inimitable builder. But when she bought the house, there was still plenty that had been left unfinished, so Yardenna was able to contribute plenty of her own ideas—including the beautiful upstairs bathroom.

But I would never have known the delights of her tub without the generosity that is as uniquely Yardenna as her home. Yardenna pays attention to people, and makes a regular practice of empathy, so when she offers you something it's liable to be just what you need. When she invited me to come over one afternoon for a long bath followed by fresh peaches she had just picked up from a nearby farm, I didn't know I was missing anything. But after returning to Rock Creek refreshed from top to toe, filled before I realized I was empty, I could see that just like every forest cottage in a fairy tale, there's more to the Red Roof than meets the eye.

*The Deadwood Ditto's policy is not to print names without explicit permission, and since the talented creator of the Red Roof Manse could not be reached by press time, they shall remain anonymous.

Submitted by Holly Devon



Part II - Are Symphylans in my soil?

TARGET: Garden Symphylans (GS) favor brassicas (broccoli, cabbage, cauliflower kale), nightshades (tomatoes, pepper, eggplant and potatoes), cucurbits (squash, pumpkins, melons), some leafy greens such as spinach and mustards and they especially love carrots, beets, and other root crops. GS can also damage perennial crops - strawberries, raspberries, blueberries, hops, and bare root trees - particularly while they are getting established.

RESEARCH: In the Spring of 2000 the Organic Farming Research Foundation funded an extended research program to find a solution to the GS scourge. The scientists tried four different control options applied across two different crop fields and in the laboratory: Cover crops, Tillage, fungi & GS predator

increase, and Biologicals. By 2001 they realized what they were up against: A complex, long lived, startlingly fast and persistent predator that can eat live plants, decaying matter and other insects.

For the next five years they decided to separate and focus on different possible cures. But it was potatoes that seemed the most promising.

TESTING: The timing of when and where GS will show up at the surface is unpredictable. Researchers chose six large areas to test with comparable NDVI Index (health of green vegetation), no pesticides applied in the past year and where Garden Symphylans had been found before. The test fields were divided into 12x12' grids—180 grids in Corvallis, 175 in Noti and 323 in Santa Cruz. They tested GS twice, counted and analyzed for several years. The potato bait trapping method proved to be the most effective method to monitor garden symphylan populations.

You can do the same in your garden BEFORE you plant. But if you can actually SEE tiny white symphylans in your soil it means there are too many and will cause extensive plant damage.

Bait-Trapping: Gently rake until moist soil is exposed, being careful not to compact the surface blocking the tiny tunnels GS use to travel. Cut a large raw russet potato into thick slices (length wise), place the cut side down on the soil in the center of your grid, cover with a 6"x6" high white pot or Styrofoam cup to keep moist, cover with a stone to prevent wind from blowing it away. Leave it for 24-48 hours. Lift the potato carefully and count the GS on the soil underneath first, then the potato. The GS move so fast that the ones under the potato can disappear into the ground before you have a chance to count them.

OPTIONS: If Symphylans are in your bait-trap your options are limited to planting what might survive best or planting a potato rotation instead.

TO REDUCE CROP DAMAGE: (1) Transplant large, vigorous starts with healthy root systems and avoid direct seeding – if GS are present the little starts will never get going. (2) Plant densely to spread out the GS population per plant increasing the chance of survival of young seedlings which can be thinned later. (3) Plant a tempting "distraction" crop a little earlier or in an adjacent bed. Ravenous GS will quickly move to focus on the temptation. (4) Plant a low-cost, vigorous, easy to grow "dilution" crop like sudangrass that increases the roots in the soil and dilutes the GS. Both distraction and dilution will give the target crop time to get established. (5) A cover crop of spring oat 'Monida' can help but avoid mustard, barley, rye winter crops. (6) Avoid excessive irrigation which provides waterways for the GS to travel through the soil. (7) Avoid the most susceptible crops—broccoli, cabbage, cauliflower, kale, squash, beets, onions (spinach & mustard are particularly attractive GS host plants). (8) Select crops that are more tolerant to GS feeding—potatoes, beans, small grains.

ROTATION: Planting POTATOES SIGNIFICANTLY DECREASE Garden Symphylan populations. The effect is so pronounced that susceptible crops can be planted immediately after in rotation for three or more years. No other crop is anywhere near as effective at reducing GS populations. Something about the potato attracts the pest to feed but interrupts their metabolism and knocks their numbers back.

"The following spring we planted nearly an acre of five different types of potatoes in the worst hit part of the field. ... After we finished harvesting the amazing bounty of potatoes the field produced in mid-July, we worked the field up into beds to plant a fall vegetable crop... after 10 days or so, all the transplants appeared to be growing uniformly. We harvested beautiful crops, completely unaffected by symphylans. After that initial success, we developed a plan to rotate potatoes through all the affected areas every 5th or 6th year on an ongoing basis."

Potatoes to the Rescue. High Ground Organics. Steve Pedersen published 2011

If you are interested in a pdf of the full GS article Part I + II, email janylynmarks@gmail.com and I will send it and the supporting links. Submitted Janylyn Marks