



THE FLAME



Volume XVIII Issue II

"Put out" by the Camas Valley Fire Department Auxiliary

March 2018

APB:

Busy Bunny Bungles Basket

All residents of Camas Valley should be on the lookout for a large, frazzled rabbit dropping colorful eggs all over the high school football field



Saturday, March 31st.

This notorious litterer (a.k.a. the **Easter Bunny**) is an annual visitor to the community. Last known incident was 4-16-2017. At that time he also was spotted handing out candy to innocent bystanders.

Camas Valley and Tenmile Volunteer Fire Departments will be present at the site of the last crime

starting at **10 am**

with evidence collection starting at **10:30 am.**



Authorized personnel from **crawling to 6th grade** will turn in all collected evidence at the Bus Barn for prizes. Raffles for Easter Baskets and bicycle helmets will also be onsite.

Support staff will run a **Cake Walk** under Officer **Theresa's** supervision. Call **541-637-7151** to assist. Donations of goodies will be looked upon favorably by all authorities.

Donation cans are at the **Bravo** to support this annual family activity (or bail out the Easter Bunny!).

Fire trucks will give rides to all evidence collectors with appropriate levels of noise and lights.

Direct all questions to Officer **Vonnie** at **541-445-2355**.



With March comes spring and with spring comes **SPRING CLEANING!** Ahh! The heady aromas of pinesol and ammonia! Closet floors are a real time capsule—it is amazing what ends up there amongst the dust bunnies!

Ready for some fresh linens? How about new bathroom rugs or towels? Stuff those clean items in a bag or box and donate them to the

United Methodist Church
Annual Rummage Sale.

The sale is the Friday and Saturday of Memorial Day weekend, **May 25 and 26th.**

Drop off at church or call **Betty** at **541-445-2855** or **Brad** at **541-733-4791.**

We appreciate your support!

The Flame received

NO DONATIONS

this month.

The Flame is published using donations only. They may be mailed to:

Vonnie Wallace
1200 Westside Road
Camas Valley, OR 97416

Please make checks payable to
Camas Valley Rural Fire District
and designate them for
THE FLAME.



The Winston Dillard Food Pantry is settling in at its new location in the Winston Church of the Nazarene.

Now it is up to us to keep it supplied! Dog and cat food are offered when available, but family pets eat every day, just like their people. It is hard to go to job interviews when you don't have adequate personal hygiene items (deodorant, tooth paste/brushes, shampoo, feminine products). And since many of our clients are young families, baby food and diapers (size 3 and up plus pull-ups) are always in demand. And always needed are sources of protein—tuna, canned meats, chili, canned or dry beans/lentils/split peas.

Remember the Food barrel in the Post Office is always ready for donations of non-perishable goods.

THE FLAME

The Flame is a monthly publication of the Camas Valley Rural Fire District Auxiliary. The mission of this newsletter is to keep the residents of Camas Valley informed about the events and activities of the fire department, churches, school and civic organizations that are in Camas Valley.

The Flame is provided free to all residents of Camas Valley by mail and anywhere by email.

To submit articles:

Items must be in by the **25th** of the month **prior** the issue publish date.

Submit to:

Jan Baker at **541-680-5616**

Judith Wickham at **541-733-6940**

jwickham52@gmail.com or

150 Buck Springs Rd. Camas Valley

Grange Dates

- ♦ **Tues. Mar. 6th** a delicious **Community Meal** starts off the month at **Noon**.
- ♦ **Tues. Mar. 13th** at **10 AM**, business meeting to plan next month's meals.
- ♦ **Tues. Mar. 27th** our **Senior Meal** at **Noon**. Both the Community and Senior Meals are followed by Bingo!



Why an email subscription?

Email allows you to keep friends and family that have left the valley to keep up with the events that affect this community. **Or maybe you would just like to get the Flame (in color!) early, by the 26th.**

Send name and email address to:

jwickham52@gmail.com

and an electronic copy will be sent to them each month, free.

Scholastic Book Fair



The Scholastic Book Fair is back. It is located in the school library. The online Fair runs from now until March 10th with the on site Fair running from February 26th to March 2nd. For a link to the online fair go to the school website.

Join Us For The

JUDD FAMILY FUNDRAISER



SUNDAY MARCH 11th at 1 pm
at the **A-Frame Church**

This is an event to raise funds for the Judd Family who lost their home and belongings in a fire on Christmas Eve.

100% of the funds raised will go to the family to help them with rebuilding and replacing what they lost. We have an awesome community that has helped in so many ways already - let's continue to pass it forward.



DESSERT AUCTION & SOUP COOKOFF

Contact Amy Wolfe 541-445-2254 or Andrea Carter 541-530-0781 if you would like to donate a dessert for the auction or enter a soup for a try at the Golden Ladle Soup Award.



Golden Ladle Soup Cookoff

Starts at 1:00 p.m. The soup that collects the most \$\$ wins the golden ladle. Everyone will have the freedom to taste all the soups at no cost. Simply put your \$\$\$ in the jars(s) to vote for your favorite soup(s).



120 Upper Camas Road, Camas Valley Oregon 97416

Keep the Stress in the Low Zone *By Kathi Weaver, RN*

Stress is a reaction to the increased demands of life. It is a normal psychological and physical reaction we get when the brain detects a threat. It is the alarm system that signals a release of hormones in the body used as fuel to respond to the stress. When the threat is gone, we return to a normal relaxed state. If you are experiencing non-stop stress, then it is hard for your alarm system to switch off.

Stress management gives you the tools to help reset that alarm system. Without managing your stress levels your body could remain on high alert for too long, causing psychological and physical damage to your body, leading to serious health problems. To avoid stress take-over and having a negative impact on your health, your relationships, or your quality of life, learn to practice stress management. The first step will be to decide how to change how you handle stress. You will then need to identify the triggers to stress and how to deal with them.

Some obvious stressors are job pressures, relationship problems, or financial difficulties. Even though some of these stressors can seem quite large, smaller daily demands can add up too, such as being overcommitted at work, arranging for daycare, or commuting details. Positive events can also cause stress, such as starting a new job, getting married, or buying a new house. These are all triggers for stress, and learning stress management strategies

may help lessen the stress. You may be able to brainstorm some ideas to reduce the irritation that these stressors on your own, but when you cannot, talking with friends or family about their experiences with the same circumstances may lend you some effective techniques. Their support may also be helpful.

Relaxation techniques:

Autogenic Relaxation: Autogenic means from within, so visualizing something beautiful or peaceful and being aware of your mind and body may be helpful. It may include repeating words in your mind or using prayer for relaxation of your mind and body, helping to relax muscle tension.

Progressive Muscle Relaxation:

This form of relaxation is when you focus on slowly tensing and then relaxing your muscle groups, focusing on the difference between tension and relaxation. Try tensing muscles for at least five second, then relaxing them for 30 seconds, starting with your toes and working up to your head and neck.

Visualization: This form of relaxation is where you build mental images that will take you on a journey that is calming and peaceful. You can include sight, sound, smell, and touch, i.e. laying on the beach and hearing the crash of the waves, smelling the salt water, and feeling the warm sun on your body.



(STRESS cont. pg. 6)



GOT TALENT



If you (or a group) can play musical instruments, sing, dance, juggle, short comedy or dramatic skits, poem recitations, etc. that you would like to perform, or artwork such as a painting, sketch, sculpture, photography, quilts, etc. that you are willing to donate for the silent auction, we would love for you to join this opportunity to share your talent with the community. All ages are welcome!

Jennifer Parker Banks Scholarship Variety & Art Show

will be here before you know it.

So set your calendar date for

Saturday, April 7, 2018

Camas Valley School Gym

6:00 pm

Also, the **JPB Scholarship committee** is looking for people who might be interested in donating pies or cookies for refreshments for the program. If that is you, please contact **Terry Murrell** at **(541) 485-9469**.

Proceeds from the Variety & Art Show go to the
Jennifer Parker Banks Scholarship fund
and a scholarship is given each year
to a qualifying graduating senior.

Pick up an entry form at one of the following businesses:

- ♦ **Camas Valley Post Office**
- ♦ **Camas Valley School**
- ♦ **Bravo Bakery**
- ♦ **Market Plus**



Deadline for all entries
must be submitted no later than
March 22, 2018 at the
Camas Valley School office.



Stress will not likely disappear from your life and stress management is not going to cure your stress level overnight, but with practice you can make your stress level manageable, as well as increase your ability to cope with these challenges. Relaxation techniques are essential in stress management. Relaxation is invaluable for your health and well-being, allowing you to repair and strengthen your mind and body. Relaxation techniques help:

- ♦ slow your breathing,
- ♦ lower blood pressure,
- ♦ slow heart rate,
- ♦ increase blood flow to major muscles,
- ♦ reduce muscle tension and chronic pain,
- ♦ improve concentration,
- ♦ reduce anger and frustration,
- ♦ and boost your confidence when handling problems.

Relaxation techniques help you focus on the here and now and allow you to better enjoy the moment rather than worrying about the future.



<http://www.healthsmart.com/PDFs/WellnessNewsletters/January-2012-Wellness-Advocate.asp>

Camas Valley Business Directory



It is a new year! Has your business changed? Please review your listing and update for our readers.

To have your business included in the **Flame**, please fill out the form below and mail or email it to the address listed. *If you missed the opportunity to get your business listed, now is the time to get your information out before our readers!*

Type of Business

Name of Business

Owner/
Contact person

Phone
Number(s)

Days
open

Hours
open

Mail form to: **Judith Wickham
150 Buck Springs Rd.
Camas Valley, OR 97416**

Or email information to :
jwickham52@gmail.com

The directory will be printed when space allows through-out the year. We encourage our readers to patronize local businesses and support your neighbors!



**Camas Valley School
Honor Roll
2nd Qrt/1st Sem Quarter**



12th Grade

4.0 Devan Ewing, Amayia Plikat
3.50-3.99 Jessie Ashton
3.0-3.49 Eyn Banks, Ryland Brown, Morgan Carter,
Dixie Hall, Jack House, Joel Keck, Seth Maliglig,
Jacob Sherwood, Ryan Weickum

11th Grade

4.0 James Beans,
3.50-3.99 Bridger Godfrey, Ethan Hilger
3.00-3.49 Natasha Hibdon, Tyler Lindsey

10th Grade

4.0 Keala Takahashi, Alissa Vradenburg
3.50-3.99 Tiernan Spicer
3:00-3.49 Jewels Hamilton

9th Grade

4.0 Hailey Holmgren, Izabelle Pool
3.50-3.99 Riley Stutzman
3:00-3.49 Max Brown, Collin Ewing

8th Grade

4.0 Mason Amos
3.50-3.99 Harmon Brown, Olivia Dedmon , Jazmin Ode
3.00-3.49 Clara DeRoss, Taylor Pope, Baylee Laney,
Bryson Laney, Marleah O'Brien

7th Grade

4.0 Timothy Mickelson
3.0-3.49 Austin Takahashi, Xavier Tyler, Kenny Wilson

6th Grade

4.00 Julie Amos, Angie Hite, Emma Stutzman
3.50-3.99 Rikki Gordy
3.00-3.49 John DeRoss, Noah Duncan, Rhegan Plikat,
Lucas Saylor

Superintendent's Message

Last month graduation rates for the state of Oregon came out. Camas Valley School exceeded the county and state average with a graduation rate of **85%** against the county average of **66%** and the state average of **77%**. This is the third year in a row our graduation rates have gone up. All of that being said, our graduation rates can be notoriously volatile, and we still want to work to improve this rate even more as we reach for the goal of getting every student to leave with a diploma.

We also hit a student population landmark in January. For a few brief days, our total enrollment K-12 reached 220, a new all-time high. Our buses and classrooms are filling up, and we are nearing our capacity. Our school has become quite the popular choice for educating kids in central Douglas County.

This growth has come from deliberate planning/strategizing and exceptional work from our staff which has helped create very good word of mouth about our school. We are no longer a "hidden gem" of a district. It is well known throughout our county that Camas Valley is a great school to be a part of.

All of this is good news for us, but I agree with William S. Burroughs' quote, "If you stop growing, you start dying." That isn't to say we need to keep getting more and more students, especially since we are running out of room, but we do need to keep challenging ourselves to improve in any ways we can for the future. It isn't enough to be stagnant, even at a successful level.

It is with an eye to the future that the district has submitted Seismic Rehabilitation Grants to the state of Oregon for our main building and for our gymnasium. It is our hope that these grants will be awarded within the next two years. If the grants are successful, it would mean the state would fund millions of dollars of upgrades to the gym and the main building to make them safer in the event of a seismic event. These upgrades would also greatly extend the life span of both buildings. We have one of the oldest school buildings in the county (1928), and yet it is in better shape than most schools in our county built as recently as the 60's. Getting these grants would help ensure it lasts through several more generations of students.

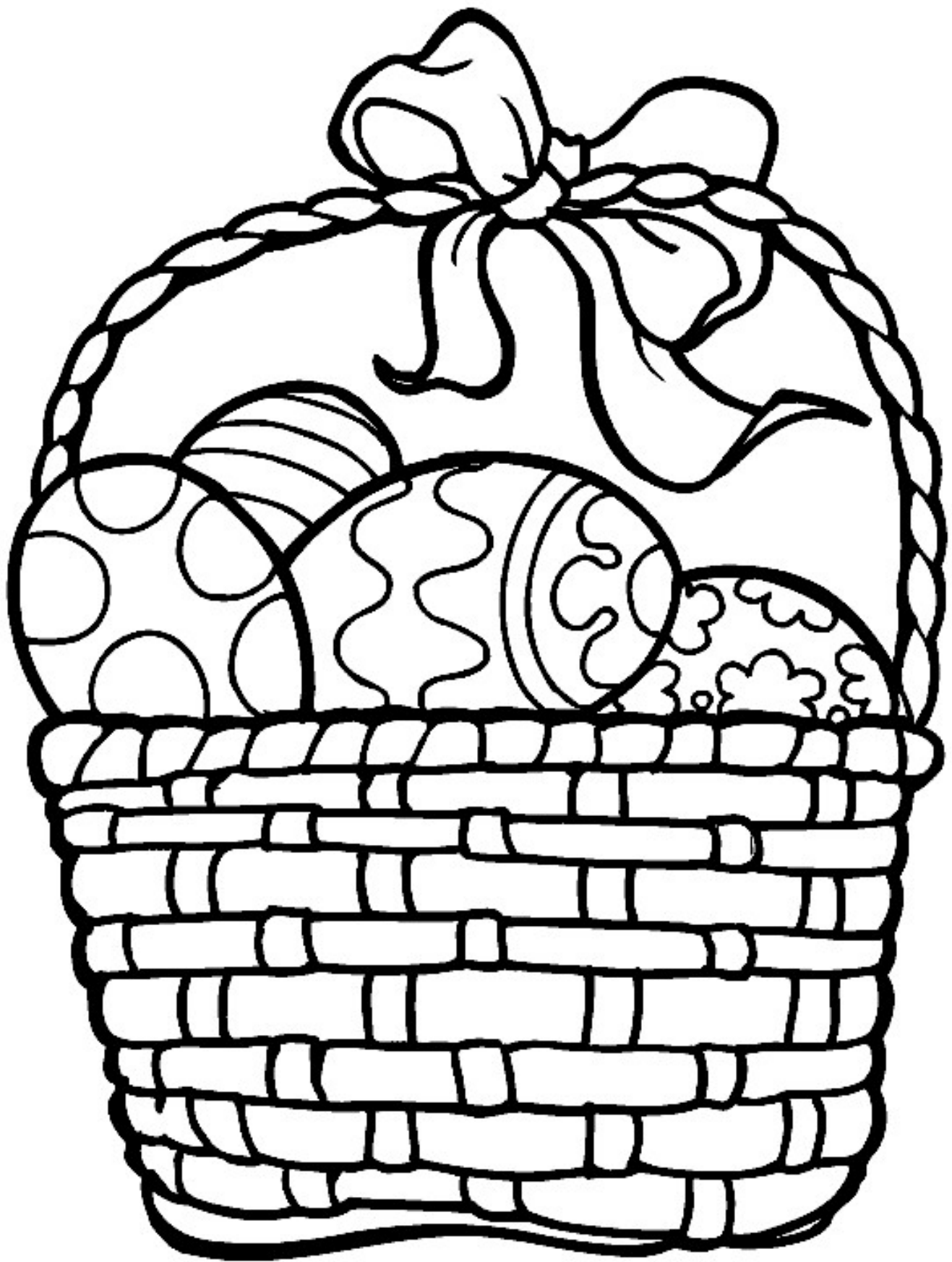
The present is bright, but the future looks brighter!

Go Hornets!

Sincerely,

Patrick Lee





Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

**Turkey Gulch
Alpacas**
LaVon Newman
Sun.-Sat., 10-5
541-445-0804

Art, private painting lessons

Lang Crk Studio
Kay Ganieany
Mon.-Thurs.,
by appt.
541-445-2001

Autobody repair/paint

**Green Collision
Repair/Horizon
Autobody**
Marvin & Rennae
DeVoogd
M-F, 8-5
541-679-6100

Beauty, health and gift

**Lord and Lady
Lavender**
Beth McNamara
Online 24/7

lordandladylavender.com
Anytime
408-857-8782

Beauty products

Avon
Mary Helen Banks
www.youravon.com/
mhelenbanks
541-643-6317

Beauty shop

Scissor Trix
Jennie Plikat
By appt.
541-733-1919
**Or in Green at
4886 Grange Rd.
541-236-7086**

Christmas trees, U-cut / wholesale

**Calico Christmas
Trees**
Contact:
Shari White
Nov. & Dec.
7 days/wk 9-4:30
**541-445-2350/
541-670-0458**

Construction, building

AMSI
Bill Lindsey
Mon.-Sat., 8-7
541-643-0366

Dump runs/yard help

Helper Hands
Jacob Hunt
Open to calls
541-643-5454

Lanakila Peck
Open to calls
541-643-2313

Electrical Contractor

Alan Sabin Electric
Alan Sabin
Generac generator
Sales/maintenance/
Installation/repair
M-S 7am-6pm
541-440-3792
541-445-2070

Eng. consulting design/ drafting

TV Design, LLC
Troy I. Vanderhoof,
P.E.
M-F, 9:00-17:00
541-643-0138

Garbage Disposal

**Camas Valley
Disposal**
Scott & Darla
Standley
Wkly. Wed. pick-up
541-45-2245

Health and wellness

Plexus worldwide
Supplements
Charman Shields
541-430-3600

www.plexusslim.com/
charmanshields

Honey bees, hive removal, classes on honey bees

Phill the Bee Guy
Phill Moulton
phillthebeeguy@gmail.com
503-349-8463

Horses

Blankets/maintenance

**Horse Blanket
Wash & Repair**
Jeanette Day
541-445-0800

Boarding/consult/train

**Blue & Gold
Stock Farm**
Marge Vilas
Every day, 10-5
541-430-4225

Housekeeping

Maid in the Shade
Lisa Muller
541-430-1974

Jewelry, decorative/ therapeutic

**Mommy & Me
Jewelre**
Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Locksmith, keys /locks

**Camas Valley Key
Shop**
Bruce Jehning
7days/wk
24 hr. emerg.
541-445-2014

Machine quilting

Sew Fun
Linda Underhill
Call for appt.
541-580-2814

Museum/restaurant

Noah's Ark
Irvn /Shirley Thrush
S-F, 9-dark,
Sat. 2-dark
541-784-1261

Notary/Post Office

CV Post Office
Vickie Farmer
M-F 8-3 Sat 10-2
541-445-2177
541-643-5059

Portable sawmill service

**Backwoods
Custom Milling**
Harvey Saul
541-671-1993

Real Estate, broker

**Berkshire Hatha-
way Homeservices
Real Estate
Professionals**
J.T. Berk
24/7
541-430-6078

Rental, Storage.

BK Mini Storage
Ketti & Bill Walker
7 days/wk.,
daylight-dark
541-445-2902

Sewer/underground utilities/roads/pads

**Scott Standley
Const.**
Scott & Darla
Standley
Mon.-Sat., 8-5
541-445-2245

Shetland Sheep/ English Angora Rabbits stock/ fiber

**Camas Valley
Fiber Farm**
By appt. only
541-733-6343

Shoe repair /leatherwork

Art's Shoe Repair
Joe Ferrara
T-F 9-5:30,
Sat. 9-5.
541-673-8541

Small engine repair

Hunt's Chainsaw
Theran Hunt
Mon.-Fri.
541-430-7283

March

March is the month that God designed
to show those who don't drink
what a hangover is like.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 S.M.A.R.T. 2:15-3:15	2 No School	3
← Camas Valley School Scholastic Book Fair Feb. 26-Mar. 2 →						
4	5	6 Community Lunch 12 Grange w/ Bingo Fire Dept. Training 7pm	7	8 S.M.A.R.T. 2:15-3:15 Birthday Party 5:30 @Bravo	9 No School	10
11 Daylight Savings Begins Judd Fund- raiser 1 pm A-Frame Church	12 Fire Dept. Bd. Mtg. 4	13 Grange Bus. Mtg. 10 Fire Dept. Training 7pm	14	15 S.M.A.R.T. 2:15-3:15 Boosters @ Bravo 5:30 School Bd. Mtg. 7 pm	16 No School	17 St. Patrick's Day 
18	19	20 Senior Lunch 12 w/ Bingo Grange Fire Dept. Training 7pm	21	22 S.M.A.R.T. 2:15-3:15	23 No School	24
25 Palm Sunday 	26	27 Fire Dept. Training 7pm	28	29 S.M.A.R.T. 2:15-3:15	30 No School Good Friday Passover	31 Easter Egg Hunt Open 10 am Starts 10:30 

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10:00 am Morning Worship 10:45 am Youth Church 11:00 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Morning Worship 10:00 am & Sunday School <u>Monday</u> Intercessory Prayer 9:00 am Youth Group 6:30 pm	<u>Sunday</u> Morning Worship 9:00 am & Children's Sunday School Fellowship 10:00 am w/ beverages and snacks <u>1st Tuesday, monthly</u> Bible Study 2:00 pm

Camas Valley Volunteer Fire Department
PO Box 220
Camas Valley, OR 97416

Non Profit Organization
US Postage Paid
Permit No. 2442
Tenmile, OR 97481
Standard Mail A

CAMAS VALLEY PO BOXHOLDER
CAMAS VALLEY, OR 97416