



THE FLAME



Volume XVIII Issue IX

"Put out" by the Camas Valley Fire Department Auxiliary

October 2018

Oct. 7-13 is Fire Prevention Week

Through three simple calls-to-action, "Look. Listen. Learn. Be aware - fire can happen anywhere", the theme identifies basic but essential ways people can reduce their risk to fire and be prepared in the event of one:

- ♦ **Look** for places fire can start 



- ♦ **Listen** for the sound of the smoke alarm

- ♦ **Learn** two ways out of each room



Fire Prevention Week commemorates the Great Chicago Fire in 1871. On the 40th anniversary of the Great Chicago Fire, the Fire Marshals Association of North America (FMANA) sponsored the first National Fire Prevention Day, deciding to observe the anniversary as a way to keep the public informed about the importance of fire prevention. This was expanded to Fire Prevention Week in 1922.

The non-profit NFPA, which has officially sponsored Fire Prevention Week since its inception, selects the annual theme for Fire Prevention Week.

Be safe-every week.

Dear Readers:

We try to provide local information to the valley while keeping fire safety/service info before you, the reader. Currently we have enough funding to mail this issue and the next one in November. It takes \$55.10 per mailing. We are facing a decision of whether to go to just electronic issues (online via your email address), stop publication, or wait for donations to arrive. While digital format costs us nothing and is easier to send, I believe that hardcopy issues in rural mailboxes are important to many of our readers. If this is to continue, we need your assistance. Thank you.

Camas Valley Fun Days

Fun Days will be **Oct. 13th** with **morning drags**. Mark your calendars and fine tune those engines.

Prices: Gate **\$7**, under 12 **free**, senior **\$5**

Racer fees: **\$35**, spouse (same vehicle) **\$15**

Class bump **\$5** Pay in advance

Kids play track only— **\$5** arm band

Camping **\$35**

Proceeds support
Camas Valley Volunteer Fire Dept.
This is a family event—no drugs or alcohol allowed.

1086 Main Camas Rd. Follow the signs.

We appreciate your support!

The Flame received a donation from

Pat Rentz

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 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

Fall weather calls for hearty lunches to keep you going through those end of summer chores and hurry before the rains really hit chores. Join the crew at the Grange for delicious lunches (\$7) and lively conversation (free). See you at the Grange Hall!

- ♦ Community lunch, **Tues. Oct. 2nd** at noon. Bingo afterwards.
- ♦ Business mtg., **Tues. Oct. 9th** at 10 am. To plan future meals.
- ♦ Senior Lunch, **Tues. Oct. 23rd** at 12 with Bingo afterwards to support the scholarship fund.

W-D Food Pantry

Digging in the closet to find the right jacket for the cooler mornings? Finding jackets for a much younger (or slimmer) you? Place those reminders of years gone by in the **Food Barrel** at the **Post Office**. A warm jacket does wonders. As does a healthy meal. Add a canned food item while you slip that spare jacket in the barrel. As always you can support the Winston-Dillard Food Pantry by writing a check to :

Winston-Dillard Food Pantry
c/o Betty Wittrock
PO Box 213
Camas Valley, OR 97416
or call Betty at **541-445-2855**.



Great for college students!

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**.

It's coming!!!

The first Saturday in December is the 1st! That means there are only 8 weeks until the **Annual Firemen's Appreciation Dinner!**

That is not much time to create a unique item for the silent auction (remember, Brad, I want another one just like the other one!), finish off that beautiful quilt for the quilt auction, or try out some new recipes for the perfect goodie for the bake sale.

If you are new to the valley, this is a must to get your Christmas season started. And it really helps you meet your neighbors and put faces to names. The **Camas Valley Fire Department** sets the stage, or should I say table, with a fine array of slow-cooked meats, mashed potatoes, gravy, and coffee; **Leo Payne** conjures up the lightest, tastiest rolls; and the **rest of us** bring side dishes and desserts. There is no such thing as a bad potluck—everyone always brings their piece de resistance to share.

While we are all feasting, the silent auction items are available for bids, the quilts are visible for inspection. **Kids' Corner** will be ready for the Santa set to check out the gifts available for the raffle—no child leaves ungifted. Perhaps you should make your bake sale purchase before you eat and before THE goodie you want to buy is snatched up by an experienced bake sale purchaser!

An Angel Tree will be hung with tags for local children that would appreciate a gift for Christmas that might not receive one if we don't step forward.

Linda Underhill is working on a lovely quilt for the quilt raffle. I am sure **Betty** will be hawking tickets before long at \$1 each. More on that later.



S.M.A.R.T. Readers and those interested in having a great time with kids!

October marks the beginning of another year of the **SMART** program at Camas Valley School. We can always use more people who enjoy reading and kids to spend an hour a week with Kindergarten-3rd grade students. **We don't teach reading!** We just show kids how reading is fun.

There has been a change in the starting date!

SMART will begin **Thursday, October 18th** at **1 pm** in the school library for the 1 hour training session. The reading will be in two 30-min. sessions from **2:15 to 3:15** on the 18th and every Thursday after that.

If you are interested in learning more about the program, please call:

**Betty at
541-445-2855 or**

**Juanita at
541-445-2888.**



October is “Talk about Your Medicines” month, and **October 23** is **Lock Your Meds Day** according to the Wellness Council of America. We want to increase the benefits of the medicines we take and decrease their risks. Here are some tips to help make this possible.

Maximize the benefits: If we do not fully understand how we are supposed to take our medications, we may not get the benefit they are intended for – An estimated 187 million Americans who take more than one prescription do not take them as prescribed. This may cause further complications of a disease and lower your quality of life. This no doubt affects us as individuals, but also our entire healthcare system. Helpful tips:

- Fill your prescriptions right away; do not wait to start them after they are prescribed to you.
- Make sure you fill your prescriptions before they run out.
- Do not discontinue a medication before you finish the course – even if you are feeling better, unless advised by your doctor.
- Take all medications as prescribed, not more or less.
- Always take your medication at the time it is prescribed.

Cost of Medicines: One of the most common reasons for skimping on taking your medication or not taking it at all has to do with the cost. There are prescription assistance programs that may help.

Try Rx Assist at <http://www.rxassist.org/> or <https://www.needymeds.org/>, or talk to your doctor for other possible options.

Keep it Simple: You may need your doctor to help simplify your medication schedule to make it easier to manage. Medication should be taken at the same time every day. It might also be helpful to use one pharmacy, especially since a pharmacist will alert you if you are taking any medication that should not be taken with another. The pharmacy may also be helpful in helping to schedule the timing of your medication refills.

Medication Reminders: It may be helpful to set yourself up a medication reminder, i.e., My Medication Record or My Medicine List, or by downloading an app on your phone such as Medi-Safe or MyMedSchedule.com online. With these tools you will be able to track not only

when to take them, but add special instructions like whether or not to take them with food. This also allows for a handy list to carry with you to doctor appointments or to have on hand in an emergency. A reminder app or alert on your phone or computer may also be useful tools.

Lock up your Meds: Always keep your medications out of reach of children. Every year thousands of children are hospitalized from taking medications that were not meant for them. Toddlers are tempted by the colorful pills that resemble candy, and teens have taken prescription drugs that have been stolen, resulting in bad outcomes.

Be responsible with your medications for your health and the health of others, and know how to dispose of unused medicine so that they do not end up in the wrong hands.

<http://www.bemedwise.org/>
<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm272905.htm>



Camas Valley Cares Project Request Form

Name of community member:

Type of project:

Phone number:

Address for project:

Send this slip to:

**Camas Valley Cares,
P.O. Box 213
Camas Valley, OR 97416**

Or call: **Kimberly Carter
(541) 733-6343**



© Can Stock Photo - csp7196558

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!



Superintendent's Message

The Dream for an Inclusive Playground Becomes a Reality!

After raising \$67,500 in grant money from many different organizations, the Camas Valley School District will move forward on purchasing and installing a new inclusive play area as part of our playground.

This play area will be accessible to students of all abilities regardless of disability or handicap. It will be specially designed to encourage inclusive play so that children with disabilities can play alongside of and with all other students. Most playgrounds in America do not reach this standard. As a result, most playgrounds end up preventing children with disabilities from accessing the play area and/or being included in group play. Camas Valley School will be one of only a small handful of schools in the state of Oregon with a play area designed to be enjoyed and used by all students.

We are very proud that our small school will be a leader in the nation and will be used as a Model Site for inclusive play structures in the future. We are hoping to have the play area installed by mid to late spring of 2019.



Homecoming is Near!!!

Our **Homecoming** week will be from **October 8th-October 13th**. Both the **volleyball** and **football team** will have games on the **13th**. Our **parade** will be **October 11th @ 5:30** with the **bonfire following** after once it is dark enough. We plan to chase people off from the bonfire no later than 8:30 since teachers and admin have to work the following morning.

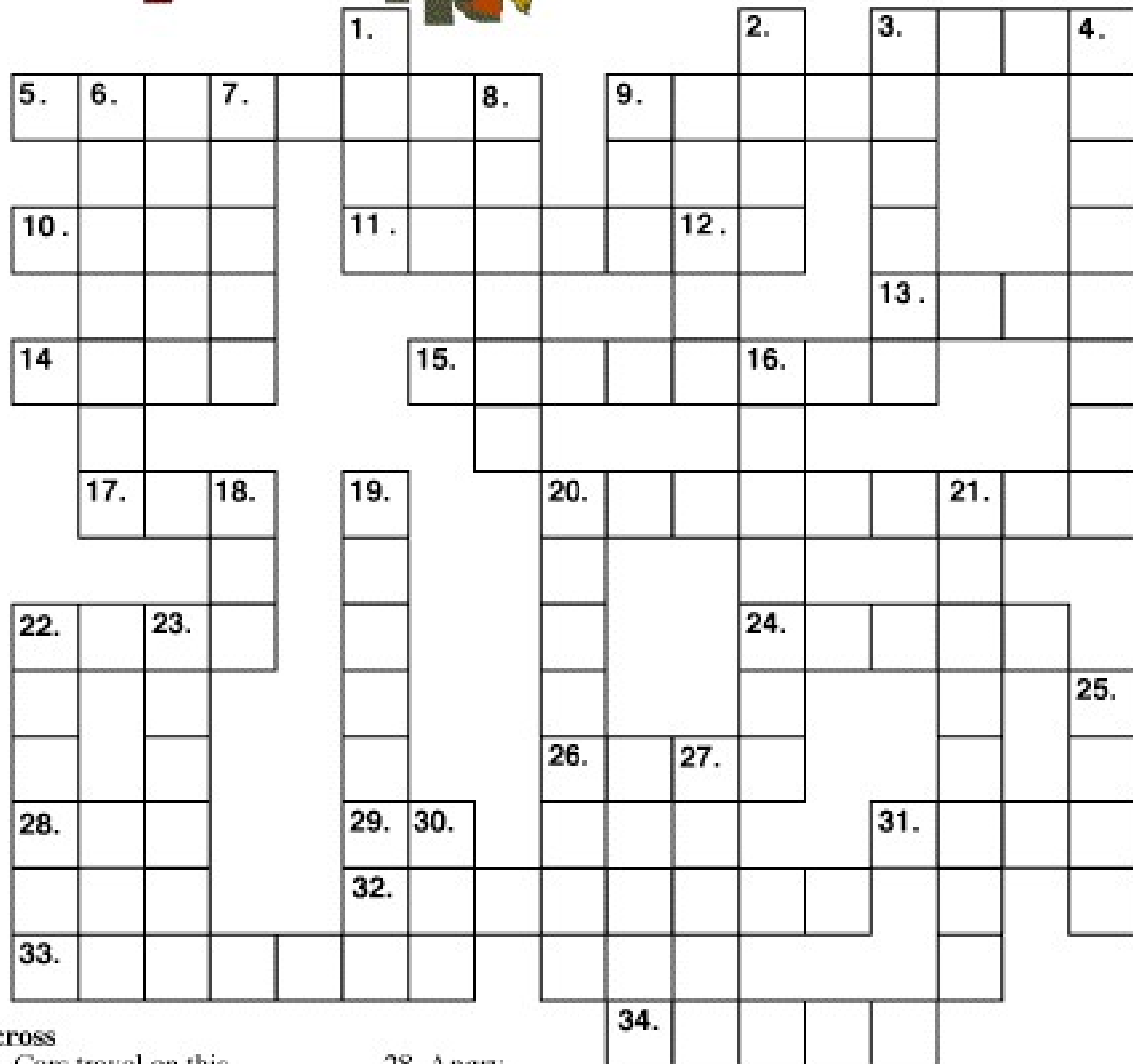
Go Hornets!
Sincerely,

Patrick Lee





CROSSWORD



Across

3. Cars travel on this
5. Woollen garments
9. Plural of goose
10. An angel has this
11. To make smooth
13. Things aren't always as they
14. Who, what, where, ____?
15. Vegetables with many eyes?
17. Maple leaves often turn this colour
20. The first month of Autumn
22. Cautious
24. A tree with white, papery bark
26. To raise children
28. Angry
29. Opposite of out
31. Another name for Autumn
32. Autumn month
33. Gather a crop
34. Ripe fruit or vegetables

Down

1. Grows on a tree
2. ____ager
3. Playtime in school
4. Last month of Autumn
6. Sunny, cold, rain, eg.
7. The nut from an Oak tree
8. Spring, summer, fall, winter eg.
9. Fetch
12. " ____ your supper."
16. Autumn month
18. Opposite of night
19. Large orange fruits which grow on a vine
20. Nut hoarding animal
21. Used to carry school books
22. What you get from a fireplace
23. One who reads
25. Opposite of hot
27. Brownish yellow colour
30. "He is ____ here right now."

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

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

Animal Caretaker

**Animal Caretaker
For Hire**
livestock and domestic
animals
Elissa Eckman
541-662-1326
to discuss what is
needed

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

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

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

Music

Parker Piano
Piano lessons for all
ages
LeAnn Parker,
instructor
541-671-3238

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

October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Community Lunch 12 Grange MSFB@ Glide 4:30 Fire Dept. Training 7pm	3	4 3rd-5th grade Brosi Farms MSVB Home Riddle 4:30 HSVB @ Glendale 6	5 No School	6 MSVB @ LFL B Tourny TBA HSFB @ Butte Falls 2
7	8 Fire Dept. Bd. Mtg. 4 MSVB@ Days Creek 4:30	9 Grange Bus. Mtg. 10 MSFB Home Oakland 4:30 HSVB@Days Creek 6 Fire Dept. Training 7pm	10 PSAT Homecoming Week	11 B'day Party 5:30 @Bravo Parade 5:30 Bonfire dusk HSVB@ UVC 6	12 No School	13 (AM Drags) CV Fun Days HSFB Home Riddle 1 HSVB Home Riddle 6
14	15	16 MSFB @ Riddle 4:30 Fire Dept. Training 7pm	17 Fire Prevention Week	18 S.M.A.R.T. Training 1 Reading 2:15 —3:15 Boosters @ 5:30 School Bd. Mtg. 7 pm	19 No School	20 HSVB Districts TBA HSFB Home Myrtle Pt. 1
21	22	23 Lock Your Meds Day Sr. Lunch 12 w/ Bingo Grange MSFB Home Days Creek 4:30 Fire Dept. Training 7pm	24 Picture Retakes ASVAB testing	25	26 No School HSFB District Crossover TBA	27
28	29	30 MSFB Home Glendale 4:30 Fire Dept. Training 7pm	31 Happy Halloween! 			

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