



THE FLAME



Volume XV Issue XI

"Put out" by the Camas Valley Fire Department Auxiliary

Dec. 2015-Jan. 2016



Calling Creative People!

Camas Valley Volunteer Fire Department's 2015 Annual Firemen's Appreciation Dinner will be held this coming **Saturday, Dec. 5th** at the **Grange Hall**. An important part of this fundraiser is the silent auction which starts when the **doors open at 5 pm**. While we always enjoy the creative work our friends and neighbors can produce, it only takes someone to take the time to think about what they would enjoy in their day and go from there. Gift certificates are easy to get, home baked goodies delivered over the holidays are a welcome treat to a busy family, and the comfort of a snugly afghan is always appreciated.

Auction items may be dropped off at the Grange **9:30 am-11:30 am** on the **5th** or taken to **Betty's (541-445-2855)** anytime before. If you get in a time pinch, bring them with you and we will try to find a spot to squeeze them in onstage.

Remember, doors open at 5pm with **supper at 6 pm**. This year's menu is tri-tip, mashed potatoes, gravy and Leo's delicious dinner rolls. The community supplies the side dishes, salads, and desserts. So bring Great-aunt Thelma's Broccoli Surprise and join the fun, enjoy the good food!

***Merry
Christmas
and a
wonderful
New Year
from the
Camas
Valley
Volunteer
Fire Department
Auxiliary!***

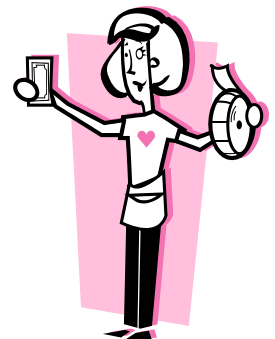


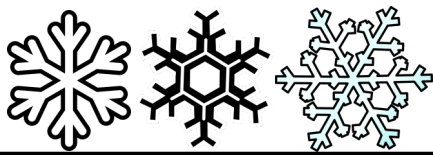
Quilt Raffle Tickets

Checked out the quilt at Bravo? Tickets are only \$1 and may be purchased at :

**Bravo Bakery & Café
Market Plus**
and of course from **Betty**.

All proceeds go to the **Camas Valley Volunteer Fire Dept. Building Fund**.





Grange: Home for the Holidays

December is a hectic month for us all. The Grange is giving the cooks and organizers the month of December off to be with their families. Activities start up again with the new year.

- ♦ **Tues. Jan. 5th** Ladies' Luncheon at **noon** with bingo after.
- ♦ **Tues. Jan. 12th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Jan. 26th** Senior Lunch at noon with bingo afterward.

Food Pantry

Christmas is coming,
The goose is getting fat.
Please put a penny in the
old man's hat.
If you haven't got a penny,
A ha'penny will do.
If you haven't got a
ha'penny,
Then God bless you!

Hunger at the holidays has been around for a long time. So has doing something about it.

Feed the donation barrel at the Post Office.
Merry Christmas!

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.



Thank You For Your Support!

We received donations from

Cecilia & Glen Murphy

Dale & Chris Weaver

this month.

Remember our 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

Valley of Angels



Holiday preparations seem to take longer and start earlier each year. I was baking Christmas cookies before Halloween! With that in mind, here are the Post Office deadlines for various types of mail:

Standard post.....Dec. 15th
1st class, up to 13oz.....Dec. 19th
Priority.....Dec. 21st

Starting Dec. 2nd, outgoing mail pick up will be at 10:30 am. It is currently 12:30 pm. All mail now goes through Portland and this change is to improve processing. :-)

Calling Lovers of Christmas Cheer

Well, not the liquid kind, but that wonderful warmth that doing kind things gives to you. Join us the **second Wednesday in December, the 9th**, to spread musical cheer to neighbors and loved ones. You could call us carolers, but we cut a lot of slack on the musical part. We spread cheer.

We gather **5:30ish** at the United Methodist Church parking lot (across from the Post Office) and **head out about 6 pm.** We quit by 8 and warm up with hot drinks and Christmas goodies. **All are invited.** If you cannot make it but know someone that would enjoy a short visit (about 5 min.) by caroling neighbors, call:

Judith 541-733-6940 or Diana 541-445-2274

Mary Helen and Tina will be heading up the Angel Tree again this year. Tags will be ready and hanging on the Angel Tree at the Fireman's Appreciation Dinner. When you choose a tag, please make sure we get your name and phone number. Please bring your gifts WITH THE TAG to the school this year. The last day of school before Christmas Break is **Dec. 17th** and then the school will be closed. **We would like to have ALL gifts by Dec. 21st.** Call Tina 541-733-6083 or Mary Helen 541-643-6317 if you cannot get your gift(s) to the school.

If you would like to help make a child's Christmas brighter, but don't have time or aren't able to shop, Tina is willing to shop for you. (Will bring the receipts to you if you wish). Thank you in advance for making this project a success each year!! Camas Valley is a wonderful, generous community.



Seasonal stamps are now available at the **Camas Valley Post Office.** Buy now before you get overwhelmed with the holiday crush!

To prevent possible release of mail to unauthorized people, the US Postal Service no longer allows postal employees to hand mail to customers. They may only deliver it to locked mailboxes. Keys are available for purchase at the Camas Valley Post Office. So remember to take your PO box keys! Sorry for the inconvenience.

Make the Goose the Only One Getting Fat this Holiday Season!

TOP 10 SWAPS TO SAVE CALORIES:

1. Swap sugar-sweetened beverages to water, sparkling water, and diet beverages.
2. Swap Frappuccino's and other sweetened coffee beverages to iced coffee with either a small amount of sweetness you add yourself or artificial sweetener.
3. Swap condiments like ketchup to veggies, herbs, and spices on your hamburger, turkey or chicken burger or dog to save on added sugar, calories, and sodium. Try using fresh onion, tomato, lettuce, jalapeno pepper (seeds removed if you don't love spicy-ness), or sautéed onion and mushroom for loads of flavor and nutrition without the unwanted extras.
4. Swap flavored, sweetened yogurt to no-sugar-added varieties or, even better, plain yogurt (Greek if you want more protein) with fresh or frozen berries or fruit to save up to 100 calories and about a tablespoon of added sugar per serving.
5. Swap granola to oatmeal.
6. Swap out a daily muffin or granola bar to a piece of whole grain bread with a natural nut butter, or a handful of nuts.
7. Swap ice cream treats to homemade frozen yogurt treats—purchase popsicle molds if you don't already have some, blend a plain yogurt with ripe banana and fresh or frozen strawberries and freeze for a deliciously satisfying cool treat that will save hundreds of calories and contain zero added sugar.
8. Swap high calorie veggie dips to lower-fat hummus or yogurt-based dips to cut the calories in half and reduce intake of saturated fat. Read the ingredients list—if the first ingredient is mayonnaise, look for a different one. Pick one where the first ingredient is yogurt or in the case of hummus, chick peas.
9. Swap refined crackers to whole grain crackers. The fiber and small amount of protein in whole grains will make you feel more full than will the refined crackers which are nothing more than glorified chips.
10. Swap protein-less meals and snacks to protein-full meals and snacks!

Have a happy, healthy, and safe Christmas!

Ketti Walker RN





Thank you Camas Valley for all the sympathy cards, letters, condolences and support after the loss of my son. Although not unexpected, his passing leaves a hole in my life which your love and kindness is starting to fill.

Betty Wittrock

wanted

Volunteers!

Camas Valley Volunteer Fire Dept. needs volunteers to help provide fire protection to our valley.

- ♦ Learn important skills
- ♦ Be part of a team
- ♦ Help your community
- ♦ Looks great on a resume

Training is provided, we just need YOU! Want some more information? Come to the Fire Hall any Wednesday evening at 7 pm.



Camas Valley Business Directory

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!*

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

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

**NOW IS THE TIME TO UPDATE
YOUR DIRECTORY INFORMATION!**



Camas Valley School

Honor Roll

1st Quarter



12th Grade

4.0 Katie Clarke, Isabel Takahashi
3.50-3.99 LeAnn Caldwell, Jesse Duncan, Tyler Palmer, Alexis Roberson, Dylin Weickum
3.0-3.49 Darren Bringham, Tyler Dedmon, Tylan Stoffal

11th Grade

3.50-3.99 Jacob Gallagher, Dixie Hall, Nickayla Schiro, Jazmin Wilberg
3.0-3.49 Zoyee Keys

10th Grade

3.50-3.99 Jacob Sherwood
3.00-3.49 Jessie Ashton, Morgan Carter, Devan Ewing

9th Grade

3.50-3.99 James Beans
3.00-3.49 Morgan Banks, Bridger Godfrey, Natasha Hibdon, Ethan Hilger, Tyler Lindsey, Nathan Powell

8th Grade

3.00-3.49 Garrett Casteel, Isaiah Osbon, Tiernan Spicer

7th Grade

3.50-3.99 Joy DeRoss, Hailey Holmgren, Riley Stutzman
3.00-3.49 Elizabeth Avant, Collin Ewing, Izabelle Pool

6th Grade

4.0 Mason Amos
3.50-3.99 Clara DeRoss, Kip McCoy
3.00-3.50 Carson Cummings, Olivia Dedmon, Baylee Laney, Bryson Laney, Dean Weickum, Kayla White, Eddie Whiteberg, River Wolfe



Superintendent's Message

Dear Parents and Camas Valley Community,

I wanted to let you know that students and staff successfully put into practice safety drills they've learned this year. Thursday afternoon we requested local law enforcement presence to assist with a situation and were advised by the sheriff's office to go into a precautionary lockdown while deputies traveled to our school to assess the situation.

The lockdown lasted around 35 minutes, during which students were asked to stay quiet. The situation was resolved and the lockdown ended a few minutes after the normal school day would normally end. This caused a delay of between 10-15 minutes in bus pickup and drop-off after school. We are sorry for the delay, but student safety was our priority, and we needed to wait until the sheriff allowed us to end the lockdown to release students.

Safety of students and staff is important to us, and we are very proud of the calm and collected manner in which staff and students behaved during the lockdown. Everyone at school responded

as they should have and as we have practiced.

We understand the delay in communicating the incident and the change to bus drop-off concerned parents and our community. Because the incident occurred at the end of the day on the final day of the school week, our ability to contact parents was limited. We have limited phone lines and personnel, so contacting all parents in a short amount of time was not feasible.

At the board meeting Thursday night, we discussed the lockdown in open session and the board supported the move to research and purchase some form of auto-dialer or text service that would allow us to more quickly notify parents when there are important communications that need to happen. When we get this system in place, we will encourage all parents to sign up for the service and be a part of it. We will move to find the best fit for our district and implement that system as soon as we can.

Sincerely,
Patrick Lee
Superintendent/Principal
Camas Valley Charter School

Middle School Girls 1 day Power Camp

When: **Dec. 11th 8am-4pm (Friday)**

What: Free Camp!!!

Where: Camas Valley Gym

Bring a sack lunch and water to drink, gym clothes and basketball shoes and lots of energy! Must have school physical on file with school before camp date.

For more information contact
Amy Wolfe at **541-445-2254**.



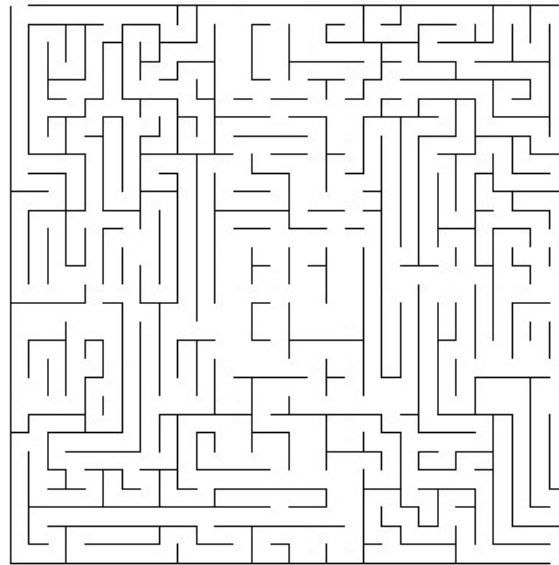


Winter Musicale

The **Winter Holiday Program** that will take place **December 16th** at **6:30** in the gym. All are welcome and encouraged to come see students from all grades sing holiday songs!



Instructions: Trace the path through the maze. Help get Rudolph to Santa Claus for Christmas.

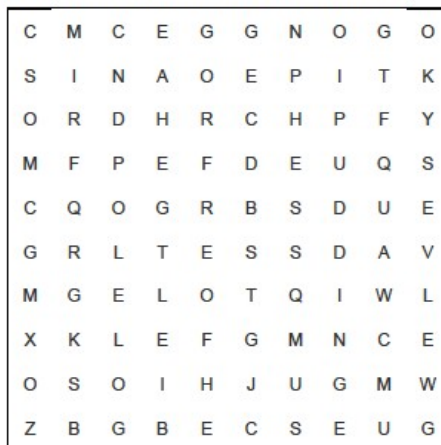


Finish

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Christmas Word Search

Instructions: Try to find all of the hidden Christmas words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

BELLS	EGGNOG
CARDS	ELVES
CHEER	GIFTS
CIDER	PUDDING



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Winter



Festival



Come join the holiday fun at Tenmile Missionary Church on **Friday Dec. 11th**. The games and treats start at **5:30** and run until **7:30**. All are invited to gather with us for an evening of family entertainment and excitement!



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
call 8am—8pm
7 days a week
541-643-6317

Beauty shop

Scissor Trix
Jennie Plikat
By appt.
541-733-1919

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

Gifts

Joy's Gift Shop
Sharri Payne
Thur.-Sat., 10-3
541-430-2449

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 /ShirleyThrush
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
541-445-2888**

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



December



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 MSBB@ Days Creek	2 HSBB @ Myrtle Point Dental Screenings Fire Dept. Training7pm	3 Dental Screenings Wildlife Safari Field Trip 5th grade MSBB HOME Glendale S.M.A.R.T. 2:30-3:30	4 No School ◀ HSBB @ Crow Tournament ▶	5 Appreciation Dinner 5 pm MSBB LFL “B” Tourney TBD
6 Hanukkah begins	7 HSBB @ Milo	8	9 Caroling Lv. CVUM parking lot 6pm Fire Dept. Training7pm	10 S.M.A.R.T. 2:30-3:30 Community Birthday Party 5:30 @Bravo ◀ LFL Play Off ▶	11 No School (Inservice) ◀ HSBB @ Riddle Tournament ▶	12
13	14 Fire Dept. Bd. Mtg. 4	15 Financial Aid Night 6 pm	16 Holiday Pro- gram 6:30 pm Fire Dept. Training7pm	17 S.M.A.R.T. 2:30-3:30 School Bd. Mtg. 7 pm	18 No School HSBB HOME Gold Beach	19
20	21 HSBB @ Gilchrist	22	23 Fire Dept. Training7pm	24	25 Merry Christmas! 	26
27	28	29 HSBB HOME Crow	30	31 New Year's Eve	NO SCHOOL WINTER BREAK	
NO SCHOOL WINTER BREAK						



Jan. 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No School New Years Day	2 HSBB HOME Siletz
3	4	5 Community Ladies Lunch Noon / Bingo At the Grange HSBB HOME Powers	6 Fire Dept. Training 7pm	7 S.M.A.R.T. 2:30-3:30 Community Birthday Party 5:30 @Bravo	8 No School (Inservice) HSBB@ Pacific	9 HSBB HOME Elkton
10	11 Fire Dept. Bd. Mtg. 4	12 Grange Bus. Mtg. 10 am @Grange	13 Fire Dept. Training 7pm	14 S.M.A.R.T. 2:30-3:30	15 No School HSBB HOME Glendale	16 HSBB @ New Hope
17	18 No School Martin Luther King Day	19 HSBB HOME Crosshill	20 Fire Dept. Training 7pm	21 S.M.A.R.T. 2:30-3:30 Qtr. 2/Sem. 1 ends	22 No School Grading day HSBB HOME UVC	23 HSBB @ Powers
24	25	26 Community Senior Lunch Noon/ Bingo @ the Grange	27 Fire Dept. Training 7pm	28	29 No School HSBB HOME Pacific	30 HSBB @ Glendale
31						

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Sunday School 9:30 am Morning Worship 10:45am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Men's Prayer 7:30 am Morning Worship & Sunday School 10:00 am On the fourth Wednesday of each month all the C.E.L.L. groups come together for worship and teachings at Camas Valley Christian Fellowship. If there is a 5th Wednesday in a given month there will be NO SERVICE or C.E.L.L Group. All the other Wednesdays we meet in small groups in various homes here in Camas Valley, Winston, and Roseburg areas. A directory of all the home fellowships is available at the church.	<u>Sunday</u> Morning Worship 9 am & Children's Sunday School Fellowship 10 am w/ beverages and snacks <u>1st Tuesday, monthly</u> Bible Study 2 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