



THE FLAME



Volume XVII Issue IX

"Put out" by the Camas Valley Fire Department Auxiliary

October 2017

Thank them in a meaningful way

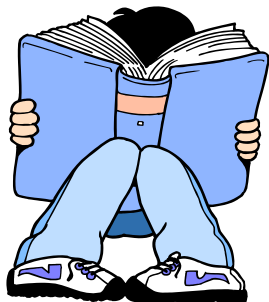
With the rains and cooler temperatures, wildfires around the state are slowing down and firefighters are getting the upper hand. The valley responded gratefully while we had a fire camp in our midst. It was frustrating to not be able to bake/cook for them to show our appreciation!



The News-Review had an excellent article (Sept. 2) on how to show our appreciation in a meaningful way. The **Wildland Firefighter Foundation** supports those injured while fighting fires and families of those killed while fighting fires. If you cannot afford to write a check, how about putting those baking skills to work and organize a **Thank You Firefighters Bake Sale** with proceeds going to:

Wildland Firefighter Foundation
2049 Airport Way
Boise, ID 83705

For more information about the Wildland Firefighter Foundation, visit wffoundation.org.



S.M.A.R.T. Reader Alert!

S.M.A.R.T. reading begins **Thursday, Oct. 12.** Training will be at **1:30** with reading to students to follow. This year's reading times are:

2:15-2:45 for K and 1st,
2:45-3:15 2nd-3rd grade.

Readers—please note change in time schedule!

CAMAS VALLEY FUN DAYS 2017 OCT. 14TH MORNING DRAGS



*Supports the Camas
Valley Fire
Department
Building Fund*

Thanks to all the volunteers that assisted in presenting the **2017 Camas Valley Fun Days!**

This event provides much needed supplemental funding for our local Volunteer Fire Department. We could not do it without you!

Vonnie Wallace
CVVFD Auxiliary

We appreciate your support!

The Flame received donations this month from
Steve & Stefanie Cummings
The Rentz Living Trust

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.



October is the month of spooks, shrieks, and scary things

While Halloween is scary if you are not familiar with the holiday, what is really scary for parents is not having enough food to feed their children. The uncertainty of being able to provide a healthy meal gnaws at a parent's mind and is truly a living nightmare.

So this month, help remove a parent's worst fear and donate canned or boxed food items to the **Food Barrel** in the Post Office lobby, donate your **extra garden produce**, or write a **check** to the **Winston-Dillard Food Pantry**. Send checks to the W-D Food Pantry in care of **Betty Wittrock** at **PO Box 213 Camas Valley**. Call Betty about the produce at **541-445-2855**.

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. Oct. 3rd** Community Meal starts off the month at Noon.
- ♦ **Tues. Oct. 10th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Oct. 24th** Senior Lunch will wrap up the month with bingo to support the scholarship fund.

Join us for a meal and conversation !

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

The Marion Rentz family wants to thank each of you for attending his funeral and celebration of life afterwards at the Grange. We really appreciate all the cards, flowers, cookies, and good wishes.

The fund for a covered bleacher for the visiting football team is growing. It looks like Jeannie and Marion are joining to make it a reality.



Wildfire Disaster Funding Act of 2017 introduced by a bipartisan effort in the US Senate

Nine senators reintroduced a bipartisan bill on US Senate floor; *"The Wildfire Disaster Funding Act of 2017."* The nine bipartisan sponsors of the bill include Senators Ron Wyden, D-Oregon, Mike Crapo, R-Idaho, Maria Cantwell, D-Washington, Orin Hatch R-Utah, Dianne Feinstein, D-California, Jim Risch, R-Idaho, Jeff Merkley, D-Oregon, Cory Gardner, R-Colorado, and Michael Bennet, D-Colorado.

This bill will address; providing disaster funding for extremely large fires, helping to reduce the need to borrow from the prevention and conservation funds, and is looking at preventing the erosion of agency budgets resulting from increased suppression costs.

Record-setting suppression costs have again seen budgets strained, especially out by wildfires out west. According to news reports in the last couple of weeks, the US Forest Service had to transfer \$300 million dollars from other budgets just to meet current fire suppression needs.

This bill is similar to the Wildfire Disaster Funding Act of 2015 which was not voted on in 2015.

<https://community.nfpa.org/community/fire-break/blog/2017/09/21/wildfire-disaster-funding-act-of-2017-introduced-by-a-bipartisan-effort-in-the-us-senate>



**A
friend
in
need**

Winston--Dillard Food Pantry has operated out of the (now former) Winston Dillard United Methodist Church building since the early 1980's.. While the property has been on the market for awhile, the Pantry hoped for a church or other charitable group to purchase it and allow the Pantry to continue its operation on site.

A private party is currently negotiating to buy the property with a proposed closing date of early January 2018. The potential buyer wants the W-D Food Pantry to vacate the premises prior to that date.

The Pantry board has been searching for sites to relocate. Food boxes will continue to be distributed. The volunteers vow to keep going. Winston-Dillard Food Pantry serves many local families. It deserves our support. If you know of a location/church/charitable organization in the greater Winston-Dillard area that would operate as a base for the Pantry, contact **Bernice McClellan** at **bernicem@charter.net** or **541-430-0466**.

Let's talk salt

By Kathi Weaver, BSN, RN

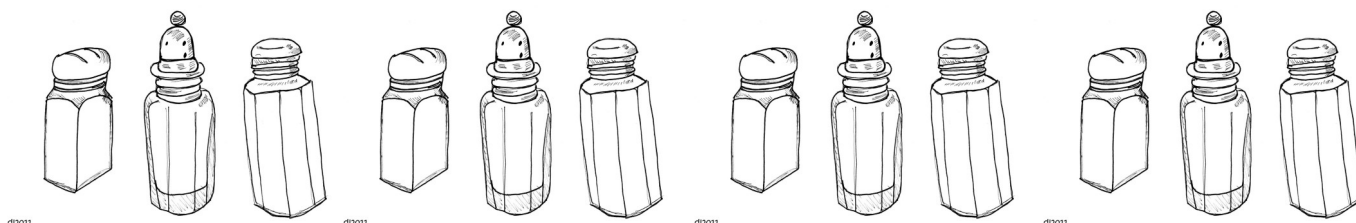
We have all heard that too much salt is bad for us, but why? Sodium is an important mineral for our body, helping keep the right amount of fluid balance to control blood-sugar levels, regulate pH, and strengthen our bones. It occurs naturally in the foods we eat and is sometimes added, but when we eat too much sodium our kidneys have a difficult time flushing out the excess water and it builds up in our bloodstream. The extra salt attracts more water to help dilute the salt. Too much water in our blood can raise our blood pressure, putting us at risk for heart attacks, stroke, and kidney disease. The American Heart Association recommends no more than 2,300 mg of sodium a day (somewhere between two-thirds and 1 teaspoon).

So, how does potassium fit into the equation? Eating foods with potassium is important in balancing the effects of sodium and controlling blood pressure. Potassium relaxes the blood vessels and helps the body to get rid of the sodium. Recommended amount of potassium in the adult diet is 4,700 milligrams. Fresh fruits and vegetables are naturally high in potassium and low in sodium. Eat less bread, cheese, and processed foods. However, eating too much potassium can also be bad for you. Bottom line, in all the studies currently available, it still holds true that moderation of all things is important, including salt, and that you should eat your vegetables.



What kind of salt should we use? There are several different salts on the market, i.e. Pink Himalayan sea salt. While there are trace minerals in these unprocessed, unrefined salts, they are too minuscule to make a difference. To date there is no evidence to prove such claims that these special salts promote better health. In fact, along with good minerals these salts include trace amounts of minerals that could be harmful in high doses.

Should we use iodized salt? It is true that table salt is processed and that iodine has been added back in due to its ability in preventing iron deficiency and goiter. This was the case years ago when iodine was not plentiful in our food sources. Iodine is found in the sea and in the soil. So if you are eating saltwater fish and sea vegetables or foods that are grown in iodine-rich soil, then using iodized salt is probably not an issue. If you are not getting enough of these foods, then consider staying with the iodized salt. The recommended amount of iodine daily for adults is 150 micrograms.



HOMECOMING

The first week in October is Homecoming week at Camas School. The traditional parade is on Wednesday with the bonfire to follow. The high school volleyball girls will pound Powers at 5:15. Saturday at 1pm the high school football team gets the opportunity to strut their stuff against Glendale.

Remember the fun of your high school homecoming week and help our students have a safe and memorable Homecoming.



What am I going to make!?!?

Firemen's Appreciation Dinner is only two months away and I need to think of some wonderful craft, baked goodie, or gift basket to support our local volunteer firemen! They are there for me 24/7 so the least I could do is be there for them **Saturday, Dec. 2nd!**

The great food, the companionship of good neighbors, the silent auction and the quilt auction, the children's corner, and the bake sale are all good reasons to start the Christmas season at the Grange Hall with us.

If you have questions about the Annual Firemen's Appreciation Dinner, call **Vonnie** of the CVFD auxiliary at **541-445-2355**.

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!*

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

On our first day back together in August, staff were asked to get in groups and write down several things that they could be proud of about Camas Valley School. The responses were incredibly encouraging and emphasized what makes Camas Valley School so special. Following are just a sampling of the responses I compiled from that activity:

- A professional staff that cares about kids
- A shared goal for academic excellence
- A community atmosphere within the school and the valley
- Respectful students
- Strong athletic programs with committed coaches
- A positive reputation in the greater Douglas County community
- High staff retention over the past 7 years
- Small class sizes
- Our Academic Awards Night
- A strong support system for our students

When you look at these responses, it is easy to see the positive energy our school has. Clearly these sentiments are getting out into the wider community, as our student population has increased by 15% from the end of last year, with almost all of that coming from outside Camas Valley. Our student population has grown to over 215. Because of the reasons noted above, and probably many more, families want to send their children to our school instead of a closer school even if it means a long bus ride. What greater compliment can there be for us than that?

Go Hornets!
Sincerely,

Patrick Lee



A word to the wise student...

On October 11th, all Sophomores across the state take the PSAT assessment. This test is one way for students to meet their Math Essential skills requirement early and avoid the stress of future standardized testing. Studies show the best ways to prepare for these tests are to learn about the test structure and to take practice tests. To help students with this, **Ms Windus** will be opening her room for students looking to participate. Students can attend any or all of the sessions.

ATTENTION SOPHOMORES

PSAT Testing is scheduled for
Wednesday October 11th

Announcing PRACTICE SESSIONS to help prepare **{MATH}**

Spend some time learning about:

- ♦ the test structure and content;
- ♦ how test is scored;
- ♦ whether you should skip questions or take guesses;
- ♦ what are scores used for...
- ♦ AND OF COURSE TAKING PRACTICE TESTS !!

{MATH}
3:45-4:30 pm

TUESDAYS

10/3, 10/10

Make the commitment to do your best !!
Spend time PREPARING/PRACTICING !!
Can be used to meet HS MATH Essential Skills !!

****** TEST is on Wednesday 10/11 ******

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

In the entire circle of the year
there are no days so
delightful as those
of a fine October.

~Alexander Smith



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2 MSFB @ Glendale 4:30 MSVB Home UVC 4:30	3 Community Lunch Noon Grange PSAT help 3:45-4:30 HSVB @ N. Douglas 5:15 Fire Dept. Training 7pm	4 4th-5th gr. field trip Melrose MSVB Home Riddle 4:30	5 3rd gr. Field trip Melrose HSVB Home Powers 5:15 Homecoming Homecoming Parade Bonfire	6 No School	7 HSFB Home Glendale 1 Homecoming MSVB LFL B tourney TBA
8	9 Fire Dept. Bd. Mtg. 4 MSVB @ Days Cr 4:30	10 Grange Bus. Mtg. 10 am PSAT help 3:45-4:30 HSVB @ Elkton 5:15 Fire Dept. Training 7pm	11 5th gr. Field trip Crater Lk. PSAT testing	12 S.M.A.R.T. 1:30 training 2:15-3:15 MSFB @ 4:30 Canyonville HSVB Home Glendale 5:15 Birthday Party 5:30 @ Bravo	13 No School HSFB @ Days Cr. 3 MSVB LFL Playoff TBA	14 MSVB LFL Dist. Champ. TBA Camas Valley Fun Days
15	16 MSFB Home Days Cr. 4:30	17 Fire Dept. Training 7pm	18	19 S.M.A.R.T. 2:15-3:15 School Bd. Mtg. 7 pm	20 No School HSFB @ 7 Prospect	21 MSFB playoffs TBA Sutherlin HS
22	23	24 Sr. Lunch Noon Grange Bingo Fire Dept. Training 7pm	25	26 S.M.A.R.T. 2:15-3:15	27 No School	28 HSFB Dist. Crossover TBA
29	30	31 Fire Dept. Training 7pm 				

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10 am Morning Worship 10:45am Youth Church 11 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Men's Prayer 7:30 am Morning Worship & Sunday School 10:00 am	<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