



THE FLAME



Volume XIII Issue XI

"Put out" by the Camas Valley Fire Department Auxiliary

Dec. 2013/Jan. 2014



Seasons Greetings from the Flame!



Since you readers have been supporting **The Flame** with generous donations, we felt you deserved more for your money. With the cooperation of the Camas Valley Community Charter School, we decided you should be able to enjoy all the colors of the holiday season with this color double-issue. Thank you for your support! We hope your Christmas and New Year are bright, cheerful, and full of hope!

CVFD Auxiliary



Thanks to all the volunteers who worked to make the evening possible. Also a BIG thanks to **Byron Peck** who cooked the tri-tip this year, it was melt-in-your-mouth delicious!

Ruth Ritchie won the Market Plus \$40.00 gas certificate and the Quilt Raffle was won by **Gina Jones** who is a former Camas Valley resident who is now attending school out-of-state.

The silent auction items and auction quilts drove our donations raised to **\$4708** at the dinner this year. Thanks to all who came to support our Fire Department!!!

Angel tree tags may still be selected by contacting **Tina Fisher** or **Mary Helen Banks**. They will even help with the shopping if you are stumped!

To the Gentlemen of the Gridiron:

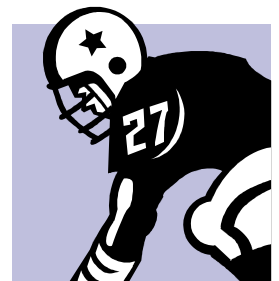
Camas Valley football fans give a big
SHOUT OUT

to our football team. Every resident of this valley has enjoyed the excitement, determination, and work ethic you have brought to the field. We are so proud of all your accomplishments—it speaks well not only of this community, but of your futures. The seniors leave an impressive benchmark for their fellow athletes, a goal for next year's team. Thank you for representing us with such class and distinction.

A special thanks to our Senior linemen, that unheralded position that opens the door to all the glory.

#64 Jake Hunt
#95 Christan Jenson
#23 Spencer Ward
#74 Kelsey Moniz

You will be missed
next year.





Grange News New Year—New Day

- ♦ Wed. Dec **4th**, Ladies' Luncheon at **noon** with bingo after.
- ♦ Wed. Dec. **11th** at **10 AM**, is the business meeting to plan the next luncheons.
- ♦ **NO SENIOR LUNCH** (Christmas Day)
- ♦ Jan. **7th** Ladies' Luncheon at noon w/ bingo
- ♦ Jan. **14th** business meeting 10 AM.
- ♦ Jan. **28** Senior Luncheon at noon w/ bingo after for the scholarship fund.

Starting with the New Year we will have all our functions on **Tuesday**.

*Have a
Happy New Year
everyone!*



Thank You For Your Support

We received donations from
Jan and John Wheeler

Marvin and Rennae Devoogd

Mary Hunt

Anonymous

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**.

Why an email subscription?

Email allows you to keep friends and family that have left the valley for school, jobs, whatever reason to keep up with the events that affect this community.

Send their name and email address to:

jwickham52@gmail.com

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

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 before 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



Community Soup Suppers Take a Break

The Community Soup Suppers at the Camas Valley United Methodist Church Fellowship Hall will be taking a break for the holidays. They will return after the New Year. Watch the Flame for the next scheduled meal.

Camas Valley Post Office Ready to Meet Your Holiday Shipping Needs

Postmistress Vicki is ready to help you get your holiday gifts and cards out on time. Not only are there Christmas stamps, but assorted boxes and envelopes for you to choose from. Vicki will make sure you use the most economical choice for getting those items to their destinations on time.

Support the Camas Valley Post Office!

Camas Valley Carolers Are at it Again

Some people just never learn. Once again the Camas Valley Carolers will be traveling the valley roads to spread Christmas cheer.

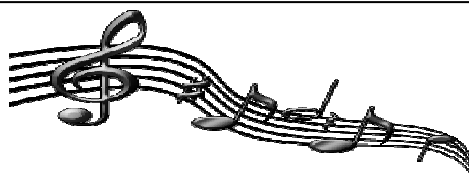
Wednesday, Dec. 11, 5:30ish we shall be meeting at the parking lot of the Methodist Church (across the street from the Post Office).

We invite anyone that just wants to sing and have a good time to join us for an unforgettable time of joy and giving. A good voice is not required, just a good attitude. If you know of someone who would appreciate some Christmas cheer, call **Dianna at 541-445-2274** or **Judith at 541-733-6940** with names and clear directions to the intended house.

We will try to visit all, but are limited by time, trying to wrap it up by 8 pm so we can warm-up with some hot cider and goodies afterward. Come and have a great evening of Christmas cheer with us!



Whistle a Happy Tune...



The idea of Christmas caroling brings to mind jolly bands of churchgoers, dressed in shawls and top hats, going door-to-door, also known as **wassailing** -- an Old Norse term -- to spread the spirit of Christmas through hymns. Whether it's "Deck the Halls," "Joy to the World," or "Silent Night," Christmas carols provide the soundtrack to the holidays. (<http://tlc.howstuffworks.com/family/christmas-caroler.htm>)



Camas Valley Business Directory

The directory will be printed when space allows throughout 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

Anti-Inflammatory from pg. 5

It is the combination and amounts of the herbs that makes the difference.

IbuActin is another herbal combination that seems to work as well as the Ibuprofen we know and love. IbuActin has hops, bromelain (from pineapple stems), white willow, papain, ginger, turmeric. ***Again it is the mix and amount of the herbs used that makes this herbal anti-inflammatory work.***

Another solution for pains and aches is a homeopathic pain relief called Arnicare.

To keep going in a positive direction, an anti-inflammatory diet is the talk of the town nowadays. Suggested diets to reduce inflammation include those rich in vegetables and low in simple carbohydrates and fats, such as saturated fats and trans-fats. Anti-inflammatory foods include most colorful fruits and vegetables, oily fish (which contain higher levels of omega-3 fatty acids), nuts, seeds, and certain spices, such as ginger. Did you know that Extra-virgin olive oil contains the chemical oleocanthal that acts similarly to Ibuprofen?

Think before you pop a pill. Why are you taking the medication? Is this the right medication for the problem you are dealing with? Are you taking the right dosage? Are you looking for another alternative to taking a pill?



Anti-inflammatory Information

by Ketti Walker, RN



Inflammatory : redness, swelling, pain, tenderness, heat, and disturbed function of an area of the body, especially as a tissue reacts to injurious agents.

Anti-inflammatory : something working **against** the inflammation process. Anti-inflammatory medications include steroids, non-steroidal medications, immune selective anti-inflammatory derivatives, and health supplements.

Steroids work by binding to glucocorticoid receptors to reduce inflammation or swelling, often referred to as **corticosteroids**.

NSAIDs or **Non-steroidal anti-inflammatory drugs** alleviate pain by counteracting the COX enzyme (COX enzyme synthesizes prostaglandins, creating inflammation). Common examples are: aspirin, ibuprofen, and naproxen. *[Tylenol (acetaminophen) is commonly associated with anti-inflammatory drugs but it has no anti-inflammatory effects.]* Long-term use of NSAIDs can cause gastric erosions, which can become stomach ulcers and in extreme cases can cause severe hemorrhage, resulting in death. The risk of death from use of NSAIDs is 1 in 12,000 for adults aged 16-45.

Immune selective anti-inflammatory derivatives (ImSAIDs) are a class of peptides discovered to have diverse biological properties, including anti-inflammatory. ImSAIDs work by altering the activation and migration of inflammatory cells, which are immune cells responsible for amplifying the inflammatory response. It is now well accepted that the immune, nervous, and endocrine systems communicate and interact to control and modulate inflammation and tissue repair.

Herbal anti-inflammatory supplements include *Curamin*, developed using four high-powered ingredients, each of which has pain-relieving properties. 1. Boswellia, valued for its ability to modulate the activity of inflammatory compounds. 2. DLPA, an amino acid. The current theory is that DLPA prevents the breakdown of one of the brain's natural pain-killing substances, enkephalins, related to endorphins. 3. Nattokinase, an enzyme extract of the fermented soy food, natto, can be helpful in post-exercise pain. 4. Curcumin, found in the spice turmeric modulates multiple inflammation pathways in the body. It is also a potent antioxidant.

Another herbal solution is Boswellia, a genus of trees in the order Sapindales, known for their fragrant resin which has many pharmacological uses, particularly anti-inflammatory. The Biblical incense frankincense was probably an extract from the resin of the tree, *Boswellia sacra*.

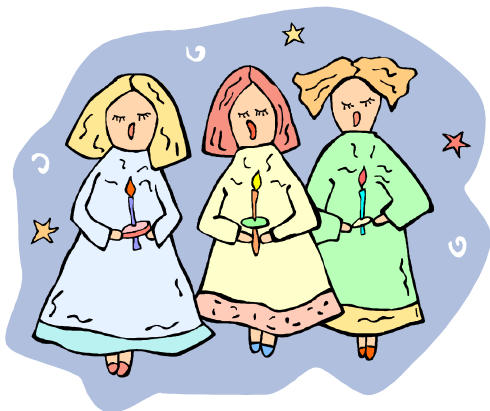
Solgar No. 7 vegetable capsules is the next-generation alternative after glucosamine to increase mobility, flexibility and range of motion in sensitive joints. It is made up of a combination of vitamin C, Boswellia, turmeric root, white willow bark, ginger root, pepper spice complex and a few other herbs for good measure.
go to Anti-Inflammatory pg.4

Camas Valley Sports Fans

Please remember that all game times are subject to change. For the most up-to-date information check the school website, Facebook page, reader board, or call the school office at **541-445-2131**. Girls varsity time is listed first, boys varsity time is second. JV times are usually an hour and a half before the girls varsity games.

Caroling an old tradition

Before carol singing in public became popular, there were sometimes official carol singers called 'Waits'. These were bands of people led by important local leaders (such as council leaders) who had the only power in the towns and villages to take money from the public (if others did this, they were sometimes charged as beggars!). They were called 'Waits' because they only sang on Christmas Eve (This was sometimes known as 'watchnight' or 'waitnight' because of the shepherds were watching their sheep when the angels appeared to them.), when the Christmas celebrations began. (http://www.whychristmas.com/customs/carols_history.shtml)



If Christmas is for children, why are they going hungry?

It takes a lot of food to fill the Christmas food boxes. No child should be hungry over Christmas—can you help by putting in an extra can or two in the food pantry barrel at the Post Office? Or send a check to :

**Dillard-Winston
Food Pantry
c/o Betty Wittrock
PO Box 213
Camas Valley**



Thoughts for the New Year

Don't call them resolutions, that implies they need to be followed (or maybe discarded), but reminders that we live in an amazing place among fascinating people, so treat them both with gentleness and respect.

- ♦ There will be irregular people in your life. Treat them civilly, avoid falling into their argument pitfalls, and move on.
 - ♦ Even on the worst of days there are moments of grace. Be thankful.
 - ♦ Live in the present. God hands us one day at a time because He knows that is all we can handle.
 - ♦ Walking is multi-tasking. You are exercising, reaching a destination, and opening yourself to experiencing the world.
 - ♦ The sky is blue—don't take it for granted, it isn't in other places.
 - ♦ Camas Valley is a unique and beautiful location populated by people of the same description. We are blessed!
- Happy New Year!*



From the Superintendent's Desk

With new graduation requirements, new academic standards to teach to, and more rigorous tests coming next year, the pressure is on to help Camas Valley students be successful. Hopefully you know by now that Oregon is one of 44 states that adopted the new Common Core State Standards. These standards are rigorous and hold consistent across all 44 states using them. It has been a huge and ongoing shift for teachers to adjust their teaching to meet these new standards.

Along with these new standards will come new tests we are mandated to take as early as next year. The new Smarter Balanced Assessment promises to be very challenging. Some experts are predicting that under 50% of current students in Oregon will be able to meet benchmark scores on these tests. This is a frightening prospect for educators and students as test scores are one of the primary ways for students to meet the new graduation requirements.

The new graduation requirements mandate that students show proficiency in certain essential skills such as math, reading, and writing. If students can't pass benchmark on tests like the OAKS, Smarter Balanced Assessment, Compass, ACT, or PSAT, by the end of their senior year, they can show proficiency by successfully completing rigorous work samples. If they ultimately can't show proficiency through any of these avenues, they will not be able to receive a standard diploma from any public school in Oregon. School leaders and educators across the state are concerned that Oregon is going to face a massive educational train wreck in the next year or two when high numbers of students across the state are unable to meet these new graduation requirements.

So, can you understand why so many educators are getting grey hair and starting to freak out? The stakes are high, and only by getting the full effort from students and families will we be able to meet these incredible challenges. I believe we have a quality teaching staff at Camas Valley that can get our kids to these goals if the students are working hard and putting forth their best effort. Please help us help your child by making sure they do their homework, study for tests, and stay on top of their school work.

Patrick Lee
Superintendent/principal
Camas Valley Community Charter School

FREQUENTLY ASKED QUESTIONS

Parents across Oregon want to know more about the Common Core State Standards. Below, you will find some frequently asked questions and answers about the standards. It will be updated over time. Please contact your child's teacher or principal to learn more about your school's work with the Common Core.

Q: What are the Common Core State Standards?

A: The Common Core State Standards show what students in Pre-K through 12th grade should know and be able to do in English language arts and mathematics. The standards will help all students across the State learn the same skills. This will make sure that they are ready for college and careers. The standards include changes, or "shifts," in how teachers teach to help children succeed in the topics and skills that matter most. The standards are designed to help all young people get prepared for college and careers.

Q. Does having common standards mean everyone will learn less?

A. No. The Common Core State Standards have been built from some of the best standards gathered from States across the country, as well as from other nations and extensive research on what's needed to succeed in jobs and higher education. The Common Core standards ask teachers and students to dig deeper into the core skills and concepts for each grade level. This means that students will learn much *more* about *fewer* topics. It also means that teachers will have more time to cover subjects in greater detail. This gives students an opportunity to really understand what is being taught.

Q. Do the standards tell teachers how to teach?

A. No. They are a tool to help teachers prepare the best classroom lessons and activities. The standards also help students and parents by showing them what it takes to be successful in each grade level. They are an important roadmap for teachers, students and parents.

Q: How were the standards developed?

A: Forty-six states brought together experts, teachers and researchers to write the Common Core State Standards, along with almost 10,000 comments and suggestions, including many from Oregon teachers and parents. Oregon adopted them in 2010. The standards are well-matched for our classrooms and will help our students learn more. Please visit <http://corestandards.org/the-standards> to read the full set of standards.

Q. Will this mean new tests?

A. Yes. The Common Core State Standards will have different, and better, tests that provide more accurate information about what your student knows and can do. Starting in the 2013-14 school year, some Oregon students will take a field test of these new assessments. All students will be assessed on these new tests – known as the Smarter Balanced assessment – starting in the 2014-15 school year.

Q. Will these new tests be harder?

A. The new standards are more rigorous and at first, the new tests may seem more difficult. This is normal. The new tests will go beyond asking students to fill in multiple choice questions and will provide a more authentic assessment of what your child knows and can do. Over time, students and teachers will adjust to the new process and expectations. It is likely that student test scores will drop in the first few years of the new tests as students and teachers adjust to the new standards. However, the tests are an important tool for improving student achievement. The new tests will help principals and teachers identify those students who might need extra support to successfully move on to the next grade level



Junior High:

This years' 2013 junior high season came in like a lamb and went out like a lion! Even though the team went .500 this year, we had many newcomers and lots of skill building. The following ladies were on the CVJH team this season:

**GOOD JOB,
LADY HORNETS!!!**

**Amayia Plikat,
Jessie Ashton,
Liz Watson,
Kylee Vanassche,
Morgan Banks,
Natasha Hibdon,
Tayler Weickum,**

**Krystal Talley,
Joy DeRoss,
Magen Hall,
Caitlan Brown,
Charlotte Gidcomb,
Elizabeth Avant.
GREAT JOB, Ladies!!!**

High School:

Our team came out from a fun season of summer volleyball and the OSU camp in Corvallis. The Lady Hornets started their season with high hopes of making it to the top 8, with a trip to Redmond's Ridgeview HS for the state finals. This year the girls worked hard to become the number one seed from the District Skyline League defeating the reigning league champs, Yoncalla Eagles. Being the number one seed for the state tournament from our District, the Lady Hornets traveled 350 miles to the town of Condon to play the Condon-Wheeler Knights. Our ladies made a valiant effort, but came up short losing to the state runner-up team (Condon). The following ladies represented Camas Valley Volleyball this season:

Varsity Squad:
**Nicole Lewis,
Whitney Lindsey,
Jayden McIntire,
Kayla Tilton,
Jessica Plummer,
Ciara Colvin
Marissa Williams,**

**Lilly Keck,
Katie Clark,
Jazmin Wilberg.**

Junior Varsity Squad:
**Remington Cummings,
Kathy Maliglig,
Keira Rhoten.**

All-league selections:
first team:
**Nicole Lewis
Whitney Lindsey**

Second team:
**Jayden McIntire
Kayla Tilton**



Don't Miss the Christmas Program Dec. 8th!

Come celebrate the Season of Joy at Camas Valley School **Wed., Dec 18th** at **6:30pm.** at the School gym. This year's Christmas show promises to be a great time!

Come and hear the kids a-singing.
Come and hear the bells a-ringing.
Bring some cookies if you can
You're invited, Every Woman, Child and Man!

Camas Valley School Honor Roll 1st Quarter

12th Grade

4.0 Weston Tilton,
Ryan Gallagher
3.50-3.99 Kattey Hall,
Josh Mattox,
Caleb Lindsey,
Matt Thompson

3.00-3.49

Jacob Mickelson,
Remingt n Cummings,
Jacob Gallagher,
Lane Frost,
Nickayla Schiro,
Jazmin Wilberg

11th Grade

3.50-3.99 Kai Wolfe,
Marisa Williams,
Nicole Lewis,
Kaitlyn Beans,
AJ Mickelson,
Ciara Colvin
3.0-3.49 Amber Hall,
Keeghan Lally,
Kayla Tilton,
Whitney Lindsey

8th Grade

3.50-3.99

Seth Maliglig,
Devan Ewing,
Jessie Ashton
3.00-3.49 Ryland Brown,
Ryan Weickum,
Jack House,
Morgan Carter,
Aubri Timmons

7th Grade

4.0
3.50-3.99

Ethan Hilger
Bridger Godfrey,
James Beans,
Nathan Powell,
Natasha Hibdon,
Morgan Banks
Sonia Correa,
Matthew Powell

10th Grade

3.50-3.99 Darren Bringhurst,

9th Grade

3.50-3.99 Robert Eggleston

Kudos



There are times when 'Thank you!' is not enough. When a person dedicates their time to the community that they live in, the school in which they work, and the students that are served there, so much more is deserved. The title 'Transportation Supervisor' does not remotely begin to describe this person, as she wears so many more hats than that!

She is always willing to step in and cover for a school employee when they need her, whether it is in the office, as an Instruction Aide, a cafeteria helper, or a sports event bus driver. She has shown herself to be a school hero, dropping everything to rush to the school when there is an emergency, as well as performing First Aid to save a student from choking to death in the cafeteria earlier this school year. These are just a few of the things that make her so valuable, and I would like to give a HUGE Hornet Hooray to **Tina Fisher!**



Camas Valley Business Directory

*Want to add
your business?
Form on pg. 4*

Alpacas, stock/fiber/merchandise

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

Art, private painting lessons

Lang Creek Studio
Kay Ganieany
Mon.-Thurs., by appt.
541-445-2867

Autobody repair/paint

**Green Collision Repair/
Horizon Autobody**
Marvin & Rennae DeVoogd
M-F, 8-5
541679-6100

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 and whole-sale

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

Construction, building

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

Eng. consulting design/drafting

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

Garbage hauling/yard help

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

Lanakila Peck
Open to calls
541-643-2313

Horse blankets, maintenance

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

Horse, boarding/consulting/ training

**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 Jewele
Janna Vanderhoof
M-F, 9-5 or by appt.
541-643-1934

Locksmith, keys and 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

Portable sawmill service

**Backwoods Custom
Milling**
Harvey Saul
**541-671-1993
541-445-2888**

Real Estate, broker

**Prudential Real Estate
Professionals**
J.T. Berk
24/7
541-430-6078

Rental, carriage

Day's Carriage Service
George & Jeanette Day
541-445-0800

Rental, Storage,

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

Sewer/underground utilities/ roads/pads

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

Shoe repair /leatherwork

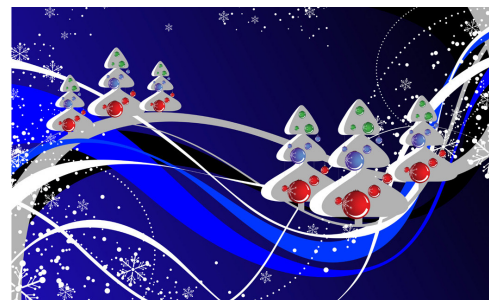
Art's Shoe Repair
Joe Ferrara
T-F 9-5:30, Sat. 9-5.
541-673-8541

Water delivery, Bulk

Quiet Mt. Water
Rick/Rinda Quesenberry
M-F 8-5, S-Sun. by appt.
541-817-3132



December



Sunday

Monday

Tuesday

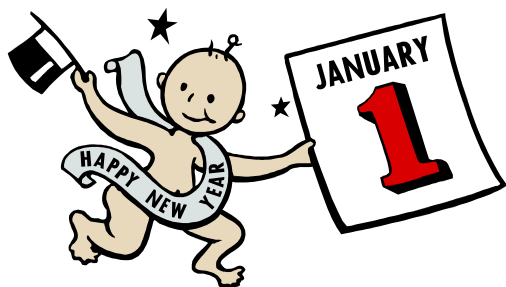
Wednesday

Thursday

Friday

Saturday

1	2 MSGBB @ Glendale 4:30 pm	3 MSGBB Home UVC 4:30 pm	4 Grange Ladies Lunch Noon w/ Bingo Fire Dept. Training 7pm	5 Transfer site	6 HSBB Home Douglas JV 6/7:30 pm No School	7 HSBB Camas Tourny 7 pm
8	9 Fire Dept. Bd. Mtg. 6pm	10 HSBB @ Milo 6/7:30 pm	11 Grange Bus. Mtg. 10 am @Grange Financial Aid Night for Sr. Caroling Fire Dept. Training 7pm	12 Drama Production Gym 6 pm Transfer site	13 HSBB @ Prospect 5:30 /7 pm No School (inservice)	14 HSBB @ Myrtle Point 6 /7:30 pm
15	16	17 HSBB Home Milo 6/7:30	18 Christmas Program Gym 6:30 pm Fire Dept. Training 7pm	19 School Bd. Mtg. Transfer site	20 HSBB @ Butte Falls 4:30/6 pm No School	21
22	23	24	25 Christmas 	26 Transfer site	27 HSBB @ Glendale 6/7:30 pm	28 HSBB @ Riddle 6/7:30
29	30	31	Winter Break —No School			
	Winter Break —No School					



January

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 New Year's Fire Dept. Training 7pm	2	3	4 HSBB @ New Hope 6 /7:30pm
			← Winter Break — No School →			
5	6	7 Grange Ladies Lunch Noon w/ Bingo HSBB Home Riddle 6/7:30	8 Fire Dept. Training 7pm	9	10 HSBB Home Powers 6/7:30 pm	11 JHBB@ Glide jamboree 9am HSBB @ Yoncalla 6/7:30 pm
12	13 Fire Dept. Bd. Mtg. 6pm	14 Grange Bus. Mtg. 10 am @Grange JHBB Home Glendale 4:30 pm	15 Fire Dept. Training 7pm	16 End of Qtr 2/ Semester 1 JHBB Home Days Creek 4:30 pm	17 HSBB Home Elkton 6/7:30 pm No School (Grading)	18 HSBB @ Pacific 6/7:30 pm
19	20 No School MLK Day	21 State Assess- ments begin 3-12 JHBB@ UVC 4:30 pm	22 JHBB @ Yoncalla 4:30 Fire Dept. Training 7pm	23 JHBB Home Riddle 4:30	24 HSBB Home UVC 6/730 pm	25 HSBB Home Siletz Valley 3:30/5:30 pm
26	27	28 Grange Senior Lunch 12 w/ Bingo JHBB Home Canyonville 4:30 pm	29 Fire Dept. Training 7pm	30 JHBB @ Glendale 4:30 pm	31 HSBB Home New Hope 6/7:30 pm No School	

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u>	<u>Sunday</u>	<u>Sunday</u>
Sunday School 9:30 am	Men's Prayer 7:30 am	Morning Worship 9 am
Morning Worship 10:45am	Morning Worship & Sunday School 10:00 am	& Children's Sunday School
<u>Wednesday</u>	<u>Monday</u>	Fellowship 10 am
Bible Study 10:00 am	6:30 pm C.E.L.L. Group. Hosted and led by Bob & Shelly Powell (541-733-9562). Camas Valley .	w/ beverages and snacks
	<u>Wednesday</u>	<u>Tuesday</u>
	6:30 pm Relentless-Young Adult Group CVCF Sanctuary	Bible Study 2 pm
	7 pm C.E.L.L. Group Hosted by Rachel Inge. Tim (541-430-4771) and Tresta (541-4450-2811) Payne. Camas Valley	
	7 pm C.E.L.L. Group Hosted by Ron & Ronda Rust. Steve (503-545-7878) and Dianne (541-505-4684) Lounsbury Camas Valley	
	<u>Thursday</u>	
	6:30 pm C.E.L.L. Group . Hosted by Conrad & Joanne Lakey. Led by Don (541-817-7551) and Terry (541-817-7550) Ledbetter. Tenmile	

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