



# THE FLAME



Volume XIV Issue X

"Put out" by the Camas Valley Fire Department Auxiliary

November 2014

***Calling all crafters, artisans,  
seamstresses, artists, bakers,  
...well, you got the idea!***

Good grief! How the year has flown by—the annual **Fire Department Appreciation Dinner** rolls around next month on the first Saturday of December, the 6th. That gives all you creative individuals six weeks to come up with those irresistible baskets, art objects, delectable foods, or whatever comes out of those fertile minds. The rest of us need to get our Christmas lists out to see who needs what this year.

This annual fundraising community event supports the **Camas Valley Volunteer Fire Department Building Fund**, which benefits the entire community. When completed, the new Fire Hall will also serve as a community emergency center, supplying communications and refuge in a natural emergency.

There is **no admission charge** to this community event! The Fire Department supplies the meat, mashed potatoes, gravy, dinner rolls and beverages. The rest of us bring our favorite side dishes, salads, or desserts to round out the meal. (Oh, please bring deviled eggs!) This is a GREAT way to meet your neighbors. Or just catch up on the valley news. The silent auction items are always diverse; the auction quilts are of many colors and patterns. Maybe you'll get lucky and win the raffle quilt! If not, console yourself with a fresh baked goodie from the bake sale items.

Kick off the Christmas season by taking a name from the **Angel Tree** to ensure a child in the valley will have a Christmas gift. Bring the little ones so they can pick a gift at the **Children's Corner**. ***COME FOR A GREAT EVENING!***

***Thank you,  
volunteers***

The **Camas Valley Volunteer Fire Dept.** and its **Auxiliary** want to thank all the people that helped at this year's **Camas Valley Fun Days** events. Your assistance made the difference between successful events and clumsy attempts. The Fun Days have developed a following and are eagerly anticipated by many. Those gate receipts are a major contribution to the **Camas Valley Volunteer Fire Dept. Building Fund**. The entire community has benefited from your efforts.

**THANK YOU!  
THANK YOU!  
THANK YOU!**

**Remember to  
VOTE!**

## Wait...that's not thunder, it's stomachs growling!

If you find that even slightly humorous, you have never been in that situation. Kids are hungry, no food, no money. The **Dillard-Winston Food Pantry** is ***struggling*** to fill baskets for those in need. Please make it your mission to remember to add to the food barrel ***at least once*** this month. We can chase away the thunder if we all pitch in.

Questions? **Call Betty at 541-445-2855.**

## Thank You For Your Support

We received donations from

**Lucille Harwood**

**Steven & Denise Scott**

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.**

## Thanksgiving Trumps Luncheon

- ♦ **Tues. Nov. 4th** Ladies' Luncheon at **noon** with bingo after. **Remember to vote before coming!**
- ♦ **Tues. Nov. 11th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **There will be NO Senior luncheon due to Thanksgiving**



## 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.

## 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

# Move It or Lose It

By Ketti Walker, RN

Regular exercise makes the heart muscles stronger and more efficient. The heart beats of an athlete do not increase appreciably even when doing something requiring physical exertion and revert very soon to the normal rate afterwards. In contrast, even a little exertion sends the pulse rate of a sedentary individual rocketing up and it takes time for the heart to settle down to its normal rate of beating.

- The blood vessels dilate during exercise, and so more blood reaches the muscles. It has been found that during vigorous or rapid exercise, the blood circulation in certain muscles and organs increases 25 to 30 times, thus supplying the muscles and organs with more oxygen and a larger number of red blood corpuscles.
- Breathing becomes not only more rapid, but also deeper, thus making increase quantities of oxygen available.
- The secretion of the digestive juices is stimulated by exercise. Thus digestion becomes more efficient. Exercises also stimulate the intestinal movements, resulting in more effective elimination of wastes.
- Regular exercise strengthens the muscles, promotes their development and increases their efficiency. Stronger muscles lend better support to joints.
- The pores of the skin open up during exercise. The result is a healthier skin because of more efficient disposal of impurities and dirt.
- The temperature of the body rises during exercise. This promotes the burning up of the toxic substances in the body.



For those who may be homebound or mobility limited, there are isometrics. This is a form of exercise involving static contraction of a muscle without any visible movement in the angle of the joint, as in regular dynamic exercise—thus “iso” (same) and “metric” (distance). Isometrics have been used for thousands of years, examples from the static holds in yoga poses or Chinese martial arts.

While dynamic exercises are slightly better than isometric exercises at enhancing the twitch force of a muscle, isometrics are significantly better at increasing maximal strength at the joint angle. Isometric contractions recruit muscle fibers that are often neglected in some dynamic exercises. At first getting up off the couch may seem like just too much effort, but once you experience the benefits (including increased energy and the celebrated endorphin

**(MOVE IT continued on pg. 4)**

“high”) of moderate exercise , brisk walk, up and down the stairs a few times, swimming, dancing, bouncing on a rebounder (mini-trampoline), etc, you’ll be hooked. It will become a good habit you won’t want to break.

Here are some helpful ideas for active living:

- Make small activity promises you can keep, then keep them (I’ll take a walk twice a week)
- Find a safe and comfortable place where you can work your plan without worry or inhibition.
- Start with small doses of activity and increase the amount slowly over time, as it feels right.
- Some activity is always better than no activity.
- Team up with family, a friend, or co-worker to support each other and keep you moving forward.
- Keep it fun and fresh by mixing up activities and exploring new options.
- Invest in your new exercise habit by eating better.
- Balance exercise and other activities with sufficient rest.
- Be good to yourself and others by praising successes and forgiving challenges.

Keep your gumption on and don’t give up-you’re worth it. If you don’t use the muscles in your body they will get lazy and won’t work when you need them too. They need to be kept reminded that they are a needed part of your life. This includes your heart muscles as well as your brain, as well as the muscles in your arms and legs.

Enjoy the fall season, take a walk in the fresh air, ride a bike, work in your garden, hike down off a hill to go to your favorite fishing hole. Take a class is something to keep your mind active also. Keep moving...



## **Who’s turning 82? (no, Betty’s been there, done that!)**

**Camas Valley United  
Methodist Church** is, that’s  
who. On Sunday, Nov. 2nd

the congregation will be celebrating with a special service of music and remembering. Won’t you come and celebrate with us? If your family was involved in the church, we would love to hear your ancestor’s story. New to the area? Come see and hear some of the valley’s history. Consider yourself invited Sunday, the 2nd, 9 am. Questions? Call Betty at **541-445-2855**.

## **Surely that’s not SNOW!**

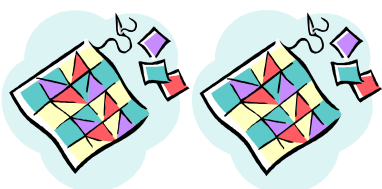
That stuff fluttering around in the wind and getting caught along the roadside is not snow , but trash! I know it isn’t that far to the transfer site, but it does not take much breeze to lift that uncovered trash out of the pick-up bed. We live in a beautiful valley that people from all over admire as they drive through. Respect your home, please secure your trash. Your neighbors thank you!

## Roseburg Mission gets bundle of love from CV quilters

A group of Camas Valley ladies have revived social sewing circles all in the name of Christian love (well, they have a lot of fun, too). **Maybelle Cummings** and **Juanita Saul** piece together the tops and then the mission is on. Some “reload” the needles while the others tie the quilts. Bundles of completed quilts are donated several times a year. This last bunch includes 35 quilts and six baby quilts created over the past six months.

Many thanks to: **Alice Warren, Betty Wittrock, Pat Roberts, Jeannie Lawson, Darlene Yoder, and Gladys Milton** for your time and efforts. (Apologies if we forgot to mention anyone). None of this could be done without material, so a big thanks to all who have donated material and supplies to this quilting project.

If you have material you would like to donate, call **Maybelle** at **541-445-2124** or **Juanita** at **541-445-2888**.



## Speaking of quilts...

Nothing warms the heart, soul, and body quite like a home sewn quilt. Not that all of us have the time, talent, or patience to create one. The answer to our prayers resides in our midst!

Once again, **Linda Underhill** is creating a quilt for the raffle in support of the **Camas Valley Volunteer Firemen's Appreciation Dinner**.



This year's quilt is a masculine Western theme quilt 100" X 111", large enough to serve as a cover for a King or quilt for a Queen. The quilt is currently hanging at the Winston store of **DC Co-op** and will be hanging at the **Bravo Bakery & Café** come mid-November. You may purchase raffle tickets at the **Bravo Bakery & Café, Market Plus, the DC Co-op Winston store** and as always, you can buy them from **Betty**.

The quilt raffle is a major fundraiser for the **Fire Department Building Fund**. At only \$1 per ticket, anyone can support the community and have a pretty good chance of winning a great quilt.

## November Comes

November comes  
And November goes,  
With the last red berries  
And the first white snows.  
With night coming early,  
And dawn coming late,  
And ice in the bucket  
And frost by the gate.

The fires burn  
And the kettles sing,  
And earth sinks to rest  
Until next spring.

—Clyde Watson





## Superintendent's Message

It is no longer enough to just sign your child up for kindergarten and hope that they will be on track for expected academic growth. Educational studies are showing that even with a full day kindergarten program like the one Camas Valley School is offering, many students who lack some form of Early Childhood Education experience prior to kindergarten are falling behind at a higher rate than those who have some form of early educational experience.

An Early Educational Experience can mean many things. It can mean Head Start, pre-school, educational daycare, and even a literacy rich home where parents read, work with, and engage their young children in learning letters, sounds, numbers, shapes, etc. on a regular basis. Our Kindergarten Readiness Assessments showed that many of our Kindergarten students did not have the skills expected upon entering Kindergarten. This puts our teachers at a disadvantage as we work to catch the students up while trying to keep pace with the very rigorous new standards that are in place at the lower elementary level.

I want to explore what we can do as a school and a community to improve the Early Childhood Education experience in Camas Valley for all students. There are many possibilities. We could provide parent education. We could create volunteer programs to work with students. We could even see if there is interest in supporting a pre-school in Camas Valley. Whatever the ultimate solution is, we need to find a way to support our parents and younger students so that they have a greater chance at success in school.

If you have a child that will be between 3-4 years old in the next year or two and you would be interested in participating in a parent education program, a monthly focus group for helping young learners, or even having your child be a part of a pre-school program **if it were offered**, please contact the office at 541-445-2131 and let Jeanine know. I don't know what if any kind of programs or support we can offer at this point, but finding out how many pre-school age students we have that would be involved is the starting point to finding the right fit for Camas Valley's young learners.

Patrick Lee  
Superintendent/Principal

# ***I WILL DO MORE***

I will do more than belong—

I will participate.

I will do more than care—

I will help.

I will do more than believe—

I will practice.

I will do more than be fair—

I will be kind.

I will do more than forgive—

I will love.

I will do more that earn—

I will enrich.

I will do more than teach—

I will serve.

I will do more than live—

I will grow.

I will do more than be friendly—

I will be a friend.



## **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**

# 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.  
**541-445-2867**

## 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**

## Bookkeeping

### **Rose Mary's Bookkeeping**

Rose Mary Cooper  
Call for appt.  
**541-784-8788**  
rosemcooper  
@gmail.com

## Christmas trees, U-cut / wholesale

### **Calico Christmas Trees**

Wayman Schmidt,  
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**

## Gifts

### **Joy's Gift Shop**

Sharri Payne  
Thur.-Sat., 10-3  
**541-430-2449**

## Honey bees, hive remov- al, classes on honey bees

### **Phill the Bee Guy**

Phill Moulton  
phillthebeeguy  
@gmail.com  
**503-349-8463**

## Horse blankets, mainte- nance

### **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**

### **Norma's House Cleaning**

Norma Luster  
M-W 8-5  
Call for ref./prices  
**541-551-1233  
541-551-0852**

## Jewelry, decorative/ therapeutic

### **Mommy & Me Jewelry**

Janna Vanderhoof  
M-F, 9-5 or 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**

## 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

### **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 Const.**

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**

"I saw the lovely arch  
Of rainbow span the sky,  
The gold sun burning  
As the rain swept by."  
- Elizabeth Coatsworth, *November*

# November

| Sunday                                                                                          | Monday                                                                            | Tuesday                                                                                                                                                                              | Wednesday                                                                                | Thursday                                                                                                                    | Friday                                                  | Saturday                 |
|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------------|
|                                                                                                 |                                                                                   |                                                                                                                                                                                      |                                                                                          |                                                                                                                             |                                                         | 1<br>MSBB @<br>Glide TBA |
| 2<br>Daylight<br>Savings Ends<br>fall back 1 hr.<br><br>CV United<br>Methodist<br>82nd Birthday | 3                                                                                 | 4<br>Grange<br>Ladies Lunch<br>Noon / Bingo<br><br><b>Election Day</b>                                                                                                               | 5<br><br><b>Fire Dept.<br/>Training 7pm</b>                                              | 6<br>MSBB Home<br>Riddle 4:30                                                                                               | 7<br>No School<br><br>Parent/<br>Teacher<br>Conferences | 8                        |
| 9                                                                                               | 10<br>MSBB @<br>Canyonville<br>4:30<br><br><b>Fire Dept.<br/>Bd. Mtg.<br/>6pm</b> | 11<br><b>No School</b><br>Grange Bus.<br>Mtg. 10 am<br>@Grange<br><br><b>Veterans<br/>Day</b><br> | 12<br><br><b>Fire Dept.<br/>Training 7pm</b>                                             | 13<br>MSBB Home<br>Days Creek<br>4:30                                                                                       | 14                                                      | 15                       |
| 16                                                                                              | 17                                                                                | 18<br>MSBB @<br>Glendale<br>4:30                                                                                                                                                     | 19<br><br><b>Fire Dept.<br/>Training 7pm</b>                                             | 20<br>School Board<br>Meeting 7 pm                                                                                          | 21<br>No School                                         | 22                       |
| 23                                                                                              | 24                                                                                | 25<br>NO Grange<br>Sr. Lunch<br>DUE TO<br>HOLIDAY<br><br>MSBB @<br>Riddle 4:30                                                                                                       | 26<br><b>Half Day—<br/>Early<br/>Dismissal</b><br><br><b>Fire Dept.<br/>Training 7pm</b> | 27<br>No School<br><br>Thanksgiving<br> | 28<br>No School                                         | 29                       |
| 30                                                                                              |                                                                                   |                                                                                                                                                                                      |                                                                                          |                                                                                                                             |                                                         |                          |

# Camas Valley Churches

| Camas Valley<br>Missionary Church | Camas Valley Christian Fellowship                                                                                    | Camas Valley<br>United Methodist  |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| <u>Sunday</u>                     | <u>Sunday</u>                                                                                                        | <u>Sunday</u>                     |
|                                   | Men's Prayer 7:30 am                                                                                                 |                                   |
|                                   | Morning Worship & Sunday School 10:00 am                                                                             |                                   |
| Sunday School 9:30 am             | <u>3rd Wednesday</u>                                                                                                 | Morning Worship 9 am              |
| Morning Worship 10:45am           | Evening service 6:00 pm                                                                                              | & Children's Sunday School        |
| <u>Wednesday</u>                  |                                                                                                                      | Fellowship 10 am                  |
|                                   | All 8 cell groups will begin Wednesday, Oct. 1st. Call the church office for additional information at 541-430-1913. | w/ beverages and snacks           |
| Bible Study 10:00 am              |                                                                                                                      | <u>Tuesday</u>                    |
|                                   |                                                                                                                      | Bible Study Temporarily suspended |

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