



THE FLAME



Volume XVII Issue XI

"Put out" by the Camas Valley Fire Department Auxiliary

Dec. 2017-Jan. 2018



Annual Firemen's Appreciation Dinner

Times to know:

5 pm	Doors open
6 pm	Dinner starts
6:30 pm	Kid's Corner drawings
7 pm.	Oral bidding /quilt raffle drawing
Around 8	Silent auction wraps up

Food:

Tri-tip and chicken	CVVFD
potatoes, gravy and drinks	Provided
Fresh hot rolls	Leo Payne
salads, side dishes, desserts	Community potluck

Things to know:

- ♦ **Donations to the Food Pantry** will be gladly accepted at the door.
- ♦ Tina and Mary Helen will have the **Angel tree** set up to you can share the Christmas spirit with a child who needs it.
- ♦ The **Bake Sale** at the base of the stage will run until the goodies are gone.
- ♦ Children receive 6 tickets to enter for the **Kid's Corner drawings**.
- ♦ Betty will harass you to buy **quilt raffle** tickets until you donate.
- ♦ Last minute donations can be made **9-11 am Sat. Dec. 2nd at the Grange**.
- ♦ **This is a fundraiser! Any and all donations are greatly appreciated!**

If you have questions about the Annual Firemen's Appreciation Dinner or how to donate items for auction, call **Vonnie** of the CVVFD auxiliary at **541-445-2355**.



Other Holiday Events

Dec. 9th 6 pm
Christmas carol sing
CVUMC

Dec. 13th 6:30 pm
CVCC School
Christmas Program

Dec. 16th 6-8 pm
Winter Festival
Mid-valley Missionary
Church, Tenmile

Quilt Raffle

Drawing Sat. Dec. 2nd
at the Firemen's
Appreciation Dinner
Raffle chances at only
\$1 a ticket at the

- ♦ **Bravo Café & Bakery,**
- ♦ **DC Coop in Winston,**
- ♦ **And Betty.**

All proceeds go to the
Fire Dept. Building
Fund.

We appreciate your support!

The Flame received a donation from **Anonymous** this month.

The Flame is published using donations only. They may be mailed to:

Vonnie Wallace
1200 Westside Road
Camas Valley, OR 97416

Please make checks payable to **Camas Valley Rural Fire District** and designate them for **THE FLAME**.



THANK YOU, BRAVO!

If you indulged in the delicious Thanksgiving meal at **the Bravo**, you know **the Payne family and all the staff** pulled no punches in presenting a feast to the community. This family tradition has benefited the **Winston-Dillard Food Pantry** for several years. This year's gift of \$900 will do much to alleviate hunger this holiday season.

Please donate canned or boxed food items to the **Food Barrel** in the Post Office lobby, or write a **check** to the **Winston-Dillard Food Pantry**. Or bring your donations to the Firemen's Appreciation Dinner. Send checks to the W-D Food Pantry in care of **Betty Wittrock** at **PO Box 213 Camas Valley**. Or call Betty at **541-445-2855**.

Merry Christmas to you all!

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. Dec. 5th** a delicious Community Meal starts off the month at Noon.
- ♦ **Tues. Dec. 12th at 10 AM**, business meeting to plan next month's meals.



There will be no Senior Meal this month due to the Christmas holiday.

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.



How about joining us in a good old-fashioned carol sing? Mark your calendar

Sat. Dec. 9th 6 pm

at the

Camas Valley United Methodist Church.

Bring a friend and get into the holiday spirit singing your favorite holiday songs and hymns around the piano. Hot beverages and treats to stoke the seasonal joy!

**Support the
Camas Valley
Community Charter
School
Canned Food Drive!**

Started on Monday Nov. 27th, the collection drive ends

Tuesday Dec. 12th.

The class with the most canned goods by weight will enjoy a **Bravo Café & Bakery** pizza party hosted by **Camas Valley United Methodist Church.**

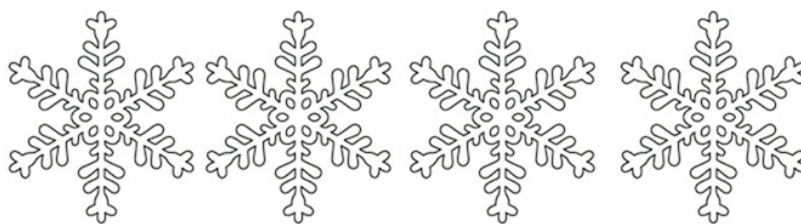


Winter Festival

The Mid-Valley Missionary Church in Tenmile is hosting an evening of family fun on

Sat. Dec. 16th 6-8 pm

There will be games (up to 6th grade) and goodies to keep young and old going all evening!



Camas Valley Booster Club

Yes-We are still here! :)

*We will NOT meet in December-
We will resume on January 18, 2018 @
5:30pm at Bravo Cafe' for anyone who
would like to join us!*

Merry Christmas & Happy New Year

*Future Meetings will be
the 3rd Thursday of every month
@5:30pm at Bravo Cafe'
Please come & Join Us and see how you
can be a part of Booster's*



GO HORNETS!



Bring on the Soup

By Kathi Weaver, RN

Colder weather is a great time to warm up with soup. Not only does soup make a nice meal, but it can be quite a healthy choice paired with a wheat roll or crackers. Whether you have a jar of homemade canned soup in your pantry or simmer a fresh pot of soup on the stove, you have a meal in a bowl. There are a couple of good reasons soup can be a healthy dinner choice: It is hard to hurry down a bowl of soup, savoring it best at a slow pace. It contains a good amount of liquid that helps fill the stomach. It adds fiber to your diet when it includes beans, vegetables, or whole grains (barley, rice, and pastas), and helps you feel full longer.



You can also keep down the calories if you stick to a broth or tomato-based soup. One thing to consider is the sodium content, but your options for low-sodium bases are good, and generally far less than store-bought canned soup. Stay clear of the cream-based soups if it is calories you are watching. Keep in mind that a cup of light whipping cream is about 700 calories, a cup of half-and-half is about 315 calories, and whole milk is about 150 calories with much less fat than the previous options.

To keep your soup low in fat, choose leaner cuts of meat, like skinless chicken or turkey breast, and trimming the fat off of beef and pork where possible. If choosing sausage, you might try turkey sausage. Dried herbs are best added at the beginning or middle of the cooking time so that they can rehydrate and add to the soup flavor. When using fresh herbs, it is best to add them near the end of cooking time. Skip the added butter at the end of the recipe, and instead of sautéing vegetables in butter, try olive oil or canola.

Soups are extremely nutritious and delicious. They supply us with lots of vitamins, minerals, antioxidants, and enzymes that are more easily absorbed. The more liquefied our food is, the more nutrients we absorb. It boosts our hydration with the high amount of water concentration. It is a good way to offer super foods we do not usually add to our diet or do not choose to eat. Soup may also be beneficial for weight loss because we often snack and overeat when we are not satisfied. Whereas, a good soup can be not only satisfying, but keep us full for longer. Soups are always satisfying and never boring. Anyone have a great soup recipe worth sharing?



When you count your blessings this season we hope you include **The Flame** arriving in your mailbox every month. Our account is down to **\$243** which sounds like a lot, but mailing runs **\$55.76 a month** and our **annual permit due in March was \$225** last year.

We are non-profit so your donation is tax deductible. Consider giving yourself and your community a gift. There are some in this valley who appreciate finding this little newsletter in their mailbox but cannot support it. Can you pick up the baton and carry us forward?

Thank you for your support!

MULLIGATAWNY SOUP

Sauté lightly, but do not brown:

½ cup diced onion

1 cup diced carrot

2 stalks celery, diced

In:

2 tablespoons butter or olive oil

Stir in:

1½ tablespoons flour

2 teaspoons curry powder

Stir and cook these ingredients for about 3 minutes.

Pour in and simmer for 30 minutes:

4 cups chicken broth

Add and simmer for 15 minutes longer:

1 cup tart diced apple

1/3 cup uncooked rice

1 cup diced cooked chicken

1 teaspoon salt

¼ teaspoon pepper

1/8 teaspoon thyme

Immediately before serving, stir in:

½ cup hot cream

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

The Camas Valley Charter Council and I are dreaming of how to improve our playground and make it accessible to all students of all physical abilities. This type of playground model is called an inclusive playground and we want Camas Valley School to have one for our children.

Our current playground equipment is aging, and since replacement and or improvement are needed, I say we go big and make our playground one of the best school playgrounds in the county. Together with the Charter Council, we have reviewed some ideas and designs for a playground that would meet this goal. The district will provide seed money for the project while Mr. Ochs and I will write multiple grants in hopes that community foundations will support this vision. We are hoping that we can get community support for the playground to show grantors that this is something our community supports and wants for our children. The Charter Council will take the lead with fundraisers in the near future. We would like to raise \$10,000 in donations of money or labor (mostly excavation and installation). This is a big number but it would represent less than 10% of the total project budget if we get the grants we are shooting for.

Our goal is to put in new equipment next summer. This is a big project with a big price tag but I feel that it is within reach. Many granting foundations have already expressed interest in the project.

The community's first opportunity to support the playground project will be at the Christmas Program on December 13th at 6:30. During the program the Charter Council will have a table where they will be giving out information about the project and selling raffle tickets for the many items they will be raffling off to raise funds for the playground. Please bring some money, support the playground project, and give yourself a chance to win a cool prize. More information about raffle prizes will be available on the 13th.

We have so much to be proud of in our school right now and this would be one more thing to show the county how much Camas Valley Cares about its kids and its school.

Go Hornets!

Sincerely,

Patrick Lee



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

*A snowflake
is winter's
butterfly*



December

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1 No School HSBB @Prospect	2 Firemen's Appreciation Dinner! 
3	4	5 Fire Dept. Training 7pm	6 HSBB @ Myrtle Point	7 S.M.A.R.T. 2:15-3:15	8 No School Inservice HSBB HOME Prospect	9 Christmas Carol Sing 6 pm CVUM Church
10	11 Fire Dept. Bd. Mtg. 4	12 End school canned food drive Fire Dept. Training 7pm	13 CVCC Christmas Program 6:30	14 S.M.A.R.T. 2:15-3:15 Birthday Party 5:30 @Bravo	15 No School	16 Winter Festi- val 6-8 pm Mid-Valley Missionary Church Tenmile
					←HSBB @ Glendale Tourney →	
17	18	19 Fire Dept. Training 7pm	20	21 School Bd. Mtg. 7 pm	22	23
		←HSBB @ Bandon Tourney →		←No School —Christmas Vacation →		
24	25 	26 Fire Dept. Training 7pm	27 HSBB @ Crow	28	29 HSBB @ Eddyville	30
31	←No School —Christmas Vacation →					

January

2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 No School 	2 Fire Dept. Training 7pm	3	4 S.M.A.R.T. 2:15-3:15	5 HSBB HOME Glendale	6 HSBB @ N. Douglas
7	8 Fire Dept. Bd. Mtg. 4	9 HSBB HOME New Hope Fire Dept. Training 7pm	10	11 S.M.A.R.T. 2:15-3:15 Birthday Party 5:30 @Bravo	12 No School HSBB HOME Elkton	13 HSBB @ New Hope
14	15 No School 	16 Fire Dept. Training 7pm	17	18 S.M.A.R.T. 2:15-3:15 Boosters @ Bravo 5:30 School Bd. Mtg. 7 pm	19 HSBB @ Powers	20 HSBB HOME Pacific
21	22	23 Fire Dept. Training 7pm	24	25 S.M.A.R.T. 2:15-3:15 End Qtr. 2/ Sem. 1	26 No School Grading day HSBB HOME Days Creek	27 HSBB @ Glendale
28	29	30 HSBB HOME Powers Fire Dept. Training 7pm	31	Anyone who thinks gardening begins in the spring and ends in the fall is missing the best part of the whole year; for gardening begins in January with the dream." - ~Josephine Nuese		

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10:00 am Morning Worship 10:45 am Youth Church 11:00 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Morning Worship 10:00 am & Sunday School <u>Monday</u> Intercessory Prayer 9:00 am Youth Group 6:30 pm	<u>Sunday</u> Morning Worship 9:00 am & Children's Sunday School Fellowship 10:00 am w/ beverages and snacks <u>1st Tuesday, monthly</u> Bible Study 2:00 pm

Camas Valley Volunteer Fire Department
PO Box 220
Camas Valley, OR 97416

Non Profit Organization
US Postage Paid
Permit No. 2442
Tenmile, OR 97481
Standard Mail A

CAMAS VALLEY PO BOXHOLDER
CAMAS VALLEY, OR 97416