



THE FLAME



Volume XV Issue IV

"Put out" by the Camas Valley Fire Department Auxiliary

May 2015

Thank You Everyone!

A great big **THANK YOU** to all the volunteers, bakers, local businesses who allowed us to put our donation cans out and everyone around town who donated. This combined effort made for another very successful **Camas Valley and Tenmile Fire Department's Easter Egg Hunt**. The children all seemed delighted and the memorable Easter Bunny made his rounds handing out lots of candy to all the children.

This event could not be done without all of you out there that make this possible. We appreciate the effort everyone puts forth to get this huge task completed. We have some special thank you's to our local donors:

**J.T. and Elaine Berk
Ketti Walker of B.K. Storage
Plikat Logging
Juanita Saul**

We'd also like to acknowledge the other business who contributed:

Restaurants: **Abby's Pizza, Dairy Queen, McDonalds, Papa Murphy's Pizza, and Wendy's**. Merchants: **Albertson's, Bi-Mart, Cost-Co, Douglas County Museum, Fred Meyer's, Industrial Tire, Ingram Books, Mercy Foundation's Tree of Hope, Parkview Skating, Ray's Market, Roseburg Forest Products, Safeway, and Wildlife Safari**.

**Thanks to all for your
generous donations!**

New Feature Starting this Month



In an effort to better inform the community of the services provided by our volunteers, we will be listing the monthly calls the **Camas Valley Volunteer Fire Department** responds to each month.

January

3 Medical Aids
2 Motor Vehicle Accidents (MVA)
3 Structure Fires

February

3 Medical Calls

March

4 Medical calls
1 Structure Fire
1 Mutual Aid Structural Fire

Visibility Reminder

The spring weather has been ideal for growing grass this past month. Remember to check that your house number is not blocked by the abundant new growth. And make sure tree limbs and shrubbery are cut back to allow access to emergency vehicles.

**We cannot help you
if we cannot find you!**

Food Pantry

Huggens Grocery stores recently took over a number of Safeway and Albertsons stores in the Eugene area. All food that was labeled with the former stores' names was donated to local food banks. While this was a great boost to Food for Lane County and the needy residents there, it just spotlights the needs we have here in Douglas County, specifically in the Winston-Dillard area. Our neighbors are in need **HERE**, not there. It is up to us to remember when we are at our local Safeway/Albertsons to pick up some extra cans to support our neighbors and support our local stores!

May Grange Meeting Dates

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



Thank You For Your Support

We received donations from

Juanita Saul

John & Jan Wheeler

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 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 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

To the Good Hearted, Generous, and Caring people of Camas Valley,

I cannot begin to express my and my family's (Glenn, Michelle, and Misti Wafer's) appreciation for all you have done for us. We want to thank all of you for your caring "financial" help and gifts of clothing, bedding, dishes, pots, glasses, cups, silverware, and firewood. All the clothes were the right size—it seemed that every time someone brought a gift, it was exactly what I needed. I especially want to thank the Fire Departments, the kindness they showed us, and the great job they did to put out the fire and keep it from spreading to the pump house, woodshed, and nearby trees and shrubs. We have a great Fire Department in Camas Valley. Thank you all for volunteering. Camas Valley is a great place to live.

Rosl Bull and Family



New life for great stuff

It is really hard to toss out an item that has served you well, has good memories attached to it, or is just too large for your home. So allow

Camas Valley United Methodist Church Rum- mage Sale

to locate a new loving home for your old possessions. Think of it as an adoption agency for beloved, but no longer needed items. The sale will be

**Friday May 22 and Sat-
urday May 23.**

This year's proceeds will go towards a much needed repair and paint job for the church exterior.

If you would like to donate items, call:

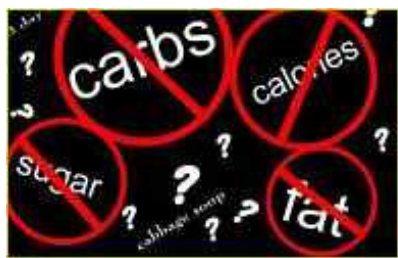
**Brad at 541-733-4791 or
Betty at 541-445-2855**



Birthday Calendar Time!

It is time once again to put together the **Camas Valley Pyros Birthday Calendar**. I will be doing this job in the month of May. I will not be calling every one so if you have changes (a birthday to add or delete or an extra calendar you need) please call me. If you would like to not be participating in the calendar fundraiser any more I need you to call me. If anyone is willing to help me make calls it would be very much appreciated. Remember this is a great fundraiser for helping to put on a great 4th of July fireworks show thanks to our great Pyros team.

Thanks to all, Mary Helen Banks 541-643-6317



Which diet will work? That is the question we have all asked, as once again we start a new plan to change our ways and lose some of the extra pounds that have somehow accumulated over time. Below is an overview of 5 diet plans to consider. The reviews are what “they” promise not what I believe.

~Ketti Walker, RN

3-1-2-1 diet: 21 day program by manipulating your body’s natural tendency to slow its metabolic rate in response to calorie restriction. It takes a new approach to getting lean. Scientifically based on changing up food and calories to tap into your body’s potential to burn fat. This unconventional plan results in greater muscle and less fat than any other diet you’ve ever tried. This plan requires a lot of dedication. You’ll exercise a lot, and get good at reading food labels. You can eat from many food groups. Some of the meal plans may go below 1200 calories per day, making it hard to meet nutritional needs without a supplement. You’ll eat small, frequent meals. Most of your food is lean protein, low fat dairy or soy, fruits, vegetables, whole grains, beans, and nuts. By eating five to six small meals and snacks, you’ll keep your blood sugar and hunger in check. Choosing healthy foods and getting lots of exercise is a winning combo. You can build strength, lose pounds, and be healthier. But be prepared to work hard and change your long term eating and exercise habits.

Weight Watchers: Weight Watchers Momentum is a version of the Weight Watchers weight-loss plan unveiled in 2009. Weight Watchers Momentum is followed by attending meetings at local Weight Watchers Centers or online at WeightWatchers.com. There is also a weekly Pass option available that combines online features and weekly meeting attendance. Weight Watchers Mo-

mentum is a safe, reliable weight-loss method. It provides many important health and nutritional guidelines (encouraging sufficient daily servings of vegetables, healthy fats, etc.) and incorporates behavioral changes that are key to long term success, such as portion control. No special foods are required and nearly any type of food can be incorporated into the plan. Regular physical activity is encouraged. You can expect to lose approximately one to two pounds each week while following Weight Watchers Momentum.

The DASH diet: DASH stands for Dietary Approaches to Stop Hypertension. It’s one of two diets recommended by the USDA to promote health, and prevent illness and chronic diseases like high blood pressure or diabetes. The overall goal of the diet is to lower sodium consumption in order to lower blood pressure. Basically, the DASH diet requires the ample consumption of whole grains, fruits, vegetables and low-fat dairy. There can be limited consumption of fish and poultry, while red meat, sweets and fatty foods should be consumed sparingly. To help make the DASH diet more effective, make sure to look for food labels that say “sodium free,” “low sodium” or “very low sodium”. Not only does excess sodium trigger water weight, it also promotes high blood pressure. Check out the 7-day DASH diet plan for more information.

(cont. pg. 5 DIETS)

A Low Carb Diet Meal Plan and Menu That Can Save Your Life (Authority Nutrition): The Low carb, real food based diet involves eating natural, unprocessed foods with a low carbohydrate content. What foods you should eat depends on a few things, including how healthy you are, how much you exercise and how much weight you have to lose. What you can eat: meat, fish, eggs, vegetables, fruit, nuts, seeds, high-fat dairy, fats, healthy oils and maybe even some tubers and non-gluten grains. What you shouldn't eat: sugar, HFCS, wheat, seed oils, trans fats, artificial sweeteners, "diet" and low-fat products and highly processed foods. Foods to avoid: sugar (soft drinks, fruit juices, agave, candy, ice cream and many others). Gluten Grains (wheat, spelt, barley and rye. Includes breads and pastas). Trans fats (Hydrogenated or partially hydrogenated oils. High Omega-6 seed and vegetable oils (cottonseed, soybean, sunflower, grapeseed, corn, safflower and canola oils). Artificial sweeteners (Aspartame, saccharin, sucralose, Cylcamates and Acesulfame Potassium. Diet and low fat products (many dairy products, cereals, crackers, etc). Highly processed foods (if it looks like it was made in a factory, don't eat it).

Nutrisystem: Meals sent to your home. Builds a plan to work with your metabolism-just answer a few questions to get a plan based on your preferences and modified to your metabolism. More variety/more satisfaction lose weight enjoying your favorite foods like buttermilk waffles, margarita pizza, chocolate pretzels and more. Offers terms and conditions: Fast 5+ and free shakes with any 28 day program first order only. Lock in 2014 prices and free shipping (continental US only) with 28 days auto delivery program only.

(cont. pg. 6 DIETS)



C.A.M.A.S. Academy end-of-school-year Events Schedule

We invite valley residents to join us in acknowledging the efforts and successes of our students.

Baccalaureate
May 17th 7 pm

High School Graduation
May 31st 6 pm

8th grade promotion
June 4th 12 pm

Call for Action

The December Flame ran an article requesting valley residents interested in Douglas FastNet to contact this service provider to indicate the economic feasibility of running fiber optic cable through Camas Valley. This was an important first step in providing service to the entire valley, beyond just the loop around the school. Now is the time to call and apply in order to actually obtain service. Let them know to do it and we can get Camas Valley back on the front burner!
Call 541-530-5020.

Dr. Komaroff from the News Review:

“Lasting weight loss demands that you transform your eating and exercise habits. But many other choices you make each day can also make a difference. **Set small, specific and realistic goals. Self-monitor. Find a support net-work. Eat Breakfast. Modify your screen time. Shop smarter.**”

As you have read, all the diets have some wonderful promises. But which one to choose? Here is what I think on the subject:

pick a diet you can live with,
the one that will work for your life style,
the one that you will work with.

My preference on a diet is life-time changes, not miracles within a month (it took you this long to get where you are, give yourself some time to get where you want to be). Also, you need to make life changes or you'll end up right back where you started after you so dearly worked at losing it. You need to be able to go out with friends and family to eat because that is part of our lives and culture.

If I was going to pick a diet that I could stick with for life I would go with **Weight Watchers**. I think overall it has been the most successful for life time changes and dieters. Remember a diet needs to work for you, it's you that the results will happen to or not.

Here are 10 thoughts about eating:

- (1) Break the rules once in a while.
- (2) Eat when you are hungry, not when you are bored.
- (3) Eat less.
- (4) Eat mostly plants, especially leaves.
- (5) “Eating what stands on one leg (mushrooms and plant foods) is better than eating what stands on two legs (fowl), which is better than eating what stands on four legs (cows, pigs, and other mammals)”.
- (6) Its not food if it's called by the same name in every language. (Think Big Mac, Cheetos, or Pringles)
- (7) If it came from a plant, eat it; if it was made in a plant, don't.
- (8) Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.
- (9) Limit your snacks to unprocessed plant foods.
- (10)Cook!



Spring calls us to dig in the dirt. When you are considering plantings for around your home, think fire-smart. Some plants that reduce fire risk include bearberry, lavender, monkey flower and ice plant. Some plants can slow a fire if they're watered and pruned regularly like bearberry: a mat-forming groundcover with small green leaves that turn red in winter, and white to pinkish spring blooms. Ice plant is a succulent leaved plant with purple daisy-like flowers that is slow to ignite. Lavender's leaves contain scented oils, but it's slow to ignite if watered regularly. Monkey flower is well adapted to the dry West.

Fire zone defensible space within 30 ft. of your home should follow these guidelines:

Plants should be carefully spaced, low-growing and free of resins, oils and waxes that burn easily.

Mow the lawn regularly. Prune trees up six to ten feet from the ground.

Space conifer trees 30 feet between crowns. Trim back trees that overhang the house.

Create a 'fire-free' area within five feet of the home, using non-flammable landscaping materials and/or high-moisture-content annuals and perennials.

Remove dead vegetation from under deck and within 10 feet of house.

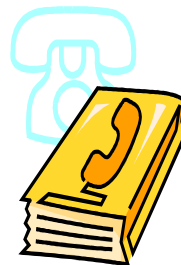
Consider fire-resistant material for patio furniture, swing sets, etc.

Remove firewood stacks and propane tanks; they should not be located in this zone.

Water plants, trees and mulch regularly.

Consider xeriscaping if you are affected by water-use restrictions.

<http://www.firewise.org/wildfire-preparedness/be-firewise/home-and-landscape/defensible-space.aspx?sso=0>



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 School

Honor Roll

Quarter 3

12th Grade

4.0 **Keeghan Lally**
3.50-3.99 **Kaitlyn Beans, Ciara Colvin, Nicole Lewis,
A.J. Mickelson, Marisa Williams**
3.00-3.49 **Amber Hall, Whitney Lindsey, Kaya Maliglig,
Kayla Tilton, Kai Wolfe**

11th Grade

3.50-3.99 **Darren Bringhurst, Alexis Roberson,
Dylin Weickum**
3.00-3.49 **LeAnn Caldwell, Katie Clarke, Jesse Duncan,
Makayla Smith**

10th Grade

4.0 **Robert Eggleston**
3.50-3.99 **Nickayla Schiro**
3.00-3.49 **Jazmin Wilberg**

9th Grade

3.50-3.99 **Jessie Ashton, Devan Ewing, Morgan Carter**
3.00-3.49 **Catherine Bellando, Bentley Grove,
Seth Maliglig, Amayia Plikat**

8th Grade

3.50-3.99 **James Beans, Ethan Hilger, Bridger Godfrey**
3.00-3.49 **Andrew Bellando, Tyler Lindsey, Matt Powell**

7th Grade

3.50-3.99 **Tiernan Spicer, Rachel Townsend**
3.00-3.49 **Garrett Casteel**

Superintendent's Message

May and June are extremely busy months. Here are some of the key events happening in our school community.

April 30th is our **Academic Awards Night**. This is a "As formal as you can," event that starts at 6:00 pm.

May 13th is the Drama class presentation of "**Spy School**." This comedy is full of action, adventure, intrigue, and laughs.

May 15th is our prom night which will be held at the Grange.

May 16th is the district track meet in Bend, Oregon.

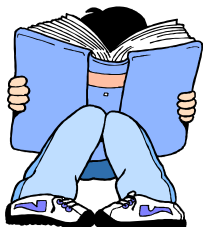
June 5th is our senior graduation.

June 8th is our 8th grade promotion.

We thank our community for supporting our school and our students. We look forward to sharing in these events with you as the year comes to a close.

Go Hornets!!

Patrick Lee
Superintendent/Principal



Another Successful Iditaread!



Ninety two K-7 students participated in this year's Iditaread. They read a total of 55,077 minutes in 2 1/2 weeks. Twenty five of those students earned their "Dog Tags" by reading 1049 individual minutes.... which corresponds with the traditional 1049 miles in the Iditarod. Kudos to our K-7 readers that participated.

Grade	Reading minutes	students	Earned Dog Tags!
6 th /7 th	9842	19	3
4 th /5 th	22388	17	12
3 rd /4 th	9198	16	2
2 nd	6763	14	5
1 st	3768	12	3
K	3118	14	

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

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

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

Gifts

Joy's Gift Shop

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

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
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

Water delivery, Bulk

Quiet Mt. Water

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

You may not control all the events
that happen to you, but you can de-
cide not to be reduced by them.
~Maya Angelou



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 May Day No School 	2 HS Track @ Grants Pass (Russ Werner)
3	4	5 Grange Ladies Lunch Noon / Bingo MS Track @ Riddle	6 Fire Dept. Training 7pm HS Track @ Grants Pass (No. Valley)	7 Community Birthday Party 5:30 Senior presentations	8 No School (Inservice) Shakespeare trip 9 am-8 pm	9
10 	11	12 Grange Bus. Mtg. 10 am @Grange Fire Dept. Bd. Mtg. 4 MS District Track TBD	13 Fire Dept. Training 7pm Drama Production	14 Senior Banquet	15 No School Prom at Grange	16 HS District Track @ Bend (Summit HS)
17 CAMAS Academy Baccalaure- ate 7pm	18 BINGO Fund- raiser 3:45 Cafeteria	19	20 Fire Dept. Training 7pm	21 School Bd. Meeting 7 pm 4th Gr. Field trip to DC Fairgrounds	22 No School	23
24	25 Memorial Day No School 	26 Grange Senior Lunch 12 w/ Bingo	27 Fire Dept. Training 7pm	28 4th Gr. Field trip to DC Fairgrounds	29 Seniors last day	30
31 CAMAS Academy Graduation 6						

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley 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
Bible Study 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.	w/ beverages and snacks
	All the other Wednesdays we meet in small groups in various homes here in Camas, Winston, and Roseburg areas.	<u>4th Tuesday, monthly</u>
	A directory of all the home fellowships is available at the church.	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