



THE FLAME



Volume XV Issue I

"Put out" by the Camas Valley Fire Department Auxiliary

Feb. 2015

Thank you, thank you, thank you!

Thanks to all those who volunteered on behalf of the CVFD to make our annual Appreciation Dinner such a success and without whom we would not be able to have this great event.

Set-up, Take Down and Clean up:
James Beans, Patrick, Steve Prickett, Ken Wallace, and Paul Yoder.

Kitchen help and those who cook on behalf of the CVFD: **Judy Ashton, Byron Peck, Leo Payne, Juanita Saul, Jan Baker, Vonnie Wallace, and Sandi Weickum.**

CVFD Auxiliary :**Jan Baker, Maybell Cummings, Jeanette Day, Juanita Saul, June Schumaker, Alice Warren, Betty Wittrock, and Vonnie Wallace.**

Children's table: **Judith Wickham**

Our infamous valley quilters: **Maybell Cummings, Juanita Saul, and Linda Underhill.**

The Grange for the use of their facility.

Sharon Combs and Alice Warren for manning the bake sale table.

Our own valley angels : **Mary Helen Banks and Tina Fisher**, who for the second year, have done a super job taking on the task of the Angel Tree.

Our crafters, artists and bakers who donated items for the auction and bake sale table including the following: **Mary Helen Banks, Jamie Beans, Beth & Jerry, Jeannette Day, Pastor Isabelle Davis, Kay Ganieany, George Maliglig, Harvey Saul, Juanita Saul, Kety Walker, Vonnie & Ken Wallace, Alice Warren, Judith & Steve Wickham, Betty Wittrock, Pat & Wilson Roberts.**

We also need to give a big thanks to several businesses and casinos for their generous donations: **Bravo Bakery and Café, Bi-Mart, Carlos Mexican Restaurant, D.C. Farmer's Co-op in Roseburg and Winston, Douglas Auto, Douglas Electric, Industrial Tire, Jerry's Jet Boats, The Mill Casino, Oregon Tool, Seven Feathers Casino and Sizzler Restaurant.**

(see APPLAUSE cont. on pg.4)



Keep up the good work, Camas Valley!

Camas Valley donations are an important support for the **Winston-Dillard Food Pantry**.

Thanks in large part to the **Bravo's** free Thanksgiving dinners for donations which netted over \$1000, the valley donated a total of **\$1356** in November. The following month cash donations totaled **\$531**. This is in addition to the barrel donations of canned goods. People struggle year round to put food on the table. Remember to pick up an extra can or two for the food barrel at the PO.

- ♦ **Tues. Feb. 3rd** Ladies' Luncheon at **noon** with bingo after.
- ♦ **Tues. Feb. 10th** at **10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Feb. 24th** Senior luncheon at **noon** with bingo after.



Thank You For Your Support

We received donations from

Kay Ganieany

Anonymous (2)

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**.

February schedule for Grange

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

Take care of your smile!

By Ketti Walker RN

Toothpaste is a paste or gel dentifrice used with a toothbrush as an accessory to clean and maintain the aesthetics and health of teeth. Toothpaste is used to promote oral hygiene: it serves as an abrasive that aids in removing the dental plaque and food from the teeth, assists in suppressing halitosis (bad breath), and delivers active ingredients (most commonly fluoride) to help prevent tooth and gum disease (gingivitis). Most of the cleaning is achieved by the mechanical action of the toothbrush, and not by the toothpaste. Salt and sodium bicarbonate (baking soda) are among materials that can be substituted for commercial toothpaste. Toothpaste is not intended to be swallowed due to the fluoride content, but is generally not very harmful if accidentally swallowed in small amounts; however, you should seek medical attention after swallowing abnormally large amounts.

In addition to 20%-42% water, toothpastes are comprised of a variety of components, the three main ones being abrasives, fluoride, and detergents.

- ♦ Abrasives constitute at least 50% of a typical toothpaste. These insoluble particles help remove plaque from the teeth.
- ♦ Fluoride in various forms is the most popular active ingredient in toothpaste to prevent cavities. The additional fluoride in toothpaste has beneficial effects on the formation of dental enamel and bones.
- ♦ Many, although not all, toothpastes contain sodium lauryl sulfate (SLS) or related surfactants (detergents). These agents which enables uniform distribution of toothpaste, improving its cleansing power.



Other components you might find in some toothpaste are antibacterial agents (Triclosan) or (zinc chloride). Here is something to think about; reports have suggested Triclosan, an active ingredient in many toothpastes, can combine with chlorine in tap water to form chloroform, which in the U.S. Environmental Protection Agency classifies as a probable human carcinogen.

Other toothpaste facts:

- ♦ Toothpaste comes in a variety of colors, and flavors intended to encourage use of the product.
- ♦ Hydroxyapatite nanocrystals and calcium phosphate are included in some formulations for remineralization, i.e. the reformation of enamel.
- ♦ Agents are added to suppress the tendency of toothpaste to dry into a powder. Included are various sugar alcohols, such as glycerol, sorbitol, or xylitol, or related derivatives, such as 1,2-propylene glycol and polyethyleneglycol.
- ♦ Strontium chloride or potassium nitrate is included in some toothpastes to reduce sensitivity.
- ♦ Sodium polyphosphate is added to minimize the formation of tartar.

(TOOTHPASTE continued page 4)

TOOTHPASTE from pg. 3

Now that you know some facts about toothpaste, let's look at different toothpastes. Many toothpastes make whitening claims. Some of these toothpastes contain peroxide, the same ingredient found in tooth bleaching gels. The abrasive in these toothpaste remove the stains, not the peroxide.

Companies such as Tom's of Maine, among others manufacture natural and herbal toothpastes and market them to consumers who wish to avoid the artificial ingredients commonly found in regular toothpaste. The ingredients found in natural toothpastes vary widely but often include baking soda, aloe, eucalyptus oil, myrrh, plant extract (strawberry extract), and essential oils.

When I discussed the importance of toothpaste with my dentist and asked his recommendation, this is what he had to say. He didn't have a preference of what someone used for toothpaste so long as it has fluoride in it. That is the most important for both young and old. Then the dental hygienist said good dental care is not just the toothpaste you use but also the time you brush your teeth. It was recommended to brush for 2 minutes. She also recommended flossing your teeth at least once a day. With a combination of fluoride toothpaste, brushing for 2 minutes 2 times a day (at least) and flossing your teeth at least once a day (at least), you are going to save a lot of trips to the dentist, which will be saving a lot of money, which you will be able to use taking a trip to somewhere you always wanted to go, but couldn't because you never had the money, because you had to pay off your dentist bills. And you can do all this with better health and a winning smile.



Wanted: a few good volunteers

Camas Valley Volunteer Fire Department needs volunteers to help provide fire protection for our community. Be part of a team involved in exciting and fulfilling work. Training is provided, we just need you! Need some more information? Ask any firefighter or come to the Fire Hall any Wednesday evening at 7 pm.



APPLAUSE from pg. 1

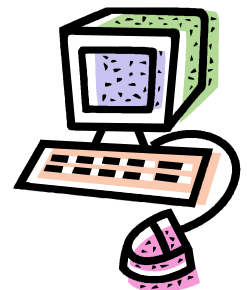
And last, but certainly not least, is our wonderful auctioneer, **Diana Kinnan** who gets the crowd engaged and without whom this event would be a lot less fun.

If we forgot to mention anyone please accept our apologies and we'll strive to do better next year.

A great big thank you to all who helped make this event a great success bringing in a total for our building fund this year of **\$3776.00. SUPER JOB CAMAS VALLEY!!!**

Installing NOW!

DFN (Douglas Fast-Net) is installing super fast internet into homes here! Thanks for your interest and be sure to make your application for service soon! You can apply online at **douglasfast.net** or call their office **541-673-4242**.





Superintendent's Message

There are many athletic and academic programs to be proud of in our school. This month I'd like to highlight our SMART program success! If you don't know, SMART stands for Start Making a Reader Today. Our local chapter of SMART is organized and lead by Betty Wittrock and Juanita Saul.

Della Harp, the county director for SMART, has consistently identified our program as the model program for our county. She raves about the number and quality of volunteers we have and the number of students served.

We have over 20 volunteers serving over 50 kids each week. SMART volunteers come to the school Thursday afternoons and spend an hour reading to different children in our Kindergarten to 3rd grade classes. During these times the library is a packed and lively place full of excitement. Both the children and the readers look forward to seeing each other and working together. I've seen firsthand how relationships are built between our volunteers and students, and it is encouraging to see such a strong connection built between our younger students and our community volunteers. It is equally exciting to see our students getting more exposure to reading and being supplied with books to take home to read with family members.

As I write this, a reporter from the News Review is interviewing members of our local SMART group for an article in the paper. By the time you read this you should have already seen that article highlighting their great work. It is wonderful to see our local group getting such well-deserved recognition since they do a fantastic job serving our kids. If you are interested in helping out or being a reader, contact Betty or Juanita or just let the school office know you want to be involved, and we'll get you hooked up. It is a wonderful chance to build connections with young people and strengthen their education at the same time.

Patrick Lee
Superintendent/Principal

This Month's Sample STANDARDIZED MATH QUESTIONS

The new state standardized math test is the Smarter Balance Test—or SBAC. This test is split into 2 parts. One part is referred to as the Computer Adaptive section. Students will be doing this in the computer lab over a 2-3 day period. The other section is a Performance Task. Students will also submit answers through computers but before seeing the tasks they are given a 30 minute classroom activity centered around the task to be sure they have the working vocabulary and background information necessary to complete the task given. Students will be expected to explain their thoughts and reasoning and make math connections. Last month we showcased a few 6th grade sample items. This month—8th grade.

8th grade Sample SBAC Item

Extended-Response Test Item

Claire is filling bags with sand. All the bags are the same size. Each bag must weigh less than 50 pounds. One sand bag weighs 58 pounds, another sand bag weighs 41 pounds, and another weighs 53 pounds. Explain whether Claire can pour sand between sand bags so that the weight of each bag is less than 50 pounds.

8th grade Sample SBAC Item

Computer Enhanced Test Item

For each linear equation below, select whether the equation has no solution, one solution, or infinitely many solutions.

	0	1	many
$36X+24 = 12(x+2+2x)$	☐	☐	☐

$X = X+1$	☐	☐	☐
-----------	--------------------------	--------------------------	--------------------------

$-12(X+2) = -14X + 2$	☐	☐	☐
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Print/Digital Yearbooks

2015 Camagon yearbooks can be ordered now!! Yearbooks are only \$25 and can be ordered through the school office. Get a sneak peek at the cover by going to our facebook page "Camas Valley High School Yearbook".

We also have Camagon yearbooks on cd's. Cd's are only \$10 and contain 10 years worth of Camagons. We have 1937-1947, 1950-1959, and 1960-1969. If you would like to purchase a cd please email your request to camagonyearbook@gmail.com All proceeds go towards the yearbook class. More years coming soon!

We are still on the lookout for missing yearbooks. Missing are:

⇒ 1948

⇒ 1949

⇒ 1980

⇒ 1983

⇒ 1984.

If you have a copy or know whether yearbooks were made for those years please contact us at camagonyearbook@gmail.com



“Just Desserts” for Education

Students will vote for who gets a pie in the face by
filling either

Mr. Lee's or Mr. William's box with Box Tops.

Votes will be accepted from

January 26th to February 18th and

pie will be served

at the February Assembly!

The class that contributes the most Box Tops

will earn the reward of having the name

of someone from their class drawn to

“administer” the pie

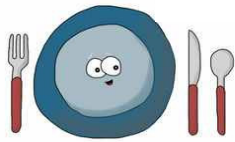
to the winning Administrator.

February Fun Facts and Trivia

- The Supreme Court of the U.S. met for the first time on February 1, 1790.
- Abraham Lincoln was born on February 12, 1809.
- Super Bowl XLIV will be held February 6th at the Cowboys Stadium in Arlington, Texas.
- **On February 14, 1859 Oregon became the 33rd state to join the Union.**
- February is the most misspelled of all the months.
- The U. S. acquired the Florida territory from Spain on February 22, 1819.
- On February 8, 1587, Mary, Queen of Scots was executed.
- Sir Frances Drake became the first known Englishman to sail the Pacific. He sailed on February 11. 1578.
- On February 10, 1962, Astronaut John Glen Jr. became the first American to orbit the earth.
- The violet is the February's flower. Although there are some that say the prim-rose is February's flower.
- The Boy Scouts of America incorporated in February in 1910.
- Amethyst is the birthstone for the month of February.
- Princess Elizabeth became Queen Elizabeth on February 6, 1952.
- The astrological signs for February are: Aquarius, January 20 - February 18 and Pisces, February 19 - March 20. Or if you are following the new astrological line-up: Capricorn, January 19 - February 15 and Aquarius February 16 - March 11.
- The U. S. Senate ratified the peace treaty ending the Spanish-American War, February 6, 1899.
- Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.

Employment Opportunity

Camas Valley Community Charter School is seeking to hire a part time employee to assist in the food services department. We are in need of an employee to work for 2 hours per school day helping with dishes and kitchen clean-up. The qualified applicant would need to be reliable, trustworthy, and have a valid Oregon Food Handler's license. The hours of work would be 12:00-2:00 p.m. Pay would be determined by the classified contract. If you are interested, please submit an application and/or call the school office at 541-445-2131.



Spaghetti Feed Benefit

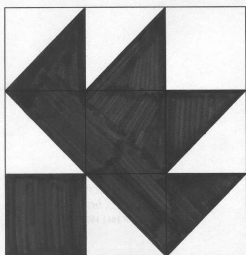
A **spaghetti feed** for the benefit of **Ten-mile Fire Chief Mike Cossel** is being planned for Friday, February 20th at the Winston Community Center on Thompson Road from **4-7 pm**. Besides great food there will be raffles of assorted donations and a dessert auction to cap off the meal.

This benefit is still in the planning stages so please watch the reader board in Winston, the newspaper and listen on the radio for updates and details of raffle items!

This is an opportunity for Camas Valley residents to support our neighboring community and Fire Chief. See you there!

An open letter to the mysterious fabric elves...

Thank your to the person(s) that have been leaving bags of fabric on my porch. This material goes into numerous handcrafted quilts assembled by valley residents to give to the Roseburg Mission. Your gifts have made many people feel valued through the gift of warmth and added to the fellowship of the quilters. Since you have not left your name(s) I cannot thank you personally, but want you to know that your donations have been gratefully accepted and used.



Maybell
Cummings



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

Contact:
Shari White
Nov. & Dec.
7 days/wk 9-4:30
**541-445-2350/
541-670-0458**

Boarding/consult/train

**Blue & Gold
Stock Farm**
Marge Vilas
Every day, 10-5
541-430-4225

Harvey Saul
**541-671-1993
541-445-2888**

Art, private painting

lessons
Lang Crk Studio
Kay Ganieany
Mon.-Thurs.,
by appt.
541-445-2001

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

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
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**
(cont. next column)

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

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

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**
(cont. next column)

Horses

Blankets/maintenance

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

Keep your faith in beautiful things, in the sunshine when it is hidden, in the spring when it is gone.
- Roy R. Gibson

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day 	3 Grange Ladies Lunch Noon / Bingo	4 Fire Dept. Training 7pm	5	6 No School	7
8	9	10 Grange Bus. Mtg. 10 am @Grange Fire Dept. Bd. Mtg. 4	11 Fire Dept. Training 7pm	12	13 No School	14 Valentine's Day 
15	16 Presidents Day 	17	18 Ash Wednesday Last day to vote with boxtops Fire Dept. Training 7pm	19 School Bd. Meeting 7 pm	20 Spaghetti Feed Winston Comm. Ctr.. 4-7	21
22	23	24 Grange Senior Lunch 12 w/ Bingo	25 Fire Dept. Training 7pm	26	27 No School	28

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>	Call the church office for CELL group meeting and time information at 541-430-1913.	Fellowship 10 am
		w/ beverages and snacks
Bible Study 10:00 am		<u>4th Tuesday, monthly</u>
		Bible Study 2 pm

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

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

CAMAS VALLEY PO BOXHOLDER
CAMAS VALLEY, OR 97416