



THE FLAME



Volume XIX Issue X

"Put out" by the Camas Valley Fire Department Auxiliary

November 2019

Yes, Dec.7th is Pearl Harbor Day, but the Firemen's Appreciation Dinner will make you feel so much better!

The tragedies of history make us appreciate what we have. In a supportive community like Camas Valley, neighbors help us through all of life's tragedies, global or personal. Our volunteer firefighters and first responders dedicate a lot of time and energy in being there for us. The **Annual Appreciation Dinner** is one way to thank them for this commitment.

Saturday, Dec. 7th, the grange hall will be packed with good food, beautiful quilts, wonderful gift items, tasty baked goods and the generous people of Camas Valley. Doors open at **5 pm** so you can check out the silent auction items and place your side dish/dessert on the serving table. The meat, potatoes, drinks are provided by the Fire Auxiliary and Leo blesses us with his rolls.



Dinner is at **6**. Kid's Corner drawings are at **6:30**. All youngsters (6th grade and younger) are given 6 tickets upon entering to vote for the gift they want. **Angel Tree** is available all evening. Quilt auction starts about **7**. Silent auction wraps up about **7:30**.

Quilt raffle drawing is sometime during the evening. Whew! Just writing about all the evening's events make me lose my breath!

All proceeds go to the **Camas Valley Volunteer Fire Department Building Fund**. So join us as we have a delicious, fun-filled evening as we benefit ourselves! Call **Vonnie** at **541-445-2355** about your Silent auction items. What a great way to start the holiday season! (see related article on pg. 3)

Quilt raffle time!

Linda Underhill has come up with a dolphin-themed queen quilt for this year's raffle. After several years of "manly" quilts, it is nice to have a change of pace.

I can think of any number of young females that would swoon to discover this under the Christmas tree. Got a teen that is impossible to shop for unless it costs way more than you can afford? Why not spend a couple of dollars to improve your chances and support a great cause?

The tickets are still just a **\$1** a piece and for sale at the **Bravo**, the **DC Co-op** in Winston, and, of course, **Betty**.



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

Submit to:

Jan Baker at **541-680-5616**
Judith Wickham at **541-733-6940**
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley

Oh, boy, the holidays are just around the corner! The top two food holidays are Thanksgiving and Christmas. It can be a challenge to celebrate when the budget is tight or just doesn't exist.



What is more important, pay the electric bill or pop for a real piece of meat for Thanksgiving? Get Johnny a warm coat or put a gift under the tree? The Winston-Dillard Food Pantry can help with the food and warm jacket (and maybe some warm socks). Drop off food items/clothing at the PO barrel, or send a check (every little bit helps) to:

W-D Food Pantry
c/o Betty Wittrock
PO Box 213
Camas Valley, OR
97416
or call Betty at **541-445-2855**.

We appreciate your support!

We received donations from

Sherri & Leo Payne
Nicolas & Julie Weaver
Dale & Chris Weaver
Maybell Cummings
Jan & John Wheeler

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.

Grange Lunches and More!

- ♦ Community lunch, **Tues. Nov. 5th** at noon. Bingo afterwards.
- ♦ Business mtg., **Tues. Nov. 12th** at 10 am. To plan future meals.
- ♦ **There will be no Senior Lunch due to the Thanksgiving holiday.**

Hearty meals to fuel those autumn chores, good friends to feed the soul.

Email Flame issues are handy!

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**.

An Editorial

by Judith Wickham

Throughout our history, communities all across the United States have identified a public need and worked together to address it. Be it libraries, good roads, fire departments, parks and playgrounds, Americans have volunteered labor, donated materials and money—the proverbial time and treasure—for the betterment and safety of their communities. Sometimes in the form of a bond that is voted on by the community, a fiscal commitment for all to share equally and sometimes in less formal ways, like the **Annual Firemen's Appreciation Dinner**.

We all are big supporters of the Fire Department when they show up at our door and the house is on fire or Grandpa is clutching his chest. Unfortunately, emergencies do not come on a schedule or when it is convenient. Good thing we do not have to pay before we get service. Good thing we have a volunteer fire department with First Responders. Good thing.

A long-time resident of the valley knew a good thing when she saw it. **Juanita Saul** loved this community and as a parting gift to us all, gave a generous donation to the fire department. As in \$10,000 generous. She is hoping to motivate others into giving generously by making her contribution public.

Yes, she set a high bar. No, we do not expect to be showered with 5-figured donations. But we all should look around and appreciate the family, neighbors, community, homes, and businesses around us. The loss of any of them is devastating. How do we adequately respond when the community needs us? Hopefully, by being a little generous when the opportunity presents itself.



Veterans' Day, Monday Nov. 11th

It never fails to amaze me that only about 10% of the population has served their country. I started thinking of how we can serve even if we were not in the armed forces. There are a number of agencies that serve: Peace Corp, Ameri-corp, VISTA. There is service through our faith-based organizations—mission trips, missionary service. There is service as a public service employee—firefighters, police officers, teachers, and yes, even serving in political office. But none call for the commitment that armed services demands.

Thank you,
veterans.
You deserve our
greatest respect
and appreciation.



Turn back your clock Nov. 3rd!



The 2nd Annual
Christmas Bazaar

will be the **third Saturday** in November
at the Camas Valley United Methodist Church

November 16th

Set up 8-9

Sale 9-3

Tables rent for \$5

Please call by Thursday the 14th
to make your reservation so we can be sure
to have enough tables and food.

We will supply the ambiance and hot cider.
Soup lunch will be provided to sellers
so they can remain with their tables.

Christmas crafts and homemade gifts
Surplus decorations and ornaments

Holiday art pieces

If it is Christmas, we want to see it!

Get in the holiday mood or find some inspiration!

Questions/reservations
Debbie 541-430-6015 or Judith 541-733-6940

Emergency Preparedness for October

BE AWARE
BE PREPARED

SUPPLIES:

+ 1 day of food, water and cash
Extra blankets, warm clothing

TASKS:

Insulate water lines to prevent frozen pipes
Inspect trees for potential hazards
Make an emergency kit for your car

Winter brings with it an increased likelihood of storm-related power outages. October is a good time to prepare for freezing temperatures and other extreme conditions.

Get Winter-Ready

Keep building on your water, food and cash.
One day of water = 1 gallon/person.

Here are some items to include in your car kit:

Roadside/break-down kit
First aid kit
Portable cell phone charger/
cable
Water and snacks
Warm clothes and
extra shoes
Flashlight or headlamp
Tire chains
Sand or cat litter
Tarp

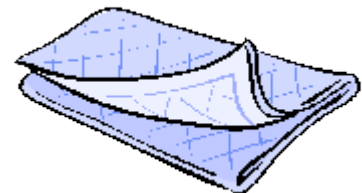


www.shutterstock.com • 421951321



Use blankets during a winter power outage to:

- ♦ Set up “camp” in one room of the house
- ♦ Hang across passageways to retain heat
- ♦ Cover windows
- ♦ Put on the floor to further insulate room

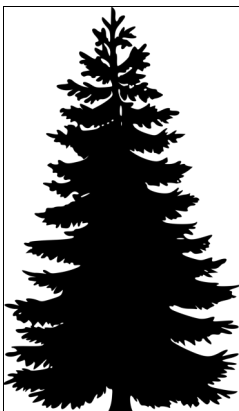


For the complete pledge to prepare program, go to <http://www.eweb.org/outages-and-safety/preparing-for-emergencies/pledge-to-prepare-campaign>

NEED TO REQUEST TREE TRIMMING?

Douglas Electric Cooperative operates an extensive tree trimming program to enhance reliability and protect public safety by keeping trees and branches a safe distance from overhead electric lines. If you know of a location where trees are interfering with our power system, please let us know.

Call 541-673-6616 or 800-233-2733



Business Spotlight



Phill Moulton started with honey bees about 2011 and created "Douglas County Bees" as a way to spread the word and educate others about bees in 2013. Neither he nor his vol-

unteers charge for bee "relocation" and some of those relocated bees are here in Camas Valley on a couple "bee hosts" properties. He does not sell honey as Camas Valley vegetation is not a real bee-friendly environment and most of the honey stays with the bees.

Always happy to give presentations and bee-talks, Phill is the only Journeyman level Master Beekeeper, affiliated with OSU, in the county and is willing to assist others and even go check out a potential hive even if it's just hornets. He gives classes twice a year, spring and fall, called, "In the Hive." At no charge, participants come to learn about honeybees and get "in the hive" using his hives.

The process of hive relocation takes 3-5 years. Hives removed from a location are placed in a box that goes to the "bee nursery" at Phill's until the following Spring. Then they are relocated to a "bee host" while the hive rebuilds and reorganizes. The next Spring, the hive home is expanded for more space for the rebuilding bee population. The third Spring the bees may get a Honey Super if in the Fall they have honey to "share". Half of the shared honey goes to the bee-host and the other half to Phill. Some bee-hosts have had hives for 6-7 years with no honey shared.

The advantages of being a bee-host include feeling good knowing you are helping local bees (this county lost 80% of its honey bee population in February's snow storm), increase in the diversity and numbers of plants in the neighborhood of the hive, and better pollination for local gardens and orchards.

If you are interested in more information, contact phillthebeeguy@gmail.com or at 503-349-8463.

Thanks

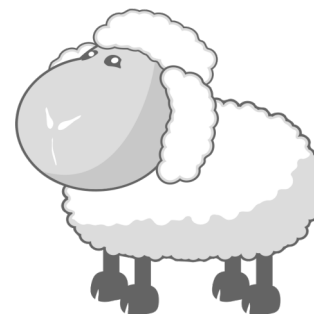
Juanita Saul thanks the community for all the support she received while preparing to move back to Priest River. All the emotional support and physical assistance were greatly appreciated. Special thanks to **Sandy and Robert Gerke**.

The crowd at the farewell dinner at the Bravo was heartwarming and the cards will be treasured for their sentiments. She would love to hear from you!

Juanita Saul
PO Box 444
Priest River, ID 83856

Support Camas Critters 4-H!

Whether you like your lamb slathered with mint jelly or redolent with garlic and herbs, here is an opportunity you don't want to miss. The **Camas Critters 4-H** group is selling tickets to a lamb drawing. Ask any 4-H member or contact **Lacey Luscombe** lacey.luscombe_2010@yahoo.com for ticket information or wait for the December Flame for more info!



We visited this topic last year at this time, because November is **National Diabetes Month**. It is worth another review. Our body produces a hormone called *insulin* that tells our body how to use the sugars in our body. Sometimes it is used immediately, and sometimes it is stored in the cells for use later. The term *diabetes* comes into play when either the body does not produce enough insulin or the body is not able to use the insulin efficiently. Diabetes is when too much sugar stays in the blood.

I picked up a WebMD magazine on diabetes at Walgreens this summer, and found some good information to share. It is not just about managing diabetes, but preventing diabetes or the complications it can cause. You hold the power to maintain a good action plan.

Healthy Feet: Elevated blood sugar can cause nerve damage, and your feet are sometimes affected. Your doctor can test you for this. If you have nerve damage to your feet, you may not realize you have an injury, or even have an infection without knowing it. It is important to inspect your feet. If this is difficult for you, you might try using a hand mirror to better view the whole foot.

Kidney Disease: You may not know if your kidneys are affected by your diabetes, but your doctor can check annually for any kidney damage. It is important to follow with a doctor. Early diagnosis may

help prevent further damage.

Heart Disease: With diabetes there is also a higher risk of heart disease and heart attack. Diabetes and heart disease are closely linked. Again, following with your doctor is a valuable step to take for diabetes management.

Eye condition: Diabetes truly effects so many things, and the eyes are another important things to keep “an eye on.” You should be getting an annual eye exam. There is much that can be done to prevent some of the damage that can happen before it is too late.

Recommendations:

Keep moving! The fitter you are, the lower your risks when it comes to diabetes. There may not be a magic number, but 150 minutes of activity is recommended for adults each week. That is 20 minutes a day of moderate intensity, like brisk walking. If you push too hard or too long (say over an hour) your blood sugars could drop. You also may need a pick-me-up during exercise. If you get dehydrated you can get a low blood sugar. Try carrying energy bars, electrolyte drinks, and glucose tabs.

Eat well! Eat frequently! With the on-the-go lifestyle, busy days, plan ahead. Keep nutritious snacks or pre-packed meals ready instead of fast-food shopping. You can keep foods like nuts, dried fruit, beef jerky and granola bars in your bag. If all the planning and prepping get too overwhelming, this can cause stress – keep it simple.

Drink Up! Hydration is important and not all drinks are created equal. Avoid sugary drinks. Keep a bottle of water with you, and shoot for eight cups a day.

Remember, you have some control in your health, so take good care of yourself.

Brody, Barbara. Plan Ahead. WebMD Diabetes, summer 2019, pp. 11

Robinson, K. M. Stay in Motion. WebMD Diabetes, summer 2019, pp. 15



Camas Valley Cares Returns!

That's right, the **Camas Valley Cares Project** is returning for its second year! And not too soon, fall came early this year and leaves are already starting to turn, firewood needs stacked and hard-to-reach places need cleaned. Who better to help then the students and adults of both the **Camas Valley Charter School** and the **Camas Valley Grange**?

The Camas Valley Cares is a service project to help seniors and people in our community who need assistance with free of charge volunteer work. Last year our students completed several hours of work for our community that had improved the daily life of those in need. In return the students received valuable work skills, resume building experience and valuable "Hornet Points" that turned in to fun field trip activities!

And we're ready to start the year off right! So send your request form in to the address below or contact Grange member, **Kimberly Carter** at **541-733-6343**. Keep an eye out in the monthly Flame for Camas Valley Cares requests forms and updates.



Camas Valley Cares Project Request Form

Name of community member

Type of project:

Phone number:

Address for project:

Send this slip to : **Camas Valley Cares**
P.O. Box 213
Camas Valley, OR 97416

Or call: **Kimberly Carter (541) 733-6343**

For Your Information

Please join us as we rally on the front steps of the **State Capitol Building** (900 Court Street, NE) in Salem at **11 am on Thursday, November 21st**. Fellow Oregonians from across the state will join with residents and impacted landowners to oppose the Pacific Connector Gas Pipeline and Jordan Cove Energy Facility.

Camas Valley lies in the path of the proposed pipeline and would be subject to the possibility of explosions, increased forest fire risks and impaired water quality if this project moves forward. We need to let lawmakers in Salem know that these risks are not acceptable to our community.

Help us tell Governor Brown that communities across the state are calling on her to join them in opposing the Pacific Connector Gas Pipeline and Jordan Cove LNG export terminal. This project has threatened Oregon for the past decade and it's time for Kate Brown to step up and protect Oregonians and the lands they love from a foreign corporation. We need Governor Brown to stand up for Oregonians. Deny all state permits and challenge the Federal Government's power grabs.

Local carpools are being organized. If you can help by providing a vehicle or if you need a ride, contact **Maya @ 541-841-2330**.



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

Do you have a new business in the valley? Have you expanded your business services? Is there information about your business that you need to get out to valley residents? While **THE FLAME** is a non-profit publication and cannot advertise, we can inform our readers about what services you offer, changes in your business, etc. Send your business information to:

Judith Wickham at **541-733-6940**
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley.

Be sure to include contact information so I may get back to you for clarification.

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

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

Animal Caretaker

**Animal Caretaker
For Hire**
livestock and domestic
animals
Elissa Eckman
541-662-1326
to discuss what is
needed

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**
Jerry Ashford
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**
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 truck/rock haul

**Kevin Wilson
Trucking**
Kevin & Michelle
Wilson
**541-670-6589
541-430-9851**

Dump runs/yard help

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

Fire Equipment

**Dia-Cast Fire
Equipment**
Sales and Rentals
Don/Diane Casteel
541-643-8556

Garbage Disposal

**Camas Valley
Disposal**
Scott & Darla
Standley
Wkly. Wed. pick-up
541-445-2245

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

Boarding/consult/train
**Blue & Gold
Stock Farm**
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

Music

Parker Piano
Piano lessons for all
ages
LeAnn Parker,
instructor
541-671-3238

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
541-430-6078

Restaurant/Bakery

**Bravo Bakery &
Café**
Troy Payne
Tues.-Sun. 7:30-8
541-445-2306

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



November

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1 No School Grading day	2
3 Daylight Savings time ends	4 Mobile Food Cart 1-3 Fellowship Church lot	5 Community Lunch Noon Grange Bingo Fire Dept. Training 7pm	6 Booster Club @Bravo 6 pm	7 SMART 2:15	8 No School Qtr. ends	9
10	11 No School Fire Dept. Bd. Mtg. 5 	12 Grange Bus. Mtg. 10 Fire Dept. Training 7pm	13	14 B'day dinner 5:30@ Bravo SMART 2:15	15	16 Christmas Bazaar 9-3 UM Church 
17	18 Mobile Food Cart 1-3 Fellowship Church lot	19 Fire Dept. Training 7pm	20	21 Pipeline Protest Parent/teacher conferences SMART 2:15 School Bd. Mtg. 7 pm	22 No School Evening conferences	23
24	25 Flame deadline 5	26 Fire Dept. Training 7pm	27	28 	29	30
Thanksgiving break						

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

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