



THE FLAME



Volume XIII Issue X

"Put out" by the Camas Valley Fire Department Auxiliary

November 2013

Fire Dept. Appreciation Dinner Nov. 9th!

Don't be the White Rabbit in Alice in Wonderland—I'm late! I'm late, for a very important date! The **Fire Dept. Appreciation Dinner** *IS* a month early this year! **November 9th** all the bake sale goodies, auctions, quilt raffle, Children's Corner, Angel Tree, and tremendous pot-luck at the **Camas Valley Grange Hall** make this a **very important date!**

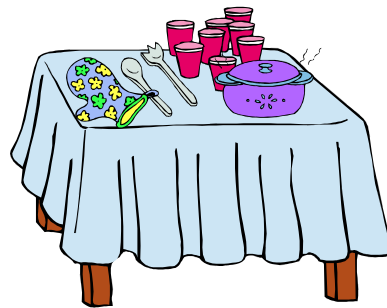
This annual fundraising community event supports the **Camas Valley Volunteer Fire Department**, which benefits all members of the community. Proceeds go to the **Building Fund** which is purchasing materials to complete the new Fire Hall.

Doors open at 5 pm to allow you to check out the silent auction items, auction quilts, and stock up on quilt raffle tickets (only a \$1 a ticket!). Bring your favorite side dish, salad, or dessert to complement the meat, mashed potatoes, gravy, dinner rolls and beverages provided by the Fire Dept. **Dinner starts at 6 pm.**

Bidding for silent auction items starts early; baked goods are on sale all evening (but don't miss your favorite goodie because you didn't snatch it ear-

ly). The quilt auctions start right after dessert. The winning raffle ticket for the queen-size grey/black/wine Carpenter's star quilt, crafted by **Linda Underhill**, will also be drawn that evening. The quilt is hanging at DC Co-Op (Winston) to see.

The **Angel Tree** will be ready for you to play Santa for a neighbor in need. **Mary Helen Banks** and **Tina Fisher** will make sure your gifts get to the wee ones for Christmas. Having the dinner earlier this year will make it easier to get those gifts wrapped and delivered on time.



And bring those little ones! **Children's Corner** is loaded with new books, movies, stuffed animals and more. There is even a bicycle for a young one to win!

Mark your calendar and join your friends and neighbors for an evening of great food and support our firefighters. If you are new to the valley, this is a great way to meet your neighbors!

Gift baskets and silent auction items can be delivered the morning of the 9th at the Grange Hall or earlier to Betty **541-445-2855**.

Camas Valley Grange News for November

- ♦ The first Wednesday of November, the **6th**, the Ladies' Luncheon at **noon** with bingo after.
- ♦ The second Wednesday, the **13th** at **10 AM**, is the business meeting to plan the next luncheons.
- ♦ The Senior Luncheon with bingo after is the 4th Wednesday, the **27th** at **noon**.

**Fire Department
Appreciation Dinner**
is at the Grange
Saturday, November 9th!

Thank You For Your Support

We received donations from

Debbie & Wally Plikat

Anonymous

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.

Food Pantry Update

The cooler weather puts an edge on the appetite. Remember to donate to the barrel in the Post Office. Over 50 valley families depend on it!

—Wanted—

Clean plastic bags/
plastic grocery bags to
hand out foodstuffs at the
Pantry. Drop off in the do-
nation barrel in the Post
Office.



Why an email subscription?

Email allows you to keep friends and family that have left the valley for school, jobs, whatever reason to keep up with the events that affect this community.

Send their name and email address to:

jwickham52@gmail.com

and an electronic copy will be sent to them each month.

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



Camas Valley Business Directory

The directory will be printed when space allows throughout 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



And the results are.... A BIG thank you to Camas Valley and the all volunteers for the Sept Food Drive. What a huge success it was with a total of **1420lbs** delivered to the Winston Dillard Food Bank. What a blessing it is to know a community of our size has such a big heart! Thanks to all of you many tummy's will be full this winter.

It was truly a blessing to have members from all three local churches working together alongside our community to impact the lives of those around us. The group from Unconditional hopes that this Thanksgiving will be full of blessings and Unconditional Love.

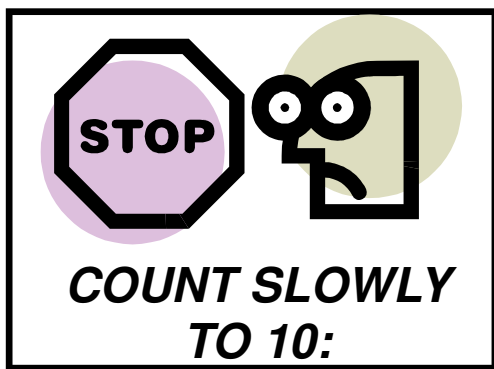
Quilt Raffle Tickets \$1

Be sure to check out the beautiful queen-size quilt to be raffled off for the benefit of the **Camas Valley Volunteer Fire Department Building Fund**. It is hanging over the front door at the Winston branch of DC Co-Op.

Tickets are only \$1 each .If you haven't purchased your quilt raffle tickets yet, they are available at:

Bravo Bakery and Café
Market Plus
DC Co-Op (Winston)
and from **Betty 541-445-2855**.

They can also be purchased at the **Appreciation Dinner**.



Mastering the art of anger management takes work, but the more you practice, the easier it will get with huge payoffs. Learning to control and express your anger appropriately can help you build better relationships, achieve your goals, and lead a healthier, more satisfying life. Here are some myths/facts about anger:

MYTH: I shouldn't "hold in" my anger. It's healthy to vent and let it out.

FACT: Suppressing and ignoring anger is unhealthy, but venting is no better. Anger does not have to be "let out" aggressively to avoid blowing up.

MYTH: anger, aggression, and intimidation help me earn respect and get what I want.

FACT: True power doesn't come from bullying other. People may be afraid of you, but they won't respect you if you can't control yourself or accept opposing views.

MYTH: I can't help myself. Anger isn't something you can control.

FACT: You can't always control the situation you're in or how it makes you feel, but you can control how you express your anger.

Out-of-control anger hurts your physical and mental health, your career and relationships with others. If your knee-jerk response in many situations is anger, it is very likely that your temper is covering up your true feelings and needs. This is especially likely if you grew up in a family where expressing feelings was strongly discouraged. As an adult, you may have a hard time acknowledging feelings other than anger, compromising, or consider different opinions and viewpoints a personal challenge to you.

PAY ATTENTION TO THE WAY ANGER FEELS IN YOUR BODY

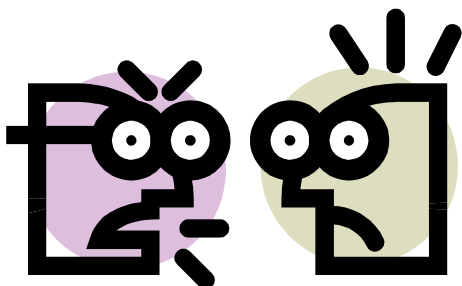
- Knots in your stomach
- Clenching your hands or jaw
- Feeling clammy or flushed
- Breathing faster
- Pacing or needing to walk around
- "Seeing red"
- Having trouble concentrating
- Pounding heart
- Headaches
- Tensing your shoulders

Understanding how stressful events affect you can help you take control of your environment and avoid unnecessary aggravation. Look at your regular routine and try to identify activities, times of day, people, places, or situations that trigger irritable or angry feelings. Use these tips to cool down--focus on the physical sensations of anger, take some deep breaths, stretch or massage areas of tension, slowly count to ten, go for a walk or exercise if possible.

(see **STOP** pg. 5)

STOP continued from pg. 4

Ask yourself, how important is this in the grand scheme of things, is it really worth getting angry about and ruining the rest of your day? Is your response appropriate for the situation, is there anything you can do about it and is it worth your time? It's okay to be upset at someone, but if you don't fight fair, the relationship will quickly break down. Fighting fair allows you to express your own needs while still respecting others.



- Make the relationship your priority
- Focus on the present
- Choose your battles
- Be willing to forgive
- Know when to let something go

If your anger is still spiraling out of control, you need more help. Asking for help is NOT a sign of weakness. Consider professional help if:

- You feel constantly frustrated and angry no matter what you try.
- Your temper causes problems at work, school, or in your relationships.
- You avoid new events and people because you feel like you can't control your temper.
- You have gotten in trouble with the law due to your anger.
- Your anger has ever led to physical violence.

While you can't control another person's anger, you can control how you respond to it. Set clear boundaries about what you will and will not tolerate. Wait for a time when you are both calm to talk to your loved one about the anger problem. Don't bring it up when either one of you is already angry. Remove yourself from the situation if your loved one does not calm down. Consider counseling or therapy for yourself if you are having a hard time standing up for yourself.

Put your safety first; trust your instincts. If you feel unsafe or threatened in any way, get away from your loved one and go somewhere safe. Despite what many people believe, domestic violence and abuse is NOT due to the abuser's loss of control over his behavior and temper. In fact, abusive behavior is a deliberate choice for the sole purpose of controlling you. If you are in an abusive relationship, know that couples counseling is not recommended, and that your partner needs specialized treatment, not regular anger management classes.

(see **STOP** pg. 8)



From the Superintendent's Desk

I'd like to start this month by highlighting some positives going on in our school. First off, a huge thank you goes out to **Mrs. Gidcumb** and the **leadership class** for all the work they did to make this a very cool homecoming week for the school. They were able to get the younger kids involved, and they planned out a lot of great activities for the secondary students. Great job on building school spirit!

I'd also like to congratulate the seniors on winning the float competition and taking home the class competition prize for homecoming week. They displayed a lot of spirit in winning.

A big thank you goes to the parents of elementary students who have been helping provide snacks for the student snack time. Your generosity has been incredible, and your love and support of the kids is exciting to see. If you are a parent of an elementary student who would like to provide snacks, please check with your child's teacher first to make sure we get the right kinds of items in the right numbers for the kids.

We are thrilled to announce that **Beth and Jerry** are going to do an encore and have agreed to coordinate this year's Christmas Program. They'll begin working with our kids soon. The program is currently scheduled for **Wednesday, December 18th**. Clear space on your calendar and plan on being there to support our talented kids.

Until next month.

Patrick Lee

Superintendent/principal

Camas Valley Community Charter School

All junior and senior students and their parents are invited to visit UCC for their pre-view night on **Nov. 6th** from **6:00-8:00**. The school will provide a bus there and back for all who sign up if we have enough interested parties. Please contact the office for more details and sign up by **Nov. 4th** so we can have a head count.



PE Place



The month of November is beginning, we are a quarter of the way through school and it has been an enjoyable year for me to this point, which is a credit to the students for coming in ready to work this year. I am seeing a lot of progress being made already this year. We will be finishing physical testing in the early part of the month and if your child has one of the top 5 marks on the hall of fame, they will be added to it. I expect some mile marks to come down on the girls' side. If you want to see the Hall of Fame please go to the school website and find my name under Secondary Staff. I will begin putting up the middle school, and grade 4-5 marks at some point soon.

November means an end to volleyball season and football season and a beginning to basketball season. The football team has been shown a lot of love over the last four years, and with good reason due to their success. I would encourage fans to keep coming out to games and keep supporting the players. It is a lot harder to play when you have high expectations set on you and the football

team has done it the right way for the last four years.

On that same note, the volleyball team has been raising expectations for themselves over the last three years and they will be making a third straight appearance in the OSAA playoffs. Now it is time for us to show the love for the volleyball team as well. We will be having a Camas Valley Staff vs. Volleyball Team Showcase on **Thursday, November 14** at **6:00pm** in the gym. It is a night of celebration for the girls' success and the staff would like to show them how much we care by beating them at the game they work so hard at. The community is invited to come watch and there is no charge but there will be a donation jar for the Volleyball team so they can go to camp in the summer and try to get better, so maybe they will have a chance at defeating the staff next year. We hope to see all of you on November 14.

Doug Naugle
PE/Health Teacher
Camas Valley Charter School



Middle Scholl Volleyball has concluded. Our team this year showed lots of hustle and heart as they battled on the court this season. I would like to thank the parents for their support and the girls for doing their best in our last game with Days Creek. PLEASE look into a summer camp...it will make a WORLD of difference in playing performance!

Until next year!
Mrs. Pope

Attention Parents! **Parent Teacher Conferences** will take place during the week of **November 4th-7th**. Elementary teachers and class advisors will be contacting parents and guardians by phone during that week to update you on how your child is doing in their courses. If you wish to meet with a specific teacher, they will be available for visits from **5:00-8:00 p.m. on Thursday, November 7th or by appointment.**

Patrick Lee
Superintendent/Principal
Camas Valley Community Charter School

STOP continued from pg 5.

Here's a review of anger management and 5 tips to tame your temper:

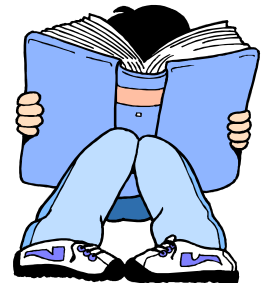
- Take a timeout
- Once you're calm, express your anger
- Get some exercise
- Think before you speak
- Identify possible solutions.

Take care of yourself.

Ketti Walker RN



Smart Reading is back in action



Twenty-three kindergarten and first grade students filed into the Camas Valley School Library Thursday, October 17, for the start of the 2013-2014 Smart Reading program. After an afternoon of training, twenty volunteers were ready for the eager readers.

This one-on-one reading not only develops a habit of reading in our youth, but bridges the generations and is the source of much enjoyment for the volunteers. If you would like to know more about this program, contact Juanita Saul **541-445-2888** or Betty Wittrock **541-445-2855**.

Community Soup Supper Nov. 14th



The Camas Valley United Methodist Church Fellowship Hall is the place to be Thursday, Nov. 14th. A hot meal of comfort food is open to all. The doors are open from **6-7:30 pm**.

Mike is ready to do a little jamming after supper, so dust off your bongos, harmonica, didgeridoo, whatever and be prepared for some downhome music!

All are welcome!

Mike Gay 541-207-7282



Thanksgiving History (but they didn't have pie!)

...Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease. Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Several days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pil-

grims' first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony's Native American allies, including the Wampanoag chief Massasoit. Now remembered as America's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days. While no record exists of the historic banquet's exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a "fowling" mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower's sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

From:
<http://www.history.com/topics/thanksgiving>

*Want to add
your business?
Form on pg. 3*

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 Creek Studio
Kay Ganieany
Mon.-Thurs., by appt.
541-445-2867

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

Christmas trees, U-cut and wholesale

Calico Christmas Trees
Wayman Schmidt, owner
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

Horse blankets, maintenance

**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

Jewelry, decorative/therapeutic

Mommy & Me Jewelre
Janna Vanderhoof
M-F, 9-5 or by 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

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
Construction**
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

November

"Our Father, fill our hearts, we pray,
With gratitude Thanksgiving Day;
For food and raiment Thou dost give,
That we in comfort here may live."

- Luther Cross, Thanksgiving Day

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
Sorry—For School events dates and times this month you will have to call the school office 541-445-2131. :-(						
3	4	5	6 Grange Ladies Lunch Noon w/ Bingo UCC visit Fire Dept. Training 7pm	7 Transfer site	8 No School	9
← Parent Teacher conferences →						
10	11 Fire Dept. Bd. Mtg. 6 Veteran's Day	12	13 Grange Bus. Mtg. 10 am @Grange Fire Dept. Training 7pm	14 Community Soup Supper 6-7:30 Volleyball showcase 6pm Gym Transfer site	15 No School	16
17	18	19	20 Fire Dept. Training 7pm	21 Transfer site	22 No School	23
24	25	26	27 Grange Senior Lunch 12 w/ Bingo Fire Dept. Training 7pm	28 Thanksgiving 	29 No School	30