



THE FLAME



Volume XVIII Issue I

"Put out" by the Camas Valley Fire Department Auxiliary

February 2018



Thanks to all those who volunteered on behalf of the CVFD to make our **2017 Annual Appreciation Dinner** such a success and without whom we would not be able to have this great event.

For Set-up, Tear Down, and Clean up a great big **Thank You** for coming in on Thursday to make sure we had tables, chairs, stage etc. all set up and ready. To those who came back to clean up and put everything away on Sunday— **thank you sooo much.** If I had everyone's names I would list you all but unfortunately I do not. My apologies.

For the kitchen help and cooks we need to thank **Nikki Amos, Diane Casteel, Sandy Gerke, Theresa Herberger, Leo Payne, June Schumaker and Vonnie Wallace.**

The CVFD Auxiliary –
Diane Casteel, Maybell

Cummings, Jeanette Day, Sandy Gerke, June Schumaker, Juanita Saul, Judith Wickham, Betty Wittrock, and Vonnie Wallace. A super, big, special thank you to **Betty Wittrock** who did an outstanding job of getting so many wonderful items for our silent auction.

Judith Wickham for a super fun children's table.

Our famous valley master quilters: **Maybell Cummings, Jeannette Day, Sherri Payne, Pat Roberts, Juanita Saul, Linda Underhill and Janice Weatherbie.**

The Grange for the use of their facility.

A big thank to all the great bakers who donated their delicious goodies for the bake sale table and also a big thank you to **Jeannette Day** for manning the bake sale table.
(THANKS continued pg. 5)

You saved us! (At least for the moment)

Bet you didn't realize such small actions could have such a big impact—well, the pebble in a pond parable does spring to mind...

The Flame sincerely thanks the following for keeping us afloat. We can now pay for our annual permit and several months of issues.

**Brad & Debbie Royal
Lord & Lady Lavender
Pat Rentz
Barbara Brown
Darlene & Larry Merrill
Elizabeth & Gale Bowden
J.T. & Elaine Berk
Robert & Ann Wegman
Alan Sabin Electric
Anonymous**



We appreciate your support!

The Flame received a donation from

Please see front page!

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**.



The Winston-Dillard Food Pantry is now a shopping pantry located at the Winston Church of the Nazarene on Thompson St. just past the Winston Middle School. Clients come in the front door where they do their paperwork and are greeted by a volunteer who will go with them through the pantry. Clients can now choose the type of commodities that they like, i.e. green beans, corn for their canned vegetables; type of tomato products that they like to use.

Thanks!

to all the volunteers who helped move the pantry to their new location! You were amazing!

Now it is up to the rest of us to keep those pantry shelves stocked. Remember the Food barrel in the Post Office is always ready for donations of non-perishable goods.

THE FLAME

The Flame is a monthly publication of the Camas Valley Rural Fire District Auxiliary. The mission of this newsletter is to keep the residents of Camas Valley informed about the events and activities of the fire department, churches, school and civic organizations that are in Camas Valley.

The Flame is provided free to all residents of Camas Valley by mail and anywhere by email.

To submit articles:

Items must be in by the **25th** of the month **prior** the issue publish date.

Submit to:

Jan Baker at **541-680-5616**

Judith Wickham at **541-733-6940**

jwickham52@gmail.com or

150 Buck Springs Rd. Camas Valley

Grange Dates

- ♦ **Tues. Feb. 6th** a delicious **Community Meal** starts off the month at **Noon**.
- ♦ **Tues. Feb. 13th** at **10 AM**, business meeting to plan next month's meals.
- ♦ **Tues. Feb. 27th** our **Senior Meal** at **Noon**. Both the Community and Senior Meals are followed by Bingo!



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.

AAARGH!

WHAT ARE WE GOING TO DO WITH ALL THIS STUFF?!

Do you have rooms where you keep the door closed so no one can see the stacks of every conceivable item known to mankind? The inflow from Christmas is demanding a major clean out or the house will explode? Boy, do we have the solution for you!

The **Camas Valley United Methodist Annual Rummage Sale** is arriving the Friday and Saturday of Memorial Day weekend and we have a large room just waiting to be filled with gently-used items. That gives you four months to mine that back room for things that would be serviceable in someone's home—just not yours. Furniture (not mattresses/boxsprings), kitchen appliances and dishware, clean clothing, books (no encyclopedias prior to 2010), toys, tools, gardening items, holiday/home decorations, craft/hobby supplies, linens/domestics, sports equipment (no skis), pet/livestock supplies, and record albums/CDs, to get you started.

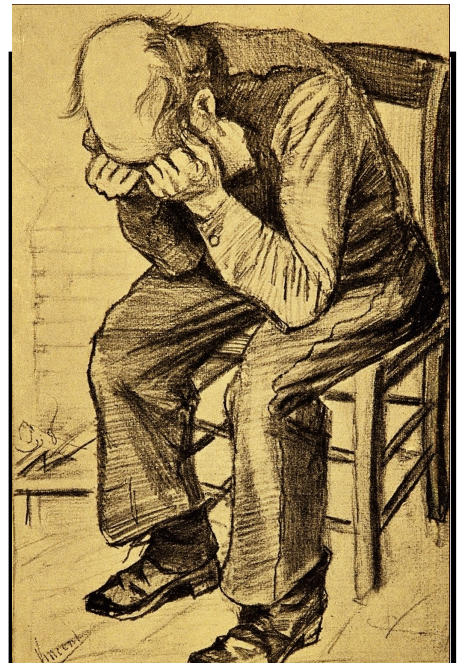
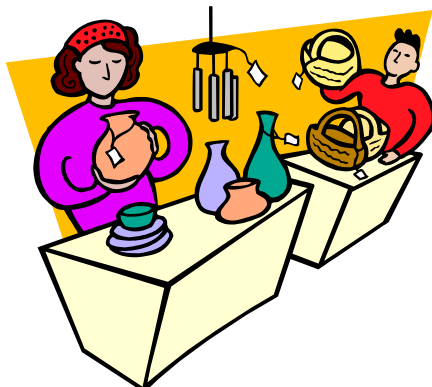


Please do not pass on to us the things that Goodwill/ Sunrise Enterprises will not take! Visit their online sites to see what they will NOT accept. No one likes to have to pay to haul stuff off to the dump—we get it. But multiply that by the number of households in the valley and you see the problem!

Need help getting items to the church?
Call Betty at **541-445-2855** or Brad at **541-733-4791**

RECYCLING OPTIONS:

- **Goodwill** has an electronics recycling center at Diamond Lake Blvd. and Rifle Range Rd.
- **Steel Recyclers** on Kester off Diamond Lake Blvd. takes broken microwaves.



What can be said?
The whole valley will sorely miss the joy and music of
Beth McNamara.
Our sympathy, thoughts and prayers go out to Jerry Ashford and all the family. We were so lucky to have known her.

The winner of the quilt raffle drawn at the Firemen's Appreciation Dinner was **Bruce Jehning.** We thank Bruce and all the supporters who bought raffle tickets. The raffle brought in **\$617** for the Building Fund.

We also thank the new owners of **Market Plus** for the gas raffle which brought in **\$50.**



Tips for a Healthy 2018

These tips were found from the National Institute of Health for 2016 and include some great advice for the New Year.

Boost your Fitness: If you are interested in improving your health for the New Year, consider making exercise part of your plan. According to the Surgeon General, small changes can make a big difference. By adding just 22 minutes of physical activity a day—even taking a brisk walk, can improve your overall health and help to prevent chronic diseases. You can download the Surgeon General’s walking playlist on Pandora at www.surgeongeneral.gov to help you get moving!

Take Action and Move: Less than half of adults in the U.S. are getting enough physical activity to help reduce the risk of chronic diseases such as diabetes, cancer, and heart and lung disease. More alarming is a study done a couple of years ago, only about a quarter of American high-schoolers were getting the recommended daily amount of exercise.

The Basics: Not only does exercise help in the prevention of chronic diseases, but it also helps:

- Control your weight
- Strengthen your bones and muscles
- Improve your mood and mental health
- Improve your ability to be active, even preventing falls in older adults
- May even increase life expectancy

Target Goals for Exercise: The Centers for Disease Control and Prevention (CDC) gives us the following recommendations for the amount of physical activity you need depending on your age:

- **Children 6-17 years** – should get 60 minutes a day. This includes vigorous activity like running three days a week and muscle strengthening such as gymnastics three days a week.
- **Adults 18 and older** – should get 150 minutes of moderate activity like taking a brisk walk or 75 minutes of a more vigorous activity like running each week. Adults should also add some strengthening exercises for all muscle groups two days a week.

Even though it is difficult to get started or fit the suggested exercise into your daily routine, it is im-

By Kathi Weaver, RN

portant to know that even 10-minute increments of these exercises offer health benefits.

Getting Started: The National Institute of Diabetes and Digestive and Kidney Diseases recommends choosing an activity you enjoy. This can include anything from walking to playing a sport, biking, taking a fitness class, or even dancing. The sky’s the limit – do what you enjoy.

- **Keep it simple**, set short goals instead of just saying you are going to be more active this week; i.e. I am going to take a walk for 30 minutes a day, three days this week.
- **Set a time** that works for you, like morning, during a lunch break, after dinner, or on the weekend. If you need to, add it to your calendar.
- **Keep active at work** by getting up and moving more often, taking stairs, walking or biking to work. You could even keep a set of hand weights by your desk.

Let’s build a healthy community and encourage each other!

<https://medlineplus.gov/magazine/issues/winter16/articles/winter16pg8-9.html>

THANKS continued from pg. 1

A big thank you to **Mary Helen Banks** and **Tina Fisher** who have done a super job taking on the task of the Angel Tree again this year.

Our crafters and artists who donated items for the auction to include the following: **Kimberly Carter, Diane Casteel, Sharon Combs, Kay Ganieany, Lord & Lady Lavender, Preston Pope, Pat & Wilson Roberts, Brad and Laurie Ross, Diane Spain, Vonnie & Ken Wallace, Judith & Steve Wickham, and Betty Wittrock.**

We also need to give a big thanks to several businesses for their generous donations: **Bi-Mart, BK Mini Storage, Bravo Bakery & Café, Camas Valley Disposal, Carlos Mexican Restaurant, Classic Cuts, Cranberry Sweets, Dairy Queen in Winston, D.C. Farmer's Co-op in Roseburg and**

Winston, Douglas Electric, Jerry's Jet Boats, Market Plus, The Mill Casino, Rodeo Steakhouse, Seven Feathers Casino & Resort, Shari's Restaurant, Sportsmen's Warehouse, Wildlife Safari, Winston Napa Auto Parts.

And last, but certainly not least, is our super entertaining 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!

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 **\$3503.25.**

SUPER FANTASTIC JOB CAMAS VALLEY!!!

THANKS TO EACH AND EVERY ONE OF YOU!

Camas Valley Business Directory



To have your business included in the **Flame**, please fill out the form below and mail or email it to the address listed. *If you missed the opportunity to get your business listed, now is the time to get your information out before our readers!*

Type of Business

Name of Business

Owner/
Contact person

Phone
Number(s)

Days
open

Hours
open

Mail form to: **Judith Wickham
150 Buck Springs Rd.
Camas Valley, OR 97416**

Or email information to :
jwickham52@gmail.com

The directory will be printed when space allows through-out the year. We encourage our readers to patronize local businesses and support your neighbors!

*****Looking for Community Talent*****

Jennifer Parker Banks Scholarship Variety & Art Show

will be here before you know it.

So set your calendar date for



Saturday, April 7, 2018

Camas Valley School Gym

6:00 pm



If you (or a group) can play musical instruments, sing, dance, juggle, short comedy or dramatic skits, poem recitations, etc. that you would like to perform, or artwork such as a painting, sketch, sculpture, photography, quilts, etc. that you are willing to donate for the silent auction, we would love for you to join this opportunity to share your talent with the community. All ages are welcome!



Also, the **JPB Scholarship committee** is looking for people who might be interested in donating pies or cookies for refreshments for the program. If that is you, please contact **Terry Murrell** at **(541) 485-9469**.



Proceeds from the Variety & Art Show go to the **Jennifer Parker Banks Scholarship fund** and a scholarship is given each year to a qualifying graduating senior.

Pick up an entry form at one of the following businesses:

- ♦ **Camas Valley Post Office**
- ♦ **Camas Valley School**
- ♦ **Bravo Bakery**
- ♦ **Market Plus**

Deadline for all entries must be submitted no later than March 22, 2018 at the Camas Valley School office.

FAX services are now available at the **Camas Valley Post Office.**

Call the Post Office at **541-445-2177** for information.





Camas Valley School Honor Roll 1st Quarter



12th Grade

4.0 Jessie Ashton, Devan Ewing
3.50-3.99 Morgan Carter, Joel Keck, Amayia Plikat
3.00-3.49 Eyn Banks, Ryland Brown, Dixie Hall, Seth Maliglig, Ryan Weickum

11th Grade

3.50-3.99 James Beans, Ethan Hilger,
3.00-3.49 Bridger Godfrey, Natasha Hibdon

10th Grade

3.50-3.99 Keala, Takahashi, Alissa Vradenburg,
3:00-3.49 Jewels Hamilton, Isaiah Osbon, Tiernan Spicer

9th Grade

4.0 Izabelle Pool
3.50-3.99 Hailey Holmgren
3:00-3.49 Max Brown, Riley Stutzman

8th Grade

3.00-3.49 Olivia Dedmon, Baylee Laney, Bryson Laney,
Jadyn Weaver, Kailee White, Kayla White

7th Grade

3.50-3.99 Marleah O'Brien, Timothy Mickeson
3:00-3.49 Kady Banks, Brodi Bishop, Austin Takahashi,
Ashlee Thompson, Xavier Tyler, Trevor Williams,
Kenny Wilson

6th Grade

4.00 Julie Amos, Angie Hite, Emma Stutzman
3.50-3.99 Rikki Gordy
3:00-3.49 Rhegan Plikat, Lucas Saylor, James Standley

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

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

Art, private painting lessons

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

Autobody repair/paint

**Green Collision
Repair/Horizon
Autobody**
Marvin & Rennae
DeVoogd
M-F, 8-5
541-679-6100

Beauty, health and gift

**Lord and Lady
Lavender**
Beth McNamara
Online 24/7

lordandladylavender.com
Anytime
408-857-8782

Beauty products

Avon
Mary Helen Banks
www.youravon.com/
mhelenbanks
541-643-6317

Beauty shop

Scissor Trix
Jennie Plikat
By appt.
541-733-1919
**Or in Green at
4886 Grange Rd.
541-236-7086**

Christmas trees, U-cut / wholesale

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

Construction, building

AMSI
Bill Lindsey
Mon.-Sat., 8-7
541-643-0366

Dump runs/yard help

Helper Hands
Jacob Hunt
Open to calls
541-643-5454

Lanakila Peck
Open to calls
541-643-2313

Electrical Contractor

Alan Sabin Electric
Alan Sabin
Generac generator
Sales/maintenance/
Installation/repair
M-S 7am-6pm
541-440-3792
541-445-2070

Eng. consulting design/ drafting

TV Design, LLC
Troy I. Vanderhoof,
P.E.
M-F, 9:00-17:00
541-643-0138

Garbage Disposal

**Camas Valley
Disposal**
Scott & Darla
Standley
Wkly. Wed. pick-up
541-45-2245

Health and wellness

Plexus worldwide
Supplements
Charman Shields
541-430-3600

www.plexusslim.com/
charmanshields

Honey bees, hive removal, classes on honey bees

Phill the Bee Guy
Phill Moulton
phillthebeeguy@gmail.com
503-349-8463

Horses

Blankets/maintenance

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

Boarding/consult/train

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

Housekeeping

Maid in the Shade
Lisa Muller
541-430-1974

Jewelry, decorative/ therapeutic

**Mommy & Me
Jewelre**
Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Locksmith, keys /locks

**Camas Valley Key
Shop**
Bruce Jehning
7days/wk
24 hr. emerg.
541-445-2014

Machine quilting

Sew Fun
Linda Underhill
Call for appt.
541-580-2814

Museum/restaurant

Noah's Ark
Irvn /ShirleyThrush
S-F, 9-dark,
Sat. 2-dark
541-784-1261

Notary/Post Office

CV Post Office
Vickie Farmer
M-F 8-3 Sat 10-2
541-445-2177
541-643-5059

Portable sawmill service

**Backwoods
Custom Milling**
Harvey Saul
541-671-1993

Real Estate, broker

**Berkshire Hatha-
way Homeservices
Real Estate
Professionals**
J.T. Berk
24/7
541-430-6078

Rental, Storage.

BK Mini Storage
Ketti & Bill Walker
7 days/wk.,
daylight-dark
541-445-2902

Sewer/underground utilities/roads/pads

**Scott Standley
Const.**
Scott & Darla
Standley
Mon.-Sat., 8-5
541-445-2245

Shetland Sheep/ English Angora Rabbits stock/ fiber

**Camas Valley
Fiber Farm**
By appt. only
541-733-6343

Shoe repair /leatherwork

Art's Shoe Repair
Joe Ferrara
T-F 9-5:30,
Sat. 9-5.
541-673-8541

Small engine repair

Hunt's Chainsaw
Theran Hunt
Mon.-Fri.
541-430-7283

February

“Even though February was the shortest month of the year, sometimes it seemed like the longest.”
— J.D. Robb

Sunday

Monday

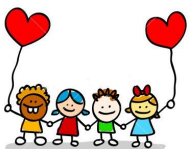
Tuesday

Wednesday

Thursday

Friday

Saturday

				1 S.M.A.R.T. 2:15-3:15	2 No School GROUND HOG DAY 	3
4	5	6 Fire Dept. Training 7pm	7	8 S.M.A.R.T. 2:15-3:15 Birthday Party 5:30 @Bravo	9 No School	10
11	12 Fire Dept. Bd. Mtg. 4	13 Fire Dept. Training 7pm	14 Valentine's Day Ash Wednesday 	15 S.M.A.R.T. 2:15-3:15 Boosters @ Bravo 5:30 School Bd. Mtg. 7 pm	16 No School	17
18	19 President's day 	20 Fire Dept. Training 7pm	21	22 S.M.A.R.T. 2:15-3:15	23	24
25	26	27 Fire Dept. Training 7pm	28			

Camas Valley Churches

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

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

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

CAMAS VALLEY PO BOXHOLDER
CAMAS VALLEY, OR 97416