



THE FLAME



Volume XIX Issue I

"Put out" by the Camas Valley Fire Department Auxiliary

February 2019



Thanks to all those who volunteered on behalf of the **CVFD** to make our **2018 annual Appreciation Dinner** such a success and without whom we would not be able to have this great event. Thank you to the **Grange** for the use of their facility; where would we be if not for you? For Set-up, Tear Down, and Clean up a great big Thank You to all who came in on Thursday to make sure we had tables, chairs, stage etc. all set up and ready to go and then those who came back to clean up and put everything away on Sunday. Thank you sooo much.

For the kitchen help and those who cooked on behalf of the CVFD we need to thank, **Diane Casteel, Kay Ganieany, Sandy Gerke, Theresa Herberger, Terry Murrell, Leo Payne and Kristi Winters**. A big thank to all the great bakers who donated their delicious goodies for the bake sale table and also thanks to **Jeannette Day** for manning the bake sale table. Super job.

The CVFD Auxiliary – Diane Casteel, Jeanette Day, Sandy Gerke, Judith Wickham, Betty Wittrock, and Vonnie Wallace. A super, big, special thank you to **Betty Wittrock** who did another outstanding job of getting so many wonderful items for our silent auction. Well Done! All those who donated items for the silent auction to include the following: **Kay Ganieany, Sandy Gerke, Berniece McClellan, LaVonne Phillips, Brad Ross, Scott Schmidt, Ketti Walker, Vonnie & Ken Wallace, Judith & Steve Wickham, Betty Wittrock**.

(DINNER continued pg. 3)

Raffle quilt held for ransom!

The quilt raffle winner was Kay Ganieany's daughter, **Alyson Barrett** of San Francisco. Kay says she is not going to take a chance trying to mail it so the quilt is comfortably covering a bed at Kay's home. Alyson has to come home to claim it.

The raffle brought in **\$743** in support of the Camas Valley Volunteer Fire Department Building fund.

Bravo Bakery and Café continues tradition of giving

Once again the extended **Bravo staff and family** hosted the community for a fabulous Thanksgiving meal with all donations going to the Winston-Dillard food pantry. The results were many contented patrons and a check to the food Pantry for **\$1423**. Thank you Payne clan, staff, and generous customers.

We would appreciate your support!

The Flame received

No donations

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 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

The Grange serves the whole valley!

Start a new, good habit that is good for you and your community. Give yourself a break and let someone else fix your lunch while you enjoy some pleasant conversation. Come to the Grange for a refreshing break and support your Grange!

- ♦ Community lunch, **Tues. Feb. 5th** at noon. Bingo afterwards.
- ♦ Business mtg., **Tues. Feb. 12th** at 10 am. To plan future meals.
- ♦ Senior Lunch, **Tues. Feb. 26th** at noon. Proceeds from Bingo support the Scholarship Fund.

W-D Food Pantry

All the holiday leftovers are gone. Even the ones you stuck in the freezer for later. You get spoiled when you have an abundance of food at the ready. Imagine having no food at all. And hungry kids. Help feed the kids by feeding the food barrel at the Post Office. Or support the Winston-Dillard Food Pantry by writing a check to :

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



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**.

(Dinner from pg. 1)

We also need to give a big thanks to several businesses for their generous donations: **Alexander's Greek Cuisine, BK Mini Storage, Bravo Bakery & Cafe, Carlos Mexican Restaurant, Classic Cuts, Dairy Queen in Winston, D.C. Farmer's Co-op in Roseburg and Winston, Douglas Electric, Jerry's Jet Boats, Market Plus, Oregon Tool & Supply, Red Robin, Seven Feathers Casino & Resort, Sherri's Restaurant, Treat's Café, and Wildlife Safari.**

We would be remiss to not mention our famous valley master quilters : **Mary Byford, Jeannette Day, Juanita Saul, Linda Underhill and Janice Weatherbie.** Also, thanks to **Betty Wittrock, Juanita Saul, Diane Casteel, and Maybell Cummings** for the wonderful and warm crocheted throws and embroidered pillow cases. And we also have to thank our wonderful auctioneer **Diana Kinnan** who gets the crowd engaged and is wonderful to come back every year and give of her time to do this.

A special thank you to **Tina Fisher** and the **Camas Valley Student Council** who did a super job taking on the special task of the Angel Tree this year . Thanks to **Judith Wickham** for a super fun children's table.

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 **\$3421.52.**

SUPER FANTASTIC JOB CAMAS VALLEY!!! THANKS TO EACH AND EVERY ONE OF YOU AND HOPE TO SEE YOU NEXT YEAR!

A resolution you should act on

The start of the year is a good time to check the batteries on fire/smoke detectors and flashlights so they function when you need them. Generators respond well to an annual check up of fuel tank /battery/carburetor. How about the emergency supplies—weather radio, lantern, spare batteries, emergency foods, checklist of items to add at the last minute if you should need to evacuate. Try to keep a week's supply of prescriptions on hand as well as needed medical supplies.

Lots of stores currently have sales on storage containers. Designate one specifically for emergency evacuation, pre-load with emergency supplies, contact information to family/ insurance/ bank/etc. Do not assume that cell towers will be functioning or you will have a place to charge your phone, but a spare charger is wise to pack.

Important papers include copies of:

- The deed to your house.
- Proof of insurance.
- Medical records.
- Passports.
- Social security cards.
- A list of personal contacts.

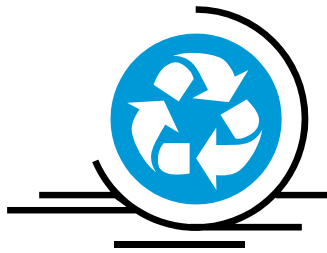
Keep one set at home in a portable case that you can grab quickly. Keep another in digital form — either on a secure website such as Dropbox or on a memory stick, or, even better, both. If you use a safe deposit box, keep the keys in the emergency kit.

A set of warm clothing, underclothes, socks, boots for each family member. And remember the family pets need food/ leashes, prescriptions, documentation.

For Your Information

Deal with Recycling

Important issues are often those everyone knows about but aren't dealt with. Such is the case with loss of household recycling in Douglas County. More garbage in the cans means increased out-of-pocket disposal costs. More garbage in the landfill stresses an already overburdened placement system for solid waste removal. More people dumping their garbage and tires along our streets and forest BLM roads is not only illegal but unsightly.



According to *cityofroseburg.org*, the Douglas County Landfill still accepts corrugated cardboard, aluminum, tin, scrap metal, batteries, and oil; not much relief for the type of recycling most domestic households produce. Some grocery stores like Sherm's, Albertsons, and Fred Meyer still accept clean plastic produce bags. This still leaves the unsustainable method of using our landfill to take up the slack for what used to be recycled.

As a citizen what can be done?

1. Contact recycling liaison **Commissioner Chris Boice (R) (541-440-4201 option #2)**, and make your opinion and ideas known. I suggest asking what is stopping Douglas County from developing its own recycling industry creating jobs? "We are looking into it" is too vague an answer.
2. Remember to bring reusable totes and bags when and wherever you buy things. Sherm's even gives a 5¢ credit for each grocery bag customers bring to use. With the exception of cardboard boxes, Costco doesn't even supply extra packaging for purchases.

Over the years, Douglas County has experienced many economic setbacks, and the loss of recycling is just another of many backward steps. Make your opinion heard by your elected officials. Demand progress.

Elissa Eckman

A win-win diet for 2019

Dealing with the post-holiday bulge and general feeling of being over-stuffed? Closet doors refusing to close, unexpected avalanches of items tossed into the closet in hopes they would stay out of sight/out of mind? Well, Pookey, it is time to face the hard fact that you are over-endowed with **STUFF**.

This severe medical condition can shorten your life in one of two tragic ways:

1. death by closet avalanche, described previously, or
2. murderous attack by a deranged loved one who cannot abide another moment of suffocating **STUFF**.

To minimize the impact on this community, **Camas Valley United Methodist Church** will accept clean clothing, used furniture, kitchen items, toys, linens, decorations, tools, books, CDs/DVDs, fishing gear, etc. for our annual **Rummage Sale**.

Nothing like a cold, gray, wet day to clear out a closet or two! Your family and friends will notice your eye has stopped twitching!

When it comes to matters of the heart, we need to know the benefits of keeping our heart healthy. February is Heart Month, Valentine's Day and all, so what better time to talk about the risks of heart disease and ways to lower these risks?

Heart disease can actually happen at any age. Obesity and high blood pressure can cause damage to the heart and half of Americans have at least one risk factor for developing heart disease. These include high blood pressure, high cholesterol, and as we know, smoking.

High Blood Pressure: Uncontrolled blood pressure is a big risk to take and nearly half of us do not have it under control. In fact some may not even realize they have it. It is not something you can easily detect because you do not always recognize symptoms. High blood pressure describes an extreme force of blood moving through the vessels, leading to the dangers of stroke and heart attack.

High Cholesterol: Having high cholesterol can also lead to heart disease. Cholesterol is needed by your body to build healthy cells, but when you have too much running through your blood it builds fatty deposits inside the arteries and makes it difficult for the blood to flow properly. This may be a cause for stroke or heart attack. High cholesterol is also hard to detect because it, too, lacks a clear set of symptoms.

Smoking: We know the risks of smoking are numerous, including damaging

the blood vessels which lead to heart disease, and another reason you should not smoke.

Other Risks: We cannot leave out some of the other things that damage the heart. These may not be the top three, but combined, they all add up. Even if your family history plays a part, you have quite a bit of control over the outcome. Knowledge is important here.



- ♦ **Obesity** – Extra body weight puts added stress on the heart.

- ♦ **Diabetes** – When sugar builds up in the blood, blood vessels and

nerves that help control the muscles of the heart get damaged.

- ♦ **Physical Inactivity** – Keeping active helps in the heart muscles and blood vessels stay healthy.
- ♦ **Unhealthy Eating Patterns** – Eating too much and adding too much salt increase your blood pressure.

Take Control: Here are some things you can do to make a difference in your heart's condition and overall health:

- ♦ **Don't smoke** – the leading cause of preventable death in America.
- ♦ **Know where you stand** – Ask your doctor about testing your cholesterol and how to best keep track of your blood pressure. You can prevent and manage both if you know how.
- ♦ **Make diet changes** – Learn to eat less of the bad fats and less salt and sugar in your diet. Aim for more fruits and vegetables.

HEART continued on pg.6

Camas Valley Booster Club will be
Meeting Wednesday, February 6th,
2019 @ 6:00pm at Bravo Café.

Please come & Join Us and see
How you can be a part of Booster's
and learn about our new vision!

GO HORNETS!



HEART from pg .5

- ♦ **Stay active** – Recommendation is to move 30 minutes at least five days a week, which can be broken down into 10-minutes blocks if you need.

So, this February, re-focus on the import things of the heart, turning those health risks into healthy habits.

References:

<https://www.cdc.gov/features/heartmonth/>

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800>

Fire Board Vacancy

It takes a community effort to provide fire protection and first responder coverage to the valley and surrounding area. Not all of us can haul hose, stand the sight of blood, or make quilts for auction to support the Fire Department.



The **Camas Valley Rural Fire District Board of Directors** has a vacancy that needs to be filled. Most of us have the ability to listen to concerns/problems and vote on issues to best manage our department's resources. None of us are experts. You just have to care.

Meetings are just **once a month, the second Monday of each month at 4 pm**. If you are interested but need more information, please attend the next Fire Board meeting at the old Fire Hall **Monday Feb. 11th** or call **Paul Yoder at 541-445-2188**.

The dates for filing with the **Douglas County Clerk** are **February 9 through March 21**. The election date is **May 26, 2019**.

**** Talent and Donations Needed!!!!****

Jennifer Parker Banks Scholarship Variety & Art Show

will be here before you know it.
So set your calendar date for

Saturday, April 6, 2019
Camas Valley School Gym
6:00 pm

2018 JPB Scholarship Recipients of \$500 each were:

★ *Devan Ewing* ★ *Jessie Ashton* ★ *Morgan Carter* ★

Talent Needed:

Can you play a musical instrument, sing, dance, juggle, short comedy or drama skits, poem recitations, etc. that you would like to perform?

Food Donations:

Pies or cookies are also needed for refreshments for the program. If that is you, please contact **Terry Murrell** at **(541) 485-9469**.

Donations Needed:

Artwork, woodwork, photography, sculpture, quilt or donate a cord of wood, truck load of gravel, or a month of free art or music lessons or gift certificates to your business. All donations will be for the silent auction.

ALL 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 21, 2019 at the Camas Valley School office.**

Camas Valley Cares

House cleaning bug got a serious hold on you? After plowing through too many overflowing closets and storage spaces you may need assistance in getting all that stuff off your property. Be it to the dump, a consignment store, or to the Camas Valley United Methodist Rummage sale, able bodied students can move your mountain to Mohammed, or to the church, if you prefer! Just fill out the form below for assistance.

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**

Camas Valley Business Directory



The Business Directory is only as good as the information in your listing. Make sure your information is updated to reflect your talents and expertise!

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!

Valentine's Day Word Search

K S Q S J I V R T D S R Q G K
R Q Q T D M A B X U F N Q J J
K G D A S N L Y E U S F S N S
S V E E M B E R I G C E V O L
Q W Q R Q Q N I A W R A O C G
T Z E T G R T Z R E Y I N Q T
D Q I E E O I K Z F D R E D J
H O B N T P N W N O E F T G Y
X U T H C H E H V X E A L A T
N A G B P R E E Y B M T C B H
F O M G T U S A R L R K U T Q
I M T M Q S K U R A U N P E H
C A R D S K A A E T W I I G U
M C D I R R M H H X E P D P N
W Q K L Y S R E W O L F J O J

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



JINXYKIDS.COM

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 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

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

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
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

On average I spend about \$80 a year to watch bananas turn brown. And you thought I didn't budget!

Sunday

Monday

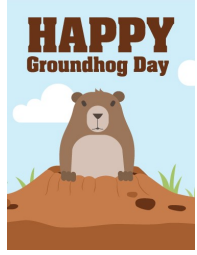
Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2 
3	4	5 Community Lunch Noon Grange Fire Dept. Training 7pm	6	7 S.M.A.R.T. 2:15—3:15	8 No School	9
10	11 Fire Dept. Bd. Mtg. 4	12 Grange Bus. Mtg. 10 Fire Dept. Training 7pm	13	14 S.M.A.R.T. 2:15—3:15 B'day dinner 5:30@ Bravo	15 No School	16
17	18 	19 Fire Dept. Training 7pm	20	21 S.M.A.R.T. 2:15—3:15 School Bd. Mtg. 7 pm	22	23
24	25	26 Fire Dept. Training 7pm	27	28 S.M.A.R.T. 2:15—3:15		

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