



THE FLAME



Volume XVIII Issue VIII

"Put out" by the Camas Valley Fire Department Auxiliary

September 2018

THE FIREFIGHTER'S PRAYER

When I am called to duty, God
Wherever flames may rage
Give me the strength to save some life
Whatever be it's age.

Help me embrace a little child before it is too late
Or save an older person from a most uncertain fate.
Enable me to be alert and hear the weakest shout
And quickly and efficiently to put the fire out.

And if according to my fate,
My days should come to end
Please bless with your protecting hand
My family and my friends

This is an ongoing, active fire season. We should pause and thank our firefighters. For those who gave their lives, we owe a lifelong debt of gratitude and responsibility to support their families. We encourage you to go online <https://wffoundation.org/> to donate or write/call them at their headquarters in Boise.

**Wildfire Firefighter
Foundation**
2049 W Airport Way,
Boise, ID 83705
Phone: (208) 336-2996

Camas Valley Fun Days



Fun Days will be **Sept. 14, 15, and 16** with night drags. Mark your calendars and fine tune those engines.

All the usual events for our 3 day schedule:

- ♦ Truck drags
- ♦ ATV/Bikes/UTV races
- ♦ Barrels and open obstacle course
- ♦ Powder puff drags
- ♦ Technical obstacle course.

Prices: Gate **\$7**, under 12 **free**, senior **\$5**
Racer fees: **\$35**, spouse (same vehicle) **\$15**
Class bump **\$5** Pay in advance
Kids play track only— **\$5** arm band
Kids Tech (13 and under) **\$15**
Camping **\$35**

Proceeds support Camas Valley Volunteer Fire Dept.
This is a family event—no drugs or alcohol allowed.

1086 Main Camas Rd. Follow the signs.

CAMAS VALLEY PYROS BIRTHDAY CALENDARS HAVE ARRIVED

Please help me out,
give me a call when you
will be home and I will
bring your calendar.

Thank you,
Mary Helen
541-643-6317



We appreciate your support!

The Flame
received a donation from

Adrianne Butler

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

Whether September comes in hot and hazy with air quality warnings or softens into cooler days with blue skies and starry nights, who wants to stay in the kitchen and cook? Join the crew at the Grange for delicious lunches (\$7) and lively conversation (free). Just what you need to lift your spirits! See you at the Grange Hall!

- ♦ Community lunch, **Tues. Sept. 4th** at noon. Bingo afterwards.
- ♦ Business mtg., **Tues. Sept. 11th** at 10 am. To plan future meals.
- ♦ Senior Lunch, **Tues. Sept. 25th** at 12 with Bingo afterwards to support the scholarship fund.

W-D Food Pantry

The start of school helps those struggling to put food on the table because of the free breakfast and lunch programs. But there are still challenges for families, like school supplies. Did you know that the Food Pantry helps out with school supplies, personal care items, and jackets? Place in the **Food Barrel** at the **Post Office**. As always you can support the Winston-Dillard Food Pantry by writing a check to :

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



Great for college students!

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**.



Songs for Kendra

A benefit concert for Kendra Dunning.

Sunday Sept. 30th

at 6pm at the

Camas Valley Missionary Church.

Special Guest Artist **Lisa Marie Buster** has graciously agreed to host this amazing concert to help raise funds for Kendra. Lets come together as a community to help this mom as she continues to battle cancer. A love offering will be held during the concert and 100% will go to Kendra.

Local singer **Bethany Buckley**

will open the night for us
with a few amazing songs.

See everyone on the 30th!

**Fundraiser at
Tenmile Community Center
Saturday, Sept 22nd
Presents**

Trip Wire

**Party and Dance music
5-6 social 6-8 band plays**

Come visit with your
friends and neighbors.

Have fun and
get your groove on.

**\$5 per person
cover charge**

No alcohol please!

FOOD \$5

**Chili, chili dog,
Frito pie, hot dog**

(includes chips and
a drink)

Salad \$2, dessert \$1

Here is a great way to feed the wild birds, entertain a group of friends on a clear day outside and not buy plastic bird feeders.

The supplies you will need:

- a jar of cheap peanut butter,
- a bag of bird seed,
- a few pine cones, or Doug fir cones (depending on how many people are going to be involved),
- 2 pie tins and
- some twine from a hay bale.

Oh, you better include some newspaper for your picnic table (it can get messy).

Put the peanut butter in one pie tin, put the bird seed in the other tin. Tie the twine around the top of the cone so it can be hung up in a tree. Now take your cone and roll it in the peanut butter, or paint the butter on the cone, or somehow get the peanut mixture on the cone so the next step will work. That is to roll the peanut butter-covered cone in the bird seed.

That's it. A feeder for our birds and a fun time spent with friends or family!



FOR YOUR INFORMATION

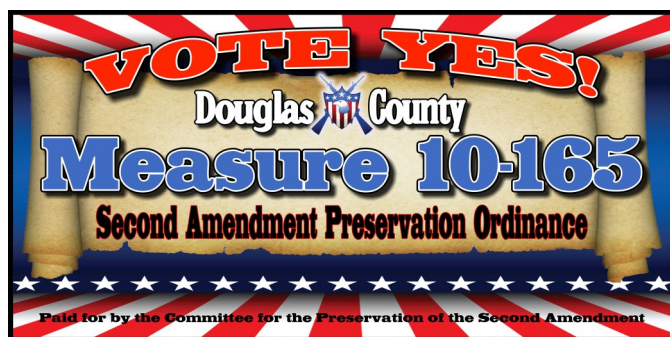
In March I proposed the Second Amendment Preservation Ordinance aka SAPO to the Douglas County Board of Commissioners. I was successful in convincing them to place it on the November ballot for the people to vote to protect our gun rights. There are two signs, one yard sign and one large.

Thank you kindly,

Tom McKirgan

To order signs send an email to:
Matthew Robinson
bridgeviewsigns@gmail.com

\$29.00 for 4X8' one sided
\$34.00 for 4X8' double sided
\$2.75 for Yard Sign 18"X 24" double sided.



Clever way to butter your corn on the cob.

Fill pitcher 3/4 full with boiling water, then add 2 cubes of butter. The butter will melt and float to the top. You take your corn cob and dip in the solution. There you are, a fully buttered corn on the cob without the mess of a butter dish. When the party is over, and the water has cooled, you pour out the water and you can use the left-over hardened butter for other cooking projects.

Camas Valley Business Directory



It is a new year! Has your business changed? Please review your listing and update for our readers.

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!

Camas Valley Cares!

The **Camas Valley Grange** and **Camas Valley Charter School** have teamed up to create **Camas Valley Cares**, a new service project to help community members who need assistance with a free of charge, volunteer network. If there are small jobs that need to be completed on your property or in your home and you would like a team of Camas Valley students and volunteer adults to help you clean, organize, do yard-work, or if you have a small task that would improve your daily life—this project was meant for you. As a person receiving the assistance you will benefit from having the man-power needed to get these pesky projects completed and you will be benefiting the local youth by helping them gain valuable work skills, building resume experience and earning valuable “Hornet Points”.

If you're interested in learning more you can contact grange member, **Kimberly Carter** at **541-733-6343**. Keep an eye out in your monthly Flame for the Camas Valley Cares Project Request Form to be cut out and sent in so we can get you scheduled for our first work day in October!



Progress report on the Transit District

On Aug. 15th, during the Board of Commissioner's meeting, the first reading of the Board Order forming the Transit District took place. The final reading and signing of the Order will take place on Sept. 12th. At that point in the process the transit district will exist but will not be able to function because it will not have a transit district board in place yet.

The open election for transit board members takes place on November 6th.

Thanks,

Dennis E. Pinheiro
Transportation System
Mobility Manager

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**



© Can Stock Photo - csp7196558

Spoiled by the summer fresh fruits and vegetables? – Let's keep it going. September is **Fruits & Veggies-More Matters Month**. Review of one article states we should "Add one more, try something new, educate ourselves, teach our kids, and try a new recipe." This cannot be bad advice with 90 percent of children and adults not eating the recommended amounts of fruits and vegetables. It is suggested we try to do two things – to fill our plates with fruits and vegetables, and to eat them every way possible – fresh, frozen, dried, or canned.

How can eating more fruits and vegetables help us? Studies indicate that fruits and vegetables contain nutrients and antioxidants that may help protect against sun damage, reduce risks of diabetes and cardiovascular disease, and benefit cognitive function. A 2015 Study on America's Consumption of Fruit and Vegetables shows younger adults eating more fruit for breakfast, but older adults eating less fruits and vegetables altogether. Why the Decline?

Today's challenging priorities of managing home, work, and leisure affect our meal planning and may be a direct contributor. Meals today must be convenient in order to fit into our everyday lifestyles. Fewer dishes are being prepared, and fewer ingredients are being used. When meals are prepared at home, they usually center on a protein dish with a vegetable side, but the convenient meals include fast-food and pizza-type meals. These meals may seemingly simplify things but actually compromise our nutritional needs. The easy meals also take away from valuable family time.

There are things we can do at home and at school to help change this – we can take the PLEDGE! Pick a pledge:

One-More-A-Day Pledge – I pledge to eat at least ONE MORE fruit or vegetable every day.

Half-My-Plate – I pledge to fill half my plate with fruits and vegetables at every meal.

My-School Pledge – I pledge to help my school provide more fruit and vegetable options.

Consider offering some of the top dishes that add vegetables to your meals such as homemade casseroles packed with veggies (zucchini lasagna sounds good), slow cooker creations, or veggie-based soups. You can try adding vegetables to your sauces, a cauliflower pizza crust, or adding extra vegetables to your omelets. Juicing and smoothies are always great ways to introduce both fruits and vegetables into your diet: try the kale with mango, peaches, and ginger. Even a hamburger or meatloaf can be turned into a veggie delight by using a veggie bun, veggie burger, lettuce wrap, or adding veggies to the mix. Still grilling – try a veggie kabob.

Remember: A meal at home is only about one-third the cost of a meal out, and you can make it count.

<https://www.fruitsandveggiesmorematters.org/September+is+Fruits+%26+Veggies--More+Matters+Month>
http://www.pbhfoundation.org/pdfs/about/res/pbh_res/State_of_the_Plate_2015_WEB_Bookmarked.pdf
<https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies>



Superintendent's Message

Attendance Matters!!

With the school year starting up, I once again want to impress upon our students, parents, and the greater community the importance of strong attendance and how it ties to success, along with how poor attendance is a key indicator of struggles that are likely to befall a student who misses school frequently.

First, a definition: The state of Oregon has determined that a student who does not attend more than 92% of all class time offered is falling below the minimum requirements for regular attendance. In our district, that means that missing twelve days of school in our 145-day school year is too much. **To put that in better perspective, missing one day of school every three weeks means your child has a chronic absence problem and is not getting the full benefits of their education, putting them at a much higher risk for the following:**

- **83%** of students that are chronically absent in kindergarten and the 1st grade cannot read at grade level by the 3rd grade.
- Students that are not reading at grade level by the 3rd grade are 4 times more likely to drop out of school than those that are reading at grade level.
- High School dropouts are 8 times more likely to be incarcerated than people with high school diplomas.
- Chronically absent students have poorer academic outcomes and graduate at lower rates than their peers.
- By 9th grade, regular and high attendance are a better predictor of graduation rates than 8th grade test scores.

Attendance Matters!!

It does not matter whether these absences are excused or unexcused. If a child is out of school, they are missing education. Period. As a parent, do everything you can to schedule appointments or trips on non-school days. Encourage your child to go to school and have a positive attitude about having good attendance. Don't let your child stay home from school unless they are truly sick and or contagious. By doing these things and getting your child to school more than 92% of the time, you are giving them a much better chance of success in school and in life.

Go Hornets!

Sincerely,

Patrick Lee

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

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**
Marge Vilas
Every day, 10-5
541-430-4225

Housekeeping

Maid in the Shade
Lisa Muller
541-430-1974

Jewelry, decorative/ therapeutic

**Mommy & Me
Jewelry**
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

Progress is man's ability
to complicate simplicity.

~Thor Heyerdahl~

September

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1
2	3	4 Community Lunch 12 Grange Fire Dept. Training 7pm	5	6	7	8
9	10 Fire Dept. Bd. Mtg. 4	11 Grange Bus. Mtg. 10 Fire Dept. Training 7pm	12	13 Birthday Party 5:30 @Bravo	14	C
16	17	18 Fire Dept. Training 7pm	19	20 Boosters @ 5:30 School Bd. Mtg. 7 pm	21	22 Fundraiser Tenmile Com- munity Center 5-6 social 6-8 music First Day of Fall!
23	24	25 Sr. Lunch 12 w/ Bingo Grange Fire Dept. Training 7pm	26	27	28	29
30 Songs for Kendra 6 pm Missionary Church						

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