



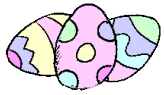
THE FLAME



Volume XVI Issue II

"Put out" by the Camas Valley Fire Department Auxiliary

Mar. 2016



Easter is a'coming!



Saturday, March 26th, is the big

Easter Egg Hunt

at the Camas Valley football field
put on by the

Camas Valley and Tenmile Volunteer Fire Departments.

Gates open at 10 am and the hunt starts at 10:30 am. Youngsters from crawling through 6th grade will scoop up colorful eggs and trade them in for prizes, so bring the BIG basket to hold all those eggs!

Once again **Teresa** will be running the Cake Walk. This year we are asking that everyone coming to the Egg Hunt bring a goodie to donate for the cake walk. This much enjoyed part of the Easter Egg Hunt experience needs some more community support. You cannot have too many goodies! This is a scientific fact! Just ask your children! Or grandchildren! If you have questions about the cake walk, call **Teresa at 541-637-7151.**

And what would the Easter Egg Hunt be without **Camas Valley and Tenmile Volunteer Fire Departments** having fire trucks for the younger set to ride. Let's hear that horn again!



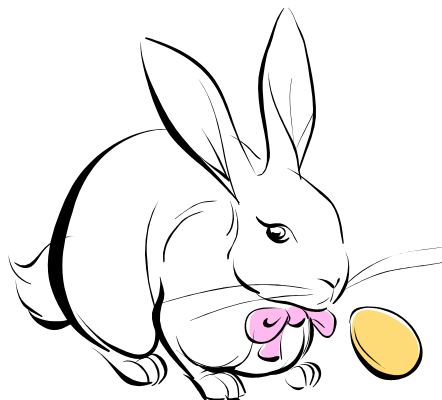
shutterstock · 264886328

There is a lot that goes into making this the wonderful family experience that we enjoy every year and we could use your assistance. There will be a meeting for volunteers put on by the CVFD Auxiliary on **Thursday, March 10th at 10 a.m.** at the **Bravo** on how you can help out by:

- ⇒ getting Easter Baskets assembled,
- ⇒ making the candy bags that are handed out,
- ⇒ set-up and/or take-down at the Easter Egg Hunt,
- ⇒ and clean-up.

Many hands make light work. And is *fun!* Speaking from personal experience, some of the candy "accidently" falls on the floor and shouldn't be eaten by children!

Give **Vonnie** a call at **541-445-2355** if you have any questions.



The Grange: Marching into Spring

- ♦ **Tues. Mar. 1st** Ladies' Luncheon at **noon** with bingo after. Proceeds go to Grange maintenance.
- ♦ **Tues. Mar. 8th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Mar. 22d** Senior Lunch at **noon** with bingo afterward. Proceeds go towards the school scholarship fund.

Food Pantry

Spring fever, seasonal blahs—whatever you want to call it—has a medical basis to it. The body is lacking nutrients that fresh vegetables, particularly salads, provide. While it is not practical to put fresh salad greens in the food collection barrel at the Post Office, you can send a small check to the Winston-Dillard Food Pantry c/o CV United Methodist Church PO 43, Camas Valley so they can purchase those fresh salad makings. Thanks!

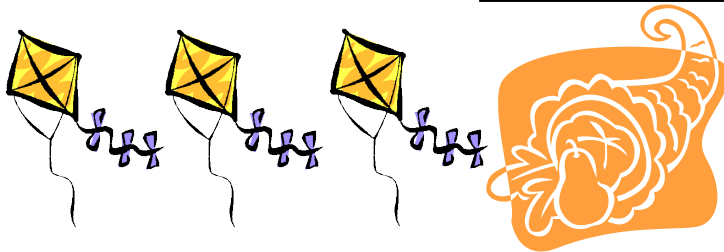
Why an email subscription?

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.



Thank You For Your Support!

We received donations from

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**.

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 February Flame missed the opportunity to credit **Pat Wilson** for donating a queen-sized quilt for the 2015 Firemen's Appreciation Dinner quilt auction. The work required to produce a quilt is well understood and greatly appreciated, Pat!

CV S.M.A.R.T. Program Readers Recognized

The Camas Valley S.M.A.R.T. reading program is receiving statewide recognition at the 2016 S.M.A.R.T. Gala March 10th at the Moda Center in Portland. **Juanita Saul** and **Betty Wittrock** will be honored as Volunteer of the Year for our area representing the collective efforts of the 26 dedicated readers who read each Thursday afternoon with our K-3 students.

Reading proficiently opens minds through exposure to different cultures and times, opens doors of opportunity/ understanding for our students as they become active participants in our community, and is endlessly entertaining!

Thank you to all the readers at the Camas Valley S.M.A.R.T program for your time and talent! You are greatly appreciated!



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

**NOW IS THE TIME TO UPDATE
YOUR DIRECTORY INFORMATION!**

Psoriasis is a common skin condition that changes the life cycle of skin cells, causing cells to build up rapidly on the surface of the skin. The extra skin cells form thick, silvery scales and itchy, dry, red patches that are sometimes painful. Psoriasis is a persistent, long-lasting (chronic) disease. There may be times when your psoriasis symptoms get better alternating with times that worsen. The primary goal of treatment is to stop the skin cells from growing so quickly. While there isn't a cure, psoriasis treatments may offer significant relief.

Anyone can develop psoriasis, but these factors can increase your risk of developing the disease:

- ♦ FAMILY HISTORY,
- ♦ VIRAL and BACTERIAL INFECTIONS,
- ♦ STRESS,
- ♦ OBESITY,
- ♦ SMOKING.

Psoriasis typically starts or worsens because of a trigger that you may be able to identify and avoid. Factors that may trigger psoriasis include: infections, such as strep throat or skin infections, injury to the skin, such as a cut or scrape, bug bite, or a severe sunburn. Stress, cold weather, smoking, and heavy alcohol consumption are a few more triggers.

Treatment varies for the condition. You can get oral or injectable medication, creams or light therapy. Or use an alternative medicine approach, and life style/home remedies. A number of alternative therapies claim to ease the symptoms of psoriasis, including special diets, creams, dietary supplements and herbs. None have definitively been proved ef-

fective. But some alternative therapies are deemed generally safe, and they may be helpful to some people in reducing signs and symptoms such as itching and scaling.

Some life style and home remedies are as follows:

- 1) take a bath daily.
- 2) Use moisturizer. Blot your skin after bathing, then immediately apply a heavy, ointment-based moisturizer while your skin is still moist.
- 3) Expose your skin to small amounts of sunlight. A controlled amount of sunlight can significantly improve lesions, but too much sun can trigger or worsen outbreaks and increase the risk of skin cancer.
- 4)* Avoid psoriasis triggers. Find out what triggers, if any, worsen your psoriasis and take steps to prevent or avoid them.
- 5)* Avoid drinking alcohol. Alcohol consumption may decrease the effectiveness of some psoriasis

You need to get educated to what will work for you.



Paid jobs with cycle visitors



©SEETATSS - kofetetturle

Cycle Oregon is coming through Camas Valley
September 11-12, 2016!!

We will have a Community meeting on **March 7th at 5:30 pm** in the school library. There are many paid jobs available. We are looking for team leaders as well as many other positions to accommodate several hundred bike riders.

Tina Fisher **541-733-6083**



It is that aggravating time of year when you must remember to change your clocks. Daylight savings time begins in the wee hours of **Sunday March 13** so before you go to bed Saturday night move your clocks **FORWARD** 1 hour.

If only adjusting to the lost hour of sleep were as simple. Be kind to yourself and try to get to bed early. Cut yourself some slack for about a week. It takes awhile for your body to adjust. Eating lighter meals helps, too.

ATTENTION!

Announcing
Camas Valley's

***Good News Club!**

Songs, snacks, Bible lessons, games and more--this released-time option for 1st - 4th graders will start **March 7th** and run through **May 23rd** from **2:30-3:30** on Monday afternoons at **Camas Valley Christian Fellowship**.

Trained **Good News Club** leaders will escort children from the school to club and back again. We are looking forward to sharing the love of God and

love of His word with the next generation. Permission slip required.

For more information please call:
Crystal OConnor 541-670-7943

* **Good News Club** is a ministry of Child Evangelism Fellowship





Easter Word Hunt

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

BASKET
BUNNY
CHICK
DYE
EASTER
EGGS
FIND

FLOWERS
GRASS
HIDE
HUNT
LAMB
LILY
NEST

PALM
PARADE
RABBIT
SEARCH
SPRING
SUNDAY
TULIPS



Camas Valley School Honor Roll Quarter 2/Semester 1



12th Grade

4.0 **Darren Bringhurst**
3.50-3.99 **LeAnn Caldwell, Katie Clarke, Alexis Roberson. Isabel Takahashi, Dylin Weickum**
3.0-3.49 **Davis Chaudron, Tyler Dedmon, Jesse Duncan**

11th Grade

4.0 **Jazmin Wilberg**
3.50-3.99 **Nickayla Schiro**
3.0-3.49 **Lane Frost, Dixie Hall, Zach Nebeker**

10th Grade

3.50-3.99 **Jessie Ashton, Morgan Carter, Devan Ewing**
3:00-3.49 **Amayia Plikat**

9th Grade

3.50-3.99 **James Beans, Natasha Hibdon, Nathan Powell**
3.0-3.49 **Morgan Banks, Bridger Godfrey, Ethan Hilger, Rylynn Palmer**

8th Grade

3.0-3.49 **Garrett Casteel, Jewels Hamilton, Isaiah Osbon, Tiernan Spicer**

7th Grade

3.50-3.99 **Collin Ewing, Hailey Holmgren, Riley Stutzman**
3.0-3.49 **Max Brown, Joy DeRoss, Izabelle Pool, Breeana White**

6th Grade

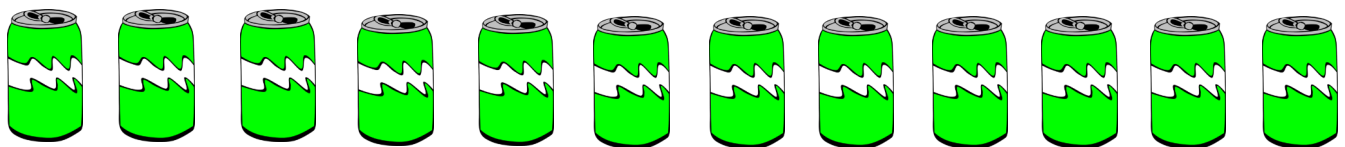
4.0 **Mason Amos**
3.50-3.99 **Clara DeRoss, Baylee Laney**
3.0-3.49 **Olivia Dedmon, Bryson Laney, Jazmin Ode, Kayla White, River Wolfe**

Superintendent's Message

Three Common Sense Ways the Oregon Legislature Can Improve Education.

1. Don't make policies and decisions that have an impact on education without consulting and genuinely considering input from educators and educational organizations. The past ten years have been wrought with "good ideas" that weren't screened through educational eyes, and we are now riddled with numerous bad policies that create more work for districts, but no actual benefit for students.
2. Understand that the majority of schools in Oregon are small schools. Many policies are made with Portland, Eugene, and Salem schools in mind. Every time a "good idea" gets pushed through as a law, it requires districts to do more compliance work. The larger districts have infrastructure and resources to carry out this kind of compliance work. In smaller districts, that work is usually handled by the same one or two people. Oftentimes the work necessitated by these laws has no bearing or impact on small schools, but we are still responsible for reports and data collection related to the laws.
3. Never impose a requirement of schools without providing the funding to carry the mandate out. We are swamped with unfunded mandates. Each time our legislature gets together, they pass numerous laws that impact education and make new requirements of schools. School funding per student in Oregon is already in the lower half of the nation. Stop making more work, more requirements, and more demands if you aren't going to provide the funding to make that work happen. All that is accomplished through unfunded mandates is our already tight budgets get stretched even thinner.

Patrick Lee
Superintendent/Principal



8th Grade Class Can & Bottle Drive!

Friday, March 11th from 4-6 p.m., please bring your cans and bottles to the school! For additional information, please contact **Teresa Herberger** at: **(541) 637-7151**.

**Don't Miss
the Action!**

DATE: Thursday, March 4th

TIME: 7 p.m.

PLACE: Camas Valley Gym

SPONSOR: Student Council



Donkey Basketball

★ **FAMILY FUN!**

★ **ENTERTAINMENT**

★ **THRILLS & SPILLS!**

★ **LOTS OF LAUGHS!**

ADVANCED TICKETS:

Save \$1.00

Adults..... \$8
Student (7-12)...\$6
Child (K-6).....\$4

GATE TICKETS:

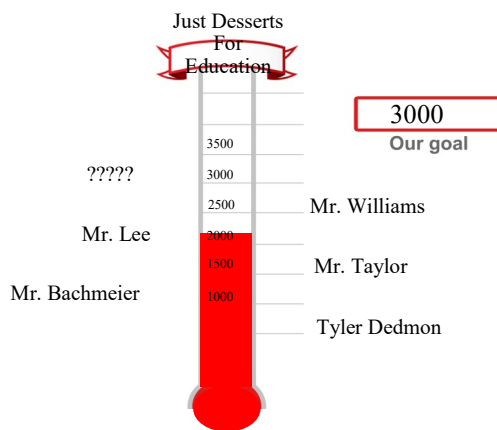
Adults..... \$9
Student (7-12)...\$7
Child (K-6).....\$5



“Just Desserts” For Education

We are having our 2nd Annual “Just Desserts for Education” event. Help decide who will get a pie in the face by bringing in your Box Tops. For the BoxTops to count towards this event they need to be turned in before March 10th. The pies will be “administered” in a March 14th Assembly!

The format this year means it is possible that all of the participants will get a pie in the face. Each level reached adds a person to the list. The top 3 classes that bring the most BoxTops will get to have names drawn to be “throwers”. As of February 24th we have just over 2000 BoxTops turned in and 4 people getting a pie.



Your 2016 participants:
 500 BoxTops—Tyler Dedmon SB Pres.
 1000 BoxTops—Mr. Bachmeier
 1500 BoxTops—Mr. Taylor
 2000 BoxTops—Mr. Lee
 2500 BoxTops— Mr. Williams
 3000 BoxTops—SURPRISE ENTRY



**Starts
Feb. 29th.
Last date to turn in
reading minutes is
March 14th at 10 am.**



2015-2016

We have 10 students participating in this year's Battle of the Books on **Saturday, March 5th**, at Roseburg HS.

There are 3 divisions. The 3rd-5th grade division is coached by Amy Neeld, the 6th-8th grade division is coached by Mrs. Graham, and the 9th-12th grade division is coached by Mr. Bringhurst.

The battles begin at 9:00 am on the 5th. Come out and support our students and enjoy watching them battle against other teams from several Douglas and Coos County schools. You may be surprised at how much it takes to compete in a Battle of the Books.



Extended thru March. .
USED BOOK SALE

Prices are 10¢, 25¢, 50¢, and 75¢

Non-Fiction, Fiction, Easy Readers, Adult, old, new, and everything in between.....we have them all. More books will be added throughout the sale.

Now is a good time to stock up for the Iditaroad, a rainy day, spring-break, summer, etc. The library is open from 8-12 and 1-4, but is also used by teachers through the day, so please use library voices when entering the library.

Quote of the day.....

*You can't buy happiness....but you
can buy books and that's kind of
the same thing!*

Girls MSBB teams net 1st place trophies!

A **HUGE** Congratulations to the Middle School Girls BASKETBALL Players! Both A and B teams battled to finish as League Champs! The following players ran, sweated, stayed up late, got up early, got their homework in on time and cheered one another on:

5th grade **Allie Kopko, Ahtum Garcia, Ashley Thompson,**
6th grade **Clara DeRoss, Aleese Crandall, Olivia Dedmon,**
7th grade **Miriam Bartlett, Bethany Krissie, Kaylynn Mehan, Megan Hall,**
Brooklyn Wolfe, Joy DeRoss, Bella Pool, Liz Avant, Hailey Holmgren,
8th grade **Talla Hill, Krystal Talley, Rachel Townsend, Noel Krissie.**

Some of our highlight games were the B team's final game against Days Creek in the Championship Tournament. Final score was Camas Valley 14—Days Creek 12. **Joy DeRoss** finished with 10 of the 12 points and **Miriam Bartlett** got the rebound in the 4th quarter and put back to go up by two and win the **1st place** trophy!

Our A team starters consisted of guard **Olivia Dedmon**, guard **Noel Krissie**, Point Guard **Krystal Talley**, Post **Hailey Holmgren** and Power Forward **Brooklyn Wolfe**. These five young ladies battled every game with few breaks on the bench. The Hornets found themselves in a tie for 1st with our rivals the Days Creek Wolves. A play-off game was scheduled and again it was a battle to the final 55 seconds. **Brooklyn Wolfe** found herself in foul trouble and fouled out with 1:42 seconds left. **Liz Avant** was called to the challenge, subbing into the game when we were up by one point. **Liz** stepped up to the challenge getting a steal, a rebound and a bucket. **Krystal Talley** and **Noel Krissie** took advantage of the tired Wolves, got four steals and the Hornets scored six points in the final 55 seconds. Final score CV 34—Days Creek 29.



It was such a joy to watch each young lady improve every day. All 19 players scored this season. Our future is looking bright. I would also like to thank our cousin and friend **Eli Wolfe** for all the help. Becoming a winning team takes sacrifice, love and effort from many! We wouldn't be here without all of you! The key to being successful and continue to grow will be our work in the off season. Please help support and encourage each of these young athletes!

SISTERS FOREVER!
Coach Amy Wolfe

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
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 / 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
541-445-2888**

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

March

It was one of those March days
when the sun shines hot and the wind
blows cold: when it is summer in the
light, and winter in the shade.

Charles Dickens

Sunday

Monday

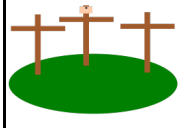
Tuesday

Wednesday

Thursday

Friday

Saturday

		1 K-2 field trip (Literacy Play) Community Ladies Lunch Noon / Bingo At the Grange	2 Fire Dept. Training 7pm	3 7th gr. Field trip—U of O S.M.A.R.T. 2:30-3:30 Booster Club 6:30 Bravo	4 No School Donkey Basketball 7 pm	5 Battle of the Books RHS 9 am
6	7 Good News Club CVCF 2:30-3:30 Community mtg. 5:30 School library	8 Grange Bus. Mtg. 10 am At the Grange	9 Fire Dept. Training 7pm	10 CVFD Aux. mtg. 10 am @ Bravo S.M.A.R.T. 2:30-3:30 Community Birthday Party 5:30 @Bravo	11 No School 8th gr. Canned food drive	12
13 Daylight Savings Time Begins 	14 Iditaread Ends 10 am Just Desserts Assembly Good News Club CVCF 2:30-3:30 Fire Dept. Bd. Mtg. 4	15	16 9th –12th gr. Field trip — career fair Fire Dept. Training 7pm	17 S.M.A.R.T. 2:30-3:30 School Bd. Mtg. 7 pm St. Patricks Day 	18 No School	19
20 	21	22 Community Senior Lunch Noon/Bingo At the Grange	23 Fire Dept. Training 7pm	24 S.M.A.R.T. 2:30-3:30	25 Good Friday No School 	26 Easter Egg Hunt Open 10 Start 10:30 
← Spring Break →						
27 	28 Good News Club CVCF 2:30-3:30	29	30 Newport Aquarium Assembly Fire Dept. Training 7pm	31 End 3rd Qtr.		

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u>	<u>Sunday</u>	<u>Sunday</u>
Sunday School 9:30 am	Men's Prayer 7:30 am	Morning Worship 9 am
Morning Worship 10:45am	Morning Worship & Sunday School 10:00 am	& Children's Sunday School
<u>Wednesday</u>		Fellowship 10 am
Bible Study 10:00 am	On the fourth Wednesday of each month all the C.E.L.L. groups come together for worship and teachings at Camas Valley Christian Fellowship. If there is a 5th Wednesday in a given month there will be NO SERVICE or C.E.L.L Group.	w/ beverages and snacks
	All the other Wednesdays we meet in small groups in various homes here in Camas Valley, Winston, and Roseburg areas.	<u>1st Tuesday, monthly</u>
	A directory of all the home fellowships is available at the church.	Bible Study 2 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