The Flame

Volume XII Issue III "Put out" by the Camas Valley Fire Department Auxiliary April 2012

REMEMBER!

Schedule changes have been made for **Fire Board meetings**!

Beginning in **April,** meetings will be on:

- *the second **Monday** of the month and*
- *will begin at **6** p.m.*

This new schedule is in effect at least through May.

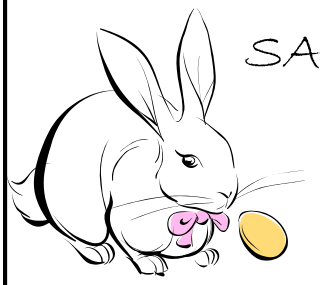
Pass the popcorn!

Third Qtr. Reward Trip

Students who passed all their classes and had less than three minor referrals and no major referrals will have the opportunity to see the ***Hunger Games*** on **April 11, 2012**.

The showing will be exclusively for Camas Valley Jr/Sr High School students.

EASTER EGG HUNT



SATURDAY. APRIL 7, 2012

SPONSORED BY:
CAMAS VALLEY AND
TENMILE FIRE DISTRICTS

CALLING ALL EGG HUNTERS!

The **20th Annual Easter Egg Hunt** is this **Saturday, April 7, 2012** at the **Camas Valley School Football Field!** The gates will be open at **10:00 a.m.** with the egg hunt scheduled to start about **10:30 a.m.**

The Easter Bunny has been busy and will hand out candy. **Camas Valley** and **Tenmile Fire Departments** will be giving rides on the fire trucks.

There has been a change to the Easter Egg Hunt from previous years. Since it is impossible to replace the efforts of Raylene Atteberry, the cake walk will not be held this year. If there is enough interest and baking support, we will bring it back in the future.

Thank you for all your financial, baking, and hands-on support. We couldn't do it without you! Your continued support for this event is *most appreciated.*

So come out for the fun—Egg Hunt is for all children in Douglas County crawling to 14 years of age. Bring your basket or pail to put your eggs in. There will be drawings for prizes, too!

If you have any questions, please call **Vonnie** at **541-445-2355.**

Grange Dates for April

- Wed. the **4th**— Ladies' Luncheon, Noon with bingo afterwards.
- Wed. the **11th**— Business meeting, 10 AM, includes planning for luncheons.
- Wed. the **25th**— Senior Luncheon, Noon with bingo afterwards.

Everyone over 50 is invited to join us for lunch and try your luck at bingo afterwards. Proceeds go toward the CVHS Hank Schmidt scholarship fund.

Listen to Luke Elliott...

interviewed Live on **KLCC 88.1 FM** on **Thursday, April 12 at 2:15PM.** You can also listen on-line at **KLCC.org.** Click on "Listen Live." (probably best received in your car unless you have an antenna for your radio / TV)

Thank You For Your Support

We received donations from:

Kay Ganieany

J.T. and Elaine Berk

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.

Articles may be submitted by the **25th** of the month to one of the following:

Jan Baker at 445-2443
Judith Wickham at 733-6940
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley

The rummage sale season will soon be upon us! **Camas Valley United Methodist** is collecting items for its annual sale, slated to occur in June.

If you are starting spring cleaning or needed a good reason to get started, donations may be taken to the CVUM Church for storage until the big event.

Mike and Melissa Cay will again be organizing this event, so if you have any questions, call **Mike** at **1-541-207-7282.**

Camas Valley Business Directory

If you are interested in having your business in the ***Camas Valley Business Directory***, please submit your information on the form below. Deadline for submissions will be April 15th (that should be easy to remember!) The targeted publication is in May.

Type of business_____

Name of business_____

Owner/ contact person_____

Phone number(s)_____

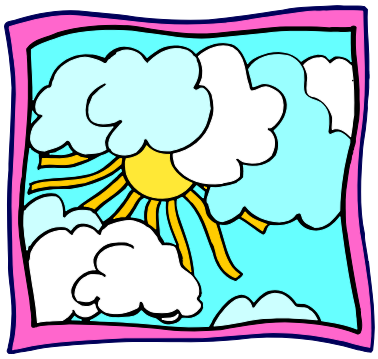
Days open_____

Hours open_____

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

Or email information to: jwickham52@gmail.com

The sun was warm but the wind was chill.
You know how it is with an April day
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
A cloud comes over the sunlit arch,
A wind comes off a frozen peak,
And you're two months back in the middle of March.



—-Robert Frost

ULCERS: Don't worry so much. Do you want an ulcer?

By Ketti Walker, RN

An *ulcer* is a sore, which means it's an open, painful wound. Peptic ulcers are very common and form in the stomach or the upper part of the small intestine, called the *duodenum* (pronounced: doo-uh-dee-num). For almost 100 years, doctors believed that stress, spicy foods, and alcohol caused most ulcers. Now we know that most peptic ulcers are caused by a particular bacterial infection in the stomach and upper intestine, by certain medications, or by smoking.

In 1982, Dr. Barry Marshall and Dr. Robin Warren discovered a certain kind of bacteria that can live and grow in the stomach, winning the Nobel Prize for their discovery. The scientific name for these bacteria is *Helicobacter pylori* (or *H. pylori*, for short). Today doctors know that most peptic ulcers are caused by an infection from *H. pylori.*

Experts believe that 90% of all people with ulcers are infected with *H. pylori*. Strangely enough, most people infected with *H. pylori* don't develop an ulcer. Doctors aren't completely sure why, but think it may partly depend upon the individual person.

It's also thought that some people may naturally secrete more stomach acid than others and it doesn't matter what stresses they're exposed to or what foods they eat. Peptic ulcers may have something to do with the combination of *H. pylori* infection and the level of acid in the stomach.

When *H. pylori* bacteria do cause ulcers, the bacteria weaken the protective coating of the stomach and duodenum. Then the acid in the stomach gets through to the sensitive tissues lining the digestive system underneath. Acid and bacteria directly irritate this lining resulting in sores or ulcers.

Although *H. pylori* are responsible for most cases of peptic ulcers, they can happen for other reasons, too. Some people regularly take pain relievers known as non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen. If taken in high daily doses over a long period of time, NSAIDs can cause ulcers in some people.

Smoking also is associated with peptic ulcers because the nicotine in cigarettes causes the stomach to produce more acid. Drinking a lot of alcohol each day for a period of time can also increase a person's risk of ulcers because over time alcohol can wear down the lining of the stomach and intestines.

Doctors are not totally certain how *H.pylori* bacteria are transmitted from person to person. The bacteria have been found in saliva, so kissing may be one way. They also may be spread through food, water, or contact with vomit that has been infected with the bacteria. The best advice in ulcer prevention is to always wash your hands after you use the bathroom and before you eat and to take good care of your body by exercising regularly and not smoking or drinking.

THE ABOVE INFORMATION IS FOR EDUCATIONAL PURPOSES ONLY. FOR SPECIFIC MEDICAL ADVICE, DIAGNOSES, AND TREATMENT, CONSULT YOUR DOCTOR.

GO HORNETS!

Booster Club Meeting

The **Camas Valley Booster Club** will be meeting **April 5** at **7 pm** in the **school library.** The agenda includes

- April we are trying to set up Donkey Basketball,
- In May we will be doing a poker tournament.

Support your Hornets!

For more information, please contact:

Jodi Peck 541-733-5278

Dillard-Winston Food Bank

Do you have a membership to Costco or some other warehouse food store? Why not pick up a case of veggies, canned fruits, or a package of canned tuna or chicken? The prices are very reasonable and would make you feel better about that spur-of-the-moment purchase sitting in the basket.

Dillard –Winston Food Bank.

There when you need them the most, because your neighbors care.

Camas Valley Business Directory

These businesses have already submitted information for the Camas Valley Business Directory. Don't miss the boat, get your information in today!

Support our local businesses!

Garbage hauling/yard help
Helper Hands
Jacob Hunt
open to calls
541-643-5454

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

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

Water, bulk delivery
Quiet Mountain Water & Tinker Service
Mike Moore
M-F 8-5, call for Sat./emerg.
541-580-2524

Camas Valley Charter School STUDENTS OF THE MONTH For FEBRUARY

7th grade – **Kathy Maliglig**
8th grade— **Jordan Stotler**
9th grade— **Kaitlyn Beans**
10th grade—**Weston Tilton**
11th grade– **Michael Williams**
12th grade— **Evan Tilton**

Students are selected for numerous reasons. These include being responsible, working hard to improve, getting along well with others, striving to reach high goals, having perseverance - and much more.

Great job to all our Students of the Month!

CHARTER COUNCIL

As Camas Valley Community Charter School continues to grow, it is important for community members to be involved in its development. Charter Council is one way to get involved and provide a needed perspective—one from people who are not in the school on a daily basis.

Meetings take place once a month. If you are interested in getting involved with some of the exciting things the school is working towards, please consider joining this group. Contact the school office at **445-2131** for more information. Our next meeting is scheduled for **Monday April 9th** at **4:45 pm** in the school's library. Please come by to see what Charter Council is all about!

Round Ball Honors

April 4th at **7:00 p.m**. in the gym CVCCS will be honoring the Girls and Boys High School basketball teams. Both teams had winning seasons and both qualified for the **2012 Skyline District Tournaments. Cheyenne Baker** was named **Player of the year for the 2011-2012 basketball season.** The **boys JV team** also went undefeated this past year.

The event is a dessert social followed by awards. Feel free to come out and help celebrate this year's achievements.

Foreign Exchange Students Provide Great Experiences

Have you ever thought about hosting a foreign exchange student? This is an amazing experience for everyone—the host family, the exchange student, the school and the entire community.

This past school year **Richard** and **Amy Wolfe** hosted **Gabe Giger** from Switzerland. It truly has been a once in a life-time experience. Lifelong friendships have been formed and many wonderful memories have been made during his time here in Camas Valley.

If you are interested in being a host family for the 2012-2013 school year please contact

Amy Wolfe at

541-445-2254.

Amy will give you all the information needed to start the process. You won't be disappointed!

WolfeStock 2012

WolfeStock 2012 is almost here!

Saturday, April 14th beginning at **11:00** am at **Camas Valley High School** there will be *eight hours of live music* with *14 different bands from around Oregon*.

Plus:

- Food
- Games
- Crazy Hair Vendors
- Tie-dye T-shirts
- Jelly Bracelets
- Graffiti Wall
- Face Painting/Tattoos
- Power Crocheting
- Wood Working
- Bingo

Remember, this is a bring your own chair or blanket event…. it is festival seating. No chairs will be provided. Blankets will be allowed to be placed at 8 am on the day of the event.

There is a secret **Door Prize** that has been kept quiet all year. Only Luke Elliott knows the prize. He says, "It is a prize that will SHOCK the winner and something that they will always remember!" The drawing will be at the presentation of the check to the Make A Wish Foundation.

Must be present to win!

ON-CALL CUSTODIAN POSITION

Camas Valley Community Charter School is looking for an on-call custodian—someone who can fill in when a substitute or extra hands are needed. Duties can range from basic cleaning to assisting with other activities such as setting up for and cleaning up after special events. Please contact the school office for more information or stop by to pick up an application.

VOLUNTEERS SOUGHT FOR BUDGET PANEL

The Camas Valley School District is seeking volunteers for its budget committee. The positions are three-year terms. To serve on the budget committee, a person must live in the Camas Valley School District and cannot be an officer or employee of the district. Committee members must also be registered voters as well. To apply, submit a letter of interest to the **District Office, PO Box 57, Camas Valley, OR 97416.** For more information, call **541-445-2131**.

2012-2013 ENROLLMENT

It is time to enroll in Camas Valley Charter School for the **2012-2013 school year**. We are now taking applications for next school year. All of our grade level enrollments are capped at 20 students so it is important to enroll early. If we receive more then 20 applications for a grade level, we will have a lottery to see who will be enrolled.

All current students will be automatically enrolled for next year. If you know your child/children will not be returning to CVCCS, please let the office know. Also, if you know of anyone interested in attending Camas Valley Charter School please let them know some of the great aspects of our school—we have small class sizes, no pay to play sports, a no cut policy in sports, strong curriculum, and a very caring staff. Our goal is to reach 180 students for the 2012-2013 school year.

We need your help to get the word out about the great things that are happening at Camas Valley Charter School. Enrollment information can be found on the school web page at **www.camasvalley.k12.or.us** or by contacting the office at **541-445-2131**.

SPRING CONFERENCE TIME

Parent-Teacher Conferences will be held **April 12th and 13th.** Teachers will be available from **4:00-7:30 p.m**. on **April 12th** and from **8:00-12:00** on **April 13th**.

It is our hope that by staying late Thursday and being available early on Friday we can meet the needs of everyone's schedule. There are still 10 weeks left in the school year and it is expected that every student will continue to work hard right up to the end.

If the above times do not work in your schedule please call the school and to set up a phone conference with teachers or to arrange for another time to meet. Our goal is 80% attendance at Parent-Teacher Conferences. Please plan to come in and visit with staff.

G.E.A.R. U.P. & OSF

More than 50 students joined several school employees and community members on a trip to Ashland March 16 to see an Oregon Shakespeare Festival production of the bard's classic tragedy, “Romeo and Juliet.” The trip was the culmination of months of fundraising, as well as academic preparation. Freshmen spent several weeks studying the play and sophomores through seniors used refresher courses to help them recall the characters and basic plot of the play.

Several students noted the quality of the play and its usefulness in helping them better understand the Elizabethan text, which is notoriously difficult for high school students to comprehend.

A particular favorite among students was the character of Mercutio, who filled the requisite smart-aleck role so familiar to Shakespeare lovers. His untimely departure from the play - occasioned by his stabbing death at the hands of the fiery-tempered Tybalt - was noted by many as a disappointment.

On our way to Ashland, our school group stopped at the Grants Pass campus of Rogue Community College for a tour. Students were treated to a preview of the automotive program, an art gallery, the computer science department, and the student services building and library. In addition, **7th-grade Gear-Up students** toured the Ashland campus of Southern Oregon University while the **high-schoolers** attended the play.

In previous years, the Shakespeare trip has been reserved for juniors and seniors and this year's expansion of the participants to include freshmen and sophomores - in addition to the 7th-grade Gear-Up contingent - was not without its wrinkles. However, our goal of enriching our Camas Valley students' appreciation for culture, to help them see, as Hamlet put it, that "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy," was a success.

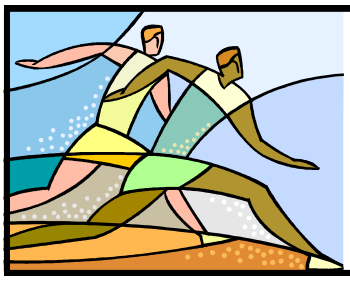
Though some may never choose to attend another Shakespearean play as adults, they will always be able to say they once watched a world-class performance of one of the great playwright's classics.

- Christian Bringhurst

Track Meet Schedule

- **April 7**—Douglas Invitational at Douglas High School
- **April 12**—Riddle
- **April 21**—Prefontaine Rotary Invitational in Coos Bay
- **April 24**—Far West JV Meet at Douglas High School
- **April 27**—Central Coast Invitational in Florence.

Our **Middle School Track** team has also begun their practices. They have meets scheduled for **April 5, 10, 17, 26, May 1 & 8.**



TRACK ATHLETES ARE OFF AND RUNNING (and jumping and throwing)

Over 30 High School students are representing CVCCS this spring at Track and Field Invitationals. CVCCS High School Track team has attended several track meets and have shown themselves to be a team with amazing strength and speed. Many of our athletes have out-run, out-thrown and out-jumped students from our rival schools. On March 22 the boys Track Team took first place overall at the Small Schools Meet in Glide.

Following are some outstanding results for both Boys and Girls teams.

100M - **Richard Andreas** took 1st and **Julia Mooney** took 2nd
200 M—**Caleb Lindsey** was 3rd and **Justine Bringhurst** came in 4th
400 M— **Gabriel Giger** came in 3rd
800 M—Weston Tilton took 2nd
110 M Hurdles— Evan Tilton was 1st and **Dakota Luscomb** 3rd
300 M Hurdles—**Evan** again was 1st and **Michael Williams** 4th
4 x 100 M Relay was won by our boys team—**Richard, Dakota, Eli Wolfe and Caleb Lindsey**. Our girls team of **Sara Hall, Whitney Lindsey, Justine Bringhurst** and **Julia Mooney** took 2nd.
4 x 400 M Relay had Camas Teams (**boys)** taking 2nd & 4th and **girls** took 1st!
Shot Put—**Dakota** and **Jacob Hunt** placed 3rd and 5th overall
Discus—**Jacob Hunt** and **Evan** threw into 2nd and 4th place
Javelin—Camas Boys came in 1, 3, 4, 5 (**Cody W, Richard A, Dakota and Eli**) and Girls took 3rd, 4th and 5th—**Whitney L, Nicole Lewis and Justine B.**
Long Jump had **Caleb Lind**sey jumping for 1st place & **Wes Tilton** coming in 5th.
Triple Jump—our Boys jumped for 1st, 3rd, 5th and 6th—**Richard, Evan, Gabriel** and **Josh Mattox**

How Schools Are Graded

School Districts across the state are facing new criteria to be evaluated. The Legislature has passed the **new achievement compacts** that every district will have to set goals to achieve. Some of the required areas to be evaluated are 3rd grade reading, 3rd grade math, 6th grade attendance, college credits earned by students before graduation, and number of ninth graders who miss fewer then 10 days of school. In all there will be 100 areas that every school will have to set goals. The State will be releasing achievement compact data to schools in early April. The goals are due back to the State by June 30th. Look for future articles as Camas Valley works to set achievement compact goals.

NEWS FROM MR. GALLAGHER: 40-40-20, what does this mean?

40-40-20 is the new educational goal set by the State of Oregon for all graduating students. The goal is that 40% will enter a community college or trade school working to attain a two year degree, 40% will enter a University and graduate with a 4 year degree or higher and finally, the remaining 20% of graduating seniors will be ready to join the work force immediately after high school. This goal must be reached by 2025.

The basis for this new goal is that the jobs of the future are going to require students to have additional education beyond a High School Diploma in order to be competitive in the work place. At Camas Valley Community Charter School we are looking for opportunities for students to take college classes prior to their graduation through duel enrollment programs and expanded options. Never before has such a strong emphasis been put on education beyond high school. I want to encourage parents to talk to their students about education beyond high school. It is never to early to start looking at and planning for future possibilities.

POSSIBLE COMMUNITY CLASSES

Are there topics you wished you knew more about or things you'd like to learn?

Can CVCCS help by providing some classes to community members on these topics? Let us know what we can do to help. Please cut out this section and return it to the school's office.

Cut along this line to return the portion below

COMMUNITY INTEREST

Which of the following topics would you possibly attend an Information Night to learn more about? Mark all that apply by circling number.

1. PASS system - how to look up & monitor your child's academic progress
2. Internet Safety -
3. Intro to Computers -
4. Academic Support Techniques to assist your children with school work and their responsibilities.
5. Pathways to a HS diploma - understanding Oregon diploma requirements
6. Pathways to success after High School - College, technical/trade careers, entering the workforce - the different opportunities out there.
7. Standardized Testing
8. Family Fun Nights - games, movies, reading....
9. OTHER (fill in your suggestions)_____

NAME _____

Student Name(s) & Grade Level (Caught Ya ticket will be given to student for returning this form.)

_____

DAYS and TIMES you could attend informational meetings

_____

COMMON SENSE
RULES OF THE ROAD FOR PARENTS

Just a few short years ago, there was no such thing as Facebook, cyberbullying, smart phones, YouTube or texting. But we now live in a rapidly changing media and tech world where our kids are far more plugged in digitally than we are. In fact, according to a 2010 study conducted by the Kaiser Family Foundation, kids are spending nearly 7.5 hours per day interacting with media.

It can be incredibly tough to keep up with all this technology. But as all parents know, our kids learn from us -- and not just from what we say, but more importantly from what we do. Even if we're a bit clueless about our kids' online and cell phone lives, we can still help them learn to use technology wisely.

The Kaiser study also found that children whose parents make an effort to curb media use -- either through setting up time limits or by limiting access itself -- spend less time with media. The bottom line? Good, safe online and cell phone behavior begins at home. Here's what you can do:

1. **Model good behavior.** If we're on our Blackberries or iPhones at dinner, why will our kids listen to us when we tell them to turn theirs off?
2. **Pay attention.** We have to know where our kids are going online & what they're doing.
3. **Impart our values.** Cheating, lying, being cruel -- they're just not OK. Right and wrong extends to online and mobile life.
4. **Establish limits.** Phone time, video download time, destinations. There really is a right time and place for everything.
5. **Encourage balance.** Get kids involved in offline activities, especially activities that don't require or allow cell service.
6. **Make kids accountable.** Using digital media is a privilege. Make sure your kids earn it.
7. **Explain what's at stake.** Remind your kids that what they do today can be abused by someone tomorrow.
8. **Find ways to say "yes."** This means that you have to do some homework and know the sites your children visit, the songs they download, etc. -- and find ways to use technology that lets us say "yes" more often than we say "no."
9. **It's not rocket science.** Learn to text, send a mobile photo, set up a Facebook page, upload a video. Or have your kids show you how. It's impossible to guide what you don't understand. Not only that, but think of all the anxiety you can avoid by knowing how things work.
10. **Lighten up, embrace their world, and enjoy the possibilities together.** None of us want digital divides in our relationships with our kids. It's up to us to learn something new, join the fun, and help our kids make the most of digital technologies.

Rules of the Road for Parents in a Digital Age
In Digital citizenship, Internet safety by Liz Perle, on 11.04.09

The hardest thing in the world to understand is the income tax.

Albert Einstein

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fool's Day Palm Sunday	2	3	4 7th,10-12th OSU trip 10 Grange Lunch Noon BB Awards 7 **Fire Dept. Training7pm**	5 Booster Club mtg. 7 pm MS track @ Glendale 4 Lv. At 2 End of 3rd qtr. Transfer site	6 No School Grading day	7 ***Easter Egg Hunt*** Opens 10 am Starts 10:30 @ CV foot-ball field HS track @ Douglas 10 Lv. At 8:30
8 	9 **Fire Dept. Bd. Mtg. 6** Charter Council 4:45 Booster Club 7 pm School Libr.	10 MS track @ S. Umpqua 4	11 Grange Bus. Mtg. 10 am @Grange MS/HS reward trip **Fire Dept. Training7pm**	12 HS track @ Riddle 4 Lv. At 2.30 Luke Elliott Interview 2:15 Transfer site	13 No School Parent/ teacher conferences	14 WolfeStock CV football field 11 am
15	16 Taxes Due	17 MS track @ Oakland 4 Lv. At 2.30	18 **Fire Dept. Training7pm**	19 School Bd. Mtg. 7:00 7th, 10-12th to U of O 9:30-2:30 Transfer site	20 No School	21 HS track @ Coos Bay Prefontaine 10:30 bus lv. 8
22 Earth Day	23	24 HS track @ Florence 4 Lv. At 12:30	25 Grange Senior Lunch Noon w/ Bingo for Scholarship **Fire Dept. Training7pm**	26 Senior Banquet MS track @ Riddle 4 Lv. At 2:45 Transfer site	27 No School Inservice	28
29	30					

Camas Valley Churches

Camas Valley Missionary Church

Sunday

Sunday School 9:30 am
Morning Worship 10:45 am

Wednesday

Bible Study 10:00 am

Camas Valley Christian Fellowship

Sunday

Men's Prayer 7:30 am
Morning Worship &
Sunday School 10:00 am

Wednesday

Prayer service 5:30 pm
Worship Generation
Coffee Bar 6:30 pm
Worship 7-9 pm

C.E.L.L. Groups

Tim & Tresta Payne in Camas Vly. **Wed.** at 7 pm . Contact info: (541) 445-2811.

Andy & Shelly Standley in Camas Valley. **Fri.** at 6 pm. Contact info: (541) 445-2894.

Ron & Ronda Rust in Camas Vly. **Thurs.** at 7 pm Contact info: Steve & Dianne Lounsbury (503)545-7878 or Ron & Ronda Rust (541) 445-2220.

Camas Valley United Methodist

Sunday

Morning Worship 9:00 am
& Children's Sunday School

Fellowship 10:00 am
w/ beverages and snacks

Tuesday

Bible Study 2:00 pm

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