



THE FLAME



Volume XVII Issue I

"Put out" by the Camas Valley Fire Department Auxiliary

February 2017

February is our time to show our appreciation for all the people who have put time, effort, and/or expense into making the **Firemen's Appreciation Dinner** a huge success. Believe it or not, there are months of preparation involved—lining up the cooks, creation of quilts, selling raffle tickets, contacting businesses for donations, coming up with ideas for silent auction items (then creating them!), collecting materials for the yard art sculptures so the welders have lots of inspiration, finding suitable youth gifts for the kid's corner, the bakers producing great baked goods and then manning the sales table, setting up the facility, cleaning up, handling the bills and doing the accounting of the proceeds. Just to mention a few tasks. This valley is truly blessed with many remarkable people.

For Set-up, Take Down, and Clean up we need all of you 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. Thank you sooo much. If I had everyone's names I would list you all but unfortunately I do not. My apologies.

For the kitchen help and those who cook on behalf of the CVFD we need to thank **Judy Ashton, Nikki Amos, James Beans, Jeannette Day, Sandy Gerke, Theresa Herberger, Leo Payne, Steve Prickett, and Ken and Vonnie Wallace**. A special thanks to **Roger Leach** who brought his special BBQ and cooked the fabulous meat this year.

The CVFD Auxiliary – **Diane Casteel, Maybell Cummings, Jeanette Day, Sandy Gerke, June Schumaker, Juanita Saul, Judith Wickham, Betty Wittrock, and Vonnie Wallace**. A super, big, special thank you to **Betty Wittrock** who did an outstanding job of getting so many wonderful items for our silent auction. Also a bit thanks goes to **Tanya Hall** who also gets several items for our silent auction. Great job you two.

Thank You

In the Way to Go! department, **John and Peggy Amos** and **Scott and Darla Standley** get kudos! **Market Plus** donated 4-\$25 gas gift certificates and **Camas Valley Disposal** donated 4-\$20 certificates for the Appreciation Dinner. That kind of support is what makes this effort worthwhile!

The **Bravo Bakery and Café** sold 175 tickets for the quilt raffle and hung the quilt for their patrons to admire (and convince them they really shouldn't miss such a great opportunity).

The powers behind the Angel Tree, **Tina and Mary Helen**, once again helped us to demonstrate the true meaning of Christmas by lining up the recipients, keeping track of all the names, and getting the gifts to the right owners in time for Christmas. Thank you for giving us an opportunity to show our better natures.

(Thank you cont. pg. 3)

Grange Dates

- ♦ **Tues. Feb. 7th** at noon Community Lunch. \$7 with bingo afterwards.
- ♦ **Tues. Feb. 14th** at **10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Feb. 28th** Senior Lunch will wrap up the month with bingo to support the scholarship fund.

Speaking from personal experience, these are great meals!

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

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.



Food Pantry: Neighbors helping Neighbors

There is a dedicated group of volunteers that rolls out on Monday and Wednesday mornings to prepare boxes for those in need at the **Winston-Dillard Food Pantry**. Local grocers donate items that need to be sorted and maybe repackaged for distribution, food items from collection barrels are gathered and sorted, boxes need to be filled from the shelved stock with a balanced diet in mind. Also there are racks of clothing, at the beginning of the school year school supplies and at Christmas, toys and gifts. The efforts of these volunteers should be noted—***THANK YOU!***

There is a lot of hands-on work involved, including lifting up to 40 lbs. **We need some sturdy souls willing to help us move the larger stock.** Call **Bernice 541-679-8281** and we will work with your schedule!

Like to help but cannot physically make it there for whatever reason? Checks written to **W-D Food Pantry** go a long way in filling the gaps in needed items. If you would like to assist, checks may be sent **c/o CVUM Church PO Box 43 Camas Valley.**

(Thank you cont. from front page)

Judith Wickham for a super fun children's table.

Our famous valley master quilters: **Deb Bauer, Rowena Bellando, Maybell Cummings, Sherri Payne, Pat Roberts, Juanita Saul, and Linda Underhill.**

The Grange for the use of their facility.

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

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

Our crafters, artists and bakers who donated items for the auction and bake sale table. Crafters and artists, and those who donated items to include the following: **Mary Helen Banks, Beth & Jerry, Gail and Osima Bowser, Diane Casteel, Classic Cuts, Sharon Combs, Jeannette Day, Kay Ganieany, Sandy and Robert Gerke, Industrial Tire, George and Pat Johnston, Bernice McClellan, Oregon Tool, Pat & Wilson Roberts, Brad and Laurie Ross, Juanita Saul, Cindy Standley, Ketti & Bill Walker, Vonnie & Ken Wallace, Alice Warren, Judith & Steve Wickham, and Betty Wittrock.**

And last, but certainly not least, is our super entertaining auctioneer, **Diana Kinnan** who gets the crowd engaged and without whom this event would be a lot less fun.

Dear Readers—

Thank You For Your Support!

Our last issue mentioned the financial straits The Flame was facing. Mindful of the everyday decisions that our readers face regarding their own finances, we hated to bring up the issue. Face it, no one likes a stewardship drive. Thank you for sharing with us.

We received donations from:

Anonymous

BK Mini Storage

Stephanie and Steve Cummings

Mrs. Jerry Porter

Denise and Steve Scott

Julie and Nicholas Weaver

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**.

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 **\$4700.52**. SUPER FANTASTIC JOB CAMAS VALLEY!!! THANKS TO EACH AND EVERY ONE OF YOU!

Support our Supporters!

We also need to give a big thanks to several businesses for their generous donations:

- ♦ **Bi-Mart,**
- ♦ **Camas Valley Disposal,**
- ♦ **Carlos Mexican Restaurant,**
- ♦ **Core Physical Therapy,**
- ♦ **Cost-Co,**
- ♦ **Cranberry Sweets,**
- ♦ **C&S Fire & Safety,**
- ♦ **D.C. Farmer's Co-op in Roseburg and Winston,**
- ♦ **Douglas Electric,**
- ♦ **Industrial Tire,**
- ♦ **Jerry's Jet Boats,**
- ♦ **Market Plus,**
- ♦ **Oregon Tool,**
- ♦ **Red Robin Restaurant,**
- ♦ **Rodeo Steakhouse,**
- ♦ **Sherri's Restaurant,**
- ♦ **Sportsmen's Warehouse,**
- ♦ **Wildlife Safari,**
- ♦ **Winston Napa Auto Parts.**

Please think of these businesses when you need their services/merchandise/ or meals!



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!**

Tis the season for HYPOTHERMIA by Ketti Walker, RN

Hypothermia is reduced body temperature that happens when a body loses more heat than it gains. It has two main types of causes-- exposure to extreme cold or it may occur from any condition that decreases heat production or increases heat loss. Commonly this includes alcohol intoxication but may also include low blood sugar, anorexia and advanced age, among others. Hypothermia may be diagnosed based on either a person's symptoms in the presence of risk factors or by measuring a person's core temperature. Symptoms depend on the temperature.

Other cold-related injuries that can be present either alone or in combination with hypothermia include:

- Chilblains, superficial ulcers of the skin that occur when a predisposed individual is repeatedly exposed to cold.
- Frostbite, the freezing and destruction of tissue
- Frostnip, a superficial cooling of tissues without cellular destruction
- Trench foot or immersion foot, caused by repetitive exposure to water at non-freezing temperatures.



Alcohol consumption increases the risk of hypothermia by its action as a vasodilator. It increases blood flow to the skin and extremities, making a person feel warm, while increasing heat loss.

Heat is primarily generated in muscle tissue, including the heart and liver, while it is lost through the skin (90%) and lungs (10%). Heat production may be increased 2 to 4-fold through muscle contractions (exercise and shivering). The rate of heat loss is determined, as with any object, by convection, conduction, and radiation. The rates of these can be affected by body mass index, body surface area to volume ratios, clothing and other environmental conditions.

Appropriate clothing helps to prevent hypothermia. Synthetic and wool fabrics are superior to cotton as they provide better insulation when wet and dry. Some synthetic fabrics, such as polypropylene and polyester, are used in clothing designed to wick perspiration away from the body, such as liner socks and moisture-wicking undergarments. Clothing should be loose fitting, as tight clothing reduces the circulation of warm blood. Covering the head is effective but no more effective than covering any other part of the body. However, heat loss from the head is significant in infants. Children have a larger surface area per unit mass and should have one more layer of clothing than adults in similar conditions. The time they spend in cold environments should be limited.

Symptoms of hypothermia in adults and children include; confusion, memory loss, or slurred speech, drop in body temperature below 95 F., exhaustion or drowsiness, loss of consciousness, numb hands or feet, shallow breathing, and shivering. In infants, symptoms include: bright red, cold skin, very low energy level.

(BRRRR cont. on pg. 6)

(BRRRR cont. from pg. 5

What to do?

Restore warmth slowly: get the person indoors, remove wet clothing and dry the person off. This is passive external rewarming (mild stage 1) using a person's own ability to generate heat by providing properly insulated dry clothing and moving to a warm environment.

Active external rewarming (moderate (stage 2) involves applying warming devices externally, such as a heating blanket, hot water bottles placed at both armpits and groin. Warm the person's trunk first, not hands and feet. Warming extremities first can cause shock. Warm the person by wrapping them in blankets or putting dry clothing on the person. Do not immerse the person in warm water. Rapid warming can cause heart arrhythmia. And lastly, if using hot water bottles or chemical hot packs, wrap them in cloth; don't apply them directly to the skin.

Begin CPR, if necessary, while warming the person. Continue CPR until the person begins breathing or emergency help arrives.

Give the person a warm drink, if conscious. Avoid caffeine or alcohol.

Once the body temperature begins to rise, keep the person dry and wrapped in a warm blanket. Wrap the person's head and neck, as well.

Medical professionals deal with active core rewarming (severe (stage3-4) involving the use of intravenous warmed fluids, irrigation of body cavities with warmed fluids (the chest or abdomen), use of warm humidified inhaled air, or use of extracorporeal rewarming such as via a heart lung machine or extracorporeal membrane oxygenation.

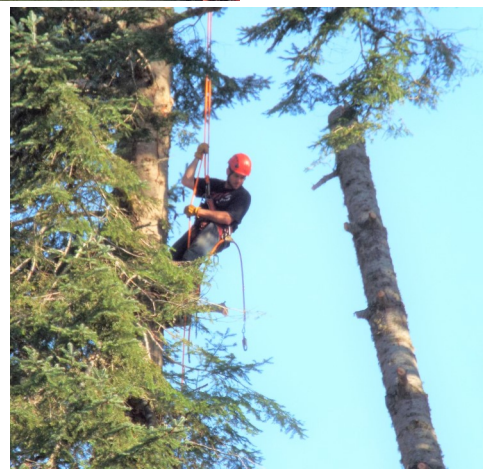
Extreme Thanks!

Camas Valley United Methodist is grateful for the services of **Cowboy Tree Service** (541-672-0906) after a mid-December windstorm snapped a large white fir about 15 feet up and lodged the top in surrounding trees before it could hit the parsonage. Precarious and dangerous, it took about 6 hours to secure the top, set up blocks and tackles, clear branches, cut the top into manageable sections, and winch it down safely.



Downed materials were chipped or slabbed for firewood before the day was done. Whew! Many prayers your way!

The best view was from the Post Office parking lot and quite a few Camas Valley residents observed the process.



DID YOU KNOW? The United States Coast Guard promotes using life vests to protect against hypothermia through the 50/50/50 rule. If someone is in 50°F water for 50 minutes, he/she has a 50 percent better chance of survival if wearing a life jacket. A heat escape lessening position can be used to increase survival in cold water.

ENJOY THE REST OF WINTER. STAY WARM, STAY SAFE, STAY HAPPY.



Superintendent's Message

The State of Our State's Finances!

In my monthly article I usually try to focus on school happenings, events, or achievements, but every so often I get the bug to comment on the factors outside of our valley that impact education. If for no other reason than to vent my frustrations, this month I felt I would give some insight to our community about the dire condition of Oregon's economic status and its current budgeting crisis.

Oregon runs its budget in two-year cycles. The State is currently experiencing slow but positive economic growth. Despite the positive economic growth, Oregon will be operating at a huge deficit in the coming two years. Why is this happening? Because the cost of providing services funded by the state is rising at a much faster rate than the economy is growing and bringing in revenue via taxes. As an example, for the 2015-17 biennium, the state budgeted a little over \$7.5 billion for education. Next biennium, the state would have to budget \$8.4 billion to provide the same level of educational services—almost \$1 billion more, and that is just for education.

Considering the many vital services funded by state tax dollars, the overall hit is huge. What this means for schools and other state-funded services is that there will not be enough money to maintain current services, meaning budgets will be cut and state-funded organizations like schools will have to further trim their budgets and staffing below levels that are already considered sub-standard across the state.

In December the governor submitted her proposed budget for the next biennium (two-year cycle). In it she proposed funding education at just over \$8 billion. This sounds like a ton of money and a \$500 million increase over the previous biennium, but when you see how the cost of maintaining services has grown, it actually means schools across Oregon would receive \$400 million less than they need to maintain the status quo. While the numbers for education may fluctuate up or down before the final state budget is approved, this example highlights the budget impacts on our schools.

Please keep in mind this news of shortfalls is while we are in a slowly growing economy. Imagine what would happen if we should suffer through another recession. Costs for services would still rise, but state revenues would decrease. The results would be simply catastrophic. The state of Oregon is in need of major reforms that will bring in more income to support state-funded services and minimize cost increases. Until they do this, any organization funded by

Funding cont. on pg 8

Funding cont. from pg. 7

the state can only continue to tighten its belt and hope above all else that the economy will continue to grow at an even faster rate, and that reforms can be found that will limit the explosive growth to the cost of providing services.

It may be another few months before we know how these potential reductions in funding will affect our district. I remain optimistic that we will weather this short-fall better than most districts, but it will still have an impact on us. I will do my best to keep our school board, staff, and community informed on this topic in the months to come.

Go Hornets!

Sincerely, Patrick Lee



Does Camas Valley Got Talent???



We know that “America’s Got Talent”, but “Does Camas Valley Got Talent?” We hope so because on **Saturday, April 8** at the Camas Valley School gymnasium the **Jennifer Parker Banks Scholarship Variety & Art Show** is making a comeback after a 16 year absence.

Each year a graduating senior with an accumulated 3.5 GPA or higher is eligible for the Jennifer Parker Banks Scholarship. The monies currently in the account were raised during the JPB Variety & Art Shows from 1997-2001.

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

If interested please contact LeAnn Parker at 541-671-3238 or email lparker96555@yahoo.com with your name, address, phone number and we will send you an entry form. **Deadline for all entries must be submitted no later than March 31, 2017.**

So set the date, **Saturday, April 8, 2017, time TBD** for the Jennifer Parker Banks Variety & Art Show.



Donated Books

In November the school received a donation of several books from the Umpqua Gem & Mineral Club for our library. They donate to different schools in Douglas County each year on a 4 year rotating schedule. This year they stopped by and delivered them in person. If you know anyone that is a part of this club, please let them know that we appreciate their donation. Thank you to the club and specifically to Sue Woodman and Jason Jakubos for delivering them.

Look for news about the Iditaread in the next edition of the Flame!



USED BOOK SALE

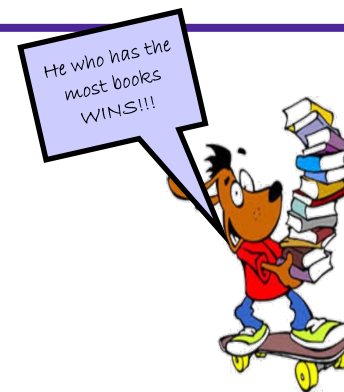
10¢, 25¢, and 50¢

Books will be added throughout the sale.

Now is a good time to stock up for the Iditaread, 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!



BOXTOP NEWS

Does anyone want to see Mr. Ochs shave his beard or Mr. Lee kiss a pig or a goat or a camel or a ?????

If we can raise enough money with BoxTops one or both could happen. Start sending in your BoxTops and lets see what happens. More info to come.

In the Spring we will be using some of the funds raised last year to paint a mural on the wall of the elementary play area below the North Annex and hopefully get a couple of cement tables with benches on the playground area.

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 /Shirley Thrush
S-F, 9-dark,
Sat. 2-dark
541-784-1261

Notary/Post Office

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

Portable sawmill service

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

Real Estate, broker

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

Rental, Storage.

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

Sewer/underground utilities/roads/pads

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

Shetland Sheep/ English Angora Rabbits stock/ fiber

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

Shoe repair /leatherwork

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

Small engine repair

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

February

Without Valentine's Day, February would be... well, January.

~Jim Gaffigan

Sunday

Monday

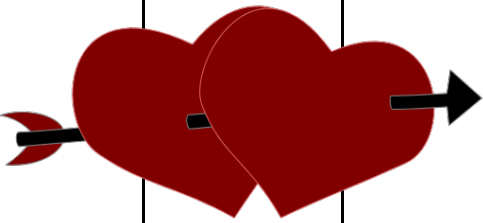
Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Camas Valley Booster Club 6:30 @ Bravo Fire Dept. Training 7pm	2 S.M.A.R.T. 2-3 pm MSBB HOME Glendale	3 No School HSBB @ Days Creek	4 HSBB HOME N. Douglas MSBB LFL B Tournament
5	6 MSBB HOME UVC	7 Grange Noon Comm. Lunch Bingo after	8 Fire Dept. Training 7pm	9 S.M.A.R.T. 2-3 pm Community Birthday Party 5:30 @ Bravo K-2 Field trip Science Fac- tory Eugene	10 No School Inservice HSBB HOME Yoncalla	11 HSBB @ New Hope
12	13 Fire Dept. Bd. Mtg. 4	14 Grange Bus. Mtg. 10 am Valentine's Day 3-7 Field trip Science Fac- tory Eugene HSBB Playoff	15 Fire Dept. Training 7pm	16 S.M.A.R.T. 2-3 pm School Bd. Mtg. 7 pm	17 No School	18
19	20 No School President's Day 	21	22 Fire Dept. Training 7pm	23 S.M.A.R.T. 2-3 pm	24	25
26	27	28 Senior Lunch Noon Grange Bingo after for scholarship K-2 Field trip RHS literacy				

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10 am Morning Worship 10:45am Youth Church 11 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Men's Prayer 7:30 am Morning Worship & Sunday School 10:00 am The last Wednesday of the month all CELL groups will meet for worship and teaching at Camas Valley Christian Fellowship All the other Wednesdays we meet in small groups in various homes here in Camas Valley, Winston, and Roseburg areas. A directory of all the home fellowships is available at the church.	<u>Sunday</u> Morning Worship 9 am & Children's Sunday School Fellowship 10 am w/ beverages and snacks <u>1st Tuesday, monthly</u> 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