



THE FLAME



Volume XIV Issue VI

“Put out” by the Camas Valley Fire Department Auxiliary

July 2014

Don't Make First Responders Work on the 4th

The National Council on Fireworks Safety offers these common sense safety tips for using consumer fireworks in the hopes that injuries to consumers can be greatly reduced this season:

- Parents and caretakers should always closely supervise teens if they are using fireworks.
- Parents should not allow young children to handle or use fireworks.
- Fireworks should only be used outdoors.
- Always have water ready if you are shooting fireworks.
- Know your fireworks. Read the caution label before igniting.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Alcohol and fireworks do not mix.
- Wear safety glasses whenever using fireworks.
- Never relight a “dud” firework. Wait 20 minutes and then soak it in a bucket of water.
- Soak spent fireworks with water before placing them in an outdoor garbage can.
- Avoid using homemade fireworks or illegal explosives: They can kill you!
- Report illegal explosives, like M-80s and quarter sticks, to the fire or police department

And note these special safety tips, if using sparklers:

- Always remain standing while using sparklers.
- Never hold a child in your arms while using sparklers.
- Never hold, or light, more than one sparkler at a time.
- Never throw sparklers.
- Sparkler wire and stick remain hot long after the flame has gone out. Be sure to drop spent sparklers in a bucket of water.
- Teach children not to wave sparklers, or run, while holding sparklers.



From <http://fireworkssafety.org/?p=41>

Did you realize it takes more energy to cool your body than to keep it warm? All those little kids running around all day in the summer heat actually need fuel to keep those bodies going. As much as their parents/ grandparents/ families try, sometimes there is just not enough food to last the entire month. That is when **Winston-Dillard Food Pantry** food assistance becomes a necessity. Fresh fruits and vegetables from the garden are a big help. **Call Betty at 541-445-2855** when your garden or orchard is producing more than you can handle. Thanks!

Grange Activities for July

- ♦ **Tues. July 1st** Ladies' Luncheon at **noon** with bingo after.
- ♦ **Tues. July 8th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. July 22** Senior Luncheon at **noon** with bingo afterwards for the Scholarship fund for students of Camas Valley High School.



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

Joshua & Lindsay Huffman

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

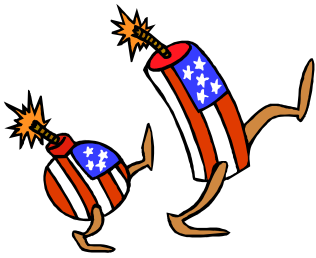
The Flame is a monthly publication of the Camas Valley Rural Fire District Auxiliary. The mission of this newsletter is to keep the residents of Camas Valley informed about the events and activities of the fire department, churches, school and civic organizations that are in Camas Valley.

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 before 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



Fireworks show!

The Camas Valley Pyro's will be putting on their annual fireworks show on July 4th. ***There will be NO food or drinks served before the show this year.*** This event is held on the school grounds and no drugs, alcohol, or tobacco are allowed.

Linda Underhill has provided the Pyro's with a beautiful quilt that will be raffled off at before the show. Tickets are available now and are **\$1 apiece or 6 for \$5**. Donation boxes will be at both gates. Please donate what you can. All donations go towards next year's show. 50/50 tickets will also be sold. The winning ticket will be drawn before the show.

As usual, the Pyro's have been working hard to make this a wonderful show for you. Please bring your family and friends down to enjoy. If you need more information, or to buy tickets ahead of time, please contact **Tina @ 541-733-6083** or **Mary Helen @ 541-643-6317**. **Thank you for your support!!**

Calling all Campers!

Creation Camp 2014 July 18th 19th 20th

Bring your clapping hands and stomping feet to camp. Open to ages 5-12 \$15 per child or \$45 a family. If you plan to attend, **please return your completed registration/medical release form along with the fee by July 13th, 2014**. Forms on page 6.

What to bring:

Toothbrush
Tennis Shoes
Pillow
Warm clothes

* **Towel**
* **Bible**
* **Sleeping bag**
* **Water Clothes (Modest please)**



Mom & Dad:

Please make sure your children has been showered and fed lunch prior to arriving at camp. **Please leave all Cell Phones @ home**. Camp will be held at the Amos Ranch on the Denn Road. Children should arrive at camp between 11:30 to 1:00pm July 18th. Campers will be released Sunday July 20th after church (approximately 12:30pm). Please join us for Church on July 20th at 10:00am. Baptisms and Potluck to follow. If you can't make it the children will be released at 12:30 please make arrangement to have them picked up. Any questions call **Shelly Standley @ 541-733-9562**

Do you know what your kidneys do for you? Where does urine come from? The kidneys remove wastes and extra water from the blood to form urine. Urine flows from the kidneys to the bladder through the *ureters*. The wastes in your blood come from the normal breakdown of active muscle and from the food you eat. Your body uses the food for energy and self-repair. After your body has taken what it needs from the food, waste is sent to the blood. If your kidneys did not remove these wastes, the wastes would build up in the blood and damage your body.

The actual filtering occurs in tiny units inside your kidneys called *nephrons*. Every kidney has about a million nephrons. In the nephron, tiny blood vessels called *capillaries* intertwine with tiny urine-carrying tubes called *tubules*. A complicated chemical exchange takes place, as waste materials and water leave your blood and enter your urinary system.

At first, the tubules receive a combination of waste materials and chemicals that your body can still use. Your kidneys measure out chemicals like sodium, phosphorus, and potassium and release them back to the blood to return to the body. In this way, your kidneys regulate the body's level of these substances. The right balance is necessary for life, but excess levels can be harmful.

Urine is an important part of the body's disposal process. Its job is to remove the extra water and water-soluble wastes the kidneys filter from the blood. "The urine is there primarily to get rid of toxins or things that would otherwise build up in the body that would be bad

for the body." Says Anthony Smith, MD, professor and chief of urology at the University of New Mexico.

When you notice that your urine has changed color, or there's a strange odor wafting up from the toilet, the cause might be something as harmless as what you had for dinner (which could have included beets or asparagus). It also might be a sign of a more serious condition, such as an infection or cancer.

Before you flush, here are a few urine changes to look out for, and what they might be saying about your health. Urine gets its yellow color from a pigment called *urochrome*, varying from pale yellow to deep amber, depending on the concentration of the urine. Darker urine is usually a sign that you're not drinking enough fluid. Your body needs a certain amount of fluid to function, so the body will hold on to fluid and the urine will become very strong and concentrated.

The opposite is also true. If your urine is very pale, it means that you're either drinking a lot of fluid, or you're taking a diuretic—a drug that forces the body to get rid of excess water.

Urine can turn a rainbow of colors, and an unusual hue isn't necessarily cause for alarm. Certain medications can turn the urine fluorescent green or blue, carrots can tint it orange, vitamins can give it a yellow hue.

Seeing red is typically a sign that there is blood in the urine, but before you panic know that a little blood can produce a dramatic color change. That

KIDNEY *Continued pg 6*

CV Fun Days 2014 to run July, September, October!

Once again the **Camas Valley Mud Dawgs** are presenting the triple treat of **Camas Valley Fund Days 2014**. The inaugural event is slated for **July 25-27**, just follow the signs to all the action on Main Camas Road. Portions of the proceeds from this family event go to support the **Camas Valley Volunteer Fire Department Building Fund**.

General Admission

Spectators	\$5
Seniors	\$3
Under 12	FREE
Camping	\$30

Event Fees

Racers	\$35
Spouse w/ same Vehicle	\$15
Class bump	\$15 (in advance)
Kid racers	\$15 (13 and under)



See the Flyer in the Market Plus Store for event class information.

FREE LABOR!

Do you or someone you know need...

- ♦ painting,
- ♦ minor home repairs,
- ♦ ramps and/or porches built or repaired,
- ♦ landscaping,
- ♦ yard clean-up?



Community Baptist Church of Winston is partnering with LifeWay Christian Resources to bring 250 teenagers and their sponsors from all over the western United States to provide free labor **July 21-26** for these and other types of projects.

Contact **Steve Schenewerk** at
541-784-8901
for more information or at
<sschenewerk@gmail.com>.



Camas Valley School is looking for a **part-time art teacher**; must be registered/licensed through TSPC. The position is open until filled. Please submit a letter of interest outlining experience and resume to the district office. For more information contact Camas Valley School at **445-2131**. EOE

CVCF Creation Camp Registration July 18th 19th 20th 2014

Child's Name: _____ Age: _____

Parent/Guardian's Name _____

Address: _____

Phone #: _____

Other Contact Name/#: _____

Do You Need a scholarship at attend? Yes/No

Would you like to sponsor a child? Yes/No

CVCF Creation Camp 2014 Medical Release Form

Child's name: _____

Allergies: _____

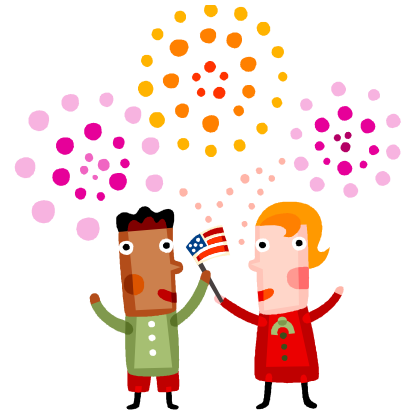
Medication: _____

Will these be brought to camp: Yes/No

Other medical conditions (eg: epilepsy, diabetes, asthma, heart)

Parent/Guardian Name Print

Parent/Guardian Name (Signature)

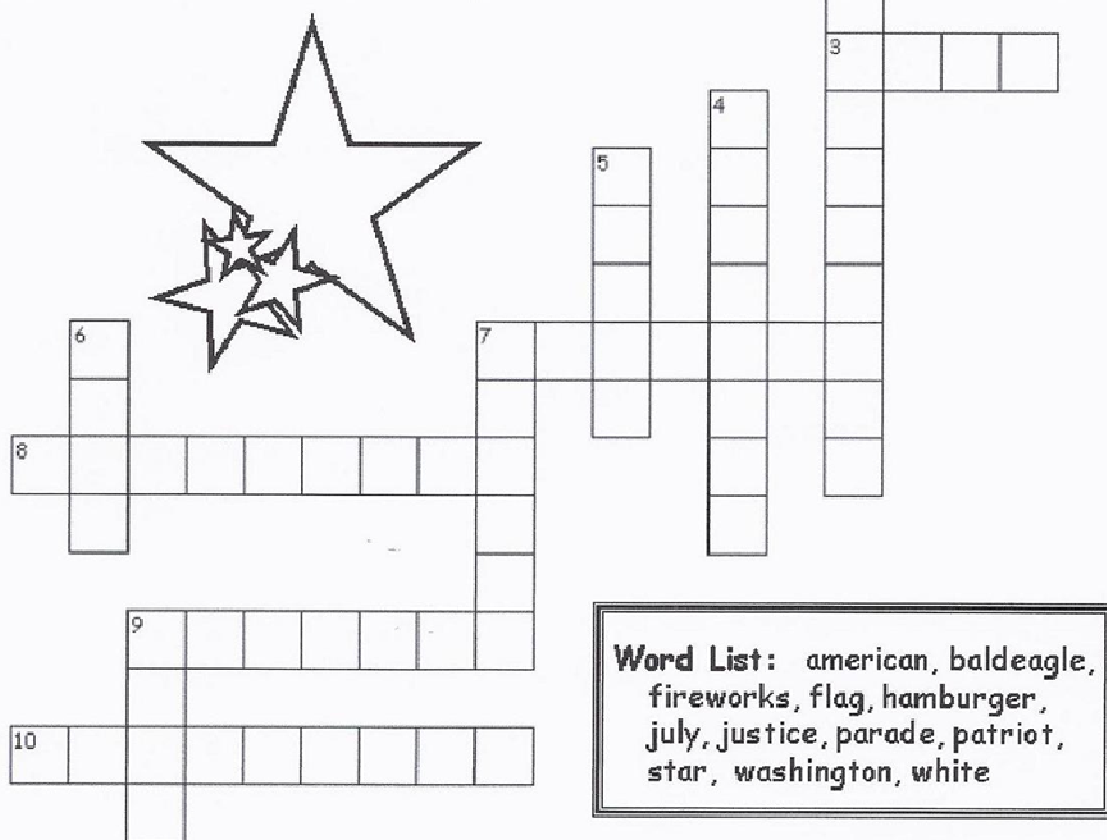


KIDNEYS from pg 4 said, just a little blood in the urine can be a sign of something serious, like an infection or cancer, and it warrants a visit to your doctor or urologist. If you're seeing blood and your urine is also cloudy, there's a good chance you've picked up an infection.

Question: About how much blood do your kidneys filter every day?

Answer: about 200 quarts. Your kidneys sift through enough blood to fill a large bathtub every day. After the body takes what it needs, the kidneys turn the waste and extra water into urine—usually about 2 quarts' worth a day.

Fourth of July



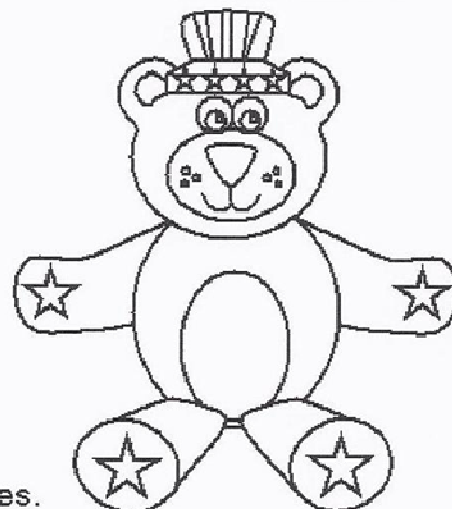
Word List: american, baldeagle, fireworks, flag, hamburger, july, justice, parade, patriot, star, washington, white

Across

1. Exploding nighttime show.
3. Geometric shape found on the American flag
7. Someone who is devoted to their country.
8. BBQ treat in a bun.
9. Truth, _____, and the American way.
10. National bird of the United States.

Down

2. George or D.C.
4. Common name for a citizen of the United States.
5. Red, _____ and blue.
6. flag I wave in the wind.
7. Marching bands and costumed people in the streets.
9. A patriotic summer month.



Camas Valley Business Directory

*Want to add
your business?
Form in next issue.*

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.
541-445-2867

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

408-857-8782
anytime

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

Bookkeeping

Rose Mary's Bookkeeping

Rose Mary Cooper
Call for appt.
541-784-8788
rosemcooper
@gmail.com

Christmas trees, U-cut / wholesale

Calico Christmas Trees

Wayman Schmidt,
owner
Nov. & Dec.
7 days/wk 9-4:30
Contact:
Shari White
**541-445-2350/
541-670-0458**

Construction, building

AMSI

Bill Lindsey
Mon.-Sat., 8-7
541-643-0366

Eng. consulting design/ drafting

TV Design, LLC

Troy I. Vanderhoof,
P.E.
M-F, 9:00-17:00
541-643-0138

Garbage hauling/yard help

Helper Hands

Jacob Hunt
Open to calls
541-643-5454

Lanakila Peck
Open to calls
541-643-2313

Honey bees, hive remov- al, classes on honey bees

Phill the Bee Guy

Phill Moulton
phillthebeeguy
@gmail.com
503-349-8463

Horse blankets, mainte- nance

Horse Blanket Wash & Repair

Jeanette Day
541-445-0800

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

Jewelry, decorative/ therapeutic

Mommy & Me Jewelre

Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Locksmith, keys and 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
541-445-2888**

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

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

Shoe repair /leatherwork

Art's Shoe Repair

Joe Ferrara
T-F 9-5:30,
Sat. 9-5.
541-673-8541

Water delivery, Bulk

Quiet Mt. Water

Rick/Rinda
Quesenberry
M-F 8-5,
S-Sun. by appt.
541-817-3132



No other date on the calendar more potently symbolizes all that our nation stands for than the Fourth of July.

Mac Thornberry

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grange Ladies Lunch Noon / Bingo	2 Fire Dept. Training 7pm	3	4 4th of July Fireworks At dusk 	5
6	7	8 Grange Bus. Mtg. 10 am @Grange	9 Fire Dept. Training 7pm	10	11	12
13 Registration due for Creation Camp	14 Fire Dept. Bd. Mtg. 6pm	15	16 Fire Dept. Training 7pm	17	18	19
					← Creation Camp →	
20	21	22 Grange Senior Lunch 12 w/ Bingo	23 Fire Dept. Training 7pm	24	25 Flame Deadline 5pm	26
← Creation Camp →		← Camas Valley Fun Days →				
27 Camas Valley Fun Days ← →	28	29	30 Fire Dept. Training 7pm	31		