



THE FLAME



Volume XII Issue VII

"Put out" by the Camas Valley Fire Department Auxiliary

August 2012

CV Boosters party Hawaiian style



The football team would like to thank the community who came and supported them at this year's kick-off Luau. We sold out of all of our food!

Thank you **Byron Peck** and **Garrett Moniz** for all your hard work in cooking this year's pig and thanks to everyone

else who helped in preparing all the great traditional Hawaiian food. Thank you **Susan and Rick Mckibbin** for your generous donation of the biggest pig Byron has ever cooked kalua style.

Thank you to all you **parents** who volunteered so much of your time and energy in supporting our football team and making this year's kick-off dinner such a success.

And last but not least, thank you **Camas Valley Hornet football players** for all your hard work in selling tickets, setting up, taking down, and always willing to help us parents when called upon.

~ Coach Eli Wolfe

More photos pg. 3

Fifty years for John and Jan

PLEASE JOIN THE CELEBRATION OF JOHN & JAN WHEELER'S 50th Wedding Anniversary. Their daughters, Jill Steele and Debby Weickum, and their families invite you to join them at an Open House to honor their parents and to celebrate this special day.

The Open House will be held at **Camas Valley Community Church Fellowship Hall, Saturday, September 8th, 2012 from 2:00 to 5:00 P.M.**

Your presence, not presents, is requested.

Volunteers appreciated.

Call **Vonnie** at **541-445-2355** to help at this event.

Racers wrap up summer

The last **CV Fun Days** for 2012 will be Sept. 15-16. You know the drill, Main Camas Rd., do your best, support **Mud Dawgs Racing Club** and the **Camas Valley Volunteer Fire Department Building Fund**. But, most of all, have fun!



Veterans Day: A time to remember

There will be a **Veterans Memorial Potluck** at the Grange on **Nov. 11**. Doors open at **1 pm**, meal at **2**. Bring military pictures of veterans, living or deceased, to display. There will be live entertainment. The school is assisting, so this should be great!

If you have games/puzzles/books you would like to donate for gift baskets for veterans, or have a talent for canning/baking/sewing/crafts/etc. and would like to contribute, call **Pat Roberts** at **541-680-2672**.

Email for an out-of-valley experience!

Want to keep the college student informed about happenings in Camas Valley?
Or know former residents that like to keep up?

Send their name and email address to Judith at
jwickham52@gmail.com
and an electronic copy will be sent to them each month.

Or call
541-733-6940 and leave
your name and number
so Judith can call you
back for info.

ATTENTION GARDENERS!

Don't leave that bag of zucchini on your neighbor's porch in the dead of night!

Call **Betty** at **445-2855** and find out how to donate fresh produce to the Food Pantry.



Thank You For Your Support

We received
a donation this month from

Peggy Dickerson

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

1st, 2nd, and 4th Wednesdays are Grange days!

- ♦ **Wed. Sept. 5th** Noon Ladies' Luncheon, with bingo afterwards.
- ♦ **Wed. Sept. 12th** 10 AM General planning meeting.
- ♦ **Wed. Sept. 26th** Noon Senior Luncheon with bingo afterwards. Proceeds to go the CV scholarship fund.

There will be a lot of good food and company at the Grange Hall. Hope to see a lot of you at these events on the 1st, 2nd, and 4th Wednesday of September.

It's called **Stone Soup**. All ways Free. 6pm to 7:30. **Mike Cay (1-541-207-7282)** has been putting this on for the past few months located at the CVUMC fellowship hall. Like the famous children's book the meals have grown from the first week of ramen soup and peanut butter jelly sandwiches to tortellini soup, beef and barley, salad, fruit, peanut butter jelly sandwiches, ramen soup and an ice cream banana split pie. It is a surprise every week what we and our friends and neighbors have to share.

All are welcome. If you want to donate something, Mike is there about 5:30 to set up. Over 60 meals were served our first month, not a bad start! Thanks to all that came and enjoyed music and a free meal. See you in September.

The Food Pantry wants to thank the prolific Camas Valley gardener who generously donated an abundance of fresh produce from her garden.

Local families are enjoying fresh vegetables because of your thoughtfulness!



More Luau fun...



It takes a lot of hands to dig up a pig cooked kalau style.



A couple new to the valley show us the way to *really* dress for a luau and are named Best Dressed.

Camas Valley High Welcomes New Construction Technology Program

Instructor- **Rick Taylor**: 19 years of construction technology teaching and long-time building contractor

COURSE OVERVIEW:

Construction Technology is the study of building materials and methods. It provides coverage of all aspects of light-frame construction. Included are:

- ♦ site preparation,
- ♦ site layout,
- ♦ foundation and concrete work,
- ♦ wood framing,
- ♦ insulation installation,
- ♦ sheathing,
- ♦ roofing,
- ♦ window and door installation,
- ♦ exterior & interior finish work,
- ♦ painting,
- ♦ new work,
- ♦ remodeling,
- ♦ and basic maintenance.

SAFETY IS THE KEY:

One of the primary goals of the class will be to teach workplace safety. Knowledge of OSHA regulations and local codes will also be covered.

SETTINGS:

Most of the work will be done on the Camas campus, but it is conceivable that we might reach out to local businesses and residences if logistics and time allow.

MORE THAN JUST SWINGING A HAMMER:

Along with the career aspects of construction fields, the class will also cover math, writing, and organizational skills. Additional skills include reading and drawing basic blueprints, estimating job costs, keeping a time card, and dealing with the public.

WHAT ABOUT WOOD SHOP PROJECTS?:

Students, especially younger ones, will also be introduced to basic woodworking skills. Woodshop organization, tool identification, and small woodworking projects will be part of the curriculum.

LOOKING FOR HELP!!:

Whenever a new program begins, there are always needs. Although we do have some shop tools, we are short on **hand tools** and **building materials**. If you have some tools that are gathering cobwebs or old stacks of lumber that make it hard for you to get your lawn mower out, please feel free to call us and we will gladly do the "removal" for you. Just call the school office or **Rick Taylor** at **541-260-9347**. Thank you!!





Camas Valley Community Charter School is in its second year of GEAR UP. A goal of this program is to increase the number of students who are prepared to enter and succeed in post-secondary programs. One way to do this is to have students understand the paths available to them to reach their goals whether they are to attend college, become skilled for a specific trade, enter the military or even open their own business.

GEAR UP is seeking to host guest speakers who are willing to visit a class and share their post-secondary experiences. How did you decide to do what you do? Are there people or places that assisted you in developing the skills and knowledge you use? Do you have suggestions as to what to do and also what not to do? If you would like to be a guest speaker or have more questions about doing so, please call the school at **541.445.2131** and ask for **Wendy Roque**. Let's all work together to help our students become aware of opportunities available for them after they finish high school.



Welcome 4th/5th grade students!

This year we have a combined class of 18 students at this time. Our school day begins at **7:45**, which is when our first lesson starts, and continues to **3:28**. Please let me know if your student has any special requirements or needs to make him/her successful this year. I look forward to meeting my new cast of students as well as their parents! PLEASE feel free to drop in any time AFTER you check in through the office.

Here is to a GREAT
school year!
Julie Pope



Volleyball 2012



Both junior high and varsity teams are looking forward to an exciting season! The High School ladies have many of our matches on the road, so please come and support our ladies at home matches (6). Middle School gals have five games on the road and five at home. This year, again, our school will be hosting the Little Fir League 'B' Tournament, which our own junior high gals took first in last year.

Super 'SHOUT OUT' to the boy's football team...
we love that support!
Keep the 'BEE' alive!





"HORNETS"



2012 Camas Valley Volleyball

Date	Opponent	Game Time	Leave Time
Aug. 30 th	@Myrtle Point JV, V	5:00 p.m.	3:00 p.m.
Sept. 4 th	@UVC JV, V	5:00 p.m.	3:30 p.m.
Sept. 7 th	CCA (JV only)	5:00 p.m.	
Sept. 7 th	Powers V	6:00 p.m.	
Sept. 8 th	@Glendale Tourn.	TBA	TBA
Sept. 11 th	Elkton JV, V	5:00 p.m.	
Sept. 14 th	@Yoncalla JV, V	5:00 p.m.	3:00 p.m.
Sept. 15 th	@Yoncalla Tournament	TBA	TBA
Sept. 18 th	@CCA (JV only)	5:00 p.m.	3:00 p.m.
Sept. 21 st	@New Hope JV, V	5:00 p.m.	2:30 p.m.
Sept. 22 nd	@Powers Tournament	TBA	TBA
Sept. 25 th	Pacific JV, V	5:00 p.m.	
Sept. 28 th	UVC JV, V	5:00 p.m.	
Oct. 2 nd	@Powers V	6:00 p.m.	4:00 p.m.
Oct. 5 th	@Elkton JV, V	5:00 p.m.	2:30 p.m.
Oct. 6 th	Triad JV, V	3:00 p.m.	
Oct. 9 th	Yoncalla JV, V	5:00 p.m.	
Oct. 12 th	@Paisley(Prospect) V	4:00 p.m.	12:00 p.m.
Oct. 12 th	@Prospect V	5:00 p.m.	
Oct. 16 th	New Hope JV, V	5:00 p.m.	
Oct. 19 th	@Pacific JV, V	5:00 p.m.	2:00 p.m.
Oct. 27 th	District Tournament	TBA	
Oct. 31 st	First Round of State	TBA	
Nov. 3 rd	Second Round of State	TBA	
Nov. 9 th /10 th	State Finals	TBA	

Head Coach: Ron Pope

Assistant Coaches: Kristen Welker, Julie Pope

Athletic Director: Wayne Gallagher



"HORNETS"



2012 Middle School Volleyball

Date	Opponent	Game Time	Leave Time
Sept. 10 th	Glendale	4:30	
Sept. 13 th	Canyonville	4:30	
Sept. 17 th	@Riddle	4:30	3:00
Sept. 20 th	@UVC	4:30	3:30
Sept. 24 th	@Days Creek	4:30	2:45
Sept. 27 th	@Glendale	4:30	2:30
Oct. 1 st	@Canyonville	4:30	3:00
Oct. 4 th	Riddle	4:30	
Oct. 6 th	LFL "B" Tournament	TBA	
Oct. 8 th	UVC	4:30	
Oct. 11 th	Days Creek	4:30	
Oct. 13 th	LFL District Tournament	TBA	

Head Coach: Julie Pope

Athletic Director: Wayne Gallagher

We want to hear from you!

Have you returned the survey from last month's FLAME? If not please do so. Camas Valley COMMUNITY Charter School needs to hear from community members.

Two surveys have been developed so far: one was included in student registration packets to get parent/guardian perspectives and a second was included in last month's FLAME to hear from community members. Other surveys are being developed for students and school staff. Let's all be involved in helping CVCCS to grow and develop.

Booster Club Needs YOU!

We NEED help with concession stands. We will pay your organization to work in the snack shack.

Help Support our Kids!

Contact
Jodi Peck if
you have any
questions.
541-733-5278



Fingernail Colors Nail Health

By Ketti Walker, RN



The nail color of your fingernails and toenails can often reveal certain serious health conditions. Nails should generally be a healthy pink color. Fingernail color and condition changes are rarely the first clue of serious illness. In most instances, people will manifest other signs or symptoms of disease before nail changes become evident. Nail colors can be grouped into black, blue, brown/copper, green, blue-green, grey, yellow, pale, purple or red groups, and each color means something different.

When healthy fingernails begin to change color or texture, one of the most common underlying causes is nail fungus, which can cause the nails to crack, peel, and change color and texture. Common disorders like thyroid disease can also cause abnormalities in the toenail and fingernail beds, often producing dry brittle nails that crack and split easily.

BLUE NAILS: May be indicative of pulmonary obstruction, emphysema or lung disease. Blue fingernails may represent a type of cyanosis caused by a lower level of circulating oxygen in the red blood cells or a high level of an abnormal form of hemoglobin in the circulation. If normal color returns upon warming and/or massage, it is due to the body part not getting enough blood supply due to cold, constriction (or the tissues or the blood vessels that supply the tissues) or some other reason.

BLACK NAILS: Can indicate signs of Anemia, B-12 deficiency, bacterial infection, chronic kidney disease, adrenal gland problems, liver disease, cancer or melanomas, silver deposits (heavy metals), trauma.

WHITE FINGERNAILS: May be indicative of kidney or liver disorders or anemia. White lined bands across the nail beds can signal a protein deficiency.

WHITE SPOTS ON NAILS: In most cases this is due to a zinc deficiency or injuries to the nail bed. It can however also be indicative of certain internal problems such as arthritis, or from poisoning.

GREY NAILS: Can suggest arthritis problems, edema, malnutrition, post-operative effects, glaucoma, lung problems, emphysema, cardio-pulmonary disease.

GREEN NAILS: can be caused by allergies to cleaning agents. Bacterial infection such as Bacillus infection, localized fungal infection, and serious emphysema.

YELLOW NAILS: Can be indicative of problems with the lymphatic system, respiratory disorders, diabetes or liver.

PURPLE NAILS: Oxygen deprivation, circulatory problems, congenital problems.

RED FINGERNAILS: Possible brain hemorrhage, heart disease, high blood pressure, lung disease, stroke, carbon monoxide poisoning.

DARKENING OF NAILS (on the sides): This may be indicative of kidney disease

COLOR BANDS: In Caucasian people, color bands under the nail may indicate cancer, while in non-Caucasian people it is usually a normal occurrence.

Please note- this information regarding your nail color mirroring your general health, is provided for information purposes only and should not be used to diagnose or treat any illness. If in doubt regarding your health, please consult your doctor.

Sept.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1
2	3 No School Labor Day	4 HSVB JV/V 5 @ UVC Stone Soup Supper 6-7:30	5 Grange Ladies Lunch Noon w/ Bingo Fire Dept. Training 7pm	6 MSFB Home 8-man Jamboree 4 Transfer site	7 HSVB Home w/CCA JV 5 w/Powers V 6	8 MSVB LFL Jam. TBA HSVB TBA Tourney @Glendale HSFB Home Butte Fls. 1pm Wheeler 50th CVCC 2-5 pm
9	10 MSVB Home Glendale 4:30 Fire Dept. Bd. Mtg. 6	11 School Pix @ 8:30 am HSVB Home Elkton JV/V 5 Stone Soup Supper 6-7:30	12 Grange Bus. Mtg. 10 am @Grange Fire Dept. Training 7pm	13 MSVB Home Canyonville 4:30 Transfer site	14 No School HSVB JV/V @ Yoncalla 5 HSFB 4 PM @ Hosanna	15 HSVB TBA Tourney @ Yoncalla CV Fun Days
16 CV Fun Days →	17 MSFB Home Yoncalla 4:30 MSVB 4:30 @ Riddle	18 HSVB JV @ CCA 5 pm Stone Soup Supper 6-7:30	19 Fire Dept. Training 7pm	20 MSVB 4:30 @UVC School Bd. Meeting 7 pm Transfer site	21 No School HSVB JV/V 5 @ New Hope HSFB 4 pm @ N. Lake	22 HSVB TBA Tourney @ Powers
23 30	24 MSVB 4:30 @ Days Crk. MSFB 4:30 @Canyonville	25 HSVB Home JV/V 5 pm w/ Pacific Stone Soup Supper 6-7:30	26 Grange Senior Lunch Noon w/ Bingo Fire Dept. Training 7pm	27 MSVB 4:30 @ Glendale Transfer site	28 No School (Inservice) HSVB Home JV/V 5 pm w/ UVC HSFB Home Gilchrist 4 pm	29

Camas Valley Churches

Camas Valley Missionary Church <u>Sunday</u> Sunday School 9:30 am Morning Worship 10:45 am <u>Wednesday</u> Bible Study 10:00 am	Camas Valley Christian Fellowship <u>Sunday</u> Men’s Prayer 7:30 am Morning Worship & Sunday School 10:00 am <u>Wednesday</u> Prayer service 5:30 pm Worship Generation Coffee Bar 6:30 pm Worship 7-9 pm <u>C.E.L.L. Groups</u> Bob & Shelly Powell in Camas Valley. Andy Standley, leader. Fri. at 6:30 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 <u>Sunday</u> Morning Worship 9:00 am & Children’s Sunday School Fellowship 10:00 am w/ beverages and snacks <u>Tuesday</u> Bible Study 2:00 pm
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Camas Valley Volunteer Fire Department
PO Box 220
Camas Valley, OR 97416

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