



THE FLAME



Volume XVI Issue V

“Put out” by the Camas Valley Fire Department Auxiliary

June 2016

Why prescribed burning can be a critical tool in many WUI communities

BY LUCIAN DEATON

IN March, an article in the *Albuquerque Journal* offered a good illustration of the debate around prescribed burning. Under the headline “A burning question facing our forests,” the article proceeded to outline a local tug-of-war that is playing out in one form or another in communities across the country.

In this case, the flare-up was in Santa Fe, where the city council had recently approved a plan that included prescribed burning to restore and maintain the city’s municipal watershed. These issues are closely linked because destructive wildfires that remove forests and their canopies can lead to soil erosion, flooding, and water-quality problems. Opponents of the plan claimed prescribed burns do more harm than good to wildlands and lead to air-quality issues and increased carbon release into the atmosphere, hastening climate change.

Spring is the season for prescribed burning, and it’s when the debate bubbles up in communities from New Mexico to New Jersey. What we know is that, as our natural landscapes are developed into the wildland/urban interface (WUI), and as the WUI becomes someone’s backyard, the historic role of fire in that landscape is all but removed. Where wildfire used to help maintain a healthy balance of natural growth, soil fitness, and removal of dead biomass, humans, with our urban structural perception of fire, now have to provide those functions ourselves, and each method comes with its own costs.

Using fire prescriptively is another option, one that is time-tested and scientifically proven. Prescribed burns are an effective way to return to a semblance of the healthy and recurring landscapes that existed before human development. Lands subjected to controlled burns are not set alight arbitrarily. Done correctly, prescribed fires remove underbrush, not forests, with a steady hand, and the National Wildfire Coordinating Group sets burn plan review elements so the resource goals and prescription parameters are clear. Controlling fire requires state and local agencies to balance multiple variables with goals for ecological benefit.

Additionally, prescribed burns must focus on emissions and air quality, concentrating on wind, humidity, and temperature. Reports are received from the National Oceanic and Atmospheric Administration, and conditions are monitored to allow smoke to disperse based on atmospheric stability, with attention to increasing winds and inversion conditions. Shifting winds can cause smoke or embers to drift into a community, putting people and property at risk—homes have been destroyed by wildfires that began as prescribed burns but managed to escape human control. Alerts must be provided well in advance to help those at risk and to ensure the public understands what will occur, when it will happen, and why.

Fire is an influence to be feared in the urban structural environment, but fire can play a positive role in the WUI. Prescribed fire allows us to decide when there will be a little smoke in the air
(BURN cont. pg. 4)

Food Pantry

School's out for summer! Man, does that conjure up lots of memories—besides Pink Floyd: kids sleeping in late, twilight family ball games, leisurely rides up in the mountains on your horse with your best friend.

Did you think of a hollow in the pit of your stomach? Without the meals provided at school, many children in the valley will not get an adequate diet during the summer. The budget simply cannot stretch any more. Growing kids need good food every day, not just during the school year or when the other bills can wait.

**Feed the barrel and
you feed the kids.**

Thank You For Your Support!

We received no donations

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**.

Grange Dates



- ♦ **Tues. June 7th**
Community Luncheon for **\$7** at **noon** with bingo. **Proceeds go to Grange maintenance.**
- ♦ **Tues. June 14th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. June 28th** Senior Lunch at **noon** with bingo. **Proceeds go to the scholarship fund.**



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.

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

Five Basic Multi-use Herbs

The sun is shining, days are long, and the mornings are foggy. The gardens are in, but here are a few ideas to add to your growing produce. Herbs are my idea, to go along with your vegetable and fruit garden. Herbalism has always been regarded as “medicine of the people”, simple remedies that can be used at home for minor ills or to supplement more potent remedies prescribed by professionals for chronic and acute conditions. Herbs can be taken quite simply as teas, although more complex preparations can be made at home or are available from health food store and pharmacies as commercial medicines. Although most herbs are intrinsically quite safe, they should be treated with respect. Do not exceed stated doses or continue if conditions are persistent, are worsening, or if the true diagnosis is in doubt.

Comfrey (*Symphytum officinale*): Use the whole plant. This plant encourages cell regrowth in connective tissue and bones, breaks down red blood cells in bruising. To use it you can rub cream or infused oil on the affected area as frequently as re-



quired. Comfrey can be used in combination with 5-10 drops essential oils, such as thyme, lavender, or juniper, to 25ml infused oil to stimulate blood flow and ease pain. Use only if the injury is clean; not advisable for long-term use.

Although many contemporary herbalists recommend comfrey tea for healing purposes, there is some concern among medical researchers about comfrey's safety when ingested. Comfrey's healing qualities can be enjoyed externally by mixing crushed leaves into home-

made soaps and bath sachets.

Chamomile (*C. nobile*, *M. recutita*):



Called “ground apple” by the ancient Greeks because of its smell, chamomile was “maythen” to Anglo-Saxons one of nine sacred herbs given to the world by the god Woden.

Its actions are anti-inflammatory, anti-spasmodic, bitter, sedative, prevents vomiting.

Chamomile may be best savored as a hot tea. Just steep fresh or dried blooms for a few minutes in water that's been brought to a gentle roll. Many people find that just smelling the tea can reduce stress and it tastes great too!

Fennel (*Foeniculum officinale*): The



Romans believed that serpents sucked the juice of the plant to improve their eyesight. Fennel was also regarded as an early slimming aid, its Greek name marathron reputedly derived from a verb meaning “to grow thin.” In medieval times chewing the seeds was a favorite way to stop gastric rumbles during church sermons. Fennel is known as a circulatory stimulant, anti-inflammatory, mild expectorant, and a diuretic.

Fennel can simmered in boiling water with a few leaves for a tea that reputedly decreases the appetite and relieves gas. Fennel leaves can be crumbled and sprinkled over salads or kept whole and wrapped around fish before cooking. The seeds add a zesty flavor to salads, applesauce, and apple pies. (Cont. Herbs on pg. 4)

(Herbs from pg .3)

Garlic (*Allium sativum*): Prized for at least 5,000 years, garlic has long been known to reduce blood cholesterol levels. Even orthodox medicine acknowledges that the plant reduces the risk of further heart attacks in cardiac patients; it is also a stimulant for the immune system and an antibiotic. Garlic's strong odor is largely due to sulphur-containing compounds that account for most of its medicinal properties; deodorized preparations are significantly less effective.



Garlic's prevalence in recipes makes it an invaluable resource for most cooks. Whole bulbs can be roasted in the oven for a surprisingly sweet and memorable appetizer. Just brush them with olive oil, cover with aluminum foil, and bake at 350° F. (180° C) for an hour.

Rosemary (*Rosmarinus officinalis*): A favorite herb both medicinally and as a symbol for remembrance, rosemary is a Mediterranean shrub that gradually spread north and was reputedly first grown in England by Philippa of Hainault, wife of Edward III, in the 14th century. The plant is an excellent tonic and all-round stimulant, and has always been regarded as uplifting and energizing.



For serious cooks, rosemary is indispensable. While it's probably best known for its effect on lamb, rosemary also makes a flavorful impact in sauces, pastas, and vinegars. A versatile way to preserve your rosemary is to spend the next rainy day making rosemary butters

and pesto for the freezer.

FROM THE PLANTS TO PILLS: Although extracts, such as essential oils, have been prepared from various plants for centuries traditional herbalism has always combined herbs to modify effects, viewing the whole as greater than the parts. The move to identify the individual active ingredients and use these as single drugs began in the 18th century, and many thousands are now known. These chemicals display quite different properties from the original herbs. Initially, these drugs could only be obtained from plant extracts but later the chemical structures of many extracts were identified and the drugs are now made synthetically. In the transition from the use of crude plants to clinical pills, modern medicine has lost the art of combining herbs to modify toxicity and of using whole plants, which themselves contain chemical ingredients that can reduce the risk of side effects.

Enjoy your summer gardening. Enjoy your summer sun. Enjoy your summer whatever...

Ketti Walker, RN

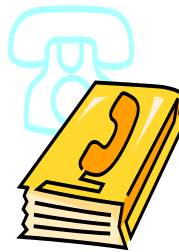
(BURN from pg. 1)

instead of a wildfire that dictates the smoke and destruction on its own terms. Where fire would once consume entire cities, we developed building techniques and safety standards to control its impact. We need to adopt a similar course in the WUI, which demands a shift in fire response as development encroaches into natural areas. Done correctly, prescribed burning is an essential part of the solution.

(firewise@e.nfpa.org)



THANK YOU EVERYONE



Camas Valley Business Directory

Thank you to all who assisted in the Camas Valley United Methodist Annual Rummage Sale by donating items, helping to sort/arrange items, helped during the sale, and/or made purchases at the sale. We should now have roomier closets, new items to give our wardrobes a spark, and new tools/gadgets to make our lives easier or at least more interesting! The profits will go right back into the community to assist those in need and support our students in their many endeavors.

Quilt Raffle on the Fourth

Color me big game! The machine quilted, full-sized sportsman's quilt created by **Juanita Saul** is being raffled off at the annual fireworks display at the football field on the 4th of July to support the **Camas Valley Volunteer Fire Department Building Fund**. Get your tickets at a \$1 each today from:

- ♦ the **Bravo**,
- ♦ **DC Co-op** in Winston, and of course
- ♦ from **Betty** (541-445-2855)

and make a hunter in your family very happy!



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!**



Superintendent's Message

Never fear, summer is near.

My, how the year has flown by. Thankfully it has been a strong and very productive year for Camas Valley School. Next year we will return all but one of our full time teachers. This is great for the stability and growth of the school. A stable staff leads to stronger education and lower discipline numbers.

We recently celebrated Teacher Appreciation Week, and as always I am ever so grateful for the great bunch of teachers who have chosen to make Camas Valley School their place of work. The first 10-15 years I worked here, teacher mobility was very high. Very few teachers stayed more than a few years. Now we can boast that the vast majority of our teaching staff have been here for more than five years. Considering how good these teachers are, that is great news for the students of Camas Valley.

We do say goodbye this year to **Amy Neeld** and **Jeremy Williams**. Amy is moving up north to get married, and Jeremy is becoming the principal at McGovern for next year. We have already hired **Tyler Ochs** from South Umpqua to take his place as our new assistant principal.

Help us keep these wonderful teachers by telling them how much you appreciate the hard work they do to try to help your children.

P.S. Don't forget, **Graduation is June 3rdth, at 7:00, and 8th grade promotion is June 6th at 7:00**

Patrick Lee
Principal/Superintendent

Camas Valley School is accepting coaching applications for the 2016-2017 school year for HS Boys Basketball. Applicants must be ASEP/NFHS Certified or willing to be certified and hold a valid 1st Aide/CPR card. Coaching experience is preferred. Applicants must submit an application to the Camas Valley School office. For more information please call the office at (541) 445-2131.



A Salute to Camas Valley S.M.A.R.T. Volunteers

Superintendent Patrick Lee sent a letter to all the S.M.A.R.T. members that some felt should be shared with the community. Here is an excerpt (emphasis added by the Flame):

"These ladies [Betty Wittrock and Juanita Saul] have worked hard **to recruit a strong group of volunteer readers from our community that return year after year. It is amazing to see the relationships that form between the readers and our young students.** Not only has our S.M.A.R.T. program fostered strong literacy skills for the children of Camas Valley, but it has also created a bridge between generations. While many of our readers are retirees, there are also some high school students and young parents involved. The Camas Valley S.M.A.R.T. program has truly embraced the idea of a community coming together and it is no clearer to see than when we have the annual end of the year celebration. Each year there are tears in the eyes of many students who realize they won't be seeing their special reader friend for several months."

If you know a S.M.A.R.T. reader, be sure to thank them for the time they have taken out of their lives to make such a big impact on the students of Camas Valley!



Amazing Girls Seeking a Coach!



Camas Valley School is accepting coaching applications for the 2016-2017 school year for a **MS Girls' Basketball coach**. Applicants must be ASEP/NFHS Certified or willing to be certified and hold a valid 1st Aide/CPR card. Coaching experience is preferred. Please submit your application to the Camas Valley School office. For more information, please call **(541) 445-2131**.



I am just about finished with the birthday calendar! One wonderful person responded to my letter in the last Flame and helped me. Thank you. There was a few of you that called me and gave me information for the calendar. Thank you to those people.

If you don't want to be on the calendar you need to call me ASAP. I am going to leave all birthdays on and expect them to be paid for. Please. It is a great fundraiser for our 4th of July fireworks show. It would be good to keep it going year to year but it is a lot to do by myself.

Call me please

Mary Helen 541-643-6317.

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

June

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1 Fire Dept. Training 7pm	2 Booster Club 6:30 Bravo	3 HS Graduation 7 pm No School	4
5	6 Pre-school round-up 6 pm 8th grade promotion 7 pm	7 Community Lunch Noon / Bingo At the Grange	8 Last day of school! Qtr. 4/ Sem. 2 ends Fire Dept. Training 7pm	9 Grading day Community Birthday Party 5:30 @Bravo	10 In-service Last day of school for teachers	11
12	13 Fire Dept. Bd. Mtg. 4	13 Grange Bus. Mtg. 10 am At the Grange	15 Fire Dept. Training 7pm	16 School Bd. Mtg. 7 pm	17	18
19	20	21	22 Fire Dept. Training 7pm	23	24	25
26	27	28 Community Senior Lunch Noon/Bingo At the Grange	29 Fire Dept. Training 7pm	30		

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

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Tenmile, OR 97481
Standard Mail A

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CAMAS VALLEY, OR 97416