



THE FLAME



Volume XVI Issue VIII

"Put out" by the Camas Valley Fire Department Auxiliary

September 2016

Big cycling event coming to Camas Valley

Ready or not, here they come!!! Over 2000 bicycle riders will be coming into Camas Valley on **September 11th** and departing on **September 12th**. Tent city will be set up on the **Gayland and Jackie Ingall's** property where Camas Valley Fun Days is held. They will arrive into Camas Valley on Hwy 42 coming over Camas Mt. Bikers will travel down Hwy 42 to Main Camas Rd., and ride down past the school to Gayland and Jackie's. They will depart early Monday morning turning left onto Main Camas, then right on Westside, and left onto Upper Camas Rd. They will continue on Upper Camas Rd. and turn left onto Tie Rd. going up and over the mountain to Coquille, then to Bandon.

Please take a look at the road and ditches in your area of the Valley. We would appreciate it if you would take time to clean it up if necessary. **Camas Valley Disposal** has offered to pick up bags of road trash on Thursday, **September 8th** for no charge.

Please feel free to decorate your driveway with bicycles, flags, signs of encouragement, etc. Being the September 11th weekend, the more flags the better!! There will be 43 states and 6-7 countries represented in the riders of Cycle Oregon. Let's make them feel welcome, and give them something to remember our little town of Camas Valley, Oregon.



Everyone is welcome to come and visit Sunday afternoon and evening.

For more information, please **call Tina Fisher @ 541-733-6083**

The Grange sends out a ***big thank you*** to the bike ride that is coming through Camas Valley.

They donated **\$350** to the Grange!

Everyone please support their run.

THE CV PYROS BIRTHDAY CALENDARS ARE HERE.

Please give me a call if you have not gotten your calendar yet. It would help me if you can stop by my house or if you see me somewhere we could take care of your calendar order.

Thanks so much! **Mary Helen 541-643-6317**

Thank You For Your Support!

We received donations from

Maybell Cummings

Dawn & Paul Warren

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 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.

Grange Dates

- ♦ **Tues. Sept. 6th**
Community Luncheon for \$7 at **noon** with bingo. **Proceeds go to Grange maintenance.**
- ♦ **Tues. Sept. 13th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Sept. 27th** Senior Lunch at **noon** with bingo. **Proceeds go to the scholarship fund.**



Food Pantry

The Food Pantry is blessed with the offerings of fresh produce from local gardens and orchards. Thank you for sharing with your less fortunate neighbors. To balance out the meals for healthy diets we need protein items. Costco always has good deals on bulk purchases of canned meats. Peanut butter makes a school lunch stick to the ribs and gets the brain going.

Winston-Dillard Food Pantry accepts fresh produce and/or cash to provide that protein. Give **Betty** a call at **541-445-2855**.



Special offers on meals is all the marketing rage at fast food restaurants—4 for \$4, 5 for \$5, \$6 footlong sub of the month. But this requires driving to Winston or farther and only applies to limited menu items. Then you can eat your “deal” alongside a booth of squirrely 5 year olds after swimming lessons and across from the table of sketchy skateboarders who have been vaping just outside the entrance trying to impress the girls behind the counter.

Or you could save yourself the trip and meet with your friends and neighbors at the Grange on the 1st and 3rd Tuesdays of each month at noon. A tasty main dish (different each time!) is accompanied by a side of vegetables and a salad, polished off with a dessert and washed down with coffee or tea. And there is Bingo afterward if you want to add some entertainment to the day! When you consider the time and driving expenses, this is a good deal at \$7.

What caps this off is that you are also supporting the use of the Grange as a community building, helping to maintain the facilities for all sorts of community functions—from receptions to appreciation dinners. Proceeds from the Bingo go towards the scholarship fund for the high school. The cooks are doing their part—are you ready to join us?



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!**

Heart of my heart...

by Ketti Walker RN

The heart has four chambers: the upper two chambers are the atria and the lower two chambers are the ventricles. Blood returning to the heart from the body contains low levels of oxygen and high levels of carbon dioxide. This blood flows into the right atrium and then into the adjacent right ventricle. After the ventricle fills, contraction of the right atrium pumps additional blood into the right ventricle. The right ventricle then contracts and pumps the blood to the lungs where the blood takes up oxygen and gives off carbon dioxide. The blood then flows from the lungs to the left atrium and into the adjacent left ventricle. Contraction of the left atrium pumps additional blood into the left ventricle. The left ventricle then contracts and pumps the blood to the rest of the body. The heart-beat (pulse) that we feel is caused by the contraction of the ventricles.

The heart contracts (beats) and pumps blood with a regular rhythm, for example, at a rate of 60 beats per minute there is a beat every second. The heart may beat faster or slower but at any one rate the interval between beats is constant. This is because regular electrical discharges (currents) travel through the heart and cause the muscle of the heart to contract. At rest, the frequency of the electrical discharges is low, and the heart beats at the lower range of normal (60-80 beats/minute). During exercise or excitement, the frequency of discharges increases, increasing the rate at which

the heart beats.

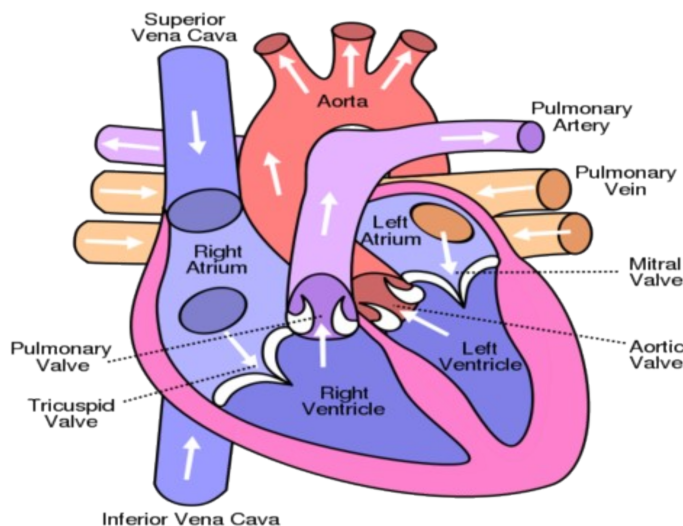
The ventricles must deliver enough blood to the body for the body to function normally. The amount of blood that is pumped depends on several factors; the most important being the heart rate. As the heart rate increases, more blood is pumped. In addition, the heart pumps more blood with each beat when the atria contract and fill the ventricles with additional blood just before the ventricles contract.

With each beat of the heart, an electrical discharge (current) passes through the electrical system of the heart. This current causes the muscle of the atria and ventricles to contract and

pump blood. The electrical system of the heart consists of the SA node (sino-atrial node), the AV node (atrio-ventricular node) and special tissues in the heart that conduct the current.

The SA node, the heart's electrical pacemaker, is a small patch of cells

located in the wall of the right atrium. The frequency with which the SA node discharges determines the rate at which the heart beats. The electrical current passes from the SA node, through the special conductive tissues of the heart and into the AV node. Electrical signals from the atria must pass through the AV node, which serves as an electrical relay station to reach the ventricles. In a normal heart, the rate of atrial and ventricular contractions are the same.



During the time a wildfire is in your area...

- Stay aware of the latest news and updates from your local media and fire department. Get your family, home and pets prepared to evacuate.
- Place your emergency supply kit and other valuables in your vehicle.
- Move patio or deck furniture, cushions, door mats and potted plants in wooden containers either indoors or as far away from the home, shed and garage as possible.
- Close and protect your home's openings, including attic and basement doors and vents, windows, garage doors and pet doors to prevent embers from penetrating your home.
- Connect garden hoses and fill any pools, hot tubs, garbage cans, tubs, or other large containers with water. Firefighters have been known to use the hoses to put out fires on rooftops.
- Leave as early as possible, before you're told to evacuate. Do not linger once evacuation orders have been given. Promptly leaving your home and neighborhood clears roads for firefighters to get equipment in place to fight the fire, and helps ensure residents' safety.



Since its creation almost five years, NFPA's Firewise Toolkit has been one of the most popular resources for homeowners and other wildfire stakeholders interesting in learning how to reduce wildfire risk.

That's why we're so pleased to announce our updated Toolkit is now available! In addition to information about the Firewise recognition program and a guide to Firewise principles, we also include a few new pieces that we know you'll love and use often. The Toolkit is available online and it's free.

Whether you're a homeowner using the checklist to create defensible space around your home, a community member interested in working with your neighbors to establish a recognized Firewise Communities/USA site, or a group of residents who want to know what steps you can take together during a wildfire watch or warning, the updated Firewise Toolkit is a great collection of resources that not only helps raise awareness of wildfire safety, it offers tips and activities that can help you prepare before a wildfire threatens your area. You just have to check it out and see!

The Toolkit can be downloaded in its entirety or as individual components. It's a great resource to share with your friends and family, and others in your community. There are even checklists that you can print out and keep on your fridge for easy access and reminders.

Check out our Toolkit and get started today on helping prepare your home and your neighborhood from a wildfire threat. You'll be so glad you did!



YAAAAAY, for school sports!

Powers High School presents the 3rd annual

EIGHT MAN FOOTBALL SHOWCASE

Saturday, September 10

North Bend High School

Admission:

\$6 Adults
\$3 Students

One admission charge
covers all games



1 pm—Camas Valley vs. Yoncalla

4 pm—Days Creek vs. North Douglas

7 pm—Powers vs. Siletz Valley

Concessions will be available

HORNETS

2016 Multi-sport schedules



2016 Camas Valley HS Football

Date	Opponent	Game Time
Aug. 26	@ Yoncalla Jamboree	6:00
Sept. 2	vs. Adrian @ Dufur Classic	4:00
Sept. 10	vs. Yoncalla @ North Bend	1:00
Sept. 17	vs. Triad	1:30
Sept. 24	vs. Prospect	1:00
Sept. 30	@ Elkton	4:00
Oct. 8	vs. Powers (Homecoming)	1:00
Oct. 14	@ Glendale	7:00
Oct. 22	vs. Days Creek	1:00
Oct. 28	District Cross over game	

Head Coach: Eli Wolfe

Asst. Coaches: Pete Dancer, Kyle Meals, Dan Bachmeier

Athletic Director: Tina Fisher

2016 Middle School Football

Date	Opponent	Time
Sept. 7	CV Jamboree	4:30
Sept. 13	Glide	4:30 p.m.
Sept. 17	Triad	11:30 a.m.
Sept. 20	@N. Douglas	4:30 p.m.
Sept. 27	Oakland	4:30 p.m.
Oct. 4	Canyonville	4:30 p.m.
Oct. 11	@Riddle	4:30 p.m.
Oct. 18	Elkton	4:30 p.m.
Oct. 25	Glendale	4:30 p.m.

Head Coach: Dan Bachmeier

Athletic Director: Tyler Ochs

**Game days and time
are subject to change.**

2016 Camas Valley HS Volleyball



Date	Opponent	Time
Aug. 30	@ Reedsport Jamboree	5:00
Sept. 1	New Hope	6:00
Sept. 6	Pacific	6:00
Sept. 8	@Yoncalla	6:00
Sept. 13	@UVC	6:00
Sept. 15	@New Hope	6:00
Sept. 17	Triad	3:00
Sept. 20	Glendale	6:00
Sept. 22	@Days Creek	6:00
Sept. 24	@W. Mennonite Tourn.	TBA
Sept. 27	@Powers	6:00
Sept. 29	@Pacific	5:30
Oct. 4	North Douglas	6:00
Oct. 8	Powers (homecoming)	4:00
Oct. 11	Elkton	6:00
Oct. 13	@Glendale	6:00
Oct. 22	District Tourn. @ Sutherlin	TBA

Division Playoff TBD

Head Coach: Ron Pope

Asst. Coach: Julie Pope

Athletic Director: Tina Fisher

2016 Middle School Volleyball



Date	Opponent	Time
Sept. 10	South Jamboree (SUHS)	TBA
Sept. 12	@Canyonville	4:30
Sept. 15	Glendale	4:30
Sept. 19	@ UVC	4:30
Sept. 22	@Riddle	4:30
Sept. 26	Days Creek	4:30
Sept. 29	@Canyonville	4:30
Oct. 1	@Glendale	TBA
Oct. 3	UVC	4:30
Oct. 6	Riddle	4:30
Oct. 8	LFL "B" Tournament	TBA
Oct. 10	@Days Creek	4:30
Oct. 13-14	LFL Playoff (if needed)	TBA
Oct. 15 th	LFL District Championship	TBA

Head Coach: Jennie Plikat

Athletic Director: Tyler Ochs

**Game days and time
are subject to change.**



My name is Jacob Mickelson and I am a senior at Camas Valley Charter School. For my senior project this year I will be installing a veteran's memorial at the school honoring **Camas Valley residents who have served in the military**. I am looking for donations to fund this project.

If you donate \$25 or more your name will appear on the donors plaque on the memorial. If you are interested in making a donation please contact me at:

541-530-0527 or you can email me
at **minefighter222@gmail.com**

Camas Valley School has a part-time title 1 classroom aide position opening for the upcoming 2016-17 school year. The qualified candidate must be deemed Highly Qualified per federal government requirements. To be deemed Highly Qualified, a candidate must have successfully completed two full years of college or passed a Compass test in the areas of reading, writing, and math. The qualified candidate will also need to pass a background check per state requirements.

Job details will include assisting teachers in the classroom during math and reading instruction time, helping with student supervision at breaks, and other duties as assigned related to meeting our title 1 goals.

Please contact the school at 541-445-2131 for further details or stop in for an application.

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**.

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**.

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

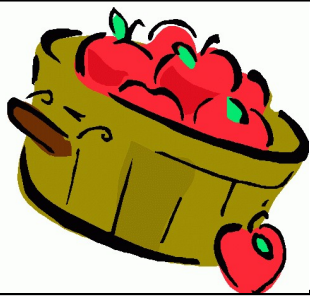
**Camas Valley
Fiber Farm**
By appt. only
541-733-6343

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



September

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 Staff Inservice day HSVB HOME New Hope	2 Staff Inservice day HSFB @ Dufur classic	3
4	5 LABOR DAY 	6 First day of school 😊 Community Lunch Noon / Bingo At the Grange HSVB HOME Pacific	7 MSFB HOME Jamboree Camas Valley Booster Club 6:30 @ Bravo Fire Dept. Training 7pm	8 Community Birthday Party 5:30 @ Bravo Road trash pick up HSVB @ Yoncalla	9	10 HSVB @ Myrtle Point HSFB vs. Yoncalla @ NB MSVB S. Jamboree @ S. Umpqua
11	12 Fire Dept. Bd. Mtg. 4 MSVB @ Canyonville	13 Grange Bus. Mtg. 10 am At the Grange HSVB @ UVC MSFB HOME Glide	14 Fire Dept. Training 7pm	15 Picture Day HSVB @ New Hope MSVB HOME Glendale School Bd. Mtg. 7 pm	16 No School	17 HSVB HOME Triad MSFB HOME Triad HSFB @ Prospect
← Cycle Oregon →						
18	19 MSVB @ UVC	20 HSVB HOME Glendale MSFB @ N. Douglas	21 Fire Dept. Training 7pm	22 HSVB @ Days Creek MSVB HOME Riddle	23 No School Inservice	24 HSVB @ W. Mennonite tournament
25	26 MSVB HOME Days Creek	27 Community Senior Lunch Noon/Bingo At the Grange HSVB @ Powers	28 MSFB @ Riddle Fire Dept. Training 7pm	29 HSVB @ Pacific MSVB HOME Canyonville	30 No School HSFB @ Elkton	

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