



THE FLAME



Volume XIV Issue VIII

"Put out" by the Camas Valley Fire Department Auxiliary

September 2014

Mud Dawgs present CV Fun Days Sept. 12-14

Just follow the signs to all the action on Main Camas Road for an action-packed weekend of family fun. The weather will be great and the competition will be hot! Those little plastic trophies pack a million dollars of bragging rights in them. Portions of the proceeds from this family event go to support the **Camas Valley Volunteer Fire Department Building Fund**. Thank you, **Mud Dawgs** for your support of the Camas Valley Volunteer Fire Department! See flyers at the store for more detailed information.

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)

**Alcohol and drugs are prohibited at
this event.**

(Please note sponsors on Pg. 3)

Firewise tips for the homeowner

Every fire season fire protection agencies put out lists to consider to reduce the fire hazard on your property. We see mowed/plowed strips between roads and field edges to slow a roadside burn. People water around their homes to maintain a green strip or keep their dry grass well mowed. But have you considered these actions?

- ♦ Clear leaves/debris from gutters, eaves, porches and decks.
- ♦ Remove anything flammable stored under decks/porches. Screen or box-in to prevent anything from collecting under them.
- ♦ Cover exterior attic vents with metal wire mesh no larger than 1/8 inch to prevent sparks from entering your home.
- ♦ Enclose under-eave and soffit vents or screen with metal mesh to prevent ember entry.



Go to
www.firewise.org
for more info.

Back to school means fuel for active brains

School children burn up lots of calories—learning takes energy! Not to mention the demands of recess/sports. Let's make sure our students have all the fuel they need for a successful start to the school year.

Winston-Dillard Food Pantry

will gladly take your excess garden/orchard produce.

Call Betty at
541-445-2855.

Thanks!

September Grange Schedule

- ♦ **Tues. Sept. 2nd** Ladies' Luncheon at **noon** with bingo after.
- ♦ **Tues. Sept. 9th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Sept. 23rd** 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

Juanita Saul

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.

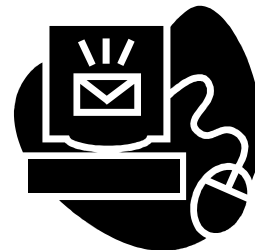
Submit to:

Jan Baker at **541-680-5616**
Judith Wickham at **541-733-6940**
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley

**Thank our Fun Day sponsors
by patronizing their business!**

**Lauren Young Tire Center
Concrete Service Co.
Umpqua Sand and Gravel
Phoenix Hydraulics & Machine, Co.
Camas Valley Mud Dawgs
Umpqua Bank
Lone Rock Timber
Kytola & Luscombe Corp.
McGovern Metals Co.
Tinker's Pump Service, Inc.
Plikat Logging, Inc.
Casteel Construction, LLC
Bruce Standley Construction
NAPA Winston Auto Parts
John Ewin Engineering
Scott Marshall Trucking
Roseburg Excavation
Dancer Logging, Inc.
Bravo Bakery
Back Woods Custom Milling
ITS Oregon Tractor
Interstate All Battery Center
Umpqua Sheet Metal
Market Plus
J&B Cropley
Mahliglig Construction
Harris Construction & Family
Cycle Gear
CarQuest Douglas Auto Parts
Cow Creek Band of Umpqua Tribe
The Steel Recyclers, LLC
Western Equipment & Supply, Inc.
Walker's Sales & Service
Brotherton Pipeline, Inc.
Kinnan Engineering, Inc.
Oregon Tool & Supply
The Steel Outlet, Inc.
Treats Hwy 42 Café
Double R Powder Coating
Mahliglig Racing
Abe Rentz
G&J Fabrication**

Improved internet update



Ron Rust reports about 35 interested parties in bringing DouglasFast-Net to Camas Valley. While that is good, we would like to get even more. If you are interested in improving your internet speed at a reasonable cost, please contact Ron at

ronrust@me.com.

He will need:

1. Name
2. Address
3. Phone number
4. Email

If you are not comfortable with giving that much information, give him just the information you deem important. The more serious interest in the valley, the more likely DouglasFastNet will look at this proposal.

Continued

ASTHMA from pg. 6

- ♦ If you are coughing up yellow, dark brown, or bloody mucus
- ♦ If acute asthma symptoms (wheezing, coughing, difficulty breathing) have happened for the first time.
- ♦ If you begin to use your asthma medication more often than usual.

Good breathing.

Take care of yourself.

You are very special and important to this world and the people in it.



I have made an attempt to contact all who ordered a **Camas Valley Pyros Birthday Calendar**. If you have not received your calendar please contact me at 541-643-6317. Also if you have your calendar and have not paid please send payment to **Pyros, 2761 Upper Camas Rd.** I do have a few extra for those who would like them. Thanks to everyone for supporting our Pyros. They do a wonderful job every year with our fireworks show.

Mary Helen Banks

A few comments from “Mrs. H.”

I send along commendations to the volunteers who organized the CV reunion August 9 in Roseburg. Since I lived in Camas Valley from 1955 – 1973 and taught at the public school, I was urged to attend. Well, frankly I decided not to come down from Vancouver WA because I knew full well that I would see former students I didn't recognize and whose names I couldn't recall. I also thought there'd be some who said to me, “Mrs. Harwood, you look like you always did.” That didn't happen. The person who insisted I come down, stay with her, and she'd take me to the reunion was Gail LaBranch who has for years called me “Mrs. H.”

This puzzled me. Gail made a large casserole to take, yet she said she had to make a quick stop at a bakery. I wondered why, but didn't tumble until I was eating lunch. Believe-it-or-not, this is true. I heard there was a cake over there honoring “Mrs. H” on her birthday but by that time it was gone and I hadn't even had a taste much less seen it. A kind-hearted former student showed me a picture of it and speaking of pictures I received an e-mail since then from a former student in Minnesota who saw my reunion picture on Facebook. I thought I looked old. So what. Truth is truth. As I write this I'll have my 89th birthday, August 19.

For those of you who heard me play for commencements at CVHS, weddings, and even for funerals when I was living in the Valley, here's another believe-it-or-not. This summer I played at three State Conventions, I'm Pomona Grange musician, play organ in a little church I attend, and felt quite honored by invitation to do a solo at the CV Methodist Church day after the reunion. Was I ever thankful that Diana Kinnan escorted me to the piano. I played “The Old Rugged Cross” which most people know. I like their new minister Isabelle Davis from Coos Bay.

I'm grateful to everyone who greeted me at the reunion. Of special interest I thought was seeing Ramona Wilson. She sang beautiful solos and also duets with her mother years ago. Russell Goss and his wife were there. He told me he came especially to see me. There were three sets of sisters I hadn't seen for years who greeted me at different times. Thanks to everyone who said Hello, shook my hand, and answered my questions. You made my day. You are in my thoughts. No space to name all of you who greeted me. I receive mail at: **2414 NW 99 St., Vancouver WA 98665-6244**. Phone is 360-573-6723.

Sincerely, Lucille Harwood

Asthma

by Ketti Walker, RN



Asthma is a condition that causes long-term inflammation of the airways. The inflammation makes the airways overreact to certain particles in the air. During an asthma episode, the muscles in the tubes that carry air into the lungs (bronchial tubes) go into spasm; the mucous lining of the lungs swells; and secretions build up in the lungs, suddenly making breathing difficult.

A person who is having an asthma episode (attack) may make a wheezing or whistling sound while breathing. The person usually coughs a great deal and may spit up mucus. Sometimes a chronic, dry cough, especially at night or early in the morning, is the only symptom of mild asthma.

Many things can trigger asthma, including allergens such as dust mites, dust, pollen, cockroaches, and animal dander. Viral respiratory infections, such as colds, are common triggers of asthma. Asthma usually develops during childhood but may also begin later in life. The first episode often follows a cold or the flu. Asthma is more common in children who are exposed to cigarette smoke in the home.

Most children and adults can control their asthma by avoiding triggers that cause attacks and using medications to manage symptoms. Severe attacks can usually be treated with inhaled or injected medications. Asthma attacks are rarely fatal if they are treated promptly and appropriately.

PREVENTION: There is no way to prevent asthma. However, you may be able to limit the length and severity of asthma

episodes if you avoid or control your exposure to things that trigger asthma symptoms.

- ♦ Control cockroaches
- ♦ Avoid smoke of all kinds
- ♦ Avoid irritants in the air
- ♦ Avoid breathing cold air
- ♦ Aspirin, ibuprofen, and similar pain medications can cause severe asthma attacks in some people
- ♦ Do not use nonprescription cold and cough medications unless your doctor says OK.
- ♦ Stress may be a factor in triggering asthma attacks
- ♦ Reduce your risk of colds and flu
- ♦ If you use a humidifier, clean it thoroughly once a week
- ♦ Build up the strength of your lungs and airways

Call 911 or other emergency services if you are having severe asthma symptoms and:

- ♦ You are having severe difficulty breathing
- ♦ Your medications have not helped after 20 minutes

Call a health professional:

- ♦ If you have symptoms that may indicate heart problems, such as chest pain or shortness of breath.
- ♦ If you are having severe asthma attack, even if your medications have relieved some symptoms.
- ♦ If your asthma symptoms don't get better after you follow your asthma action plan

(ASTHMA cont. pg 3)



Superintendent's Message

School Pride is like a virus. So is negativity. Both can be incredibly contagious and hard to get rid of. Like a virus, they move from one person to another from the slightest contact, infecting the new person and then readying to move on to another host.

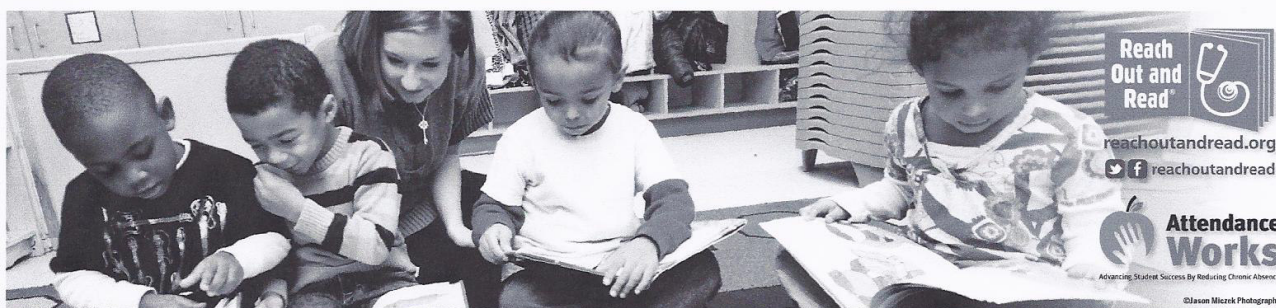
While we often think of a virus in a negative sense, some of the infectious properties of a virus are admirable. Social media has even named the rapid rise in popularity of something as "going viral." People want their videos to "go viral." Marketers use viral advertising hoping that subtle attempts at getting noticed will grow exponentially and spread at an incredible rate.

So why am I using this month's column to discuss the similarity between School Pride or negativity and viruses? Simply because I believe that each day we have a choice to make in how we view ourselves, our family, our friends, our churches, and even our school. Whichever end of the spectrum we view our school through; we will likely spread that view on to others. Children form opinions based on what they hear adults say. Sometimes all it takes is one person to set off a wave of negativity or a sense of pride in your school.

I believe in our school. I'm convinced that the staff of this school believes in it as well. We have great staff, great students, and a supportive community. It is a fantastic place to be a part of. As awesome as I believe this place is, it does have some flaws. No one or nothing is perfect. But what will we choose to focus on as a school and community? Which virus will we spread when we talk of our school and our community? Which ideal will sweep through Camas Valley and ultimately define us? What will we talk about in groups, with friends, and around our children that they will use to define how they view school? Will they see it as a positive place to have good experiences, or will they come in with a pre-determined negativity towards it? We as adults have a lot to do with that, and whether we choose to focus on the good things or the bad, one thing is clear- whichever ideal we choose will spread like a virus.

Here is hoping that you choose to celebrate the blessing that is this school and community and embrace the positives. You might just be contagious.

Patrick Lee, Superintendent/Principal



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

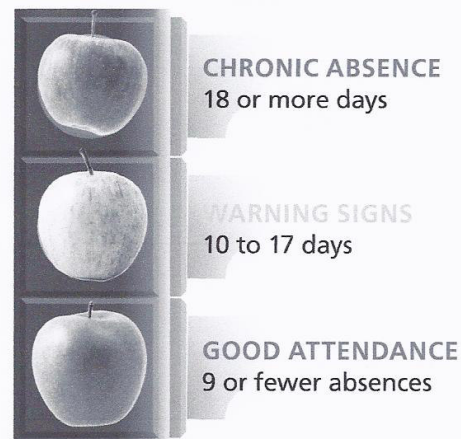
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



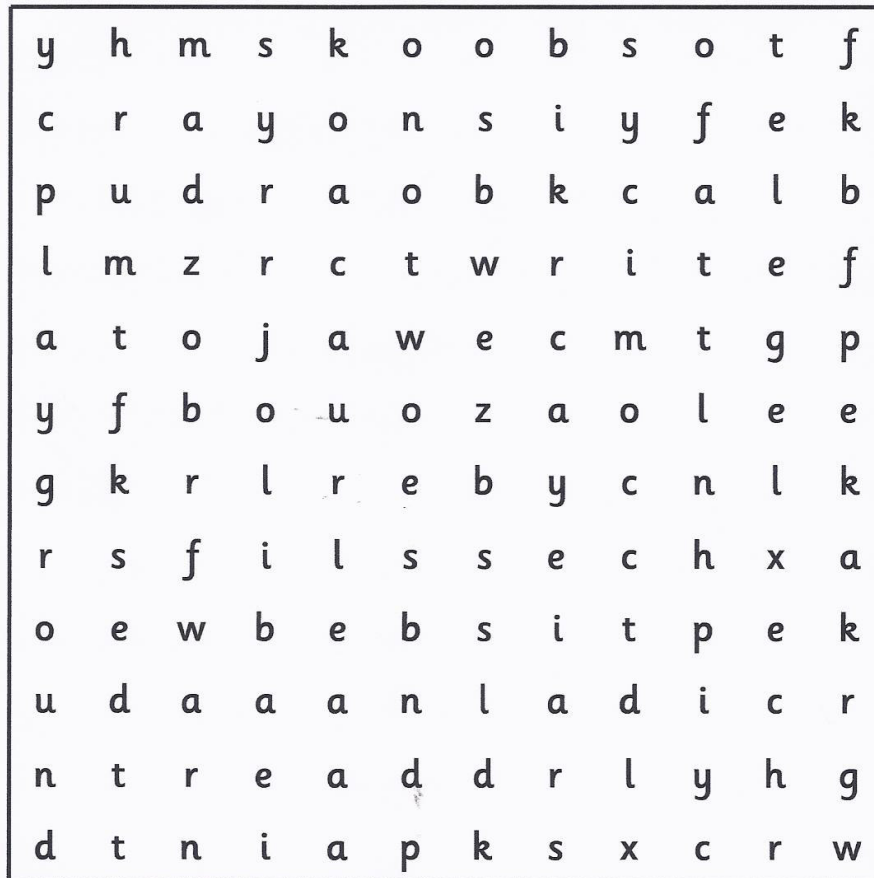
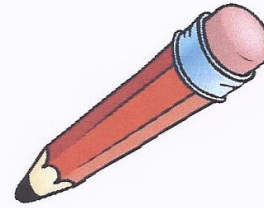
Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org

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Back to School Word Search



blackboard

books

classroom

crayons

desk

friends

paint

pencil

playground

read

table

teacher

tous

whiteboard

write

Copyright © www.ActivityVillage.co.uk - Keeping Kids Busy

Homecoming Week Sept. 29-Oct. 4



Camas Valley Business Directory

Thursday Oct. 2nd

5:30—Parade

Please contact Mr. Lee ASAP if you want to put a float, vehicle, or animal in the parade.

Bonfire at dusk.

Friday, Oct. 3rd

Homecoming volleyball game

Saturday Oct. 4th

1:00 Homecoming football game



Go!
Fight! Win!
Hornets!

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

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.
541-445-2867

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

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

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

Norma's House Cleaning

Norma Luster
M-W 8-5
Call for ref./prices
**541-551-1233
541-551-0852**

Jewelry, decorative/ therapeutic

Mommy & Me Jewelry

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

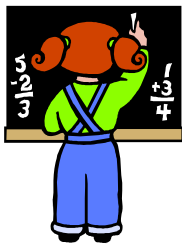
Art's Shoe Repair

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



September

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 Labor Day	2 Back to School! Grange Ladies Lunch Noon / Bingo	3 Fire Dept. Training 7pm	4 HSVB @ Pacific (V) 5:30 CAMAS Academy PTA mtg. 7 pm	5	6 MSVB LFL Jamboree TBA
7	8 MSVB @ Canyonville 4:30 Fire Dept. Bd. Mtg. 6pm	9 HSVB Home Elkton 5 MSFB 8-man Jamboree 4 Grange Bus. Mtg. 10 am @Grange	10 Fire Dept. Training 7pm	11 MSVB @ Glendale 4:30 HSVB Home N. Douglas 5	12 No School HSFB @ Lowell 7	13
14	15	16 HSVB @ New Hope 5 MSFB Home Riddle 4:30	17 Fire Dept. Training 7pm	18 MSVB Home Riddle 4:30 School Bd. 7	19 No School HSVB @ Yoncalla 5	20 HSVB @ Dallas HS 8 team tourney (v) TBD
21	22 MSVB @ Days Crk. 4:30	23 HSVB Home Powers (V) 6 MSFB @ Elkton Grange Senior Lunch 12 w/ Bingo	24 School Picture Day Fire Dept. Training 7pm	25 MSVB Home Canyonville 4:30 Flame Deadline 5pm	26 No School HSVB @ Glendale 6 HSFB @ Glendale 7	27
28	29 MSVB Home Glendale 4:30	30 HSVB @ Powers (V) MSFB Home Canyonville 4:30				