



THE FLAME



Volume XVII Issue VIII

"Put out" by the Camas Valley Fire Department Auxiliary

Sept. 2017

Calendar Change!

Fire Department training sessions are now held weekly on **Tuesday evenings at 7 pm.**



The Camas Valley **Pyro Birthday Calendars** are here. It would help me a lot if you could call or stop by to get your Calendar. It is a lot to do to deliver every calendar.

Thanks for ordering. Remember all money goes to help put on the Pyros 4th of July 2018 fireworks show.

Mary Helen
541-643-6317



When wildfires burn in your area, they produce smoke that may reach your community. Wildfire smoke is a mixture of gases and fine particles from burning trees and other plant materials. This smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

Who is at greatest risk from wildfire smoke?

- **People who have heart or lung diseases**, like heart disease, chest pain, lung disease, or asthma, are at higher risk from wildfire smoke.
- **Older adults are more likely to be affected by smoke.** This may be due to their increased risk of heart and lung diseases.
- **Children are more likely to be affected by health threats from smoke.** Children's airways are still developing and they breathe more air per pound of body weight than adults. Also, children often spend more time outdoors engaged in activity and play.

Take steps to decrease your risk from wildfire smoke.

- **Check local air quality reports.** Listen and watch for news or health warnings about smoke. Find out if your community provides reports about the U.S. Environmental Protection Agency's Air Quality Index (AQI) or check the report on AirNow.gov. In addition, pay attention to public health messages about safety measures.
- **Consult local visibility guides.** Some communities have monitors that measure the amount of particles in the air. In the western United States, some states and communities have guidelines to help people determine if there are high levels of particulates in the air by how far they can see.
- **Keep indoor air as clean as possible** if you are advised to stay indoors. Keep windows and doors closed. Run an air conditioner, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. If you do not have an air conditioner and it is too warm to stay inside with the windows closed, seek shelter in a designated evacuation center or away from the affected area.

We appreciate your support!

The Flame received

no

donations this month.

The 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.



September Garden Maintenance and Clean Up

- Harvest winter squash when the "ground spot" changes from white to a cream or gold color.
- Pick and store winter squash; mulch carrot, parsnip, and beets for winter harvesting.
- Protect tomatoes and/or pick green tomatoes and ripen indoors if frost threatens.
- Harvest potatoes when the tops die down. Store them in a dark location.
- Contact **Betty 541-445-2855** to donate to **Winston-Dillard Food Pantry!**

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

Grange Dates

- ♦ **Tues. Sept. 5th** Community Meal starts off the month at Noon.
- ♦ **Tues. Sept. 12th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Sept. 26th** Senior Lunch will wrap up the month with bingo to support the scholarship fund.

Join us for a meal and conversation !

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.

CAMAS VALLEY FUN DAYS 2017

CELEBRATE THE END OF SUMMER!

Sept. 15th, 16th, 17th

Prices:

Spectator/Gate	\$5/person
12 and under	FREE
Seniors	\$3
Racers	\$35
Spouses with same vehicle	\$15
Class Bump (pay in advance)	\$5
Kid racers (13 and under)	\$15
Kid's Play Track Only	\$5 armband
Camping	\$30 weekend



**4 X 4 Drag Classes
Powder Puff Drags
Bike Drag Classes
Barrels & Flat Track
Kids' Drags
Kids' Flat Track**

Truck & UTV Tech Obstacle Course Sponsored by 99 Motorsports

Supports the Camas Valley Fire Department Building Fund

ATTENTION!

**These businesses/individuals support
our Camas Valley Fun Days.**

**At every opportunity we
should support them!**

Thank you!

Roto-Rooter
John S. Murphy Insurance Agency, Inc. /
Farmers Ins.
Western Equipment & Supply
John Ewen Engineering
Oregon Tractor
Market Plus
Tinker's Pump Service
Winston Auto Parts /Harwood Automotive Inc.
Industrial Source
Bruce Standley Construction
Plikat Logging
Lone Rock Resources
Twin Peaks Off-Road
Point S Tire & Auto/Valley Tire Center

Dancer Logging, Inc.
DIA CAST
Treats Hwy 42 Café/Kerri Lynn Stookey
Carquest/ Douglas Auto Parts
Oregon Tool & Supply
G & J Fabrication
Tenmile Store
Phoenix Hydraulic Presses, Inc.
Maliglig Racing
Bravo Bakery & Café
McGovern Metals CO Inc.
Kinnan Engineering, Inc.
Industrial Tree Service
Peterson Cat/D Lee Vlasschaert
Umpqua Bank

Windblown embers can enter attics and crawl spaces though vents.

Best choices for vents to resist ember entry:

1. For (under-eave) inlet vents, opt for a soffited eave design. IBHS research demonstrates that gable end vents and other vent openings are vulnerable to wind-blown embers when the face of the vent is perpendicular to the wind flow, while embers are less likely to pass through vents with a face that is parallel to the wind flow. Therefore, soffited eave construction is preferred to open eave.
2. For outlet vents, opt for a ridge that is rated to resist wind driven rain. These vents have an external baffle at the vent inlet.
3. Turbine vents also help keep embers out, but you should attach a piece of 1/8-inch mesh to the bottom of the roof sheathing at the opening for the vent.

USE MESH SCREENING TO REDUCE EMBER ENTRY INTO VENTS

Building codes require vent openings to be covered by corrosion resistant metal screens, which are typically 1/4-inch to keep out rodents. However, research shows that embers can pass through 1/4-inch mesh and ignite combustible materials, particularly smaller materials such as saw dust. Embers also can enter smaller screening, such as 1/16-inch, but cannot easily ignite even the finer fuels; however, this size screening is more easily plugged with wind-blown debris and is easily painted over if you are not careful when re-painting your house.

Installing 1/8-inch mesh screening is suggested in wildfire prone areas, as it effectively minimizes the entry of embers. It's important to note that 1/8-inch screening only minimizes the size and number of embers and does not eliminate them entirely; making it very important to reduce what's stored in the attic and crawl space.

<http://ebm.cheetahmail.com/c/tag/hBZlaFpB8VFIIb9e42kNsrU6vaA/doc.html?email=>





Keep it simple. Changes are not always easy, and the transition back to school can be challenging and stressful. After all, a less structured day filled with fun and sun has most likely ruled the summer.

Ease the Anxiety: Talk to your child about the possibilities of new experiences and adventures they have to look forward to in the year to come. As the parent, keep a positive attitude about the changes. When you are nervous, your child may pick up on that. Maybe you could plan a special Labor Day weekend as a buffer vacation or great way to say goodbye to summer and hello to the school year. Make it creative.

Ease back into the Schedule: Try to avoid the shock of playing outside until dark to an early morning bus rush by easing the transition. Start about a week before school starts by setting a bedtime about 10 minutes earlier each night to help with the adjustment.

Stay close to Nature: Just because summer is gone, this does not mean your child needs to say goodbye to the great outdoors. Make it a habit to get outside daily as long as weather permits, and when colder weather sets in, set up an inside camp-out. Turn off the electronic devices and bring out the board games. Keep that summer con-

nection going. Keep an "Adventures Journal" of all those fun activities for lasting memories.

Emphasis on Health Eating, Exercise and Sleep:

Nutrition – Making good food choices helps build a healthy lifestyle for your child. Here are some healthy tips – 1) Balance calories by eating the right amount and staying psychically active; 2) Enjoy your food and mealtimes, but avoid oversized portions – increasing vegetables, fruits, whole grains, and low-fat dairy products; 3) Drink more water rather than sugary drinks.

Exercise – One full hour of physical activity a day is recommended to help reduce stress, make one feel better about themselves, and increase ability to learn in school. Exercise will also help maintain a healthy weight; build healthy muscles, bones, and joints; and allow for a better night's sleep.

Getting enough Sleep – Poor sleep in teens is linked to higher blood pressure. Teens and school-aged children need at least nine hours of sleep each night whereas adults need just seven to eight. Sleep tip: Set your sleep schedule by going to bed and waking up at the same time every day, keep the room temperature a little on the cooler side, and know that the television may be a distraction in the bedroom.

One-on-One time Every Day: Parents may be stretched thin during the school year, especially if there are different aged children. Challenge yourself to 15 minutes a day of activity with your child that involves your undivided attention. You will both benefit and allow you to leave a hectic day behind.

Coquille Watershed Association now hiring Office Manager

Qualifications* o Associate's degree in accounting or business administration, or equivalent business experience. o Experience in office organization both of physical and digital documents and supplies o Knowledge of bookkeeping o Experience working with non-profit or grant funded organizations o Proficient in Microsoft Word and Excel o Knowledge of operating Quickbooks accounting software o Ability to problem solve *Provided applicant demonstrates a willingness to learn and aptitude for office management, consideration will be given for applicants that do not meet all listed qualifications

The Office Manager will work primarily independently with direction from the Coordinator and will report to the Coordinator. Upon hire, the Office Manager will undergo comprehensive training on the organization of the financial information (digitally and physically), how to request funds from granting agencies and organizations, and an overall orientation to CoqWA programs and staff. Position will start as part-time ~15 hours a week at a rate of \$14/hour with the opportunity for increases in hours and wages commensurate with performance and available grant funding.

How to Apply: • Additional information about the Coquille Watershed Association can be found online at: www.coquillewatershed.org • Any questions can be directed to Coordinator, Melaney Dunne: 541-982-0147, coordinator@coquillewatershed.org. • Please send a cover letter detailing interest and qualifications, resume, and list of two references to Coordinator, Melaney Dunne at coordinator@coquillewatershed.org. • The position will remain open until filled, applicants are encouraged to apply ASAP

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!*

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

The directory will be printed when space allows through-out the year. We encourage our readers to patronize local businesses and support your neighbors!



Camas Valley Community Charter School is seeking to hire a part time employee to assist in the food services department. We are in need of an employee to work for 3 hours per school day helping with dishes and kitchen clean-up. The qualified applicant would need to be reliable, trustworthy, and have a valid Oregon Food Handler's license. The hours of work would be 12:00-2:00 p.m. Pay would be determined by the classified contract. If you are interested, please submit an application and/or call the school office at **541-445-2131**.



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As the September issue of the Flame goes to print, summer is in full swing—wildfire season is roaring, triple digit temperatures are threatening, and Coach Wolfe has them sweating it out on the practice field. Our students have mixed feelings about leaving the lazy days of summer and returning to the busy schedules of the school year.

Kathy Weaver has a good article about preparing our students for the change in schedules and mindset. The school faculty and staff are scrambling to get everything ready for the start of classes. Sports teams are working on muscle memory and sore muscles. In short, it is a time of eager and nervous anticipation.

Be sure to thank all those who have worked so hard to make this coming schoolyear a success. Attend the sporting events and support the students who add to the school experience through athletics. Go to parent-teacher conferences and open houses. Support Booster Club and pitch in at the concession stand—or be a steady customer!

Autumn is coming. Sporting events, homework assignments, SMART reading are galloping towards us. Let's revel in it!

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
www.youravon.com/
mhelenbanks
541-643-6317

Beauty shop

Scissor Trix
Jennie Plikat
By appt.
541-733-1919
**Or in Green at
4886 Grange Rd.
541-236-7086**

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 /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

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

Sept.

Do not take life too seriously. You will never get out of it alive.
Elbert Hubbard

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	4 	5 First day of school! Community Lunch Noon Bingo Grange Fire Dept. Training 7pm	6	7 HSVB Home Yoncalla MSFB Home Jamboree	8	9 HSFB 8-man Showcase @N. Douglas MSVB @ S. Umpqua Jamboree
10	11 Fire Dept. Bd. Mtg. 4	12 Grange Bus. Mtg. 10 am HSVB Home UVC MSFB @ Elkton Fire Dept. Training 7pm	13 MSVB Home Glendale	14 School Pictures Community Birthday Party 5:30 @Bravo HSVB @ Glendale	15 No School	16 MSFB @ Triad HSFB @ Triad
17 Camas Valley Fun Days	18 MSVB @ UVC	19 MSFB @ Yoncalla HSVB @ Glendale Fire Dept. Training 7pm	20	21 MSVB @ Riddle HSVB Home Days Creek School Bd. Mtg. 7 pm	22 No School (Inservice)	23 HSFB Home Elkton
24	25 MSVB Home Days Creek	26 Sr. Lunch Noon Grange Bingo MSFB Home Riddle HSVB Home Powers Fire Dept. Training 7pm	27	28 MSVB @ Canyonville Career Expo Field Trip 11th/12th	29 No School HSFB @ Powers	30 MSVB @ Glendale

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	<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