



THE FLAME



Volume XIII Issue VII

"Put out" by the Camas Valley Fire Department Auxiliary

August 2013

Short & Sweet

Mark your
calendars for

**Saturday,
August 10th.**

**Camas Valley Fun
Days 2013** will be hav-
ing a one day Drags
Only event starting at
10 am. Get ready to
rev those engines and
make your opponents
eat your dust!

These exciting
events are put on by
the **Camas Valley
Mud Dawgs** in sup-
port of the **Camas Val-
ley Volunteer Fire De-
partment Building
Fund.**

General Admission

Gate admission **\$5**
Seniors **\$3**
Under 12 **FREE**

OUTGOING MAIL

**Starting July
28th, the mail goes
out at 12:30 pm.**



We, in the Tenmile ar-
ea would like to thank all
the people that bought
tickets for our raffle and
came to the baked food
sale. Thank you to all that
baked goodies for us to
sell.

Sue Coffel drew the
winning tickets at the Ten-
mile Fire Department. The
quilt that was made and
donated by **Darlene Phil-
lips** of Tenmile was won
by **Mark Brint** of Tenmile.
The gift certificate from
Treats Highway 42 Cafe
was won by **Del Drake** of
Winston. The gift certifi-
cate that was donated by
an individual for **Carlos
Restaurant** of Winston
was won by **Bonnie Lach-
er** of Tenmile.

The baked food
brought in \$337.52 and
the quilt raffle brought in
\$331.00. The total of
\$668.52 is being used for
badges for the firefighters.

The **Camas Valley
Pyros** want to say a big
"THANK YOU" to all who
donated your time, your
money, bought hamburg-
ers and hot dogs and
watched our great fire-
works show this year. It
was wonderful again.
Thanks to those who put it
on. It is a lot of work and
we appreciate you one and
all.

The **Pyros Birthday
Calendar** is being printed
at this time. If you have
not paid for your calendar
please give me a call. It is
a lot easier to deliver the
calendars when they are
already paid for. We will be
delivering the end of Au-
gust. If we missed you I
am sorry. I have ordered a
few extra.

This is a great fund-
raiser for the **Pyros**. All the
money received from this
years calendar will go to
help with next year's fire
works show. Thanks to
those who buy the calen-
dars, and put your birth-
days on it. Questions? Call
**Mary Helen Banks 541-
643-6317.**

Grange Dates for August

- ♦ **Wed. 7th Noon**—
Ladies Luncheon
with Bingo for
maintenance of
the Grange
- ♦ **Wed. 14th 10 am**
Business meeting
- ♦ **Wed 28th Noon**—
Senior Luncheon
with Bingo

The proceeds
from the Bingo on the
28th go to support the
scholarship for CVCC
School students in
memory of Hank
Schmidt.

Garden starting to
produce a bit more
zucchini than you
planned for? The
Winston-Dillard Food
Pantry accepts fresh
produce to add to the
food baskets. Call
Betty 541-455-2855
about donating fresh
produce.

**Donate to the
Food Pantry
barrel in the
Post Office.**



Why an email subscription?

Email allows you to
keep friends and family that
have left the valley for
school, jobs, whatever rea-
son to keep up with the
events that affect this com-
munity.

Send their name and
email address to:

jwickham52@gmail.com

and an electronic copy will
be sent to them each
month.

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.

THE FLAME

The Flame is a monthly publica-
tion 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 depart-
ment, churches, school and civic or-
ganizations 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



Death of the Honey Bee

Millions of Bees are dying each year. 'Why?' you might be asking. There are many possible reasons, from modern technology (cell phone towers and other sources of electromagnetic radiation not natural to a bee's environment), to new pesticides, to weather and climate change. It may be a combination of all the above and more; however, the bottom line is honeybees have been dying by the millions since early 2008. Small and large beekeepers in Oregon have seen, in some cases, up to 90% of their hives die each year.

In our little bit of paradise (Camas Valley) many of us suffer from water issues and the great menace of Northwest gardeners (clay soil)... This means we need to get out of our little home gardens the best possible return for our work and the water we expend. Honeybees pollinate our fruit trees, berries, squashes and just about everything else that blooms, as they gather nectar and pollen to feed the hive. Commercial farmers pay over \$200.00 (at present) for one small hive to pollinate their crops - and they have thousands of hives brought in every year for the bloom season of whatever they are growing. Having bees brought in to pollinate can mean the difference between harvesting "a few" of something and harvesting "a lot," from the same number of plants or trees or what-have-you. What works for a commercial farmer works just as well for a home

gardener... BEES. Not wasps or hornets or yellow jackets, but honeybees.

I am a second-year beekeeper, and in my first year of the Master Beekeeper program through OSU - and I am interested in saving a few bees. We have six hives on our place and I collect swarms in the area when they move into a not-so-great new home (like your garage wall or shed roof). If you are interested in "hosting" a hive (or just have further questions) feel free to contact me.

We are "new" to the valley, having moved here 3 years ago, and as such we still do not know many of you. The purpose of this article is to also learn a little more about those who live in the valley, and what interest there might be in increasing the number of honeybees in our valley. Do you have honeybees? Do you have hives "brought in"? Would you be interested in hosting a hive? (The host family would, of course, receive a share of the honey the bees produce, but depending on the health of the hive and how much food they have stored for winter, it might be a year before any honey could be harvested from that hive.)

If you feel encouraged to respond to the above questions, or just have questions please feel free to contact me.

Philmoulton@gmail.com
503-349-8463.



TRIGGER FINGER: No, this isn't about gun safety!

In trigger finger, also known as *stenosing tenosynovitis* (stuh-NO-sing ten-o-sin-o-VIE-tis), one of your fingers or your thumb gets stuck in a bent position and then straightens with a snap, like a trigger being pulled and released. If trigger finger is severe your finger may become locked in a bent position. Often painful, trigger finger is caused by a narrowing of the sheath that surrounds the tendon in the affected finger. People whose work or hobbies require repetitive gripping actions are more susceptible. Trigger finger is also more common in women and in anyone with diabetes.

Signs and symptoms of trigger finger may progress from mild to severe and include:

- *finger stiffness, particularly in the morning*
- *a popping or clicking sensation as you move your finger*
- *tenderness or a bump at the base of the affected finger*
- *finger catching or locking in a bent position, which suddenly pops straight.*
- *finger locked in a bent position, which you are unable to straighten*

Trigger finger more commonly occurs in your dominant hand and most often affects your thumb or your middle or ring finger. More than one finger may be affected at a time and both hands might be involved. Trigger finger is not the same as Dupuytren's contracture—a condition that causes thickening and shortening of the connective tissue in the palm of the hand, though it may occur in conjunction with this disorder.

If you have any stiffness or catching in a finger joint, bring it to the attention of your doctor so that he or she may review your symptoms and perform a physical evaluation of your hand. If your finger joint is hot and inflamed, seek immediate medical care because these signs indicate a possible infection.

Here are a few home remedies and lifestyle changes ideas:

- Your stiff finger may relax somewhat if you rest your hand for four to six weeks. To prevent the overuse of your affected finger, you may need to change your routine to minimize repeated gripping actions.
- Placing your affected hand in warm water, especially in the morning, may reduce the severity of the catching sensation during the day. If this helps, you can repeat the soaking several times throughout the day.
- Massaging your affected fingers may feel good and help relieve your pain but it won't affect the inflammation. (Also helps to slip the bent finger back where it belongs.)

I spoke with an orthopedic doctor and he said for a last ditch effort to relieve the tendon issue they can do surgery. It seems to be successful with most people.

—Ketti Walker, RN



Camas Valley Business Directory

The directory will be printed when space allows throughout 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

Recognition for community work

The **Camas Valley United Methodist Church** received the "Most Can-Do, We Can Do Anything" award at the 2013 Oregon Idaho Annual Conference of the United Methodist Church. The commendation states, "They are a blessing for the community. The spirit is alive and well in this small and vital congregation." This is in recognition of their outreach to Camas Valley and neighboring communities through member participation and active support of the Winston-Dillard Food Pantry, CV volunteer fire department and auxiliary, church camp at Camp Myrtlewood, community garden, and community soup suppers, among other activities.

Camas Valley is blessed with three active congregations. It is nice when someone else notices the efforts put out by them. Congratulations!

Community Soup Suppers Aug. 8th and 22nd

The 2nd and 4th Thursdays of August are time to come to the **fellowship hall at the CVUM church** and fill your plate/bowl 6-7:30 pm. The community garden is starting to produce some fresh goodies for the table and the conversation always seasons the meal! **Open to all at no charge**, there is no reason to eat alone or go to bed hungry.

If you have questions or are interested in donating meals, time, or money to this community effort, call:

Mike Cay
1-541-207-7282.





Superintendent's Report By Patrick Lee

With the coming of August, things at the school start hopping. As we gear up for the return of teachers and students, the excitement in the building grows. I'd like to use this month's column to update the community on a few important dates and to share with everyone some more of the changes we have undergone this summer.

Important Dates!!

***Student Registration is from August 5th-8th from 8:00 a.m. to 4:00 p.m.**

***Sports practices will begin on August 19th.**

***Open House is on August 21st.** At 6:00 p.m. the school will offer a light meal for any parents or community members who wish to come out to meet staff and hear a little about the upcoming year.

***The first day of school is August 26th.**

School Changes/Information:

Last year we did a school improvement assessment to locate ways to improve the performance of our students k-12 in reading and math. A couple of big changes for this year arose from that in-depth study of how to provide a better education for our students.

Students in K-3 will now be going to school from 8:00 to 3:30. This is in response to our need to provide more educational hours in reading and math at the lower levels to be competitive with the amount of hours students get at a 5-day school. As a part of this schedule change, the district is asking k-3 parents to work with their child's teacher to help provide snacks for students in the afternoon.

8th-12th grade students will have a tutorial/study table period included within their daily schedule. This 40 minute class will focus on helping students improve skills, raise grades, and remain on track to meeting the essential skills required to graduate. They will attend school from 8:00-3:35.

Enjoy the rest of summer, and we will see you in August!

*Back-to-School
Open House
Wednesday, August 21st*



Parents and community, you are invited to come out to Camas Valley School to meet the staff and talk about the exciting things that are happening in your school. Classrooms will be open from 8:00 a.m. until 6:00 p.m. At 6:00 p.m. we will meet in the gym for a free dinner of Subway sandwiches. During dinner time, we will highlight some of the exciting things happening at your school this year, then we will have some time for visiting staff in their classrooms. At 7:30 we will reconvene in the gym for a raffle drawing for all those who visited teachers during the evening. You must be present to win. We hope to see you all there so you can share our excitement about the coming school year.

*Meet the Staff and Get Entered
Into a Raffle Drawing
Fun! Fun! Fun! Fun!
More Information:
541-445-2131*



PE Place



I hope everyone here in Camas Valley has had a great summer and I am looking forward to beginning my 6th year at the school. There are some changes coming to the **Physical Education and Health Program** and I will be using this section of **The Flame** to keep you up to date on everything that is happening in this program. If you have any questions about anything that you read in this section, please feel free to contact me here at the school at any time.

I would like to start this section off with a thank you to the **Camas Valley Fire Department**. They have graciously allowed the weight room to be moved over into the two bays of the old building that are not in use. This will quadruple the size of our weight room immediately. This will not only increase safety for students during PE classes, but will allow the class to expand to a capacity of 30 students. I would like to encourage everyone to please thank the Fire Department Board when you see them, and please attend the **Camas Valley Fun Days** so we can make the Fire Department some more money to work on the new building.

Over the past five years, there has been a steady increase in interested weight lifters and the girls are now starting to get involved full force. With the implementation of our new BiggerFaster-

Stronger program, more students will be able to easily achieve standards and become healthier with this increased space. We will be moving the weight room over to the new building on Thursday August 15, if you have time please stop on by, as we will take as much help as we can getting the big equipment moved over. We are also looking for ways to equip this new space with new equipment. Stay tuned for some fundraiser information in the months to come.

I also wanted to invite you to come to **Camas Valley Charter School Open House** on **Wednesday August 21**. Physical Education is changing to keep up with new regulations and standards. It is no longer a participation only class. Students will need to show they have learned something during their time in class. There are grade benchmarks for 1st Grade, 3rd Grade, 5th Grade, 8th Grade, and High School. I will be glad to explain how these new standards and expectations will work and answer any questions that you might have. I am also looking forward to another opportunity to teach all of the grade levels in Physical Education this year. I hope the rest of summer goes well and may the school year begin well for all.

Sincerely,
Doug Naugle
PE/Health Teacher - CVCCS

From Coach Wolfe:

August is here so football cannot be far behind. **Football Camp** for 5th -12th graders runs **August 12-16, 6 pm-8 pm**. Participants will need shorts, T-shirt, and cleats. Thirty dollars covers the weeklong camp as well as the Hornet shirt and shorts and Friday night dinner provided for the kids. Parents and families are invited to the **kick-off dinner August 16 at 6 pm**. Come join us in the fun and cheer on your Hornets! God bless and see you there.

**SCHOOL
BUS
DRIVERS
NEEDED!!!!**

Contact the
school at
541-445-2131.

For Your Information

Landowners United requested space in The Flame to provide a series of articles on the proposed LNG pipeline. We hope that these articles may not only provide some insight into the process, but generate discussion within the valley regarding this issue. The opinions stated are of **Landowners United**, which is solely responsible for any information provided within this article or following articles.

There are people going around saying the proposed pipeline is a “done deal”. While there are some back room deals and a lot of political push, this pipeline is far from a done deal. Do not sign any paperwork with Williams Pipeline until they have a final approval and a court order after the inevitable appeal. Even if you like the idea, the longer you hold off signing the more money you will get.

The Douglas Democratic Party, facing the political push, has passed a resolution calling for royalties to be paid to landowners and affected governmental agencies such as the **Camas Valley Volunteer Fire Department**. The Republican Party was invited to join in calling for royalties but to date has declined. This resolution has also been presented to the County commissioners for their consideration. The Seneca Jones Company with 2000 acres of affected timberland has called for royalties as well. While Williams Pipeline has said royalties are out of the question, they have been forced to change their route to cross land owned by the Cow Creek Band where they DO NOT have any right of eminent domain. It remains to be seen what this could bring but they can, in fact, discuss paying a percentage of profits rather than a one-time fee for an easement that will be a liability for many decades. This is a poorly thought-out proposal in our opinion and has not cleared one single approval to date.

Delay is the enemy of this project and hearings in Coos County on land use appeals have just been postponed for a month. For more information go to www.citizensagainstlng.com.

*Want to add
your business?
Form on pg. 4*

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 Creek Studio
Kay Ganieany
Mon.-Thurs., by appt.
541-445-2867

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 and 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

Horse blankets, maintenance

**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

Jewelry, decorative/therapeutic

Mommy & Me Jewelre
Janna Vanderhoof
M-F, 9-5 or by 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

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
Construction**
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

August

There are three
good reasons
to be a teacher—
June, July, August.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Transfer site	2	3
4	5 ←	6 School registration 8 am-4 pm	7 Grange Ladies Lunch Noon w/ Bingo Fire Dept. Training 7pm	8 Community Soup Supper 6-7:30 Transfer site	9	10 Camas Valley Fun Days 10 am Drags
11	12 Fire Dept. Bd. Mtg. 6	13	14 Grange Bus. Mtg. 10 am @Grange Fire Dept. Training 7pm	15 Transfer site	16	17
	←		Football Camp 6-8 pm		→	
18	19 CVCCS staff return Daily Doubles begin	20	21 CVCCS Open House 8 am-8 pm Fire Dept. Training 7pm	22 Community Soup Supper 6-7:30 Transfer site	23	24
25	26 First Day of School! 	27	28 Grange Senior Lunch 12 w/ Bingo Fire Dept. Training 7pm	29 Transfer site	30 No School HSFB vs. St. Paul @ Dufur Classic 7:30 HSVB @ Myrtle Pt. 5	31