



THE FLAME



Volume XVII Issue II

"Put out" by the Camas Valley Fire Department Auxiliary

March 2017

If you haven't noticed, we have been busy working on the Camas Valley Rural Fire Station. We have finished painting outside, the sign is up and waiting to do lighting, and currently we are working finishing all the plumbing inside and some structural framing upstairs that the school's construction class will finish.

From the first of the year to the beginning week of February we have had 10 calls:

Structure Fire	1
Medical	8
MVA	1

It's been five years and it is time to start looking at our Tax Levy again. Every five years we have to renew a tax levy, because without a levy we automatically convert back to a set rate from 20+ years ago of .6937 per \$1000 of property value. This wasn't sustainable 20 years ago—imagine now. **Please look at our proposal for the May ballot on page 3**—if you have questions you may come to a board meeting or contact us and we will do our best to communicate our goal. We appreciate everything our community does for us and we hope you appreciate our volunteer firefighters/medics.

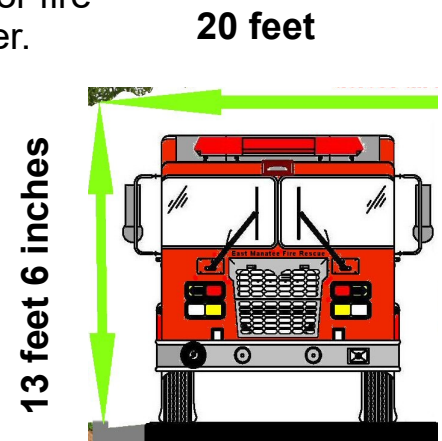
Emergency planning pays big benefits

We don't usually think of fire danger when we are in the waterlogged throes of Spring, but the ground is saturated, overhanging branches have been challenged by wet snow until they green snapped, and everyone parks as close to the house as possible to avoid getting soaked. One good cold snap and the heaters and stoves start cranking. If the papers got to close because no one wanted to haul them to recycle in the rain—whoosh!

Could a fire truck make it up that boggly drive? Those fire rigs, especially the tankers, are heavy and require a good road base that can support 75,000 lbs. Would it be blocked by those snapped branches that you can scootch under with your rig? Is there room for them to get up to the house—to turn around? Be it an ambulance or fire truck, seconds matter.

For the sake of your family maintain that drive with a good rock base, keep it open to required clearances and make sure there is space for an emergency vehicle near the house.

While at it, make sure your reflective house number is clearly visible too!



Thank You For Your Support!



CALLING ALL COSTCO MEMBERS!

This month we received donations from:

Anonymous

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**.

Most of us keep a sharp eye for sales. Costco offers many items at a great price/unit but you buy in bulk. Take advantage of the great prices where you shop and still help your neighbors. Split the carton and donate some to the Food Barrel in the PO. For less than a burger meal (unless it's from the Bravo!) you can provide several families with nutritious food that you were going to buy anyway.

Not a Costco shopper? The Food Pantry will put your check to good use filling up gaps in food supplies and in little stomachs. Send to:

W-D Food Pantry
c/o CVUM PO Box 43, Camas Valley.

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. Mar. 7th** at noon Community Lunch. \$7 with bingo afterwards.
- ♦ **Tues. Mar. 14th** at **10 AM**, is the business meeting to plan the next lunches.
- ♦ **Tues. Mar. 28th** Senior Lunch will wrap up the month with bingo to support the scholarship fund.

Thank you for supporting the Grange!

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 Volunteer Fire District Proposed Safety Investment



Bake sales, raffles and fundraising events aren't funding the level of public safety the Camas Valley Volunteer Fire District residents expect or require. Grants are usually limited to equipment. To continue the level of service residents depend upon we are proposing a renewal of our taxing district and asking citizens to invest \$.8325 per assessed \$1,000 increase from last levy.

Without the levy our tax rate will be set at .69 per \$1,000, generating an annual budget of \$25,361, meaning we will no longer be able to provide emergency services. Fire safety will have to be contracted to an outside agency – increasing the cost to the community.

The levy will put the tax rate at \$2.5901 (which includes the permanent rate of \$.6937) to provide a budget of \$120,053, an increase of \$30,249 from 2013/18 year tax levy. Yes, these increases are significant. This will cover increased training cost, mandatory health and safety coverage for volunteers (shots, hearing test, respiratory test, etc.). The last 18 months we have had \$21,000 in unexpected repairs and maintenance cost, and had to replace a \$34,000 defibrillator/monitor which are impossible to predict nor could we afford.

Type of Emergency Response Call	Minimum Cost	Number of Calls per Year	Total Dollar Amount
Fire/Mutual Aid Fires	\$716	21	\$15,036
Medical Emergencies	\$216	63	\$13,608
Motor Vehicle Accidents	\$716	24	\$17,184
Wild Fires	\$550	12	\$6,600
Total Cost for Emergency Response Calls:			\$52,528*

* These costs only reflect the first hour of response on scene and if our scene time is longer, you need to multiply the minimum cost for every hour on scene plus supplies and damaged equipment (hose, tools, pumps etc.)

As emergency responders for your community, we volunteer our time to train and respond 24/7 because no one gets to choose when there will be an emergency situation. As citizens, you can choose to support your safety by voting **YES** to our proposed safety investment.

Before making a decision that could jeopardize public safety, please take a moment to contact me, **James Beans**, or our board which **meets the 2nd Monday of each month at 4 pm at the old fire hall**. You can call me at **(541) 430-4254** or email at **CamasFire@wizzards.net**.

DEMENTIA/ALZHEIMER : what is it?

(Part 1 of 2 part article)

by Ketti Walker RN

Dementia and Alzheimer is a very lengthy subject, so I will highlight some of the important facts and leave it up to you to go online, ask your doctor, or use the library for more information on the subject. *Alzheimer's disease* accounts for 60-80 % of cases. *Vascular dementia*, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Dementia is not a specific disease, but an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. It is caused by damage to brain cells that interferes with their ability to communicate with each other. This affects thinking, behavior, and feelings. Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain. For example, in Alzheimer's disease, high levels of certain proteins inside and outside brain cells make it hard for brain cells to stay healthy and to communicate with each other.

There is no one test to determine if someone has dementia. Doctors can determine that a person has dementia with a high level of certainty based on a careful medical history, a physical examination, laboratory tests, and the characteristic changes in thinking, day-to-day function and behavior associated with each types. Some of the most active areas of research in risk reduction and prevention include cardiovascular factors, physical fitness, and diet.

Cardiovascular risk factors:

Your brain is nourished by one of your body's richest networks of blood vessels. Anything that damages blood vessels anywhere is your body can damage blood vessels in your brain, depriving brain cells of vital food and oxygen. You can help protect your brain with some of the same strategies that protect your heart-don't smoke, take steps to keep your blood pressure, cholesterol and blood sugar within recommended limits; and maintain a healthy weight.

Physical exercise: Evidence suggests exercise may directly benefit brain cells by increasing blood and oxygen flow to the brain.

Diet: What you eat may have its greatest impact on brain health through its effect on heart health.



Arts, sharing, caring in Camas Valley

It has been asked, who was Jennifer Parker Banks? She was a student at Camas Valley School from 1987 to 1995, scheduled to graduate in 1996, but on May 30, 1995 at age 17, killed in an automobile accident on Highway 42. It was suggested to the family that a scholarship fund be started in her memory.

In order to raise funds for this scholarship, the **Jennifer Parker Banks (JPB) Variety and Art Show** began in 1997 and ran through 2001, and all proceeds from the talent and art show went into the scholarship fund. Since 1997 a graduating senior with an accumulated 3.5 GPA or higher has been eligible for the Jennifer Parker Banks Scholarship and a small scholarship has been given over the past 20 years. The goal is to bring back the talent and art show once again to bring in revenue so the scholarship amount given will be larger and it can continue to be given to a qualified senior for years to come.

The variety and art show committee is looking for **anyone of any age** to register as a participant. So if you (or a group) can play musical instruments, sing, rap, dance, juggle, short comedy or dramatic skits, poem recitations, etc. that you would like to perform, or artwork such as a painting, sketch, sculpture, photography, quilt, etc. that you would like to

donate for the silent auction, then we would like for you to join this opportunity to share your talent with the community.

If interested please pick up a registration entry form at any of the following places:

- ♦ **Camas Valley School office,**
- ♦ **Bravo Restaurant,**
- ♦ **Camas Valley Post Office,**
- ♦ **Market Plus**

or contact **LeAnn Parker** at **541-671-3238** or email **lparker96555@yahoo.com** with your name, address, phone number and we will send you an entry form.

Deadline for all entries must be submitted no later than Thursday, March 23 at the Camas Valley School office or to LeAnn Parker no later than March 31, 2017.

So set the date,
**Saturday, April 8, 2017,
6:00pm**
Camas Valley School gymnasium
**Jennifer Parker Banks Variety
& Art Show.**

More information will be listed in the April Flame edition.



Opportunity to serve the community

Camas Valley School is looking for 3 people to serve on the Budget Committee. You must have lived in the Camas Valley School District for at least 1 year. This position includes 1-3 meetings with the first one happening on May 4th at 7 p.m. Please contact Tina Fisher or Jeanine Dever at 541-445-2131 if you are interested.



Spring Break!! Spring Break!!

Every year we get so excited about Spring Break but fail to come up with contingency plans. It is the end of March—historically cool and cloudy—but we always remember those startling balmy days. Look up upcoming events that you can fall back on, your ace in the whole. A bake-a-thon with the kids; Easter is in April so how about Easter crafts; best fort building contest (may have to set some limits); pick up thrift store appliances (**not electronics!**), cut off cords and have the kids disassemble them; gather assorted size scrap lumber, hammer and nails and let them have at it! Make memories!



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!**

Rummage SALE

Headlines from the Front lines!

Yikes! The masses are advancing already! The side room of the **Camas Valley United Methodist Church** is already in need of a preliminary triage and organization. Rummage items are appearing from the great unknown.

Understanding the primal need to clear out the clutter after the Christmas holidays and the increasing day length nudging us into a much needed spring cleaning, some guidelines need to be set. Please do not drop off either old mattresses or box springs. We recommend calling one of the helpers in the **Business Directory** if you need assistance hauling it to the dump. If you cannot afford the dump fee, neither Goodwill nor Sunrise Enterprises will accept them. Try Craigslist or the Umpqua Shopper under the Free category. Old mattresses make great tumbling pads for kids.

Can anyone tell me the turnover rate for new technology in all our favorite electronics? I'll bet it is a matter of months. The electronic wonder that served you well for so many years until you fell for the siren song of the newest version—guess what? Nobody else wants it either. Coming from a “use it up, wear it out” mind-set, it is really hard to believe that something not really that old physically can be useless. Try finding it a home on Craigslist or Ebay and the truth will set you free. E-recycling is what you are looking for.

Ah, how we mourn the death of a dear old family television. Unfortunately, we are not a television mortuary. However, there are recyclers who will give that old friend a second life in different forms. No organ donor card required.

- ♦ **Goodwill off Diamond Lake Blvd on Rifle Range Rd. will do e-recycling.**
- ♦ **Sunrise Enterprises accept electronics for e-recycling at their Harvard, Diamond Lake, and Stephens locations.**
- ♦ **Steel Recyclers on on Kester off Diamond Lake Blvd. takes broken microwaves.**

But we are open to just about anything else. Love to get furniture, clean clothing, baby items, small appliances, housewares, tools, sporting goods, pet/livestock supplies, gardening items, home décor—well, hopefully you get the idea. Thank you!

Need help getting items to the church
or questions?

Call **Betty** at **541-445-2855**
or **Brad** at **541-733-4791.**





Superintendent's Message

Middle School Students Focusing on the Future!

Our middle school students have many opportunities to get an early start on planning and preparing for their college or career dreams. Our Gear Up program has been in place for six years. It starts with a yearlong 7th grade class that emphasizes how to prepare and plan for career or college. After the yearlong class, students continue to get opportunities and information presented to them throughout middle and high school that continues to help them shape their future goals with a specific plan for getting to the college or career of their choice.

Assistant Principal Mr. Ochs has put in a lot of hard work to team up with the Boys and Girls Club to offer a program called "Be Great By 8th." This program is run by the Boys and Girls club, but they come to our school to offer it thanks to a grant they have received. The program is designed to equip youth with:

- ♦ emotional intelligence,
- ♦ social skills,
- ♦ academic proficiency,
- ♦ and educational momentum

to excel in school, home, and beyond. The goal of this program is to prepare MS students for their goals after High School. Some of these activities include writing a resume, researching different careers, and researching colleges. By the end of the 12 week program, students are expected to have a logical plan for a career after high school. This goal ties in perfectly with our Gear Up program.

Currently more than half of our middle school students are participating in the "Be Great By 8th" program. It is a fantastic opportunity that is coming to our doorstep in Camas Valley. Normally these programs would only occur in the Roseburg area, so thank you to the Boys and Girls Club and Mr. Ochs for bringing this to our students.

Because of these two programs, our students have many rich opportunities to create a strong path for their future.

Go Hornets!

Sincerely,

Patrick Lee



G.E.A.R. U.P.

The Iditaread is here!!!

The Iditaread is a reading challenge to encourage reading for personal enjoyment at all age levels. Our goal is to celebrate each student as they set and reach **their** goals while encouraging a love of reading. This year 2-7 grades will participate.

The Iditaread generally corresponds with the Iditarod, a sled dog race across Alaska, which is run every year about this time in Alaska. The challenge is two fold:

- 1 - for each class to read 1049 minutes, which will earn them the chance to participate in a party and
- 2 - for each student to have attainable reading goals and achieve them.

In achieving their goals, they "finish the race" and earn prizes. For some of the older students the Ultimate Challenge would be for them to read 1049 minutes on their own and earn their Dog Tag.



Look for the Minutes Sheets and a letter with more information to come home with your student soon! Happy reading!

USED BOOK SALE

10¢, 25¢, and 50¢

Books will be added throughout the sale.

Now is a good time to stock up for the Iditaread, a rainy day, spring-break, summer, etc. The library is open from 8-12 and 1-4.



You can't buy happiness...but you can buy books and that's kind of the same thing!

BOXTOP NEWS

Does anyone want to see Mr. Ochs shave his beard or Mr. Lee kiss a pig or a goat or a camel or a ????? You have until March 23rd to get your BoxTops in to reach our goals of 2500 BoxTops for Mr. Ochs to shave his bear and 3500 BoxTops for Mr. Lee to kiss a ???

The class that submits the most eligible BoxTops will earn a reward. BoxTops can be submitted in the library or there will be a box in the front entrance you can put them in. Just make sure you label which class gets the credit. Happy clipping!!!!

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/
mhellenbanks
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 /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

The first day of spring is one thing,
and the first spring day is another.
The difference between them is
sometimes as great as a month.

~Henry Van Dyke
(Bummer)

March

Sunday

Monday

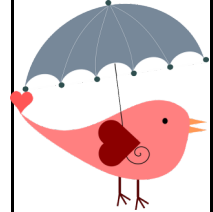
Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Camas Valley Booster Club 6:30 @ Bravo Fire Dept. Training 7pm Ash Wed.	2 S.M.A.R.T. 2-3 pm	3 No School	4
5	6	7 Grange Noon Comm. Lunch Bingo after Ready! For kindergarten	8 Fire Dept. Training 7pm	9 S.M.A.R.T. 2-3 pm Community Birthday Party 5:30 @ Bravo	10 No School Inservice day	11
12 Daylight Sav- ings Begins 	13 Fire Dept. Bd. Mtg. 4	14 Grange Bus. Mtg. 10 am	15 Fire Dept. Training 7pm	16 S.M.A.R.T. 2-3 pm School Bd. Mtg. 7 pm	17 No School HS Track @ Prefontaine track Coos Bay 2 pm 	18
19	20 1st day of Spring! 	21	22 Fire Dept. Training 7pm	23 S.M.A.R.T. 2-3 pm HS Track @ Sutherlin HS 3:30	24 No School	25
26	27	28 Senior Lunch Noon Grange Bingo after for scholar- ship	29 Fire Dept. Training 7pm	30	31	
 No School Spring Break						

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u>	<u>Sunday</u>	<u>Sunday</u>
Coffee Fellowship 10 am	Men's Prayer 7:30 am	Morning Worship 9 am
Morning Worship 10:45am	Morning Worship & Sunday School 10:00 am	& Children's Sunday School
Youth Church 11 am		Fellowship 10 am
<u>Wednesday</u>	The last Wednesday of the month all CELL groups will meet for worship and teaching at Camas Valley Christian Fellowship	w/ beverages and snacks
Bible Study 10:00 am	All the other Wednesdays we meet in small groups in various homes here in Camas Valley, Winston, and Roseburg areas.	<u>1st Tuesday, monthly</u>
	A directory of all the home fellowships is available at the church.	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