



# THE FLAME



Volume XX Issue IX

“Put out” by the Camas Valley Fire Department Auxiliary

October 2020

## CAMAS VALLEY CASH DAYS OCTOBER 3, 2020

fb.me/CamasValleyFunDays

*KIDS & ADULTS ATV/BIKE RACES, MUD DRAGS,  
MUD BOG, & NIGHT OBSTACLE COURSE*

8a-10a Tech-in: ATV, Drags, & Bog  
9a - Kids and Adult ATV and Bike Races  
11a - Mud Drags  
12p-4p Tech-in: Obstacle Course  
3p - Mud Bog Event  
5p - Night Obstacle Course

Spectator \$10 (Under 12 free)  
Senior/Disabled/Veteran/1<sup>st</sup> Responder \$5  
Adult (13+) ATV/Bike Fee \$30  
Kids ATV/Bike Fee \$15 (under 13) • Mud Bog \$20 • Cash  
Days Buy-In \$60 • Class bump \$30+\$10 Spouse/same  
vehicle \$15 • Dry Camping \$35 Vendor \$50

Food Vendors: Fat Back BBQ, Huele A Tacos, Bristo's Place, Kona Ice and more

**CAMAS VALLEY FUN DAYS ARE BROUGHT TO YOU BY CAMAS VALLEY RURAL FIRE DEPARTMENT**

We are in the need of volunteers to make this event happen!  
If you are available and interested in helping any time October 2, 3, and/or 4,  
please call/text 541-430-4254 or 541-430-2486

**SOCIAL DISTANCING PRACTICES WILL BE IN PLACE**



**Mary Helen Banks**  
still has calendars to distribute.  
If you do not have your calendar  
yet, give her a call at

**541-643-6317.**



# We appreciate your support

We received donations this month from  
**R.T & Dorothy McClellan**  
**Adrienne Butler**  
**Thrush Family Trust**  
**Pat Rentz**  
**Harry & Judy Fries**  
**Johana Blomenkamp (correction from September)**

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**



That fresh garden/orchard produce is a big hit. So don't leave those zucchinis in unlocked cars at church—pick them young and donate to the pantry. Either leave in the barrel or call Vonnie if you have a large amount. **541-445-2355**.

Please send your check to support the Pantry to:  
**W-D Food Pantry**  
**c/o Vonnie Wallace**  
**1200 Westside Rd**  
**Camas Valley, OR**



## 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***

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 meals are still on hold :(***

***Email Flame issues are handy!***

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**.

# ***National Fire Protection Association concerns affect us all***

## **Codes and Standards Under Attack**

BY JIM PAULEY, PRESIDENT AND CEO, NFPA

NFPA's codes and standards are the result of a well-functioning system that has delivered fire, electrical, and life safety to the public for nearly 125 years. Serving as the longest-standing, most successful partnership between the public and private sectors, this system has fueled our economy, saved government immeasurable resources, and benefitted society in countless ways. And it is now under attack.

NFPA and other codes and standards developers are facing legal challenges driven by those who make the simplistic, erroneous claim that codes and standards should be free. This movement argues that if any governmental body, anywhere, decides to incorporate a standard by reference, then the entire copyright to every portion of that standard is automatically forfeited. In the wake of this campaign, we increasingly see people flooding the market with counterfeit versions of our standards, riddled with inaccuracies and peddled for profit without regard to the harm they cause to public safety.

Those behind the "standards must be free" campaign unjustly condemn copyright protection for our works and shrug off the consequences of tearing down our rights. They blithely say that SDOs can just find other ways to recoup the massive costs of creating our standards. The folks behind this mindset don't have an interest in the system. Nor do they comprehend the huge undertaking

required to produce high quality standards year after year, which reflect the latest research, technologies, and learnings from tragedies. Furthermore, they fail to offer any alternative solution for how the end-product would be developed and delivered, or by whom the cost for that development and delivery would be absorbed; it is willfully naïve thinking at best.

Regardless of the illogical reasoning or justifications, the dismantling of copyright protection for our code and standards threatens the very ability of NFPA and other SDOs to continue operating, and ultimately jeopardizes our collective ability to continue delivering fire and life safety to communities as they've come to know and expect. In fact, most people who benefit from the work we do don't know much about it or how it keeps them safe in virtually every aspect of their daily lives. Traditionally, that's been okay. We've been happy to do our work "behind the scenes" to accomplish all we do. But it's not okay - anymore.



**NFPA** continued on pg. 4

# October is Fire Prevention Month!

The goal of Fire Prevention Month (and week October 4<sup>th</sup> – 10<sup>th</sup>) is to raise fire safety awareness, and help ensure your home and family has a plan and is ready for the unexpected. In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. Today, we celebrate Fire Prevention Week and Month by raising fire safety awareness and educating families, students and communities across the United States. During this month, fire departments provide education to their communities, and encourage parents and loved ones to practice fire safety and whole home safety.

## **NFPA** from page 3

Continued ignorance about how the existing system works will create disaster for everyone. If decision-makers don't understand what it takes to develop and deliver fire and life safety to the public, it's all too easy for it to be dismantled. That's why all of us need to take action.

At NFPA, we're working on multiple fronts to be innovative in the way we deliver our work and the tools and resources we offer. That will provide some measure of support for our ongoing efforts. But that's only part of the story. We need to sustain a system that brings together great information and great minds to create these standards - at no cost to government or the public. Making the case for our established track record and the need for the same copyright protection that other content creators enjoy will require ongoing education and outreach to multiple audiences. All

of us at NFPA are more than up to the task, but we can't be successful on our own.

I implore each and every one of you to do all you can to educate various audiences about the immeasurable value and impact of our existing codes and standards development process. Let me be clear: Safeguarding our rights is not for the sake of protecting any one organization. Rather, this is a public private partnership model that truly works to improve safety and to save lives, and we need to fight for and preserve it.

[https://www.nfpa.org/nfpanetwork?utm\\_source=nwsl&utm\\_medium=email&utm\\_campaign=nwsl0034&utm\\_content=nwsl&order\\_src=e674&mi\\_u=f7cf65b10aac1f49acb679dac5f53b41fa7203e3](https://www.nfpa.org/nfpanetwork?utm_source=nwsl&utm_medium=email&utm_campaign=nwsl0034&utm_content=nwsl&order_src=e674&mi_u=f7cf65b10aac1f49acb679dac5f53b41fa7203e3)



## **Why are you telling me this?**

If this article seems a bit “dense”, NFPA is the source of much of the public fire safety upon which many publications depend, such as the Flame, and entities like volunteer fire departments. Accurate information at no cost to the public is essential for our safety and planning.

**A simple answer is not always the best answer.**

# Let us hope this is the end of the show!

I was glad to have this list taped to the lid of our "TO GO" box. As the disclaimer on the bottom says, it is not a perfect list and does not cover all situations, but it is a good base from which to operate. It doesn't hurt to review these needs now that we have had to earnestly consider evacuation. Perhaps you need to modify/ add to your list. Stay safe and thank a firefighter!

## Emergency packing checklist

### For your family

- Clothes to last several days
- Sturdy shoes
- Toiletries (toothbrush, toothpaste, soap, shampoo, etc.)
- Baby items (diapers, wipes, bottles, formula, etc.)
- Blanket and pillow for each person
- First-aid kit
- Medicines and prescriptions
- Items for seniors or anyone with special needs
- Comfort items (games or toys for kids, a favorite knitted throw or book for adults)

### For your safety and convenience

- 1 gallon of water per person a day
- Nonperishable food
- Manual can opener
- Extra keys to home and cars
- Cash in small bills and quarters
- Mobile phone chargers (for electrical outlet, car and possibly a solar-charged one)
- Portable radio and/or national weather radio
- Flashlights
- Extra batteries for radios and flashlights

- Spare tire
- Jumper cables
- List of important contacts (family, friends, neighbors, doctors, insurance company, etc.)
- Maps of the evacuation routes and areas

### For your pets

- Food
- Water
- Medicines
- Litter box
- Leash
- Crate/carrier
- Vet records
- Collar with ID tags and number where you can be reached

### Important documents to bring

- Financial account information
- Birth and marriage certificates
- Passports
- Social Security cards
- Wills
- Deeds
- Tax returns
- Certificates for stocks and bonds
- Immunization records



Want to report property damage to USAA? Need assistance with getting a rental car or repairs? Use the USAA Mobile App, go to [usaa.com](http://usaa.com) or [mobile.usaa.com](http://mobile.usaa.com) or call 1-800-531-8722.

Checklist is not intended to be all inclusive but is provided for your consideration. Please use your own judgment to determine what safety features/procedures should be used in each unique situation. USAA means United Services Automobile Association and its affiliates.

209121 - 0914

The knee is a vulnerable joint. It is basically just two long leg bones held together with ligaments and muscles.

The following are the three most common knee problems:

- ♦ Sprained knee ligaments (such as the *medial collateral ligament*) usually occur when the knee is twisted in a direction that it does not normally go.
- ♦ Kneecap pain, also known as *patellofemoral pain*, occurs around or behind the kneecap (*patella*) when you run downhill, go up or down stairs, or after you sit for long periods of time.
- ♦ Patellar tendinosis, also known as jumper's knee, affects the tendon that attaches the kneecap to the shinbone (*tibia*). It is common among basketball and volleyball players.

The best way to prevent knee problems is to strengthen and stretch the leg muscles evenly, especially those in the front and back of the thigh (quadriceps and hamstrings). Here are some ways to prevent knee problems; avoid deep knee bends, avoid running downhill unless you are fully conditioned, avoid wearing shoes with cleats when playing contact sports, wear shoes with good arch supports. Replace running shoes every 300 to 500 miles, avoid wearing high-heeled shoes.

Some ideas to help relieve your knee pain are: Apply ice to your knee. (I'll write a little more on using ice at the end of this article). Rest your knee and reduce by at least 50% the activities that cause pain. Maybe use a brace, an elastic or neoprene sleeve, or a band with a hole for the kneecap that holds the kneecap in place. Stretch the front and back of your thigh muscles (quadriceps and hamstrings) after exercise, when they are warm.

Follow up with your health professional if your knee pain is not relieved. Ice can relieve pain, swelling, and inflammation from injuries and other conditions such as arthritis. Apply ice consistently as long as you have symptoms. Using ice towels, ice packs, or homemade cold packs. Ice the area at least 3 times a day. For the first 48 hours, ice for 10 minutes every awake hour. After that a good pattern is to ice for 10 minutes 3 times a day. Also ice after any prolonged activity or vigorous exercise. Always keep a damp cloth between your skin and the cold pack, and press firmly against all the curves of the affected area. Do not apply ice for longer than 10 minutes at a time, and do not fall asleep with the ice on your skin.





CAMAS VALLEY FAMILIES  
Camas Valley Rural Fire Department  
Presents the 1<sup>st</sup> Annual

**TRUNK**  
*or*  
**TREAT**

Saturday **OCTOBER 31<sup>st</sup>** 6P-8P

Where? CV School Football Field

Free Food!  
Fun Games  
& Prizes!

To enter your trunk into this event,  
please register by October 22<sup>nd</sup>

**COSTUMES ARE ENCOURAGED**

(but not required). Keep costumes kid-friendly please.

Bring your  
carved pumpkin  
for the  
contest!

For more information and to register, call/text 541 - 430 - 2486

**WE WILL BE PRACTICING SOCIAL DISTANCING. MASKS ARE OPTIONAL AND  
WILL BE AVAILABLE UPON REQUEST.**

# OUTPOST

## MOBILE FOOD CENTER

The Outpost is a traveling food pantry that delivers food directly to families in need. Our goal is to provide food where there is a high need but limited resources. Visit us at the closest location to your home.

1st & 3rd week of the month (starting on 1st Monday of the month)

Tuesdays 1-3 PM Elkton Community Education Center  
15850 State Highway 38 W, Elkton, OR

Wednesdays 1-3 PM Days Creek Charter School  
11381 Tiller Trail Hwy, Days Creek, OR

Thursdays 1-3 PM Camas Valley Christian Fellowship  
18340 Highway 42, Camas Valley, OR

Additional dates of operation (weather permitting)

Fridays:  
2/28/20, 3/13/20,  
4/17/20, 5/15/20,  
6/12/20 & 7/17/20 1-3 PM Diamond Lake Gas Station  
350 Resort Dr, Diamond Lake, OR

### **"FREE"** **Community Clothes Closet**

**When:** 1:00 pm to 3:00 pm, first Thursday following the first Monday of the month.

**Where:** Parking lot of Camas Valley Christian Fellowship (alongside UCAN (mobile food bank, in front of the church).

**How:** Providing free clothes for the community.

**Why:** Because we love you!

**For clothing  
emergencies  
please call  
(503) 302-6323.**



# OUTPOST

## MOBILE FOOD CENTER

**Want to help your community?**

**Come Serve with Us!**

**We are looking for volunteers to:**

Welcome clients to the pantry

Provide clients with necessary paperwork

Help sanitize equipment such as pens, clipboards, and shopping cart handles

Unload groceries into cars as able

Set Up and Tear Down as able

Camas Valley Fellowship parking lot

**1:00-3:00 pm**

**Thursdays of the 1<sup>st</sup> and 3<sup>rd</sup> full weeks of each month.**

For more information or to sign up, please contact

**Teresa O'Sullivan at 541-492-3522,  
or [Teresa.OSullivan@ucancap.org](mailto:Teresa.OSullivan@ucancap.org)**

When Betty Wittrock passed, Kimberly Carter was gifted with her latch-hook loom and the project she had on it-- a large unicorn piece (the Renaissance, 'Unicorn in captivity'). Kim had promised to finish it and donate it to the Christmas auction. Then Kim went back to school in July and, while she actually got really far on it before that, its sitting in her "storage room" and she knows with her schedule, it won't get finished.

If anyone is game, Kim would like to hand this baton off to someone who loves this craft and would like to finish the project. She had plans on wrapping the edges in black fabric and making a sleeve in the back for hanging and would still be up for that portion of the project if the 'finisher' wasn't able to sew it together. And if they would like to keep the loom then that's fine since it will be quite a while until she can get back to projects like that.

If you are interested in taking up this project, please contact Kimberly Carter at [camasvllycarters@gmail.com](mailto:camasvllycarters@gmail.com) or 541-733-6343.



# Camas Valley Business Directory



Alpacas, stock/fiber/  
merchandise

**Turkey Gulch  
Alpacas**  
LaVon Newman  
Sun.-Sat., 10-5  
**541-445-0804**

Art, painting lessons

**Lang Crk Studio**  
Kay Ganieany  
Mon.-Thurs.,  
by appt.  
**541-445-2001**

Auto Repair

**C&C Diesel & Auto  
Repair**  
David Chadwick  
M-F, 9-6  
541-445-0005

Autobody repair/paint

**Green Collision  
Repair/Horizon  
Autobody**  
Marvin &  
DeVoogd  
M-F, 8-5  
**541-679-6100**

Beauty, health and gift

**Lord and Lady  
Lavender**  
Jerry Ashford  
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**  
Shari White  
Nov. & Dec.  
7 days/wk 9-4:30  
**541-445-2350/ 670-0458**

Construction, building

**AMSI**  
Bill Lindsey  
Mon.-Sat., 8-7  
**541-643-0366**

Dump truck/rock haul

**Kevin Wilson  
Trucking**  
Kevin & Michelle  
Wilson  
**541-670-6589**  
**541-430-9851**

Dump runs/yard help

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**

Fire Equipment

**Dia-Cast Fire  
Equipment**  
Sales and Rentals  
Don/Diane Casteel  
**541-643-8556**

Garbage Disposal

**Camas Valley  
Disposal**  
Scott & Darla  
Standley  
Wkly. Wed. pick-up  
**541-445-2245**

Grocery store

**Camas Market**  
John & Peggy Amos  
M-Sat. 8-6  
**541-445-2055**

Handcrafted gifts

**Frosted Treasure  
Designs**  
Lori Ross  
**541-637-9774**  
Frostedtreasuresdesign  
@gmail.com

Handyman, lawn/garden  
equipment

**Quiet Mtn. Tinker**  
Mike Moore  
By appointment  
**541-580-2524**

Health and wellness

**Plexus worldwide  
Supplements**  
Charman Shields  
**541-430-3600**

www.plexusslim.com/  
charmanshields

Honey bees

**Phill the Bee Guy**  
Phill Moulton  
phillthebeeguy@gmail.com  
**503-349-8463**

Horses

Boarding/consult/train

**Blue & Gold  
Stock Farm**  
Every day, 10-5  
**541-430-4225**

Housekeeping

**Maid in the Shade**  
Lisa Muller  
**541-430-1974**

Jewelry, decorative/  
therapeutic

**Mommy & Me  
Jewelry**  
Janna Vanderhoof  
M-F, 9-5 or appt.  
**541-643-1934**

Local Artist, consignment

**Local Art**  
Toby Teachman  
Open anytime (within  
reason) Ring door  
bell on shop or call  
**541-243-3315**

Locksmith, keys /locks

**Camas Valley Key  
Shop**  
Bruce Jehning  
7days/wk  
24 hr. emerg.  
**541-445-2014**

Machine quilting

**Quiet Mtn. Quilting**  
Missy Jackson  
Appt/consult  
**541-696-5562 (h)**  
**541-671-3174 (c)**  
**Sew Fun**  
Linda Underhill  
Call **541-580-2814**

Music

**Parker Piano**  
Lessons for all ages  
LeAnn Parker  
**541-671-3238**

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  
**541-430-6078**

Restaurant/Bakery

**Bravo Bakery &  
Café**  
Troy Payne  
Tues.-Sun. 7:30-8  
**541-445-2306**

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**

Small engine repair

**Hunt's Chainsaw**  
Theran Hunt  
Mon.-Fri.  
**541-430-7283**



**October  
is Fire  
Prevention  
Month**

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

				1 Mobile Food Cart 1-3 Fellowship Church lot  Free clothing giveaway	2	3
4	5 Fire Dept. Training 7pm	6	7 Booster meeting 6 pm CV school	8	9	10
← Fire Prevention Week →						
11	12 Fire Dept. Bd. Mtg. 5  Fire Dept. Training 7pm	13	14	15 Mobile Food Cart 1-3 Fellowship Church lot  Free clothing giveaway  School Bd. Mtg. 7 pm	16	17
18	19 Fire Dept. Training 7pm	20	21	22 Registration due for Trunk or Treat	23	24
25 Flame Deadline	26 Fire Dept. Training 7pm	27	28	29	30	31 Trunk or Treat Football field 6-8 pm  

# Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u>  Coffee Fellowship      10:00 am Morning Worship   10:45 am Youth Church              11:00 am	<u>Sunday</u>  Morning Worship      10:00 am & Sunday School  <u>Monday</u>  Intercessory Prayer      9:00 am Youth Group                6:30 pm	<u>Sunday</u>  Morning Worship      9:00 am & Children's Sunday School  Fellowship                10:00 am w/ beverages and snacks  <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;">             Waiting for COVID clearance           </div>
<u>Wednesday</u>  Bible Study                10:00 am		

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