



THE FLAME



Volume XVI Issue X

"Put out" by the Camas Valley Fire Department Auxiliary

November 2016

Firemen's Appreciation Dinner Saturday, Dec. 3

Mark your calendars for the **first Saturday in December** and start thinking of those silent auction items you can create. Nothing starts the holiday season like a big spread of meat, gravy, mashed potatoes, rolls, and potluck side dishes and desserts washed down with hot coffee. Sit and digest with your friends while bidding up the price on the quilt auction then mosey on up to the stage and find the perfect surprise for someone special's Christmas gift.

The **Angel Tree** will be ready for gifting and of course **Kids' Corner** will be ready for the little ones. The **Bake Sale** table will be groaning with all those delectable treats our valley bakers are known for creating. The **queen-size sportsmen's quilt** that hung in the **DC Co-op** in Winston in October and in the **Bravo Bakery and Café** in November will be raffled off during the evening. Get your tickets now!

This unique community event is not only a great time to visit with neighbors and overeat on some really great food, but the proceeds of the auctions go to support the **Building Fund** for the new **Camas Valley Volunteer Fire Department** fire hall.

Camas Valley is home to an amazing assortment of talent and creativity. What new surprises will be in store for us? Silent auction items may be dropped off at **Vonnie's (541-445-2355)** or **Betty's (541-445-2855)** or at the **Grange** the morning of the 3rd.



The **Firemen's Appreciation Dinner** is great food, much fun, and a joyful start to the Christmas season! See you at the Grange!



Great Gift for the Hunter in your Life!

This 90"x100" quilt is a large queen-size, the front panels alternating circles and squares, the back is all a northland hunting paradise. Proceeds go to support the **Fire Department Building Fund**.

Tickets are just \$1 each and may be purchased at:

- ♦ **DC Co-op** in Winston
- ♦ **Bravo Bakery and Café**
- ♦ **Market Plus** and
- ♦ **Betty 541-445-2855.**

Reminder!

Community Luncheon
at the Grange
Tuesday Nov. 1st.

Thank You For Your Support!

We received donations from

Marion & Pat Rentz

Merle and Rosemary Seigal

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 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

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.

Grange Dates

- ♦ **Tues. Nov. 1st**
Community Luncheon for \$7 at **noon** with bingo. **Proceeds go to Grange maintenance.**
- ♦ **Tues. Nov. 8th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **NO SENIOR LUNCH DUE TO THANKSGIVING HOLIDAY**



Food Pantry

Winston-Dillard Food Pantry tries to make a holiday meal a possibility for families in our area that are struggling. Can you help by picking up an extra can of pumpkin or evaporated milk to donate? Or make a cash donation so the Pantry can purchase frozen turkeys and other ingredients for a real Thanksgiving meal?

Besides filling in the gaps in the holiday meals, cash donations help the Food Pantry with their operating funds so the lights stay on and the coolers cooling. Checks written to **W-D Food Pantry** may be sent **c/o CVUM Church PO Box 43 Camas Valley. Thank you!**

Veteran's Day Friday November 11

Veterans Day shows respect for those who were willing to serve their country and those who gave their lives for their country. It shows that we appreciate their sacrifices, be it of time away from loved ones, placing themselves in danger to ensure our safety and freedoms, or making the ultimate sacrifice of life. It is a time **to recognize and honor** the armed forces.

Veterans, we may not remember the foreign-sounding names of the places where you served, fought, lost comrades. We may not understand the strains you were placed under then or are facing now. But be assured of this—

YOUR EFFORTS
ARE APPRECIATED
AND WE SUPPORT YOU!



My name is **Jacob Mickelson** and I am a senior at Camas Valley Charter School. For my senior project this year I will be installing a **veterans' memorial** at the school honoring all Camas Valley residents who have served in the military.

I am looking for donations to fund this project. If you donate \$25 or more your name will appear on the donors plaque on the memorial.

If you are interested in making a donation please contact me at:

541-530-0527

or you can email me at
minefighter222@gmail.com



Daylight savings ends
at **2 am Sunday**
November 6th.

Remember to turn all your clocks
back one hour before going to bed
on Saturday night.

Yay for an extra hour of sleep!

Barbara Thrush

wishes to thank

*friends and neighbors for the many
offerings of condolence in response to
the death of her husband, Dick.*

Your thoughts, words,

deeds, and prayers

are greatly appreciated.

How to detect and monitor AF

By Ketti Walker, RN



EKG (electrocardiogram) is a brief recording of the heart's electrical discharges. The irregular EKG tracings of atrial fibrillation are easy to recognize provided it occurs during the EKG. A **Holter monitor**, a continuous recording of the heart's rhythm for 24 hours, often is used to diagnose intermittent episodes of AF. If the episodes of AF are infrequent, the patient can wear a **patient-activated event recorder** for 1 to 4 weeks. The patient presses a button to start the recording when they sense the onset of symptoms possibly caused by AF. The doctor then analyzes the recordings at a later date.

Echocardiography uses ultrasound waves to produce images of the heart's chambers and valves and the lining around the heart (pericardium). Conditions that may accompany AF can be detected with echocardiography. It is also useful in measuring the size of the atrial chamber, an important factor since it is more difficult to achieve and maintain a normal heart rhythm in patients with enlarged atria.

Transesophageal echocardiography (TEE) involves taking pictures of the atria using sound waves. A special probe that generates sound waves is placed in the esophagus (the food pipe connecting the mouth to the stomach). This brings the probe very close to the heart which lies just in front of the esophagus. Sound waves generated by the probe are bounced off of the struc-

tures within the heart. Like sonar, it forms a picture of the heart. TEE is very accurate for detecting blood clots in the atria as well as for measuring the size of the atria.

Blood may clot in the atria during AF and pieces of the clot may dislodge and travel to the brain, causing a stroke. Doctors are especially concerned about blood clots dislodging during or after *cardioversion* (the conversion of AF back into a normal heart rhythm with either drugs or electrical shocks). *Anticoagulation* (thinning) of blood usually is done prior to cardioversion. This prevents new clot from forming while the old clot dissolves or solidifies so that pieces cannot break off. If no clots are detected in the atria by TEE, the risk of stroke after cardioversion is believed to be lower. Thus, some doctors use TEE to determine the risk of stroke following cardioversion.

Other tests

High blood pressure and signs of heart failure can be determined during a physical examination of the patient. Blood tests are performed to detect abnormalities in blood oxygen and carbon dioxide levels, electrolytes, and thyroid hormone levels. Chest X-rays reveal enlargement of the heart, heart failure, and other diseases of the lung. Exercise treadmill testing (a continuous recording of the EKG during exercise) is a useful screening study for detecting severe coronary artery disease



Superintendent's Message

Lockout vs. Lockdown. What is the difference?

Recently Camas Valley School implemented a lockout at the end of the school day in response to a threat written on a bathroom wall. Many parents and community members assumed this was the same as a lockdown. I'd like to clarify for all the difference between these two different safety procedures.

In a lockout, school goes on as normal and it is used for low level threats or concerns to student safety that would come from outside of the school building. We lock outside doors, bring everyone indoors, increase our situational awareness, and go about business as normal inside the classroom. It is designed to minimize disruption and stress for low level or external threats. If there was a police chase on the highway, a wild animal sighting near the school, or a perceived low level threat from outside the building, these would be times to use a lockout.

A lockdown is more serious and is when students and staff go into hiding, lock all doors, turn off lights, and maintain silence. This is done when there is believed to be a significant threat within the building or property.

We practice lockdown drills every year. Lockouts do not re-

quire practice, but we will be educating students and staff on the procedures so everyone knows the difference.

Should there ever be a serious threat within our school, it is vital for parents to understand that they should not rush to the school to get their child. Police responding to a 911 call will not necessarily know the difference between a frantic parent trying to get their child and a person posing a threat to school safety. In either a lockdown or a lockout, parents will **not** be granted access to the school or their child. I know this is difficult for some parents, but this is best practice as recommended by police and security forces around the nation. We want to keep your child safe, so we ask you to cooperate by not trying to come to the school in an emergency.

While our recent lockout turned out to be the result of a hoax, we took it very seriously including contacting law enforcement and having them present to investigate and provide support. I am very grateful for their helpfulness in that situation.

Go Hornets!

Sincerely,
Patrick Lee

Did you know?



The tradition of the Pilgrims' first Thanksgiving is steeped in myth and legend. Few people realize that the Pilgrims did not celebrate Thanksgiving the next year, or any year thereafter, though some of their descendants later made a "Forefather's Day" that usually occurred on December 21 or 22. Several Presidents, including George Washington, made one-time Thanksgiving holidays. In 1827, Mrs. Sarah Josepha Hale began lobbying several Presidents for the creation of Thanksgiving as a national holiday, but her lobbying was unsuccessful until 1863 when Abraham Lincoln finally made it a national holiday.

Today, our Thanksgiving is the fourth Thursday of November. This was set by President Franklin D. Roosevelt in 1939 (approved by Congress in 1941), who changed it from Abraham Lincoln's designation as the *last* Thursday in November (which could occasionally end up being the fifth Thursday, and hence too close to Christmas for businesses). But the Pilgrims' first Thanksgiving began at some unknown date between September 21 and November 9, most likely in very early October. The date of Thanksgiving was probably set by Lincoln to somewhat correlate with the anchoring of the *Mayflower* at Cape Cod, which occurred on November 21, 1620 (by our modern Gregorian calendar--it was November 11 to the Pilgrims who used the Julian calendar).

<http://mayflowerhistory.com/thanksgiving/>

Bring your game on, Coach!



Camas Valley School is accepting coaching applications for the 2016-2017 school year for a **MS Girls' Basketball coach**. Applicants must be ASEP/NFHS Certified or willing to be certified and hold a valid 1st Aide/CPR card. Coaching experience is preferred. Please submit your application to the Camas Valley School office. For more information, please call **(541) 445-2131**.

Yearbooks on CD!

We have all the **Camagon** yearbooks scanned and available to purchase for **\$10**.

Each CD features a decade of memories to relive.

Purchase your CD by emailing **camagoneyarbook@gmail.com**.

All proceeds go towards the yearbook class.



Mini Mac & Cheese Bites for kids of all ages

2 cups uncooked elbow macaroni
1 cup seasoned bread crumbs, divided
2 tablespoons butter
2 tablespoons all-purpose flour
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon seasoned salt
1-3/4 cups 2% milk
2 cups (8 ounces) shredded sharp cheddar cheese, divided
1 cup (4 ounces) shredded Swiss cheese
3/4 cup biscuit/baking mix
2 large eggs, lightly beaten

1. Preheat oven to 425°. Cook macaroni according to package directions; drain.
2. Meanwhile, sprinkle 1/4 cup bread crumbs into 36 greased mini-muffin cups. In a large saucepan, melt butter over medium heat. Stir in flour and seasonings until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Stir in 1 cup cheddar cheese and Swiss cheese until melted.
3. Remove from heat; stir in biscuit mix, eggs and 1/2 cup bread crumbs. Add macaroni; toss to coat. Spoon about 2 tablespoons macaroni mixture into prepared mini-muffin cups; sprinkle with remaining cheddar cheese and bread crumbs.

Bake 8-10 minutes or until golden brown. Cool in pans 5 minutes before serving.

Yield: 3 dozen. <http://www.tasteofhome.com/recipes/mini-mac---cheese-bites>



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!**

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
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 / 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

November

It is not happy people
who are thankful.

It is thankful people
who are happy.

~ unknown

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 Comm.Lunch Noon / Bingo At the Grange	2 Camas Valley Booster Club 6:30 @ Bravo Fire Dept. Training 7pm	3 End 1st Qtr. S.M.A.R.T. 2-3 pm	4 No School Grading Day	5 MSBB HOME Canyonville
6 Daylight Savings Ends 	7	8 Grange Bus. Mtg. 10 am At the Grange MSBB HOME Days Creek	9 Fire Dept. Training 7pm	10 S.M.A.R.T. 2-3 pm MSBB @ Glendale Community Birthday Party 5:30 @ Bravo	11 No School Veterans Day 	12
13	14 Fire Dept. Bd. Mtg. 4	15 MMBB@ UVC	16 Fire Dept. Training 7pm	17 S.M.A.R.T. 2-3 pm MSBB@ Riddle School Bd. Mtg. 7 pm	18 No School Conferences	19
20	21	22 MSBB @ Canyonville	23 No School Fire Dept. Training 7pm	24 Happy Thanksgiving! 	25 No School	26
27	28	29 MSBB @ Days Creek	30 HSBB HOME Milo Fire Dept. Training 7pm			Firemen's Appreciation Dinner Dec. 3rd! 

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