



THE FLAME



Volume XVI Issue III

"Put out" by the Camas Valley Fire Department Auxiliary

April 2016



Another successful Easter egg hunt has come and gone. The kids scrambled for eggs, met the Easter Bunny, rode on fire trucks, did the cakewalk...well, you get the idea. And none of this joyous commotion would occur without the dedication and work of our volunteers.

Thank you to ALL the willing hands that planned, phoned, solicited donations, donated, baked, stuffed eggs, packed backpacks, set up, manned the gates, rode herd on egg hunters, ran the cakewalk, cleaned up, drove trucks, EVERYBODY who put in effort to make this annual event celebration possible and so beloved by our community.

Oh, and thank you Mr. Easter Bunny for making time in your busy schedule to share in the fun!

Get your mind in the gutter!

We often say how the small things matter BIG when it comes to protecting your home from wildfire. Gutters on your home certainly fall into this category. Gutters perform yeoman's duty in getting water off of your roof and away from your foundation, certainly a very important function. But when wildfires happen, they become a hazard filled with dry dead leaves, pine needles and debris that give blowing embers a foothold for ignition to your home.

Keeping gutters clear of flammable debris is not only important, it's not something you have to do once a year and then forget about. Maintenance of your home ignition zone is an ongoing process whether it is your gutters or other parts of your property.



And that's not the whole story. What your gutters are made of is equally important....metal gutters, while more expensive and sometimes requiring additional maintenance tend to fair much better under fire conditions than vinyl, which can often melt and ignite carrying fire to other parts of the structure.

<http://wildfire.blog.nfpa.org/2015/12/when-protecting-your-home-from-wildfire-you-need-to-get-your-mind-in-the-gutter.html>

It's all happening at the zoo-Grange

Donations for maintenance have not been sufficient so the first lunch of each month has been changed to a community-wide event with a **\$7** charge. **Great food, good friends, and maintaining our facility for a low price. Win-Win!**

- ♦ **Tues. Apr. 5th**
Community Luncheon for \$7 at **noon** with bingo. Proceeds go to Grange maintenance.
- ♦ **Tues. Apr. 12th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Apr. 26th** Senior Lunch at **noon** with bingo. Proceeds go to the scholarship fund.

Food Pantry

When your stomach growls it can be embarrassing, but it reminds you that you need to eat to keep your body healthy. Same goes for the food collection barrel at the Post Office. It needs to be fed!

Pick up an extra can next shopping trip or you can send a small check to:

W-D Food Pantry
c/o CV United Methodist
PO 43
Camas Valley, OR 97416

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.



Thank You For Your Support!

We received donations from

Barbara Kinnan

R.L. & Barbara Thrush

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

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

What's up with Business in Camas Valley?



Camas Valley Business Directory

One cannot help but notice the lack of lines waiting for a slot to open at the transfer site. Maybe more residents are taking advantage of the varied services offered by **Camas Valley Disposal** run by Scott and Darla Standley. They offer dumpster service as well as economical specials on a per can basis. For more information call **541-445-2245**.

The décor update at **The Bravo Bakery and Café** is well underway. The window booths are back with new finish and upholstery and the side booths are being updated as we speak. Other plans in the making—conversion of the solid wood side door to a full glass panel door and talk about a new menu in the works. The more support we give them, the sooner these things can happen! Thank you, Troy for all the things you do!



shutterstock - 551714352

A Cycle Oregon meeting will be held:

April 13th
at 5:30 p.m.
in the **school library**.

We are still looking for groups and individuals to work Sept. 11-12th. For more information, please contact **Tina Fisher @ 541-733-6083**

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!**

GET EDUCATED ON DEHYDRATION: DRINK WATER AND GET READY FOR A GREAT SUMMER

Water makes up at least 2/3's of the human body. It plays a large part in your normal functions, such as lubricating your joints and eyes, keeping your skin healthy by eliminating toxins, and facilitating proper digestion. Once the water in your body is reduced, it needs to be replaced because an imbalance between the salts and sugar in your body can affect the way you will perform. If your body has lost one to two percent of its entire water content, you will feel thirsty, a sign that you need to replenish the lost liquids.

Dehydration happens when you've lost too much water in your body without replacing it, preventing your body from performing its normal functions. **Beverage companies claim that sports drink will help replenish the electrolytes in your body during exercise or outdoor activities, but the truth is the ingredients in your favorite sports drinks will not hydrate and benefit you and may even be detrimental to your health. When you nourish your body with water, you are restoring your body to a balanced and whole state.**

There are various reasons for dehydration like intense physical activity which makes you lose so much water-fat and calories are counted as well-so proper hydration is necessary. Other causes include; diarrhea, vomiting, sweating, diabetes, frequent urination. While everyone is prone to dehydration, there are people who are at a high risk for it, like those who engage in mountain climbing. It is especially hard for hikers to stay hydrated because the pressure in high altitude places makes them lose more sweat and breathe harder. The increased gas exchange causes your body to lose more water vapor. Athletes, particularly those who are involved in marathons, triathlons, and cycling tournaments, are also predisposed to dehydration. The longer they exercise, the more they lose water in their bodies.

Elderly people are also at risk for dehydration since the thirst mechanism weakens as a person grows older. Research has revealed that one in five seniors is not getting enough water every day. Infants and children are especially prone to dehydration since their bodies are composed of 70 % and 65 % water, respectively.

Water plays such an immense role in your bodily functions, making it an essential part of your everyday life is recommended. Always bring a bottle of water with you during exercise or any physical activity, especially when the temperature's too hot. One good rule of thumb to prevent dehydration is to drink as much water needed to turn your urine light yellow. Dark urine means that your kidney is retaining liquids in order for your body to perform its normal functions.



(H2O cont. pg. 5)

The community supporting the community

HUH? That statement may seem like a no-brainer, but it really isn't. Of course we would not purposely do something to harm our neighbor's or our own wellbeing, but sometimes our lack of action or even awareness of a problem is just as harmful. That white building with blue trim on S. Camas Rd. has been the scene of many heartfelt gatherings for the residents of Camas Valley and needs our support. Yes, I am talking about the Grange.

The **Grange** building needs annual upkeep funds and a source of funds for repairs to continue operating as the functional heart of the valley. Donations from the Ladies Luncheon (**1st Tues. each month**) were not keeping up so **ALL valley residents** are invited to enjoy a break in their month by stopping by for a hearty meal with friends (or make new ones) **for only \$7!** By stopping by for lunch once a month, you can keep Camas Valley's gathering spot functioning for when your grandkids need a place for a wedding reception, Christmas craft fair, Fire Dept. Appreciation dinner, etc. So spoil yourself and go to the Grange for lunch!

(H2O from. pg. 4)

Aside from the common symptoms like intense thirst or sweating too much, here are some of the mild and severe symptoms of dehydration.

For mild/moderate dehydration;

dry, sticky mouth,
sleepiness or tiredness,
dry skin,
headache,
constipation,
dizziness/lightheadedness,
few/no tears when crying,
minimal urine,
dry cool skin,
muscle cramps.

For severe dehydration:

extreme thirst,
irritability/confusion,
sunken eyes,
dry skin that doesn't bounce back
when you pinch it,
low blood pressure,
rapid heartbeat,
rapid breathing,
no tears when crying,
fever,
little or no urination,
delirium or unconsciousness.

Drinking sports drinks will not keep you hydrated

Practically everyone is at risk for dehydration even without any physical activity. Listen to your body. If you feel that you are already thirsty or sweating profusely, you have to replenish your body with water immediately. Always keep a bottle of water with you so you can hydrate as needed. Do not wait for severe symptoms to show before you take action. Once you feel that urge to drink, opt for water rather than artificially sweetened beverages, which can have dire effects on your health. Nothing feels more refreshing than cold water to replace the liquids that you've lost. Try a slice of lemon, lime, cucumber, strawberry, and even an orange slice will work in your water if you don't like the taste of your water.

Ketti Walker RN



Superintendent's Message

April 21st is Camas Valley School's **Annual Academic Awards Night.**

The evening will begin at **6:00**, and with some changes to our format, we hope to be done around 8:00.

Each year we use this formal awards ceremony to bring some extra excitement and enthusiasm to the academic accomplishments of our students. We celebrate students from kindergarten all the way through our senior class. It is a wonderful community event where we can dress up formally and show our students and our community that academics matter in Camas Valley.

All of our community is welcome to the event, but we will be contacting parents in early April who have children receiving awards. These families will be offered reserved seating at the tables to make sure they have a spot. Once we have contacted all parents who have children receiving awards, we will open up the rest of the tables for the general public. We will have a small sandwich and cupcake for the 300 reserved seats to tide you over for the two hour presentation. If you don't get a reserved seat, please remember to fill your belly before you come as we are only providing food for the 300 reserved table seats.

Awards are given at every level and for almost every class. The middle school and high school staff will select a student of the year from the middle and high school, and those students will receive an awesome prize to take home along with their trophy. Last year they received a Kindle Fire HD!!

This event is a highlight of our efforts to make Camas Valley a community and school that values and celebrates academics. Please plan on joining us to be a part of this special night in our community.

Pencil the Date on your Calendar

3rd Annual Camas Valley Charter School
Academic Awards
Night



An
EVENING OF ELEGANCE
To celebrate the
ACADEMIC EXCELLENCE
Of our students

Awards for all grade levels. Special Recognition for
Top Middle School Student and Top High School Student

Everyone is invited!
Family of award recipients
will be given seating
priority. Jeanine from the
office will be contacting all
of those families with more
information.

The evening will include
small sandwich and treat.



Babysitting for young
children will be available.

YOU ARE
ENCOURAGED TO
DRESS IN YOUR
MOST ELEGANT
ATTIRE!

Thursday,

April 21, 2016

6:00 to 8:00

In the evening

Program begins promptly at 6pm, please arrive 15 minutes early to be seated.

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 /ShirleyThrush
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
541-445-2888**

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

Try to be a
rainbow in
someone's
cloud.



April

~Maya Angelou

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1 No School	2 HS Track @ Douglas HS
3	4 Good News Club CVCF 2:30-3:30	5 Community Lunch Noon / Bingo At the Grange MS Track @ Oakland 4/5 grade field trip	6 Fire Dept. Training 7pm	7 S.M.A.R.T. 2:30-3:30 Community Birthday Party 5:30 @Bravo Booster Club 6:30 Bravo	8 No School HS Track @ Regis HS	9 HS Track @ Regis HS
10	11 Good News Club CVCF 2:30-3:30 Fire Dept. Bd. Mtg. 4 Cycle Oregon mtg. 5:30 @ school library	12 Grange Bus. Mtg. 10 am At the Grange MS Track @ S. Umpqua HS Track @ Bandon	13 Fire Dept. Training 7pm	14 S.M.A.R.T. 2:30-3:30 School Bd. Mtg. 7 pm	15 No School	16 HS Track @ CB Prefon- taine track
← Dental Screenings →						
17	18 Good News Club CVCF 2:30-3:30	19 MS Track @ Sutherln/ Douglas HS Track @ Douglas	20 Fire Dept. Training 7pm	21 S.M.A.R.T. 2:30-3:30 UCCA rep. visit for srs. Academic Awards 6 pm	22 No School	23 HS track @ Willamette U.
24	25 Good News Club CVCF 2:30-3:30	26 Community Senior Lunch Noon/Bingo At the Grange MS Track @ Glendale	27 Fire Dept. Training 7pm HS Track @ North Valley	28 S.M.A.R.T. 2:30-3:30	29 No School HS Track @ S.Umpqua	30

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Sunday School 9:30 am Morning Worship 10:45am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Men's Prayer 7:30 am Morning Worship & Sunday School 10:00 am On the fourth Wednesday of each month all the C.E.L.L. groups come together for worship and teachings at Camas Valley Christian Fellowship. If there is a 5th Wednesday in a given month there will be NO SERVICE or C.E.L.L Group. All the other Wednesdays we meet in small groups in various homes here in Camas Valley, Winston, and Roseburg areas. A directory of all the home fellowships is available at the church.	<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