



THE FLAME



Volume XII Issue VII

"Put out" by the Camas Valley Fire Department Auxiliary

August 2012

4x4 Summer Convention Comes to Camas Valley!

Rough Country 4x4 Club, associated with Pacific Northwest 4 Wheel Drive Association, will be hosting the **PNW4WDA 2012 Summer Convention** for the first time in Camas Valley! Traditionally, the event has been held in Washington, but the quality of the Camas Valley facilities on Main Camas Road impressed competitors so they are giving us a try.

The Summer Convention is the last points race for the year, so everything is on the line. The fun runs for 3 days **Aug. 10-12, 9 am-4 pm**. Events include:

- ♦ drags on Friday and Saturday,
- ♦ barrel races,
- ♦ timed flat track, and
- ♦ timed trail run.



General admission is \$5. Camping for the entire event is \$80. Mud Dawgs Club will have exclusive food booth rights as a club fundraiser, so come hungry!

The Camas Valley Volunteer Fire Department receives a portion of receipts in support of the Building Fund.

If you have questions about the event, call **541-580-0631** or **Donnie Castell at 541-643-8556**.

PNW4WDA Competition standards are available online. Send requests to **jwickham52@gmail.com**.

Help always appreciated.

Call **Vonnie** at **541-445-2355** if you would like to help at this event.

Learn to Burn

Four members of the **Camas Valley Volunteer Fire Department** recently attended a Learn to Burn Training with Winston, Oakland, Springfield, and Myrtle Creek Fire Departments. The six hour training session was divided into Rapid Entry Team, Roof, Ventilation and Attic Entry, and Secondary Entry Team.

The training was as realistic as possible, using full turn-outs, gear, and SCBA. All four participants made entry into a burning building, learning how to communicate and work as a team in a building filled with smoke and heat.

An added bonus was the opportunity to respond to a real fire with Winston while at the training, providing tender support.



Grange Dates Back on Track

- ♦ **Wed. Aug. 1st** Noon
Ladies' Luncheon, with
bingo
- ♦ **Wed. Aug. 8th** 10 AM
Business meeting
includes planning for
luncheons
- ♦ **Wed. Aug. 22nd** Noon
Senior Luncheon,
bingo proceeds to go the
CV scholarship fund.

*Hope to see you there!
Come join the fun and visit
with your neighbors!*



Hunger doesn't take a vacation

Kids are home with no school lunch program to tide them through the day. Remember to pick up an extra can or two donate to the Food Pantry.

The barrel in the Post Office is a direct path to your hungry neighbor's table. Call **Betty** for details at **541-445-2855**.



Email for an out-of-valley experience!

Want to keep the college student informed about happenings in Camas Valley? Or know former residents that like to keep up?

Send their name and email address to Judith at **jwickham52@gmail.com** and an electronic copy will be sent to them each month.

Or call **541-733-6940** and leave your name and number so Judith can call you back for info.

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 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.

Articles may be submitted by the **25th** of the month to one of the following:

Jan Baker at 445-2443
Judith Wickham at 733-6940
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley

Lungs, Lungs, Glorious Lungs!

To understand what it is to take a breath with a respiratory disease, let's take a journey through the airways and beyond. The *trachea* (feels like a vacuum cleaner hose in your throat) branches into tubes, *bronchi*, which in turn branch into smaller tubes, *bronchioles* that dead-end into clusters of air sacs, *alveoli*. These air sacs make up most of the lung tissue. We will look at some of the more familiar issues.

Asthma: The airways are persistently inflamed, and may occasionally spasm, causing wheezing and shortness of breath.

Emphysema: Lung damage (smokers beware) allows air to be trapped in the lungs. Difficulty blowing air out is its hallmark.

Lung cancer: has many forms, and may develop in any part of the lungs.

Pneumonia: An infection of the alveoli, usually by bacteria. *Tuberculosis* is a slowly progressive form.

Pneumoconiosis: A category of conditions caused by the inhalation of a substance that injures the lungs. Examples include black lung disease from inhaled coal dust and asbestosis from inhaled asbestos dust.

The *interstitium* is the delicate lining between the alveoli. Tiny blood vessels run between the alveoli and the blood to exchange oxygen and carbon dioxide.

Interstitial lung disease (ILD): a broad collection of lung conditions affecting the interstitium.

Sarcoidosis, idiopathic pulmonary fibrosis, and autoimmune disease are among the many types of ILD.

The heart receives low-oxygen blood from the veins and pumps it into the lungs through the *pulmonary arteries*. These blood vessels can also suffer from disease.

Pulmonary embolism (PE): A blood clot breaks off, travels to the heart, and is pumped into the lungs, often causing shortness of breath and low blood oxygen levels.

Pulmonary Hypertension: Various conditions can lead to high blood pressure in the pulmonary arteries. This can cause shortness of breath and chest pain.

The *pleura* is a thin lining that surrounds the lung and lines the inside of the chest wall. A tiny layer of fluid allows the pleura on the lung's surface to slide along the chest wall with each breath. Lung diseases of the pleura include:

Pleural effusion: Fluid collects in the normally tiny pleura spaces between the lung and the chest wall. Pneumonia or heart failure is usually responsible.

Pneumothorax: Air may enter the space between the chest wall and the lung, collapsing the lung. To remove the air, a tube is typically inserted through the chest wall.

VALUE YOUR LUNGS! TAKE A DEEP BREATH! — Ketti Walker, RN

From the Desk of Mr. Gallagher

Technology Update:

Camas Valley Charter School is excited to announce there will be a new level of technology offered this next school year. Thanks to a generous donation from the Whipple Foundation (\$24,788) we are purchasing 10 Ipad 2s, 5 SMART boards, and 20 document cameras. This will equip all of our classrooms with the tools necessary to use technology every day.

Radio Ads: Camas Valley Community Charter School is hitting the air ways to advertise for new students. We believe we have something worth sharing with students and families around Douglas County. The radio ads will air the first two weeks of August letting everyone know that great things are happening in Camas Valley.

This next year we will be providing transportation from Green to Camas Valley daily along Highway 42. In the 2011-2012 school year our enrollment peaked at 160 students, we are hoping to reach the 180 mark this fall.

If you know someone who might be interested in sending their students to Camas Valley Charter School have them call the school at **541-445-2131** to set up an appointment to see what we offer.

Water Catchment System: The water catchment system is up and running. We are currently utilizing the 10,000 gallon holding tank to balance the load on our lower well while still being able to irrigate. We can now irrigate our softball field, baseball field, lower pasture, garden area, and the football field. Starting this fall we will be able to capture the rain water off the bus barn roof to help support our irrigation around campus.

There have been numerous volunteers who have put in countless hours to make the new irrigation system a reality. I would like to thank; **Trust Management Services** for their grant of \$10,000, **Marty Luscombe** for his donation of both time and equipment to set tanks, dig ditches, and find pipes, and finally **Paul Yoder** for his time and valuable expertise to make the system work properly.

There have been lots of other volunteers who have given so freely of their time to expand our offerings at Camas Valley Community Charter School, thank you to each and everyone of you. If you get a chance swing by the school and watch the KIFCO B120 efficiently water our campus.



Mr. Gallagher (cont.)

New Scoreboard: Wind and rain can not keep the HORNETS down. This past winter the wind blew the old scoreboard off the support poles causing it to crash to the ground. Luckily our insurance company replaced the scoreboard with a brand new LED board. The style and size is the same but the new board will be wireless and much brighter for fans to see.

I would like to thank **Bill Sundquist** and **Bill Lindsey** for all of their help. Bill S. designed and created new brackets to hold the board to the support poles. Bill L. allowed the school to borrow his fork lift to put the brackets and board up. The new board will be a welcome addition to fall football games for years to come.

NEW Camas Valley Booster Club wants your membership!

Officers: **Troy Gibson**- President
Pete Dancer Jr- V. President
Gena Tilton- Treasurer
Marci Gallagher- Secretary
Jodi Peck- Communications
(541-733-5278)

We have monthly meetings to get your input/ideas. Please join us in supporting our athletes and community.

We need **YOU!**

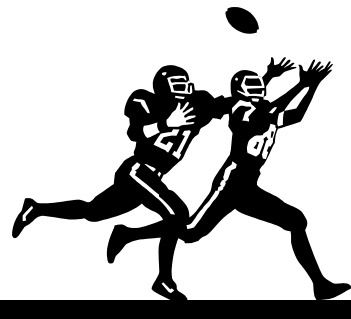
If you want to help with the snack shack during football or volleyball please contact us. Free popcorn and soda at home games with your mem-

bership. Any ideas for membership perks would be greatly appreciated.

What will it take to get you on the Hornet team?



Heads up! Football Camp to Start!

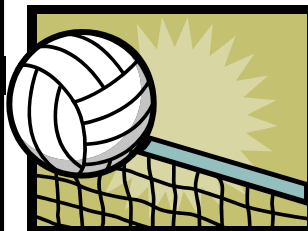


August 13th

is the start of the Middle School and High School Football Camp, running from **6-8 pm**. Watch for more details.

There will be a Middle School and High School parent meeting at the football field on **Wednesday Aug. 15th at 6.**

To all perspective volleyball players from 5th grade to Seniors: Hornet Volleyball Camp



To better your
*confidence
and skills*
on and off the court

When: August 13th-16th

Where: in the Camas Valley Charter School Gym.

Time: 4:30-7:00pm

Cost: **\$20** donation to the Girls' High School VB team

Clothing/attire:

- ♦ indoor AND outdoor athletic shoes
- ♦ comfortable shirt and shorts
- ♦ THICK socks
- ♦ MUST HAVE water bottle

Any questions, please call Coach Ron Pope at **541-430-7064.**

CHARTER COUNCIL? WHAT IS IT?

Charter Council is a volunteer group comprised of three parent/community members, one licensed staff member and one non-licensed staff member as voting members. Superintendent and School Board members also participate but as non-voting members.

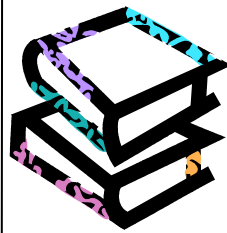
The Charter Council meets monthly and holds other planning meetings throughout the year. All Charter meetings are open to the public.

The Charter Council is responsible for making recommendations to modify the Camas Valley Charter. The Council also evaluates the school annually to determine the effectiveness of the educational programs and provide direction for program improvements. Grants and other fundraising methods are also investigated.

This summer, the Council has been actively involved in examining science and social studies programs for the current textbook adoption. The Council is also working on developing an advisor program and exploring how to expand the elective program to include those that are desired and supported by the community.

Presently, the Charter Council has openings for community/parent members. If you would like to know more

about Charter Council or have an interest in being part of this dynamic collaborative team, please contact the CVCCS office at **541.445.2131**.



TEXTBOOK REVIEW

CVCCS has adopted FOSS (Full Option Science System) as the science program for grades K-5 and is now in the process of reviewing available programs for grades 6-8 science, the transition years from elementary to high school. Social Studies textbooks for grades 6 and 7 are also in need of updating and are being reviewed as well.

School Board Policy requires two teachers and at least two parents to be involved in the review process so different perspectives are considered when a recommendation for adoption is presented to the School Board. Sample textbooks are being delivered to CVCCS and will be on display. Please call the school office to make arrangements to review the considered programs.

SURVEYS

This year's school registration packet included a survey developed by Charter Council. The survey is seeking feedback from parents/guardians of CVCCS students in regard to school climate, academic programs, opportunities for involvement and other district issues. It is the Council's hope that all surveys are returned so parent perspective can be heard and taken into consideration as CVCCS continues to develop programs.

Included in this issue of the **Flame** is a survey directed to community members. Through community partnerships small schools can prosper. Please take a few moments to complete and return this survey. We appreciate your opinions, suggestions, and support as CVCCS continues to grow.

COMMUNITY SURVEY—to assist CVCCS

Please complete and return to school office.

CVCCS is looking to offer CLUB THURSDAYS!

Club Thursdays are designed to offer SECONDARY (7th-12th grade) students non-academic classes. Community members with similar interests are needed to make this program successful. By tapping into our local resources, we can offer students opportunities not available through traditional school schedules. CVCCS is hoping to run 9-week rotations, with Club Thursday Classes meeting every other week for a total of four or five 30-minute meetings each rotation.

Some possible areas considered include:

Car maintenance/mechanics

ASL/foreign language

Reading/books

Scrapbooking

Gardening

Arts/Crafts

Hunting Safety

EMT/CPR/1st Aid

Construction

Welding

Cooking

Computers

Film studies

Home Ec

Photography

Your ideas welcomed as well!

Would you be willing to host a CLUB THURSDAY course? **YES** **NO**

(day can be adjusted based on community member availability)

If YES, please provide the following:

Your Name _____

Course Topic _____

Contact Info (phone/email) _____

Community involvement is needed to build and maintain a strong school.
Please check the areas below that you may be available to assist with.

___ in classrooms	___ sporting events	___ barn	___ library
___ campus clean-up	___ gardening	___ campus renovations	
___ greenhouse	___ community outreach		
___ fundraising events	___ other	_____	

Are you interested in having **FFA (Future Farmers of America)** back at CVCCS?

_____ YES _____ NO

Are you available to provide any support for this program? _____ YES _____ NO

Would you support Friday CHARTER CLASSES at CVCCS? ____ YES ____ NO

These classes would meet for 2 to 4 hours on multiple Fridays.

Possible focus areas could include those listed earlier for Club Thursdays or other areas of interest to students and or community members.

Any interest in COMMUNITY CLASSES?

These classes can be held in the evening in the Community Resource Center/
School Library.

Possible areas of focus could include the following. Please check those that are of interest.

_____ Basic Computers

_____ Using school PASS system to monitor student progress

_____ Understanding Oregon graduation requirements

_____ How to provide Homework assistance at home

_____ Family Math Nights

_____ College Planning

_____ Other—Let us know _____

Please return this information to the main office at **CVCCS, 197 Main Camas Rd.**, and feel free to contact the school office directly to discuss Club Thursdays, volunteer opportunities, or other programs !!!

541.445.2131



Come Sit with Me Sunday

Noted pianist and songwriter, **John Nilsen**, will be in concert at **Camas Valley United Methodist Church August 12, 9 am**. Come join us for a morning of stirring and inspirational music! Questions? Call **Aura Lee Jabs 541-440-5227**.

Creation Camp Aug.3-5

Remember **Creation Camp** hosted by the **Camas Valley Christian Fellowship** is the first Friday, Saturday and Sunday of August.

Please call Shelly Standley at **541-733-9562** if you have any questions.



Mike Cay
1-541-207-7282.

STONE SOUP SUPPERS

Did you know that every Tuesday evening from 6-7:30 community soup suppers are held in the United Methodist **fellowship hall**? This simple potluck affair is free to all. Come join us for whatever we have to share and enjoy some music jammin' when you are full.

There is no need to go to bed hungry on Tuesday.
No strings attached. Questions? Call **Mike**.

Summer Sun by Robert Louis Stevenson

Great is the sun, and wide he goes
Through empty heaven with repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlour cool,
Yet he will find a chink or two
To slip his golden fingers through.

The dusty attic spider-clad
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.

Meantime his golden face around
He bares to all the garden ground,
And sheds a warm and glittering look
Among the ivy's inmost nook.

Above the hills, along the blue,
Round the bright air with footing true,
To please the child, to paint the rose,
The gardener of the World, he goes.



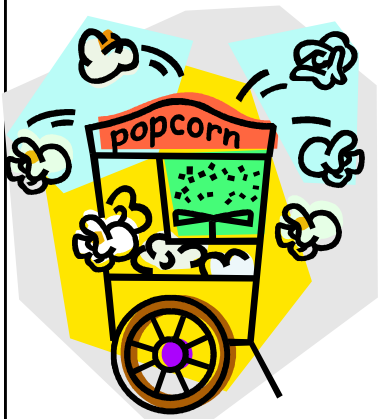
Veterans Memorial



On **November 11**, Veterans Day, there will be a Potluck Lunch to honor all our veterans in Camas Valley. Please bring a picture of the vet in uniform so it can be put on a table with others.

Hope to see all vets and their families there.

Questions?
Call Pat Roberts
541-680-2672



Attention Non-Profit Organizations!

The **Camas Valley Booster Club** is looking for help during the upcoming football/basketball season to run the snack shack. **WE WILL PAY** groups/organizations to run the booth.... but it must be for a non profit organization such as a church group, school group, 4 wheel drive club... etc.

Contact **Jodi Peck** if you have any questions.
541-733-5278

Camas Valley Football Kick-Off Luau

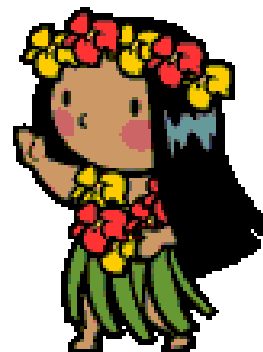
Friday August 17th 6 pm

At the Football Field

\$15 adults

\$10 children under 12

PLEASE PREPAY



Byron Peck will be making Kalua pig, side dishes, dessert, and drinks!

Entertainment provided by the Camas Valley Football Team.

Please come and support our kids and enjoy a LUAU!!!

Prices will increase by \$5 a ticket for at the gate sales.

Contact **Jodi Peck 541-733-5278** for tickets or find a football player!!!

You can mail your check made out to **Camas Valley Booster/Football Fund** to:
1570 Main Camas Road, Camas Valley, OR 97416.

Please indicate how many adults and children you are purchasing tickets for.
Get your tickets early! We are anticipating approximately 450 people.

Camas Valley Football Kick-Off Luau

(Please make checks payable to: Camas Valley Booster/Football Fund)

Name _____

Number of adults _____ @ \$15 each _____

Number of children under 12 _____ @ \$10 each _____

Total _____

Check # _____

Thank you for supporting the Camas Valley Football team!

August

“Summer afternoon—
summer afternoon; to me those
have always been the two
most beautiful words in the
English language.”

Henry James

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Grange Ladies Lunch Noon w/ Bingo Fire Dept. Training 7pm	2 Transfer site	3 Creation Camp	4 Creation Camp
5 Creation Camp	6	7 Stone Soup Supper 6-7:30	8 Grange Bus. Mtg. 10 am @Grange Booster Club Mtg. 7 pm Fire Dept. Training 7pm	9 Transfer site	10 4 WD Summer Convention	11 4 WD Summer Convention
12 Nilson Concert 9 am CVUMC 4 WD Summer Convention	13 Start Football Camp 6-8 pm Fire Dept. Bd. Mtg. 6	14 Stone Soup Supper 6-7:30 Hornet Volleyball camp 4:30-7 pm	15 Football Parents mtg. 6 pm Fire Dept. Training 7pm	16 Transfer site	17 Camas Valley Football Kick- Off Luau 6pm 	18
19	20	21 Stone Soup Supper 6-7:30	22 Grange Senior Lunch Noon w/ Bingo Fire Dept. Training 7pm	23 Transfer site	24	25
26	27	28 Stone Soup Supper 6-7:30	29 Fire Dept. Training 7pm	30 Transfer site	31	

Camas Valley Churches

Camas Valley Missionary Church <u>Sunday</u> Sunday School 9:30 am Morning Worship 10:45 am <u>Wednesday</u> Bible Study 10:00 am	Camas Valley Christian Fellowship <u>Sunday</u> Men's Prayer 7:30 am Morning Worship & 10:00 am Sunday School <u>Wednesday</u> Prayer service 5:30 pm Worship Generation Coffee Bar 6:30 pm Worship 7-9 pm <u>C.E.L.L. Groups</u> Bob & Shelly Powell in Camas Valley. Andy Standley, leader. Fri. at 6:30 pm. Contact info: (541) 445-2894. Ron & Ronda Rust in Camas Vly. Thurs. at 7 pm Contact info: Steve & Dianne Lounsbury (503)545-7878 or Ron & Ronda Rust (541) 445-2220.	Camas Valley United Methodist <u>Sunday</u> Morning Worship 9:00 am & Children's Sunday School Fellowship 10:00 am w/ beverages and snacks <u>Tuesday</u> Bible Study 2:00 pm
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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