



THE FLAME



Volume XIII Issue VIII

"Put out" by the Camas Valley Fire Department Auxiliary

September 2013

Valley will Shake, Rattle, Roar 20th-22nd!

The third of four **Camas Valley Fun Days 2013** events is scheduled for **September 20-22nd**. Presented by **Camas Valley Mud Dawgs** in support of the **Camas Valley Fire Department Building Fund**, these seasonal events have not only provided great competition and entertainment and made Camas Valley a name recognized in the off-road community, but added much to the Building Fund account balance.

We do thank Mud Dawgs, all those involved in the process of putting on such an event, and the sponsors that back this effort. The following is a listing of sponsors, in the order listed on the Fun Days website

<www.camasvalleyfundays.com>

- ♦ John Ewin Engineering
 - ♦ Scott Marshall Trucking
 - ♦ Roseburg Excavation
 - ♦ Dancer Logging, Inc.
 - ♦ Bravo Bakery
 - ♦ Back Woods Custom Milling
 - ♦ Oregon Tractor (Industrial Tire Service)
 - ♦ Interstate All Battery Center
 - ♦ Cow Creek Band Umpqua Tribe
 - ♦ The Steel Recyclers, LLC.
 - ♦ Western Equipment & Supply, Inc.
 - ♦ Walker's Sales & Service (Auto & Steel Recycling)
 - ♦ Brotherton Pipeline, Inc.
 - ♦ Kinnan Engineering, Inc.
 - ♦ Oregon Tool & Supply
 - ♦ The Steel Outlet, Inc.
 - ♦ Treats Hwy 42 Café
 - ♦ Double R Powder Coating
- ATV & Motorcycle sponsors*
- ♦ Lauren Young Tire Center
 - ♦ Concrete Service Co.
 - ♦ Umpqua Sand & Gravel
 - ♦ Phoenix Hydraulics & Machine Co.
 - ♦ Camas Valley Mud Dawgs
 - ♦ Umpqua Bank
 - ♦ Lone Rock Timber
 - ♦ Kytola & Luscombe Corp.
 - ♦ McGovern Metals Co.
 - ♦ Tinker's Pump Service, Inc.
 - ♦ Plikat Logging, Inc.
 - ♦ Casteel Construction, LLC,
 - ♦ Bruce Standley Construction
 - ♦ Winston Auto Parts (NAPA)
 - ♦ Maliglig Racing
 - ♦ Abe Rentz
 - ♦ G & J Fabrication
 - ♦ Douglas Auto Parts (CarQuest)
 - ♦ Umpqua Sheet Metal
 - ♦ Market Plus
 - ♦ J & B Cropley
 - ♦ Maliglig Construction
 - ♦ Harris Construction & Family
 - ♦ Cycle Gear

SEE RELATED ARTICLE ON PG.3

Grange Dates for Sept.

- ♦ **Wed. 4th Noon**—
Ladies Luncheon
with Bingo for
maintenance of
the Grange
- ♦ **Wed. 11th 10 am**
Business meeting
- ♦ **Wed 25th Noon**—
Senior Luncheon
with Bingo

The proceeds
from the Bingo on the
28th go to support the
scholarship for CVCC
School students in
memory of Hank
Schmidt.

It is basic physics.

- Schoolwork requires
brain work.
- Work requires energy.
- Energy requires fuel to
power it.
- Food is fuel.

Help send our school
kids to their work with the
fuel needed to make them
successful. Call **Betty**
541-455-2855 about do-
nating fresh produce.

**Donate to the
Food Pantry
barrel in the
Post Office.**



Why an email subscription?

Email allows you to
keep friends and family that
have left the valley for
school, jobs, whatever rea-
son to keep up with the
events that affect this com-
munity.

Send their name and
email address to:

jwickham52@gmail.com

and an electronic copy will
be sent to them each
month.

Thank You For Your Support

We received donations from

Lloyd & Kay Nelson

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 publica-
tion 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 depart-
ment, churches, school and civic or-
ganizations 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 before 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



DATE CHANGE!

In the past there have been so many conflicts with the timing of the **Camas Valley Volunteer Fire Department Appreciation Dinner** in December, it was decided to

MOVE THE DATE. It will be held the second Saturday in November, **November 9, 2013.**

Now is the time to start thinking about special arts and crafts projects, gift baskets, and other wonderful items to donate for the "Silent Auction." All proceeds go to support the Fire Dept. All the fun and good food is for you to enjoy!

PRICES FOR CAMAS VALLEY FUN DAYS



Admittance

Spectators	\$5 per person
(12 and under)	FREE
Seniors	\$3

Participants fees

Racers	\$35
Spouses w/ same vehicle	\$15
Kids (13 and under)	\$15
Class Bump (pay in advance)	\$5
Camping (entire event)	\$30

For detailed information on Drag, Bike Drag, and Technical obstacle course classes, go to the event's website **www.camasvalleyfundays.com**

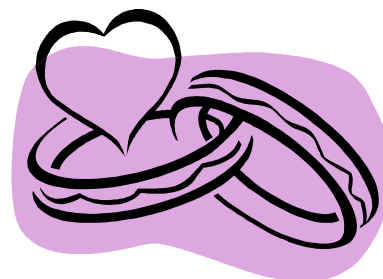
This is an alcohol- and drug-free family event.

Making Love Last a Lifetime

A n 8 week workshop based on the Adam Hamilton book ***Making Love Last a Lifetime*** will be offered by the **Camas Valley United Methodist Church** with **Pastor Ed Jabs**. The initial meeting will be **Sunday, Sept. 22nd at 10:30 am** following the coffee hour. **Future meeting times will be determined by the participants.** Everyone is welcome.

This study guide offers keys to helping you develop a healthy, satisfying, and successful marriage. If you are single, this study can prepare you to have a successful relationship. If you are married, this study can help you grow in your relationship with your spouse.

Contact
Pastor Ed Jabs at
541-440-5227
or email at
edjabs@charter.net
to sign up or
for more information.





Camas Valley Business Directory

The directory will be printed when space allows throughout 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

The Bravo Bakery and Café has started a new daily specials menu. Since the specials are in a table stand and not on the take out menu, here is the list for you to clip out for future reference.

Lunch	Dinner
Tuesday	
Teriyaki Chicken Bento	Taco Bar
Wednesday	
Rueben Sandwich	Chicken Caesar
Thursday	
Mini Pizza	Chef's Choice
Friday	
Cobb Sandwich	Fish Special
Saturday	
Chicken Bacon Ranch Melt	Loaded Potato Bar
Sunday	
BBQ Bacon Cheddar Chicken Burger	Hot Turkey Sand- wich, Mashed Po- tatoes & Vegi

Speaking of food...

There will be **NO** Community Soup Suppers during the month of September. Monthly suppers will resume in October, November, and December. Watch the Flame for more information later.



The Camas Valley Pyros Calendars are here!

Please contact me for yours. Remember all the money from this year's calendars goes to help put on next year's Fireworks show. Thanks!

Mary Helen
[541/643-6317](tel:5416436317)





AN APPLE A DAY

The German Cancer Research Center in 2008 found that compared with those who eat less than an apple a day, those who eat one or more had less risk of oral cancer, cancer of the voice box, breast cancer, and colon, kidney, and ovarian cancer as well.

Apple peels have been shown in a Cornell study to have potent antioxidant and growth-blocking effects on human breast cancer cells the higher the apple concentration, the fewer the cancer cells. And apples seem to work best against estrogen-receptor-negative breast cancer, which is much harder to treat than the receptor-positive kind.

If you're rooting around for something to eat, grab an apple while you're looking, and usually by the time you're finished eating it, your hunger will have been sidelined. Not apple juice or applesauce (and certainly not apple pie or an apple muffin!). Just a good ol' whole apple. Any kind will do.

ONE BAD APPLE CAN SPOIL THE BUNCH

It is interesting to note that the amazing health-supporting polyphenol content of apples is related to their easy browning when sliced open or bruised. When an apple is damaged, polyphenol oxidases, or PPO's start oxidizing the polyphenols in apples and the result you see is browning of the damaged apple portion. It's important to handle apples delicately in order to protect their polyphenols!

Damaged apples also start releasing relatively large amounts of ethylene gas that can pose a risk to other undamaged apples. Hence...one bad apple can spoil the bunch. (See **APPLE**. pg. 6)

APPLE FOR THE TEACHER

The apple has been associated with education for centuries, thanks to the story of our curious friends Adam and Eve. The Tree of Knowledge's frequent depiction as an apple tree was not lost on religious disciples who began to consider the fruit a powerful symbol of information.

Fast forward to 1700. Poor farming families in Denmark and Sweden, unable to pay for their children's education gave teachers baskets of apples in lieu of payment. Because the fruit spoils quickly, the families scaled back their gifting over time to a sole apple.

The practice spread to the Southern U.S. and took hold in the 1920s as the Depression struck. Farmers' kids gave apples, the most abundant crop at the time, to struggling teachers to help keep them satiated, teaching, and hopefully dolling out A's. As the saying goes, "An apple for the teacher will always do the trick when you don't know your lesson in arithmetic".

Over time, the phrase "apple polisher" was coined to signify a brown-noser, which likely led to a decline in the tradition's popularity. Regardless, the apple remains emblematic of teachers-and a delicious herald of fall.

Hunger is a fact of life

- 16.7 million children lived in food insecure households in 2011 in the United States.
- In 2011, the top five states with the highest rate of food insecure children under 18 are New Mexico, the District of Columbia, Arizona, **Oregon**, and Georgia.
- In Douglas County 6,598 residents are food insecure. This means 1 in 6 of the county's population is unsure of where their next meal will come from.

A small group of local "Camas Valley Residents" have been meeting for the month of Aug. 2013. In their time together the group was challenged to see and meet a need in their community. After much discussion and prayer the idea of **Unconditional Love For Our Community** was born.

After hearing stories of families right here struggling to make ends meet the group was inspired to host a food drive for the month of Sept. 2013 in the hope that it will ease the burden for those who are struggling to put a meal on the table. We believe what good does it do to know of a need and do nothing about it.

Beginning Sept 1 thru Sept 28th our goal is to collect at least **3 pickup trucks full** of canned goods to deliver to the **Winston Dillard Food Pantry**.

Drop off location at:

Bravo Café

For more information contact
Richard or Amy Wolfe at [541-445-2254](tel:541-445-2254)
or Jan Baker at [541-680-5616](tel:541-680-5616)

(See related article Pg. 2)

(***APPLE*** from pg. 5)

APPLE A DAY KEEPS THE DOCTOR AWAY: Particularly strong is the ability of apples to decrease oxidation of cell membrane fats. This benefit is especially important in our cardiovascular system.

Total cholesterol and LDL- cholesterol are both decreased through regular intake of apples, providing us with protection from possible oxidation of fats, including fats found in the bloodstream (like triglycerides) or fats found in the membranes of cells linking our blood vessels.

The polyphenols in apples are capable of (A) slowing down of carbohydrate digestion, (B) reduction of glucose absorption, (C) stimulation of insulin receptors to latch on to more insulin and increase the flow of sugar out of our bloodstream and into our cells. The overall impact of these changes is to improve regulation of our blood sugar.

Although many research studies show an impressive ability of overall fruit and/or vegetable intake to lower lung cancer risk, very few individual fruits show up as protective against lung cancer. EXCEPT APPLES! Researchers aren't certain why apples are so closely associated with reduction of lung cancer risk. And like the lung cancer benefits of apples, the anti-asthma benefits are definitely associated with the antioxidant and anti-inflammatory nutrients found in this fruit.

Ketti Walker RN



From the Superintendent's Desk

By the time you read this, students will be swarming our hallways, and school will be in full swing. The summer has flown by and much work has been done to get things ready for the start of school.

If you haven't come by the school in the last month, you may be surprised to see that our office has moved to a new location. Immediately upon entering the school, you will be in our reception area and Jeanine, Rachel, or Kris will be able to help you before you even enter the hallway. This move began last year in an effort to make our campus safer for our students. If you are coming in to the building, please make sure you check in at the new office.

I'd also like to use this month's message to thank the fire department for allowing us to use two bays of the old fire department for our weight room. This move frees up class and storage space while providing a roomier and safer weight room for our students. I know the athletic department is grateful and excited. They are currently working on plans to improve the quality of the equipment in the weight room to provide an excellent facility for our school.

Finally for this month, I want to extend my wishes that you all come out this fall and support our students in both their athletic and academic endeavors. Our community has established how much they support our kids, and I want to encourage you to continue doing so in the most positive manner possible. Whether at games, in the classroom, or at school events, please do your best to set a strong example of support, encouragement, and community.

Go Hornets!

Patrick Lee
Superintendent/principal
Camas Valley Community
Charter School



PE Place

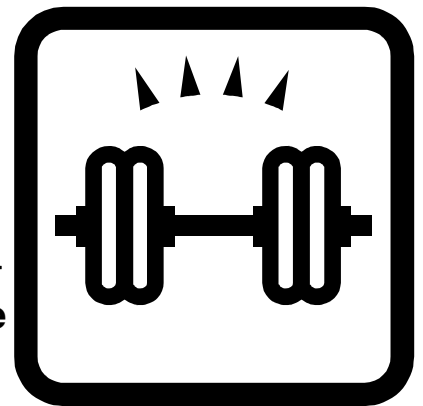


I would like to first start off by saying that it was nice to see the parents and students again during open house. My hope is that the school year has a great start not only for me but for your children as well. Please remember that your students will be bringing home a syllabus that needs to be signed by the parents and students for credit and if you have questions please call me at the school. You can email me at douglas.nauble@camasvalley.k12.or.us or call me after school or during my prep period which will be **9:50am – 10:42am** during 3rd period.

The weight room has been successfully moved from the back of the old music room over to the old fire station building. I would like to personally thank **Chad Bachmeier** and **Kai Wolfe** for all of their help in getting that stuff moved over in about five hours. I would also like to thank the **Dancer** family for donating a used-but-in-great-condition bench press. We will now have three bench press stations which will be a great help in getting the students through their workouts, so thanks again to **Pete, Shelly, and Brad**.

At some point in the near future we will be doing a fundraiser to raise the money to put a rubber floor down that will cover the entire weight room. We know what kind of floor we want but we don't have the money so we need to raise about **\$2700**. It sounds like a lot but I am confident that with your help we can get this floor down by the end of the year.

Our first fundraiser will be a **penny-a-pound lift**. It is similar to the free-throw fundraisers but each lifter will do a 1 rep max on bench press, squats, power cleans, and deadlifts. We will add up the total weight and it will be a penny (or nickel if you choose) for each total pound lifted (Ex. If a lifter gets 1000 pounds in the four lifts, the donor owes \$10). You will also be invited to come watch your lifter in the new weight room. **Current students and Alumni are invited to participate**. Please contact me if you want more details. Watch for the flyers at the school in September.



Sincerely,

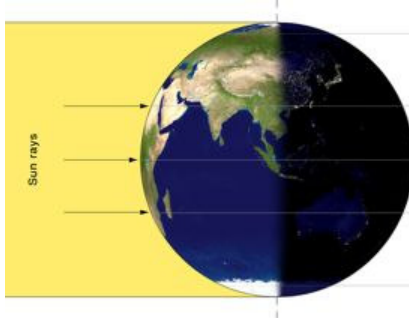
Doug Naugle

Everything you need to know: September equinox 9/22/2013

In the Northern Hemisphere, the sun is rising later now, and nightfall comes sooner. This is our autumn equinox, when the days are getting shorter in the Northern Hemisphere. At this equinox, day and night are approximately equal in length. For us in the Northern Hemisphere, people are enjoying the cooler days of autumn even as preparations for winter are underway. South of the equator, spring begins.

Because Earth doesn't orbit upright, but is instead tilted on its axis by 23-and-a-half degrees, Earth's Northern and Southern Hemispheres trade places in receiving the sun's light and warmth most directly. We have an equinox twice a year – spring and fall – when the tilt of the Earth's axis and Earth's orbit around the sun combine in such a way that the axis is inclined neither away from nor toward the sun.

Earth's two hemispheres are receiving the sun's rays equally now. Night and day are approximately equal in length. The name 'equinox' comes from the Latin *aequus* (equal) and *nox* (night). But, since Earth never stops moving around the sun, these days of equal sunlight and night will change quickly. (Image credit: Przemyslaw Idzkiewicz.)



At the equinoxes, the sun appears overhead at noon as seen from Earth's equator. This fact makes the day of an equinox a good day for finding due east and due west from your yard or other favorite site for watching the sky. Just go outside around sunset or sunrise and notice the location of the sun on the horizon with respect to familiar landmarks. If you do this, you'll be able to use those landmarks to find those cardinal directions in the weeks and months ahead, long after Earth has moved on in its orbit around the sun, carrying the sunrise and sunset points southward.

Excerpts from:<http://earthsky.org/astronomy-essentials/everything-you-need-to-know-september-equinox#east-west>



Please remember to watch for school buses and students waiting for their busses in the morning twilight!

September Trivia

Birthstone

The birthstone for September is the sapphire which symbolizes heaven. Sapphire comes from the mineral Corundum. Most people think of the color blue when the word sapphire is mentioned, but sapphire comes in many other colors including green, pink, purple, and yellow.

Flower

The flower for the month of September is the aster which symbolizes love. It also stands for daintiness and patience.



*Want to add
your business?
Form on pg. 4*

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 Creek Studio
Kay Ganieany
Mon.-Thurs., by appt.
541-445-2867

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 and wholesale

Calico Christmas Trees
Wayman Schmidt, owner
Nov. & Dec.
7 days/wk 9-4:30
Contact: Shari White
**541-445-2350/
541-670-0458**

Construction, building

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

Eng. consulting design/drafting

TV Design, LLC
Troy I. Vanderhoof, P.E.
M-F, 9:00-17:00
541-643-0138

Garbage hauling/yard help

Helper Hands
Jacob Hunt
Open to calls
541-643-5454

Lanakila Peck
Open to calls
541-643-2313

Horse blankets, maintenance

**Horse Blanket Wash &
Repair**
Jeanette Day
541-445-0800

Horse, boarding/consulting/ training

**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 by appt.
541-643-1934

Locksmith, keys and 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

Portable sawmill service

**Backwoods Custom
Milling**
Harvey Saul
**541-671-1993
541-445-2888**

Real Estate, broker

**Prudential Real Estate
Professionals**
J.T. Berk
24/7
541-430-6078

Rental, carriage

Day's Carriage Service
George & Jeanette Day
541-445-0800

Rental, Storage,

BK Mini Storage
Ketti & Bill Walker
7 days/wk., daylight-dark
541-445-2902

Sewer/underground utilities/ roads/pads

**Scott Standley
Construction**
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

Water delivery, Bulk

Quiet Mt. Water
Rick/Rinda Quesenberry
M-F 8-5, S-Sun. by appt.
541-817-3132

September

By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer.

Helen Hunt Jackson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School Labor Day 	3 HSVB@UVC JV,V 5pm	4 Grange Ladies Lunch Noon w/ Bingo Fire Dept. Training7pm	5 HSVB Home Powers V 6 pm Transfer site	6 No School	7 HSVB @ Glendale Tourney 9 am HSFB@ Triad 4 pm
8	9 Fire Dept. Bd. Mtg. 6	10 HSVB Home Glendale 5 pm	11 Grange Bus. Mtg. 10 am @Grange School Pix Fire Dept. Training7pm	12 Transfer site	13 No School HSVB Home Yoncalla JV,V 5 pm	14 HSVB@ Butte Falls 3 pm HSFB@ Butte Falls 1 pm
15	16	17 HSVB @ Elkton JV, J 5 pm	18 Fire Dept. Training7pm	19 Transfer site	20 No School HSVB @ New Hope JV, J 5 pm	21 HSFB Home Hosanna 3pm
22 CVUMC 10:30 am Making Love Last a Life- time Autumnal Equinox	23	24 HSVB@ Pacific V 5:30 pm	25 Grange Senior Lunch 12 w/ Bingo Fire Dept. Training7pm	26 Transfer site	27 No School (inservice) HSVB Home UVC JV, J 5 pm Camas Valley Fun Days	28 HSFB Home N. Lake 3 pm
29 CV Fun Days	30					