



THE FLAME



Volume XXIII Issue VII

"Put out" by the Camas Valley Fire Department Auxiliary

August 2023

Thanks

The Plikat and Cummings Families would like to express our many thanks to those who've showered us with love! Our valley is full of love and folks with giant, giving hearts. If you reached out to one of us with kind words or hugs, or jumped in to help create our mother's beautiful service or made a meal to keep our bellies full or said a prayer for our family, please know we noticed your gesture and appreciate you!

Thank you for your love during this difficult time in our lives. We are going to miss our wife, mother, grandma, daughter, sister, aunt and friend, Debbie so very much!

With many thanks,

The Plikat & Cummings Families

Stay Fire Informed



During fire season, information is key to making decisions about planning work in the woods or just in your yard. The following sites are good sources of information for our specific area and also for accurate updates on fires in our region.

Coos Forest Protection Association coosfpa.net
Douglas Forest Protection Association dfpa.net
inciweb.nwcg.gov
fireweatheravalanche.org
statesmanjournal.com

Can you put a face on him?

How many people in this valley know a wildland firefighter? Every fire season we lose firefighters on the ground or in the air. They leave families to manage on their own. You can help them by donating to :

**Wildland Firefighter
Foundation**
2049 W Airport Way,
Boise, ID 83705
Phone: (208) 336-2996
wffoundation.org



We appreciate your Support!

We received donations this month from

Nicholas & Julie Weaver

Kim Haeber

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
and designate them for **THE FLAME**.

Winston-Dillard Food Pantry News

The pantry volunteers and clients are very excited that we will have a new home that we will share with the Teen Center program. It will take a couple of years to build on land that is offered by the Winston Community Church. In the meantime keep looking for us at the Riverbend Park Pavillion.

If any one has extra produce or has chickens that are over laying, share with us. Still Mondays and Wednesdays from 9:30-11:30. Clients are very appreciative that our community remembers the DW Pantry with surplus donations. **THANK YOU!!!**

Be sure to let Vonnie know you are leaving items at the Post Office at **541-445-2355**.

**W-D Food Pantry
c/o Vonnie Wallace
1200 Westside Rd
Camas Valley, OR 97416**



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

***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**.

AUGUST GRANGE EVENTS

**Business Meeting August
1st @ 6:30 pm**

**Sashiko Embroidery Class August
8th @ 7pm**

**Come join us on Friday August 11th for
Bingo at 6pm! Hot dogs and soda available**

**On Thursday August 17th at 6pm for
Ice cream Social! \$5 per person**

**On Friday August 25th at noon for our Community
Luncheon and Bingo! Suggested donation \$5**

BEING READY—WILDFIRE PREPAREDNESS

Being Ready for wildfire starts with maintaining an adequate defensible space and by hardening your home by using fire resistant building materials. Defensible space is the buffer you create by removing dead plants, grass and weeds. This buffer helps to keep the fire away from your home. Hardening your home means using construction materials that can help your home withstand flying embers finding weak spots in the construction, which can result in your house catching fire. It takes the combination of both Defensible space and the hardening of your home to really give your house the best chance of surviving a wildfire.

GETTING SET

Before wildfire strikes, it is important that you get Set. Prepare yourself and your home for the possibility of having to evacuate. Getting set requires three main preparation actions that should be completed and familiar to all members of your household long in advance of a wildfire.

- ♦ Create a Wildfire Action Plan that includes evacuation planning for your home, family and pets.
- ♦ Assemble an Emergency Supply Kit for each person in your household.
- ♦ Fill-out a Family Communication Plan that includes important evacuation and contact information.

GO! EVACUATION GUIDE

Give your household the best chance of surviving a wildfire by being ready to go and evacuating early. Being ready to go also means knowing when to evacuate and what to do if you become trapped.

When immediate evacuation is necessary, follow these steps as soon as possible to get ready to GO!

Review your Evacuation Plan Checklist.

Ensure your Emergency Supply Kit/Evacuation Bag is in your vehicle.

1. Cover-up to protect against heat and flying embers. Wear long pants, long sleeve shirt, heavy shoes/boots, cap, dry bandanna for face cover, goggles or glasses. 100% cotton is preferable.
2. Locate your pets and take them with you.



Emergency Phone Listing by Road

If you spot a fire or other emergency while out in the valley, please contact the residents on that road so they may be aware of the danger. If you wish to be included/excluded, notice an error or someone has moved, etc., please contact the **Flame** at:

jwickham52@gmail.com, **541-733-6940**, or at
150 Buck Springs Rd. Camas Valley.



Kinnan Diana	320 Baldwin Road	541-430-5009
Wickham Judith	150 Buck Springs Road	541-733-6940
Wickham Steve	150 Buck Springs Road	541-733-6930
Thrush Barbara	740 Burma Road	541-445-2107
Thrush Tom	740 Burma Road	541-445-2132
Berk Elaine	480 Dancer Road	541-430-1569
Berk JT	480 Dancer Road	541-430-6078
Spain Diane	982 Dancer Road	541-580-9228
LaBranch Gail	1990 Denn Road	541-445-2219
Murrell Terry	1956 Denn Road	541-485-9469
Farmer Vickie		541-643-5059
Nelson, Aaron	1102 E Camas Rd	541-887-9538
Nelson, Nicole	1102 E Camas Rd	541-778-4469
Teachman Tobey /Odin Fraley	17579 Hwy 42	541-243-3315
Royal Brad	18492 Hwy 42	541-733-4791
Royal Deborah	18492 Hwy 42	541-430-6015
Carter Garron	401 Main Camas Road	541-733-2343
Johnston George	807 Main Camas Road	541-670-2680
Johnston Pat	807 Main Camas Road	541-670-2504
Young Arielle	774 Main Camas Road	949-370-4467
Jackson Ken and Missy	887 Quiet Mtn. Road	541-671-3174
Jackson Ken and Missy	887 Quiet Mtn. Road	home 541-696-5562
Fisher John	477 Rosehip Lane	541-733-6081
Fisher Tina	477 Rosehip Lane	541-733-6083
Kight John and Trish	18824 State Hwy. 42	541-252-4023
Banks Everett	2761 Upper Camas Road	541-643-6317
Dahl Keith Patti	Upper Camas Road	541-445-2218
Day Jeanette	1340 Upper Camas Road	541-671-0467
Day George	1340 Upper Camas Road	541-580-2826
O'Connor Crystal	1444 Upper Camas Road	541-670-3614
O'Connor Jason	1444 Upper Camas Road	541-572-5848
O'Connor Joanne	1444 Upper Camas Road	541-404-1997
Rust Ron	4512 Upper Camas Road	541-430-2211
Rust Ronda	4512 Upper Camas Road	541-430-0179
Wilson Judi	2701 Upper Camas Road	541-530-7286
Wallace Vonnie	1200 Westside Road	541-510-4334
Quinn Pat and Treva	251 Wildcat Road	541-445-2325



Superintendent's Message

School is just around the corner. School starts **Tuesday, Sept. 5**. There are a few things happening before school starts, including the Dufur Classic. Our football and volleyball teams will play in Dufur over Labor Day weekend. The football team plays Powder Valley Fri. **Sept. 1 at 4 pm**. The volleyball team will compete in Dufur **Sept 1st and 2nd**, but game times have not been announced yet.

Fall will kick off our new STEAM program in science. This will help strengthen our students in the area of science. We will continue our reading intervention; which has raised our reading scores in all grade school classes. We will continue to add offerings for our students not only in academics but also in other areas around extracurricular activities; an example of that is adding football games for the 4th-5th graders. The ad program will continue to grow with offerings. The preschool will expand to full-day options to help parents with children in that age group. We are looking forward to a great school year!

Don Wonsley, superintendent



Esme Cross 7/23

Hydration guidelines for student athletes

HOW MUCH WATER SHOULD ATHLETES DRINK BEFORE AND DURING EXERCISE?

Youth athletes should drink at least 10-16 ounces of water about 15-30 minutes before their game or practice. During exercise, about 4-8 ounces of fluid should be taken in at least every 20 minutes, especially in hot environments.

HOW ABOUT SPORTS DRINKS?

Most youth athletes are not training or competing at an intensity that warrants drinking anything other than water. But for those extra-intense times, a sports drink containing carbohydrates may be a helpful source of energy.

A drink that has a 6-8% carbohydrate concentration (most sports drinks) and is free of sweeteners like high fructose corn syrup can be extremely helpful in maintaining fluid balance and supplying the muscles with fuel. It should also contain a small amount of sodium and electrolytes, which are beneficial for absorbing liquids quickly and replacing what is lost in sweat.

But if your athlete has never had a sports drink, don't drink one for the first time on competition day. Instead, have them try different fluids and amounts during practices until they discover what works best for them. That said, there is nothing wrong with sticking with water before and during exercise and then chocolate milk after.

ARE SPORTS DRINKS AND ENERGY DRINKS THE SAME?

In short, no.

Typically, energy drinks refer to drinks such as Red Bull and Monster that contain large amounts of caffeine and sugar. Sports drinks like Gatorade, while containing sugar, do not typically contain any caffeine.

WHAT HAPPENS WHEN A YOU BECOMES DEHYDRATED?

Fluid is lost through the skin by sweating and through the lungs while breathing. If this fluid is not replaced regularly during practice or competition, it can lead to dehydration. A dehydrated athlete has a decreased volume of blood circulating through the body, and consequently:

- ♦ The amount of blood pumped with each heartbeat decreases
- ♦ Exercising muscles do not receive enough oxygen
- ♦ Exhaustion sets in and the athlete's performance suffers
- ♦ By-products of exercise are not flushed out of the body as regularly as they should be

Research has shown that losing as little as 2% of total body weight can negatively affect athletic performance. For example, if a 150-pound athlete loses three pounds during a workout or competition, their ability to perform their best is reduced. Proper fluid replenishment is key to preventing dehydration and reducing the risk of heat-related injury.

(Hydration continued on pg. 8)

WHAT'S A GOOD WAY TO MONITOR THEIR HYDRATION?

Often, athletes do not realize they are losing bodily fluids or that their performance is being negatively impacted by dehydration. Athletes who are unsure of how much fluid to drink can monitor their hydration by:

- ♦ Weighing themselves before and after exercising. For every pound lost, drink three cups of fluid in order to rehydrate the body.
- ♦ Checking urine color. Urine that is dark gold in color indicates dehydration. Urine similar in color to pale lemonade or weak tea is a sign of a hydrated athlete.

SHOULD YOU WAIT UNTIL YOU ARE THIRSTY TO DRINK?

No. Most individuals do not become thirsty until more than 2% of body weight is lost. By this time, performance may have already begun to decline.



Coming this fall!!

to the

Camas Valley Grange

Fall Harvest Craft

Fair & Bazaar

August

August... brings katydids, elderberries, blackberry pie, and goldenrod... August is just another thirty-one days of concentrated Summer, but it certainly gets one in condition to appreciate Fall when it comes. Good old August — we'll take it, and some of us will like it."
- Hal Borland

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Grange business mtg. 6:30 pm	2 Booster Club 6:30 pm Deli Market	3	4	5
6	7 WD Pantry 9:30-11:30 Fire Dept. Board Mtg. 5 Fire Dept. Training 7pm	8 Sashiko Grange 7 pm	9 WD Pantry 9:30-11:30	10 Outpost Mobile Pantry 1-3 pm Clothes closet 1-3	11 Bingo at the Grange 6pm Hot dogs & soda availa- ble	12
13	14 WD Pantry 9:30-11:30 Fire Dept. Training 7pm	15	16 WD Pantry 9:30-11:30	17 Ice Cream Social! 6 pm Grange \$5 per person	18	19
20	21 WD Pantry 9:30-11:30 Fire Dept. Training 7pm	22	23 WD Pantry 9:30-11:30	24 Outpost Mobile Pantry 1-3 pm School Bd. Mtg. 7 pm	25 Community Lunch Noon \$5 per person Grange w/ Bingo after Flame deadline	26
27	28 Fire Dept. Training 7 WD Pantry 9:30-11:30	29	30 WD Pantry 9:30-11:30	31		



The Outpost August schedule

The Outpost Mobile Food Center
will be in Camas Valley
Thurs. Aug. 10 and Thurs. Aug. 24

Free Community Clothes Closet

First Thursday following the
first Monday of the month.

When: 1:00 - 3:00 pm,

Where: Parking lot of Camas Valley
Christian Fellowship

What: Providing free clothes for the
community.

Why: Because we love you!

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

We accept clean gently used clothes,
bedding, small appliances etc. We can:

- ♦ pick up items or
- ♦ meet you.



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

Do you have a new business in the valley? Have you expanded your business services? Is there information about your business that you need to get out to valley residents? While **THE FLAME** is a non-profit publication and cannot advertise, we can inform our readers about what services you offer, changes in your business, etc.

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

Turkey Gulch Alpacas

LaVon Newman
Sun.-Sat., 10-5
541-445-0804

Alterations, women's & gen- eral repair

Camissa Design Studio

Kimberly Carter
Appt. only
541-733-6343

Art, painting lessons

Lang Crk Studio

Kay Ganieany
M.-Th., 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

Lord and Lady Lavender

Jerry Ashford
Online 24/7

lordandladylavender.com

Anytime
408-857-8782

Nails by Crystal
Crystal Cummings
541-643-7253

Thurs.—Sun., 9-4

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
541-670-0458

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

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/Services

Dia-Cast Fire Services

Sales / Rentals
Defensible space
clearing/cleaning
Don/Diane Casteel
541-643-8556

Garbage Disposal

Camas Valley Disposal

Scott & Darla
Standley
Wkly. Wed. pick-up
541-445-2245
541-445-2055

Handcrafted gifts

Country Crafts & Graphics

Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Frosted Treasure Designs

Lori Ross
541-637-9774
Frostedtreasuredesign
@gmail.com

Handyman, lawn/garden equipment

Quiet Mtn. Tinker

Mike Moore
By appointment
541-580-2524

Handyman, small construc- tion/remodel

Evertrade Const.

Aaron Blake
M-F, 9-5
541-335-9108

Health and wellness

Plexus worldwide

Supplements
Charman Shields
541-430-3600

www.plexusslim.com/
charmanshields

Honey Bee Swarm/Hive

Removal

Eve Scott
503-302-6323

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

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

Pest Control

Buggy Exterminating

Gregg Socia
M-F, 8-5 /as needed
541-537-0845
bugguyxterm@gmail.com

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

Rental, Storage,

BK Mini Storage

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

Septic systems

Lounsbury Const. & Excavation

Richard Lounsbury
541-505-4685

Sewer/underground utilities/roads/pads

Scott Standley Const.

Scott & Darla
Standley
Mon.-Sat., 8-5
541-445-2245

Small engine repair

Hunt's Chainsaw

Theran Hunt
M-F **541-430-7283**

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 10:00 am	Morning Worship 10:00 am	Morning Worship 9:00 am
Morning Worship 10:45 am	& Sunday School	Fellowship 10:00 am
Youth Church 11:00 am	<u>Monday</u>	w/ beverages and snacks
<u>Wednesday</u>	Intercessory Prayer 9:00 am	
Prayer Group 6:00 pm	Youth Group 6:30 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