



THE FLAME



Volume XVI Issue VII

"Put out" by the Camas Valley Fire Department Auxiliary

August 2016

Happy Grilling Season!

How to keep your summer

BBQ

FROM GOING UP IN FLAMES



Keep your grill clean by removing grease or fat buildup from the grill and the tray below the grill.



Never leave your grill unattended. Keep children and pets at least three feet away from the grill area.



Keep your grill placed away from the home, deck railings and out from under eaves and overhanging branches.



If using charcoal, let the coals completely cool before disposing in a metal container.



If using propane, check the gas tank hose for leaks before using it for the first time each year.



If you smell gas while cooking, immediately get away from the grill and call the fire department.



If the flame goes out, turn the grill and gas off and wait at least 15 minutes before re-lighting it.

Source: National Fire Protection Association
www.nfpa.org

**STOVETOP
FIRESTOP®**

Thank You For Your Support!

We received donations from

Crystal Cummings

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. Aug. 2nd**
Community Luncheon for \$7 at **noon** with bingo. **Proceeds go to Grange maintenance.**
- ♦ **Tues. Aug. 9th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Aug. 23rd** Senior Lunch at **noon** with bingo. **Proceeds go to the scholarship fund.**



Food Pantry

We are fortunate to have produce grown locally. MMM, the fresh peaches are drippy sweetness and the tomato plants are full of promising green orbs. I cannot imagine summer without fresh fruits and vegetables, but many children in our county don't get access to fresh produce. It is hard to get fresh when you grocery shop at the Dollar Store.

Winston-Dillard Food Pantry accepts fresh produce and/or cash to provide fresh produce. Give **Betty** a call at **541-445-2855** if you have fruit juice dripping down your chin and feel guilty.

Head to the Coast for a Cool-off!

Come celebrate 100 years for history of the Coos Bay rail line with the Port of Coos Bay at the Railroad Centennial Celebration this August 5th -7th! This three-day celebration will commemorate 100 years since the completion of the Coos Bay rail line and when the first train left North Bend for Eugene in 1916. A reflection of the Railroad Jubilee held in 1916, the Centennial Celebration will include a North Bend Day, Coos Bay Day (known as Marshfield Day in 1916) and Coos County Day.

The celebration kicks off with North Bend Day on August 5th. Visit the various North Bend downtown businesses at the Centennial Stroll for special Centennial deals and events! Take a train ride and then enjoy some free ice cream right at the North Bend boardwalk. Shuttles will be available for all train passengers running from Pony Village Mall to the North Bend Boardwalk. Then head over to the Opening Ceremony in the evening where there will be a Renewal of the Vows between Coos County and Lane County officiated by the Honorable Congressman Peter De Fazio, musical performances from the Dolphin Players and speeches from special guests.

Continue the celebration on August 6th during Coos Bay day. Gather your friends and family for a Selfie Scavenger Hunt, look at Maritime Art in the Coos Art Museum, and browse local vendors at the Pop Up Market. Enjoy music the whole day during the Music Train event where there will be multiple bands playing at different lo-

cations in downtown Coos Bay starting at noon.

Coos County Day will be the last day of the event on August 7th. Train rides will be extra special this day as the Sawduster Theatre group will be performing song and dance on the train. Water Sports such as kayaking and paddle boarding will also be available along the Coos Bay Harbor. The celebration ends with a Closing Ceremony with speakers from commissioners in the tri-county area, Representative Caddy McKeown, Oregon Senator Arnie Roblan and more.

Of course, this celebration would not be complete without train rides! Train rides will be available every day. Tickets cost \$10 and can be purchased through the Railroad Centennial App or at the Coos History Museum. Children 2 and under ride for free. Trains are equipped with restrooms and water will be provided. Limited time Railroad Centennial merchandise will also be available for purchase at the Coos History Museum.

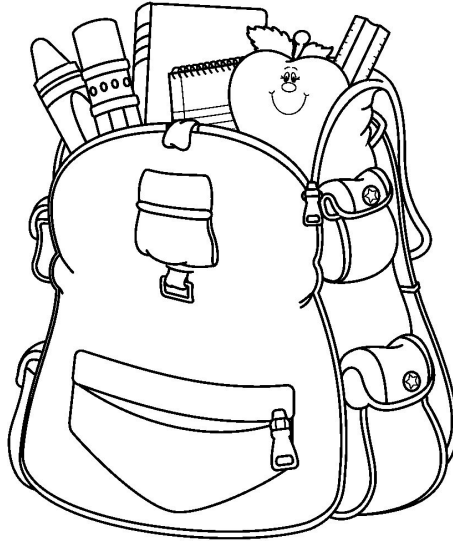
Finally, make sure to download our Railroad Centennial App through the app store at "CoosRail2016". Login to the app to buy tickets, make your own Centennial schedule, look at speaker profiles, connect with other attendees, and more! Don't forget to tag the Port using the hashtag #choochoocoos during the event and show your Centennial spirit!

Don't miss this once in a lifetime celebration. We hope to see you there!

Backpack or *Pain in the Back?* Ketti Walker, R.N.

Most backpacks are too heavy for school children. You see it every school day; children slightly hunched over, carrying a backpack on their backs. They have to hunch forward a bit many times under the weight and do this dozens of times per day.

A recent study suggests that children may be doing themselves harm. Fifty-five percent of the Massachusetts children surveyed by researchers at Simmons College typically carry loads heavier than 15 percent of their body weight- the limit recommended by the American Academy of Orthopedic Surgeons. One-third of the 345 children in grades 5 through 8 surveyed reported back pain that forced them to see a doctor, miss school or skip athletic activities. Because children are still developing, they are more susceptible to injury.



Teach your child how to properly load and wear the backpack to avoid back pain:

- Always use both shoulder straps and wear the backpack on the back rather than over one shoulder
- Pack heaviest objects into the backpack first so they are carried lower and closest to the body
- Fill compartments so that the load is evenly distributed throughout the backpack.
- Pack sharp or bulky objects in the backpack so they do not contact the back
- Adjust the straps to fit the backpack snugly to the child's body.
- Lift the backpack by using the leg muscles and keeping it close to the body.
- Do not lean forward when walking; if this is necessary, there is too much weight in the backpack.

TIPS TO PREVENT BACK PAIN FROM KIDS' BACKPACKS

Look for backpack design features that help reduce the chance of back pain

- Lightweight material (canvas as opposed to leather)
- Two padded, wide (2 inches), adjustable shoulder straps on the backpack
- Padded back
- Individualized compartments
- Hip strap, waist belt or a frame.
- Wheels so that the backpack can be pulled rather than carried

BECOME A PROACTIVE PARENT ON THE ISSUE OF BACKPACKS AND BACK PAIN

- Ask your child if they feel any back aches or pain
- Help your child choose the smallest backpack that will meet this/her needs
- Talk to teachers about how to minimize the need for children to transport heavy books back and forth daily.

Camas Valley Booster Club

We will be meeting
Wednesday,
August 3rd @ 6:30pm
at Bravo Cafe'
for anyone who would
like to join us!
Meetings will be the
first Wednesday
of every month @
6:30pm at Bravo Cafe'

GO HORNETS!



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!**



Superintendent's Message

For the last two months there has been a lot of news in the state of Oregon about concerns with lead in school water systems. These concerns started when it was discovered that several schools in the Portland area had levels of lead in their water above the minimum recommended allowance. The situation got worse as it was discovered that school officials had known for some time about the results but had not communicated it to their community in a timely manner.

With the media attention and concern raised by this situation, many other schools across the state of Oregon have tried to be proactive in testing for lead in their water systems and creating policies to address this issue. I'd like to give you a few facts and then share with you the **good news about Camas Valley's water system.**

While the state is certain to have a knee jerk reaction and create new laws soon, currently there is no requirement for schools on municipal or city water systems to test for lead since those systems are already tested by water system operators. Unfortunately, these tests are at the source and don't account for lead leaching that can happen between the source and once the water travels through older water pipes. This is where these dis-

tricts ran into trouble. By not testing at the outlets, they were unaware for a long time that they had lead leaching into their water at unhealthy levels. Once they did discover the issue, they did not react as promptly as they should have.

Camas Valley has its own water system supplied by two wells. **Because we have our own water system, we are already required to test our water regularly at the source and outlets.** Our water is tested monthly for contaminants and every three years for Lead and Copper.

Our most recent test for Lead and Copper occurred in September of 2015. **This test along with the tests from the previous three analysis dating back over ten years have always shown that our water has fallen within safety parameters for Lead and Copper.** That is terrific news for us and our kids. While good news, this issue has still raised enough awareness and concern that I am going to move forward on doing some more extensive testing just to be extra certain that our water is safe for our kids. After all, they are worth it.

Go Hornets!

Sincerely,
Patrick Lee
Principal/Superintendent

JOB OPPORTUNITY

Camas Valley School has a part-time title 1 classroom aide position opening for the upcoming 2016-17 school year. The qualified candidate must be deemed Highly Qualified per federal government requirements. To be deemed Highly Qualified, a candidate must have successfully completed two full years of college or passed a Compass test in the areas of reading, writing, and math. The qualified candidate will also need to pass a background check per state requirements.

Job details will include assisting teachers in the classroom during math and reading instruction time, helping with student supervision at breaks, and other duties as assigned related to meeting our title 1 goals.

Please contact the school at **541-445-2131** for further details or stop in for an application.

Camas Valley Jr/Sr Fundraiser Garage Sale Sat. August 13th.



All the proceeds go to the kids for their trip to Washington DC and New York City. Please come down and support our kids.

If you would like to donate any items contact:

Crystal @ 541-643-7253

Thank you !



COACHING OPPORTUNITIES

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**.



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

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

What if I told you we all have problems. Some of us just chose to not post them on Facebook.

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Community Lunch Noon / Bingo At the Grange	3 Camas Valley Booster Club 6:30 @ Bravo Fire Dept. Training 7pm	4	5	6
					Coos Bay Railroad Centennial Celebration	
7	8 Fire Dept. Bd. Mtg. 4	9 Grange Bus. Mtg. 10 am At the Grange	10 Fire Dept. Training 7pm	11 Community Birthday Party 5:30 @ Bravo	12	13 CV Jr/Sr Garage Sale School 8-5
CBRR Centennial		Student Registration 8:30-3:30				
14	15 Daily Doubles begin	16	17 Fire Dept. Training 7pm	18	19	20
21	22	23 Community Senior Lunch Noon/Bingo At the Grange	24 Fire Dept. Training 7pm	25 School Bd. Mtg. 7 pm	26	27
28	29 Staff returns	30	31 Fire Dept. Training 7pm			

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10 am Morning Worship 10:45am Youth Church 11 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Men's Prayer 7:30 am Morning Worship & Sunday School 10:00 am The last Wednesday of the month all CELL groups will meet for worship and teaching at Camas Valley Christian Fellowship 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
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Tenmile, OR 97481
Standard Mail A

CAMAS VALLEY PO BOXHOLDER
CAMAS VALLEY, OR 97416