



THE FLAME



Volume XIX Issue VI

"Put out" by the Camas Valley Fire Department Auxiliary

July 2019



Our favorite summer evening is fast approaching! Grab that old quilt or blanket, some comfortable folding chairs, warm jackets, and the whole clan and head to the football field. Gates open at 7:30. Concessions of corn dogs and pop will be available for purchase.

Chat with neighbors and let the kids blow off steam running around before the big show starts off with the National Anthem. Then hang on to your hats and protect your ears while the **Camas Valley Pyros** put on an earsplitting, awesome pyrotechnic display that is a marvel to behold!

Gotta thank **Mary Helen Banks** for all her efforts supporting this event by producing the

Camas Valley Pyro's Birthday Calendar.

ALL the proceeds go directly to purchasing fireworks that you enjoy every year!

It is never too late to support this community event. Feed a donation can every chance you get!

Have a great, safe 4th of July!

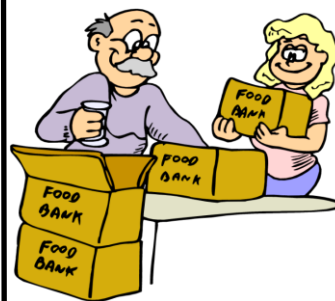
The Dillard-Winston Food Pantry needs volunteers every

- ♦ Mon. and Wed. morning from 8-12 and on the
- ♦ 1st and 3rd Wed. each month at 4:15-6 pm.



We have positions for people of all ages and abilities!

1. Application in-take
2. Assist clients with their pantry shopping
3. Sort produce
4. Assist in setting up / taking down the pantry (putting food /chairs/tables away, light vacuuming, emptying trash)
5. Drivers to use your personal truck to transport food from UCAN Mon. and Wed. in the morning to the pantry and in some cases to unload.
6. Help restock shelves.
7. Truck drivers for hauling monthly large loads of food, usually 3rd Tue. of the month, but sometimes varies.
8. Muscle to unload trucks during regular pantry and also at the monthly distribution.



Please call
Bonnie Baird
541-679-4346,
leave a message
and she will get
back to you.

We appreciate your support!

We received donations from

Nicholas & Julie Weaver

this month.

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.

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

Who wants to work in a hot kitchen in the summer? No sane person! Let those crazy cooks at the grange do that for you.

- ♦ Community lunch, **Tues. July 2nd** at noon. Bingo afterwards.
- ♦ Business mtg., **Tues. July 9th** at 10 am. To plan future meals.
- ♦ Senior Lunch, **Tues. July 23rd** at noon. Proceeds from Bingo support the Scholarship Fund.

Remember, these \$7 lunches help fund maintenance of the building. Join us!

Extras from Camas Valley gardens are welcomed by our Food Pantry clients. They love the fresh vegetables and fruit from local trees. Teresa with the Mobile Pantry probably would accept fresh local donations each Monday they are set up in Camas Valley. Winston-Dillard will also offer school supplies in August (two weeks from the opening of school) to all the students.

Cleaning out old school supplies for the summer? There is a home for them you may not have thought of.

W-D Food Pantry
c/o Betty Wittrock
PO Box 213
Camas Valley, OR 97416



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**.

11th Annual

CAMAS VALLEY FUN DAYS



PROCEEDS SUPPORT CAMAS VALLEY RURAL FIRE DEPARTMENT

JULY 19, 20, 21

1086 MAIN CAMAS RD, CAMAS VALLEY, OR

FRIDAY, JULY 19:

TEST & TUNE (BY REQUEST)

EARLY TECH IN

SATURDAY, JULY 20:

OBSTACLE COURSE (10:00A)

KIDS ATV/BIKE FLAT TRACK (10:00A)

ADULTS ATV DRAGS (11:30A)

MUD BOG (2:00P)

OFF-ROAD NIGHT DRAGS (6:30P)

SUNDAY, JULY 21:

BARRELS (10:00A)

OPEN FLAT TRACK

PRICES:

SPECTATOR/PIT PASS FEE \$10 PER PERSON (UNDER 12 FREE)

SENIORS/DISABLED/VETERANS/1ST RESPONDERS \$5 PER PERSON

TECH/RACERS FEE \$40 • SPOUSES WITH SAME VEHICLE \$15

MOD BOG ENTRY FEE \$20 • CLASS BUMP \$5 (PAID IN ADVANCE)

KIDS PLAY TRACK ONLY \$5 ARM BAND • KIDS TECH FEE \$15 (UNDER 13)

DRY PRIMITIVE CAMPING AVAILABLE \$35/WEEKEND • VENDOR FEE \$20

A variety of family friendly food vendors will be on site for
breakfast, lunch, and dinner

This is an alcohol and drug free event and we have the right to remove anyone that is found in violation.
Please be respectful of racers and spectators at all times.

Spectators/ contestants/Vendors will be required to sign a release to enter the event.



September race dates TBA



Emergency Preparedness for June

SUPPLIES:

- ♦ Paper goods (plates, napkins, etc.)
- ♦ 1 day of food, water and cash
- ♦ Face masks, goggles, hard hat, gloves

Keep building on your water, food and cash. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts, and dried fruits.

One day of water =
1 gallon/person.



In an earthquake, you could encounter falling debris, dust and piles of rubble. Include some basic safety gear in your kit, such as:

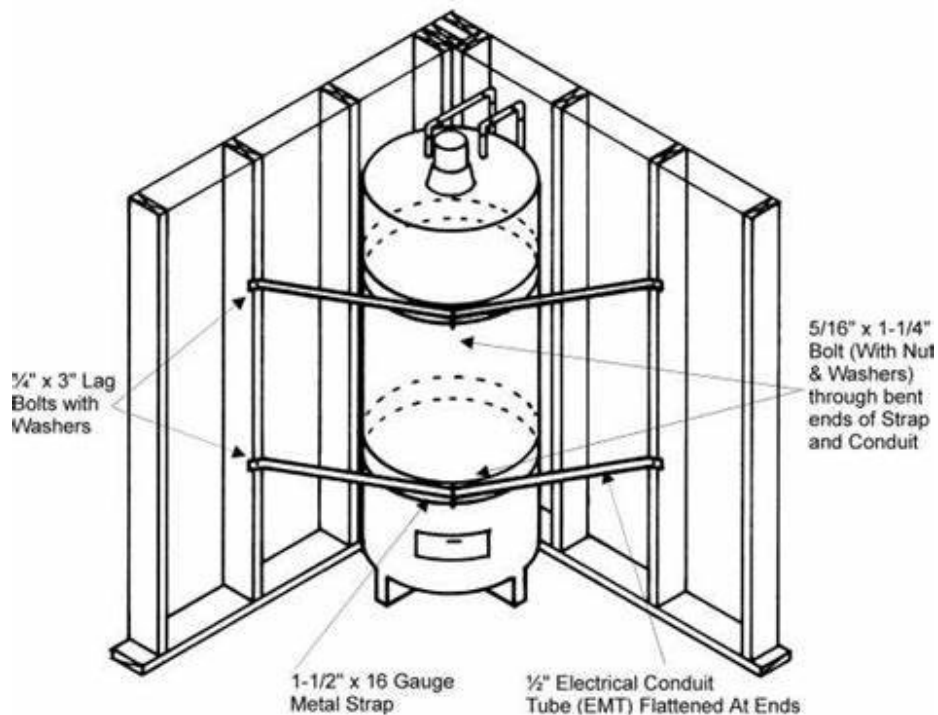
- ♦ Hard hat
- ♦ Eye protection
- ♦ Dust mask
- ♦ Gloves



BE AWARE BE PREPARED

TASKS:

- ♦ Secure your water heater and furniture



SECURING YOUR WATER HEATER

Water heaters can move or tip over if not securely anchored to the wall or floor. For a small investment of time and money, you can avoid spilling gallons of precious water that could be useful in an emergency.

Purchase and install a strap or bracing kit from your local hardware store, or have a licensed plumber strap your water heater according to code.

For the complete pledge to prepare program, go to <http://www.eweb.org/outages-and-safety/preparing-for-emergencies/pledge-to-prepare-campaign>

More on emergency preparedness on pg 5

ACCESSING WATER FROM YOUR WATER HEATER IN AN EMERGENCY

Step 1: Turn off your home's water supply.

Locate the water shut-off valve and turn it clockwise until it stops. This valve is typically located on the top of the unit. Taking this step, especially after a big earthquake, could help ensure that the water remains in your tank, and that it isn't compromised. In most homes, emergency water shut off valves are found in the basement, crawlspace, garage or outside the home's foundation. Locate your shut off valve before an emergency, so you'll know how to access it quickly if needed.

Step 2: Turn off your water heater's power source.

Step 3: Turn off your water heater's water supply.

You can do this by opening the relief valve located on the side of the tank (flip the handle so that it sticks straight up or out), or by turning on hot water spigots in the main living area or upstairs in your home. This will help release water from your water heater.

Step 4: Let air into your water heater.

This is an important safety step.

For electric water heaters, shut off the power by flipping the correct switch on your electrical panel. For natural gas water heaters, visit www.nwnatural.com for information on earthquake preparedness and important safety measures.

Step 5: Locate the drain valve at the bottom of the tank and release water.

Place a clean container under the drain valve spigot to capture water and turn the spigot or screw of your tank's drain valve to the left. Wear gloves and eye protection and be careful as the water may be very hot.

Step 6: Treat or filter any water that you use for drinking, cooking or hygiene.

Boil water for at least one minute, or Put water in a sanitized container and treat with unscented chlorine bleach (1/8 teaspoon of bleach per gallon of water), or use a personal water filter, making sure to follow the manufacturer's instructions.

THE FIREFIGHTER'S PRAYER

When I am called to duty, God
Wherever flames may rage
Give me the strength to save some life
Whatever be it's age.

Help me embrace a little child before it is too late
Or save an older person from a most uncertain fate.
Enable me to be alert and hear the weakest shout
And quickly and efficiently to put the fire out.

And if according to my fate,
My days should come to end
Please bless with your protecting hand
My family and my friends



In tribute to the
memory of
James
"Red"
Atteberry.

An inspiration to the community
due to his dedication to the safety of
Camas Valley residents through his
many years of work with the **Camas**
Valley Volunteer Fire Department.

TIME FOR PICNICS – PERFECT TIME TO TALK FOOD SAFETY

By Kathi Weaver, RN

This time of year we are barbequing and picnicking, attending outdoor gatherings, and sharing summertime meals. If not cooked or stored properly, food can make us sick. You may have heard of *Salmonella*. It is the most common bacteria and cause of this illness. *Salmonella* can occur in raw foods like eggs, poultry, beef, and fruits and vegetables that have not been washed. Symptoms of *Salmonella* include abdominal cramping, diarrhea, fever, and headache. It usually lasts about 4-7 days and is harder on the elderly, younger folks, and those with chronic illnesses. It can be serious if the bacteria get into the bloodstream.

Most people get better without treatment, but antibiotics may be needed.

TIPS for safety:

Wash hands, utensils, and your work area before, during, and after preparing food.

Use the refrigerator to marinate food.

Do NOT thaw out frozen foods at room temperature.

Careful Planning:

Only take out the amount of foods you will need.

If stored with ice in a cooler, most foods are safe for short periods.

Don't forget to keep the cooler out of sun and replenish it often with fresh ice.

Salads using mayonnaise should be kept cold in the cooler.

Foods should not be precooked or partially cooked beforehand. Cook completely at picnic site.

If you do not have a cooler or ability to keep foods cold, choose items such as fruits and vegetables, hard cheeses, canned or dried fish or meat, crackers, bread, peanut butter, and dry cereal.

Heat before Eating:

Cook meat and poultry to a safe internal temperature:

Beef, Pork, and lamb roasts, steaks and chops: 145 degrees Fahrenheit

Ground meat: 160 degrees Fahrenheit

Whole poultry or ground poultry: 165 degrees Fahrenheit

Use a fresh, clean plate for serving cooked food.

Don't let the juices from raw meat touch other foods.

After Eating:

Place leftovers directly into cooler and throw out food that is left out for more than 2 hours.

If it is very hot out (above 90 degrees Fahrenheit), food should not be out longer than one hour.

If you suspect food poisoning and do not get better in a few days and are an older adult, a child, or have a weakened immune system, you should contact your doctor for further instructions or intervention. You can contact the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to speak with a Food Safety Specialist for further questions.





Camas Valley School Honor Roll Qrt 4/Sem. 2



12th Grade

4.0 James Beans, Natasha Hibdon, Sam Roque
3.50-3.99 Bridger Godfrey, Rylynn Palmer, Justin Standley
3.00-3.49 Ethan Hilger, Tyler Lindsey, Matthew Powell,
Katrena Saul

11th Grade

4.0 Tiernan Spicer, Alissa Vradenburg, Keala Takahashi
3.50-3.99 Jewels Hamilton
3.00-3.49 Caleb May, Isaiah Osbon, Krystal Talley

10th Grade

4.0 Hailey Holmgren, Izabelle Pool
3.50-3.99 Riley Stutzman
3.00-3.49 Max Brown

9th Grade

4.0 Mason Amos, Jalee Chandler
3.50-3.99 Jazmin Ode
3.00-3.49 Aleese Crandal, Clara DeRoss, Crystal Hardwick,
Blaine Saylor, Jadyn Weaver

8th Grade

4.0 Jenna Chandler
3.50-3.99 Kamalu Swift, Austin Takahashi, Trevor Williams
3.00-3.49

7th Grade

4.0 Julie Amos, Angie Hite, Emma Vradenburg
3.50-3.99 John DeRoss, Lucas Saylor, Emma Stutzman
3.00-3.49 Aryah Farmer, David Ode, Rhegan Plikat

6th Grade

4.00 Isaac Chandler, Bella Donohue
3.50-3.99 Tony Casagrande, Clarissa Fowler, Shasta Levins,
Paige Liles
3.00-3.49 Rowoen Plikat, McKinizie Weaver, Nithanyel Younce

School Bus Driver Wanted

Camas Valley School has an opening for a **bus driver**. Applicants must have a valid CDL license. An S Endorsement is preferred. Applicants must be able to pass a criminal record check. Camas Valley is an equal opportunity employer. Position is open until filled.

For more information please call
541-445-2131.



Each Summer, Free Healthy Meals are available to all Children and Teens 1-18 years old. To find the nearest Summer Meal Site, visit Summer-FoodOregon.org, call 2-1-1, or text "food" to 877-877.



Camas Valley School would like to invite all Children and Teens 1-18 years old, to have Breakfast and Lunch for free from July 8th-11th 2019 and July 15th - 18th 2019. Our hours of operation will be **7:30am to 8:30am** for Breakfast and from **11:30am to 12:30pm** for Lunch. This institution is an equal opportunity provider.

Summertime Reading

Summer is a great time for reading! Spend the afternoon in the shade with a great book and a cool drink. It not only refreshes the body, it stirs the mind. Keep those reading skills polished so there is one less habit to reestablish with the start of the school year in the fall. For the younger set, a parent or older sibling reading to them or enjoying a picture book with them not only gets them ready for bed but creates memories that last a lifetime!

Too busy or too expensive to travel to exotic places? Books can take you anywhere, at your convenience. All for the investment in a library card, or a visit to many of the free little libraries in communities. Better yet, get involved in the summer reading program at Camas Valley school! What are you waiting for? Let's go read!



SAVE FOR YOUR FRIDGE!

Make Library Time Part of Your Summer Time

Camas Valley School Library Open 10-2 on scheduled days

STORY TIME
9:30am

Tuesday, July 2nd



9:30 Story Time

**Pottery
With
Ms Kay**

Tuesday, July 23rd

Activity is still TBD

9:30 Story Time

Tuesday, July 9th

10:00

STEM Activities

Activities include Magic Balloons—Rainbow Jars—Building with Food



Tuesday, July 30th

9:30 Story Time

Painting

Pottery
Rocks
Etc.



Tuesday, July 16th



Presentation starts at 10:00
under the covered play area.

Tuesday, August 6th

**Reward for Summer
Reading Program!!!**



Water Slide
Make your own ice
cream

Reading Program de-
tails available on July
2nd in the library!



*Pick up your reading sheets at the
school, fill them out over the summer
and bring them in for your reward!*



HORNET VOLLEYBALL CAMP

JULY 22-25, 2019



There will be **OBSTACLES**
There will be **DOUBTERS**
There will be **MISTAKES**
But there is no limit to how hard we can work.

- Who:** All girls entering grades 5-8
What: 4 days of volleyball instruction and FUNdamentals, hosted by the Camas Valley Booster Club and High School Volleyball Team.
When: July 22nd - 25th,
9:30 a.m. - 12 p.m.
Where: Camas Valley Gym
Cost: \$40 per camper—includes a camp shirt
What to bring: water bottle, court shoes, knee pads

For more information contact Tresta Payne **541-445-2811**

Registration begins at 9 a.m. on our first day of camp.

See you there!





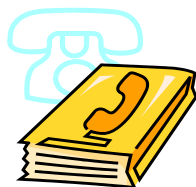
Would you be interested in getting your business in the Flame Business Spotlight? If so, please contact Judith Wickham

- ♦ email jwickham52@gmail.com
- ♦ call at 541-733-6940, or reach her
- ♦ by mail at 150 Buck Springs Rd., Camas Valley.

You will be given 4 basic questions regarding your business history and goals to fill out at your leisure. Feel free to add more information, the more background I have, the better the article!

All businesses will automatically be included in the Directory, if not already there. Businesses will be spotlighted in the order they respond.

This community is filled with entrepreneurs. Creative, hard-working, businesses. They deserve our attention and patronage.



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. Send your business information to:

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

Be sure to include contact information so I may get back to you for clarification.

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

**Turkey Gulch
Alpacas**
LaVon Newman
Sun.-Sat., 10-5
541-445-0804

Animal Caretaker

**Animal Caretaker
For Hire**
livestock and domestic
animals
Elissa Eckman
541-662-1326
to discuss what is
needed

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**
Jerry Ashford
Online 24/7
lordandladylavender.com
Anytime
408-857-8782

Beauty products

Avon
Mary Helen Banks
www.youravon.com/
mhelenbanks
541-643-6317

Beauty shop

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**

Dump runs/yard help

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

Fire Equipment

**Dia-Cast Fire
Equipment**
Sales and Rentals
Don/Diane Casteel
541-643-8556

Garbage Disposal

**Camas Valley
Disposal**
Scott & Darla
Standley
Wkly. Wed. pick-up
541-445-2245

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

Boarding/consult/train
**Blue & Gold
Stock Farm**
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

Music

Parker Piano
Piano lessons for all
ages
LeAnn Parker,
instructor
541-671-3238

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

Real Estate, broker

**Berkshire Hatha-
way Homeservices
Real Estate
Professionals**
J.T. Berk
541-430-6078

Restaurant/Bakery

**Bravo Bakery &
Café**
Troy Payne
Tues.-Sun. 7:30-8
541-445-2306

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



Ninety eight percent of the adults in this country are decent, hardworking, honest Americans. It's the other lousy two percent that get all the publicity. But then, we elected them.

—Lily Tomlin

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 Mobile Food Cart 1-3 Fellowship Church lot	2 CVS Library program Community Lunch Noon Grange Bingo Fire Dept. Training 7pm	3 Booster Club @Bravo 6 pm	4  Fireworks at Football field by the Pyros!	5	6
7	8 Mobile Food Cart 1-3 Fellowship Church lot Fire Dept. Bd. Mtg. 4	9 CVS Library program Grange Bus. Mtg. 10 Fire Dept. Training 7pm	10	11 B'day dinner 5:30@ Bravo	12	13
← Free breakfast/lunch at CVS →						
14	15 Mobile Food Cart 1-3 Fellowship Church lot	16 CVS Library program Fire Dept. Training 7pm	17	18 School Bd. Mtg. 7 pm	19	20
← Free breakfast/lunch at CVS → ← Camas Valley Fun Days →						
21	22 Mobile Food Cart 1-3 Fellowship Church lot	23 CVS Library program Senior Lunch Noon Grange Bingo Fire Dept. Training 7pm	24	25	26	27
← CV Fun Days →	← Hornet Volleyball Camp →					
28	29 Mobile Food Cart 1-3 Fellowship Church lot	30 CVS Library program Fire Dept. Training 7pm	30			

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10:00 am Morning Worship 10:45 am Youth Church 11:00 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Morning Worship 10:00 am & Sunday School <u>Monday</u> Intercessory Prayer 9:00 am Youth Group 6:30 pm	<u>Sunday</u> Morning Worship 9:00 am & Children's Sunday School Fellowship 10:00 am w/ beverages and snacks

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