



THE FLAME



Volume XIV Issue VII

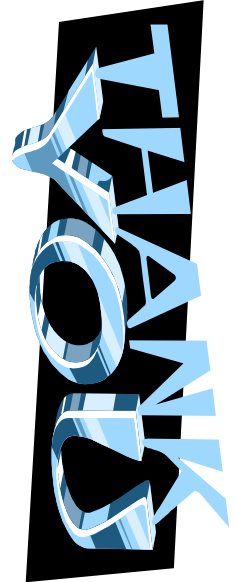
"Put out" by the Camas Valley Fire Department Auxiliary

August 2014

Thank you to everyone who came out on the 4th and enjoyed the Fireworks show. We hope you all enjoyed watching it as much as we enjoyed shooting it! Many thanks to **Linda Underhill** for the beautiful quilt we raffled off. Next year we hope to have enough help to have more things going on before the show—food, games, raffles, etc. Your generous donations at the gate will help us with next year's show.

If you have not paid for your community calendar, please call **Mary Helen** at **541-643-6317** for your total due and mail your payment to **Mary Helen Banks 2761 Upper Camas Rd.** The calendar will be here by the end of August.

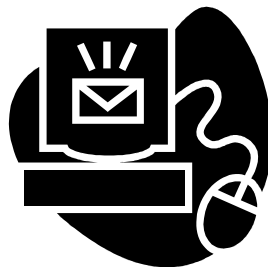
Thank you! Camas Valley Pyros



Desperately seeking faster, cheaper internet service

*Are you interested in high speed, reasonable, and reliable internet service with the best provider in Douglas County? If so, please contact **Ron Rust** at ronrust@me.com. I am currently in discussions with **Douglas FastNet**, but I can't have just numbers and maybe's. I need:*

1. names,
2. addresses,
3. phone numbers and
4. email



to provide them to encourage them to do a cost/build estimate. This potentially could lead to savings for Camas Valley residents. If providing this much information is a concern, just provide me the information you feel comfortable with. The more firm interest we show in a possible fiber optic internet system in the valley, the more likely they are to look at the profit ratio. Couldn't we all be better connected?

Joy's Gift Shop at the Bravo

Do you have a craft or artwork that you would like to market? **Joy's Gift Shop** at the Bravo Cafe is open **10-3 Thursday, Friday, and Saturday** and would like to showcase work created by Camas Valley people. We have many talented and gifted people here in the valley.

If you have something you would like to consign, please contact **Sharri Payne** at **541-430-2449** or **541-445-2040**.

Attack of the Zucchini

Yes, that season is fast approaching when monstrous green squash overwhelm us. Put that bounty to good use rather than dropping them off in unlocked cars at church. Fresh fruits and vegetables donated to

Winston-Dillard Food Pantry

are a big help towards helping hungry neighbors.

Call Betty at 541-445-2855 when your garden or orchard is producing more than you can handle. Thanks!

August Grange Happenings

- ♦ **Tues. Aug. 5th** Ladies' Luncheon at **noon** with bingo after.
- ♦ **Tues. Aug. 12th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Aug. 26th** Senior Luncheon at **noon** with bingo afterwards for the Scholarship fund for students of Camas Valley High School.



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.

Thank You For Your Support

We received donations from

**Jerry Ashford
(Lord and Lady Lavender)**

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 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

Camas Valley School Reunion

Get out the old yearbook to refresh your memories! It is time to gather with former classmates and swap tales. Be at the **Stewart Park Pavilion**

August 9th

for a

Pot Luck Feast.

Set up at 9 AM.

Eat at NOON.

Clean up/be out by 5 PM.

Water, coffee, table service will be furnished. Any questions: call Maybelle Cummings
541-445-2124.

Attention Camas Valley School Alumni!

We are in the process of scanning all of the **Camagon** yearbooks from the very first in 1937. Some volumes are missing with no way of determining if a yearbook was produced those years or if a copy is out there somewhere. Some have been vandalized over the years. We're asking anybody who has one of the copies to contact us so we may scan it for our records.

The missing or damaged years are:
1948—1950, 1955,
1957, 1961, 1971—
1976, 1978- 1984.

If you have one of these copies or know for sure that

there was no yearbook produced for that year contact **Michelle Mickelson** 541-817-3621 or at camagoneyarbook@gmail.com
Thank 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

Oh, nuts!

By Ketti Walker, RN

Nuts are nature's way of showing us that good things come in small packages. These bite-size nutritional powerhouses are packed with heart-healthy fats, proteins, vitamins and minerals. All nuts are about equal in terms of calories per ounce, and in moderation, are all healthy additions to any diet. They are a mix of omega-3 fatty acids, protein, and fiber will help you feel full and suppress your appetite.

The lowest-calorie nuts at 160 per ounce are almonds, cashews, and pistachios. Avoid nuts packaged or roasted in oil, instead, eat them raw or dry roasted. Macadamia nuts, and pecans are the worst nuts for your diet. However, they're still good nuts. The difference between these and the lowest-calorie nuts is only about 40 calories an ounce. As long as you're practicing proper portion control and not downing handfuls at a time, any kind or raw, plain nut will give you a good dose of healthy fats and nutrients.

Interesting facts and suggestions:

Best nuts for your heart: Walnuts

Best nuts for your brain: Peanuts

Best nuts for men: Brazil Nuts, Pecans

Best nuts for disease prevention: Almonds

Best snack packaging for nuts: Choose 100 to 200 calorie packs

Worst snack packaging for nuts: Avoid anything in a tub

Best nuts for chocolate lovers: Go for cocoa-dusted almonds

Best nuts for your sweet tooth: Try all natural glazed nuts

Worst nuts for your sweet tooth: Check labels for sugar content
Best nuts for a salt craving: Look for "lightly salted"

Worst nuts for a salt craving:
Steer clear of BBQ or boiled nuts
Best trail mix: Raw nuts, seeds, and dried fruit

Worst trail mix:
Save high-calorie mixes for the trail. High-calorie trail mix is fine when you've got a long hike ahead of you, but too often we eat these store-bought blends while sitting at our desks or driving in our cars.
Best nut butter: Keep ingredients simple, look for spreads with the fewest in-

gredients possible.

Worst nut butter: Skip added oils and sugars

Best way to eat nuts: Pair them with a healthy carb

Best nuts overall: a mixed bag.

Here is a reminder, Nuts are high in fat and calories so while a handful can hold you over until dinner a few more handfuls can ruin your appetite altogether. And although nuts are a healthy choice by themselves, they'll quickly become detrimental to any diet when paired with sugary or salty toppings or mixes.

Enjoy the crunch!





Superintendent's Message

As I look ahead to the coming school year, I am excited at the great things I see happening in our school. One of the strongest indicators of our success is that we expect to have an enrollment of over 210 students at the start of school. We are turning away almost two dozen students from outside our district who want to be a part of our small school experience. We should feel honored that so many families from outside our district want their students to be a part of our school. We are sad to turn so many away, but our population caps are being met, and we are committed to keeping our class sizes small.

Fall always comes with a whirlwind of activities, so I'll share some of the key events we know about right now. Put these on your calendar and help us get off to a great start.

- Student registration is from **August 11th-August 14th** from 8:00-4:00.
- For student athletes, fall sports practice can officially begin on **August 18th**. There may be camps available before that, so check with your coaches for all the details about getting ready for another successful sports season.
- **August 27th** will be our annual open house meet and greet. We'll likely follow a similar format to the past few years. Keep that evening free and we'll send out more details on the times as we have them.
- **September 2nd** is the first day of school. We look forward to seeing the kids.

Before you know it we will be off and running in a new school year. I look forward to working with students, parents, and the community to help make this another fantastic year to be a proud Hornet!!

Patrick Lee
Superintendent/Principal



**Registration for all students will be held at the school
August 11-14, 8 am-4 pm.**

Yearbook Signing Party!

When: August 27
Where: School cafeteria
Time: 6-8 pm

**Door prizes! Music! Food!
Find Harry the Hornet Contest!**

Students that purchased a yearbook will receive them at the signing party. If they are unable to attend, they may pick up their yearbooks from the school office after the 27th.



Vintage yearbook sale

We have a surplus of yearbooks from various years for sale for only **\$5!!!** Some yearbooks include elementary grades.

All proceeds go to the yearbook fund so we can continue to produce the **Camagon**. Surplus years are: **1977, 1991, 1997, 2000--2003, 2006--2008.**

Part-time Title 1 Classroom Aide Position

Camas Valley School currently has an opening for a **part-time title 1 classroom aide position** available for the upcoming 2014-15 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.



Part-time Custodial Position



Camas Valley School has a part-time custodial position opening. The position is a 24 hour week position Sunday-Thursday. High school diploma or GED is required. The position is open until filled. Please submit a letter of interest outlining experience and a District non-licensed application to the district office. This position may be combined with other job openings. For more information contact Camas Valley School at 445-2131. EOE

For Your Information

Landowners United requested space in **The Flame** to provide a series of articles on the proposed LNG pipeline. The opinions expressed are of **Landowners United**, which is solely responsible for any information provided within this article.

Douglas County landowners are appealing to the Oregon Land Use Board of Appeals (case # 2014-49) and are confident of a favorable ruling. The appeal concerns among other points, the decision of the Douglas Co. Planning Commission to amend the Conditional Use Permit (CUP) for the 7.35 miles of the Coastal Zone Management Area (CZMA) affected by the pipeline from import only to allowing the export of gas. The Douglas County Record is being reviewed for completeness and seems to be missing a large portion of the documents that should be there. A final LUBA filing is expected in late August.

Marten Law, on behalf of Williams, will be responding for Douglas County, which suggests they are going to fight the appeal, rather than try to begin the process over with a new CUP application. If the appeal is upheld, FERC's EIS can't trump a local CZMA decision. The Douglas Co. appeal is several weeks behind a Coos County LUBA appeal by Citizens Against LNG who have similar issues, with a final hearing scheduled for July 16th. We wish Jody McCaffree and her supporters all the luck in the world.

Dave Hunnicut of Oregonians In Action talked to a group of land owners about a legislative effort to help protect land owners who are facing eminent domain. There is support for such a bill in Salem for the next winter session. Several of us attended a meeting of the Senate Interim Committee on General Government, Consumer and Small Business Protection. Testimony was given and several questions were brought up by the committee members. Over all we came away from the meeting very encouraged. Obviously the pipeline companies will fight this legislation tooth and nail.

Check out the Facebook page **Pipeline Awareness Southern Oregon**. Thank you Stacey McLaughlin for getting a web based information outlet started. Another source of information is at Mgx.com.

Weed-Be-Gone Recipe from Pat Roberts

1 gallon vinegar
2 cups Epson salt
1/4 cup Dawn dish soap (the original blue)

It will kill anything you spray it on. Just mix and spray in the morning after the dew has evaporated. Walk away. Go back after dinner and weeds are all gone! Cheaper than anything you can buy anywhere. Never buy Round-Up again!

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.
541-445-2867

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

Bookkeeping

Rose Mary's Bookkeeping

Rose Mary Cooper
Call for appt.
541-784-8788
rosemcooper
@gmail.com

Christmas trees, U-cut / 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

Honey bees, hive remov- al, classes on honey bees

Phill the Bee Guy

Phill Moulton
phillthebeeguy
@gmail.com
503-349-8463

Horse blankets, mainte- nance

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

Norma's House Cleaning

Norma Luster
M-W 8-5
Call for ref./prices
**541-551-1233
541-551-0852**

Jewelry, decorative/ therapeutic

Mommy & Me Jewelry

Janna Vanderhoof
M-F, 9-5 or 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

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

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 Const.

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

*Deep summer is
when laziness finds
respectability.*
~Sam Keen

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Grange Ladies Lunch Noon / Bingo	6 Fire Dept. Training 7pm	7	8	9 Camas Valley School Reunion Stewart Park 9-5
10	11 Fire Dept. Bd. Mtg. 6pm	12 Grange Bus. Mtg. 10 am @Grange	13 Fire Dept. Training 7pm	14	15	16
← Student registration 8-4 →						
17	18 Daily doubles begin	19	20 Fire Dept. Training 7pm	21	22	23
24	25 Flame Deadline 5pm	26 Grange Senior Lunch 12 w/ Bingo	27 Yearbook signing party 6-8 pm School open house TBA Fire Dept. Training 7pm	28	29	30
31	Teachers return					