



THE FLAME



Volume XIV Issue IX

"Put out" by the Camas Valley Fire Department Auxiliary

October 2014

Fire prevention week starts Oct. 5th

This year's Fire Prevention week is putting the spotlight on smoke alarms. Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

The National Fire Protection Association recommends these safety tips:

- ♦ Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- ♦ It is best to use interconnected smoke alarms. When one smoke alarm sounds they all sound.
- ♦ Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- ♦ There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- ♦ A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet from the stove.
- ♦ People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- ♦ Replace all smoke alarms when they are 10 years old.

4x4 Drags

October 11th is the last opportunity this season to strut your 4x4 drag abilities at the **Camas Valley Fun Days**. The rains will keep the dust down, the better to see your awesomeness! So bring your pit crew (aka your family) and have a final fling of the year to top off your season!

Remember proceeds go to the **Fire Dept. Building Fund**.



Thank you to our volunteer firefighters for all the time, effort and training you put into keeping our community safe.

Welcome to Fall weather!

After a hot, dry summer, the first cool days of fall are a welcome break. It is easier to concentrate on those inside tasks when rain is pattering outside the window. But like the wood stoves we crank up to take off the morning chill, our bodies need a load of fuel to get the day started. Remember to donate canned goods to the food barrel down at the Post Office. Oatmeal and canned fruit make a great morning starter!

Questions? **Call Betty at 541-445-2855.**

Thank You For Your Support

We received donations from
(information not available at this time)
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.**

September Grange Schedule

- ♦ **Tues. Oct. 7th** Ladies' Luncheon at **noon** with bingo after.
- ♦ **Tues. Oct. 14th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Oct. 28th** 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.

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

Planned overnight hospital visit checklist

By Ketti Walker, RN

Planning for a hospital stay can lead to better care and a faster recovery. In fact, your involvement is critical. That's because you, or a designate friend or family member, are often the best defense against drug mix-ups, hospital-acquired infections, surgical mistakes, and other errors of adverse events. Those errors affect one in four hospitalized patients, according to recent estimates. The best advice I can give is to be your own advocate, or/and have your friend or family member be your advocate.

Check out your hospital before you are admitted. One important piece of information you want to get is the hospital rating for infection rates. One in 20 hospital patients develop hospital-acquired infections, according to the U.S. Centers for Disease Control and Prevention.

Schedule an appointment with your doctor as far in advance of your hospital admission as possible to talk about the drugs and supplements you should start or stop, the dietary changes you should make, and the pre-admission tests you need.

Review with your doctor all of the prescription and over-the-counter drugs you take, as well as the vitamins, minerals, herbs, and other dietary supplements. Bring multiple copies of the list with you to the hospital so doctors and pharmacists can check for any interac-

tions or duplicates with medication you start taking while there.

Non-emergency procedures slated for Mondays are sometimes delayed or bumped because of spillover from emergency cases during the weekend. Ask if you can have your surgery on a Tuesday, Wednesday, or Thursday morning. That way staffing will be at full capacity during your immediate post-operative hours, when you'll need the most care.

Your personal advocate should go to the hospital with you from start to finish

to be in touch with the hospital staff and medical team. They can assert your needs and preferences, ask questions, record the answers, retain copies of key medical documents, and advocate for you if problems arise. This should be done every time you go for a procedure, including doctor visits.

You need to have a living will and choose a health-care proxy. A living will states your preferences for medical intervention if you become incapacitated, enter a coma, or develop a life-threatening condition. Make sure your doctor and the hospital have a copy of the will. Also appoint a health-care proxy, someone you designate to make medical decisions for you if you become incapacitated or a decision is needed while you're unconscious.

VISIT continued on pg. 4



Here are a few other suggestions to do before going to the hospital for a stay:

- ♦ Bank your blood
- ♦ Quit smoking, even temporarily
- ♦ Pack a bag. Don't include valuables.
- ♦ Consider being screened for MRSA (methicillin-resistant *Staphylococcus aureus*).



OK now you are ready to check in, so remember these steps:

- ♦ Hand over your drug list
- ♦ Introduce your hospital advocate to someone in authority. Make sure they have his or her name, home and cell-phone numbers, and e-mail address
- ♦ Find out who is in charge such as the hospitalist.
- ♦ Check your wristband

During your stay be polite, but be alert. Hospital staff members aren't out to hurt you but mistakes happen, especially when things are busy or chaotic. You/or your advocate need to monitor your meds. Know the names, times, and amount of all your drugs. You need to guard against infections. You can see if staff remember to wash their hands before attending to you.

Address the issues if they come up or you have a concern. Get pain relief; it helps your body to heal. Get moving to prevent bedsores and blood clots. Stay warm. Stay alert. If you sense that something isn't right, trust your instincts and speak up.

Discharge from the hospital can be overwhelming. See a discharge planner. Have your advocate with you. Ask for a clear written statement of what you should do when you get home. Get a discharge list of medications. Schedule an appointment with your doctor. The ones of us that live out in Camas Valley need to make sure that the discharge planner and the doctor knows how far away from medical care you are. Sometimes it is wise and necessary to stay overnight at a local motel close to the hospital for the first night out. Most hospitals have arrangements with a motel for that purpose.

Stay healthy and smile ...



Another helpful hint from Pat Roberts

Eliminate ground squirrels with Juicy Fruit gum. Roll a stick of gum and place it where you have seen squirrels. They will eat it and soon there are no more ground squirrels.





Superintendent's Message

Attendance Matters!

Your child's attendance is one of the strongest indicators for future success in school and work. Students who have strong regular attendance are much more likely to perform at or above grade level than students who are chronically absent. Learning and practicing the importance of good attendance has also been shown to help students graduate into college or careers with a solid work ethic. So what does it mean to have good attendance? Does your child have good attendance, or are they defined as being chronically absent?

A child is described as having chronic absence when they miss 10 percent or more of the school year. For our district, that means if your student misses 14 days or more throughout the school year, they are considered a student with chronic absence. Studies are showing that students in Kindergarten through 3rd grade who have chronic absence each year are likely to fall one full year behind on basic reading skills by the time they finish 3rd grade, and they will likely struggle to catch up in later years. High school students with chronic absence are at much greater risk of becoming drop outs. Even students with irregular attendance, those missing 8-14 days, are at a greater risk of falling behind or dropping out.

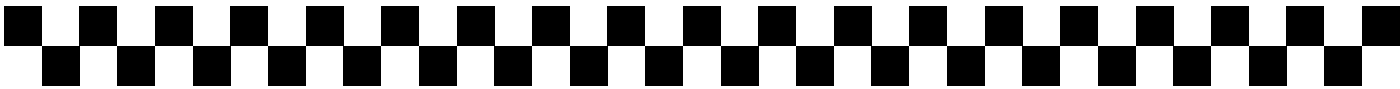
Setting up good attendance habits early in the school year and when your child is in the elementary school goes a long way towards making good attendance a habit. At Camas Valley School, we want every child to have the best possible chance of being successful. Please help us give your child a great education by encouraging good attendance habits.

Patrick Lee
Superintendent/Principal



P.S.

The homecoming parade is on October 2nd and begins at 5:30 and the bonfire will take place around dusk the same day. Anyone wanting to put a car, horse, or something of interest in the parade should contact me at the school **ASAP.** 541-445-2131



Preparing Oregon Students For Life After High School



Oregon is committed to providing a quality K-12 education for all students, regardless of where they live or which school they attend. That's why our public schools are working hard to implement college and career-ready standards, known as Common Core, which are clear expectations for what every child should know and be able to do at each grade level. Now, we are using new tests aligned to our higher standards that will measure the real-world skills our students need to be successful in the 21st Century.

Teachers helped develop the test.

Thousands of K-12 teachers from around the country worked together to develop the tests. To date, more than 250 Oregon teachers have been involved in developing the new tests, known as the Smarter Balanced assessments.

SMARTER BALANCED is a better test.

Smarter Balanced Assessments are different from Oregon's previous tests in several ways:

1. **The tests will challenge students** to think critically and apply their knowledge and skills to real-world problems.
2. **The test questions go beyond multiple-choice** and allow students to explain their answers, interact with texts, and build equations.
3. **The test results will provide teachers and parents with more accurate and meaningful information** about what students are learning and where they need additional support on their path to college and career readiness.

The tests have been tested. 21 states and over 4.2 million students field tested the new assessments last spring. This practice run helped ensure the accuracy and fairness of Smarter test questions for all students. In Oregon, over 24,000 students participated in the field test.

QUICK FACTS

Students will take Smarter Balanced English and Math tests **once at the end of the school year** in grades 3-8 and high school. The tests were designed so that all students, **regardless of disability or primary language**, will have the supports they need to demonstrate what they know and can do. Administered online, **the tests adjust to each student's ability** by using the difficulty of future questions on previous answers.

Including Oregon, 20 states and the US Virgin Islands are using Smarter Balanced Tests to measure their student's progress Toward college and career-readiness.

Calling All CVHS Alumni

Are you an
alumnus of
Camas Valley
School and a
college gradu-
ate? If so, in
support of **Gear**



**-Up and College Applica-
tion Week** Camas Valley School is
requesting a copy of your picture, the
year you graduated from high school,
what college you attended and the de-
gree you earned in order to create a
bulletin board honoring our past gradu-
ates and their success. You can sub-
mit your information to:

Camas Valley School
P.O. Box 57
Camas Valley, OR 97416

or if you prefer to send the information
electronically you can email it to

Jeanine.dever@camasvalley.k12.or.us

Thank you for your support.

OPPORTUNITIES

School Board Vacancy

The Camas Valley School District is seeking interested applicants to fill a vacancy on the School Board. Applicants for the position must be qualified voters of the District and have been residents within the District for one year immediately preceding the appointment. No person who is an employee of the District is eligible to serve as a district board member while employed.

To apply for the position contact the district office at **445-2131**, write to:

Board Vacancy
Camas Valley School District
PO Box 57
Camas Valley, OR 97416

or visit us during working hours.



Charter Council Vacancy

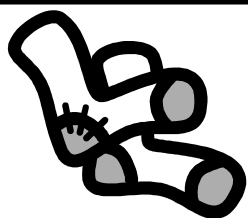
Camas Valley Community Charter Board has a vacancy due to member term completion. The current vacancy will be filled by a candidate chosen by the School Board/Charter Council to serve a two (2) year term. If you are interested in serving on the Charter Council please submit a letter of interest. If you have any questions, please contact the office at 541-445-2131.

We want YOU for S.M.A.R.T.



Camas Valley Community Charter School is thriving with a healthy population of students, but more students means more needs to be met. The **S.M.A.R.T.** reading program needs more readers to mentor the anticipated 40-45 k-3 students. It only requires 1 hour/week on Thursdays and makes a big impact on the little ones. And to be honest, it makes a big impact on the volunteers, or they wouldn't keep coming back for more.

Want to be a hero in someone's eyes? Contact **Betty** at **541-445-2855** or **Juanita** at **541-445-2444**.



Douglas County Socktober

Socktober is a nationwide humanitarian sock collection event where people donate socks to others in need. I am inviting all Douglas County High Schools to team up for this event for the entire month of October. Socktober is an easy way for high school students to make a huge difference in our community. I am very hopeful that you will want your students to participate in this countywide event. A collection box and flyers have been dropped off at your school, so your preparation for this event is minimal. All you need to do is post the flyers around your school and promote it through appropriate school channels. Perhaps your school leadership class or student

CAMAS VALLEY BOOSTERS CLUB



The Booster Club is inviting willing people of the community of Camas Valley to come and join our Team.

The mission of the Booster club is to provide supplemental financial and volunteer support for all Camas Valley District activities. The Booster Club consists of a group of parents, volunteers, and administrators who by working together wish to encourage good sportsmanship, school spirit and a positive connection between all students K-12, faculty and staff, parents and the community.

The next meeting will on October 15th at 6:00pm at Bravo Bakery & Café.

Contact Amy Ewing 541-733-8912 or Gina Tilton 541-530-7989 with any questions.

government leaders would be able to head up this event at your school.

I will be picking up the collection boxes in the first couple of weeks of November. All socks will then be donated to UCAN and the Dream Center. Anyone will be able to follow us on our Facebook page at Douglas County Socktober. Please join us in this countywide event.

If you have any questions, please email me at **coopertharp@gmail.com**.

Thank you,
Cooper Tharp
Sutherlin High School Senior

Homecoming Week Schedule

Thursday Oct. 2nd

5:30—Parade

Please contact Mr. Lee ASAP if you want to put a float, vehicle, or animal in the parade.

Bonfire at dusk.

Friday, Oct. 3rd

Homecoming volleyball game

Saturday Oct. 4th

1:00 Homecoming football game



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

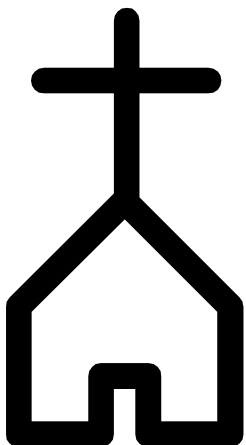
Mail form to: **Judith Wickham**
150 Buck Springs Rd.
Camas Valley, OR 97416

Or email information to :
jwickham52@gmail.com

Camas Valley Christian Fellowship open invitation

The congregation of CVCF invites all to come to its services and activities. All 8 CELL Groups will begin Wednesday, October 1st. On the 3rd Wednesday of each month they will be meeting at CVCF for an evening service beginning at 6:00 P.M. as Travis continues teaching through Genesis. Everyone is welcome to attend any of these activities, whether it be Wednesday Night Service at Camas

Valley Christian Fellowship, or the various C.E.L.L. Groups/Home Fellowships located around Douglas County. There will be 3 C.E.L.L. Groups right here in Camas Valley. For additional information call the church office at 541-430-1913.



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,
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

Gifts

Joy's Gift Shop

Sharri Payne
Thur.-Sat., 10-3
541-430-2449

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

The harvest moon hangs round and high
 It dodges clouds high in the sky,
 The stars wink down their love and mirth
 The Autumn season is giving birth.
 Oh, it must be October...
 ~Pearl N. Sorrels

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 MSFB Home Canyonville 4:30 Fire Dept. Training 7pm	2	3 No School HSVB Home Glendale JV/V 5:30	4 HSVB @ Myrtle Pt. JV Tourney TBD HSFB Home Days Creek 1:00
5	6 MSVB @ Riddle 4:30	7 Grange Ladies Lunch Noon / Bingo HSVB Home Pacific (V) 5:30 MSFB @ N. Douglas 4:30	8 HS Cross Country Meet Grants Pass Fire Dept. Training 7pm	9 MSVB@ Days Creek 4 HSVB @ Days Creek 5 (JV/V) K-2 field trip Home Depot 9:15-3	10 No School MSVB LFL Playoffs TBD	11 HSVB @ Douglas Tour- ney TBD HSFB Home Butte Falls 1
12	13 Fire Dept. Bd. Mtg. 6pm	14 Grange Bus. Mtg. 10 am @Grange HSVB Home New Hope 5 MSFB@ Glendale 4:30 XCntry meet Central Point	15 Fire Dept. Training 7pm	16 School Bd. Meeting 7	17 No School HSVB @ UVC (V) 6 HSFB @ Elkton 3	18
19	20 HSVB Divi- sion playoff Begins TBD	21	22 MSFB Home Glide 3:30 Fire Dept. Training 7pm	23	24 No School HSFB Home Powers 2:30	25 Flame Deadline 5pm XCcountry meet TBA District 4 Championship
26	27	28 Grange Senior Lunch 12 w/ Bingo	29 Fire Dept. Training 7pm	30 End of Quarter 1	31 No School Grading Day HSFB District Cross Over Game TBA	