



THE FLAME



Volume XII Issue IX

"Put out" by the Camas Valley Fire Department Auxiliary

October 2012



This is a **Birthday Calendar reminder**. If you:

- ⇒ haven't gotten your calendar,
- ⇒ haven't paid for your calendar, or
- ⇒ have gotten your calendar and would like an extra

PLEASE call me. I still have some and would love to have this job finished.

Thanks for the support. Remember the money goes for the 4th of July fire works show. Call me at **541-643-6317**.

Thanks!
Mary Helen

***It's dry out!
Be careful
where you park.***

THANKS TO FUN DAYS VOLUNTEERS

Thanks again to all the volunteers who gave up their weekends and were available to work the gate at this year's Fun Days. We surely couldn't do it without your help.

I'll be looking forward to seeing you all again next year along with maybe some new faces to help out. Remember, without your help these events, which raise money for our new fire house, wouldn't be possible. You are all a very important part of this fund-raising and did a great job. So keep up the good work!

Call Vonnie at 445-2355 if you would like to help out and volunteer with the CVRFD Auxiliary. (Next event will be the Appreciation Dinner on Dec. 1st.)

Vonnie Wallace, CVRFD Auxiliary

SMART HUNTERS MAKE GOOD NEIGHBORS

Hunting season is upon us. Most seasonal hunters are careful what they are aiming at and make sure of their targets. If a person hasn't had the hunters' safety course then do yourself and your community a favor to take the time and learn about safe handling of a weapon.

It doesn't matter what type of weapon you are carrying-rifle, shotgun, or handgun. Learn before you go out. It could save a domestic animal and the owner a lot of pain and veterinary expense. It also could save a person or child from getting shot. There are too many residences in the area to be careless. Also, if a place is posted with no hunting signs, respect those signs and the land-owners property.

Have a safe hunting season!



Veterans Day: A time to remember

There will be a **Veterans Memorial Potluck** at the Grange on **Nov. 11**. Doors open at **1 pm**, meal at **2**. Bring military pictures of veterans, living or deceased, to display. There will be live entertainment. The school is assisting, so this should be great!

Roseburg, Winston, Tenmile, and Dillard have all been very supportive with gifts. If you have games/puzzles/books you would like to donate for gift baskets for veterans, or have a talent for canning/baking/sewing/crafts/etc. and would like to contribute, call **Pat Roberts** at **541-680-2672**.

Email for an out-of-valley experience!

Want to keep the college student informed about happenings in Camas Valley?
Or know former residents that like to keep up?

Send their name and email address to Judith at
jwickham52@gmail.com
and an electronic copy will be sent to them each month.

Or call
541-733-6940 and leave
your name and number
so Judith can call you
back for info.

Please feed the food barrel!
**Feeding hours: every day
until 8 pm.**



Thank You For Your Support

We received
a donation this month from

Pat Roberts

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.

Articles may be submitted by the
25th of the month to one of the following:

Jan Baker at 445-2443
Judith Wickham at 733-6940
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley

We have all heard of this virus by now, but do you know what it is and how you can prevent the spread of the virus? Here is information the CDC fact sheet has to share.

The **West Nile virus (WNV)** is a potentially serious illness that experts believe is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all. People over 50 are at higher risk to get severe illness.

THE EASIEST AND BEST WAY TO AVOID WNV IS TO PREVENT MOSQUITO BITES.

- When you are outdoors, use insect repellent containing an EPA registered active ingredient. Follow the directions on the package. *Being outside means you're at risk.*
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and door to keep mosquitoes out.

Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in swings so water drains out. Keep children's

wading pools empty and on their sides when they aren't being used.

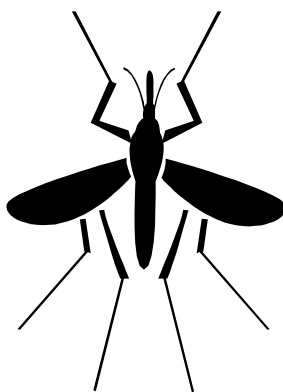
WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. These mosquitoes can then spread WNV to humans and other animals when they bite. WNV is not spread through casual contact such as touching or kissing a person with the virus.

There is no specific treatment for WNV infection. In milder cases, people experience symptoms such as fever and aches that pass on their own, although even healthy people have become sick

for several weeks. Milder WNV illness improves on its own and people do not necessarily need to seek medical attention for this infection though they may choose to do so.

If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization where patients can receive supportive treatment including IV fluids, help with breathing and nursing care. *Risk through medical procedures is VERY low.* Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

CDC is working with state and local health departments and other government agencies, as well as private industry, to prepare for and prevent new cases of WNV.



Veterans Memorial Potluck

This event is to honor all Veterans and
will be held on November 11, 2012.

Show starts at 2:00 pm in the
Camas Valley Grange #521
332 South Camas Rd.

Please bring military photo to be displayed

Doors open at 1:00, Entertainment and Gifts,
Music from mid 1900's to modern times.

Any questions, call Pat Roberts #(541) 630-2672



Stone Soup

September will finish off the season for Stone Soup, but Stone Soup will have one dinner before Thanksgiving in November and another in December. These meals will be located in the Grange hall. We are seeking donations for these last two meals of the year. Please call **Mike Cay (1-541-207-7282)** if you would like to donate to these meals.

I would like to thank everyone who sat down for dinner with me and many others. Thanks to all the food donations, soup, salad, drinks, dessert, fruit and the off-the-cuff entertainment.
—Mike

Grange Dates for October



- ♦ **Wed. Oct. 3rd** Noon
Ladies' Luncheon, with bingo afterwards.
- ♦ **Wed. Oct. 10th** 10 AM
General planning meeting.
- ♦ **Wed. Oct. 24th** Noon
Senior Luncheon with bingo afterwards. Proceeds to go the CV scholarship fund.

Hope to see all of you there.



Junior and senior students and their parents are invited to a **"College Night"** at **Roseburg High School**. On this evening there will be a Power Point presentation for about 45 minutes covering general college information.

Representatives from the Oregon University System (OUS) and UCC will introduce themselves and say a brief comment about their campuses. At the conclusion of the presentation the college reps will be available outside the theater in a fair format for visiting with parents and students.

College Night at Roseburg High School
Thursday, October 11th @ 6 PM
Rose Theater

This is **NOT** the College Fair. The **College Fair** will be on **Monday, October 15th**. Interested Juniors and Seniors should let Ms. Roque know they would like to attend.



Music Notes

We are now getting a start on our annual **Christmas program**. The day of the show is **Wed. Dec. 19 at 7:00 p.m.** This is our first year without any of the students that we started with so many short years ago. We will miss them. However we have a good new crop of future musicians to work with and it promises to be a fun year.

We would like to thank our community for the generous support they have always given. As a result, we are pretty well equipped for the coming year and look forward to seeing you all at the show.

Beth and Jerry

Attention Camas Valley Class of 2012!!

Mr. Taylor used footage that he and a video production student shot to piece together a DVD of your 2012 graduation. These DVD's are available as a gift to you at the school. Please see Mr. Lee to get yours. There is only one DVD per student.



The Pursuit of Athletic Scholarships

As our athletes take to the field and courts for the Fall season, many are also thinking ahead to playing at the next level. A main factor in where athletes end up is scholarships they receive. The following outline for the Pursuit of Scholarships is one that may help students and their families as they begin the quest to become college athletes.



- I. Good grades are critical
- I. Start early
- II. Develop a highlight film
- III. Attend sport camp
- IV. Utilize offseason training

- V. Develop a sports resume

- I. Develop list of schools
- II. Contact coaches
- III. Keep track of all responses

- I. Be aware of NCAA requirements for players /coaches
- I. Be willing to explore colleges across the nation
- II. Remember, this will be a costly adventure

This outline appeared in the Mail Tribune and offers additional information about the scholarship process. If you are interested in reading more, please contact the school office.

Booster Club Needs YOU!



Contact
Jodi Peck if you have any questions.
541-733-5278

Member Sought for Council

CHARTER COUNCIL is still seeking a community member for an unfilled position. If you are new to CVCCS, or have children that will be in school for many years to come—you are a needed voice on Charter Council. Active involvement in school improvement by community members is necessary for CVCCS to become a stronger school that offers high quality education to all students, no matter what their plans are for after high school.

Please consider joining the Council and help CVCCS continue to grow and develop. For more information, please contact the school at **541.445.2131**. The next Charter Council meeting is scheduled for **Wednesday, October 3 at 5:00 pm** in the Community Resource Center/Library.



Do you P.A.S.S.?

P.A.S.S. stands for **Parental Access Support System**, a program designed to allow students and their families to see how well the student is doing in their classes. Teachers are expected to update student grades every Monday morning and these grades can be accessed through the internet using an individualized code received from Ms. Dever in the school office.

If you have not used this system and would like to learn more about how it works, please contact the school so we can set up a time to show you how easy it is to monitor your child's academic progress on a regular basis. If you do not have internet access at your house, the Community Resource Center/School Library has computers that you can use to access the P.A.S.S. program.



PBiS is an incentive program designed to recognize students exhibiting positive behavior. Each quarter students who have:

1. been responsible (passing all their classes),
2. been respectful and safe (have no more than 2 minor referrals and no major referrals) are recognized.

In the past 2 years, these students have enjoyed ice cream/popsicle treats, bowling and movie trips, and an end of the year day at the coast. Quarterly "Caught Ya" raffles are held and selected students receive t-shirts, candy, gift certificates, candy and other available items.

The PBiS committee is currently in the process of setting up a "Caught Ya" market where students can redeem their received Caught Ya tickets for items such as special pencils, erasers, and other items of interest.

If you would like to support this program by donating prizes or financial assistance it would be greatly appreciated. Please contact the school office or Mr. Lee for more information.

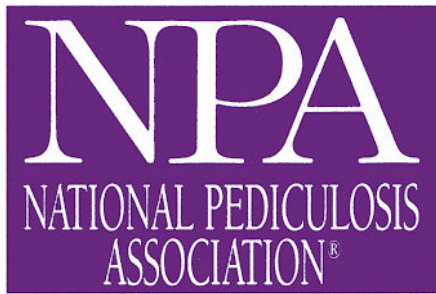
It was one of those fine October days *by Richard Greene*

It was one of those fine October days
free from summer's heat and haze
but not yet gripped by autumn chill.

It was one of those fine October days
when the sky's so clear
you can see the moon
through the atmosphere
at midday.

It was one of those fine October days
when the trees sport yellow and red
instead of everyday summer green.

It was one of those fine October days
when one draws a deep breath
and is grateful
to be resident on Earth.



Frequently asked questions about head lice

Submitted by CVCC School for publication in the Flame

What product should I use to treat my child?

There are no over-the-counter or prescription treatments to kill lice that are totally safe and scientifically proven to be 100% effective against head lice and nits. These treatments are potentially harmful pesticides and reliance on them promotes repeated use and contributes to ongoing infestations, outbreaks and resistant strains of head lice.

Various “natural” remedies are vigorously marketed on the Internet but we have found no scientific basis for their claims of efficacy and human safety.

Manual removal of the live lice and nits is the safe alternative and a necessary component of any head lice treatment regimen. The NPA recommends the Lice-Meister® Comb to enable families to screen often, detect head lice early and thoroughly remove lice and nits.

Are lice shampoos potentially hazardous?

Although the FDA requires testing for safety before they give their approval to any product, individuals have unique vulnerabilities that must be considered before any treatment. The NPA warns against the use of any chemicals designed to kill or destroy head lice in any individuals who have a pre-existing illness. This would include, but not be limited to, those with asthma, epilepsy, brain tumors, cancer or AIDS. Those on medication, or who have been previously treated for head lice, as well as pregnant and nursing mothers may be more vulnerable to side effects and should avoid chemical lice treatments for use on themselves or applying them to others.

What chemicals are used in head lice treatments?

Head lice pesticide products contain both “active” and “inert” ingredients. An active ingredient is one that prevents, destroys or repels a pest. An inert ingredient is any ingredient in the product that is not intended to affect a target pest. For example, isopropyl alcohol may be an active ingredient in some products; however, in other products, it is used as a solvent and considered an inert ingredient. Solvents are materials in which pesticides are dissolved or absorbed (sometimes called carriers or vehicles). They are selected by manufacturers to achieve stability of the active ingredients, promote convenience, ease of handling and application and provide maximum killing power. Exposure to such inerts or solvents can result in significant toxic effects that, in many cases, exceed the toxicity of the active pesticide ingredients.

While the potential risks of active ingredients are accepted, the inert ingredients cannot be overlooked. Many consumers are misled by the term “inert”, believing it to mean harmless. It should never be assumed that inert ingredients are non-toxic. The concern over inert ingredients and solvents apply to all treatment products.

What about alternative and natural products?

Non-toxic remedies are obviously a preferred choice over pesticides whenever possible. However, this does not mean that everything touted as “natural” is across-the-board safe. Many who try “alternatives” have already had failure with readily available pediculicides from the local drug stores. If there is success with such alternatives, we suspect that it may have to do with motivation and the “parent power” behind the effort - rather than any particular pediculicidal or ovicidal property.

No matter which remedy you're attempting - wrapping the hair in plastic or a shower cap and putting the children to bed is a bad idea. It is also a source of potential harm to use a wrap with any of the pesticidal treatments (whether in bed or not) as it may alter its chemistry and absorption rates. Effective screening and combing is the ultimate complement to whatever course of action an individual selects. It is impossible to obtain independent scientific data as to the effectiveness and safety on many of the different ideas being circulated about “natural” remedies. Ultimately, it will always be the “parent power” behind the effort that makes the difference.

How do you treat a home or school for lice?

Homes or schools don't get head lice – people do. Head lice are human parasites and require human blood to survive. Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals or car seats – wherever someone with head lice may have rested their head. Pesticidal sprays are unwarranted and may pose personal and environmental hazards. Vacuum and save your time and energy for what benefits you the most – thorough nit removal.

Do I have to treat everyone in the house?

Use a nit-removal comb to check everyone. Even if lice are found on an individual, careful consideration should be given before deciding to use a lice killing treatment because each person has unique health vulnerabilities. Lice treatment products are potentially hazardous to health and should not be used “just in case” a child or family member has lice or in an effort to prevent them.

Do I need to spray my furniture and bedding?

Head lice are human parasites and require human blood to survive. They are not environmental pests so pesticidal sprays for furniture and bedding are unnecessary and a serious risk to health. Vacuuming is the safest and best way to remove lice or fallen hairs with attached nits from upholstered furniture, rugs, stuffed animals and cars.

Do I have to bag stuffed animals and other items?

Experts used to suggest bagging items such as stuffed animals for a number of weeks to help bring infestations under control. Since lice cannot survive without human blood, this is unnecessary; vacuuming is a sufficient safeguard for any questionable areas or items that may be in contact with those who are infested. You can also put bed linens, stuffed animals and other items in a dryer for 30 minutes. Save your physical and emotional energies for screening and thorough lice and nit removal.

How are head lice spread?

Head lice can be spread whenever there is direct contact of the head or hair with an infested individual. Lice can also be spread through the sharing of personal articles like hats, towels, brushes, helmets, hair ties, etc. There is also a possibility of spreading head lice via a pillow, headrest or similar items. Head lice do not jump or fly and generally cannot survive longer than 24 hours off the host.

Do head lice jump?

Head lice do not have hind legs to hop or jump. They also do not have wings and cannot fly.

Can you catch head lice from cars, pillows or furniture?

If a louse comes off the head and is left behind (i.e., on a pillow or head rest), it may be possible for the louse to infest another individual who places their head in that area. Vacuuming is recommended for any areas or items that may be in contact with those who are infested.

Can you catch head lice in a pool, pond or lake?

Swimming with someone who has lice carries no greater risk of transmission than any other activity. When lice are in water, they go into a state of suspended animation but remain firmly locked onto the hair – literally hanging on for dear life. This is how they survive shampooing, rain, seawater and swimming pools. Risk of transmission will occur with the sharing of towels, piling clothing or towels, storing personal items in close proximity or direct head to head contact.

Can you catch head lice from headphones or helmets?

The extent to which head lice are transmitted to others via headphones or helmets is unknown. Ideally, risk of transmission can be eliminated by making sure children have and use their own equipment. If this is not possible, you can clean the items between children by wiping them with a damp paper towel. An additional measure would be to encourage each child to wear a baseball cap to help shield the hair from contact with the item. Helmets and headphone should never be sprayed.

Most importantly – and best for the entire community – all parents should screen their children regularly.

How can I tell if the nits are dead or alive?

Children, like adults, do not want nits in their hair – dead or alive. The time it would take to make the distinction is time far better spent removing ALL the nits. Finding 10 dead nits guarantees nothing for the 11th.

Where do head lice come from?

Head lice do not come out of the air or from the ground. They are human parasites and have probably been here since the beginning of time. Desiccated (dried up) head lice and their eggs (nits) have been found on the hair and scalps of Egyptian mummies.

Do head lice carry or transmit disease?

While many have thought head lice to be only a nuisance, recent scientific study refutes this notion. DNA technology shows head lice to be the same species as the notorious body louse which has long been associated with diseases such as typhus and relapsing fever. The potential for disease transmission via the head louse should not be underestimated.

How can you verify successful treatment?

First, one must define treatment. Someone can be treated and still be infested. The ultimate determination that someone is no longer infested can only be accomplished with a thorough manual screening to confirm the complete absence of lice and nits.

What is the life cycle of the head louse?

Head lice can survive on a human host for approximately 30 days. They generally cannot survive longer than 24 hours off the host. A female louse lays 3-5 eggs a day. The eggs hatch in 7-10 days and it takes another 7-10 day for the louse to mature and lay their own eggs.

Do pets get head lice?

Head lice cannot be “caught” from pets and cannot survive on pets. They are human parasites and require human blood for survival.

Should fluorescent light be used for lice screening?

Some health professionals recommend the use of fluorescent lighting in screening, but others have reported that it confuses the diagnosis because the light illuminates lint, hair debris and dry skin as well as the nits. Nits are visible to the naked eye in natural light. If you are unsure whether you are seeing a nit, use a magnifying glass to take a closer look. For even better results, use the LiceMeister comb to screen through the hair – it will collect even what you cannot see. Too often, nits are confused with hair debris and children are treated unnecessarily. Be sure you know the difference. The NPA's Critter Card™ has actual images on a handy reference card with instructions to help you distinguish lice and nits from hair debris.

What is the proper procedure for doing head checks?

While rubber gloves may protect the nurse, they will not prevent the communication of infectious dermatological conditions such as impetigo between the students being examined unless the gloves are changed for each exam. Such expenditure in money and time would be impractical for the majority of nurses, who screen hundreds of students at a time and there are more realistic measures available.

NPA promotes the use of disposable wooden screening sticks for each child when doing group screenings. The sticks, which separate hair strands easily, provide a hygienic approach for nurse and child alike. When there is any question or doubt as to whether a child is infested, we recommend a visit to the nurse's station for a more thorough examination aided by a nit comb. We also recommend this combing for a child who is returning to the classroom after having had his or her infestation properly managed with manual removal of lice and nits. While visual examinations can detect an infestation, it is what one is unable to see that too often results in chronic infestations where families assume they are "reinfested" but in reality have "stayed infested" because the nits remained to continue the cycle.

Are African Americans susceptible to lice infestations?

African Americans are reported to have a much lower incidence of head lice than Caucasians, Hispanics or Asian Americans. Pediatric Dermatology cites various studies that suggest the incidence among African American schoolchildren is less than half of one percent, while the incidence among their non-black schoolmates is usually more than 10 percent. Even though African Americans may be less susceptible to infestations, this should not be grounds for complacency; African Americans can, and do, get head lice.

What makes the LiceMeister comb better than others?

- Unlike other combs, the LiceMeister maintains 100% integrity after boiling
- It is the only comb with a permanently sealed handle
- Highly polished, precision spaced, stainless steel teeth are permanently locked into the sturdy plastic handle
- Smooth handle design with no jagged edges or points to snag while combing dry, wet or damp hair
- The back-to-basics approach. No gimmicks like fluorescent lights and electric shocks
- The first and only comb to meet the NPA's quality standards and receive the NPA's endorsement
- Reimbursable as an FDA approved medical device
- Fully Guaranteed
- Provides a safe and effective non-chemical treatment alternative for "kids at risk" and others choosing to avoid pesticides
- Prevents unnecessary and direct exposures to ineffective and potentially harmful pesticides.

October

Autumn is a second
spring when every leaf is
a flower.

Albert Camus

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1	2	3 Grange Ladies Lunch Noon w/ Bingo Charter Council 5 pm Fire Dept. Training 7pm	4 Transfer site	5 No School	6
7	8 Fire Dept. Bd. Mtg. 6 Columbus Day	9	10 Grange Bus. Mtg. 10 am @Grange Fire Dept. Training 7pm	11 College Night 6 pm RHS Transfer site	12 No School	13
14	15 College Fair	16	17 Fire Dept. Training 7pm	18 Transfer site	19 No School	20
21	22	23	24 Fire Dept. Training 7pm	25 Transfer site	26 No School	27
28	29	30	31 Grange Senior Lunch Noon w/ Bingo Fire Dept. Training 7pm Halloween			

Camas Valley Churches

<u>Camas Valley Missionary Church</u> <u>Sunday</u> Sunday School 9:30 am Morning Worship 10:45 am <u>Wednesday</u> Bible Study 10:00 am	<u>Camas Valley Christian Fellowship</u> <u>Sunday</u> Men's Prayer 7:30 am Morning Worship & Sunday School 10:00 am <u>Wednesday</u> Prayer service 5:30 pm Worship Generation Coffee Bar 6:30 pm Worship 7-9 pm <u>C.E.L.L. Groups</u> Bob & Shelly Powell in Camas Valley. Andy Standley, leader. Fri. at 6:30 pm. Contact info: (541) 445-2894. Ron & Ronda Rust in Camas Vly. Thurs. at 7 pm Contact info: Steve & Dianne Lounsbury (503)545-7878 or Ron & Ronda Rust (541) 445-2220.	<u>Camas Valley United Methodist</u> <u>Sunday</u> Morning Worship 9:00 am & Children's Sunday School Fellowship 10:00 am w/ beverages and snacks <u>Tuesday</u> Bible Study 2:00 pm
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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

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