



THE FLAME



Volume XVI Issue IX

"Put out" by the Camas Valley Fire Department Auxiliary

October 2016

Last Call...

October 8th is the last chance for glory on the drag track for the 2016 season. Put all those hard-learned lessons from earlier this summer to good use and fine tune your machine and technique for a grand finale! Morning drags are slated for Saturday, October 8th. **Gates open at 7:30 am.** Don't let it happen without you!

As always, this is a family event put on by **Camas Valley Mud Dawgs** whose proceeds help benefit the Camas Valley Volunteer Fire Department Building Fund.



WE SURVIVED!! I sat at the finish line for quite some time on Sunday. It was amazing to see all the riders and different style of bicycles. Semi-truck after semi-truck came through with showers, porta-potties, food, luggage, etc.

Thank you to all the groups that stepped up to make this whole thing possible. As organized as they are, Cycle Oregon is very dependent on our communities to pull it all off. As I walked around making sure everything was going smoothly, I noticed how hard everyone was working. What a great experience for our students! Not only providing a service, but getting to meet and talk with people from all over the world.

As quickly as they came, they were gone! When I attended the Drag Races the next weekend, you would have never known there were 2000+ tents set up, vendor booths, food service tents, a stage with live music, beer garden, and much more.

If you have something you would like to share with me, email me at

tina.fisher@camasvalley.k12.or.us

Thank you for again proving what a great community we live in. Camas Valley, you are **AWESOME!!**

Tina

WHOOOP! WHOOOP!

Cycle Oregon handed a check to the **Camas Valley Community booth organizers** with the stipulation that it be given to "their favorite charity." **Camas Valley Grange #521** is the recipient of the \$1000 donation. This much needed cash will go a long ways in maintaining our community "living room." Bring on the receptions, parties, and pot-lucks!

Thank You For Your Support!

We received donations from

Marion & Pat Rentz

this month.

Remember our Flame is published using donations only. They may be mailed to:

Vonnie Wallace
1200 Westside Road
Camas Valley, OR 97416

Please make checks payable to
Camas Valley Rural Fire District
and designate them for **THE FLAME**.

THE FLAME

The Flame is a monthly publication of the Camas Valley Rural Fire District Auxiliary. The mission of this newsletter is to keep the residents of Camas Valley informed about the events and activities of the fire department, churches, school and civic organizations that are in Camas Valley.

The Flame is provided free to all residents of Camas Valley by mail and anywhere by email.

To submit articles:

Items must be in by the **25th** of
the month prior the issue
publish date.

Submit to:

Jan Baker at **541-680-5616**

Judith Wickham at **541-733-6940**

jwickham52@gmail.com or

150 Buck Springs Rd. Camas Valley

Why an email subscription?

Email allows you to keep friends and family that have left the valley to keep up with the events that affect this community. **Or maybe you would just like to get the Flame (in color!) early, by the 26th.**

Send name and email address to:

jwickham52@gmail.com

and an electronic copy will be sent to them each month, free.

Grange Dates

- ♦ **Tues. Oct. 4th**
Community Luncheon for \$7 at **noon** with bingo. **Proceeds go to Grange maintenance.**
- ♦ **Tues. Oct. 11th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. Oct. 25th** Senior Lunch at **noon** with bingo. **Proceeds go to the scholarship fund.**



Food Pantry

I always heard, and felt, that gardening was good for a person. It lowers blood pressure, re-enforces our faith in a future, delights the eye with blossoms and fruits, and fuels our bodies with it's produce.

Once again, the generous people of Camas Valley are sharing their bounty with the **Winston-Dillard Food Bank**. Betty wants to thank all the donors, known and unknown, leaving the produce on her porch for delivery to the Food Bank. Any activity that encourages concern for our neighbors' welfare has got to be good!

Thank you!



Oh my goodness! Just 9 weeks until Firemen's Appreciation Dinner Dec. 3rd!

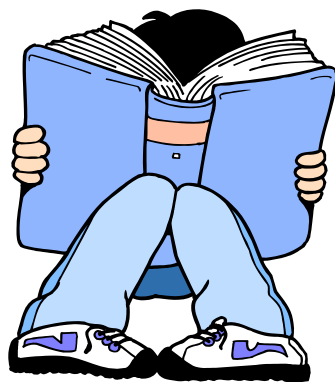
That can only mean that the tickets for the Raffle Quilt for this year's event are ready to purchase! **Linda Underhill** has worked her quilting magic once again. This 90"x100" sportsman's quilt is a large queen-size, the front panels alternating circles and squares, the back is all a northland hunting paradise. **Maybell Cummings** donated all the material for this fundraising project. Proceeds of this raffle support the continuing efforts to complete the new **Fire Department Building**.

As always, the quilt will be displayed at various locations until the raffle. **Douglas County Co-Op in Winston** will hang it over the entryway during October. **The Bravo Bakery & Café** will host it the month of November. Tickets are just \$1 each and may be purchased at these two locations and from **Betty 541-445-2855**.

S.M.A.R.T. is smarting

A number of our readers are having to bow out this year. There is a eager horde of 50+ K-3 readers awaiting the start of another great year of reading adventures and friendships. We need help in serving all these enthusiastic students! Do you have an opening in your schedule that would allow a 1 hour visit on Thursday afternoons?

Thursday October 13th is the S.M.A.R.T. training day. If you might be open to a new experience, applications are available from **Betty 541-445-2855** or **Juanita 541-445-2888**, our site coordinators. As of printing, the hours are still not set. Later this month, contact the school **541-445-2131** or Betty/Juanita for the time of training.



ATTENTION!

Dianna and Keith Kinnan are celebrating their new house! **Sunday, October 16th** they are hosting an **Open House 3-7 pm**. Cake and coffee will be served. No gifts, please!

Atrial fibrillation (AF) is the most common cause of abnormal rhythm of the heart; half a million new cases are diagnosed yearly in the U.S., and billions of dollars are spent annually on its diagnosis and treatment.

In atrial fibrillation, the electrical discharges are irregular and rapid and, as a result, the heart beats irregularly and, usually, rapidly. During AF, electrical discharges are not generated solely by one spot (*node*) but several locations. These abnormal discharges are rapid and irregular and may exceed 350 discharges per minute, causing the upper chambers of the heart (*atria*) to quiver rather than beat as a unit. This reduces the ability of the atria to pump blood into the lower chambers (*ventricles*). In a heart that is beating normally, the rate of ventricular and atrial contractions are the same; in AF the rate is less. The contractions of the ventricles may average 150/minute, much slower than the rate in the atria. The ventricles may not have enough time to fill with blood before the next contraction, reducing the amount of blood pumped by the ventricles.

Some older people have slow transmission due to disease within the AV node. When these people develop atrial fibrillation, their heart rates remain normal or slower than normal. As disease in the AV node advances, these people can even develop an excessively slow heart rate and require a permanent pacemaker to increase the rate of ventricular contractions.

Atrial fibrillation can be chronic and sustained, or brief and intermittent (paroxysmal).

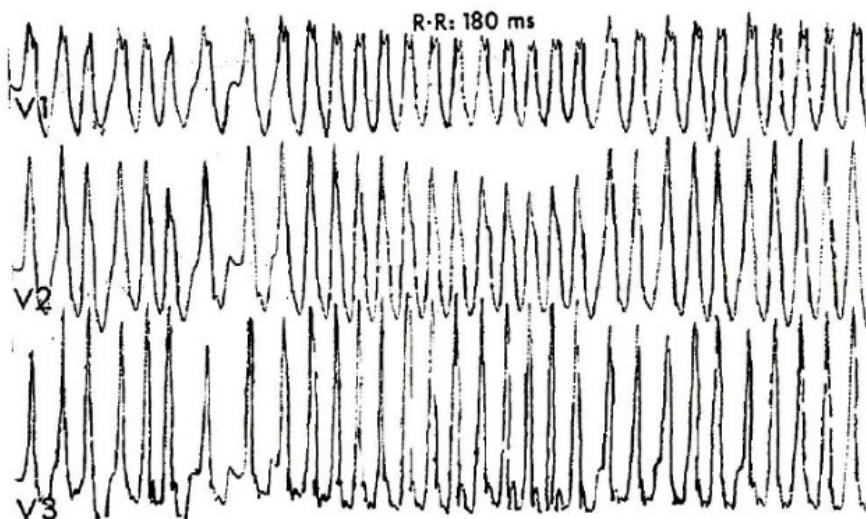
Paroxysmal AF refers to intermittent episodes of atrial fibrillation lasting, for example, minutes to hours. The heart rate reverts to normal between episodes. In chronic, sustained atrial fibrillation, the atria fibrillate all of the time. Chronic, sustained atrial fibrillation is not difficult to diagnose. Doctors can hear the rapid and irregular heartbeats using a stethoscope. Abnormal heartbeats also can be felt by taking a patient's pulse.

How is atrial fibrillation treated?

The treatment of atrial fibrillation is multifaceted and involves:

1. reversing the factors that cause atrial fibrillation,
2. slowing the heart rate with medications,
3. preventing strokes,
4. converting atrial fibrillation to a normal heart rhythm with medications or electrical shock,
5. preventing the recurrence of atrial fibrillation with medications, and
6. using procedures (for example, pacemakers, defibrillators, surgery) to prevent episodes of atrial fibrillation.

November issue will cover how to detect and monitor AF.





Superintendent's Message

School has started and it has been wonderful to see new and returning faces. The hugs and hellos from the elementary students warm my heart and I find a happy comfort in the grunts, head nods, and "Whatever," comments from the teens. After all, that is how they show they care, right?

Kids and staff have expressed excitement and pride in the updates and changes to the campus over the summer. Our new classrooms are up and functioning, and students and community members alike have taken advantage of the shade offered by the cover over the basketball court. Once the rains come, the little ones will be even more appreciative to have some room to run around outside during inclement weather.

As a teaching staff this year we are going to focus heavily on two key areas:

1. Technology as a tool for learning,
2. and better understanding how to engage students in their learning.

We will be attending workshops and having professional development that focuses on these two areas. We had an outside consultant funded through the Ford Family Foundation come to our school and do observations and give surveys of all students 3-12th grade. From this information we learned that student engagement is a key area we can focus on which should further improve the education we provide our students.

Finally, Homecoming will be upon us very quickly this year. Our homecoming week is **October 3-7th**. We currently plan to have our parade at **5:00** on **October 6th** and our bonfire to follow close to dusk. We will try to get out more details about Homecoming events as we have them ready.

I am looking forward to another great year at Camas Valley School, and I hope you are too.

Go Hornets!

Sincerely,

Patrick Lee





Student Council is taking on the task of running the concessions at football, volleyball and basketball games. The goal is for the students to:

- ♦ get their Food Handlers card,
- ♦ learn customer service,
- ♦ master counting change, etc.



Along with students, we are in need of adults to help. If this is something you would like to do, please contact me at

tina.fisher@camasvalley.k12.or.us

or

541-733-6083.

Thank you to everyone that stepped up to help us survive the day we hosted 3 Triad teams! It was a lot of work!

Thanks again,

Tina Fisher

Roundball **coaches** **needed**

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



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



thank you!

We all feel like minions at some stage in the game. Truth be told, amazing things get accomplished by minion power! Thank you volunteer gate keepers that have helped this summer at the Fun Days. We could not do it without you!



My name is **Jacob Mickelson** and I am a senior at Camas Valley Charter School. For my senior project this year I will be installing a **veterans' memorial** at the school honoring all Camas Valley residents who have served in the military.

I am looking for donations to fund this project. If you donate \$25 or more your name will appear on the donors plaque on the memorial.

If you are interested in making a donation please contact me at:

541-530-0527

or you can email me at

minefighter222@gmail.com

Yearbooks on CD!

We have all the **Camagon** yearbooks scanned and available to purchase for **\$10.**

Each CD features a decade of memories to relive.

Purchase your CD by emailing **camagoneyarbook@gmail.com.**

All proceeds go towards the yearbook class.



Camas Valley Business Directory

To have your business included in the **Flame**, please fill out the form below and mail or email it to the address listed. *If you missed the opportunity to get your business listed, now is the time to get your information out before our readers!*

The directory will be printed when space allows through-out the year. We encourage our readers to patronize local businesses and support your neighbors!

Type of Business

Name of Business

Owner/
Contact person

Phone
Number(s)

Days
open _____

Hours
open _____

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

Or email information to :
jwickham52@gmail.com

**NOW IS THE TIME TO UPDATE
YOUR DIRECTORY INFORMATION!**

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

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

Art, private painting lessons

Lang Crk Studio
Kay Ganieany
Mon.-Thurs.,
by appt.
541-445-2001

Autobody repair/paint

**Green Collision
Repair/Horizon
Autobody**
Marvin & Rennae
DeVoogd
M-F, 8-5
541-679-6100

Beauty, health and gift

**Lord and Lady
Lavender**
Beth McNamara
Online 24/7
lordandladylavender.com
Anytime
408-857-8782

Beauty products

Avon
Mary Helen Banks
call 8am—8pm
7 days a week
541-643-6317

Beauty shop

Scissor Trix
Jennie Plikat
By appt.
541-733-1919

Christmas trees, U-cut / wholesale

**Calico Christmas
Trees**
Contact:
Shari White
Nov. & Dec.
7 days/wk 9-4:30
**541-445-2350/
541-670-0458**

Construction, building

AMSI
Bill Lindsey
Mon.-Sat., 8-7
541-643-0366

Dump runs/yard help

Helper Hands
Jacob Hunt
Open to calls
541-643-5454

Lanakila Peck
Open to calls
541-643-2313

Electrical Contractor

Alan Sabin Electric
Alan Sabin
Generac generator
Sales/maintenance/
Installation/repair
M-S 7am-6pm
**541-440-3792
541-445-2070**

Eng. consulting design/ drafting

TV Design, LLC
Troy I. Vanderhoof,
P.E.
M-F, 9:00-17:00
541-643-0138

Garbage Disposal

**Camas Valley
Disposal**
Scott & Darla
Standley
Wkly. Wed. pick-up
541-45-2245

Health and wellness

Plexus worldwide
Supplements
Charman Shields
541-430-3600
www.plexusslim.com/
charmanshields

Honey bees, hive removal, classes on honey bees

Phill the Bee Guy
Phill Moulton
phillthebeeguy@gmail.com
503-349-8463

Horses

Blankets/maintenance

**Horse Blanket
Wash & Repair**
Jeanette Day
541-445-0800

Boarding/consult/train

**Blue & Gold
Stock Farm**
Marge Vilas
Every day, 10-5
541-430-4225

Housekeeping

Maid in the Shade
Lisa Muller
541-430-1974

Jewelry, decorative/ therapeutic

**Mommy & Me
Jewelre**
Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Locksmith, keys /locks

**Camas Valley Key
Shop**
Bruce Jehning
7days/wk
24 hr. emerg.
541-445-2014

Machine quilting

Sew Fun
Linda Underhill
Call for appt.
541-580-2814

Museum/restaurant

Noah's Ark
Irvn /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

Real Estate, broker

**Berkshire Hatha-
way Homeservices
Real Estate
Professionals**
J.T. Berk
24/7
541-430-6078

Rental, Storage.

BK Mini Storage
Ketti & Bill Walker
7 days/wk.,
daylight-dark
541-445-2902

Sewer/underground utilities/roads/pads

**Scott Standley
Const.**
Scott & Darla
Standley
Mon.-Sat., 8-5
541-445-2245

Shetland Sheep/ English Angora Rabbits stock/ fiber

**Camas Valley
Fiber Farm**
By appt. only
541-733-6343

Shoe repair /leatherwork

Art's Shoe Repair
Joe Ferrara
T-F 9-5:30,
Sat. 9-5.
541-673-8541

Small engine repair

Hunt's Chainsaw
Theran Hunt
Mon.-Fri.
541-430-7283

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

- Nathaniel Hawthorne

October

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 MSVB @ Glendale TBA
2	3 MSVB Home UVC 4:30	4 HSVB Home N. Douglas 6 MSFB Home Canyonville 4:30 Comm.Lunch Noon / Bingo At the Grange	5 Camas Valley Booster Club 6:30 @ Bravo Fire Dept. Training 7pm	6 Homecoming Parade 5pm Bonfire dusk	7 No School	8 HSFB Home Powers 1 HSVB Home Powers 4 MSVB LFL Tourney TBA Camas Valley Fun Days
← Homecoming Week →						
9	10 Fire Dept. Bd. Mtg. 4 MSVB @ Days Creek. 4:30 Columbus Day	11 HSVB Home Elkton 6 MSFB @ Rid- dle 4:30 MSVB @ Rid- dle Grange Bus. Mtg. 10 am At the Grange	12 Fire Dept. Training 7pm	13 No School Inservice Day S.M.A.R.T. Training Community Birthday Party 5:30 @ Bravo	14 No School Inservice Day HSVB @ Glendale 5 HSFB@ Glendale 7	15 K-3 Field trip Home Depot Fire Safety week MSVB LFL Dist. Champ. TBA
← LFL Playoff TBA →						
16 Kinnan Open House 3-7	17	18 MSFB Home Elkton 4:30	19 K-7 Field trip Wildlife Safari Fire Dept. Training 7pm	20 S.M.A.R.T. School Bd. Mtg. 7 pm	21 No School	22 HSVB @ Sutherlin Dist. Tourn. TBA HSFB Home Days Creek 1
23	24	25 MSFB Home Glendale 4:30 Community Senior Lunch Noon/Bingo At the Grange	26 Fire Dept. Training 7pm	27 S.M.A.R.T.	28 No School HSFB Dist. Cross Over Game TBA	29
30	31  Halloween					

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u> Coffee Fellowship 10 am Morning Worship 10:45am Youth Church 11 am <u>Wednesday</u> Bible Study 10:00 am	<u>Sunday</u> Men's Prayer 7:30 am Morning Worship & Sunday School 10:00 am The last Wednesday of the month all CELL groups will meet for worship and teaching at Camas Valley Christian Fellowship All the other Wednesdays we meet in small groups in various homes here in Camas Valley, Winston, and Roseburg areas. A directory of all the home fellowships is available at the church.	<u>Sunday</u> Morning Worship 9 am & Children's Sunday School Fellowship 10 am w/ beverages and snacks <u>1st Tuesday, monthly</u> Bible Study 2 pm

Camas Valley Volunteer Fire Department
PO Box 220
Camas Valley, OR 97416

Non Profit Organization
US Postage Paid
Permit No. 2442
Tenmile, OR 97481
Standard Mail A

CAMAS VALLEY PO BOXHOLDER
CAMAS VALLEY, OR 97416