



THE FLAME



Volume XX Issue X

“Put out” by the Camas Valley Fire Department Auxiliary

November 2020

Due to the safety concerns related to the pandemic, we have decided to postpone the **Annual Camas Valley Appreciation Dinner**. However, we will be having an alternative fun, safe, memory-making event for our community.



The **Santa & Sirens** event is a free event for all our local families to enjoy. We will have drive-thru photo booth with Santa, quilt raffle, Angel Tree, gifts for all the children, and so much more...

Social distancing practices will be in place.

Come see Santa and all the festivities on Saturday, **Dec 5th** from **5pm-9pm** at Camas Valley Rural Fire Department, 142 Burma Rd., Camas Valley, OR

Look for our event via Facebook. Contact 541.430.2486 for questions.

Quilt Raffle is ON!

Linda Underhill has created another unique queen quilt for our annual Quilt Raffle. The center panel is a vintage square that is no longer available. Honoring Native American history, a proud warrior sits astride his appaloosa in the high country. The side panels show native wildlife and a campsite. It is hanging up in the back room of the Bravo and must be seen to be appreciated.

Raffle tickets may be purchased at the Bravo or from Vonnie for \$1 each. Check with the markets, they may be supporting this effort by the time the Flame is printed.



Don't let it sneak by you!
Daylight Savings ends Nov. 1st!



We appreciate your support

We received a donation
this month from

Nicholas & Julie Weaver

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.

Christmas (and cold weather) is coming!

Thanks again for all that shared their excess garden produce with the Food Pantry. Clients loved the fresh vegetables and fruit.

Looking ahead, the food pantry has again been awarded a Holiday grant to provide Christmas dinners to families that need extra help and don't have another organization (such as Salvation Army) assisting. Check at the DWFP the beginning of December for required applications. Dinner commodities will be available for pickup **Friday, December 18th**. We can also use donations of stocking caps, gloves and stockings to be included for kids.

Please send your check to support the Pantry to:

W-D Food Pantry
c/o Vonnie Wallace
1200 Westside Rd
Camas Valley, OR



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

Submit to:

Jan Baker at **541-680-5616**
Judith Wickham at **541-733-6940**

jwickham52@gmail.com or
150 Buck Springs Rd. Camas
Valley

Grange meals are still on hold :(

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.**

Food for Thought

Wildfire can wreak havoc on a community. There is perhaps no better example than the Camp Fire, which tore through Paradise and other northern California towns in November 2018, killing 86 people and razing 11,000 homes. According to numbers published by the Washington Post, four more people died from the Camp Fire than from Hurricane Harvey, a Category 4 hurricane that slammed into the coast of Texas in August 2017.

Despite this, in many towns, counties, and states across the country, wildfire preparedness is not handled by the same emergency management officials who are involved in the preparation, response, and recovery around events like hurricanes, floods, and tornadoes. Instead, wildfire is more often seen as a fire service or land-management issue. "Very few offices of emergency management, whether state or local, seem to engage in wildfire to any great extent," says Michele Steinberg, director of the Wildfire Division at NFPA.

But wildfire shares more similarities with a natural disaster than it does a structure fire. At the same time, though, it isn't as predictable as, say, a hurricane tracking in an expected direction up the coast, and wildfires can last much longer. **That's why wildfire is arguably the most complicated event for public safety professionals to deal with.** And as the planet continues to warm, experts predict the frequency and severity of wildfires will increase, too. In a landmark report published in October 2018, the United Nations Intergovernmental Panel on Climate Change warned that even if the most ambitious climate change goals are met, the global risk of wildfire remains high. www.nfpa.org

Respiration Rate

The respiration rate is the rate at which a person breathes. It increases with fever and some illnesses. Count the respiration rate when a person is resting, perhaps after you take the person's pulse while your fingers are still on the person's wrist. The person's breathing is likely to change if he or she knows you are counting it.

- ◆ Count the number of times the chest rises in 1 full minute.
- ◆ Notice whether there is any sucking-in beneath the ribs or any apparent wheezing or difficulty breathing

The normal resting respiration rate:

Newborn -- 1 : 40-60 breaths/minute
1 - 6 years: 18-26 breaths/minute
7 - adult: 12-24 breaths/minute.

When you breathe very fast and deep (hyperventilate), the carbon dioxide (CO₂) level in your blood can drop too low. Possible symptoms include, numbness or tingling in your hands, feet, or around your mouth or tongue; pounding, racing heartbeat and anxiety; feeling like you can't get enough air; lightheadedness, muscle cramps or spasms, or even chest pain.

If you experience hyperventilation, try to sit down and concentrate on slowing your breathing. Try breathing through pursed lips or through your nose. Practice a relaxation technique, or hold a paper bag over your nose and mouth and take 6 to 12 easy, natural breaths. Continue doing this on and off for 5 to 15 minutes. Do not breathe continuously into the bag. Do not use this technique at all if you have heart or lung problems or if you are at an altitude above 6,000 feet.

By Ketti Walker, RN

SMART reading update

Usually, SMART reading is up and running. Our much appreciated volunteer readers are guiding our K-3 students through reading selections of the children's choice. There usually is a lot of laughing and giggling going on, too.



Removing splinters

By Ketti Walker

When you are trying to remove a splinter, here are some helpful suggestions. Try using Scotch tape first. Simply put the tape over the splinter, and then pull it up. If that doesn't work, grasp the end of the splinter with tweezers and try to gently pull it out.

If the splinter is embedded in the skin, clean a needle with alcohol and make a small hole in the skin over the end of the splinter. Then lift the splinter with the tip of the needle until it can be grasped with the tweezers and pulled out.

After the splinter has been removed, wash the area with soap and water. Apply a bandage if needed to keep the wound clean; otherwise, leave the wound open to the air. Watch for signs of infection.

Contact a health professional if the splinter is very large or deeply embedded and cannot be easily removed. Or if the splinter is in the eye.

We all miss the fun. But wait! SMART is developing a book distribution program that allows students to choose a book each month from a grade appropriate and broad-based list. There will be books for students to keep and treasure! SMART will be working with our school staff to get our students reading their favorite topics, again. This is work in progress and we will keep you posted.

Kid's Corner

Each year, SMART gives kids across the state the chance to vote for their favorite from nominated titles. This year's books were a huge hit with kid's and adults alike!

- ♦ *If You Ever Want to Bring an Alligator to School, Don't!* By Elise Parsley
- ♦ *Lucia the Luchadora* by Cynthia Leonor Garza
- ♦ *Splat the Cat* by Rob Scotton
- ♦ *What if You Had Animal Teeth?* By Sandra Markle

When the final votes were tallied, it was a close race but the winner of this year's SMART Book Award is *What if You Had Animal Teeth?* By Sandra Markle



Why don't you ask your student what they thought of these books and which one they voted for? Having listened to them all, I know that it was tough to pick a favorite!



The Camas Valley Volunteer Fire Department Auxiliary is in desperate need of a new Auxiliary President. Please consider stepping up and taking this position. You will not be left hanging—lots of support, guidance, and appreciation will come your way!
Call Vonnie at 541-445-2355.

Room for a few more
Vendors!

Camas Valley 2020 Christmas Fair

December 12, 2020
10:00am—4:00pm

Parking lot of
Camas Valley Fellowship

Contact Janna Vanderhoof
For more information
541-643-1934
countrycraftsgraphics@tvdesignllc.net



Superintendent's Message

Dear Camas Valley Family,

If you are feeling like me, you are tired of all the COVID issues that we deal with, and I'm sure it wears us down. Every day I look at the COVID cases in the county, hoping it was a low count day so we don't get to 30 cases per 100,000 for 2 weeks so the state can't close down our school. I know our kids need to be in school not only for educational reasons but for social and emotional reasons. Some of my parents need to work without trying to do school with their kids and finding daycare.

It is the positives that get me through these worries. I love seeing our kids back in school. I have noticed that they are settling in on routine and starting to relax more. I went to a 7 on 7 passing league scrimmage with our kids and watched them having fun. I walked into a gym and saw a volleyball game going on and the girls laughing with each other. I walked into a grade school classroom and saw the kids learning and having fun.

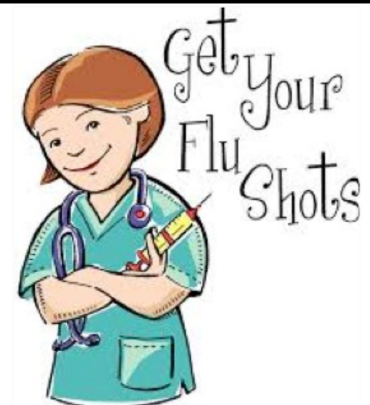
I guess what I'm trying to say is that we need to look at the positive things around us. In the middle of all this COVID stuff, we still have life going on; we still have each other, and to a certain degree, we need each other. We are relational; if you don't believe me try and make kids social distance 😊

As we work our way through all of this try to look at the positives and, most of all, take care and encourage each other.

With care,
Mr. Wonsley

The Camas Valley School nurse is considering opening up a flu shot clinic for our community members, staff and students. If we get enough people interested, the nurse hopes to provide this flu shot clinic some time in November.

If you are interested please contact the school office at **541-45-2131**.



OUTPOST

MOBILE FOOD CENTER

The Outpost is a traveling food pantry that delivers food directly to families in need. Our goal is to provide food where there is a high need but limited resources. Visit us at the closest location to your home.

1st & 3rd week of the month (starting on 1st Monday of the month)

Tuesdays 1-3 PM Elkton Community Education Center
15850 State Highway 38 W, Elkton, OR

Wednesdays 1-3 PM Days Creek Charter School
11381 Tiller Trail Hwy, Days Creek, OR

Thursdays 1-3 PM Camas Valley Christian Fellowship
18340 Highway 42, Camas Valley, OR

Additional dates of operation (weather permitting)

Fridays:
2/28/20, 3/13/20,
4/17/20, 5/15/20,
6/12/20 & 7/17/20 1-3 PM Diamond Lake Gas Station
350 Resort Dr, Diamond Lake, OR

"FREE" Community Clothes Closet

When: 1:00 pm to 3:00 pm, first Thursday following the first Monday of the month.

Where: Parking lot of Camas Valley Christian Fellowship (alongside UCAN (mobile food bank, in front of the church).

How: Providing free clothes for the community.

Why: Because we love you!

For clothing emergencies please call (503) 302-6323.

We gladly accept all clean and gently used clothes and small, clean, working appliances.

These can be dropped off at:
306 Hard Cash Lane, Camas Valley.
Just set donations under the **306** number, near the gate.

OUTPOST

MOBILE FOOD CENTER

Want to help your community?

Come Serve with Us!

We are looking for volunteers to:

Welcome clients to the pantry

Provide clients with necessary paperwork

Help sanitize equipment such as pens, clipboards, and shopping cart handles

Unload groceries into cars as able

Set Up and Tear Down as able

Camas Valley Fellowship parking lot

1:00-3:00 pm

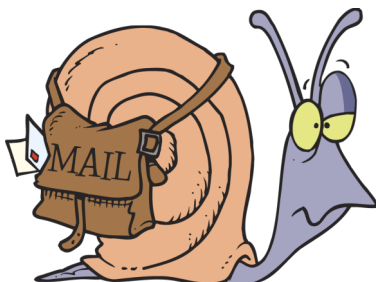
Thursdays of the 1st and 3rd full weeks of each month.

For more information or to sign up, please contact

**Teresa O'Sullivan at 541-492-3522,
or Teresa.OSullivan@ucancap.org**

I was tickled to receive a phone call from a long-time valley resident who moved from the area a year ago. Juanita Saul called to check on us during the recent bout of wild fires.

She wants us to know she is thinking about us and, while she misses us all, she is having a ball spending time with her large extended family in Priest River, ID. If you would like to keep in touch with Juanita, she has dropped her Post Office box and now gets mail delivered to her home at:



Juanita Saul
281 Gregory Street
Priest River, ID 83856



Good news on the latchhook front! Terry Murrell's daughter, Mary, will be finishing the actual latchhook work and Kim Carter will do the finish work so the piece will be ready to hang. Thank you for taking this project over, Mary!

Business Spotlight



Lori Ross started **Frosted Treasure Designs** about four years ago. If you have seen someone holding a mug or tumbler with a finish so frosted that it looks like it would give you freezer burn, you have seen her work. Definitely striking and unique. Her first goals were to get her designs noticed and to be given a chance to show her customers what she can do.

Starting out just doing designs for family and friends, word of mouth and seeing the eye-catching results, her business started to grow. From getting the occasional order she has acquired a steady flow of orders. With the steady increase she has had in her business, Lori anticipates having to hire someone to help her in the future.

Lori wants **Frosted Treasure Designs** to be known for the quality of her workmanship and her ability to do any design her customers want. She would love to show you examples of the diverse items she can embellish.

If you want a special gift for someone unique and treasured in your life, give Lori a call at **541-637-9774**.



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

Art, painting lessons

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

Auto Repair

**C&C Diesel & Auto
Repair**
David Chadwick
M-F, 9-6
541-445-0005

Autobody repair/paint

**Green Collision
Repair/Horizon
Autobody**
Marvin &
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/ 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

Grocery store

Camas Market
John & Peggy Amos
M-Sat. 8-6
541-445-2055

Handcrafted gifts

**Frosted Treasure
Designs**
Lori Ross
541-637-9774
Frostedtreasuresdesign
@gmail.com

Handyman, lawn/garden
equipment

Quiet Mtn. Tinker
Mike Moore
By appointment
541-580-2524

Health and wellness

**Plexus worldwide
Supplements**
Charman Shields
541-430-3600

www.plexusslim.com/
charmanshields

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
Jewelry**
Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Local Artist, consignment

Local Art
Toby Teachman
Open anytime (within
reason) Ring door
bell on shop or call
541-243-3315

Locksmith, keys /locks

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

Machine quilting

Quiet Mtn. Quilting
Missy Jackson
Appt/consult
541-696-5562 (h)
541-671-3174 (c)
Sew Fun
Linda Underhill
Call **541-580-2814**

Music

Parker Piano
Lessons for all ages
LeAnn Parker
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

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

In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning, can pull everyone from bed in a fog. Food is better in November than any other time of the year. *Cynthia Rylant*

November

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 <u>Daylight Savings ends!</u>	2 Fire Dept. Training 7pm	3	4 Booster meeting 6 pm Bravo Cafe	5	6	7
8	9 Fire Dept. Bd. Mtg. 5 Fire Dept. Training 7pm	10	11 Veteran's Day  <small>REMEMBER OUR VETERANS</small>	12 Mobile Food Cart 1-3 Fellowship Church lot Free clothing giveaway	13	14
15	16 Fire Dept. Training 7pm	17	18	19 School Bd. Mtg. 7 pm	20	21
22	23 Fire Dept. Training 7pm	24	25 Flame Deadline	26  give thanks with a grateful heart	27	28
				← No School →		
29	30 Fire Dept. Training 7pm					Santa & Sirens! 5-9 New Fire Hall

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>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 <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Waiting for COVID clearance </div>
<u>Wednesday</u> Bible Study 10:00 am		

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