



THE FLAME



Volume XVI Issue IV

"Put out" by the Camas Valley Fire Department Auxiliary

May 2016

DONORS EARN HIGH PRAISE

Thank you to all the businesses who contribute annually to make the **Camas Valley and Tenmile Fire District's Easter Egg Hunt** so wonderful. We couldn't do it without you!

The children were delighted with the TLC and candy from our Easter Bunny. Thank you **Toby E.**

Bravo Bakery & Café, Dairy Queen, Little Caesar's, and McDonald's all generously donated this year.

Ingram's Books donated the books for our Easter Baskets. **Douglas County Museum** gave free family admissions, **Parkview Skating** free skating passes, **Ten Down Bowling** free games, and the **YMCA** donated free swim passes.

Donations came from **Albertson's Bi-Mart, Cagle Communications, CostCo, Classic Cuts, C&S Fire Safety, Cutting Edge, Fred Meyer's, Industrial Tire, Kinnan Engineering, Market Plus, Mercy Foundation, Oregon Tool, Plikat Logging, Ray's and Safe-way.**

Ketti Walker of B.K.Storage supplied a donation of another innovative basket.

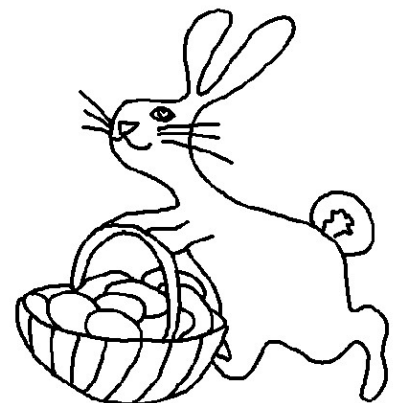
Also thanks goes to our own **Camas Valley School** who let us use their grounds each year for this event.

Last, but certainly not least, thanks to **Camas Valley Disposal** without whose donation clean-up would have been a lot harder along with their gift certificates donation.

We thank all of you so very much. You are greatly appreciated.

Vonnie Wallace
CVFD Auxiliary Chairperson

Thanks!



The Grange *IS* Camas Valley!

Don't feel you need a special invite! This is **your** home away from home. Hot, hearty meals are served, garnished with warm friendships and spiced with conversations. We have a plate saved for you!

- ♦ **Tues. May 3rd**
Community Luncheon for **\$7** at **noon** with bingo. **Proceeds go to Grange maintenance.**
- ♦ **Tues. May 10th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. May 24th** Senior Lunch at **noon** with bingo. **Proceeds go to the scholarship fund.**

Food Pantry

Did you know the **Dillard-Winston Food Pantry** also accepts toiletries, new socks/underwear, small household items, and jackets? When people hit a rough spot in the road, even the small necessities of life can be beyond them. A small bag of toiletries can bring a smile to even the most down and out. A fresh toothbrush can brighten your day! And how many samples of floss do you really need in your bathroom drawer?

Why an email subscription?

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

Send name and email address to:

jwickham52@gmail.com

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



Thank You For Your Support!

We received donations from

Kay Ganieany

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

GET YOUR RID OF STUFF

The days are sunny enough to see all the dust in the house—time to SPRING CLEAN! **Camas Valley United Methodist Church** is gearing up to accept donations of useable goods that just need a new home for their

Annual Rummage Sale

**Friday May 27 and
Saturday the 28th.**

The sale runs Friday 9 am-5 pm. Saturday starts at 9 and runs until the volunteers are too tired!

It is easier to part with something when you know :

1. someone else would be delighted to have it and
2. the proceeds go to good causes.

So get the boxes and bags out and rediscover what is under that pile in the closet/spare room/garage. CVUM will convert your donations into quilts for the Roseburg Mission and VA hospital, support for programs at the Camas Valley Charter School, emergency help when our neighbors are in need such as food, clothing, and household goods. And much more! If you would like to donate items call **Betty 541-445-2855 or Brad 541-733-4791.**



*You are cordially invited to
High Tea at the
Dillard – Winston UMC Church
Sat. May 7, 2016 12:30-2:30.*

*The church is located at 131
4th St. Dillard. Tickets are on-
ly \$7 and all proceeds benefit the
D-W Food Pantry. Advance
ticket purchase is recommended.
Call Betty 541-445-2855. In-
cluded is a great lunch, Hat con-
test (please wear yours!) with a
prize for best, entertainment in-
cluding storytelling, singing, door
prizes, and guessing jar. Join us
for lots of fun and friendship.*

*And as always,
children are welcome and
encouraged to attend!*

The three S's:

SPRAINS, STRAINS & SOFT-TISSUE INJURIES

The most common soft tissues injured are muscles, tendons, and ligaments. These injuries often occur during sports and exercise activities, but sometimes simple everyday activities can cause an injury. Sprains, strains, and contusions, as well as tendinitis and bursitis, are common soft-tissue injuries. Even with appropriate treatment, these injuries may require a prolonged amount of time to heal. Acute soft-tissue injuries vary in type and severity. When an acute injury occurs, initial treatment with the RICE protocol is usually very effective. RICE stands for Rest, Ice, Compression, and Elevation.

SPRAINS: A sprain is a stretch and/or tear of a ligament, a strong band of connective tissue that connects the end of one bone with another. Ligaments stabilize and support the body's joints. The areas of your body that are most vulnerable to sprains are your ankles, knees, and wrist.

STRAINS: A strain is an injury to muscle and/or tendons. Tendons are fibrous cords of tissue that attach muscles to the bone. Strains often occur in your foot and leg.

CONTUSIONS (bruises): A contusion is a bruise caused by a direct blow or repeated blows, crushing underlying muscle fibers and connective tissue without breaking the skin.

TENDINITIS: Tendinitis is an inflammation or irritation of a tendon or the covering of a tendon (called a sheath).

BURSITIS: Bursae, are small, jelly-like sacs that are located throughout the body, including around the shoulder, elbow, hip, knee, and heel. They contain a small amount of fluid, and are positioned between bones and soft tissues acting as cushions to help reduce friction. Bursitis is inflammation of a bursa.

Injuries often occur when people suddenly increase the duration intensity, or frequency of their activities. Many soft-tissue injuries can be prevented through proper conditioning, training, and equipment.

PREVENTION TIPS:

- Use proper equipment
- Balanced fitness
- Warm up
- Drink water
- Cool down
- Stretch
- Rest
- Avoid the "weekend warrior" syndrome

Whether an injury is acute or due to overuse, if you develop symptoms that persist, contact your doctor.

Ketti Walker RN



Which mulch is the right mulch?

Photo: A home in Rockland County, NY, damaged by fire starting in mulch in flower beds, from a white paper, "[Mulch Fires: What Should the Label Say](#)," by Thomas Williams and Michael Lane, at [Vermont Chapter of International Association of Arson Investigators](#)



Spring is almost here and time to get out and start doing some yard work. As I stand in front of all of the different types of mulch at my local home repair store, I can't decide which one to use. Which one will be the safest?! There are many choices to use to beautify your landscaping. There are wood chips, pine bark, pine needles, shredded rubber and more. But which one is the safest?

Mulch has many positive attributes. It reduces the water needs of plants, cools the soil temperature, controls weeds and soil erosion, and visually enhances the landscape. But a major drawback is that many are combustible, which presents a huge problem in fire prone areas. Embers from an approaching wildfire can ignite areas where mulch is used. If these areas are adjacent to the home, it could be wind up to be a disastrous mix.

An evaluation of mulch combustibility was performed in 2008 by the Carson City Fire Department, the Nevada Tahoe Conservation District, the University of California Cooperative Extension, and the University of Nevada Cooperation Extension. The results from this project offer recommendations for uses of mulches in wildfire hazard areas.

Mulch can be defined as any material that is used to cover the soil surface for a variety of purposes. They can be classified as organic or inorganic. Or-

ganic mulches usually come from plant materials and include pine needles, pine bark nuggets, shredded western cedar and even ground or shredded rubber. Inorganic mulches consist of rock, gravel and brick chips. These inorganic mulches tend not to burn and are safe to use in any setting.

We have a variety of mulch choices in our landscaping – and we need to know the best uses for each choice. Immediately next to your home out to five feet, the best mulch to use is an inorganic one (rock, brick, pavers) or fire resistant plant materials that are well watered and maintained. Composted wood chips are the best choice of the materials tested for residential landscape use. However, they are organic and will still burn. They do tend to burn at the lowest speed and lowest flame length. If this material is ignited, it could still ignite siding, plant debris and other combustible materials. The smoldering of this product could also go undetected by firefighters during a wildland fire event. Shredded rubber, pine needles and shredded western red cedar can have their place in your landscaping design, just further from your home. These materials could be used selectively for landscaping at least 30' from your home.

<http://wildfire.blog.nfpa.org/2013/04/which-mulch-is-the-right-mulch-research-on-mulch-and-fire-helps-you-decide.html>

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

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

“Corny Poem”

Peas don't think me crazy
 I Bean in the sun too long
 Yam planting my garden
 Lettuce begin as we sing a song.
 We will not plant it Parsley
 For we will need a lot
 As company may Turnip
 As we need veggies for the pot.
 The earth must be very warm
 For the birds may come and Radish
 The seeds in the early dawn.
 We will not get a Celery
 Money is not our intent
 We must weed and Carrot
 And not receive a cent.
 The garden is all Spinached
 It's growing fast and tall
 It's Okra to eat it
 Before winter comes to call.

Patti Dahl: 1982

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

Since you have the weedwacker out...

Remember to clear the new spring growth of grass, weeds, etc. from in front of your address reflector sign. And a swipe with a cloth and cleaner would make those numbers shine clearly.



**We cannot
help you
if we cannot
find you!**

FIRE-RESISTANT LANDSCAPING

A fire-safe landscape isn't necessarily the same thing as a well-maintained yard. A fire-safe landscape uses fire-resistant plants that are strategically planted to resist the spread of fire to your home. Fire resistant plants are great because they are often drought tolerant, too.

- Create fire-safe zones with stone walls, patios, decks and roadways.
- Use rock, mulch, flower beds and gardens as ground cover for bare spaces and as effective firebreaks.
- Select high-moisture plants that grow close to the ground and have a low sap or resin content.
- Choose fire-retardant plant species that resist ignition such as rockrose, ice plant and aloe.
- Select fire-resistant shrubs such as hedging roses, bush honeysuckles, currant, cotoneaster, sumac and shrub apples.
- Plant hardwood, maple, poplar and cherry trees that are less flammable than pine, fir and other conifers.

Check your local nursery, landscape contractor or county's OSU Cooperative Extension service for advice on fire-resistant plants that are suited for your area.



It is time once again to put together the

Camas Valley Pyro's Birthday Calendar.

I know I didn't do a great job with the calendar last year, but I was very sick during the month of September when it was time to deliver. This year I am asking for help with calling people and getting new names on the calendar.

Also I would like to ask for people to pay up front if you can. It makes it so much easier to deliver. It is not a hard job but takes a little time. If there are a few of us no one will have to spend a lot of time on their part.

The month of May is the time to get names and ads together. The calendar needs to be complete and in Ohio by July 1. I will remind you that the calendar is a great fundraiser for the Pyro's and all the money goes to help buy the fireworks that we see on the 4th of July.

We will be having the fireworks on the 4th this year even though it is a Monday. I will ask once again for help PLEASE. Give me a call.

Mary Helen at 541-643-6317.



Camas Valley School

Honor Roll

Quarter 3



12th Grade

4.0 Darren Bringham, Katie Clarke,
3.50-3.99 Isabel Takahashi
3.0-3.49 LeAnn Caldwell, Alexis Roberson, Derick
Sassmen, Louis Saul, Edward Weickum

11th Grade

3.50-3.99 Nickayla Schiro, Trevor Godfrey
3.0-3.49 Lane, Frost, Jake Gallagher, Zach Nebeker,
Jazmin Wilberg

10th Grade

3.50-3.99 Morgan Carter, Devan Ewing
3:00-3.49 Jessie Ashton

9th Grade

3.50-3.99 James Beans
3:00-3.49 Bridger Godfrey, Natasha Hibdon, Ethan
Hilger, Tyler Lindsey, Matt Powell

8th Grade

3.00-3.49 Garrett Casteel, Jewels Hamilton, Isaiah
Osbon, Tiernan Spicer, Krystal Talley

7th Grade

3.50-3.99 Collin Ewing, Hailey Holmgren, Riley
Stutzman
3.00-3.49 Elizabeth Avant, Max Brown, Joy DeRoss,
Magen Hall, Izabelle Pool, Breeana White

6th Grade

4.0 Mason Amos
3.50-3.99 Olivia Dedmon, Clara DeRoss, Jazmin Ode
3.00-3.50 Baylee Laney, Jonathan Palmer

Superintendent's Message

The future looks bright at Camas Valley School!

In a previous article I mentioned that this summer we will be adding a modular with two classrooms. I also noted that we are having a cover put over part of our outdoor basketball court to provide our kids a dry and shaded place to play outside. Now I can share with you even more improvements that will be made to our campus this summer.

We are anticipating that by the end of June we will have all buildings on the upper campus freshly painted. It has been many years since our last paint job, and the buildings are definitely due.

Our parking lot will also get some

much needed care. The bus lane has been breaking down at an alarming rate. This summer we expect to have the bus lane excavated, re-paved, and the rest of the parking lot sealed and striped.

These two improvements should improve the long term quality of our campus as well as add a sharp, clean look for us when we return this fall. Our already beautiful campus will be the envy of the county.

The board and I continue to work together to plan for the future and make Camas an appealing place for parents to send their students.

Patrick Lee

Principal/Superintendent

Attention all community members!

The Camas Valley Booster Club

Is in need of Officers and Members!! If we are not able to gather more volunteers for our Booster Club, we will not be able to open the SNACK SHACK at our sporting events for the 2016-2017 season! This is our main source of income each year and the money earned by your Booster Club helps sponsor and support many School events and organizations. We do not want to see this wonderful Club end! So, please come attend a meeting and find out more about us & join our team!

Monthly meetings for the Camas Valley Booster Club are held on the first Thursday of the Month @ 6:30 p.m. at Bravo' Cafe.

Come Join Us!

Also we have T-Shirts & Hoodies for sale:

Kids- \$10

Adults- \$12

Hoodies- \$25

GO HORNETS!



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 /ShirleyThrush
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

**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



To be old and wise,
you must first must be
young and stupid.

May

Sunday

Monday

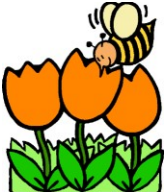
Tuesday

Wednesday

Thursday

Friday

Saturday

1 May Day 	2	3 Community Lunch Noon / Bingo At the Grange MS Track & HS Track @ Riddle	4 Fire Dept.	5 K-2 reward trip Ten Down Bowling S.M.A.R.T. 2:30-3:30 Booster Club 6:30 Bravo ← 5th Gr. Outdoor School →	6 No School MS Track & HS Track Meet @ Glide	7 High Tea 12:30-2:30 D-W UMC HS Prom
8 <i>Happy Mother's Day!!!</i>	9 Good News Club CVCF 2:30-3:30 Fire Dept. Bd. Mtg. 4	10 Grange Bus. Mtg. 10 am At the Grange	11 Fire Dept. Training 7pm	12 5th gr. Glide Forestry S.M.A.R.T. Party 2:30 Community Birthday Party 5:30 @ Bravo Senior Banquet 6 pm	13 No School	14
15	16 Good News Club CVCF 2:30-3:30	17	18 Fire Dept. Training 7pm	19 School Bd. Mtg. 7 pm	20 No School (Inservice)	21
22	23 Good News Club CVCF 2:30-3:30 Blood Drive Gym	24 Community Senior Lunch Noon/Bingo At the Grange	25 Fire Dept. Training 7pm	26 4th gr. trip Applegate House @ Yoncalla HS Science Field trip @ Wildlife Safari Sr. last day ← Rummage Sale →	27 No School	28
29	30 Memorial Day 	31				

Camas Valley Churches

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

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