



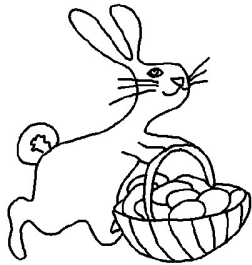
THE FLAME



Volume XIX Issue II

"Put out" by the Camas Valley Fire Department Auxiliary

March 2019



What's more fun than an
EASTER EGG HUNT?
Nothing!

Saturday April 20th may sound like way in the future, but special community events like this take a lot of planning. The **Camas Valley Volunteer Fire Department Auxiliary** will meet at the **Bravo Bakery and Café Wednesday March 27th at 10:30** to plan for the 28th annual Easter Egg Hunt put on by the Camas Valley and Tenmile Volunteer Fire Departments.

Interested in helping, have a suggestion to add to the fun, whatever, we would love to have you join us! Planning for an Easter Egg hunt is almost as fun as the event itself!

Be on the look out for donation cans around the community!

Fire Board Vacancy Reminder

The **Camas Valley Rural Fire District Board of Directors** has a vacancy that needs to be filled. Meetings are just **once a month, the second Monday of each month at 4 pm.**

The dates for filing with the **Douglas County Clerk** are **February 9 through March 21. The election date is May 26, 2019.** If you are interested but need more information, please:

- ♦ attend the next Fire Board meeting at the old Fire Hall **Monday March 11th at 4pm**
- ♦ or call **Paul Yoder at 541-445-2188.**



Emergency Preparedness

KVAL has run an excellent series of reports on preparing for disasters such as the 9.0+ earthquake that is a repeating event in the Pacific NW. Recommendations call for at least 2 weeks of supplies to hold you until local, state, and federal agencies and utilities can get the local infrastructure functional again.

When you think about it, that is a lot of stuff to accumulate and store. On the KVAL website are suggestions on how to build up your supplies over the span of a year. Approach it like any other large financial purchase—budget for it and buy a little each month.

The Flame will run these monthly suggestions as they are posted for the benefit of our readers. January, February, and March are included with this month's issue.

HELP !



We would appreciate your support!

We received a donation from

Dale and Chris Weaver

this month.

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.

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

Grange luncheons

While the calendar says the start of spring, the weather says it is still winter. Gray, dreary days make the sunshine of a friendly face even more enjoyable. Bask in the warming glow of friends gathered for a hearty meal. Come to the Grange for lunch!

- ♦ Community lunch, **Tues. Mar. 5th** at noon. Bingo afterwards.
- ♦ Business mtg., **Tues. Mar. 12th** at 10 am. To plan future meals.
- ♦ Senior Lunch, **Tues. Mar. 26th** at noon. Proceeds from Bingo support the Scholarship Fund.

W-D Food Pantry

Cold damp weather saps your energy. Carbohydrates are an important energy source which is why your body craves them this time of year. Bags of potatoes, boxes of instant mashed potatoes, rice, pasta, beans, and oatmeal are all great items to feed the food pantry barrel. Or of course a check would do wonders, too!

W-D Food Pantry
c/o Betty Wittrock
PO Box 213
Camas Valley, OR 97416
or call Betty at **541-445-2855.**



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.**

Do we stay or do we go?

Thanks to Dale and Chris Weaver this is **not** the last mailed issue of the **Flame**. Their last minute donation was enough to decide the annual postal permit was worth purchasing. Our annual budget includes the annual permit (last year's was \$225 but rates just went up so we are not sure about that) plus \$55.76 per mailing at 11 mailings per year. **That is a total of \$838.36 each year to get the Flame into your mailbox.** We now have a guaranteed mailing for two more months. That is a lot of money especially when it could be sent to email addresses for free.



Granted, times change and we must adapt. Yes, it would be a lot easier on a number of people who help getting the **Flame** printed, folded, and to the Post Office for mailing. Issues would arrive in color and before the beginning of the month so events on the 1st or 2nd would have plenty of time to notify people.

But I still believe there are enough residents in the valley, particularly stay-at-homes or the elderly, that want or need the hard copy in their mailboxes: it is a tangible connection to their community. I will continue to send **the Flame** to the school for printing (God bless Andrea and Jeanine) and Betty will continue to fold, staple, and haul them to Tenmile PO (and burning their ears when the issues are late) until our account balance is zero.

Our readers will have to make the decision. Your call.



**Daylight Savings
begins Sunday March 10th.
Turn your clock forward
Saturday evening!**

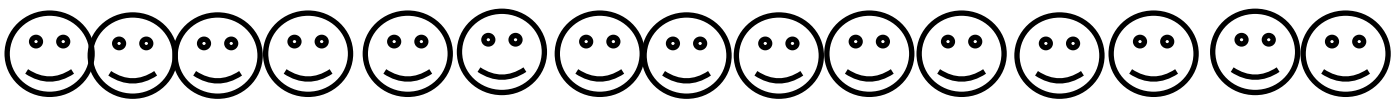
Camas Valley Cares

The Camas Valley Cares project is on hold thru the end of the school year. The remaining Fridays of the school year are dedicated to educational projects. Several previously planned CV Cares projects are waiting for suitable weather.

This project has had a great reception by the community and we all look forward to its continuation next year!



© Can Stock Photo - csp7196558



If This Hall Could Talk

The historic Camas Valley Grange Hall #521 celebrates its 67th Anniversary in 2019. Although the Camas Valley Grange itself is much older (established in 1932), this building and the Granger's who've loved it has served this community for all these years.

Since the completion of our Grange Hall in 1952 this building has been the meeting place for many clubs and organizations (4-H and Cub Scouts to name a few) and was the official polling place for elections before mail-in ballots were signed into law. This hall has seen countless benefit dances and high school proms. It even had the sound of roller skates on its Douglas Fir floors.

While times have changed, somethings remain the same. Today our Grange Hall still hosts the Camas Valley High School Prom and the Fire Fighter's Appreciation Dinner and Christmas Fundraising Auction. The walls hold echoes of locals ready to fight for the protection of personal property rights and for the beauty of our valley from the LNG pipeline during Jordon Cove informational gatherings. It holds laughter and lessons learned during local 4-H group meetings. Tears from family members and friends during memorial services. And appreciative comradery as our current Grangers serve delicious meals to our citizens twice a month during our Community and Senior meals.

But we'd love to see more! We would like our community to speak up and tell a Granger what they would like to see in the way of diverse community programs. And we would like to meet you if you have a talent you'd like to share with Camas Valley; are you a fitness instructor or a gifted artist? Teach a class! Do you have a larger family or work event but don't have the space? We do! Do you have an idea for a community event but don't have a venue? Look no further!

The Camas Valley Grange Hall is a historic building in our community and moreover it's our Community Center! Keep an eye out for up and coming activities involving the Grange in the Flame. And of course if you'd like to get involved join us for our business meetings every second Tuesday at 10am or our meal gatherings the first and fourth Tuesdays of every month.

-Kimberly Carter

(Historical information comes from **God Made a Valley**, Combs and Ross and opencorpdata.com)



Emergency Preparedness—January



Pledge to Prepare

January

SUPPLIES:

- ☐ Plastic tote(s) or duffle bag(s)
- ☐ 3 days of food, water and cash
- ☐ Hand operated can opener
- ☐ 2 flashlights with batteries



More info and tips at eweb.org/emergency prep

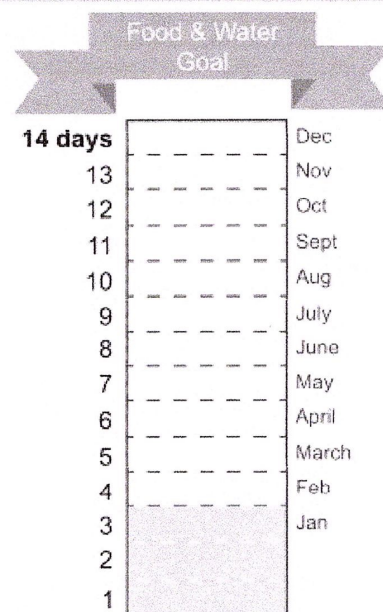
WHERE TO STORE YOUR SUPPLIES

FEMA recommends putting your disaster supplies in one or two easy-to-carry containers such as plastic bins or duffle bags.

Once you have bins or bags, you'll need a place to store your supplies.

The best place to store supplies really depends on the type of home or apartment you live in. A garage, closet or storage room are good options.

One of the best solutions is to keep supplies in a number of areas so that they are always in reach if a disaster strikes.



Purchase bottled water from the store, or buy and fill your own containers.

Store water in a number of different locations such as under the sink, in the garage, a storage shed, or closet.

It's safe to store water in cleaned and disinfected soda bottles, but do not use milk or juice containers for water storage.



Store cash in a safe location for emergency purchases in the event that ATMs are not functioning or banks are closed. The amount of cash should be based on the basic needs of your family, including food, gas and other things you use on a day-to-day basis.



Good food options:
Canned meats, beans
Canned fruits, veggies
Granola bars
Peanut butter
Canned juices
Dried fruits, nuts
Canned soups, chili

Emergency Preparedness—February



Pledge to Prepare

eweb.org/pledge

February

SUPPLIES:

- ☐ Propane/outdoor cooking fuel
- ☐ Medicine/first aid
- ☐ Unscented chlorine bleach
- ☐ + 1 day of food, water and cash

TASKS:

- ☐ Make a family emergency plan



FEMA News Photo

WATER TREATMENT

If you filled containers with tap water, you should treat the water before you drink, cook or brush your teeth with it. The most common treatment options are:

- Boiling – bring water to a rolling boil for one full minute.
- Chlorination – add 1/8 teaspoon of unscented liquid chlorine bleach per gallon of water, shake and let stand for 30 minutes.

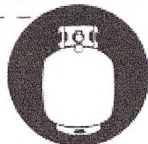
Generally, bleach stored at room temperature has a shelf life of one year. After that, it should be replaced.



Pro tip:

16 oz bottles of bleach are just the right size for a kit!

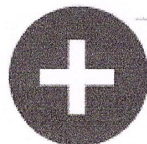
Food & Water Goal		
14 days		
13	-----	Dec
12	-----	Nov
11	-----	Oct
10	-----	Sept
9	-----	Aug
8	-----	July
7	-----	June
6	-----	May
5	-----	April
4	-----	March
3	-----	Feb
2	-----	Jan
1	-----	✓



In a long-term emergency, it will be helpful to have fuel for cooking and boiling water. Propane works well to power camp stoves or barbecue grills, but there are other options such as charcoal, wood and butane. Never store liquid fuel indoors or in an attached garage. It should be stored in a location that gets little to no direct sunlight and has ventilation.



Add 1 day to the food, water and cash you stored in January. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts, and dried fruits. One day of water = 1 gallon/person.



Buy a first aid kit or put one together. If you have special medical needs, build a "medication go bag" with at least 1 week of medications you take on a regular basis. Label the containers clearly. Think about other needs such as hearing aid batteries, EpiPens, syringes, etc.

Emergency Preparedness—March



Pledge to Prepare

eweb.org/pledge

March

SUPPLIES:

- ☐ Emergency radio
- ☐ Back-up phone power banks
- ☐ Personal hygiene items
- ☐ + 1 day of food, water and cash



FEMA News Photo

PREP FOR YOUR PETS AND BABIES

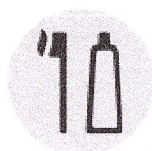
As you add to your supplies each month, remember the special needs of pets and babies.



Food
Extra water
Leash
Carrier
Medicine
Photo of your pet
Familiar items



Baby food/formula
Extra water
Diapers & wipes
Rash cream
Teething needs
Carrier/sling
Familiar items



Some ideas for your hygiene kit:

Toilet paper
Hand sanitizer
Wet wipes
Soap
Lip balm
Feminine products
Toothbrush
Toothpaste
Nail clippers
Tweezers
Hand towel
Wash cloth
Lotion
Sunscreen



Add 1 day to the food, water and cash you stored last month. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts, and dried fruits.
One day of water = 1 gallon/person.



Many emergency radios offer solar charging, flashlights and the ability to charge a cell phone. Some also feature a hand crank as a power supply.

Food & Water Goal		
14 days		
13	-----	Dec
12	-----	Nov
11	-----	Oct
10	-----	Sept
9	-----	Aug
8	-----	July
7	-----	June
6	-----	May
5	-----	April
4	-----	March
3	-----	Feb
2	-----	Jan
1	-----	

✓
✓

**** Talent and Donations Needed!!!!****

Jennifer Parker Banks Scholarship Variety & Art Show

will be here before you know it.
So set your calendar date for

Saturday, April 6, 2019
Camas Valley School Gym
6:00 pm

Talent Needed:

Can you play a musical instrument, sing, dance, juggle, short comedy or drama skits, poem recitations, etc. that you would like to perform?

Food Donations:

Pies or cookies are also needed for refreshments for the program. Please contact **Terry Murrell** at **(541) 485-9469**.

Donations Needed:

Artwork, woodwork, photography, sculpture, quilt or donate a cord of wood, truck load of gravel, or a month of free art or music lessons or gift certificates to your business. All donations will be for the silent auction.

ALL proceeds from the Variety & Art Show go to the

Jennifer Parker Banks Scholarship fund and a scholarship is given each year to a qualifying graduating senior.

Pick up an entry form at one of the following businesses:

- ♦ **Camas Valley Post Office**
- ♦ **Camas Valley School**
- ♦ **Bravo Bakery**
- ♦ **Market Plus**

Deadline for all entries must be submitted no later than March 21, 2019 at the Camas Valley School office.

No Smoking Day... for good.

By Kathi Weaver, RN

March 13th is designated No Smoking Day. Let's review the risks and dangers of smoking, and your commitment to quit. While we know that smoking tobacco increases your risk for lung cancer, there are more health problems it can affect, such as heart disease and lung disease, as well as several forms of cancer. Even though these dangers are well known today, quitting is a big challenge.

Not-so-Fun Fact – Tobacco is still the leading cause of death and preventable disease in the U.S., with approximately 480,000 deaths per year. Yes, I said PREVENTABLE.

Fun Facts – After quitting smoking, your cardiovascular risk drops within a few years. Quitting also breaks the cycle of addiction – rewiring the brain to help stop nicotine cravings. Oh, and the benefits to quitting begin as little as an hour after your last cigarette.

Just what is going on here - Cigarettes contain toxins that include carbon monoxide, which keep the oxygen from entering your blood and lungs. Lack of oxygen is suffocating. Your risk of coronary heart disease and strokes increase because smoking lowers good cholesterol, raises blood pressure, and narrows arteries and blood vessels which increase blood clots. Your ability to exercise your heart is harder to do. Your taste and smells may be affected as the smoking damages nerve endings in your mouth and nose. This may sound extreme, but that is what is going on.

Get the Nicotine out of your system – The benefits are nearly instant.

After 1 hour – In as a little as 20 minutes after your last cigarette,

your heart rate drops and returns to normal and your circulation begins to improve.

After 12 hours – the body rids of excess carbon monoxide from the cigarettes that has been restricting oxygen from entering your blood and lungs. With carbon monoxide levels normal, your body oxygen levels increase.

After 1 day – Your risk of heart attack decreases. Blood pressure has dropped and oxygen levels have risen, and physical activity is easier.

After 2 days – Your sense of smell and taste is better, as nerves are healing.

After 3 days – Nicotine levels are depleted, and at this point you may feel the withdrawal symptoms of moodiness and irritability, headache, and cravings.

After 1 month – Lung function is improving, which may improve coughing and shortness of breath. You may see an increase in ability for cardiovascular activities such as running and jumping.

After 9 months – Lungs have significantly healed, and the little hair-like structures inside the lungs have recovered – which are vital to helping push mucus out of the lungs to help fight infection.

After 1 year – Risk of coronary heart disease has now decreased by half, and will continue to drop from here.

After 5 years – Your blood vessels and arteries begin to widen again, which make it less likely for your blood to clot and lowering your risk of stroke.

(*Smoker* continued on page 11)



Superintendent's Message

Dear friends, students, parents, and community members:

It is with a great deal of mixed emotions that I share with you the following news: I have accepted the position as the next superintendent of the Rogue River School District starting on July 1, 2019. My 25 years of employment at Camas Valley School will end in June of this year.

I'm excited for what this opportunity means for my wife, my daughters, my parents, and my in-laws, as well as for myself. That said, my heart and my life have been in Camas Valley for 25 years. Until two years ago, I felt and hoped that my entire career would play out in this community. It started becoming clearer to me over the last two years that for many reasons, my family needed to relocate to the Rogue Valley at some point in the near future. Because I grew up in, graduated from, and still have family in the Rogue River School District, it is the most appealing position that I could pursue in that region.

As earlier noted, I am struggling with many emotions at the thought of stepping away from this place and the people who have been so good to me for so many years. The power of relationships built with this staff and generations of students and families in this community is one of the most fulfilling things I have ever experienced. I have shed many tears at the thought of leaving what feels like a "dream job." I want to make sure that everyone knows that I am not leaving for any reason other than this is what my near and extended family needs. The board, the staff, the students, and the community have been amazing to me.

I will continue working with you through this school year to keep us the best district in Douglas County. I will also work with the board to help get us the very best replacement we can find and to make it a smooth transition for all.

It is my belief that you should always leave things better off than you found them. I feel I have been able to do that for this district, and it is the least that this amazing community deserves. I pray for the very best for this district in the future.

Thank you for everything.

Patrick Lee

Superintendent/Principal

Camas Valley Charter School

Position open for Camas Valley School High School Football Coach

Camas Valley Charter School is looking for an energetic, highly motivated individual to lead our football program starting in the summer of 2019. Our program has a rich tradition and we are looking for someone who is committed to our kids and our community to lead it into the future.

The HS football coach will report directly to the HS Athletic Director. HS Football Coach responsibilities include but are not limited to:

1. Looking out for the safety and well-being of all participants.
2. Being current on all trainings as required by OSAA and/or the District.
3. Having a good understanding of football fundamentals.
4. Being available for practices from 3:45p.m. to 6:00 p.m. Monday through Thursday.
5. Being available for all home and away games.
6. Riding on school transportation with athletes to and from meets.
7. Assisting with inventory, uniform, and equipment management.
8. Being a positive role model with good leadership and communication skills.
9. Creating strong relationships with HS aged athletes and being able to motivate them.
10. Having a vision to create a district program that is integrated into the community.

Wages will be determined by the existing CBA. Duties to start in the summer of 2019 and conclude no later than early December.

**Please contact Tina Fisher or Patrick Lee
if you are interested.
541-445-2131.**



This position is open until filled. Camas Valley School District is an equal opportunity employer.

(Smoker from pg. 9)

After 10 years – Risk of lung cancer and death from smoking is roughly cut in half when compared to a smoker. The risk of other cancers, i.e. mouth, throat, and pancreatic cancer is significantly reduced.

After 15 years – Coronary artery disease risk is now almost the same level as a non-smoker.

After 20 years – Your risk of dying from smoking-related causes is

now about the same as those who have never smoked in their lifetime.

Commitment to Quit – To be successful, you will need a plan to help with the cravings and triggers.

The sooner you quit smoking, the faster you will reduce your risk for heart disease, lung disease, and cancer. Why not encourage each other? The truth is smoking is a bad idea.

<https://www.medicalnewstoday.com/articles/323718.php>
<https://www.medicalnewstoday.com/articles/317956.php?sr>

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

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

Animal Caretaker

**Animal Caretaker
For Hire**
livestock and domestic
animals
Elissa Eckman
541-662-1326
to discuss what is
needed

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**
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/
541-670-0458**

Construction, building

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

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

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

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
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

Music

Parker Piano
Piano lessons for all
ages
LeAnn Parker,
instructor
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
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

March

If “Plan A” didn’t work—
the alphabet has 25 other
letters. Keep trying!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						2
3	4	5 Community Lunch Noon Grange Bingo Fire Dept. Training 7pm	6 Ash Wed.	7 S.M.A.R.T. 2:15—3:15	8 Inservice No School	9
10 Daylight Savings Begins! 	11 Fire Dept. Bd. Mtg. 4	12 Grange Bus. Mtg. 10 Fire Dept. Training 7pm	13 No Smoking Day 	14 S.M.A.R.T. 2:15—3:15 B'day dinner 5:30 @ Bravo	15 No School	16
17 St. Patrick's Day 	18	19 Fire Dept. Training 7pm	20 First day of Spring	21 Talent show entries due S.M.A.R.T. 2:15—3:15 Fire board filing deadline School Bd. Mtg. 7 pm	22 No School	23
24	25	26 Senior Lunch Noon Grange Bingo Fire Dept. Training 7pm	27 Egg hunt planning @ Bravo 10:30	28	29	30
← No School—Spring Break →						
31						

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>Wednesday</u> Bible Study 10:00 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

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