



THE FLAME



Volume XV Issue V

"Put out" by the Camas Valley Fire Department Auxiliary

June 2015

Burning season reminders

Backyard Burn Permits

During fire season, all outdoor debris burning requires an on-site inspection and written permit from a DFPA Forest Officer on DFPA protected lands. Yard debris, such as brush and woody material are the only materials permitted to be burned. Check with DEQ for a list of materials that are prohibited to burn. Burning may be suspended at any time.

Logging Slash

The burning of logging slash requires a permit year round. Any type of tree harvesting that requires excess debris to be burned constitutes logging slash and therefore requires a permit to burn. To request a permit for slash burning, call DFPA at 672-6507.

Pasture and Field Burning

Controlled pasture fires help Douglas County ranchers get rid of unwanted weed and brush growth, insects, and plant diseases, thereby promoting healthy and productive livestock grazing lands. It is also a cost effective alternative to the use of chemicals.

Burning hillsides overburdened with poison oak, blackberry bushes and other fire hazards makes Douglas County a safer place to live. The process eliminates these fuel loads that can turn small fires into large, out of control fires. Many wildfires in the past have been controlled in open grass fields and hillsides that had been burned periodically.

<http://www.dfpa.net/Burn%20Permits1.asp>

C.A.M.A.S. Academy Promotion

We invite valley residents to join us in acknowledging the efforts and successes of our students.

8th grade promotion
June 4th 12 pm

Camas Valley Vol. Fire Dept. Responses

	April	May
Medical calls	4	1
Fire Calls	1	1
MVA	2	2
Mutual Aide	1	1



Food Pantry

When we think of a childhood summer, it is often idyllic with swimming in the river or at the beach, camping with family and friends, sitting around campfires looking at stars, maybe first time employment. We don't often think of hunger.

Many families depend upon the hot breakfasts, lunches and afternoon snacks provided by the schools to feed their children. While there are some summer lunch programs, smaller communities usually do not have the resources for this.

The Winston-Dillard Food Pantry needs your help to fill this need!

FEED THE BARREL!

Thank You For Your Support

We received

no donations

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**.

June Grange Happenings

- ♦ **Tues. June 2nd** Ladies' Luncheon at **noon** with bingo after.
- ♦ **Tues. June 9th at 10 AM**, is the business meeting to plan the next luncheons.
- ♦ **Tues. June 23rd** Senior luncheon at **noon** with bingo afterwards.



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.

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.

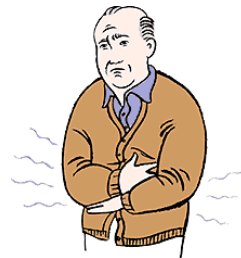
To submit articles:

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

WHAT IS BEHIND THE GIGGLES, ANNOYING SOUNDS AND ODORS? WHY ARE WE SO EMBARRASSED? IT'S ALL NATURAL.



Flatus: Gas in the intestinal tract or gas passed through the anus. Intestinal gas contains numerous gases including oxygen, nitrogen, hydrogen, carbon dioxide, hydrogen sulfide, ammonia, and methane.

Flatulence occurs when food does not break down completely in the stomach and small intestine. As a result, the food makes it into the large intestine in an undigested state. For example, if you are “lactose intolerant” you lack an enzyme (lactase) in your intestine-the enzyme that breaks lactose apart into two sugar molecules so they can enter the bloodstream. Without lactase, lactose passes undigested through the stomach and small intestine and arrives in the large intestine. There, the lactose meets up with billions of hungry bacteria-the natural “intestinal fauna” we all have in our large intestine. These bacteria are happy to digest lactose. They produce a variety of gasses, in much the way that yeast produces carbon dioxide to leaven bread. Gases such as methane, hydrogen, and hydrogen sulfide are common gases that these bacteria produce. Hydrogen sulfide is the source of the odor we associate with flatulence.

Certain foods produce more flatulence than others because they contain more indigestible carbohydrates than others.

1) Beans, as you might expect, are particularly well-endowed in this regard. There is a lot that can be done naturally to support your digestive system and normal levels of gas in the stomach and gut.

2) Try to cut down on fizzy drinks and foods known to be a problem for you. These most commonly include beans, legumes, cabbage and through trial and error some vegetables that lead to gas.

3) Always eat sitting down and take your time to eat slowly.

4) Natural remedies have been used to support digestion and for good reason. There are many herbs which are known for supporting digestive function, and using them can make all the difference in promoting digestive harmony after meals. Ginger is one home remedy I know something about. It has been well documented as a home remedy for stomach disorders and is a good choice to treat upset stomach. Ginger appears to reduce inflammation in a similar way to nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen, it slows associated biochemical pathways. Ginger is also a mild stimulant that promotes circulation. Ginger's root contains chemicals called gingerols and shogaols. When using ginger to treat upset stomach, these chemicals relax the intestinal tract, preventing motion sickness and relieving the nausea, vomiting, colicky stomach cramps, and diarrhea that often accompany stomach flu.

(FLATUS continued pg. 4)



Please re-
member your
**Camas Valley
Pyros Birthday
Calendar** or-
ders. I would like
to put this to-

gether soon. Call me if you have chang-
es. I am not calling everyone so you will
get left on if you don't call and let me
know. The prices are the same as last
year and I would appreciate payment as
soon as possible .A big thank you to all
who have called with changes and paid
me already. This is a great fundraiser for
our 4th of July fireworks show. Please
help support a great time in Camas Val-
ley. Call 541-643-6317 . Thanks, Mary
Helen.

See you all July 4th at the Camas Valley
Football Field!

(FLATUS from pg 3)

Here are 7 ways to tame excessive gas:

- 1) Avoid foods known to cause gas.
- 2) Don't drink with your meal. Try 30
min before.
- 3) Eat and drink slowly.
- 4) Take over-the-counter digestive aids
(try natural first).
- 5) Try activated charcoal (via liquid or
pill).
- 6) Avoid artificial sweeteners.
- 7) Don't fill up on air. Smoking, chewing
gum or drinking through a straw may
cause your stomach to fill with air,
leading to gas.

As annoying as it might be, some
gas is a natural by-product of the body's
digestive system. But if your gas is ex-
cessive, painful, or chronic, talk to your
doctor about possible causes and reme-
dies.

~ Ketti Walker, RN



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

Camas Valley Fun Days 2015

**Supports Camas Valley Fire Department Building Fund
Presented By Camas Valley Mud Dawgs**

July 17th, 18th (Night Drags), 19th

August 28th, 29th, 30th

**Rev-Limiter Racing Sponsored Race
(Using Camas Valley Fun Days Track)**

September 11th, 12th (Night Drags), 13th

October 10th (Saturday Day Drags)

Drag Classes

**Powder Puff:
4-6 cylinder, Heavy Truck,
V8 Toy and Up**

**4-6 cylinder
4X4 Truck
Jeep, Bronco, Scout
Open
Open Unlimited
Buggy Class
X Class**

TOC Classes:

Stock, Modified & Unlimited

Bike Drag Classes

**Peewee Quad 0-80cc
Jr. Quad 81-110cc
Intermediate Quad 110-200cc
Peewee Bike 0-80cc
Jr. Bike 81-110cc
4 Stroke 201-400cc
4 Stroke 401-700cc
Utility quads
Bikes 125 2-stroke/250 4-stroke
Bikes 250-2 stroke/450 4- stroke
ATV/ATC/Bikes-
Open Class (4 or more mods)
ATV/ATC/Bikes-
X Class (anything goes)**

Prices:

**Spectator price - \$5.00/person
12 and under Free
Seniors \$3.00
Racers \$35.00**

**Spouses with same vehicle \$15.00
Class bump \$5.00 (pay in advance)
Kids racers \$15.00 (13 and under)
Camping \$30.00**

ALCOHOL AND DRUGS PROHIBITED AT THIS EVENT

Stay informed, stay safe!

Wildland fires are a serious threat to lives and property in the U.S. The combination of drought, warmer temperatures, high winds and an excess of dried vegetation in forests and grasslands has made fire seasons progressively worse over the past 50 years. In the past decade, wildfires have burned over 60 million acres of these lands. According to the National Interagency Fire Center (NIFC), 2012 saw one of the worst fire seasons in decades, with over nine million acres burned.

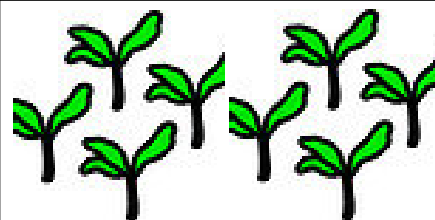
Facts and figures

- According to the National Interagency Fire Center, 2014 saw more than 63,000 wildfires burn over 3.5 million acres.
- In 2014, more than 1,900 primary structures were lost due to wildfire and attributed to house-to-house ignitions. From 2004 – 2014, primary structure losses totaled more than 15,000.
- The National Association of State Foresters (NASF) cites more than 72,000 U.S. communities are now at risk from wildfire.
- InciWeb, an incident information system, provides the most timely and accurate wildfire incident information for the public, media relations and public affairs professionals. Wildfire information on InciWeb includes the name of the fire, location and number of acres burned.

http://www.nfpa.org/safety-information/for-consumers/outdoors/wildland-fires?order_src=C365

Wildfire Safety Tips Closer to Home

- ♦ **SCREEN** in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating
- ♦ **COVER** exterior attic vents with metal wire mesh no larger than 1/8 inch to prevent sparks from entering the home.
- ♦ **ENCLOSE** eaves and screen soffit vents using 1/8 mesh metal screening to prevent ember entry.

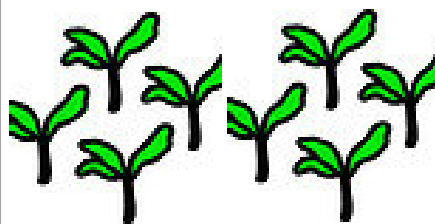


Pat Roberts' Weed Reminder

With growing season in full swing, nab those pesky weeds with this homemade Weed-Be-Gone recipe.

1 gallon vinegar
2 cups Epson salt
1/4 cup Dawn dish soap, original blue

It will kill anything you spray it on. Just mix and spray in the morning after the dew has evaporated. Walk away. Go back after dinner and weeds are all gone! Cheaper than anything you can buy anywhere. Never buy Round-Up again!





Superintendent's Message

It is very exciting and rewarding to be able to tell the community of Camas Valley that we will in fact have a pre-school next year. Pre-school is a huge step for our community in creating Kindergarten ready students. Kindergarten today is not like it was even 5 years ago. With new standards in place, Kindergarten students are expected to do far more than they were in the past. To make sure they can meet these rigorous new standards, parents need to work with students to help them be ready for Kindergarten or else they will start at a grave disadvantage.

With the district now providing pre-school, we can help parents guide their child's education and take an active role in helping get our students ready for Kindergarten. The details of days and times are still being worked out, but we are excited to be providing this opportunity.

If you are the parent of a child who is not old enough to attend Kindergarten but is fully potty trained and at least 3 years old, please contact the office to let us know who you are and how old your child is so we can establish our numbers. Our priority will be to 4 year olds, but if there is space we may consider letting in 3 year olds.

This is one more positive step for our school in promoting academic success for Camas Valley.

Go Hornets!!

Patrick Lee
Superintendent/Principal



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

Bookkeeping

Rose Mary's Bookkeeping

Rose Mary Cooper
Call for appt.
541-784-8788
rosemcooper@gmail.com

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

Gifts

Joy's Gift Shop

Sharri Payne
Thur.-Sat., 10-3
541-430-2449

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
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

Water delivery, Bulk

Quiet Mt. Water

Rick/Rinda
Quesenberry
M-F 8-5,
S-Sun. by appt.
541-817-3132

“Bees do have a smell, you know,
and if they don't they should, for their
feet are dusted with spices from a
million flowers.”

— Ray Bradbury, *Dandelion Wine*

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Grange Ladies Lunch Noon / Bingo	3 7th gr. Field trip UCC Fire Dept. Training 7pm	4 C.A.M.A.S. Academy 8th gr. Promotion 12	5 CVCC Sr. Graduation 7 pm	6
7	8 CVCC 8th gr. Promotion 7 pm	9 End of year field trip for secondary stud. Grange Bus. Mtg. 10 am @Grange Fire Dept. Bd. Mtg. 4	10 Last day of school Full Day! Fire Dept. Training 7pm	11 Grading day Community Birthday Party 5:30 Bravo Cafe	12 Last day of school for teachers	13
14 Flag Day 	15	16	17 Fire Dept. Training 7pm	18 School Bd. Mtg. 7 pm	19	20
21 Father's Day 	22	23 Grange Senior Lunch 12 w/ Bingo	24 Fire Dept. Training 7pm	25	26	27
28	29	30				

Camas Valley Churches

Camas Valley Missionary Church	Camas Valley Christian Fellowship	Camas Valley United Methodist
<u>Sunday</u>	<u>Sunday</u>	<u>Sunday</u>
	Men's Prayer 7:30 am	
	Morning Worship & Sunday School 10:00 am	
Sunday School 9:30 am	<u>3rd Wednesday</u>	Morning Worship 9 am
Morning Worship 10:45am	Evening service 6:00 pm	& Children's Sunday School
<u>Wednesday</u>		Fellowship 10 am
Bible Study 10:00 am	On the fourth Wednesday of each month all the C.E.L.L. groups come together for worship and teachings at Camas Valley Christian Fellowship. If there is a 5th Wednesday in a given month there will be NO SERVICE or C.E.L.L Group.	w/ beverages and snacks
	All the other Wednesdays we meet in small groups in various homes here in Camas Valley, Winston, and Roseburg areas.	<u>4th Tuesday, monthly</u>
	A directory of all the home fellowships is available at the church.	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