The Flame

Volume XII Issue V "Put out" by the Camas Valley Fire Department Auxiliary June 2012

Quilt Raffle Tickets on Sale Now

Maybelle Cummings is the creator of this year's quilt for the Quilt Raffle. At 88" x 92", this striking black and white quilt will cover a lot of bed and go with everything!

Tickets are just $1 and are sold at :

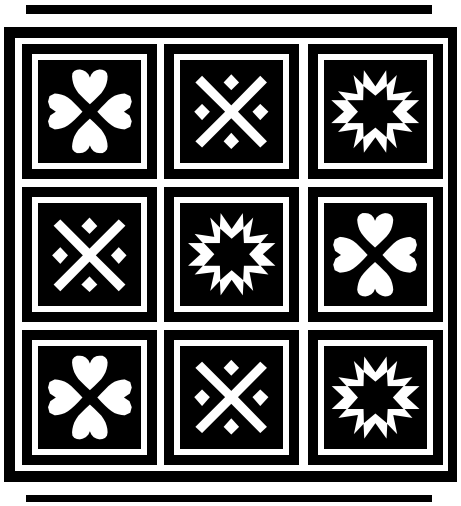
⇒ **Kay's Market**

⇒ **Market Plus**

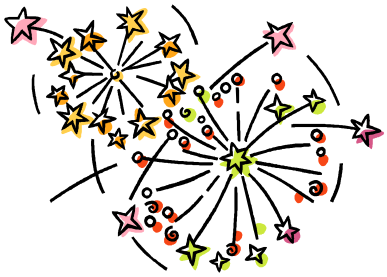
⇒ **Harrison's Hardware**.

Or you can contact **Betty** at **541-445-2855**.

All proceeds go to the **Camas Valley Volunteer Fire Department Building Fund.**



Fireworks early this year!



Date: Sat. June 30th

Gates open: 5 pm

Food: 6 pm

Fun: All evening long!

Mark your calendars! Due to July 4th falling on a Wednesday, the Annual Camas Valley Fourth of July celebration will be on ***Saturday, June 30th*** this year! With most of our work schedules and other events that have already been scheduled, we feel this is the best solution. If you are interested in volunteering some of your time to help with this year's activities, please contact :

Tina	**541-733-6083**
Teresa	**541-445-2402**
or **Mary Helen**	**541-643-6317**

All booths must be okayed by the Pyro board. Please contact Mary Helen with your request by **June 15th.**

What's up at our Fire Department…

The budget will be up for adoption at the **June 11th Fire Board** meeting. The board is proud that it was able to keep the budget in line despite the current economic situation.

Several young people are interested in becoming trainees with the department, a welcome addition of enthusiasm and energy.

More ORV fun will be happening mid-July at the **Camas Valley Fun Days**! See posters around town for more information.

Thank You

Christopher Knebel's family would like to thank all of Camas Valley for your love, prayers and support during this very difficult time.

Loving thanks to Eli Wolfe for find the strength and courage to give such a beautiful eulogy.

A very special thank you to Garay Wolfe, Maison Cay and Mike Cay for the precious slide show and original recorded music of Christopher's voice and guitar.

A loving thank you to Marisa Hillburn and David Barton for their heartfelt songs they wrote for Chris.

God Bless you all,

Sheryl Knebel

Thank You For Your Support

We received donations from:

Sheryl Knebel

Judith Ashton

Lloyd & Kay Nelson

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.

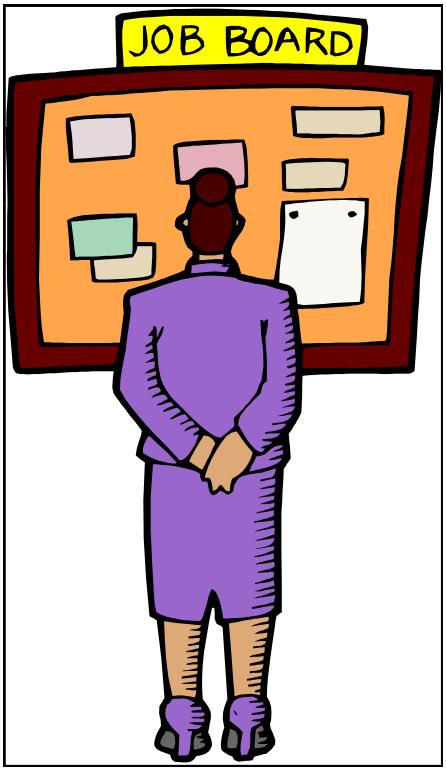
The Flame

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.

Articles may be submitted by the **25th** of the month to one of the following:

Jan Baker at 445-2443
Judith Wickham at 733-6940
jwickham52@gmail.com or
150 Buck Springs Rd. Camas Valley



Camas Valley School has the following part-time positions open:

- art teacher and
- construction teacher.

The positions are open until filled. Please submit a letter of interest outlining experience to the district office. For more information contact Camas Valley School at 445-2131. EOE

Position Opening

Part-time Custodial Position: Camas Valley School has a 15-20 hour per week custodial position opening. Must be willing to work evening hours. Camas Valley is an equal opportunity employer. The position is open until filled. Please submit a letter of interest outlining experience and a District non-licensed application to the district office. For more information contact Camas Valley School at **445-2131.**

Bus Drivers Needed

Camas Valley School is currently seeking bus drivers. If you are interested, please contact Camas Valley School at **541-445-2131**.

What's for lunch?

With summer vacation comes hot weather, lazy days, and no lunch. Many students depend on the school lunch program to provide them their one balanced meal of the day. The Dillard-Winston food bank can fill in the menu for the summer with your help. The bin at the Post Office is waiting for your donation.

It is ***Community Calendar*** time! Although there are no price changes, there is one big change. The proceeds from the calendar will go toward the **Camas Valley Pyros**.

Mary Helen will still be contacting you about your ads. Most everyone has agreed to do their routes and will be contacting you to see if there are any changes with your family information! If you have not been contacted by the person in charge of your route, please call **Mary Helen** at **541-643-6317** with your information.

We thank you for your continued support and hope to make this year's calendar bigger and better! If you have a picture you would like to submit for consideration, please contact **Tina** at **541-733-6083** or Mary Helen.

The Pyro's will have a car wash on **Saturday, June 16th** at Kay's Market. We will be scrubbing as long as we have clients. All proceeds will go towards this year's firework show.

Thank you for your continued support!!

Email for an out-of-valley experience!

Want to keep the college student informed about happenings in Camas Valley? Or know former residents that like to keep up? Send their name and email address to Judith at <**jwickham52@gmail.com**> and an electronic copy will be sent to them each month. Or call 541-733-6940 and leave <u>your name and number</u> so Judith can call you back for info.

The **Camas Valley United Methodist Church Rummage Sale** will be

Friday, June 8th 7-3 and Saturday the 9th 8-2.

Still accepting donations of clean items. Questions?

Call **Mike** at **1-541-207-7282.**

Grange Dates

- Wed. the **6th** Noon Ladies' Luncheon,
- Wed. the **13th** 10 AM Business meeting includes planning for luncheons.
- Wed. the **27th** Noon Senior Luncheon,

Hope to see you all there. Bingo will be called after both luncheons with the proceeds of the Sr. Luncheon bingo for the CVHS Scholarship.

Thinking of Christmas!?!

Oh, please, don't tell me how many shopping days there are until Christmas!

The **Camas Valley Fire Department Auxiliary** is always thinking of ways to improve the **Fire Department Appreciation Dinner.** Last December we noticed we had lots of picked-over stuffed animals for the **Children's Corner** and only about six kids, so we let them take them <u>all</u> home. (Sorry, parents!)

We invite Santa to share his favorite books, crafts, activities, and art supplies appropriate for pre-teens. We are aiming for maybe two dozen delightful, memory-making items. Remember a favorite book of your youth? Loved those big dot-to-dot books? If you would like to add to Santa's pack, donate funds to a good cause, or have suggestions, call **Judith** at **541-733-6940.**

Invasive Species

By Steve Wickham
Forester, retired

Invasive species are non-native plants, animals and other organisms (microbes) whose introduction causes economic or environmental harm or harm to human health. These organisms can overwhelm crops, destroy timber, range and pasture lands, clog waterways, affect human and animal health, and endanger native plant and animal communities.

In Camas Valley the noxious plant species of most concern to forestry and agriculture are Scotch broom, Himalayan blackberry, knotweeds and meadow knapweed. They are often most noticeable along roads and other rights-of-ways. They spread quickly, are difficult to control and have a clear ecological and economic risk.

Scotch broom can quickly overwhelm a new plantation or field and is maybe the worst invasive plant to the timber industry. With showy yellow flowers it produces large amounts of seed that can remain viable in the soil for 60 years. It also spreads by rhizomes. It is highly flammable. It appears to have minimal use by deer and elk. There have been reports of toxicity to livestock.

Himalayan blackberries are great in pies and cobblers, but the plant can quickly cover a field or new plantation choking out new seedlings or grasses. It is especially a concern along streams throughout western Oregon replacing native vegetation and reducing or eliminating native vegetation and bank fishing access. It is very difficult to control often taking several successive years of treatment to finally kill the roots. It produces vast quantities of seed that can remain viable for several years. It has very vigorous vegetative reproduction from crowns, roots, root fragments and stem cuttings.

The knotweeds displace native species generally in riparian areas along streams, forming dense colonies. While it can produce seed, it often reproduces by rhizome fragments. There are reports of rhizomes up to 60 feet long and 3 feet deep. A major concern is the transport of rhizome fragments in streams. As Camas Valley is in the headwaters of the Middle Fork of the Coquille River, any of our knotweeds have the potential for long distance spread.

(See INVASIVE *continued on pg. 8)*

THYROID

WHAT IS IT?
WHERE IS IT?
WHY DO WE HAVE IT?
DO WE NEED IT?

The thyroid is a small gland, shaped like a butterfly located in the lower part of your neck, whose function is to secrete hormones. The main hormones released by the thyroid are trilodothyronine, (T3), and thyroxine, (T4). These thyroid hormones deliver energy to cells of the body.

Some of the most common problems that develop in the thyroid :

Hypothyroidism: When the thyroid gland is underactive, improperly formed at birth, surgically removed all or in part, or becomes incapable of producing enough thyroid hormone, a person is said to be hypothyroid. One of the most common causes of hypothyroidism is the autoimmune disease called *Hashimoto's disease*, in which antibodies gradually target the thyroid and destroy its ability to produce thyroid hormone. Symptoms usually go along with a slowdown in metabolism and can include fatigue, weight gain, and depression, among others.

Hyperthyroidism: A person is said to be hyperthyroid when the thyroid gland becomes overactive and produces too much thyroid hormone. The most common cause of hyperthyroidism is the autoimmune condition known as *Graves' disease*, where antibodies target the gland and cause it to speed up hormone production. Autoimmune disease refers to a condition where the body's natural ability to differentiate between its tissues, organs and glands, vs. outside bacteria, viruses or pathogens, becomes disrupted. This causes the immune system to wrongly mount an attack on the affected area, by producing antibodies. In the case of autoimmune thyroid disease, antibodies either gradually destroy the thyroid or make it overactive.

Sometimes the thyroid becomes enlarged, due to Hashimoto's disease, Graves' disease, nutritional deficiencies, or other thyroid imbalances. When the thyroid become enlarged, this is known as a goiter. A small percentage of thyroid nodules are cancerous. While thyroid cancer is a rare cancer, it's on the rise.

When the thyroid becomes inflamed due to bacterial or viral illness, this is known as thyroiditis.

Some of the risk factors. Your age, sex, family medical history, and overall health all play a role in how likely you are to develop a thyroid problem. Knowing about these risk factors is important so that you can get screenings and start treatment early if you do have a thyroid problem.

Did you notice *hypo-* means less and *hyper-* means more? Just a little tidbit to keep with you when you are referring to medical issues. EXAMPLE ---hyperkalemia (high potassium), hypertension, hyperthermia, hyperglycemia. Then there is hypothermia, hypoglycemia, hypertension, and of course hypokalemia. Words are fun to break down and build back up.

Ketti Walker, RN

Camas Valley Charter School Graduates of the Class of 2012

Luke Elliot, Valedictorian

Hunter Gallagher, Salutatorian

Richard Andreas	**Travis Newman**
Cheyenne Baker	**Austin Parazoo**
Ryan Dancer	**Emily Roque**
Gabriel Giger	**Michaela Smith**
Amoz Hickman	**Anna Stamey**
Emma Inge	**Evan Tilton**
Dakota Luscomb	

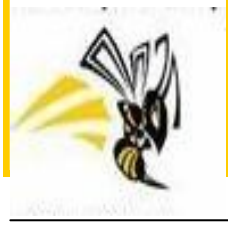
The entire Camas Valley community is proud of the accomplishments of the Class of 2012. We are confident that you will successfully handle the difficulties of starting your adult lives in continuing education, military service, or the business world.

Show them what you're made of, Hornets!

TEXTBOOK ADOPTION

Camas Valley is scheduled to adopt new science curriculum for grades K-6 and also 7th grade Social Studies. Teachers are deciding on which state approved curriculum they are most interested in. The Charter Council, along with others who would like to be involved, will be reviewing the submissions so a recommendation can be made to the School Board at their June 21st meeting.

If you would like to review the possible science and Social Studies curriculums, please come to the review meeting scheduled for Monday, June 4th at 5:00 pm in the Community Resource Center/Library.



INVASIVE from pg. 5

Meadow knapweed has an attractive flower and is a perennial that grows from a woody crown. It reproduces largely by seed but root and crown fragments resprout when disturbed by equipment or cultivation. It is considered a weed on the move. It has low palatability to grazing animals and reduces usable forage production. It is fairly common along Camas Valley roads.

There are a number of methods to control noxious weeds. Find a method that works for your situation. Don't become discouraged as it can take several years to be truly successful for some species. Seek help if necessary.

The Oregon Department of Agriculture has the lead state authority for most invasive species, but other agencies such as the Oregon Department of Forestry, Oregon Department of Fish and Wildlife, State Marine Board, and the Oregon Department of Transportation are also very involved.

For more information please contact the Douglas County Extension Service, the Douglas Soil and Water Conservation District, or the Douglas County Weed Advisory Board. You can also Google individual plants of concern. Available on line, *The Pacific Northwest Weed Management Handbook* is a good extension service resource.

Steve Wickham has over 30 years experience as a professional forester and is currently serving on the Douglas Co. Weed Advisory Board.

Light travels faster than sound.
That is why some people appear bright until you hear them speak.

Achievement Compacts:
Every school district in the State of Oregon is required to turn in an achievement compact to the state by June 30th. Target areas include graduation rate, number of college credits earned while in high school, third grade reading, third grade math, 6th grade attendance, and 9th grade high school readiness. Camas Valley is working to create realistic goals that will challenge our students to do even better in the future. The committee working on creating our compact is planning to present the compact to the School Board at the June 21st meeting.

Tell at Friend:
We are still looking for more kids. We are planning to run a bus into Green in the fall and we are also exploring options to also run a bus into Bridge. In order to remain financially stable we need to enroll more students. Our goal is to reach 180 students next fall. If you know of anyone considering sending their student(s) to CVCCS please have them contact the school for more information.

SUMMER BASKETBALL

Camas Valley is hosting two summer Basketball Tournaments. The girls will be hosting a tournament on June 15th and the boys will be hosting one the following day on the 16th. Both tournaments will run from 9:00 a.m. to 7:00 p.m. There will be a $1 admission for anyone over 12 years old. The tournaments will feature a round robin format followed by a single elimination bracket. A plaque will be awarded to the first place team both days. Come out and support the Hornets as they kick-off their 2012 athletic season. are a great way to come out and support the Hornets.

FOOTBALL CAMP

The 2011 State Champion Camas Valley Hornets will sponsor a football camp June 28th, 29th, and 30th. The Southern Oregon University coaching staff will be here to help develop fundamental skills. The camp will also feature scrimmage sessions from 7:00-8:30 p.m. on Thursday and Friday nights. Saturday's scrimmage will be from 10:00 a.m. to 11:30 a.m. These scrimmages are a great way to come out and support the Hornets.

HS Boys' Basketball Coach Wanted

Camas Valley School is accepting applications for the 2012-2013 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 by June 7th. For more information, please contact Wayne or Jeanine at (541) 445-2131.

CHARTER COUNCIL

Put the Community into Camas Valley Community Charter School. We are still looking for new members to help Camas Valley Community Charter School to keep improving. Meetings take place once a month. It is important the community voice is heard when programs and other things are being developed. Any questions, please contact Ellen Windus at 541-445-2131.

LOST and FOUND

There are many items in the lost and found area at Camas Valley Charter School. Please take time to encourage your child to look through for items he or she may be missing. You can also come by to go through the items as well. Anything not picked up by the end of school will be bagged donated to the Salvation Army.

What's happening in Mrs. Pope's 5th grade class...

Language Arts: Mythology. The study of the Greek and Roman Gods.
We have touched on how these Gods ruled the Heavens, Earth, and the Underworld.

Math: Fractions, Fractions, and MORE Fractions!!! Improper, Mixed numbers, multiplying fractions, long division with a remainder of a FRACTION. This concept is a real tough one. PLEASE work on this concept over the summer. It will reinforce their basic skills and be ready for 6th grade Math.

Writing: Essays, journaling, and storytelling. This class LOVES to write stories!!! The favorite topic they enjoy writing on is a fictional character named 'The Jamaican Banana'. JB has been all over the world in many different scenarios. Make sure you ask a 5th grader "Who is the Jamaican Banana and what is he all about?" You'll be surprised by their response!

Health: In the past 2 months, we have covered some very sensitive topics. HIV, Aids, stranger/danger, and discussions on the reproduction systems. Some of these topics were asked in frankness, but students gave appropriate answers to possible situations. PREVENTION and ABSENENCE were our main focus, as well as each person has the right to say no and be respected for their choice.

Science: Matter...What is it? How does it effect us? What are the 3 states? What can be a solid, liquid, AND a gas?

Library: This **IS** the last week the library is open. PLEASE begin searching under the bed, couch, shoved in the dresser draw, on the kitchen table for those library books. Andrea would greatly appreciate that the books
come in as soon as possible so that they can be processed and inventoried.

FIELD TRIPS and **END OF THE YEAR** stuff...
Field trips: Our class has 2 schedule trips remaining:(more info to follow...)
1. ***June 1st*** We are going to the state Capitol in Salem!!!
2. ***June 4th*** will be our last positive behavior reward trip.
3. ***June 6th*** is our annual ***Field Day,*** which will start at 8:00am.

I want to take this opportunity to thank the parents of our 5th grade class for their support of their child and the importance of 'school first' in their lives. It is very important for your child to do their homework. It keeps concepts fresh and can make an easier transition to the 6th grade.

Thanks so much 5th graders...we have had a wonderful 2 years!
Mrs. Pope

High School Hornets Place Well at the District and State Levels

We had a great showing at Districts. 13 student athletes from Camas Valley qualified for the state meet during a sweltering day of a District Meet held in Grants Pass. ALMOST EVERY athlete who represented Camas Valley at the District Meet had a personal record (PR) in at least one of their events. When the team went to the State Meet in Monmouth, EVERY ATHLETE who competed earned a state medal!!! Congratulations to all for you dedication and hard work. We are looking forward to next year's group. Good job for all who participated this season.

****New School Records established this year:***

*4x100m relay (Andreas, W.Tilton, E. Wolfe, C. Lindsey) 44.71
*Long Jump (Richard Andreas) 21' 8"

****Athletes who qualified for the State Meet:**

Seniors:

Amanda Hunt	4x100m relay
Richard Andreas:	4x100m and 4x400m relay, 400m dash, and The Long Jump
Evan Tilton:	100m High Hurdles
Gabe Giger	4x400m relay
Dakota Luscomb	Shot Put (unable too compete due to illness)

Juniors:

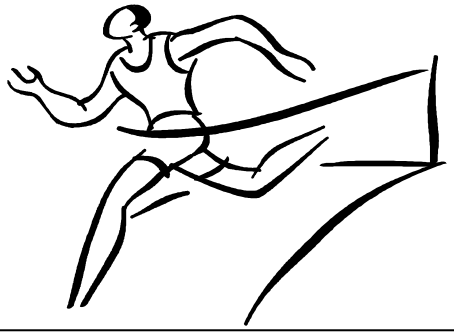
Eli Wolfe:	4x100m relay, 4x400m relay
Julia Mooney	4x100m relay

Sophomores:

Caleb Lindsey	4x100m relay
Weston Tilton	4x100m relay, 4x400m relay
Caleb Wood	Javelin
Bradley Dancer	3000m
Jayden McIntyre	4x100m relay

Freshmen:

Justine Bringhurst	4x100m relay, Javelin
Whitney Lindsey	4x100m relay-alternate
Ciara Colvin	4x100m relay-alternate
Kayla Tilton	Manager/photographer



DRAMA NEWS

Adding stage performance to their growing repertoire of academic skills, students in the Camas Valley Drama class performed a one-act play titled 'Hard Candy' May 24 in the school gym.

The farcical play is set in the offices of Banff Enterprises, a company with an uncertain business model and a mindboggling turnover rate, and consists of a series of job interviews in which characters first play the applicant and then the interviewer.

Juniors Jordan Hibdon and Dewey Talley channeled their inner frat boys in the play's opening scene, when Jordan's character hired Dewey's in spite of the latter's glaring lack of qualifications simply because the two both pledged at the same Idaho State fraternity. Improbable as it might seem, Dewey's character somehow became multilingual between the first and second scenes, using his newfound language skills to try to trip up Kattey Hall's highly credentialed character in a game of linguistic one-upmanship that resulted in Kattey's hiring and Dewey's face getting slapped. Evidently letting this newfound power go to her head, Kattey's character proceeded to enrich herself at the expense of fellow sophomore Izaac Ashton's character, staging the kind of shakedown that would have made a mafia don proud and ultimately leaving Izaac pantsless.

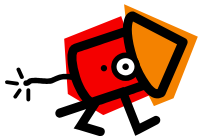
Playing an assertive, take-charge kind of girl - not much of a dramatic stretch for her - senior Michaela Smith proceeded to bully her way into a job by steamrolling her would-be interviewer, though her amorous mauling of sophomore Derikk Killcy's character in the next scene would have been enough to get her in trouble with any self-respecting human resources department. Derikk's animal charisma, while too much for his interviewer, did not seduce the character played by sophomore Dani Wilson, who determined to ply her hypnosis skills to get her the job. When that approach failed, she successfully resorted to blackmail.

Junior Cody Wood and senior Travis Newman played a militant company-man and a no-good slacker, respectively, resulting in Newman's untimely demise when he is hired over Cody's character. Michaela returned to the stage shortly afterward to play the daughter of Cody's character, and is hired in spite of a withering browbeating at the hands of her stage father. The play ends as Anna's character is passed over promotion and subsequently watches with satisfaction as Michaela chokes to death on - what else - hard candy, leaving Anna in charge at last.

The play was a short, lively one played with great enthusiasm by everyone in the class, resulting in a light-hearted romp through the vagaries of the employment process. Good practice, perhaps, for the students' career adventures to come.

"Spring being a tough act to follow, God created June."

Al Bernstein

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5th grade fieldtrip State Capitol 7:15-4 pm HS Graduation 7 pm gym	2
3	4 8th grade promotion 7 pm gym	5 Kindergarten graduation 1:45-2:15	6 Grange Lunch Noon w/ Bingo Last day of school—early dismissal **Fire Dept. Training7pm**	7 Grading day/ Last day for teachers Transfer site	8 Girls' summer basketball tourney 9 am CVUM **7-3**	9 Boys' summer basketball tourney 9 am Rummage sale **8-2**
10	11 **Fire Dept. Bd. Mtg. 6**	12	13 Grange Bus. Mtg. 10 am @Grange **Fire Dept. Training7pm**	14 Flag Day Transfer site	15 Girls' summer basketball tourney 9 am	16 Boys' summer basketball tourney 9 am Pyro's Car Wash at Kay's Market
17 **Father's Day** 	18	19	20 First day of summer **Fire Dept. Training7pm**	21 Transfer site	22	23
24	25	26	27 Grange Senior Lunch Noon w/ Bingo **Fire Dept. Training7pm**	28 Budget hearing 6:30 Library School Bd. Mtg 7 pm Library Transfer site	29	30 **FIREWORKS! Football field Gate: 5 pm Food: 6 pm** 

Camas Valley Churches

Camas Valley Missionary Church

Sunday

Sunday School 9:30 am
Morning Worship 10:45 am

Wednesday

Bible Study 10:00 am

Camas Valley Christian Fellowship

Sunday

Men's Prayer 7:30 am
Morning Worship &
Sunday School 10:00 am

Wednesday

Prayer service 5:30 pm
Worship Generation
Coffee Bar 6:30 pm
Worship 7-9 pm

C.E.L.L. Groups

Andy & Shelly Standley in Camas Valley. **Fri.** at 6 pm. Contact info: (541) 445-2894.

Ron & Ronda Rust in Camas Vly. **Thurs.** at 7 pm Contact info: Steve & Dianne Lounsbury (503)545-7878 or Ron & Ronda Rust (541) 445-2220.

Camas Valley United Methodist

Sunday

Morning Worship 9:00 am
& Children's Sunday School

Fellowship 10:00 am
w/ beverages and snacks

Tuesday

Bible Study 2:00 pm

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