



THE FLAME



Volume XXII Issue I

“Put out” by the Camas Valley Fire Department Auxiliary

February 2022

Thanks to all those who volunteered on behalf of the **Camas Valley Rural Fire District** to make our 2021 annual Appreciation Dinner such a success and without whom we would not be able to have this great event.

Our firefighters who worked hard to get everything done and vehicles moved out for this event. We appreciate you all!

The CVFD Auxiliary –**Theresa Herberger, Amandah Redfern, Amanda Ruiter, Judith Wickham, and Vonnie Wallace.**

Diana Kinnan who was our evenings auctioneer and did a fabulous job, as always!! **Judith Wickham** for making sure we had a super fun children’s table and **Amanda Ruiter** for running it. **Tina Fisher** for the Angel Tree.

Our notoriously famous valley master quilters: **Mary Jean Anderson, Mary Byford, *Maybell Cummings, Jeannette Day, Sherri Payne, Juanita Saul, Linda Underhill, and Ketti Walker.**

Our crafters, artists and Valley residents who donated items for the auction to include the following: **Kimberly Carter/Mary Morrell/*Betty Wittrock, Steve Esterby, Arla Morgan, Elizabeth Nelson, Terry Quinn, Amanda Redfern, Debbie Royal, Ron and Rhonda Rust, Linda Underhill, Jamie Wagner, Ken and Vonnie Wallace.**

We also need to give a big thanks to several businesses for their gener-

ous donations:

- ♦ **Alexander’s Greek Restaurant,**
- ♦ **B&B Roads,**
- ♦ **Camas Valley Disposal,**
- ♦ **Classic Cuts Salon,**
- ♦ **Cranberry Sweets,**
- ♦ **Cup of Joe,**
- ♦ **DC Farmer’s Co-op,**
- ♦ **Jerry’s Jet Boats,**
- ♦ **Market Plus,**
- ♦ **Mill Casino,**
- ♦ **Oregon Tool and Supply,**
- ♦ **Precision Lube and Tune,**
- ♦ **Red Robin,**
- ♦ **Scissor Trix Salon,**
- ♦ **Seven Feathers Casino & Resort,**
- ♦ **Sizzler Restaurant,**
- ♦ **The Place in Roseburg,**
- ♦ **Wildlife Safari, and**
- ♦ **Winchester Grill.**

If we forgot to mention anyone please accept our sincere apologies and we’ll strive to do better next year.

A great big thank you to all who helped make this event a great success bringing in a total for our building fund this year of **\$3900.**

**SUPER FANTASTIC JOB
CAMAS VALLEY!!!
THANKS TO EACH AND
EVERY ONE OF YOU!**

* **Maybell Cummings** has passed since the Appreciation dinner. Her legacy of giving beautiful quilts will be long honored. **Betty Wittrock** requested her tapestry be completed and donated prior to her passing in 2020.

We appreciate your Support!

**BK Mini Storage
Nicholas & Juli Weaver
Juanita Saul
Mike Moore
Sabin Electric**

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.

Winston Dillard Food Pantry

The supply of personal care products at the Dillard-Winston Food Pantry is very low and requested by many families. So if you are at the Dollar Tree and have a couple of dollars, pick up some tooth paste, tooth brushes, shampoo/conditioner, bar soap or deodorant. Your donations will be gratefully appreciate.

If you have been getting food boxes from Teresa at the **Outpost Mobile Pantry**, you probably know she has taken another job and supplies will not be available until someone

new is hired to organize the Mobile Pantry. Remember that the DWFP is open **Mondays and Wednesdays from 9:30 to 11:30** and the **first and third Wednesday afternoons from 4:30-5:30 p.m.** and we can help you. The Pantry is still located in the Pavilion at Riverbend Park on Thompson Street. Come see us!!!

Call **Vonnie Wallace** at **541-445-2355** or let her know you are leaving items at the Camas Valley Post Office.

**W-D Food Pantry
c/o Vonnie Wallace
1200 Westside Rd
Camas Valley, OR
97416**

THE FLAME

The Flame is a monthly publication of the Camas Valley Rural Fire District Auxiliary. The mission of this newsletter is to keep the residents of Camas Valley informed about the events and activities of the fire department, churches, school and civic organizations that are in Camas Valley.

The Flame is provided free to all residents of Camas Valley by mail and anywhere by email.

***To submit articles:
Items must be in
by the 25th***

Submit to:

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

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

***Grange meals are still
on hold :(***

***Email Flame issues are
handy!***

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

Send name and email address to:

jwickham52@gmail.com

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

New 10-Year Strategy from the U.S. Forest Service to Tackle Wildfire Hazardous Fuel Issue

BY MEGHAN HOUSEWRIGHT

On January 18, the federal government announced plans to seriously tackle the hazardous fuels that feed that nation's wildfire crisis. The U.S. Forest Service (USFS) has long acknowledged the problem created by the dead trees, overgrown undergrowth and brush left by decades of vigorous wildfire suppression, bark beetle infestations and neglect. But, it has been routinely stymied by the lack of resources to address the problem at its true scale—hundreds of millions of acres.

On January 18, Tom Vilsack, U.S. Secretary of Agriculture, along with Arizona Senator Mark Kelly, and U.S. Forest Service Chief Tom Moore, announced the federal government's intention to treat 50 million acres¹ over the next ten years and have a plan in place for maintaining that work going forward. Years of research from the USFS and others have mapped out large areas of land, known as firehedges, where wildfire ignition would likely expose communities to risk. Through this research, land managers now have a better understanding of how to prioritize and target landscape treatments to get the most risk reduction possible from the smallest footprint of treatment area. The plan released yesterday noted the USFS will use this science to guide its actions, starting with high-risk areas in California, Arizona, Washington, and Oregon.

The hazardous conditions of the nation's forests and grasslands is a major factor in the extreme wildfire conditions on display over the past several years. NFPA's Outthink Wildfire initiative has called for a significant increase in the federal government's response to these hazardous conditions through prescribed

fire and mechanical thinning. With the funds provided through the bipartisan *Infrastructure Investment and Jobs Act*, the USFS has nearly \$3 billion directly for fuel treatments to kickstart their 10-year initiative. However, as acknowledged in the strategy document released yesterday, this initiative will require policymakers to solve ongoing funding issues, build the sizable workforce necessary to carry this out, and coordinate large projects across multiple jurisdictions—all long-standing challenges.

After successive years of punishing wildfires, the Forest Service's public acknowledgement of the need to greatly increase the scale of fuel reduction, and its commitment to treating 50 million acres of wildfire risk over the next 10 years, is a breakthrough. The impact of it though will depend on the appetite to solve the long-standing implementation barriers like funding and workforce, that currently stand in the way of the hoped for "paradigm shift" in land management. However, with strong advocacy and continued stakeholder engagement, progress on these hard issues can be gained.

Treating the hazardous fuel conditions that enable destructive wildfires is critical. However, it is not the only action needed to solve the problem. Science points to a future with more wildfire, even as land management policies seek to mitigate the worst possible outcomes. To live safely in this future, communities must embrace risk reduction policies—codes, retrofits, education, and strong support for their fire departments. Without similarly lofty goals for each of these needs, the end of community destruction by wildfires will remain out of reach.



What you don't know about high blood pressure could hurt you. High blood pressure affects nearly half of the adult population in the United States, yet many people who have the condition don't know they have it.

Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is high.

1. High blood pressure may be linked to dementia.

Recent studies show that high blood pressure is linked to a higher risk for dementia, a loss of cognitive function. Evidence suggests that having uncontrolled high blood pressure during midlife (ages 44 to 66) creates a higher risk for dementia later in life. It's never too early to start thinking about your blood pressure and taking steps to manage your high blood pressure.

2. Young people can have high blood pressure, too.

High blood pressure doesn't just happen to older adults. Nearly 1 in 4 adults aged 20 to 44 have high blood pressure.

High blood pressure is a leading cause of stroke, a condition that is on the rise among younger people. Experts think the increased risk for stroke in this age group is a direct result of the rising rates of obesity, high blood pressure, and type 2 diabetes—conditions that are preventable and treatable.

3. High blood pressure usually doesn't have any symptoms.

High blood pressure is sometimes called the "silent killer." Most people with high blood pressure don't have any symptoms. Even if you feel normal, your health may be at risk. Talk to your doctor about your risk for high blood pressure.

4. Many people who have high blood pressure don't know it.

About 1 in 3 U.S. adults with high blood pressure aren't even aware they have it and are not being treated to control their blood pressure.⁶

Ask your health care team what your blood pressure numbers mean and if they are too high. Stick to your treatment plan and follow your provider's advice if you are diagnosed with high blood pressure.

5. Women face unique risks when it comes to high blood pressure.

Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure. High blood pressure during pregnancy can harm a mother's kidneys and other organs, and it can lead to premature delivery and low birth weight babies.

Some types of birth control can also raise a woman's risk for high blood pressure. Women with high blood pressure who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant.

Lifestyle changes, such as reducing sodium in your diet, being more physically active, and reducing stress, can help lower blood pressure.

And the Quilt Raffle winner is...



Theresa Herberger was this year's lucky winner! Thank you to Mary Jean Anderson for your artistry and thanks to all who participated in the raffle! Better luck next year!

Free Community Clothes Closet

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

Where: Parking lot of Camas Valley Christian Fellowship

What: Providing free clothes for the community.

Why: Because we love you!

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

We can pick up items, meet you or you may drop off items at 306 Hard Cash Lane (stay to the right after exiting highway), leave items at the 306 sign, by gate, and just text us or call to let us know that you made a drop off, thank you.

We accept clean gently used clothes, bedding, small appliances etc.



Camas Valley Business Directory

To have your business included in the **Flame**, please fill out the form below and mail or email it to the address listed. *If you missed the opportunity to get your business listed, now is the time to get your information out before our readers!*

The directory will be printed when space allows through-out the year. We encourage our readers to patronize local businesses and support your neighbors!

Type of Business _____

Name of Business _____

Owner/Contact person _____

Phone Number(s) _____

Days open _____

Hours open _____

Mail form to: Judith Wickham
150 Buck Springs Rd.
Camas Valley, OR 97416

Or email information to :
jwickham52@gmail.com

Do you have a new business in the valley? Have you expanded your business services? Is there information about your business that you need to get out to valley residents? While **THE FLAME** is a non-profit publication and cannot advertise, we can inform our readers about what services you offer, changes in your business, etc.

Camas Valley Business Directory



Alpacas, stock/fiber/ merchandise

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

Animal caretaker

**The Animal Care-
taker**
Offering Pet/livestock
care when you are
on vacation
Elissa Eckman
(541)784-6428

Art, painting lessons

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

Auto Repair

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

Autobody repair/paint

**Green Collision
Repair/Horizon
Autobody**
Marvin &
DeVoogd
M-F, 8-5
541-679-6100

Beauty

**Lord and Lady
Lavender**
Jerry Ashford
Online 24/7
lordandladylavender.com
Anytime
408-857-8782

Nails by Crystal
Crystal Cummings
541-643-7253
Thurs.—Sun., 9-4

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 truck/rock haul

**Kevin Wilson
Trucking**
Kevin & Michelle
Wilson
541-670-6589
541-430-9851

Electrical Contractor

Alan Sabin Electric
Alan Sabin
Generac generator
Sales/maintenance/
Installation/repair
M-S 7am-6pm
541-440-3792
541-445-2070

Eng. consulting design/ drafting

TV Design, LLC
Troy I. Vanderhoof,
P.E.
M-F, 9:00-17:00
541-643-0138

Fire Equipment

**Dia-Cast Fire
Equipment**
Sales and Rentals
Don/Diane Casteel
541-643-8556

Garbage Disposal

**Camas Valley
Disposal**
Scott & Darla
Standley
Wkly. Wed. pick-up
541-445-2245
541-445-2055

Handcrafted gifts

**Country Crafts &
Graphics**
Janna Vanderhoof
M-F, 9-5 or appt.
541-643-1934

Handcrafted gifts, cont.

Frosted Treasure Designs

Lori Ross
541-637-9774
Frostedtreasuredesign
@gmail.com

Handyman, lawn/garden equipment

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

Health and wellness

Plexus worldwide Supplements

Charman Shields
541-430-3600
www.plexusslim.com/
charmanshields

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

Local Artist, consignment

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

Locksmith, keys /locks

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

Machine quilting

Quiet Mtn. Quilting
Missy Jackson
Appt/consult
541-696-5562 (h)
541-671-3174 (c)

Sew Fun

Linda Underhill
Call **541-580-2814**

Music

Charity Rose Music

Vocal & Instrumental
(piano/guitar/ukulele/
others) All ages.
541-643-1872
charityrosemusic@
gmail.com

Parker Piano

Lessons for all ages
LeAnn Parker
541-671-3238

Notary/Post Office

CV Post Office
Vickie Farmer
M-F 8-3 Sat 10-2
541-445-2177
541-643-5059

Portable sawmill service

**Backwoods
Custom Milling**
Harvey Saul
541-671-1993

Real Estate, broker

**Berkshire Hatha-
way Homeservices
Real Estate
Professionals**
J.T. Berk
541-430-6078

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

Small engine repair

Hunt's Chainsaw
Theran Hunt
Mon.-Fri.
541-430-7283

February

“The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer.”— v. Sackville-West

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	2 Booster Club 6:30 pm CV School 	3	4	5
6	7 Fire Dept. Training 7pm	8	9	10 Fellowship Church lot clothing give- away	11	12
13	14 Fire Dept. Board Mtg. 5 Fire Dept. Training 7pm 	15	16	17 School Bd. Mtg. 7 pm	18	19
20	21 Fire Dept. Training 7pm	22 Flame Deadline!	23	24	25	26
27	28 Fire Dept. Training 7pm					

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 10:00 am	Morning Worship 10:00 am	Morning Worship 9:00 am
Morning Worship 10:45 am	& Sunday School	& Children's Sunday School
Youth Church 11:00 am	<u>Monday</u>	Fellowship 10:00 am
	Intercessory Prayer 9:00 am	w/ beverages and snacks
<u>Wednesday</u>	Youth Group 6:30 pm	
Bible Study 10:00 am		

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

Non Profit Organization
 US Postage Paid
 Permit No. 2442
 Tenmile, OR 97481
 Standard Mail A

CAMAS VALLEY PO BOXHOLDER
 CAMAS VALLEY, OR 97416