



# THE FLAME



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Volume XX Issue VII

“Put out” by the Camas Valley Fire Department Auxiliary

August 2020

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Dear Camas Valley families,

Back to school - Over the summer, there has been a lot going on with school and the Covid-19 situation. In early summer Oregon Dept. of Education gave the school 3 choices for going back in the fall; on-site, hybrid, and all distance learning. We have until Aug. 15 to turn in the plan. I spent the time getting input from my staff, parents, students and community along with doing a lot of research on the disease and schools in other countries that have gone back to school safely.

I have always felt that kids need to be in school. The surveys came back with 86% of my parents feeling the same way, so the main issue after choosing on-site education is doing it safely. In doing research and talking to doctors, the information shows that in countries where back to school worked they had 20-30 cases per 100,000. In Douglas County, we were 5 cases per 100,000 a few weeks ago but now have moved up to about 33 cases per 100,000, still 3<sup>rd</sup> lowest in Oregon counties. Mix that information with that there have been ZERO cases in Camas Valley and research that shows young people don't spread the disease well to each other nor to adults I felt comfortable to bring us all back to school and still do.

To do this, the school district needs to meet all the ODE requirements, which will change how we do school in some areas. We are in the process of working

on that plan. If the school has your email, I will be sending out the information, and it will also be on our website starting Monday.

Face coverings – Yesterday, ODE came out with a requirement that staff and students 5 and up had to wear face coverings in school. My phone starting ringing as soon as it came out. I understand that I have a lot of people upset about this, but I also have some that think it is a good idea. There are some outs listed on p.24 of ODE's safe school protocols info. I'm asking that everyone please be patient since ODE will get a lot of push back about this, in fact 3 superintendents at our meeting with ODE asked ODE directly “do I have to turn away students that families refuse to have their kids wear one.” No direct answer was given. ODE has until Aug. 11<sup>th</sup> to make the next changes, and some things will change.

Sports – OSAA Executive Board kept the start-up practice date in place of Aug. 17 for HS but moved the first play date for volleyball to Sept. 23<sup>rd</sup>. Football is on hold as they see what is going to develop from the state; they gave themselves a cut off date of Sept 28<sup>th</sup> to modify or put some plan in place.

I know this is a lot of information, but I hope it helps. If you have any questions, feel free to contact us at the school.

With care,  
Mr. Wonsley

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# We appreciate your support!

We received

## NO

donations 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.**

Pantry clients always welcome fresh produce to supplement the produce that comes from Oregon Food Bank. Small donations of produce (up to 20-25 lbs.???) can be left at the **Camas Valley Post Office** and the postmistress will contact **Vonnie Wallace**. For larger amounts of produce, please call **Vonnie** at **445-2355** and she will make arrangements to pick it up.

With the current mandates for face coverings, pantry volunteers and clients can use spare masks if anyone is handy with the sewing machine. Wouldn't surprise me if students may have to wear masks if they are back in the classroom.

If CV students will need pencils, paper or spiral notebooks, Food Pantry bought a bunch on sale late last year and would love to share them.

Please send your check to support the Pantry to:

**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.**

## GENERAL SAFETY GUIDELINES FOR REOPENING ENSURING SAFETY AS BUILDINGS RE-OPEN TO A NEW NORMAL

With the U.S. federal government and many states beginning to allow businesses to reopen, building owners and facility managers will be getting ready to allow occupants back into structures that may have been relatively vacant for an extended period. While there are many common hazards to be addressed to ensure the safety of occupants as buildings of all types reopen, there will be some unique challenges for specific buildings based on their traditional usage, particularly as building owners and facility managers work to adhere to public health guidelines or otherwise modified provisions required in response to the pandemic.

While the NFPA Fire and Life Safety Checklist for Reopening a Building reviews factors that should be confirmed to ensure proper performance of fire protection and life safety systems prior to reopening any building, following are some guidelines for specific issues to be addressed for many buildings, including offices, restaurants, and retail stores, with particular attention to adjustments that might be needed for the physical configuration as well as the operational use.

**Egress Management** Changes to how occupants typically enter and exit buildings as well as travel within them may need to be modified to avoid two-way flow encounters. Whether this is accomplished by using barriers or any other means, provisions need to be in place that allow occupants to access all exits and exit access during an emergency.

**Queuing Lines** Designated queuing lines may need to be established to manage the number of occupants who come into the premises at one time. Provisions should be in place to ensure the use of all exits for customers in emergency conditions. Additionally, queuing lines of one store or building should not impede exit discharge of adjacent store.

**Occupant Flow** If one-way aisle pedestrian paths are established, appropriate signage should be in place to establish the desired flow. When using any type of fixed or semi-fixed barrier to manage directional flow, it should not obstruct or block means of egress within the building and that it allows for free dispersion of occupants after they leave the building under emergency conditions or circumstances.

**Partition Placement** If partitions are added to provide increased separation between occupants, it needs to be verified that the materials meet flame spread index and smoke-developed ratings specified by the interior finish provision of NFPA 101®, Life Safety Code®. The impact of the partitions on the performance of smoke detection or automatic sprinkler systems must also be evaluated to ensure that their design and installation do not render the systems noncompliant and therefore ineffective.

**Hand Sanitizer Storage and Placement** Hand sanitizing stations will likely be provided in many buildings and, in most cases, administered through alcohol-based hand rub (ABHR) dispensers. ABHRs and stored flammable liquid quantity must be verified to not exceed the limits allowed by codes and standards. In addition, the placement of ABHRs, whether freestanding or mounted, cannot restrict available egress paths. NFPA 101 should be specifically referenced to ensure proper use of ABHRs including their location, the dispenser characteristics, and distances between dispensers. *(Cont. pg 4 Not in Kansas anymore)*

### Automatic/Power-Operated Doors

Many facilities might consider the use of automatic hold-open devices on doors to limit the need for occupants to open doors with their hands. While many variations of this are permitted by NFPA 101, close attention needs to be paid to ensure that the design, function, and operations of such doors fully comply with code requirements.

Seating Arrangements In order to maintain compliance with public health guidelines, many seating arrangements will need to be modified in order to provide adequate spacing between parties. While rearranging the seating, it is important that the reconfiguring of seats and tables does not obstruct or block needed egress paths, exits, or manual fire alarm pull stations.

Storage Management If changes to operations require the storage of extra boxes, bags, or other materials, then those products need to be carefully managed to ensure the following: • They do not block or obstruct egress, manual pull stations, or fire extinguishers; • They are not stored too high to obstruct sprinklers; and • They are not located too close to heat sources. Additionally, if secondary exits are used for delivery drivers to come in and out of occupancies, for example in restaurants, adequate space must be maintained for occupants to freely egress in an emergency.

<https://www.nfpa.org/-/media/Files/Coronavirus/CoronavirusOccupancySpecificRe-openingFactSheet.ashx>

## **NO IN-PERSON SMART READING 2020-2021 SCHOOL YEAR**

The state office of SMART Reading has decided that due to the coronavirus pandemic, there will be no in-person SMART sessions with our K-3 students. Not only does this protect our readers, many who are elderly or in high risk groups, but minimizes the traffic within the school building of people with unknown COVID status.



The Roseburg office of SMART is researching ways to continue providing reading opportunities to our students, such as distribution of books each month. When they have a plan of action we will post it in the Flame.

## **HAIR, WHAT IS IT?**

*By Ketti Walker*

Hair is made of a tough protein called *keratin*. A hair follicle anchors each hair into the skin. The hair bulb forms the base of the hair follicle. In the hair bulb living cells divide and grow to build the hair shaft. But once the hair is at the skin surface, the cells within the strand of hair aren't alive anymore. The hair you see on every part of your body contains dead cells.



INTERESTING, WOULDN'T YOU SAY?

# OUTPOST

## MOBILE FOOD CENTER

The Outpost is a traveling food pantry that delivers food directly to families in need. Our goal is to provide food where there is a high need but limited resources. Visit us at the closest location to your home.

1st & 3rd week of the month (starting on 1st Monday of the month)

Tuesdays 1-3 PM Elkton Community Education Center  
15850 State Highway 38 W, Elkton, OR

Wednesdays 1-3 PM Days Creek Charter School  
11381 Tiller Trail Hwy, Days Creek, OR

Thursdays 1-3 PM Camas Valley Christian Fellowship  
18340 Highway 42, Camas Valley, OR

Additional dates of operation (weather permitting)

Fridays:  
2/28/20, 3/13/20,  
4/17/20, 5/15/20,  
6/12/20 & 7/17/20  
1-3 PM Diamond Lake Gas Station  
350 Resort Dr, Diamond Lake, OR

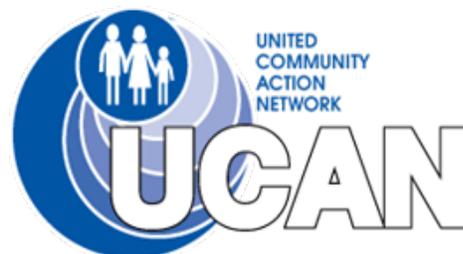
This institution is an equal opportunity provider

For more information:

Teresa O'Sullivan, 541-492-3522

[Teresa.OSullivan@ucancap.org](mailto:Teresa.OSullivan@ucancap.org)

Follow us on Facebook for updates!



# It is not too early to prepare your garden for its next chapter

## 1. Prune the Berries

When your berry plants finish up their harvest, it's the perfect time to prune them back. This will help keep the plants healthy and hopefully encourage a greater crop the next growing season.

## 2. Dry Herbs

It's best to harvest herbs when they're in full swing. August is a month when herbs begin to thrive in this zone.

When your herbs begin producing heavily, harvest them. Once they're harvested, dry the herbs. Then you can enjoy your herbs all year long.

## 3. Protect Your Soil

August is a time when you need to consider protecting your soil over the winter months. One way to do this is by planting cover crops.

Whether you garden in an ample space or a smaller garden bed, consider planting a cover crop to protect the soil from the harsh elements of winter.

## 4. Apply Compost

Are you planning a fall garden? August is the month to apply compost to the fall gardening spot. Then there will be enough time for compost to break down before being needed by your fall vegetables.



## **"FREE"**

### **Community Clothes Closet**

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

**Where:** Parking lot of Camas Valley Christian Fellowship (alongside UCAN (mobile food bank, in front of the church).

**How:** Providing free clothes for the community.

**Why:** Because we love you!

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

We gladly accept all clean and gently used clothes and small, clean, working appliances.

These can be dropped off at:  
**306 Hard Cash Lane, Camas Valley.**

Just set donations under the **306** number, near the gate.

### **Reminder**

Camas Valley United Methodist Church is not currently taking items for the rummage sale. We are packed to the gills!

### **Support the Grange**

With no meals to provide income to cover maintenance and rent from large gatherings against COVID-19 protocols, the Grange needs the support of the community it has served for generations. Please send donations to:

Camas Valley Grange  
c/o Terry Murrell  
1956 Denn Road  
Camas Valley, OR 97416

Yoga is a group of physical, mental and spiritual practices which originated in ancient India. Yoga is one of the six orthodox school of Hindu philosophical traditions. Today, Yoga is more popular than ever, either understood as a form of physical exercise or as *asanas* (physical postures). One follows it to have better control of mind and body and to enhance their well-being. In 5,000 years of its history, the term “yoga” has gone through a massive change in its culture, exchanging the loin-cloth for leotard and leggings.

The creator of the sutras (formulae/threads of knowledge) is Maharishi Patanjali, who is also considered as ‘the father of Yoga’. Although people know very little about Patanjali himself, many believe he’s thought to have lived between 200 and 500 B.C. At the time when the Ayurveda was the greatest wisdom, people had to cure their illness. Patanjali brought forward this powerful knowledge, which came to be known as ‘Yoga ‘Sutras.

Since being sick it is not just sickness in the body, but also the sickness in the mind and emotions, the Yoga Sutras of Patanjali projects the knowledge that doesn’t just cure the body but also purify the mind, emotions and the complete existence itself, all through Yoga.

Many people find that yoga is a vital part of their spiritual lives. It is because yoga brings the mind into focus. Yoga practice can lead to a state of mind in which we have clear insight into the world we live in and ourselves. When these insights are guided by reflection of spiritual principles, they can help us change in a positive direction.

In the past few decades, we have seen the Yoga culture going through various transformations. From being frowned upon to being hailed as one of the best natural therapies out there, it has come a long way. The barriers of caste, creed and social status have been uprooted from yoga to bring it to every home.



# Camas Valley Business Directory



## Alpacas, stock/fiber/ merchandise

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

## 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, 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/ 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**

## 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**

## 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**

## Grocery store

**Camas Market**  
John & Peggy Amos  
M-Sat. 8-6  
**541-445-2055**

## Handcrafted gifts

**Frosted Treasure  
Designs**  
Lori Ross  
**541-637-9774**  
Frostedtreasuresdesign  
@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

## 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**

## 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

**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**

## Restaurant/Bakery

**Bravo Bakery &  
Café**  
Troy Payne  
Tues.-Sun. 7:30-8  
**541-445-2306**

## 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**

## 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**

# August

*August is a gentle reminder for not doing a single thing from your new year resolutions for seven months and not doing it for the next five.*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 
2 	3 <b>Fire Dept. Training 7pm</b>	4	5	6 Mobile Food Cart 1-3 Fellowship Church lot  Free clothing giveaway	7	8
9	10 <b>Fire Dept. Bd. Mtg. 5</b>  <b>Fire Dept. Training 7pm</b>	11	12	13	14	15 
16 	17 <b>Fire Dept. Training 7pm</b>	18	19	20 Mobile Food Cart 1-3 Fellowship Church lot  Free clothing giveaway  School Bd. Mtg. 7 pm	21	22
23	24 <b>Fire Dept. Training 7pm</b>	25 <b>Flame Deadline</b>	26	27	28	29 
30	31 <b>Fire Dept. Training 7pm</b>					

# 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		Waiting for COVID clearance

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