

## Florence, Mapleton residents assist with healthcare in Ecuador

From Oct. 7-14, a team of 11 volunteers from the Tandana Foundation's 22nd annual Healthcare Volunteer Vacation worked with Ecuadorian medical professionals to provide medical care to 354 children and adult community members in five different rural communities surrounding the city of Otavalo.

"I valued being able to give what I know without any expectations or strings attached," said Dr. Brian Holmes, a dentist from Florence who volunteered as a healthcare volunteer and donated medical supplies.

Holmes was joined by fellow Florence resident Karen Woerner.

Holmes's mother, Bobbi Nelson of Mapleton, and his daughter, McKenna Olson of Hillsboro, also traveled to Ecuador.

Holmes and Olson have previously participated in healthcare volunteer vacations. This is the first time Woerner and Nelson have worked with Tandana.

The team included both volunteers with a medical background and those without. Holmes was joined by a doctor of internal medicine and a cardiologist.

The rotating Ecuadorian medical professionals on the team included four community liaisons and trained medical nurses from the public health center, three physicians, three dentists, a dental assistant and a nurse.

It was a busy week for the team. Each morning it went to a different community to set

up a health clinic. The team treated 141 medical patients and 218 dental patients. It also conducted 92 vision screenings, and 175 children received a pediatric checkup.

Individuals also got their vitals taken, prescriptions filled, lab work done onsite at the clinic, and those who needed it got their ears washed.

Arthritis, hemorrhoids, H.pylori, cavities and muscle pains were among the medical conditions treated by the team. Besides the medical treatment offered by Tandana, it is difficult and complicated for community members to access the health care that is available to them.

Afternoons were filled with cultural activities and opportunities to see the region's natural beauty. The volunteers went to the Living Kichwa Museum in Otavalo, where they learned about the language and culture of the region's indigenous people.

The group participated in a "Pachamanka" ceremony by preparing food with heated volcanic rocks in a hole in the ground, made delicious Ecuadorian food during a cooking class and saw a demonstration from a master weaver.

The Tandana Foundation is a nonprofit organization that supports cross-cultural volunteer opportunities, scholarships and community projects in highland Ecuador and Mali's Dogon Country.

For more information or to sign-up for a volunteer vacation, visit [www.tandanafoundation.org](http://www.tandanafoundation.org).

## BE the Whale donates to Siuslaw School District

Siuslaw School District received a check for \$114.94 from Florence artist, River Gallery owner and TR Hunter Realtor Jan Jagoe.

The Siuslaw School District receives 10 percent of all GoFundMe donations for Jagoe's "BE the Whale" project.

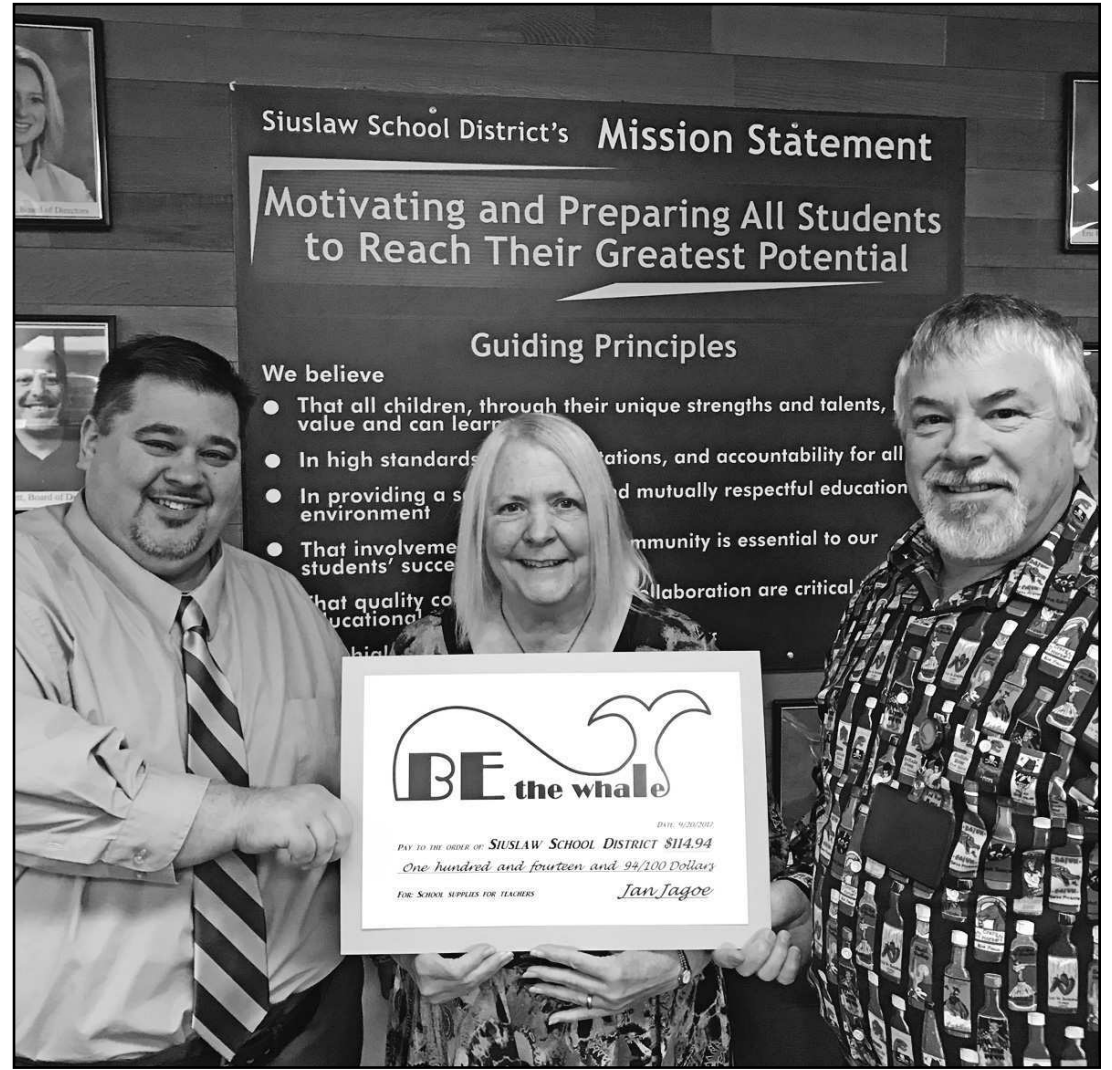
The project awards \$1,000 scholarships to art students for their artwork depicting an endangered animal chosen for their state. So far, scholarships have been awarded in Oregon for the Humpback whale, Idaho for the Caribou, Utah for the Southwestern Willow Flycatcher, Arizona for the Ocelot, Nevada for the Blue Mountain Butterfly and Washington for the Chinook Salmon.

The San Joaquin Kit Fox scholarship will be awarded on Nov. 20 in California.

Pictures of the winning artwork and of the five finalists from each state are posted on [www.bethewhale.com](http://www.bethewhale.com).

"There are some amazing works of art," Jagoe said.

Donations to the GoFundMe account can be made through the BE the Whale website or directly to the project at Oregon Pacific Bank in Florence.



COURTESY PHOTO

Siuslaw Superintendent Andy Grzeskowiak, BE the Whale founder Jan Jagoe and Siuslaw School Board Vice Chair Eric Rines

## Keep fire safety on holiday menu, says State Fire Marshal

With Thanksgiving tomorrow, State Fire Marshal Jim Walker is reminding Oregonians to keep fire safety front and center when cooking and preparing holiday meals.

"When friends and family gather at this festive time of year, don't let it be marred by tragedy," says Walker. "By following a few fire prevention tips, you can keep yourself and loved ones safe."

From 2012 through 2016, there were more than 3,600 cooking-related fires reported in Oregon causing seven deaths, 200 injuries and more than \$33 million in property loss.

### Cooking safety tips:

- Keep a close eye on your cooking; never leave cooking food unattended. If you leave the kitchen, turn off the stove or set a timer.
- Keep your cooking area clean, including stovetop, burners, oven, and exhaust fan.
- Keep anything that can catch fire — oven mitts,

wooden utensils, dishtowels, and food packaging away from your stovetop.

- Wear clothing that will not dangle onto stove burners and catch fire.

- Keep pot and pan handles turned inward on the stove to avoid bumping them and spilling hot foods.

- Heat cooking oil slowly and never leave it unattended.

- Have a "kid-free zone" of at least three feet around the stove and areas where hot foods or drinks are prepared or carried.

### If you have a cooking fire:

- Always keep a lid nearby to smother small grease fires. Smother the flames by carefully sliding the lid over the pan.

Turn off the burner and don't move the pan until it is completely cool.

- Never pour water on a grease fire; it can splatter the grease and spread the fire.

- In the event of a fire in your oven or microwave, turn them off and keep the doors

closed.

- When in doubt, get out! Call 9-1-1 after you leave. Make sure you have smoke alarms on every level of your home, outside each sleeping area, and in every bedroom.

Test smoke alarms monthly and replace them if they are 10 years old or older.

### Turkey fryer safety:

The OSFM agrees with the National Fire Protection Association in discouraging the use of outdoor gas-fueled turkey fryers that cook the turkey in hot oil.

The use of deep fat turkey fryers can lead to devastating burns, other injuries, and the destruction of property.

However, if you use a fryer, the OSFM urges you to use extreme caution.

"If you're cooking your turkey in a deep fat fryer, always do it outdoors a safe distance from buildings, deck railings, and any other flammable material, and never leave it unattended," advises State Fire Marshal Jim

Walker. "Hot oil is extremely dangerous, never use turkey fryers on a wooden deck or in your garage."

### More turkey fryer safety tips:

- Lower and raise food slowly to reduce splatter and prevent burns.

- Cover bare skin when adding or removing food from the fryer.

- Make sure to have at least two feet of space between the propane tank and the fryer burner.

- If the oil begins to smoke, immediately turn the fryer gas supply off and leave the pot uncovered to cool.

For more information on cooking safety, visit [www.oregon.gov/osp/SFM/Pages/cookingsafety.aspx](http://www.oregon.gov/osp/SFM/Pages/cookingsafety.aspx).

For more information on general home fire safety, visit [www.oregon.gov/osp/SFM/pages/commed\\_firesafety\\_program.aspx](http://www.oregon.gov/osp/SFM/pages/commed_firesafety_program.aspx).

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