Climber, guide and HV physician’s assistant
Pearce Beissinger saves lives in wilderness

BY SHELLEY MCFARLAND

On any given day, Happy Valley resident Pearce Beissinger can be called upon to “go vertical” onto steep mountain terrain and help a climber in medical need. The physician’s assistant, part of the cardiothoracic surgical team at Portland Adventist Hospital, is a trained mountaineer with a specialized skill set to provide care to climbers in medical crisis high upon a mountain or in the wilderness.

Born in California, Beissinger grew up on the East Coast in Florida and North Carolina. While in school in Philadelphia, he met his future wife, Heather, who also was studying to become a physician’s assistant. They soon moved to New England, where Heather was from, and Beissinger began his career at Dartmouth College in New Hampshire. In 2011, the couple moved from New England to Happy Valley to further their careers, Beissinger at Portland Adventist Hospital in cardiothoracic medicine and Heather in private practice orthopedics. They soon welcomed two children, daughter Micah and son Jonah.

While living on the East Coast, Beissinger became interested in athletics and was a swimmer and rower in college.

“I got into climbing just as a cross-training outlet, and it was a great way to meet people because it’s a social sport. My climbing initially started on rock. In New England, there’s lots of rock, but lots of ice, too. So I started climbing...
ice, began mountainering and joined my first search and rescue team in New England. Beissinger said, “As I gained more experience, I was able to share that knowledge with others. I’d bring people from work or church to join me.”

His climbing transitioned from rock to ice to mountainering to earning a rock guide/instructor certification and eventually joining a Mountain Rescue Association (MRA) accredited search and rescue team in Oregon.

“The climbing community is very robust in Portland, and there are many people to serve here,” Beissinger said. “The nice thing about climbing is it’s a lifelong sport. There are kids out there or people in their 60s. I’m constantly encouraged to be out there with them.”

Beissinger has been a part of numerous dramatic rescues and body recoveries. On one memorable occasion in 2015, he and a rescue team had been on the mountain on multiple days trying to locate an injured climber. “I was on patrol in ‘ready-teams’ position during the time of year — April and May — when there are more incidents on the mountain. We joked that no one will ever fall in a fumarole, because it’s like a golf hole-in-one event, yet here we are. People running down the mountain toward us telling us that a man had fallen into a hole,” Beissinger said. A fumarole is an opening into a hole, Beissinger explaining that the demands of rescue are rewarding and yet he remains consistent about the psychological stress that many first responders deal with.

As a first responder, Beissinger explains that the demands of rescue are rewarding and yet he remains consistent about the psychological stress that many first responders deal with.

“In the middle of the event, I’m an autopilot. I’ve been trained, and I know what to do. I know my partners and team members. We all know what to do and are ready to work together. We work to get the job done,” he said. “But at the end of the day, sometimes it hits me about the events.”

Because of his unique skill set, Beissinger has traveled extensively across the Northwest from Mount Jefferson to Tillamook and the surrounding areas. With his exhaustive training as both a climbing guide and medical guide with Vertical Medicine Resources, a medical guiding and consulting team, Beissinger has helped train other first responders nationwide about wilderness medicine.

“We consult all over the country, from West Virginia to the West Coast, and we’ve worked for the American Alpine Club and with the Mazamas and even at mountain shops in different cities. We’ve been to Australia, Bhutan, Nepal and Vietnam. Much of this work is with other guides by providing training about climbing medicine. How to take care of themselves and their clients,” he said.

Beissinger is one of the authors of “Vertical Aid: Essentials of Mountaineering,” its companion climber with more experience, “Vertical Aid: Essentials of Mountain Rescue,” Beissinger teaching others and has co-authored a book about wilderness medicine.

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A Partnership that Works

Our city is a great one, but like every city across the United States, large or small, when it comes to providing public safety, we all have different needs.

In Happy Valley, we have unique law enforcement needs, but we also have a tight budget. For that reason and many others, we partner with the Clackamas County Sheriff’s Office for police services. The Sheriff has provided contract police services here since 1973, making us the first law enforcement contract city in Clackamas County.

Through this partnership, the City is able to maintain local control and identify for our police, and save money through the economies of scale. The City benefits financially by taking advantage of the service functions which a larger law enforcement agency can provide. This includes, for example, a number of specialized police services, vehicles and equipment, and necessary support functions such as record-keeping.

These costs are shared between the unincorporated residents of Clackamas County and contract cities, thus benefiting the impact of administration, operation, specialization and equipment. Further, the City retains local control and oversight of how police services are delivered to the City.

The Sheriff has provided the very best police service our citizens are receiving and the service functions such as response times such as reduction of home fire deaths. With a few simple safety tips and precautions you can prevent most home fires from happening. More cost-effective methods, such as the use of fire-smarting doors, space heaters, and fireplaces may be the right choice for you and your family. However, they are a major contributing factor in residential fires with half of home heating fires are reported during the months of December, January, and February. These safety tips can help you create a fire safe home this winter:

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot “kid-free zone” around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install station ary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer’s instructions.
- Have heating equipment and chimneys cleaned and inspected annually, especially if it has not been used for some time, and always by a qualified professional.
- Keep a glass or metal screen in front of the fireplace opening to prevent embers or sparks from jumping out, unwanted material from going in, and help prevent the possibility of burns to occupants.
- Remember to turn portable heaters off when leaving the room or going to sleep.
- Always use the right kind of fuel specified by the manufacturer, for fuel-burning space heaters.
- Do not use flammable liquids to start or accelerate any fire.
- Before you go to sleep, be sure your fireplace fire is out. Never close your damper with hot ashes in the fireplace. A closed damper will help the fire to heat up again and will force toxic carbon monoxide into the house.
- Leave furnace re pairs to qualified specialist s. Do not attempt repairs yourself unless you are qualified.
- Keep trash and other combustibles away from the heating system.
- Test smoke alarms monthly.

Heating Equipment Smarts

Install wood burning stoves following manufacturer’s instructions or have a professional do the installation. All fuel burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning. Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call Clackamas Fire District #1 or the gas company.

Open House
Sunday January 27, 9:30 - 12:30pm
And
Thursday, January 31, 5:00-7:00pm

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January 2019 | HAPPY VALLEY MONTHLY 3
Happy to Be Your Mayor

For those of you who I haven’t met yet, I’m Tom Ellis. I’m honored to have been elected as your new Mayor and I look forward to working with you to keep Happy Valley a place we are proud to call home. My wife Jennifer and I have lived in Happy Valley for the last 16 years. We look forward to many more in this beautiful City.

Public service has always been an important part of my life. Previously, I served in the U.S. Coast Guard. Once I moved to Happy Valley, I volunteered on the Planning Commission for six years, including one year as Chair. In 2011, I was appointed to the City Council, was elected to City Council in 2012 and re-elected 2016, and served as Council President since 2017. As an appointed committee volunteer and then an elected city councilor, my interests have always been to ensure tax payer funds are well spent, growth is managed, and citizens are heard. I look forward to carrying these same values as your Mayor.

Please, come find me at community events or stop to say hi when you pass me at the coffee shop. I want to hear from you and your goals for our community.

Apply to Serve on City Council

Have you ever wanted to serve on the City Council, but you weren’t sure about campaigning? Keep an eye out for an upcoming opportunity. With the election of Tom Ellis as Mayor, it created a vacancy for Council Position 4. At the next City Council work session on January 15th, we will be discussing the application and appointment process for selecting a community member to fill the remaining two years of that term.

This is an exciting time in Happy Valley’s history. We have significant projects and goals to accomplish in the next few years. Everything from establishing a plan and vision for growth in the Pleasant Valley / North Carver area to running our own parks and recreation programs.

The City Council has meetings on the first and third Tuesday of every month starting at 6 p.m. In addition to the regular Council meetings, many of us serve on regional committees and act as liaisons to our local advisory boards.

If you are interested, please keep an eye out for information on the City’s website and Facebook page. All of us are also open to answer questions about the time commitment. If you have specific questions about the application process, please contact Assistant City Manager, Ben Bryant at benb@happyvalleyor.gov or 503-783-3840.

Let’s celebrate as a community.

We’re celebrating our new Clackamas Sunnyside branch! Stop by on January 15, 2019 for the chance to win a $1,000 cash prize, compliments of U.S. Bank.

Now’s the ideal time to connect. Visit usbank.com/book to make an appointment with a banker today.

U.S. Bank Clackamas Sunnyside
11521 SE Sunnyside Rd.
503.657.2341
GET READY FOR A
NEW Happy Valley News
A bigger, better newspaper for our community

BY SHELLEY MCFARLAND

I t’s a little-known fact that the Happy Valley Monthly started over 20 years ago — back then, it was a two-sided newsletter, created on a desktop by staff at City Hall, which was located in the Redstock homestead on King Road. Over time, the monthly changed to fit the expanding needs of the city.

In 2014, the city partnered with Pamplin Media Group, which also produces the city’s Happy Valley magazine, to improve the look of the newsletter and to include local business listings and expand community news.

The partnership was a natural fit with the media group’s knowledge of the print industry and City Hall building a new vision to bring citizens important community news. The result was a larger, 16-page newsletter, created on a desktop by staff at City Hall, ed newsletter, created on a

Through the partnership, the paper has developed alongside our beloved community. Now it’s time to take the paper a step further — from a simple newsletter to a newsworthy publication.

We look to you, our community, to lead the way on the stories and content you want to see. The special partnership between the City of Happy Valley and Pamplin Media Group will continue to create a top-notch, community-focused newspaper dedicated to highlighting the best the valley has to offer, along with the latest from City Hall.

“We are excited for this opportunity to share more great news with our community. We embrace the transformation from a city newsletter to a community newspaper.”

— Steve Campbell, Happy Valley director of community services and public safety

To provide additional space, the paper will be reformatted to the size of a true newspaper and be published using high-quality color on newsprint. This allows for more content space for all the great happenings in the community such as youth activities, community recognition stories, city updates, The Mayor’s Message, profiles of notable citizens and civic events.

Readers will be able to submit more stories for coverage, the calendar listings for events and activities will be more comprehensive, and local business will have more opportunities to advertise. Overall, it will be a bigger and better paper with the same community-focused focus.

With a circulation of 22,400 through direct mail and newspaper racks throughout the city, the new paper will allow for more content while staying within the city’s budget. This exciting change brings more opportunities for Happy Valley citizens and businesses to make a positive impact on the community.

Together, the City of Happy Valley and Pamplin Media Group are excited to bring a fresh, modern newspaper to your mailbox the first Wednesday of each month, and like before, at no cost to you. Moreover, numerous places around town, such as the Happy Valley Library, City Hall and select businesses will have copies available. Our commemorative, rebranded first copy will be available in February 2019.

So, without further ado, we happily present to you, Happy Valley News!"
According to the National Safety Council, 1.6 million car crashes are caused by cell phone usage per year; 330,000 of those are caused by texting.

There are several apps that allow you to know exactly where your child is at any given time. Apps like Life 360, Teensafe, and other family tracking apps will allow you to see where your child is, even if they aren’t answering the phone. A good rule for children is that they MUST keep their family tracking apps activated if they want to keep a phone. Again, this is not about spying. This is about peace of mind for parents. Just remember to never share the log in information with others. These apps will also help you find your child’s phone when they lose it.

Limit usage and boost overall wellness. Late night phone usage is detrimental to sleep and is harder to monitor. Set time limits and check the call/text histories to confirm your kids are following the rules. A good way to ensure this happens is to have a rule that phones will be charged outside the bedroom. If you set 10 p.m. as the cutoff, the phone should be plugged out in another room by 10 p.m. every evening even if you only sent it to your boyfriend.

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Don’t Miss Out!
Last Chance to Get Your HV Fitness Pass

The New Year is here and perhaps you committed to getting fit or simply taking better care of your health. As 2019 gains momentum, now is a perfect time to invest in yourself and pick up a HV Fitness Pass. It’s the perfect way to keep yourself motivated and help you reach your goals.

Those who purchase the pass have an opportunity to try two classes each at 30DayCycle, Aspire Total Fitness, Club Pilates, HV Bootcamp and Forge Hot Yoga. Proceeds from all sales support the efforts of the City’s Youth Council.

Consisting of 12 teens from Clackamas High School and Lassalee Catholic College Preparatory, the Happy Valley Youth Council leads projects that have a significant impact on the community. Their initiatives include the Prescription Drug Turn-in event, teen driver safety, and suicide prevention awareness. The group travels to Salem for the annual Youth Summit, where they converse with other youth councils throughout the state, and even ventures to Washington, D.C. to participate in the National League of Cities Conference. What are you waiting for? Get your HV Pass before they are gone! Classes can be shared with a buddy, family member or significant other.

This is a great way to mix up your fitness routine, jump start your workout plan, or simply try a workout new to you!

Where to Purchase:
Visit: www.happyvalleyor.gov
Cost: $100 per card
That’s a $200+ value!
Sales end Jan. 31. Only one pass may be registered per person; individual gym information and rules can be viewed online before purchasing. Purchases may also be made at Happy Valley City Hall.

Participating Gyms:
30DayCycle
Aspire Total Fitness
Club Pilates
HV Bootcamp
Forge Hot Yoga

Limited quantities remain for the HV Fitness Pass. Get yours today.

Become a Master Recycler

Learn from the experts. Connect with others. Make a difference.

Registration is now open for the Clackamas County course starting April 3. Deadline for applications is Wednesday, March 6 at noon. Earn Master Recycler Certification by attending the course and volunteering 30 hours.

Details and application at www.masterrecycler.org

The Happy Valley Newcomers group welcomes new residents to Happy Valley and anyone else who would like to enjoy a cup of coffee and meet their neighbors.

Won’t you be my neighbor?

Happy Valley group connects newcomers and others

A new group recently formed in Happy Valley and welcomes others to join. The Happy Valley Newcomers group started after Ana North moved to Happy Valley from Florence a few months ago to be closer to her daughter. She enjoyed meeting her neighbors and was interested in finding other residents to connect with.

North previously enjoyed being part of a coffee group and immediately looked for a similar group in Happy Valley. Not having any luck, North decided to post on social media app Nextdoor, which groups users together by neighborhood.

With over 40 responses in the first few days, North decided to start the Happy Valley Newcomers. At the first meeting, 15 people showed up to chat over coffee. "The value in this type of group is to give people a place to gather where there are no expectations — no name tags, no rules about when you’re showing up or how long you have to stay. Talk or just listen to conversations and the opportunity to slowly get to know people from a broad range of backgrounds," she said.

The group is not limited to new Happy Valley residents, but is for anyone who would like to meet people in the area to share activities, friendship and ideas or to participate in events. Folks gather once a week to socialize, discuss a variety of topics, or to simply enjoy the company of others interested in connecting with neighbors.

"So far, we’ve had a City Council member and a contingent from the city of Happy Valley stop by to say hello and answer questions from a personal and professional perspective regarding current and future plans for the community," North said.

"I’m so happy to be a part of this group where all are welcome and the friendliness of our neighbors — newcomers as well as long time residents — can be enjoyed on a weekly basis," she said. "I know from past experience that these ‘strangers’ coming together after a very short time begin to feel like family, and isn’t that what we all are, locally and globally? One people, one planet."

The Newcomers meet at 9 a.m. Monday in the community room at New Seasons Market, 12681 S.E. Happy Valley Town Center Drive. Coffee and food are available for purchase.

For more information, look for North’s weekly posts on the Nextdoor app for the Sunnyside/Happy Valley neighborhood.
January 2019 Library Events

The Library will be closed Jan. 21 for Martin Luther King Jr. Day.

ADULT PROGRAMS

Creative Nonfiction Writers Group
Sunday, Jan. 6 & 20, 3-4:30 p.m.
Looking for advice, support, or encouragement with your writing project? This group of writers meets to exchange critique pages, receive feedback, and ask questions. There will also be opportunity to discuss goals and share insights into the writing process. Sign up at the reference desk.

Happy Valley Library Book Group
Thursday, Jan. 3, 6:30 p.m.
Read the book selection for the month and come to the library to discuss the book with other readers. This month we’re reading Lost Lake by Alden Abbott. Did you like it or not? Did something surprise you or make you think twice? Come share your thoughts!

Mah Jongg
Fridays, 1-4 p.m.
Those who enjoy playing American Mah Jongg are invited to drop in and play. Bring a song you know to share. Enjoy some American traditional tunes. Contact the library for more information.

Note Night
Wednesday, Jan. 9, 6:30-7:30 p.m.
Enjoy some live music while you browse for books or sit and read the sounds. This month features harpist Jim O’Flynn playing a mix of Celtic tunes, waltzes, shaggs, and other familiar songs.

Classic Movie Night
Thursday, Jan. 10, 6-7:45 p.m.
Relive classic films from the silver screen or enjoy them for the first time. Casual movie-goers and film buffs alike are welcome to come and share a cinematic experience at the library. This month’s movie is an utterly charming British historical drama with beautiful scenery and stunning costumes. Contact the library for movie title information.

String-Along
Sanctuary, Jan. 13 & 27, 2-5 p.m.
Bring your acoustic guitar, fiddle, ukulele or other stringed instrument to the Happy Valley Library and share some tunes with other musicians. Adults of all skill levels are invited to drop in and play some traditional Bluegrass or folk music in a casual, jam-style setting. Bring a song you know to share.

Genealogy Club
Mondays, Jan. 14 & 28, 2-4 p.m.
Searching for family roots? All are welcome to come and share questions, strategies, and organizing tips. Insights about it. Feel free to bring your device and we will help you get started. Can’t make the class? Stop by for the reference desk any time and we will show you how it works!

Pruning Basics
Thursday, Jan. 22, 6-8 p.m.
One of the more misunderstood issues in plant maintenance is pruning—both outside and inside plants. Why prune? When? How to do it so it doesn’t wound the plant? Bring a photo of a plant you think needs pruning and we will discuss those issues and others.

Board Game Connection
Thursday, Jan. 24, 6-8 p.m.
Gather around a table and connect with friends new and old over board games. Learn a new game or bring a personal favorite and teach someone else! New games will be featured every month.

Going into Business
Thursday, Jan. 31, 6-8 p.m.
Starting (or thinking about starting) a business? Before you go too far, find out what it takes to start up and succeed! Start up your own business in Oregon. Discover the basics of business and what resources are available for researching, starting up, financing and managing your dream business. Presented by staff from the Oregon Small Business Development Center. Check out http://bizcenter.org/centers/c克拉maks-mdbm/ for more information about this resource.

Children’s Programs

LEGO Creative Building with Blair Archer
Wednesday, Jan. 2, 4-5:30 p.m.
Bring Blair each month for a different LEGO challenge.

OBOB Question Prep
Saturday, Jan. 5, 3rd-5th grade — 10:30 a.m. & 1:30 p.m.; 6th-8th grade — 3:30 p.m.
Get ready for OBOB battles with practice questions. Also, hear tips and tricks from other students who have batt ed. Please register by emailing youthlibrary@happyvalley-or.gov by December 22.

Stretch, Dance, Play!
With Iris Rosso
Wednesday, Jan. 9, 10:15 a.m.
For ages 0-5. Rhythm, sounds, constructions.

Build with other LEGO fans and create, for yourself or someone else! New games and titles, covering everything from picture books to middle grade novels, graphic novels to non-fiction.

Teaching with Books
Thursday, Jan. 16, 10:15 a.m.
Whether you’re looking for teaching exercises, science concepts or different views of history, books can offer a great place to start your classroom topics. Find out tips and tricks, including online resources, for expanding your teaching potential.

Registration closes February 15th! www.clackamasjuniorbaseball.com

Clackamas Junior Baseball 2019 Registration

All Kindy, 1st, and 2nd graders play at local CHS feeder elementary schools.

20% OFF your purchase of $100 or more

Regular Priced Items. Not valid with other offers or coupons. Excludes Jewelry, Signed Wine and Echo Chambers

One coupon per household

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ValleyDentalWorks.com
Bliss Roofing partners with Habitat for Humanity

Real estate agents from Better Homes & Gardens Redds Real Estate dressed up as the rock vocalist for the band KISS. Patrick Sheehan took a step further to dress as Gene Simmons from the 1970s rock band KISS. Happy Valley realtor Patrick Sheehan dressed up as the rock vocalist for a good cause — to ring the bell during Salvation Army’s Red Kettle fundraising drive. “We’re doing everything we can to draw people in, make them smile, and get them to open their wallets,” Sheehan said. “A 6-foot-8 Gene Simmons look-alike is the last thing people expect to see ringing bells for the Salvation Army, and it worked great!”

Finishing out the day were 10 other agents from Better Homes & Gardens Real Estate who took turns ringing the bell in Santa outfits and ugly Christmas sweaters. Together, they raised $252, nearly double the goal of the day. Sheehan has served on the Salvation Army’s Portland Metro advisory board since 2011. “What goes into the kettles today provides year-round shelter from homelessness, hunger and violence. The red kettles are our biggest fundraiser of the year,” he said.

Agents from Better Homes & Gardens Real Estate dressed up to ring the Salvation Army’s red bell to raise money for charity. Patrick Sheehan took a step further to dress as Gene Simmons from the rock band KISS.

BY SHELLY MCFARLAND

It’s been said that New Year’s resolutions are like bibles: fun to make, but difficult to maintain. If a new fitness plan is one of your 2019 resolutions, it may be easier than you think.

Personal trainer Matt Del Garbino, owner of My Home Fitness Plan, offers solutions for common fitness pitfalls.

1. Be able to articulate your reason. For example, losing weight or running a marathon are outcome goals. Those are great, but the step that’s most often left out is a process goal — two or three behaviors to move you toward that outcome goal. Process goal steps would include work out regularly, adjust your eating habits, and have an accountability friend or coach. You need both outcome and process goals.
2. Be realistic about your results; it takes time to change. Focus on the process. Measure success one choice or one meal at a time.
3. Be kind to yourself. People talk all the time about “falling off the wagon.” Newsflash: There is no wagon. Life happens, perfection is not the goal. One day at a time.

How to minimize frustration

1. This is not a linear process. Look for an overall positive trend, especially when you step back and look at where you started and where you are now.
2. Not every meal will be perfect; reflect and learn for next time. There is no failure, only feedback.

Key components to a healthy lifestyle

1. Make healthy choices easier by preparing nutritious snacks or meals in advance to grab and go.
2. Limit vegetable oils and refined sugars.
3. Eat more colorful fruits and vegetables.
4. Drink a glass of water with each meal instead of calorie-laden beverages.
5. Slow down when you eat. Aim for at least 15 minutes per meal.

Five things to remember about fitness

1. It’s about you. Your friend’s workout is not your workout. Insta-gram is not real. You are an individual.
2. Not every meal will be perfect;吃得好不是你的目标。一天一顿饭，一顿饭。
3. You are not perfect. Perfection is not the goal. One day at a time.
4. Focus on the process. Measure success one choice or one meal at a time.
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5. Slow down when you eat. Aim for at least 15 minutes per meal.

Five things to remember about fitness

1. It’s about you. Your friend’s workout is not your workout. Insta-gram is not real. You are an individual.
2. Not every meal will be perfect; eat what you want. One day at a time.
3. You are not perfect. Perfection is not the goal. One day at a time.
4. Focus on the process. Measure success one choice or one meal at a time.
5. Be kind to yourself. People talk all the time about “falling off the wagon.” Newsflash: There is no wagon. Life happens, perfection is not the goal. One day at a time.

How to minimize frustration

1. This is not a linear process. Look for an overall positive trend, especially when you step back and look at where you started and where you are now.
2. Not every meal will be perfect; reflect and learn for next time. There is no failure, only feedback.

Key components to a healthy lifestyle

1. Make healthy choices easier by preparing nutritious snacks or meals in advance to grab and go.
2. Limit vegetable oils and refined sugars.
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2018 was full of fun events and good times. We hope everyone had a good year and is ready for the year ahead!

During First Responder Night, summer concert goers learned Hands Only CPR, helping Clackamas Fire meet their goal of training over 50,000 people to use this life saving resource.

Teens gathered to discuss issues meaningful to them and brainstorm ways to bring those concerns to the forefront during the City’s annual Youth Town Hall event.

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HIGH LIGHTS 2018

ABOVE CIRCLE: Happy Valley celebrated International Day of Happiness with complimentary shaved ice from Kona and smiles all around.

Families and friends celebrated the 4th of July with a parade, community activities, and a beautiful fireworks display.

Photo by Justin Krug

Photo by Jack King
In addition to several sports camps offered during the summer for youth, the City coordinated a group hike on the Pacific Crest Trail.

Neighborhoods mingled with the Fire Department and Happy Valley Police during National Night Out. McGruff gave high fives and posed for photos with the kids!

Residents of past and present shared their memories of Happy Valley at the first ever Resident Reunion during a summer concert.

Between the City’s Harvest Fest and Happy Valley Library’s Monster Mash event, residents celebrated Fall with enthusiasm.

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Tree Lighting Event Brings Joy to the Community

It was a packed house at City Hall on Dec. 2nd as the community once again came together to celebrate the holiday season. Cheerful music, warm cocoa and an abundance of cookies got everyone into the spirit of the event. The beautiful lights and festive decorations added to the family friendly celebration.

The Rock Creek and Happy Valley middle school bands and choir filled City Hall with beautiful holiday tunes and the anticipation of Santa’s arrival kept everyone excited. Horse drawn carriage rides added to the fun.

This annual event serves as a favorite tradition for many Happy Valley families and generates a lot of joy. It would not be possible without our Community Involvement Specialist, Stephani Horn, who ensures every detail is executed to perfection. Thanks to our Public Works crew who put up all the pretty lights, Happy Valley Library who helped children make memories that will last for many holiday seasons to come, and Clackamas Fire who provided Santa’s sleigh for the night.

Finally, a big thank you to our business sponsors New Seasons Market, Peet’s Coffee, Kona Ice, and Creative Santa’s sleigh for the night.

Music, treats, and visits with Santa were highlights of the Tree Lighting event.

When driving through town, you may have questions about construction projects you see. You may wonder, “What is the new building on Sunnyside going to look like when it’s finished?” or “How many lots will be in the new subdivision?” You can find out.

The City updates a Projects Map page on the Happy Valley website in efforts to help inform residents about construction happening around town. The City’s Planning Division ensures land uses throughout the city comply with the Oregon Department of Conservation and Development’s Statewide Planning Goals, Metro Functional Plan, City’s Comprehensive Plan policies and Land Development Code; Council policies, direction and decisions of the Planning Commission and Design Review Board decisions – including conditions of approval.

How the Projects Map Works:

Head to www.happyvalleyor.gov and scroll down to the bottom of the home page. Look for the orange box on the right-hand side.

Click on the Projects Map button and click OK when prompted.

You will see a map of Happy Valley displaying colored markers. These markers represent individual projects and correspond to the following key:

- Blue – Residential Projects
- Green – Institutional and Public Use Projects
- Red – Commercial Business Projects
- Purple – Industrial Projects

If you click on these individual markers, you will see a snapshot with more information. Details include the project’s name, a brief description, square footage and status. By clicking on more info, you can also see architectural drawings of what the space will look like. Some drawings are more finalized than others, but they all provide a general visual of what is to come. As status or information changes, the Projects Map is updated.

The Projects Map feature is a great way to stay in-the-know about upcoming changes. If you have questions about the Projects Map, please contact either Joseph Briglio, Planning Manager at 503-783-3845 or e-mail at josephb@happyvalleyor.gov or Michael D. Wlater, AICP – Economic & Community Development Director at 503-783-3099 or e-mail at michaeld@happyvalleyor.gov.
Community Input Requested
Let Your Voice Be Heard

As our City and community grow, you have the opportunity and ability to help shape what it will look like. The Pleasant Valley / North Carver (PV/NC) Comprehensive Plan provides the perfect occasion for participating in the next chapter of Happy Valley history. Because the PV/NC area is located within Portland Metropolitan Area’s Urban Growth Boundary (UGB), an urban comprehensive plan is required by state law to assure current and future housing, employment, and infrastructure needs are properly planned for. At this stage of the process, more specific community engagement is needed to deepen understanding and vision planning.

The City is encouraging residents and interested parties to stay informed and voice their ideas by attending any of the ongoing public Community Advisory Committee (CAC) meetings. These meetings cover topics related to what residents wish to see as this Comprehensive Plan unfolds and provide opportunities for open dialogue and questions. Whether you feel strongly about this plan and want to express your ideas, or simply want to be in the know about what is in the works, getting involved is key. Everyone’s voice matters. Ultimately, the goal is to create a space that allows for healthy discussion, open communication and understanding. By infusing the ideas and values of the community, the City hopes to help come up with solutions and plans that meet the needs of the people.

Residents can help provide feedback and ideas during Pleasant Valley/North Carver Community Advisory Committee meetings. These gatherings focus on how police, transportation, schools, parks and public services should be provided in the Pleasant Valley / North Carver area. The next Community Advisory Committee meeting is set for Thursday, Jan. 24, 2019 from 6-8 p.m. at City Hall. For meeting details and general Comprehensive Plan questions, please visit: www.happyvalleyor.gov/cpc or contact Michael D. Walter, AICP - Economic & Community Development Director at michaelw@happyvalleyor.gov or by calling 503-785-3839.

Attending the Community Advisory Committee meetings are an excellent way to stay involved. Community members can provide input on how police, transportation, schools, parks and public services should be provided in the Pleasant Valley / North Carver area. The next Community Advisory Committee meeting is set for Thursday, Jan. 24, 2019 from 6-8 p.m. at City Hall. For meeting details and general Comprehensive Plan questions, please visit: www.happyvalleyor.gov/cpc or contact Michael D. Walter, AICP - Economic & Community Development Director at michaelw@happyvalleyor.gov or by calling 503-785-3839.
Imagine a garden filled with color and vibrant plant life. Happy Valley’s Community Garden plots come in two sizes and can accommodate a variety of flowers, vegetables or seedlings.

The Community Garden

COMMUNITY GARDEN
The Happy Valley Community Garden consists of 29 raised plots that are all free from chemicals and dedicated to organically grown items. The Community Garden is open to all residents of Happy Valley who are 18 years or older and wish to help create an area that is rich with color and life. This sparks your interest, Happy Valley’s Community Garden might be for you!

Located behind the Public Works shop that adjoins the southeast border of Happy Valley Park, the City’s Community Garden consists of 29 raised plots that are all free from chemicals and dedicated to organically grown items.

The Community Garden is open to all residents of Happy Valley who are 18 years or older and wish to help create an area that is rich with color and life. This sparks your interest, Happy Valley’s Community Garden might be for you!

On January 24th, the Happy Valley Youth Council will travel to Salem to convene with other youth councils from around the state. The occasion marks the second annual Oregon Youth Summit, an event where youth councilors learn about different political initiatives, discuss issues meaningful to their age group, and hear from local leaders. This year, the group will join the Oregon League of Cities for a portion of their meetings and presentations. This will give the teens even further insight into government processes.

The idea for the Youth Summit came about in Washington D.C in 2014 when Happy Valley’s Youth Council attended the National League of Cities conference. The connections made at the national level were great, and it struck Happy Valley’s Youth Council advisors that the Oregon teen delegates could work together throughout the year to get involved at the state level.

The Happy Valley Youth Council is comprised of 12 teens from the area – all attending either Clackamas High School or La Salle Catholic College Preparatory and apply to serve of the council via a formal process. The group prepares for the Oregon Youth Summit by helping coordinate discussion topics and planning activities that encourage sharing between youth council representatives.

Many of the students on the Happy Valley Youth Council aspire to make positive differences in the community far beyond their high school careers. Their involvement in such events as this one helps prepare them for more active leadership positions post-graduation and exposes them to the political arena. This invaluable experience also creates benefits for the local community. Happy Valley’s Youth Council consistently develops timely and worthwhile initiatives that support youth right here in the City. Through their Prescription Drug, Take-Back event, their focus on teen driver safety, and emphasis on mental health, the students are truly leading the charge when it comes to creating a healthy place to live, work, and play.
Taking the Road Less Traveled:
Oregon author to give insight into some of the best kept secrets of our state

Steve Arndt grew up in rural Independence, Oregon during the state’s centennial, a setting that kindled his curiosity about the region’s history. His uncle, William Gilhaugh, now a retired Washington State park ranger and noted northwest photographer, further ignited his passion by occasionally taking Steve on tours of Oregon and Washington back roads and byways.

After earning a degree in elementary education from Oregon College of Education (now Western Oregon University), Steve completed advanced degree coursework in special education at ODE, school administration at Portland State University, and his school superintendent credentials at the University of Oregon. In his 46-year career in education, Steve served various Oregon public schools as teacher and administrator, and completed his last nineteen years in higher education ( Warner Pacific College) as senior associate professor of teacher education, including ten years as a department chair. Arndt is the only Warner Pacific professor in school history to earn both faculty of the year awards, one for excellence in teaching (1996), and the other for outstanding research (2000). During his sabbatical in 2001, Arndt began writing a series of books, that linked together a number of topics about cities and settlements, common and unusual things about each out-of-the-way community, explaining how places were named, historical sites and events, and how places were settled.

Today, their car is filled with “road Less Traveled” series, each showcasing a different geographic region. Steve, his wife Diane, and their now-grown children have spent many weekends and school vacations exploring Oregon back roads and off-the-beaten path places. Their car is filled with child safety car seats for the three young granddaughters that have begun road-trips with Grandma and Grandpa. Both Steve and Diane fill important roles at the Woodburn United Methodist Church and enjoy volunteering in the Woodburn community and participating in various philanthropic groups and endeavors.

Although Diane, a retired professional singer, has no formal training in photography, she enjoys her role as photographer, organizer, and proof-reader of Steve’s book series. Other Books by Arndt

Steve has also released three new books – Ghost Towns in Oregon, A – Z, Volumes I, II, and III. Each book contains information on 50 ghost towns, including its location in the state, its county, driving directions, and ghost town classification. His latest book, A Compendium of Oregon Ghost Towns, was re-issued in August of 2017. Two more books – Beyond the Roads Less Traveled and Oregon Facts and Trivia are slated to be released later this year.

On January 15th, Steve will be presenting at the Happy Valley Library, sharing his lifelong passion for taking the road less traveled and uncovering the lesser known gems of Oregon. He will be presenting at the Happy Valley Library on January 15th. Be sure to check out www.roadslesstraveledor.com for details.

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A mission to Honduras

Clackamas High School senior Chloe Benson recently returned from a philanthropic trip to Honduras to donate gifts to children there. She was part of an eight-member group affiliated with Hope Teams International, a charitable organization that helps underprivileged kids in Central America.

The preparation for this trip, Benson said, “required a lot of planning and organization. I met with my team members several times to discuss our goals and strategies for reaching the children.”

For the trip, Benson and her team members packed many items, including socks, shorts, jeans, jerseys and soccer balls. “I was able to take four checked bags containing four complete sets of uniforms, 32 soccer balls, and many random clothing items and deals.”

Benson, an avid soccer player, also gave each child a soccer-related jersey or shirt. “I always have fun being around kids and spending time serving them and creating friendship,” Benson said. “I am grateful that I had the opportunity to hang out with amazing kids. I am forever grateful for this seemingly small gift, and it was very special to see how much he enjoyed it and us being there while we were kicking the soccer ball around,” Benson said.

“Another special moment was when we were riding home on the bus. I had four of the kids crammed near me. They were all so excited to be able to talk to me because I spoke a little bit of Spanish and could communicate well with them,” she said. “By the time we got back to the project I had one little girl sleeping on my lap and two little boys leaning against me.”

Benson became involved with Hope Teams International because of her special relationship with Executive Director Cindy Larvick. Both attend the same church where Larvick was Benson’s youth leader. Benson also was inspired by her older sister, Emma, who had joined previous mission trips to Proyecto Manuelito with Hope Teams International.

“One of the most memorable moments came from a little boy who has severe autism. He came running up to me, gave me a big hug, and pointed at his new shirt. He was so grateful for this seemingly small gift, and it was very special to see how much he enjoyed it and us being there while we were kicking the soccer ball around,” Benson said.

“I was able to take four checked bags containing four complete sets of uniforms, 32 soccer balls, and many random clothing items and deals.”

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“We were also able to bring soccer gear to the children. They were all so excited to receive the soccer items and cleats.”

Benson and her team members donated uniforms, 32 soccer balls, and many random clothing items and deals. Benson, an avid soccer player, also gave each child a soccer-related jersey or shirt. “I always have fun being around kids and spending time serving them and creating friendship,” Benson said. “I am grateful that I had the opportunity to hang out with amazing kids. I am forever grateful for this seemingly small gift, and it was very special to see how much he enjoyed it and us being there while we were kicking the soccer ball around,” Benson said.

“All the children were very grateful to receive the donated items. It was such a successful drive she did, and so many people responded, Plus she’s a great student,” Larvick said.

Benson plans to attend Pacific Lutheran University in the fall, majoring in business and minoring in Spanish and plans to continue playing soccer.

“This trip allowed me to share both my faith and my passion for soccer with these amazing kids. I am forever grateful that I had the opportunity to go on this trip and spend time serving them and creating friendship,” Benson said.

In Honduras, Benson made numerous friendships with children living in Proyecto Manuelito, a ministry that helps orphaned children. Benson went with Hope Teams International, a local nonprofit.

CHS senior Chloe Benson
brightens Christmas for children in need

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