Nicole Ferber launches first TimberNook kids' outdoors program in Oregon – See Page 10



Centenarian Jan Homleid recounts a life well lived – See Page 18



March 2021 happyvalleyor.gov

A city, community, a lifestyle — a place we proudly call home ClackamasReview

Double Negative makes positive

Amanda and Jason Ray put creative lens on chaotic past through film photography

By SHELLEY McFARLAND

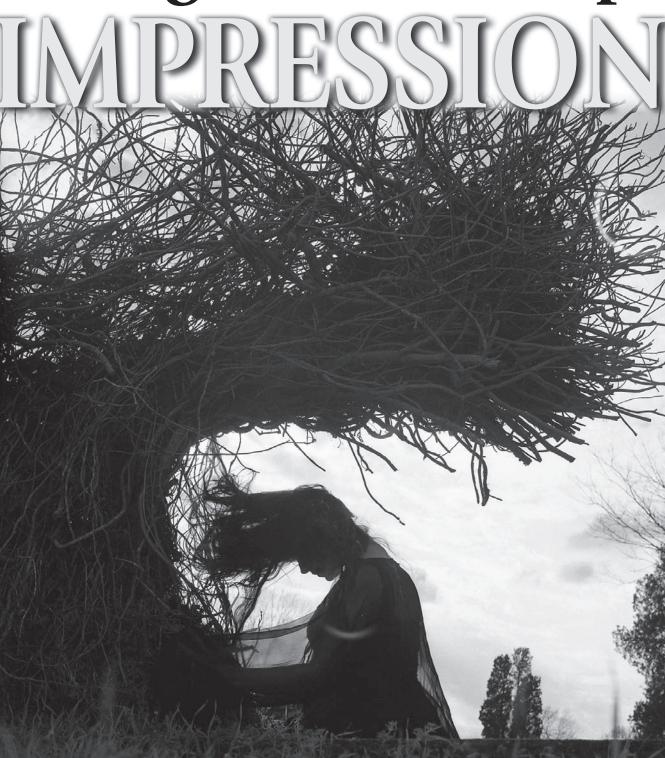
appy Valley residents Jason and Amanda Ray are garnering national recognition in fine arts photography with their evocative images.

As recent transplants from Austin, Texas, the couple hope to make an impact in the Pacific Northwest art scene and chronicle the primordial and macabre beauty of Oregon through their cameras and shot exclusively on film. Together they run Double Negative, fine art photography.

The Rays both grew up in Florence, Mississippi, outside of Jackson. Amanda said they met as teenagers at a Pink Floyd laser light show and have been creating art together ever since.

"Not only have we been experimenting with photography since 2007, but we have also been making music together since 2005. Jason plays the guitar, and we both sing," Amanda said. "We both came from very troubled, broken families, so we have always found a great deal of comfort and hope in each other. I was lucky enough to take part in a gifted-minds program at school for children with exceptionally high IQs."

Both graduated from Florence High School but neither completed college, finding it beneficial to learn "real-world experience in the arts, rather than spending tens of thousands of dollars on a low-quality Mississippi education." Jason was artistically inspired by his uncle, Gilbert Griffin, a photographer from



"You only have a couple of shots, a couple of chances. And so, you're forced into a limitation. You must slow down, take in the scenery and consider every aspect of each shot."

— Amanda Ray

Salem, Mississippi, who photographed many popular musicians, including Paul McCartney, Eric Clapton and Bob Marley. As a child, Jason would spend hours "hunting" with his uncle, with the goal to "shoot" animals harmlessly with a camera rather than a gun.

Amanda was first inspired by the work of photographer Richard Avedon in the film "Funny Face" starring Fred Astaire and Audrey Hepburn. Amanda also was inspired by the colorful work of David LaChapelle.

"Neither of us has ever jelled with the idea of a traditional 9-to-5 office environment, and we both find it difficult to do menial work toward another person's or business's goal," Amanda said. "We've got our hands in a lot of things, but photography is where our heart is."

In 2009, the couple moved from Mississippi to Austin where they would spend the next decade collaborating with filmmakers, artists, models and other photographers. To date, the couple make music, have dabbled in the film and video game industries and even co-founded a vintage clothing business.

"During this time, I was cast alongside Michael Madsen in the horror/comedy 'Lumberjack Man,' as well as countless music videos, industrials, video

Mississippi education." Jason was artistically inired by his uncle, Gilbert Generation of the subject in many of the couple's photography. Amanda and Jason Ray create fine art photographs and explore other art mediums.

See PHOTOS / Page A2

City seeks new sculptures for garden exhibit

City of Happy Valley

With the help of the Clackamas County Arts Alliance, the Happy Valley Public Art Committee would like to invite artists to apply for consideration to be featured in the 2021-2023 City Hall Rotating Sculpture Garden program.

Chosen sculptures will be displayed around the exterior of City Hall between July 2021-June 2023. To be considered, applications must be received by Mar. 31 at 5 pm. For eligibility rules, submission requirements, and to complete the online application, head to www.happyvalleyor.gov/call-to-artists. The City can also assist in language translation and accept non-digi-

tal applications by request.

The Happy Valley Public Art Committee seeks up to six artists to display sculptures in the July 2021 through June 2023 Sculpture Garden Exhibit. Submissions may include proposed, partially, or fully completed sculptures. The Art Committee also seeks to exhibit artwork through an inclusive process. Applications are welcomed from people of all backgrounds and abilities. Students, emerging artists, and artists from Black, Indigenous and People of Color (BIPOC), and other historically underrepresented communities are strongly encouraged to apply.

The Sculpture Garden Program was established in 2013 to enhance public land, enrich the cultural environment

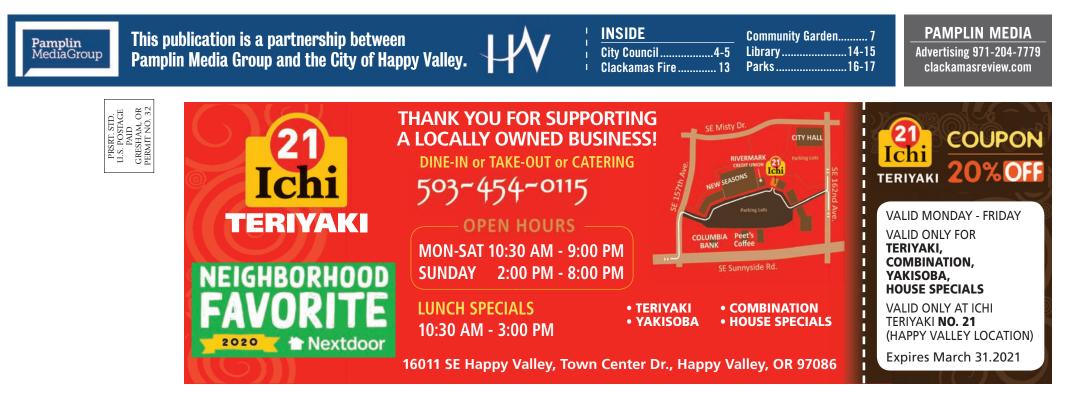
and encourage art appreciation within the community. It is a mechanism for integrating outdoor art into public spaces, promoting public participation and interaction with artists and artwork, and preserving the local cultural environment and livability.

Every two years, artists from around the Pacific Northwest are invited to show their work in several locations just outside City Hall. While on exhibit, sculptures are on short-term loan to the City, allowing the Garden to feature many pieces over time.

For questions and technical assistance about the Call for Sculptors opportunity, please contact Jaimie Huff at 503-783-3828 or email jaimiel@happyvalleyor.gov.



Athena by Jenny Ellsworth. The **City is looking** for its next collection of sculptures to showcase at Citv Hall. Established in 2013, the rotating **Sculpture Garden Exhibit** offers residents and visitors an opportunity to explore artwork created by artists from the Pacific Northwest.



The Forum at Town Center raises funds for veterans

Dozens collect money, clothes, food and more to benefit Fort Kennedy

By SHELLEY McFARLAND

A group of 86 veterans, spouses and widows all living at The Forum at Town Center, an independent and assisted living community, recently organized a fundraiser to benefit Fort Kennedy, a nonprofit organization.

"We are aware that many of our fellow veterans, both old and new, were dealing with service-oriented issues, and we wanted to help but didn't have the know-how," said Ve-lia Gonick, resident and organizer. "We heard Sgt. Kennedy speak then we visited the fort and were very impressed. They offer many services that Veterans Affairs doesn't, so the VA often refers veterans to the organization."

Retired Sgt. Tina Kennedy



SUBMITTED PHOTOS The donated check is held by Treasurer Henrietta Cramer, an Army widow, and Secretary Marty Barney, an Army veteran.

where she talked about the nonprofit she founded to help veterans and their families. The organization also helps homeless veterans with ne-

recently visited The Forum cessities like showers, haircuts, food and access to resources

From January 2019 to Dehelped 610 veterans and their decided to help, even if in a mals.



President Velia Gonick, a Navy WAVES and Vice-President Timothv Gonick, CDRUSNR, sell carnations to raise money for Fort Kennedy, a nonprofit helping veterans.

families and allocated \$23,000 to limited capacity. They creatreturning to homelessness.

veterans to prevent them from ed a committee and began working with other veterans Impressed with Fort Ken- to collect clothes, socks, uncember 2019, Fort Kennedy nedy, the group at The Forum derwear, food and stuffed ani-

"Army widow Judith Hook did a great job with the stuffed animal drive. We collected over 70 of them. Fort Kennedy then came and picked up the barrels and clothing donations," Gonick said.

"Then coronavirus hit, and we weren't sure if it was safe to collect clothes and other items, so we decided to raise cash. We set up a Bottle Drop account and collected bottles and cans through 2020. For our second fundraiser, we are selling carnations through Valentine's Day."

All residents, veterans, nonveterans and staff of The Forum responded enthusiastically to both events. By the end of 2020, they collected \$1,000 for Fort Kennedy and its service to veterans.

"We are going to continue to sell carnations, but we are holding off on anything else until the pandemic goes away and we can hold planning meetings in person," Gonick said.

For more information, visit: fortkennedy.org.

Photos

From Page 1

games, short films and 'Disenchanted' — winner of the 2013 New York TV Fest for Best Writing," Amanda said. "Both avid film lovers, we had the opportunity to manage the world's oldest and largest independent film library, I Luv Video, where we hosted community art events, collaborated with local filmmakers.

The art the Rays produce is reflective of the life experiences they each endured as children.

"We see photography as a means of expressing the pain we both experienced as disadvantaged kids in rural Mississippi. As the children of longtime substance abusers and convicts, we had been in an uphill battle for most of our lives. I lost my best friend to suicide at only 20 years old and have since lost my grandmother, uncle and many friends," Amanda said.

"Jason's grandparents died when he was very young, and he has also lost many friends and loved ones along the way. In 2019, we hit a breaking point. My mother went into a coma due to liver failure after 20 You never touch the images, years of substance abuse. What's more, a very dear friend of ours passed at only 29 years old," she said. Life experiences altered the way the Rays viewed their own lives and humanity worldwide. Then the COVID-19 pandemic hit and put more focus on the deep concepts of dving and living. "Being surrounded by so much pain, death and loss fundamentally altered our art. The truth is, we've been seeing, feeling and experiencing death for long enough to understand it. And what we've learned is, death is not cruel or painful. It is isolation, placidity and serene melancholy," Amanda said. "Life, on the other hand, is difficult. It's an uphill battle. and in order to circumvent the rough waters of life's tide, we must reject fear, connect with nature and recognize the beauty and wonder that exists within us. We must remember that we come into this world as we leave it — bare. "Whether it be the nudity of childbirth or the purification of the soul as it leaves your body, we are free of burden," she said. "Due to COVID, the majority of our images from this collection are self-portraits, meant to display a feeling of isolation, while at the same time attempting to naturalize the concept of death and the fear associated with it. First, the couple found themselves in cemeteries. With a pragmatic view that they wouldn't need to wear masks or socially distance, they found the cemeteries to be peaceful, hopeful and serene places, not scary or sad. The cemetery project was successful and earned 33 publications in Italia Vogue Photovogue. "We found that the spirits in cemeteries, although silent, had a way of speaking to us. We felt no need to conceptualize our photographs — the spiritual energy and environment seemed to tell us what to do," Amanda said. "We let go of our preconceived notions and allowed the environment to pose us, rather than force our wills on the environment.

"Our goal became to capture images that may take away any fear associated with death and replace it with a feeling of peaceful placidity — the way wind feels when it touches your skin, or the way water looks when it ripples — calm, simple and without thought."

After countless hours in cemeteries, the couple found abandoned objects have a similar energy to cemeteries and would search out a deserted car, house or historical site.

There's a story behind it, but it's laced with mystery. After a few months, we started referring to this collection as 'Flesh & Bone.' It's a fine art photographic study of living beings set against the backdrop of death. The bare human body is examined among ancient ruins and cemeteries. Time is an illusion. We are all both living and dead, both flesh and bone, simultaneously," Amanda said.

'This series explores the interconnectedness of life and death, as well as the peace and mystery inherent in both."

The transition from digital photography to film has been a profound evolution for the Rays.

'With digital photography, photographers don't really have to focus or plan. Thousands of frames can be captured at a single photoshoot. and they're stored away in a cold, metal hard drive somewhere in cyberspace. The images are made from pixels, not light. And the subject is digitalized, not flesh and blood," she said. "However, film is different. We shoot in medium format with only 12 shots available per roll. The images are real, flesh and blood, and composed of light, vibrations and raw emotion. You must develop the images by hand and interact with them every step of the way. You only have a couple of shots, a couple of chances. And so, you're forced into a limitation. You must slow down, take in the scenery and consider every aspect of each



shot," Amanda said.

itself, is an incredibly

intimate, even romantic process. This transition from digital to tangible has totally revolutionized our art."

The Rays do not make money with their photography, instead calling it a passion project and therapeutic endeavor for their family, which includes their 5-year-old daughter, Ruby. To earn an income, both work from home as virtual assistants to clients across America. One day, they hope to benefit financially from their photography and anticipate travel, too.

"We don't have much desire to get involved in commercial projects, ads or financially driven projects, which we both feel strips the art from the project and replaces it with the desire for monetary gain. That's not really our style, so we aim to earn money from our art in different ways," Amanda said.

'We'd love to do portraits for high-profile individuals such as actors, activists, tribal leaders, musicians and politicians. We'd also love to be able to sell our fine art photography to individual collectors or make money by hosting creative workshops where artists have the



'Art is vital in so many ways. I know, for us, photography has quite literally saved our lives and given us a profound sense of hope when there was none. Art builds relationships. Art strengthens communities and brings people together. Art gives everyone a common ground to stand on. Even when people may disagree about difficult subjects like religion, politics and social issues, art is

the one thing pretty much everyone can agree on," Amanda said.

"There are very few realworld issues I can comfortably discuss with my extended family. I feel like a lot of people can relate to that, especially considering the current sociopolitical climate we find ourselves in.

"With that said, art connects us all. Rather than discussing difficult subjects that may further push people apart, we can discuss our favorite films, art and music with people who may otherwise disagree with us. Not only that, but art is also capable of altering how we see the world. A poem or photograph can touch the heart. A painting can transcend time. Art is immortal.'

For more information, visit Instagram: @doublenegativephotography.

The Rays are launching a Portland-area 'Traditional film faces and places initiative to gain friends photography, in and of and network with other artists.

opportunity to collaborate with each other, network and learn new skills," she said.

Their work has been featured at the Gage Academy, world-renowned Hirsch Gallery and museums and exhibits in Seattle, New York, Austin, Dallas, New Orleans and London, plus numerous articles in newspapers and magazines.

Because museums and galleries are closed or limited in function, the Rays are sharing their work online. With a love of film, the Rays are hoping to share their experiences with others and encourage film usage.

"Because we shoot exclusively in film, a dying art, we would like to teach others to employ traditional film techniques with their photography," she said. "We plan to host film-development classes, lighting workshops and fine art collaboration events where we provide the model, location, concept, and painters and photographers can simply show up and participate for a small fee."

In the meantime, Double Negative is launching a Portland-area faces and places initiative to gain friends and network.

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Council President

David Golobay







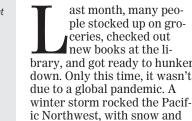


HAPPY VALLEY CITY COUNCIL Council Meetings are held 1st and 3rd Tuesdays of the month at 7 p.m. at City Hall 16000 SE Misty Drive Happy Valley, OR 97086 (503) 783-3800 www.happyvalleyor.gov



The calm before the storm. The City's Public Works rigs were prepped and ready to head out before the inclement weather descended. As the storm continued, crews worked around the clock to keep main roads clear and accessible.

Winter Storms Bring out the Best



ternet due to

ast month, many people stocked up on groceries, checked out new books at the library, and got ready to hunker down. Only this time, it wasn't due to a global pandemic. A

ic Northwest, with snow and ice bringing many to a standstill. Extended power out-

COUNCIL ages and loss of in-CORNER downed trees and power lines created

challenges for many in our community. Unfortunately, just when many of our businesses were allowed to open, they had to shut down again. Despite these trying times, our community continued to band together.

As a City Council, we'd like to take a moment to thank our Winter Storm Response Team. They are a group of dedicated public servants from Public Works, Community Services, Police and Public Safety Departments. In addition, City staff coordinates with partner agencies, like Clackamas Fire and Clackamas County, to stay on top of information that affect Happy Valley residents. We'd like to extend an additional thank you specifically, to the crews

working 24/7 to make sure roads were clear and safe. While some of us got to play

in the snow with our kids over the weekend, the Winter Storm Response Team worked around the clock to keep travelers safe. They spent days and nights de-ic-



ing, plowing, and sanding streets. They removed fallen trees and assisted with car accidents. Their dedication and willingness to help is

something we don't take for granted.

Thank you also to the community members who posted words of encouragement on social media. Your positive feedback kept the team energized and working hard. Storm days can bring long shifts, but it's helpful to know the hours spent clearing roads is worth it for the community.

We're comforted knowing we have a team of people who are committed to keeping us safe. We're also appreciative of the kind and caring people in our city who reached out and offered a hand to help or words of support. This experience reminds us how lucky we are to be part of the Happy Valley community.



Members of the City's Code Enforcement team also helped support safety efforts related to the storm. Whether it was helping clear debris, assisting residents stuck in the snow, or providing aid to Public Works, Community Service Officers were there for the community.

Lastly, for those who still have downed trees and other

Park. If you don't have a way to haul it away, we've heard of numerous community memtance. For more information, check out https://www.hap-

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Many residents experienced power outages, and witnessed downed power lines and trees. To help with the aftermath, the City organized a multi-day storm debris drop off event at Happy Valley Park.

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Welcome New Committee Members

ne of my responsibilities as Mayor is to appoint community members to the City's advisory boards and committees.

We had a record 46 people apply for only a few vacant positions. In addition, we had several current committee members apply to be reappointed. I'm constantly amazed at the passion people have for our local community. Whether people have been



here for decades or moved to Happy Valley more recently, many want to be part of shaping the City's future. After reviewing the excellent applications, I selected to following individuals to serve:

Planning Commission Reappointments:

Frank King Joshua Callahan Michael Morrow Donald Hanna

Design Review Board

Bjorn Clouten Travis Olson Kasey DeLucia

Reappointments:

Traffic & Public Safety **Reappointments:**

Debbi Shepherd Dale Guenther Mark Montalbano Shelly McFarland

New Appointments: Angela Ackerson Minh Matthews

Public Art Committee New Appointments:

William Taylor Ray Fager

Parks Advisory **Reappointments:**

Emily Roselle Mark Aasland

Library Board Reappointments:

Diane Morrow Ray Kato Alan King

Budget Committee Reappointments:

> Ana Sarish Grant Roper





Please join my excitement in welcoming the new committee members and thanking returning members for their service. I'm eager to see the work they do along with their new colleagues. In total, we have a group of over 45 volunteers who provide guidance to the City Council. We couldn't do this without all of their time and effort. Thank you volunteers!

Happy Valley News staff CITY WRITER Stephanie Warneke



We are so

excited to

welcome new

City's various

are happy to

members to the

committees and

celebrate those

who have been

reappointed to

their positions

as well. It takes

many voices to

help shape the

City's future and

we are grateful

for those who

are willing to

What would

Students in

Happy Valley

encouraged to

enter the

chance to

share their

ideas. This

created by

Kate Janzen

category in

2020.

won the poster

you do as

Mayor?

are

serve.

HV SWarneke@ happyvalleyor.gov COMMUNITY WRITER



This publication is a partnership between Pamplin Media Group and the City of Happy Valley.



Publisher's Note: Happy Valley News is always on the lookout for story ideas and suggestions from our readership. If you know of an interesting local story or a person deserving of community recognition, please forward tips to afox@clackamasreview.com and include your name and phone number for contact information.



Angela Fox afox@clackamas review.com



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What would you do as mayor?

Popular student contest returns

Know a student with big ideas, a compassionate heart, and interest in making the community a better place?

The City of Happy Valley is again participating in the Oregon Mayors Association (OMA) If I were Mayor, I would ... contest. Here, students are invited to share their creative ideas about how they would govern the City of Happy Valley. Winning entries from local contests throughout Oregon are then submitted to a statewide competition. Last year, Kate Janzen, Kyle McFarland, and Yurie Han were recognized for their winning submissions at the City level.

Considering the pandemic, the contest will be carried out in virtual format. At its core, If I Were Mayor gives students the opportunity to take a closer look at their community and share their thoughts about safety, the environment, health, social services, youth programs and anything else they think is vital to the City. For students, this is a great way to stay connected to learning and spark some creativity. For all the details, including contest guidelines and how to submit an entry, simply head to www. happyvalleyor.gov/if-I-were-mayor. The deadline for submitting your finished product is 5 p.m. Friday, Apr. 23.

GENERAL CONTEST FORMAT

There are three categories based on student grade:

Elementary School (grades 4-5) - Poster

*Take a photo of your poster or you could even create a poster on the computer - you decide!

■ Middle School (grades 6-8) - Essav

High school (grades) 9-12) - Digital Media Presentation

The winner of each age group in the Happy Valley contest will be awarded a \$100 gift card and recognized at an upcoming City Council Meeting. The winning submissions will then be entered in the statewide contest where there will be a chance to win a grand prize of \$500.



If I was Mayor, I would









City's annual contest that **CREATIVE SERVICES:** gives them a submission,



ed Catholic high school educating the heart and



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Books to read during Women's History Month

Happy Valley Library

6

Let's celebrate the essential contributions by women to American history and the present day with books by and about

women that remember forgotten heroines, explore the struggles for rights, and give voice to a diversity of experiences.

Picture Book Biographies

Queen of Physics: How Wu Chien Shiung Helped Unlock the Secrets of the Atom by Teresa Robeson, illustrated by Rebecca Huang

Chien-Shiung Wu, a Chinese American experimental physicist, battled sexism and racism in the scientific commu nity and went on to make significant contributions in the field of nuclear physics, earning the nickname, "Queen of Physics."

Cubs in the Tub: The True Story of the Bronx Zoo's First Woman Zookeeper by Candace Fleming,

illustrated by Julie Downing. Read about Helen Martini, a pioneering zookeeper who cared for lion and tiger cubs at the Bronx Zoo and became their first woman

Planting Stories: The Life of Librarian and Storvteller Pura Belpré

zookeepe

by Anika Aldamuy Denise, illustrated by Paola Escobar

When New York City's first Puerto Rican librarian, Pura Belpré, found that her library had no children's books in Spanish, she wrote them herself and spread her love of books and reading to her community

Shirley Chisholm is a Verb! by Veronica Chambers, illustrated by Rachelle Baker

Discover the inspiring life and social justice contributions of Shirley Chisholm, the first Black woman in Congress She sought the Democratic nomination to be the president of the United States, becoming the first Black woman to run for president



by Martha Freeman illustrated by Katy Wu A celebration of women in scientific fields that did not always welcome them, this collection

Wilma's Way Home: The Life of Wilma Mankiller by Doreen Rappaport. illustrated by Linda Kukuk

Wilma Mankiller was the first female chief of the Cherokee Nation. The story of her journey is one of community activ ism and the strength of a loving family

Finish the fight! The brave and revolutionary women who fought for the right to vote by Veronica Chambers. illustrated by Monica Ahanonu and others

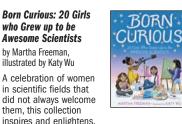
A celebration of the Nineteenth Amendment highlighting the contributions of Black. Asian Latinx, and Native American women in the fight for suffrage, these are brave women whose stories have often gone untold.



the TUP













Dress Coded

by Carrie Firestone An eighth grader starts a podcast to protest the unfair dress code enforcement at her middle school and sparks a rebellion. Middle school is hard enough without accusing girls of using their bodies as a dis

traction! Madam C.J. Walker **Builds a Business** by Denene Millner. Ilustrated by Salini Perera

WALKER

0

BUSINES

Madame C. J. Walker invented her own hair products, specially designed for Black women's hair. Part of the new historical fiction series from Rebel Girls, this one tells the story of the first female self-made millionaire



Changing the Equation: 50+ US Black Women in STEM

by Tonya Bolden Discover Black women who have changed the world of STEM (Science, Technology, Engineering and Mathematics) in

America. Including groundbreaking computer scientists, doc-

- tors, inventors, physi-
- cists, mathematicians this book celebrates
- over 50 women who
- have defied racial discrimination and pio-
- neered in their fields. Lifting as We Climb: Black women's battle for the ballot box
- by Evette Dionne An eye-opening book that tells the important. overlooked story of

Black women in the suffrage movement.

Young Adult Fiction

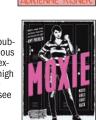
Six Angry Girls by Adrienne Kisner

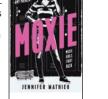
A diverse group of high school seniors get together to fight patriarchy in the form of the all-male Mock Trial club Moxie

by Jennifer Mathieu

Inspired by her mom's Riot Girrrl past, a shy teen pub-

- lishes an anonymous zine calling out sex-
- ism at her Texas high school. Read the
- book before you see
 - the new movie directed by Amy
 - Poehler!







books or help you find your next favorite read. Here are some easy ways you can connect

- Send us an email at library@happyvalleyor.gov ■ Search for books, DVDs, and more at lincc.org

The Doctors Blackwell: How Two **Pioneering Sisters Brought Medicine to** Women by Janice P. Nimura A vivid biography of two pioneering sisters who, together, became



KOA BECK

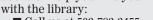
LADY BIRD

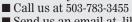
White Feminism: From the Suffragettes to Influencers and Who



- Hiding in Plain Sight: Lady Bird Johnson in the White House
- by Julia Sweig
- A magisterial portrait of Lady Bird Johnson
- and a major reevalua-
- tion of the profound yet underappreciated
- impact the First Lady's
- political instincts had on LBJ's presidency.

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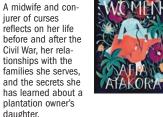


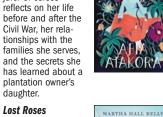


doctors and trans-









star









- Romanov cousin and Varinka, a for-
- tune-teller's daugh-

Adult Fiction

Cherokee America

From the author of

finalist Maud's Line

an epic novel that

complex family alli-

ances and culture

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during the aftermath

of the Civil War and

woman at its center

the unforgettable

Delayed Rays

by Amanda Lee Koe

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Conjure Women

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by Margaret Verble

- ter--against the backdrop of World
- War I and the Russian revolution

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Last call for Community Garden applications

Time is running out to be considered for this year's Community Garden season. Raised bed garden plots are available at no cost to residents and there are two size options, (5'X5' or 5'X10'). At this time, only a handful are remain available.

The Community Garden season officially opens Apr. 15 and will extend through Nov. 15. Located next to Happy Valley Park, the Community Garden is a great place to grow your own fruits, vegetables, herbs, and flowers. It is also a great way to meet other residents with a passion for gardening.

The Happy Valley Community Garden is accepting applications through Mar. 15 or until all plots are filled, whichever comes first. A waitlist will be established if applications outnumber available plots. Applications must be filled out completely to be considered and plots will be assigned on a first come, first served basis.

For further information about the Community Garden, contact Sheri Bartholomew at (503) 783-3844 or email her at sherib@happyvalleyor.gov. Application forms, gardener rules and expectations, and a garden plot map can be found on the city website at https:// www.happyvalleyor.gov/community/programs/communitygarden/.



Help plants blossom and grow at Happy Valley's Community Garden. The garden is located behind the Public Works shop that adjoins the southeast border of Happy Valley Park located at 13770 Southeast **Ridgecrest Road.**

County staff recover family heirloom

Girl, 4, gets lesson in sanitation after ring falls into storm drain

By SHELLEY McFARLAND

Clackamas County Water Environment Services sanitary and stormwater technicians Jeremy Bodner and Kevin Rotrock recently were dispatched on an unusual call near Eagle Landing Golf Course.

While playing dress up, 4-year-old Eleanor Johnson was wearing a precious heirloom ring that belonged to her grandfather, who died the same day Eleanor was born.

"There was meaning to this ring — more than just normal — and Eleanor found the ring in my purse, along with some red lipstick, put the ring on, then went outside with her dad," said Emily Johnson, Eleanor's mom.

The ring slipped of her tiny finger and fell into the storm drain. With little hope, Bodner and Rotrock drove to the resi-



SUBMITTED PHOTOS Eleanor Johnson accidentally dropped her family's heirloom ring into the storm drain while playing.

dence's catch basin to try to retrieve the ring. They took off the storm drain grate, and Bodner stood in the drain filling bucket after bucket with water and dirt while Rotrock tire-



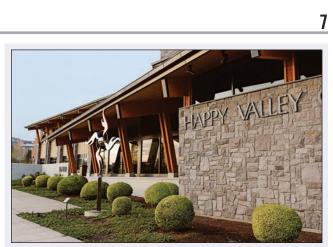
With little hope, stormwater technicians Jeremy Bodner and Kevin Rotrock persevered and discovered the precious ring.

lessly sifted through the muck in the hopes of finding the invaluable piece of jewelry.

"Jeremy got the last bit and said, "This is it, I'm done,' and he reaches up over the top of the catch basin and drops that paper towel. I pick up the paper towel, and there is the ring sitting there. It was a shining moment," Rotrock said.

Emily was astonished the crew would put that amount of effort into finding a lost ring but was grateful they did. It was a bit of an adventure for everyone involved, especially Eleanor.

"Eleanor was a sweet little girl and inquisitive, and we answered questions about what happens to the water when you flush your toilet and where waste and rainwater goes," Rotrock said.



At the time of print, the following events were scheduled. Please check www.happyvalleyor.gov to confirm timing of events and instructions on how to participate virtually. You can also opt in to receive notifications about upcoming meetings by visiting https://www.happyvalleyor.gov/signup-for-notifications/

CITY OF HAPPY VALLEY

Mar. 8 DEI Task Force Meeting: 6-8 p.m.

Mar. 9

Planning Commission Meeting: 7 p.m.

<u>Mar. 14</u>

Daylight Savings Time Starts (Spring forward 1 hour!)

Mar. 16 City Council Work Session: 6 p.m.

City Council Meeting: 7 p.m.

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Interna Day of

International Day of Happiness: see page 14 for more details

<u>Mar. 24</u>

Mar. 20

HV Business Alliance Meeting: 7:30 a.m.

Mar. 31

Design Review Board Meeting: 7 p.m.

r. 16

Clear Storm Drains to Protect Your Property and Our Water

Regularly clearing your storm drains of leaves and debris helps reduce flooding and property damage while protecting watershed health and the quality of our drinking water. Follow these tips:

- Find the storm drain grates in the street by your home or business and clear them of leaves and debris.
- Use a rake or pitchfork to clear leaves, limbs, and debris from the storm drain.
 Do not try to remove the grate, only the debris on top of it.
- When leaves fall into the street, rake them at least one foot away from the curb so they won't block the path of rainwater. Please do not rake or blow leaves from your yard into the street.
- Never dump anything into a storm drain.

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Oregon Youth Summit offers inspiration to leaders of tomorrow.

Teen Leaders Zoom Hot Topics For 4th Annual Oregon Youth Summit

City of Happy Valley

Youth Councils and Advisory Boards across the state have been searching for ways to reconnect and continue their work during this unprecedented year.

The Annual Oregon Youth Summit, spearheaded by the City of Happy Valley and its Youth Council, has been a platform for guided discussions as teens are encouraged to voice their ideas and share ways by which their members are making an impact in their local communities. Instead of a traditional in-person event like years past, the Oregon Youth Summit went virtual this year, offering a forum where youth could exchange diverse opinions on matters of importance to their peer group in a safe and non-judgmental atmosphere.

The event, which took place on Feb. 3, included approximately 40 participants, and was facilitated through Zoom. Two dynamic moderators guided the virtual gathering, helping to focus discussions on the youth's two desired topics: Mental Health and Pandemic Outcome Amongst Teens and Social Injustice.

Moderator Parker Sczepanik, the Outreach Specialist for the YouthLine program at Lines for Life, guided meaningful dialogue related to mental health. A non-profit organization dedicated to preventing suicide and substance abuse across the state of Oregon, the YouthLine program is a state-



While the Annual Youth Summit typically gathers in a central location for an in-person event, this year was a bit different. Youth Councils and Advisory Boards met virtually to talk about important issues and share ideas.

wide peer-to-peer teen crisis, support, and helpline. They train and supervise teens and young adults to provide crisis intervention and offer support to other youth through call, text, chat, and email. The YouthLine provides help and support around a variety of teen issues and stressors including, but not limited to, bullying, self-harm, stress management and suicidal ideation.

Moderator Isabela Villarreal with Next Up, helped encourage open discussions about social justice. An organization that strengthens the voice and leadership of diverse young people, Next Up aims to encourage a more just and equitable

Oregon. Their theory of change is to amplify young people's voices toward collective action, shift power, broaden the leadership pipeline, and address the structural barriers that our generations are navigating and build a more inclusive movement for a just democracy. Next Up envisions an Oregon where young people boldly lead the state forward, our democracy is inclusive and accessible, and our communities are strong and resilient. They begin to create tangible systems change for all communities. They are committed to the challenging and imperfect process of continuous learning (and unlearning) that will be

necessary to realize our vision of a more equitable Oregon.

City of West Linn's City Councilor, Rory Bialostosky, also joined the discussions. Elected to the City Council in 2020 at age 21, Rory is the youngest City Councilor in West Linn's history and one of Oregon's youngest elected officials. He believes strongly in the power of collaboration and working together to better our communities.

There were many takeaways from the Summit and the discussions were timely given the challenges many community youth are facing in today's political and social climates. Members shared what they

EXIT QUESTIONS

- **1. WHAT IS SOMETHING YOU LEARNED TODAY ABOUT POWER, PRIVILEGE OR OPPRESSION?**
 - 2. HOW DID THE LESSON IMPACT YOU? WHAT **EMOTIONS DID YOU EXPERIENCE/FEEL?**

3. HOW CAN YOU SHOW UP IN YOUR SCHOOL OR **COMMUNITY TO BE ANTI-RACIST?**

During the Summit, teens had a chance to participate in an open dialogue about issues related to social justice. The opportunity allowed youth to ask questions in a non-judgmental environment and talk about ways they can enact positive change.



Mental health has been a top priority for youth councils across the state. Acknowledging that many teens are experiencing challenges to their emotional wellbeing, members are hoping to raise awareness about this issue and help their peers find supportive resources.

have been working on for the alatin, Cornelius, Hillsboro, past year with ventures that Forest Grove, Lake Oswego included Podcasts, chalk art projects, covers for kids, youth forums, mask making, and participating in Operation Gratitude.

cities for joining the event: Tu-

and Cottage Grove. Special thanks to The League of Oregon Cities for their continued support of our youth programs and advisory boards. Next Thank you to the following year, the hope is to be back in person and stronger than ever!

Pleasant Valley North Carver Comprehensive Plan on pause

The Pleasant Valley/North Carver Comprehensive Plan was slated to provide the public with two Open House events as well as Public Hearing Meetings this past Spring, but plans continue to be postponed amid the COVID-19 pandemic

The Plan, which provides guidance regarding such things as land use, transportation, parks, and environmental issues is instrumental to making sure planning is successful in the Pleasant Valley and North Carver areas

The Open Houses had been intended to offer the public a chance to view a variety of visual materials and information relating to recommendations brought forth by the Plan's Technical and Community Advisory Committees. The goal was to have the

Plan approved by the end of summer 2020, but all will continue to be paused until the public health crisis has subsided. This is to ensure the community has ample opportu-



nity to be part of the input gathering process. The community is encouraged to visit https://hv.city/pvnc for updates in the meantime

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MISSION ACCOMPLISHED

Navy veteran Brian Shipman climbed ranks over 30-year career

By SHELLEY McFARLAND

Maybe it was providence, but Brian Shipman ended up in the Navy.

He grew up as the youngest of four in Dallas City, Illinois, graduating from Dallas City High School in 1984. Shipman attended the University of Illinois Urbana-Champaign where he earned a bachelor's degree in industrial engineering. To help pay for college costs, Shipman joined ROTC where he was given a full scholarship.

"I wanted to enlist all through high school. I was ready. My dad wanted me to go to college and I wasn't a big fan of school. He was the one who floated the idea of the ROTC scholarship," Shipman said. "For every year that you did ROTC there was a year payback for active duty. I crammed four years into five at college, they paid for four and a half because I picked up the last semester on my own, I then owed four and a half years of active duty.'

Military experience wasn't unusual in Shipman's family, both his father and brother had military experience.

"My dad did a short stint in the Army at the end of the Korean War, where he had occupation duty in Germany. After three years he went back to the family farm where he was needed," Shipman said. "I think until the day he died he regretted not making the Army a career. You could tell by his stories that he loved it. After he returned home, he was very active with the American Legion and with fellow veterans who would provide last rights for veterans who passed away.'

Looking back, Shipman is happy for his college years, which gave him time to grow up.

"Some people say they were glad they enlisted because they needed the discipline to make it through college. I was the other direction," he said. "After graduating high school, I thought I knew everything. It was good I didn't enlist because I would have been some chief's nightmare.

"Going to college first let me grow up a bit. Ever since I was a little kid I wanted to be in the Navy. It had nothing to do with my last name, I just grew up fascinated reading books about

"I was on Nimitz, an aircraft carrier out of Bremerton, and we were waiting for the call to go. Everyone was going to the Persian Gulf, and they were going to need replacements. Our captain wanted to be ready to go on a moment's notice, so we could only take leave in the local area for Christmas and were deployed to the Persian Gulf at the end of February," Shipman said. Aircraft carriers are basically

floating runways for planes. Shipman's first job aboard the USS Nimitz was in the radio division, where the radiomen working for Shipman kept the communications gear working. They spent four months in the Persian Gulf in 1991, and as an officer, Shipman was slated for advancement.

"I was an officer, and a surface warfare officer at that. My job was to learn how to drive the ship. My rotation was usually five hours on and 10 off the entire time we were underway, and I'm up on the bridge learning how to drive the ship," he said. "You have the helmsman back there with his steering wheel, and you're up there with your binoculars and you are giving the commands to the helmsman with how much rudder to use or what speed to use. Eventually, when qualified as officer of the deck you are leading, the whole watch team on the bridge is driving the ship so that the captain can do his thing."

Although Shipman was at sea during the war with Iraq, which didn't have a navy, there were still dangers.

'Saddam had no significant navy so the only Iraqi threat we had back then were mines," Shipman said. "I remember one morning when we were in the gulf, our morning helicopter patrol spotted a mine about five miles away from the ship and we helicoptered an explosive ordnance team to it. I remember watching it blow up that morning through the bridge window of the ship. All of a sudden, it hit me that this was real.'

Shipman advanced in a regular progression. His first sea tour on the aircraft carrier Nimitz earned him qualification for surface warfare officer, which is designated with a uniform insignia similar to aviator wings. After the USS Nimitz, Shipman was transferred to the USS Chosin, a Ticonderoga-class cruiser based out of Hawaii.

"I really liked the small ships better than the big ships because they have a better feel to them. I came from a town of 1,000 people and my first ship, Nimitz, had five times as many people as my nometown, Snipman salu. "I didn't think I was staying in; I didn't like Nimitz that well. I took one more tour, which took me past my time I owed, and was on a cruiser in Hawaii, which was cool. I could have resigned my position after that, but I had my son, Mason, by then and I had the opportunity to go to Navy post-graduate school in Monterey, California," he said. " I thought having a master's degree would be a good thing. I wasn't the brightest student, and I saw some of these guys get a master's degree in their spare time, but that wasn't me.' It was a win-win situation for Shipman who went to Monterey to earn his master's degree. But Shipman would then owe three years of active duty. By this point, Shipman was a lieutenant, and the next promotion would be to lieutenant commander, a prominent position. Because of a congressional statute intended to keep officers advancing, if Shipman wasn't promoted, his career would stall, and he would be required to leave the Navy

In a career spanning 30 years, Brian Shipman ended his career as captain of the **USS Decatur** calling it the best 20 months of his life.

after eight years of service.

"I thought they were either going to promote me to lieutenant commander and get a payback tour out of me or not promote me, where I would then take my shiny new degree and go be a civilian. Thankfully things went my way, and I was promoted to lieutenant commander in 1999," he said.

By the time Shipman was promoted to lieutenant commander he was on his third ship, the USS Milius, an Arleigh Burke-class destroyer. He spent seven months in Rhode Island for department head school prior to his assignment to the USS Milius, which was stationed in San Diego.

During his three years on the USS Milius, Shipman was deployed twice, again to the Persian Gulf. He spent the first 18 months as a weapons officer and combat systems officer for the last 18 months

"In 1998 we deployed to the Persian Gulf and got called to shoot Tomahawks (missiles) at Bin Laden's camp in 1998. We shot into Afghanistan and missed him, that was us," he said. "I was in the ship's combat center helping plan the missions. I had never fired a shot in anger, you do all this training and finally it's like, 'it's really going to happen.'

When they train you, there are four enlisted operators sitting at consoles, and it's like a computer game. When you boot up the consoles you train and practice, it's exactly like the real thing except with sound effects. The big missile goes whoosh," he said. "We always trained for a worse-case scenario, but the night we shot Tomahawks, it seemed routine. The missions were planned, the missiles were ready and when the time came, missiles away. We were pretty proud.'

Coming back from his second deployment in the gulf in October 2000, on their way out of the Strait of Hormuz, the USS Milius and its crew were en route to Perth, Australia, for four days in port when they received word the USS Cole had been attacked The USS Cole was the relief ship for the USS Milius, resulting in a canceled respite and another month in the gulf. At the time, Milius had a large supply of Tomahawks that needed to stay in the gulf, either on that ship or transferred to another. "It was a long month with no port visits and some security scares, but we got it done and got out of there. We were finally able to make it to Australia after all, we just had to wait for it," Shipman said.



"We set up air defense for the West Coast, trying to coordinate with the Air Force and Army commands. It was a commandand-control setup, which hadn't really received a lot of attention prior to that day. We learned some hard lessons about who we could and couldn't communicate with," Shipman said.

"After a while, it was assessed that San Diego wasn't going to be attacked, but you're busy and vou're inside the ship, so you lose track of time. It was three days later before I went outside of the ship and looked around. It struck me that San Diego was so quiet. No one was flying anywhere except the fighters off of North Island doing air patrols," he said. "The roar of an F-14 or F/A-18 taking off was almost deafening in that silence, but afterward, in the distance, you could hear people coming out of their houses and cheering. That drove it home."

The next year, Shipman served as the executive officer of the USS Howard, another Arleigh Burke-class destroyer in San Diego, where he learned he had been selected to command his own ship. Following a shore tour at the Navy's Bureau of Personnel, Shipman was assigned as the commanding officer of the USS Decatur, another Arleigh Burke-class destroyer.

Shipman calls that tour the best 20 months of his life. During this tour, the USS Decatur deployed to the Western Pacific and Middle East as part of the USS Ronald Reagan Strike Group, where they spent significant time in both the South China Sea and the Persian Gulf.

Following Decatur, Shipman was assigned to Aegis Ballistic Missile Defense in Virginia, where he was promoted to captain and selected again for command at sea.

In September 2013, Shipman assumed command of Destroyer



this 1968 Volvo Amazon.

medical and construction projects in Vietnam, the Philippines, and Cambodia. The Japanese transport took us to Da Nang, Sihanoukville and Tacloban. I was awed by the people of Vietnam; it was simply incredible. The Philippines had been devastated by Typhoon Haiyan just a few months earlier," he said.

"There was another phase of Pacific Partnership 2014 to the south, where we had our people south in East Timor and Indonesia. We weren't doing these things for these countries; we were doing them with these countries. Our people were working alongside their counterparts at every event. It was incredible.'

The mission wasn't something Shipman expected.

"At first I groused to myself thinking, 'I drive ships, I don't hand out Band-Aids. Why am I doing this?' And then it turned out to be one of the most fulfilling parts of my career. I was making a difference in places,' he said.

Shipman retired in June 2019 and is still learning to be a civilian. Today, he is an Oregon home health care worker for his adult daughter, Paige, and is a partner in Old Salt Coffee Co., which was started by him and two other two Navy veterans.

w will in the Pacific. I started reading about it as a kid."

Owing almost five years, Shipman entered the Navy on May 22, 1989, and was commissioned as an ensign. He did a "stash up" on a ship in Seattle for a few months until he was sent to Surface Warfare Officer School, which is akin to basic training for an officer, learning topics like seamanship and navigation.

"This was full-time school where we were learning the engineering plan or about steam cycle gas turbines, because you never know what ship you're going to, things change along the way," Shipman said. "It was also a time for a dumb college kid to quit being a dumb college kid. It was a six-month school and time to adult."

Shipman needed to find his sea legs quickly because the United States had just entered the first Persian Gulf War. With already one year in when Saddam Hussein's forces invaded Kuwait, the war messed up many sailors Christmas plans.

Ŵhen he left the USS Milius, Shipman went to the Third Fleet staff in San Diego in May 2001 and was again at another career crossroads: either plateau at 20 years or become an executive officer.

"One of the mornings while I was the staff duty officer, I watched on television the second airplane fly into the World Trade Center building. I was the guy at the office trying to keep the admiral informed, so that duty day turned into a four-day duty day," he said.



Squadron 21 in San Diego, and with it the title of commodore.

The squadron consisted of five

destroyers at first, but grew to

eight by the next year as the

Navy made routine ship assign-

staff oversaw the training,

maintenance and administra-

tion of the ships while in port in

San Diego. If a significant event

was scheduled, Shipman and his

staff would embark on a ship

and operate from there. If de-

ployed as a full strike group, he

would be aboard the aircraft

his 30-year and nine-day mili-

tary career. But the moment he is most proud of happened in

2014 on a support mission. After

the 2004 tsunami in Southeast

Asian, the Navy launched an an-

nual operation called Pacific

Partnership where the USNS

Mercy, a hospital ship, travels

each summer to remote areas

squadron commander is as-

signed as the mission command-

er. Shipman held this title in

2014, a unique year because the

USNS Mercy wasn't used. So Ja-

pan lended a ship that doctors,

dentists and construction work-

ers from America were flown to.

"It was fascinating, we did

LNGLOW

For this mission, a destroyer

for goodwill projects.

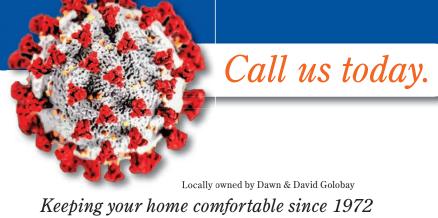
Shipman looks back fondly at

carrier with the admiral.

As the commodore, he and his

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Nurtured by nature Timber Nook Sensational Experiences

Nicole Ferber launches first TimberNook kids' outdoors program in Oregon

By SHELLEY McFARLAND

As an occupational therapist assistant for the past 10 years, Nicole Ferber has seen firsthand a rise in therapy services and a decline in children playing outside.

Thinking there could be a correlation, Ferber started investigating the detrimental effects of too little play and outside time for children and how it impacts their overall growth. What she found surprised her.

"When I see kids at the therapy clinic, we are having such a rise of children with anxiety; they are overweight and obsessed with electronics. I don't remember being young and having all these services, and I wondered what was happening," Ferber said.

"To renew my therapy license, I needed continuing education classes, and the more I took, the more I realized the classes were not dealing with how to prevent the issues I saw in kids. It was more about what we can do for kids when they came into the clinic."

Frustrated at the lack of prevention, Ferber continued

Neighbors helping neighbors

Jackson Hills

Steve Sonk and his

wife Cheryl helped

after the ice storm

debris. The couple

HOA president

their neighbors

by filling their

truck with tree

took 19 loads of

debris to the City

drop off at Happy

Valley Park.

to educate herself about the rise in needed therapy for children. With a background in interior design, Ferber, who grew up in Springfield, recognized a reoccurring theme in her research: a rise in sensory rooms for children.

"There's even a sensory room at the Trail Blazer games or NFL games, for kids who need a break from all the sound and visual stimulus. I wondered why we need this, and maybe we needed it all along but now we are more inclusive, which is great," she said. "I started researching this, too.

"I read a book from an interior designer whose child was on the autism spectrum. What she was recommending for sensory relief was all inherent qualities of nature like reducing fluorescent lighting and using more natural lighting or using cool colors. So how do you incorporate this in the classroom? This author said that even having a window in the classroom can make test scores better."

Armed with this information, Ferber thought, "If we strive to recreate nature in our buildings for children, what



"The more children engage in self-directed play and take reasonable risks outdoors, the better equipped they are to be successful in home and school environments."

— Nicole Ferber

could happen if kids were actually out in nature?"

Her research led her to TimberNook, an established organization that provides sensoryrich experiences for children.

Started in 2017 by Angela Hanscom, a pediatric occupational therapist and author of "Balanced and Barefoot," Hanscom wanted to integrate creative outdoor play experiences for children to benefit their mind, body and senses.



Unlike traditional kid camps, TimberNook's camps will focus on exploring nature and participating in carefully crafted activities that use all the senses.

The TimberNook curriculum weaves the therapeutic benefits of outdoor play with experiences to encourage children to interact with one another and the environment in increasingly complex and dynamic ways.

"It was cool when I found TimberNook because someone has done all of this research. Angela started TimberNook in her backyard," Ferber said. "I realized we really need this. I thought about it for months, and then I decided to do it. I'm a reserved person, but I felt strongly about it."

Excited to help children, Ferber joined TimberNook Northwest Oregon, the first in the state, and will launch its first camp over spring break, March 22-26, at nearby Chrysalis Farms. It is a 33-acre farm with pristine forest, pastures, orchards, year-round creek, salmon habitat, peacocks and land that backs to the Clackamas River.

There, children ages 4 to 7 will be guided through a weeklong exploration of the farm including testing boats in the shallows of the Clackamas River, tea parties and other activities designed to "foster creativity, imagination and independent play in the great outdoors."

"Our first camp is called Storybook. For example, we will read the story about the three little pigs and we will then

CAMP INFORMATION

Storybook is designed for ages 3-7 and will run 9 a.m.-1 p.m. March 22-26 at Chrysalis Farms, Damascus.

For more information or to register, visit timbernook.com.

have bricks, hay and mud available for the kids to play with on a grand-scale play adventure," she said.

Ferber went through TimberNook training before COV-ID-19, and precautions will be taken to follow state pandemic protocols. She is hoping to offer an array of classes and camps monthly, ranging from \$40 to \$200, with consideration of affordability.

"I went through a week of training, and each month we also have provider training with lots of support. All the providers have the same curriculum, but depending upon where you live, you can choose what curriculum you want. I can choose Saturday programs or Friday evening night outs, or a weeklong camp. It's tailored to what my community needs. I work full time, so I'm starting out with two part-time employees," Ferber said.

"Starting a TimberNook program just seemed like the next



TimberNook's first camp will be held at Chrysalis Farm and will have a storybook theme.

natural step in my career. I've always been passionate about exploring the connection between unstructured outdoor play and motor skill development," she said.

"At TimberNook Northwest Oregon, children have the chance to play together and independently, using stories, games and experiences to have fun, learn, develop and explore. I believe in the TimberNook philosophy that the more children engage in self-directed play and take reasonable risks outdoors, the better equipped they are to be successful in home and school environments."

Currently, TimberNook is offering services in the United States, New Zealand, Australia, Canada and the United Kingdom.



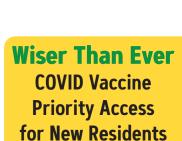


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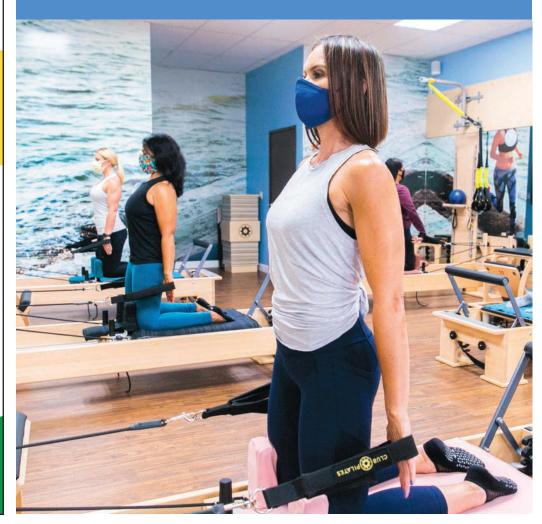
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Have YOU Been Thinking About Getting Started With Music Lessons?



PIANO

GUITAR

Lessons in VIOLIN

DRUMS

VOICE



"I have had my 3 children in lessons for the past 10 months, and **the progress of learning is amazing**. They had to be transferred from another teacher because of location, but the motivation on moving on with learning and progress appears to be much stronger at the Academy. The teacher has great ability in communicating and provides the type of program that is able to motivate my children to work on the musical parts."

- Viera Gavrishov $\star \star \star \star \star$

"We have nothing but praise for Happy Valley Arts Academy. Our teacher is extremely gifted and talented. We are blessed to have him teach our daughter. He shows her above and beyond patience. He keeps her interested by picking music she likes and giving her lots of praise and encouragement. We appreciate all the kindness and professionalism Happy Valley Arts Academy has shown our family." $- Janelle J. \star \star \star \star \star \star$





"My son started lessons at Happy Valley Arts Academy when he was newly 4, and our experience with them has been amazing! **Our teacher is the most kind, talented, and patient teacher.** We had to leave Happy Valley Arts Academy for a short time, and we never did find another teacher that was as loving and gentle and clearly meant to teach young children to not only play but love the piano. I have also always thoroughly enjoyed the recitals Aria puts on, and I hope we can stay with Happy Valley Arts Academy for the duration of my son's piano experience! Thank you Happy Valley Arts Academy!" - BreaAnn Wilcox $\star \star \star \star \star \star$

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or call us **503-974-4997**

or email us info@happyvalleyartsacademy.com



Happy Valley Garden Club nurtures growth

Members have deep-rooted passion for plants

12

By SHELLEY McFARLAND

In 1968, just three short years after the incorporation of the city, Happy Valley Garden Club was started. At first, the group was a casual affair of neighborhood gardening enthusiasts meeting at their homes.

"In the beginning, the Happy Valley Garden Club met in homes and had a program, enjoyed a lunch, and it was very social," said co-President Donna Simonson, who joined in 1979. "About 10 years ago we moved to the church where there is more room. We have done a variety of things - garden tours, guest speakers, including our own members. It could be on flower arranging, growing vegetables or houseplants. We decorated a room at the Stevens-Crawford House in Oregon City at Christmastime. We've gone to the Oral Hull (Park) in Sandy and maintained a flower bed there.'

By 2010, the garden group formed an executive board. To accommodate the growing numbers, they started meeting at Happy Valley Baptist Church. Now the Happy Valley Garden Group is a local chapter of the National Garden Clubs of America (Pacific region,) a nonprofit that started in 1891 in

Athens, Georgia. They follow

"I appreciate the diversity and depth of our garden knowledge. The members love to share their interests and are happy to lend a hand." - Priscilla Robinson, HVGC co-president

the national group's bylaws and conservation pledge.

The HVGC meets from 9 a.m. to 1 p.m. the second Tuesday of each month. The first hour includes coffee and snack social hour. The rest of the meeting can include guest speakers (manv are from the Master Gardeners Club), crafts and field trips,



including working in gardens, horticulture reports, club business, civic news and upcoming events.

"The club has a wonderful atmosphere with talented people who want to help each other, and I value the club," Simonson said. "There's a lot of talent, history and love in the group. We in 2019. If members miss meetings, the board sends out a letter to cover what was discussed.

Although the

currently

garden club is

virtually, the

establish Happy

Valley group is

looking forward

to spring and

the hopes of

Currently, the garden group

has 32 committed members, in-

cluding a few of the founding

members, who meet virtually

and encourage others in the

area to join. More members are

expected to join through an out-

reach to the Happy Valley

Women's Group, which started

outside events.

"I appreciate the diversity and depth of our garden knowledge. The members love to share their interests and are happy to lend a hand. Second. as the leader, my focus is on stable communications, following the National Garden Club guidelines and keeping us on track. The latter can be quite a challenge in a meeting when a topic is opened up for discussion," co-President Priscilla Robinson said. "I like to hear all points of view and words of experience; we are a very giving group."

For more information, contact Wendy Young at treefrogwendy@yahoo.com.

Wiegers' 12th book looks at products that annoy, amaze



Prolific author Karl Wiegers explores the annoyance of thoughtless designs in his new book. He is currently writing his 13th book on software development.



The Thoughtless Design of Everyday Things' offers insight for creating better objects

By SHELLEY McFARLAND

After 40 years in the computer software industry as a software engineer, development trainer and consultant, Happy Valley resident Karl Wiegers has a bit of knowhow when it comes to technology.

His 12th book, "The Thoughtless Design of Everyday Things," which explores designs of everyday products, was published in February.

In "The Thoughtless Design of Everyday Things," Wiegers looks at 160 examples of products that violate fundamental design principles from cars with mysteriously hidden controls, to oven alarms that are too quiet to hear, to packaging that's nearly impossible to open, and gives suggestions for correcting the design.

"I realized that periodically I would use some product around the house, a car or some piece of software that made me wonder if the designer had ever used a product of that kind be-fore," Wiegers said. "It just had so many silly and irritating design charlot of such examples, so I decided to write a book about them.

"I'm not just ranting, but pointing out nine basic design principles those products violate and how they could be designed better. I call out 70 lessons that can help people design products that are easier for consumers to use," he said.

"Even if you're not a designer, just a curious and interested consumer like me, the book will be interesting and informative. There's also technical content to help designers do a better job.'

One example Wiegers explores is the clock app on his iPhone, which has a timer function. After the timer counts down from the duration entered, it sounds an alarm.

"I couldn't figure out how to turn that alarm off. The cancel button doesn't do it, nor does the start button. It would have been a lot better if the display had a button labeled stop or silent instead of having a cancel button that doesn't do anything and a hidden way to turn off the alarm," he said.

The book isn't just a litany of complaints about products; Wiegers also highlights designs that impress him.

"Google Translate is a great app. It's easy, obvious and intuitive to use. Those are the critical aspects of good usability," he said. "I also love my

Heal.

acteristics. I had mentally collected a avocado slicer, a simple but cleverly designed product that works well. There are a lot of thoughtful designs out there, along with many that are just baffling

"The book describes nearly 50 examples of well-designed products so we can see that it's often not much harder to make a good product that doesn't frustrate users, waste their time, or make it too easy to make a mistake," Wiegers said.

"The Thoughtless Design of Everyday Things" would be of interest to new or experienced designers or product development managers yet is an interesting read for all consumers. Along with the 160 product examples that annoy, Wiegers includes nine design principles that succeed with any design and 70 lessons to guide designers to make more thoughtful choices for the customer's benefit. He also describes why design is hard and covers 10 practices of successful designers.

Even though he earned a doctorate in organic chemistry, Wiegers entered the software industry, retiring after 40 years. His other books are on consulting, software requirements, project management and software quality. Wiegers also wrote a memoir of life lessons and a forensic mystery novel called "The Reconstruction."

"I'm a full-time retired person, but I'm not very good at it. I like to have a project, and I enjoy writing to share it: www.thoughtless-design.com.

with other people things that I've found interesting or helpful. I hadn't planned to write this book, but I hadn't planned on a pandemic that would keep me in my house for many months, either. This book was a lot of fun to write," he said.

"I collected many examples from other people to include along with my own experiences. We've all encountered frustrating products. When you try to use a product that's perplexes you, it's usually not your fault that you can't figure it out."

Wiegers currently is writing his 13th book on software development with 60 lessons he has accumulated in the 50 years since he learned to program in college and is pondering three more novels, including a sequel to "The Reconstruction."

"The Thoughtless Design of Everyday Things" can be purchased at local bookstores and online.

A Happy Valley resident since 2000, Wiegers lives with his wife, Chris Zambito, who he met while working at Kodak in Rochester, New York, where they both worked in the research laboratories. When not writing, Wiegers enjoys wine tasting, volunteering at the Happy Valley Library and Meals on Wheels and records music.

For more information, including purchasing and sample chapters, vis-





Happy Valley 15932B Happy Valley Town Center Drive

Diversity, equity, and inclusion survey closing soon

tion as we work with Tangible

Development to set goals and

To access the survey and

learn about how we are ensur-

ing your anonymity, please

visit: www.happyvalleyor.

If you cannot access the sur-

vey or have other challenges,

please contact Jaimie Huff at

plans.

gov/dei

503-886-8428.

The City of Happy Valley believes that diverse backgrounds, perspectives, and abilities contribute to the health, welfare, and economy of Happy Valley. As we become increasingly more diverse, we want to ensure that every voice is heard and can contribute to the future of the City.

We have been working with Tangible Development, a diversity, equity, and inclusion (DEI) consulting firm, to help become more of a community where everyone feels welcomed and valued.

As we continue this journey of organizational change to benefit the entire City, we now need to hear from you, the residents of Happy Valley.

The results of the survey will inform our strategic direc-



Take the City's DEI survey online today! **Deadline to** respond is Mar. 7.

TAKE THE SURVEY!

In this step, we need to collect the most honest, complete, and accurate data about how the residents of Happy Valley feel about the City as it relates to diversity, equity, and inclusion. Don't delay! Survey will close Sunday, Mar. 7.

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Preserving the tree canopy in Happy Valley

City of Happy Valley

Happy Valley has once again been designated a Tree City USA. 2021 marks the 17th consecutive year the City has been awarded this designation, a status cities must apply for through the Arbor Day Foundation. This national program started in 1976 and encourages cities to actively promote and expand tree growth.

Being recognized as a Tree City USA is considered an accomplishment and the designation is only given to cit-



ies that have met the agency's core standards of sound urban forestry management. The City of Happy Valley believes it is important to replenish the tree canopy and has made a commitment to establish a healthy, sustainable ur-

ban forestry program. To do this, Happy Valley invests in trees in a variety of ways, including purchasing trees for replanting.

The City also partners with organizations several times throughout the year to complete various tree planting and tree health projects. Friends of Trees, for example, is an organization that coordinates restoration projects in

natural areas and has provided many opportunities for volunteers to take part. Projects focus on several activities, such as mulching and ivy removal, in addition to traditional tree planting. Projects not only serve to enhance the landscape aesthetics, but also create long term ecological health. While the pandemic has put many annual projects on hold this year, the City continues to work closely with organizations and is excited to resume efforts.

Other ways the City makes trees a priority

The City has a robust tree replacement requirement and tree permits are required for any type of tree removal. Additionally, if a developer is dividing land, the City requires the developer complete a Planned Unit Development (PUD) if more than 10% of the site is in environmentally constrained areas. This ensures a minimum of 20% of the final site contains open space, which in turn results in more preservation of natural areas compared to traditional subdivisions found in other cities.

To further ensure that Happy Valley's tree canopy remains healthy, the City spends \$2.99 per capita on urban forestry. Things like tree pruning, tree maintenance, plantings, and removal of hazardous trees on City property are covered by these funds. These efforts help curb erosion, aid in stormwater management, create cleaner air, and even boost property values

How to fit a bike helmet



CLACKAMAS FIRE DISTRICT #1

Clackamas Fire wants children and families to ride their bikes as much as possible and to make sure you'll be safe while doing so. According to Safe Kids Worldwide, properly-fitted bike helmets can reduce the risk of head injuries by at least 45% - yet less than half of children ages 14 and under usually wear a helmet. Here are a few tips on how to fit a bike helmet.

■ The helmet should sit level on the head and low on your forehead – one or two finger-widths above your eye-



When used correctly, bike helmets can significantly reduce the risk of head injuries.

brow. It shouldn't be tilted forward or backward.

strap under the chin. On most fit under the strap. helmets, the straps can be pulled from the back of the a big yawn. The helmet should helmet to lengthen or shorten the chin straps.

Buckle your chin strap. Tighten until it is snug, so no ■ Center the buckle of the more than one or two fingers

Open your mouth wide... pull down on the head. If not, readjust for a good fit.

LET'S CELEBRATE International Day of Happiness!

City of Happy Valley

Since 2013, the United Nations has celebrated International Day of Happiness on Mar. 20, a day to signify the importance of happiness in the lives of all people around the world.

While the City of Happy Valley traditionally celebrates this day with community, 2021 will look a bit different yet the spirit of this day remains the same. It serves to encourage us to find uplifting and positive ways to come together and care for one another. In response to the pandemic, the theme for this year's International Day of Happiness is Keep Calm. Stay Wise. Be Kind.

Keep calm. While there are many things outside our control, our task is to breathe and focus on what really matters so we can respond constructively.

Stay wise. Making wise choices helps everyone. Aim to engage in positive actions that support our well-being and help others to do the same.

Be kind. We are all struggling and battling challenges. Do what you can to stay connected to others and try to help those in need.

Happiness 101

Over 2,500 years ago, early philosophers such as Confucius, Socrates, Aristotle, and Buddha explored the concept of happiness extensively, devoting their lives to its pursuit. Today, we know happiness is beneficial to our health and wellbeing mind, body, and soul. It contributes to lower stress levels and an increased sense of purpose. But happiness isn't something you simply stumble upon. It is an active choice to consider happiness and one that involves some deliberate practice.



On Mar. 20, celebrate International Day of Happiness by choosing joy!

Need some ideas to jump start your own happiness journey? Give some of these a try!

Express gratitude by writing down the things you are most thankful for. Give yourself a moment to reflect on your list and truly focus on the things you hold near and dear.



■ Try some physical activity!

Too many thoughts racing through your brain? Try taking a walk outside or challenge yourself to a new cardio exercise to really get your blood pumping. You'll likely find your mood is elevated and you can focus better.

■ Read a book about happiness. There are a number of books that can inspire your quest. Dalai Lama's The Art of Happiness and Sonja Lyubomirsky's The How of Happiness are two guides that teach you how to understand and implement the art of joy.

■ Pay it forward by buying the coffee for the person behind you in line. This simple act of kindness is sure to put a smile on the recipient's face. And who knows...that person may do the same for the person behind them, igniting a chain of happiness all around!

There are many ways to cultivate happiness and even more ways to encourage it for others. What will you do to spark joy?

HAPPY VALLEY BUSINESS ALLIANCE



Support these local Alliance members!

Join us for a virtual meeting on Wednesday March 31st at 7:30 AM An email will be sent to members with the meeting link.



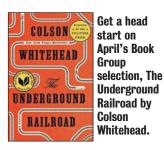
Visit www.hvba.biz for more businesses serving your community or to join the HVBA.



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March 2021 Library Events



14



Explore your family tree and see where your story takes you. Genealogy Club meets online Mondays, Mar. 8 and 11.

ADULT PROGRAMS

All programs are online. Email library@happyvalleyor.gov for login information or with questions.

Trivia Tuesdays!

Tuesday evenings 7-7:30 pm The questions are trivial, the fun isn't! Join us for a fun evening, with a different theme each week.

HV Library Book Group

First Thursdays, 6:30-8 pm Read the book selection for the month and meet to discuss the book with other readers. We will discuss Long Way Down by Jason Reynolds in March and The Underground Railroad by Colson Whitehead in April. Contact the library for help getting the books.

Genealogy Club Meeting

Searching for family roots? All are welcome to come and share questions, strategies, and organizing tips. Insights are discovered and pathways revealed as we attempt to solve the mysteries of our ancestors' elusive stories!

HV Library Short Story Group

Thursdays, Mar. 11, 18 & 25, 7-8 pm Join us for a casual discussion of a short story every Thursday night that we don't have a Book Group meeting. Find out the title of our next read on the Adult Programs page on the Happy Valley Library website. You'll also find links for a free download of the selection for the week and all the previous stories.

YOUTH PROGRAM

All programs are online. Email youthlibrary@happyvalleyor.gov for login information for youth programs or with questions.

Baby and Me Time

Tuesdays, 10 - 10:30 am Songs, lap bounces, and stories that are just right for babies. Learn rhymes and songs you can bring into your everyday life to help your little Geared especially for little ones thrive.

Family Storytime

Thursdays, 10-10:30 am Join Anna, Isaac and Lisa for weekly stories, songs, puppets, and fun in Zoom.

Teen Meet Up

First and third Wednesdays, Mar. 3 & 17, 5-6 pm Hang out with other teens for trivia, puzzles, and games.

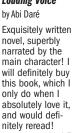


ones, Family Storytime is

a great program to tune

into when you need some

interactive play.



The Hate U Give by Angie Thomas EVERY person needs to read this book. So impactful, so real

This book was "read in one sitting" good. Which I did do. I could not read this book fast

Survivor Song Scary book about a virus growing to



WITH TH

OICE







SPRING BREAK PROGRAMS

For kids in grades K-5

Building Challenge

Monday, Mar. 22, 10 AM Get some blocks ready for a series of building challenges! After the challenge we'll have some free building time, along with time for share and tell.



Elephant & Piggie Party

Wednesday, Mar. 24, 10 am Do you love Elephant & Piggie? Do you like parties? We'll be doing read alouds, playing with puppets, drawing together, and sharing some silliness over Zoom. Craft kits will be available before the event - check out our website for information

about how to sign up.



for Spring Break? You know Elephant and Piggie will surely bring the fun with a special party just for kids!

Between the World and

Me by Ta-Nehisi Coates

any words I write about this book won't do it jus-

tice. An essential read for

Cecilia B.

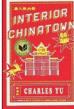
every American.

Watch Her









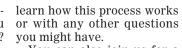
Connecting with the Library Did you know that the Li- learn how this process works

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brary is open, even if you can't come into the building? We have been getting thousands of materials out to our patrons every month through our no-contact holds pick up process.

you're looking for.



You can also join us for a virtual program or interact with us on social media. Links to all that information are available on our website at Call us at 503-783-3455 to happyvalleyor.gov/library.

That's a wrap!

We recently finished our second annual Winter Reading Program, and we wanted to say thank you to all the people who participated. Hundreds of books were read by our Happy Valley patrons! We are sharing a few of the books that were immensely enjoyed by your fellow readers. Maybe you will be inspired to try one of these titles for yourself.

Your friendly Happy Valley librarian would love to help you check out one of these books or help you find your next favorite read. Here are some easy ways you can connect with the library:

Call us at 503-783-3455

■ Send us an email at library@happyvalleyor.gov

Search for books, DVDs, and more at lincc.org

■ Visit www.happvalleyor.gov/library to request a book bundle

- Samantha B.



enough.

- Katie N. by Paul Tremblay





nitely reread!

The Hating Game

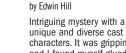












unique and diverse cast of characters. It was gripping and I found myself glued to the book until the last page – Mallory S.

Interior Chinatown

by Charles Yu Incredible tool (play script) for delivering a powerful message about Asian Americans (or as he hoped we'd call them: Americans). Joanne W.







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touch 🖑

Puddle

Shiny stone

Puppy

CALLING ALL KIDS: Vote for your favorite books! Beverly Cleary Children's Choice Awards & Oregon Reader's Choice Awards



Just for



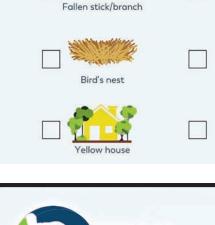
take over as you experience the details of spring during a walk outdoors. See if you can locate the items shown in the graphic and document vour adventure with a drawing of something you found.

> **Explore your** neighborhood or a local park and see if you can find the items shown in the corresponding graphic.



HAPPY VALLEY LIBRARY

Fallen petals



EO

rthopedics

Wi-Fi in the park

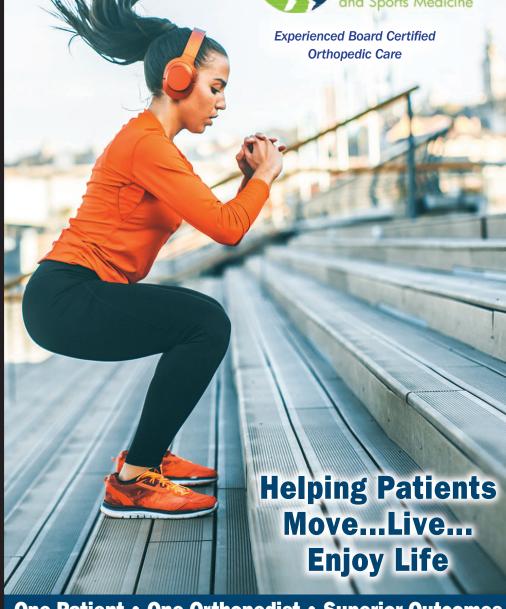
Village Green Park, which is just across the way from Happy Valley Library, has free Wi-Fi! The signal reaches a substantial portion of both the park and the adjacent parking lot. Just look for HV Public on your device!



Free public Wi–Fi now offered at Village Green Park.

E

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STRONGER tomorrow

Our dedicated team is here as you explore senior living options. We are committed to delivering a platinum lifestyle, while also focusing on health, safety, and well-being for residents. Looking ahead, we've taken steps that will allow residents, and team members, to receive the COVID-19 vaccine. We invite you to join a senior living community that puts safety first and makes every effort to come out stronger on the other side.



\$20 community fee, \$20 first month's rent, and lock-in your monthly rent at the current rate for your first two years of residency.*

Call Amber or Colleen at 503-698-1600 to ask how to lock-in your monthly rent for two years!



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f

MANAGED BY G The Goodman Group

*Monthly rent refers to the monthly basic service fee in effect January 1, 2021, for each unit type. Move-in special available when the residency agre is signed by March 31, 2021. Move-in special does not apply to second person fee, pet fee, care services or packages, or a la carte service charges



HAPPY VALLEY PARKS AND RECREATION

MARCH ART CAMP

Sunday Dates March 7

March 14 March 21 March 28

Nednesday Dates

March 3 March 10 March 17 March 24

RECOMMENDED AGE IS 5 - 11

Camp Time: 9:00 am - 1:00 pm Camp Cost: \$60 per day

\$60 per day \$220 for all 4 days

SPRING INTO COLOR

Spring is when all the beautiful colors come back! And we will be

capturing all those beautiful colors in our weekly art camp!

Register for a single day, or for a discount register for the whole

month (4 days)! We can't wait to explore spring colors with you!

To register, check out www.happyvalleyor.gov/services/parks



March 2021 Parks and Recreation Programming

In accordance with the Governor's Executive Orders, participants in all Parks and Recreation programs will be asked to practice physical distancing and stay home when they are sick. Participants ages 5 and older must also wear a face mask when 6-foot distancing cannot be maintained.



To register for one of these featured programs. be sure to check out www.happyvalleyor. gov/services/parks

VENVINO ART STUDIOS WEEKLY ART CAMPS

All art camps will be held at Venvino Art Studios located at 13329 SE Misty Drive.

Give your kids an opportunity to get out of the house, socialize, and get creative, while you give yourself a few moments to work, relax, or just take a moment to breathe!

In each camp, participants will complete around five art projects in addition to some drawing and coloring pages. Campers are asked to bring a water bottle and lunch or snack as there will be a 20-minute break. Masks are required for kids 5+ as social distancing will be enforced. Registration is limited to a maximum of 5 kids per class, so register early to save your spot!

MARCH

Spring into Color

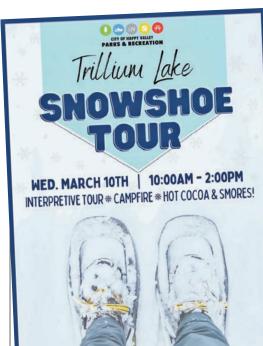
Venvino Art Studios

▲ March will be here before you know it! Act quickly to ensure your kids are signed up for next month's crafting activities.

CANVAS

Some of our projects: • Rainbow Mosaic Project • Tissue Paper Rainbow Sun Catcher • Leprechaun Trap Craft • 3D Paper Rainbow Art • Rainbow Pasta Jewelry • Paper Flowers • DIY Mason Jar Bank • and so much more!

Mar. 3 – Mar. 28, 9 a.m 1 p.m. Every Wednesday and Sunday Ages 5-11 \$220 for the month (4 days) \$60 daily	APRIL ART CAMP LET'S GROW YOUR CREATIVITY Sunday Dates April 11 Sunday Dates May 16
<u>APRIL</u> Let's Grow our Creativity	April 18 April 25 May 2 May 2 May 30 June 6
Apr. 7 – May 2, 9 a.m 1 p.m. Every Wednesday and Sunday Ages 5-11	Wednesday Dates April 7 April 14 April 12 April 28
\$220 for the month (4 days) \$60 daily	We will grow your kid's imagination in this art camp! Register for a single day, or for a discount register for the whole month (4 days)! We can't wait to explore spring colors with you!
MAY Creating Our Own Sunshine May 12 - June 06, 9 a.m 1 p.m. Every Wednesday and Sunday Ages 5-11 \$220 for the month (4 days) \$60 daily	Some of our projects: RECOMMENDED AGE IS 5-11 spring colors with you! • Terracotta Pot Painting Camp Time: spring colors with you! • Canvas Painting 0:00 am -1:00 pm Bumble Bee Craft Bumble Bee Craft • Camp Cost: S60 per day S220 for all 4 days DIY Pinwheel Craft S60 per day • Paper Flowers Seed Bombs Camp arrival is from s-0 am. Please Flower feeling sick. Mini Kite Crafts • And many more garden crafts! Sumanteed for specific days and subject to change. Mixed Media Project Mixed Media Project
► Keep the kids busy throughout Spring and make plans now to include your child in these future	SD PAPER TULIP CRAFT Ladybug Rock Painting If a construction in the construction in t



■ Don't want to say goodbye to the winter weather just yet? Join us for a trip to the mountain to snowshoe around Trillium Lake.

HVPR TRILLIUM LAKE SNOWSHOE TOUR

Snowshoe trip will take place at Trillium Lake on Mt. Hood.

You deserve a break from the hustle and bustle of your daily routine. Escape the valley for the day and join the City of Happy Valley Parks and Recreation for a snowshoeing trip on Mt. Hood!! Experience the

beauty of Trillium Lake as we venture through snow covered evergreen trees, taking in impressive mountain views along the way! Outdoor enthusiast Rob Hamrick, along with US Forest Service retiree Glen Sachet, will lead an interpretive tour, providing nature education and history



on Trillium Lake as they guide our groups through trails filled with spectacular views of Mt. Hood, crossing wetlands that provide optimal bird watching opportunities.

Our group will meet in the morning at the Trillium Lake Sno Park where staff will provide participants with any rental gear reserved as well as a Sno Park Permit. We will break off into groups and head out on the roughly 1.6 mile journey to Trillium Lake. Once at the lake, kick back, relax and enjoy yourself by exploring the surroundings or by warming up alongside a campfire with hot cocoa and smores! Snowshoers who feel up for it have the option to continue trekking around the lake on the Trillium Lake Loop Trail, 1.9 miles in length. Both groups will head back to the Trillium Lake Sno Park by mid afternoon to finish out the day. For more detailed trip information, visit: www.happyvalleyor.gov/parks

HVPR Trillium Lake Snowshoe Tour

Mar. 10, 10 a.m. -2 p.m. Wednesday Ages 18+ • \$40

INCLUDES: Interpretive tour, Snowshoe rental gear, Sno Park Permit, Campfire experience complete with individual hot cocoa & smore's goody bags!





10% OFF RENTALS AT NEXT ADVENTURE!

camps at Venvino Art Studios.

The City of Happy Valley Parks and Recreation is excited to partner up with Next Adventure to offer residents 10% off their next rental! Whether you are looking for snowshoes, ski's, or snow boots, as you plan your next trip up the mountain, make sure to scan the QR Code shown here to take 10% off one rental item and secure them for pickup. Discount offer available at:

Next Adventure Sandy store location at:

38454 Pioneer Blvd. Sandy, OR 97055

This store is open 7 days a week,

(503) 353-9900

info@tilikuminsurance.com

- Mon-Fri: 7:30 a.m. 7 p.m.
- Sat-Sun: 6:30 a.m. 7 p.m.



MOTHER'S DAY PADDLE BOARD TRIP

May 08, 10 a.m. - 2 p.m. Saturday Ages 6+ • \$83

insurance

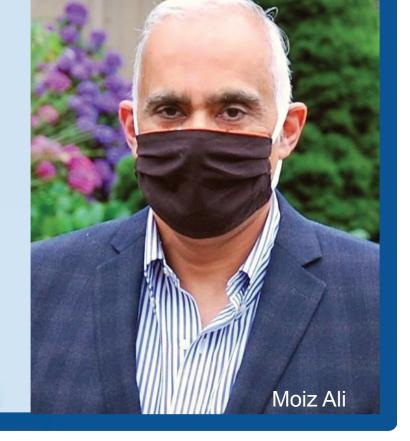
Looking for an awesome way to spend Mother's Day with your adventure mom?

Join AWL for a day of paddling, bird watching, and a relaxing day on the water. Along the Willamette River lies a hidden island paradise accessible only by boat. Enjoy the tour as AWL's expert guides lead you from West Linn's Willamette Park to Rock Islands. Explore basalt islands and narrow channels lined with Madrone and Fir Trees while we keep our eyes peeled for Osprey and shorebirds. For more detailed trip information, visit: www.happyvalleyor.gov/parks Includes: Interpretive tour and all necessary paddling equipment, including safety gear and life jackets.





COVERED In Good Times & In Bad Times **Insuring Happy Valley Since 1995**



Skyhawks

IN PERSON

SPRING

PROGRAMS

AT THE PARKI

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HAPPY VALLEY PARKS AND RECREATION

Skyhawks

IN-PERSON SPRING PROGRAMS!

All in-person camps/classes held at Happy Valley Park.

Mini-Hawk Camp (baseball, basketball, soccer)

Mar. 22 - Mar. 26, 9 a.m. - noon Spring Break Mon. - Fri. Ages 4-6 • \$139

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball, and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Tennis Camp

Mar. 22 – Mar. 26, 9 a.m. - noon Spring Break Mon. – Fri. Ages 7-12 • \$139

In Skyhawks tennis programs, players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Athletes also learn the rules and etiquette that make tennis an exciting game. Due to limited court space, these programs fill quickly.

Multi-Sport Camp (basketball, flag football, soccer)

Mar. 22 - Mar. 26, 9 a.m. - 3 p.m. Spring Break Mon. - Fri. Ages 7-12 • \$175

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine Basketball, flag football, and soccer into one fun-filled week. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork.

Mini-Hawk Class

(basketball, flag football, soccer)

Apr. 10 – May 8, 9 a.m. - 9:45 a.m. Saturday

Ages 4-6 • \$75

This multi-sport program was developed to give children a positive first step into athletics. Basketball, flag football and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Flag Football

Apr. 10 - May 8, 10 a.m. - 11 a.m. Saturday Ages 7-12 • \$89

Skyhawks Flag Football is the perfect introduction to "America's Game" or a great refresher those who want to brush up on their skills preparing for league play. Through our "skill of the day" exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!



MY GYM IN THE PARK!

All classes held at Happy Valley City Park.

Gymsters/Terrific Tots

Mar. 17 - May 26, 10 a.m. - 10:45 a.m. Wednesday Ages 23 months - 3 ¼ • \$80

Grown-up participation required. We will have fun with structured games, fascinating "Adventures," pre-gymnastics, and beginning sports skills while gaining fine and gross motor proficiency and strengthening manipulative skills. The youngsters become more independent as teachers interact more directly with them. Parental involvement is gradually decreased through inviting activities with love and understanding, and the children exude pride and self-esteem as they are treated like "big kids."

Mighty Mites

Mar. 17 - May 26, 11 a.m. - 11:45 a.m. Wednesday Ages 3 ¼ - 4 ½ • \$80

Some kids may require grown-up participa-

tion. With greater independence comes the ability to participate without the parent. Our Mighty Mites are lavished with positive reinforcement for self-reliance and following directions. Strength, flexibility, and agility are increased as our teachers introduce gymnastic skills with the safest spotting techniques and communication through language geared to build self-esteem and confidence. Sensitive to peer pressure, these 3-4-year-olds are nurtured so tenderly and always with a success-oriented approach. Relays, more complex games, and beginning sports skills lead to increased strength, enhanced manipulative ability, and improved hand-eye coordination.

Learn and Play Mini-Camp

Mar. 17 - May 26, 12:30 p.m. - 2:30 p.m. Wednesday Ages 3 - 5 • \$220

Potty training required. This program mar-

ries the best of My Gym's games, relays, and physical fun with STEAM project-based learning (Science, Technology, Engineering, Art and Math)! No two classes are the same, as themes and project focus change weekly. Kids will love exploring outer space, superheroes, under the sea, Jurassic times, and more!

Whiz Kids

Mar. 17 – May 26, 3:30 p.m. - 4:15 p.m. Wednesday Ages 4 ½ - 6 • \$80

MY GYM EGGSTRAVAGANZA IN THE PARK!

Eggstravaganza

Apr. 03, 10 a.m. - 5 p.m. Saturday Ages 9 months - 10 \$20 per child / \$15 for each additional sibling

Join My Gym in the park for their annual Eggstravaganza! This intimate event will feature spring-themed songs,

dances, relays, games and puppets, finished off with an egg hunt! All registered children will receive a goody bag



to take home. Register for a 30-minute time slot to guarantee your space. Walk-ins will not be accepted due to very limited capacity.

MAD SCIENCE CAMPS

All camps & classes held at Happy Valley Park.

Junior Science Explorers

Mar. 22 - Mar. 26, 9 a.m. - noon Spring Break Mon. - Fri. Ages 5-7 • \$140

Decipher the world all around us in this exciting camp designed just for your young

scientist! Campers will develop their earth awareness and explore this world as junior naturalists before heading for space as junior astronauts. Campers will also explore just why their big toe is important and how to find their center of gravity when they investigate the science of sports!



earth nd explore junior efore pace as juits. Campexplore r big toe is d how to iter of they inscience of

Rocket Lab Camp

Mar. 22 - Mar. 26, 1 p.m. - 4 p.m. Spring Break Mon. - Fri. Ages 7-12 • \$140

3...2...1...Blast Off! This camp is rockets, rockets and more rockets! Build and launch a rocket everyday as you learn all about, you guessed it, rockets! Your child is in for an action-packed week focused entirely on rockets and the physics of rocket flight. Campers will learn the importance of teamwork in launching rockets and will have the opportunity to try their hand at each role.

Brixology LEGO® Engineering

Apr. 10 - May 15, 10 a.m. - 11 a.m.

Saturday Ages 7-12 • \$90

Brixology sets the foundation for our next generation of makers! Learn about the exciting field of engineering as a Mad Scientist guides you and your team to accomplish engineering-themed projects using LEGO® bricks and other materials. Aerospace, structural, water, learn about engineering the Mad Science way!

Mini-Hawk Class (baseball, basketball, soccer)

May 15 - June 19, 9 a.m. - 9:45 a.m. Saturday Ages 4-6 • \$75

This multi-sport program was developed to give children a positive first step into athletics. Baseball, basketball, and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Multi-Sport Class (baseball, basketball, soccer)

May 15 - June 19, 10 a.m. - 11 a.m. Saturday Ages 7-12 • \$89

Our multi-sport program is designed to introduce athletes to a variety of different sports in one setting. For this program, we combine soccer, baseball, and basketball into a series of clinics. Athletes will learn the rules and essentials skills of each sport along with vital life lessons such as respect and teamwork. These children are now ready to refine and master basic gross motor skills such as running, jumping, hopping, skipping, throwing, kicking, and catching. Designed to prepare a child for group sports and instill a sense of confidence in connection with physical activity, our Whiz Kids program emphasizes each of these important skills. The children build strength, balance, agility, flexibility, and coordination as our instructors maintain a positive, supportive, and noncompetitive atmosphere. Our Whiz Kids are showered with praise as they develop perseverance and self-control.

Super Kids

Mar. 17 – May 26, 4:30 p.m. - 5:15 p.m. Wednesday Ages 6 - 10 • \$80

These high-energy classes are designed to be so much fun while giving kids a safe heartbeat-raising workout. Classes focus on developing strength, stamina, and agility with conditioning exercises, yoga, sports skills, martial arts, and ninja training prep activities. Kids will be challenged mentally and physically while having a blast!

VIRTUAL RECREATION CENTER & RESOURCES

Happy Valley Parks and Recreation Website

Make sure to check out the City of Happy Valley Parks and Recreation's new Virtual Recreation Center & Resource section of their webpage! Here you will be able to scour through handfuls of virtual recreation activities for youth, teens, adults, and seniors.



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Centenarian Jan Homleid recounts a life well lived

Former model, real estate agent, event planner says raising family made her happiest

By SHELLEY McFARLAND

"A hundred years ago, it would have never occurred to me that I would live to be 100," Jan Homleid said.

Yet, on Jan. 7, the Happy Valley resident turned 100 with two celebrations with family and friends.

Homleid, nee Merrill, was born in Mt. Pleasant, Michigan, in 1921 when the population was not quite 5,000. Her mother died during childbirth, and when her father was killed two years later in a train wreck, Jan was taken in and raised by her paternal grandparents.

It was a time, Homleid recounted, when milk was delivered on the front porch, outhouses were commonplace. and ice was put into the icebox.

Homleid graduated from Mt. Pleasant High School in 1939 and attended Central Michigan College of Education, now Central Michigan University, where she had aspirations of being a singer, with Doris Day as a popular inspiration. She met Norm Homleid, a Navy serviceman, and they were married.

For years, people told Homleid she should model because she was tall and beautiful. So while living in Detroit, Homleid walked into a modeling school and was hired immediately.

"I was in television and runway-type modeling for different car shows and department stores like Saks Fifth Avenue and stores that hired models," she said. "I modeled for several years including for Oleg Cassini. He was a fun guy and hired me when he brought his

Centenarian Jan Homleid shows off her photography in the common areas in her community. **Over her** life, she finds comfort and

expression

in art

As a young woman Homleid modeled at well-known department stores and at car shows.

collection to town.

"Dinah Shore did a show for Chevrolet in one of the big hotels. There were different cars in the hotel, and I was next to the beige car and had on a beige dress to match. I never thought I was photographic, but I did model on television."

Besides being a model for years, Homleid sold real estate, was an event planner for department stores, practiced





ikebana, is an accomplished photographer, taught herself to play the piano and raised five children.

"I only had one piano lesson, and I couldn't stand the teacher. I love the older songs that come to me. I hear a certain set of keys and I can pick up the melody and get a bass side to go with it. It's a funny way to put it, I play by ear," she said. "My grandmother liked cer-

With a tiny waist and long legs, Homleid was often asked by famous designer Oleg Cassini to model his clothing when he held a show in Detroit.

tain music. There was a hymn book and my grandmother tried to sing from it. I decided I'd try to accompany her with our upright piano in the house. That's how I learned, to try to please her."

Homleid's children are in their 70s now and her husband, Norm, who retired from a career with Procter & Gamble, died 15 years ago. She moved to Oregon two years ago to be closer to son Greg, and loves the area.

Homleid offers no advice to living to be 100 but recounts the years she raised her family as the happiest times of her life along with the excitement of living in different places, including Detroit, Cincinnati, Florida and California.

Today, Homleid enjoys her numerous friendships, spending time with family when they

visit, playing the piano for friends and texting her children who live as far away as Bolivia. Her five children each made it to her birthday party in person, which Homleid cherished.

"I never thought about being 100 years old until everyone started celebrating," she said. "You know, in 100 years one can do so many things, you can't even remember them all.



EXCEPTIONAL HOSPICE CARE IN YOUR LOCAL COMMUNITY

Homleid celebrated her 100th birthday on Jan. 7 surrounded by her five children and a community of friends and family.



TimberNook





Nicole Ferber Owner TimberNook NW Oregon

A new nature-based children's program has opened its doors in Clackamas County. TimberNook Northwest Oregon is an opportunity for children to engage in meaningful play outdoors.

"TimberNook is an outdoor enrichment program that offers all children therapeutic benefits through creative outdoor play. Our programs integrate sensory experiences, imagination, and nature. We inspire kids to play, learn, and explore through stories, games, and unique experiences," says owner Nicole Ferber. It is a complement to school and we consider TimberNook to be transformative, not just learning curriculum. The program uses loose parts and the environment to promote grand scale play experiences, without the use of strict structure.

Nicole Ferber is а Certified



Occupational Therapist Assistant who has worked in the industry for the last 10 years, currently at a pediatric out-patient clinic. She has spent her childhood on the west coast and has been involved with child care work throughout her life. In these last few years she has recognized a decline in children not playing outside, while witnessing an increase in therapy services. She believes that PLAY is essential for human development and is excited to be offering the first TimberNook program within the Portland, Oregon area. "I started to research and read about the importance of play, rise of screen time and the increase of mental health issues and that is when I came across the TimberNook program" she says. Ferber was trained in the TimberNook program in New Hampshire (Headquarters).

We are prepared to safely provide care for your loved one



Jennifer Berlingen, Sarah Nichols, Vanessa Noonan, Chelsea Smith, Dana Miller, Beth Keown, Joseph Croft

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During this time we are STILL admitting residents to hospice care, we can STILL offer exceptional care and support through virtual methods and we can STILL safely enter your facility to provide the care that is necessary.

Do not hesitate to call us with a question or referral, we are here to help.

STORYBOOK EXPERIENCE March 22 - 26, 9-1 pm Designed specifically for 4 - 7-year old's

NOW OPEN

for Registration!

5 DAY SPRING BREAK CAMP

REGISTER ONLINE

nicole.ferber@timbernook.com | www.timbernook.com To register: https://www.timbernook.com/provider/northwest-oregon/

