

Road construction keeps moving forward



October 2021 happyvalleyor.gov

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Happy Valley NEWS

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

Pamplin MediaGroup

ClackamasReview

Horses enjoy Happy Endings in the valley

Sara Caldwell rescues animals from death, rehabs them as pets

By SHELLEY McFARLAND

hree horses each year have a chance at life at Happy Endings Horse Rescue where Sara Caldwell is rehabilitating each one to live as a beloved pet, rather than die in a slaughterhouse.

Caldwell grew up in Georgia, moving to Maryland during her high school years. She had always loved horses and joined the Garrison Forest High School riding team.

After graduating high school in 1989, Caldwell's love of animals led her to veterinary medicine. She majored in veterinary sciences at the University of Florida earning her Doctor of Veterinary Medicine in

Following her academic career, Caldwell completed a veterinarian internship in West Palm Beach with sport horses and opened a practice in central Florida where she worked on racehorses.

In 2007, Caldwell moved to Oregon and opened a small animal veterinary practice, Happy Valley Veterinary Hospital, followed by a couple years in corporate medicine,



PHOTO BY: SHELLEY MCFARLAND

Sara Caldwell stands next to Lil' Red Corvette, a horse she saved and is in the process of rehabilitating for him to be sold as a pet. Caldwell recently founded Happy Endings Horse Rescue in order to protect horses.

Caldwell returned to practice when she bought Clackamas Pet Clinic in 2019 and sold it this year.

After selling her clinic, the single mother was looking to fill her time. "I was already living on a seven-acre horse farm which she didn't enjoy, and one of the things I read but we had horse slaughter-

before (becoming) embroiled in work," she said.

What came to mind was something I had learned about when I was young. I read about horses being eaten for meat. We don't do that in America,

asked what I enjoyed as a kid houses years ago, which were closed after federal legislation. But horses were still being sold to slaughterhouses elsewhere, like Mexico, and their products were sent to places that do eat horsemeat like Europe, Mexico, Canada and

While on Facebook, Caldwell noticed a man who owns a feed lot for fattening up horses for slaughter. He tries to sell his horses online to rescues or private citizens and even takes some to auction as a riding animal, but many end up going to Mexico to be slaughtered af-

"The horses here, it's kind of like a shelter, but with training. They are here for safety, rehabilitation and to learn some skills, and we will send them out into the world."

— Sara Caldwell

ter being fattened on his lot.

The horses are penned, and human contact is deprived. Caldwell says it is a robust industry where horses are bred or bought cheap at auction then sold for profit to a Mexican slaughterhouse. One horse he was selling caught her eye, and she decided she could help some of the horses find homes rather than be killed.

"Back in school when I learned about this river of animals going down to slaughter in Mexico I thought, when I was a veterinarian, I would be able to go to any kill pen and pick a horse out and train it, removing it from the slaughterhouse track," Caldwell said.

"Then I became a veterinarian and didn't have the time or money to do it. Plus, there weren't any kill pens in Maryland and there aren't any rescues on the East Coast that deal with this problem," she said.

See HORSES / Page 2

Gary and the

By SHELLEY McFARLAND

In a story reminiscent of "James and the Giant Peach" or "Jack and the Beanstalk," in 2013, Gary Kristensen was asked by his wife, Lindsay, to grow some Halloween pumpkins for their two sons.

Kristensen ordered special seeds and grew two pumpkins that measured over 14 feet around and weighed more than 1,400 pounds.

Since that first year, Kristensen continues to grow giant pumpkins at his Happy Valley home and refine his techniques to ensure healthy, huge pump-

Kristensen even built a crane to hoist the pumpkins into his trailer and in years past, the giant gourds have been on display at Spring Mountain Elementary School. Now he is growing four pumpkins and this year they are on track to be his biggest yet.



SEE AND AFTER DARK

City of Happy Valley

The City of Happy Valley would like to remind drivers and those using neighborhood sidewalks to keep an eye out for

others. With visibility becoming more difficult in the fall and winter months, accidents and other mishaps tend to increase. As a result, it is imperative to be proactive and make safety a top priority.

To help encourage safe travel throughout Happy Valley, the City will be providing free flashing safety lights for community members interested in beefing up their visibility. Whether you are an avid walker and enjoy a stroll around the neighborhood after

See LIGHTS / Page 2



With it getting darker earlier, it is important to stay visible while walking, jogging, or biking. Pick up a complimentary safety light at City Hall later this month, so you and the family can be easily seen by motor vehicles and others using sidewalks. The free lights are provided by the City of Happy Valley, in partnership with Happy Valley Parks and Recreation and Happy Valley Police.

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



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'We ride to serve'

Sheriff's posse maintains presence in valley helping in emergencies, engaging in PR

By SHELLEY McFARLAND

The term "posse" conjures up images of the Old West during a time when law enforcement was a banded group of men willing to capture criminals at the behest of the sheriff.

Today, the Clackamas County Sheriff's Posse is still active, but more in a community plat-

Many Happy Valley residents met Smokey, a 16-yearold Tennessee Walker and Chip, a 6-year-old Missouri Fox Trotter at the city's National Night Out celebration at Happy Valley Park in August.

The horses belong to Mike and Robin Hattan. Mike Hattan served in different capacities in law enforcement for 45 years, first as a deputy sheriff for Clackamas County from 1975-88 followed by coordinating emergency response and fully retiring in 2016. He joined CC-SP in 2005.

"I dealt with the posse when I was a search and rescue coordinator. In later years, my wife, Robin, decided she wanted a horse, and I knew members of the posse. It seemed like a natural fit for Robin and me to join the posse after my duties with the sheriff's office," Hattan

"We give the sheriff's office another group to draw on in an emergency. Our people aren't deputies: we are civilians who can provide support."

– Mike Hattan

said. "A few years ago in Happy Valley, during National Night Out, we took the horses into the neighborhoods.

The CCSP currently has 28 volunteer members, and the nonprofit is part of the Oregon Association of Mounted Posses, which represents 16 possies in 36 counties. CCSP members generally have their own horses and gear, which they

Though the posse is used mostly for public events such as National Night Out, they have been deployed for searchand-rescue missions and provide security at Clackamas Town Center during the holiday season. This will be their 24th year at Clackamas Town Center.

The posse also supports community 4-H and FFA programs and provided refuge during last year's wildland fires. CCSP receives no funding through the sheriff's office, relying on donations and fundraising.

"At this year's Happy Valley National Night Out, it was the largest volume event we'd been to in Happy Valley," Hattan said. "We work to desensi-



Originally founded in the 30s, the **Clackamas County Sheriff's Posse** (seen here in the 50s) helps CCSO by attending parades, functions and general PR. But when needed, the posse can help with search and rescue.

Clackamas County Sheriff's Posse will be at Clackamas Town Center weekends starting Nov. 24 through Dec. 26.

For more information, visit: clackamas.us/sheriff/posse.html.

tize the horses from different things like balloons, lights, sirens, sounds of the skatepark and crowds. The drones were new to the horses this year."

The posse started in 1938 when members of the Lake Oswego Hunt Club formed a western-style riding group and were asked by then-Sheriff Fred Reaksecker to serve as a mounted posse. They were active during WWII and activities have included blood drives, horse shows, parades and mounted searches.

Lately, the posse collaborates when the sheriff's office needs assistance regarding animal neglect and abuse. Posse Equine Advocate Team members have been trained to help deputies recognize neglect or abuse and offer information and resources to horse owners.

"Our usage is down, lately, because of electronics like locator beacons and tracking,"



PHOTO BY: SHELLEY MCFARLAND

Clackamas County Sheriff's Posse member Mike Hattan and his wife Robin attended Happy Valley's National Night Out celebration where residents were able to meet Smokey and Chip.

Hattan said. "We are available are a special unit of the office." to any county that needs us, though. We are a big PR factor for CCSO, where it's a lot of meet-and-greet and show-andtell for us, but we give the sheriff's office another group to draw on in an emergency. Our people aren't deputies; we are civilians who can provide support. We technically do not belong to the sheriff's office; we

Since May, the posse participated in four main events with the Oregon Association of Mounted Posses including a search and rescue training, a pistol competition, a state trail ride fundraiser and a "Show-Deo" at the Douglas County

Their oldest member, Vern Hulit, is in his 80s and has been

Fairgrounds.

in the posse since the 1950s. There are many who have been in the posse for decades, and Hattan hopes the group can endure much longer.

"I'm hoping we can continue with the values of the posse. It was first formed in 1939 and is the longest-serving posse in the state of Oregon," Hattan said. "I hope we can maintain in this ever-changing world."

Horses

From Page 1

"Fast forward, I'm retired and looking for something to do, and I see this man selling a cute horse. If it doesn't sell. it will go to a slaughterhouse. I went to look at the horse. I thought I could start a 501(c)(3) because I don't want to own norses, but I know now to train them and I'm an equine vet from years back," Caldwell

"I could take this horse and fulfill my dream from when I was in high school. I could literally save this horse and train him for someone to adopt. It feels like a good thing

to do with my time." Currently, Caldwell has Black Beauty who is terrified of people, indicating previous bad experiences with humans, and is recovering from pneumonia; Lil' Red Corvette, a playful, sweet horse that Caldwell likens to a Golden Retriever and is always in her pocket looking for treats; and Midnight Honey who she just received and has some unknown scarring.

The horses can visit with one another but are in separate grazing areas until Caldwell deems them safe to be closer. Caldwell considers these three her freshman class and will work with them for a year to get them ready to sell, then adopt three more next summer.

Part of the rehabilitation process will include health, behavior and training. Because they are sold at auction, Caldwell doesn't know the backstory of the horse and understands that some of them have only known life on a feed lot.

"It's hard to go to the auction and choose. For example, back up, move forward.



SUBMITTED PHOTOS

After years in

the veterinary

including owning

business.

Caldwell, a retired veterinarian, already lived on a seven-acre farm. Today, her farm is rehabilitating three horses saved from a slaughterhouse in hopes they will become pets.

one of the horses at the auction was a yearling, and I could bring it here, but he should be at least 3 years old before he is ridden. He would be here, but he would be taking space for potentially another horse I could save. It's hard, but I have parameters," Caldwell said.

'They have to be within a certain age bracket to where I know I can get them trained and back out. Another horse I saw was 18 years old and only \$200, but if I buy her, she's mine, there's no rehab for her and that's not what I'm doing," she said. "I'm making a space for the horses that can be saved."

It's nearly a full-time job to care for the three horses that require daily feedings (Caldwell pets or brushes them at each feeding to associate human touch with food), and each horse receives an hour of training where they are taught to wear a halter.



There also is tidying and cleaning to do. Ultimately, Caldwell's work will progress to ridership, and she'll condition them as a pet. Since the provenance of the horses is in question, Caldwell starts from the beginning with each horse to understand what they know

Happy Valley Animal Hospital, Caldwell changed tack and decided to follow her heart to protect horses.

and what could startle them. "I have to show them things like what fly spray is or what a hose is. The hose is a dramatic experience, it blows their minds that water comes out of the end of it," Caldwell laughed.

"I didn't have enough to do

residential areas, especially

where cars are parked along



Midnight Honey is Caldwell's third acquisition for her nonprofit. He has numerous scars and Caldwell doesn't know his background. Regardless, she tests each horse to find out how they adapt to people, equipment and stimulus. Each horse is then specifically trained for a life as a farm horse.

before, but now with the nonprofit, I have too much to do. These horses have been treated poorly, and we are trying to rewire them. Somedays with Beauty it's like he has PTSD, he will see people and start shivering in fear. It breaks my heart, but we are working on it," she said. "Corvette is young and will be an easy family horse. It's like dog rescue, they are all at different levels.

Currently, Happy Endings Horse Rescue has no paid employees, including Caldwell who is self-funding the nonprofit, and six volunteers who help with various tasks, including petting the horses and being a comforting presence in their space. She is hoping to find more volunteers who live nearby and people willing to give time for fundraising and grant writing.

'The horses here, it's kind of like a shelter, but with training. They are here for safety, rehabilitation and to learn some skills, and we will send them out into the world," Caldwell said.

For more information, visit: happyendingshorserescue.org.

Lights

From Page 1

dusk, are an early morning jogger, or use your bike to get around town, some extra illumination could mean all the difference in helping others see you more readily.

"The City is proud to provide an opportunity for our community to enjoy the outdoors a little more safely," says Steve Campbell, Director of Public Safety. "By partnering with Happy Valley Parks

and Recreation and our Happy Valley Police Department in this effort, our goal is to ensure residents of all ages are more easily seen as they are out and about."

Complimentary safety lights may be picked up at Happy Valley City Hall or Happy Valley Library during regular business hours. Happy Valley Police and Happy Valley Community Service Officers will also have them handy as they patrol the community. *The City is offering one light per resident while supplies last.

Want more safety tips?

The City's Public Safety

PARTNERSHIP

exercise the following:

the road

■ Keep distractions to a

■ Be extra careful when en-

minimum. Don't text and

drive and keep your eyes on









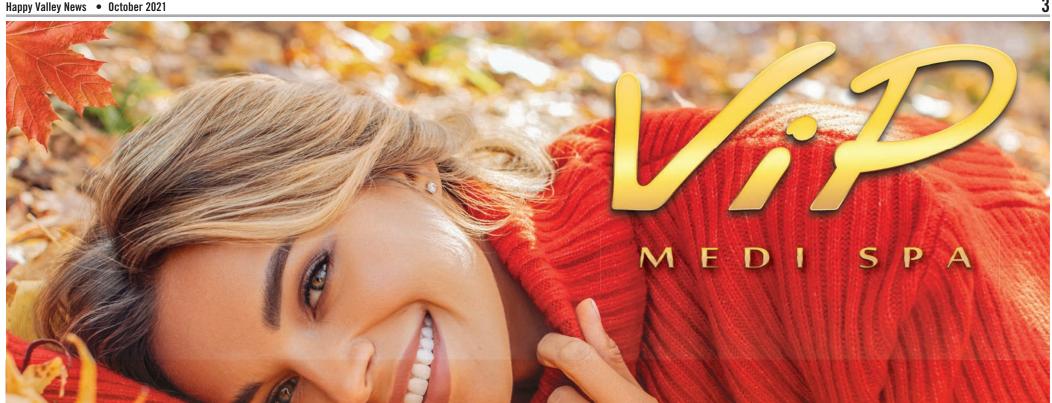
Team encourages drivers to tering and exiting driveways. someone suddenly dart in ■ Drive extra cautiously in front of your car.

■ Please, be patient. Give pedestrians plenty of time to the side of the street. This will cross the street and double enable you to brake more check that everyone has quickly should something or crossed before moving.



Safety lights promote visibility for those traversing the City this fall and winter.

Hanny Valley News ● October 2021



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David Emami Councilor 503-783-3800

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

Wildfire Risk Assessment & **Hazardous Fuels Reduction**

COUNCILCORNER

t's hard to believe that it's been summer months. a year since wildfires threatened Happy Valley and much of our area. The fires devastated recreational areas and pristine forests throughout Clackamas County. Closer to home, a fire start ed on Scouters Mountain that was quickly extinguished thanks to residents calling 911 and our emergency responders acting in a timely manner. While natural disasters happen, the City Council made it a priority to minimize the wildfire risk in Happy Valley. In the aftermath of the fires, the City Council directed staff to conduct a wildfire risk assessment on all property within the City.

One of the things that makes Happy Valley a wonderful place to live are the natural areas. Unfortunately, if left unmanaged, these areas also present wildfire risk in the dry

In an effort to provide the City with a fire risk assessment, the City has hired a retired U.S. Forest Service Fire Manager who has extensive knowledge in this subject, as well as local experience. Throughout the next few months, the City will be assessing fire risk for all natural areas in the city, whether they are owned privately or publicly. Once the assessment is complete, the City will be working with other public agencies and private land owners to reduce hazardous fuels and mitigate wildfire risk.

Many Homeowners Associations have already begun this work and are serving as a model of "fire wise communities." This wildfire risk assessment will help others follow their lead. To learn more about this effort, be sure to check out the full story on page 15.



If left unattended, open spaces can become a prime target for wildfire. With the help of the City's Fuel Reduction Specialist, the City aims to conduct risk assessments to help reduce likelihood of a catastrophic event.

Pleasant Valley / North Carver Plan

MESSAGE



TOM ELLIS



s long as I've been on the City Council, I have heard many residents say they wish Happy Valley had a downtown commercial core, another community park, and better recreational access to the Clackamas River. At the same time, I know there is a strong desire for Happy Valley to maintain its smalltown feel. Based on these desires, a team of community members, city staff, and consultant experts have been working on a plan to ensure the growth of Happy Valley includes a vision for these amenities while also protecting our neighborhoods and wildlife corridors. We call this visioning effort the Pleasant Valley / North Carver Comprehensive Plan.

This effort started shortly after 2016 when numerous property owners representing over area using public input. 1,000 acres of land adjacent to Happy Valley's eastern city limits submitted petitions to annex. These lands are part of the Metro



At a community workshop event for the Pleasant Valley/North Carver Comprehensive Plan, residents reviewed potential ideas for land use. *Photo taken pre-Covid.

lish a comprehensive plan for the

For almost two years, a Community Advisory Committee made up of property owners in the area and other community Urban Growth Boundary and the leaders advised City staff mem-

City has an obligation to estab- bers in establishing a draft plan. In addition, a group of technical experts (Technical Advisory Committee) and the public-atlarge have been involved via these committee meetings and planning workshops. Throughout this process, we hope you shape the draft plan.

have also been keeping up by reading the monthly updates in HV News.

While this effort took a pause during the pandemic, we restarted the engagement efforts this past July, and just a week ago, the City organized a socially distanced outside open house for residents to get up to speed on the draft plan and offer input. There is also an online virtual open house. If you want to provide input, please visit https:// hv.city/pvnc by Oct. 8.

As a City Council, we have relied on extensive public input in creating this plan for the future. Before the plan is finalized, there are still a few more steps, including public hearings before the Planning Commission and City Council. We look forward to hearing more of your feedback.

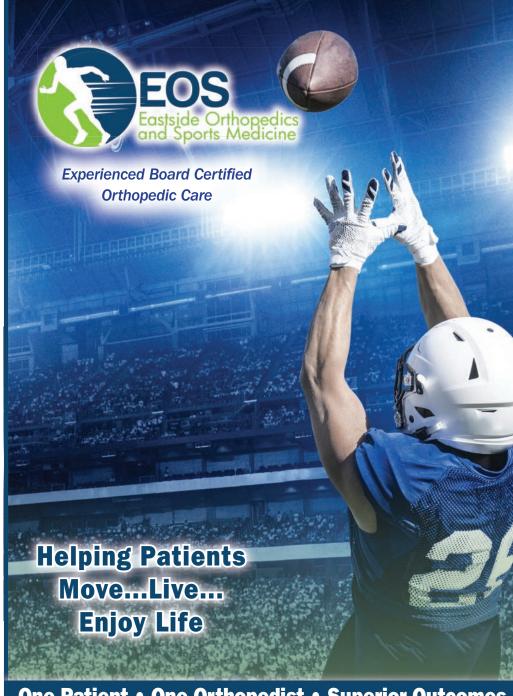
As Mayor, I couldn't be more excited about the prospect of having a downtown, another community park, and beautiful neighborhoods. Thank you again to everyone who has helped





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What would you do as mayor?

City of Happy Valley

Know a student with big ideas, a compassionate heart, and interest in making the community a better place? The City of Happy Valley is once again participating in the Oregon Mayors Association (OMA) If I were Mayor, I would... contest, so mark your calendars and be sure to have your student submit their entry by March 28.

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 local submissions will then be entered in the statewide contest where there will be a chance to win a grand prize worth \$500. More information and official entry forms can be found at www.happyvalleyor.gov/if-Iwere-mayor.

> What would you do as Mayor? Get a head start and plan to participate in the 2021-2022 If I Were Mayor contest.

ENCOURAGE STUDENTS TO SHARE WHAT THEY WOULD DO IF THEY WERE MAYOR OF HAPPY VALLEY 2021-2022 CONTEST PRIZES! GET YOUR KIDS INVOLVED! POSTERS (GRADES 4-5) ESSAYS (GRADES 6-8) DIGITAL MEDIA PRESENTATIONS (GRADES 9-12)

Make your vote count

DEADLINE FOR ENTRY SUBMISSION IS MARCH 28TH



▲ Check out www.oregonvotes.gov for all questions related to voting as well as details on how to register to vote.

> ► The City has two official ballot drops available. The one seen here is stationed right in front of Happy Valley City Hall at 16000 SE Misty Drive. Another one is near Happy Valley Library at 13793 SE Sieben Parkway. Ballot boxes will close at 8 p.m. on Tuesday, Nov. 2.

City of Happy Valley

You have until Tuesday, Oct. 12 to register to vote. Those hoping to participate in the 2021 Special Election, can visit www.oregonvotes.gov to register online or download a Voter Registration Form and return to the Clackamas County Elections Office.

Once you are ready to cast your vote, Happy Valley has two convenient locations for you to drop off your official

The City's official drop boxes are located at Happy Valley City Hall and the Happy Valley Library.





Participating in a committee allows residents to take a more active role in City happenings. Check out the City website to see which committees have an opening and apply online by Dec. 1.

Committee volunteers needed

Do you care about future growth or design standards? Do you have an interest in improving public safety? What are vour thoughts on public art? Are you interested in how the City spends its

resources? Happy Valley is always looking for volunteers who are interested in their neighborhoods and their community to join one of the eight advisory boards. Dedicated citizens meet on a regular basis to address current issues and look for ways to make the City an even better place to live and work. There are seven citizen led committees that guide these efforts, includ-

- Planning Commission ■ Design Řeview Board
- Traffic and Public Safety Committee ■ Public Art Committee
- Parks Advisory Com-
- Library Board ■ Budget Committee

These committees provide strategic guidance to the City Council. The community volunteers on these committees chart a path for

implementing a consistent design style for commercial developments, create traffic solutions at key bottlenecks, and select artwork to be featured in the commu-

Planning for the future isn't just about what the City Council thinks is best. It takes a collective vision from the community and cohesive action from our volunteer committees. The City is fortunate to receive guidance and input from our community volunteers on these committees.

While not every committee has a vacancy at this moment, the City is always accepting new applications. To apply for one of these appointed advisory board positions, complete and submit the Public Involvement Application. Deadline to apply is Wednesday, Dec. 1. For more information and an application, visit http:// www.happyvalleyor.gov/ city-hall/boards-commissions.

For questions, please contact Ben Bryant, Assistant City Manager at benb@happyvalleyor.gov or 503-783**Happy Valley News staff**



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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 vour name and phone number for contact information.



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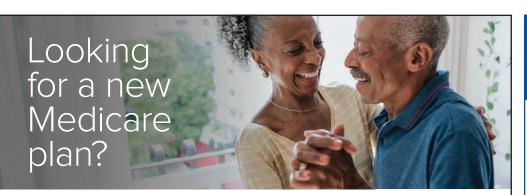
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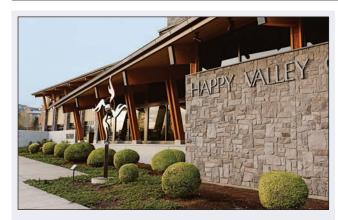
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At the time of print, the following events were scheduled. Please check www. happyvalleyor.gov to confirm timing of events and instructions on how to participate virtually. You can



also opt in to receive notifications about upcoming meetings by visiting www.happyvalleyor.gov/signupfor-notifications

CITY OF HAPPY VALLEY

October 14

Traffic & Public **Safety Committee** Meeting: 7 p.m.

October 19 **City Council**

Work Session:

City Council Meeting: 7 p.m.

October 27

Happy Valley Business Alliance Meeting: 7:30 a.m.

October 27

Design Review Board: 7 p.m.

November 1

Parks Advisory Committee Meeting: 7 p.m.

November 2

City Council Work Session:

City Council Meeting: 7 p.m.

November 2

Election Day: Ballot drop off boxes open until 8 p.m. see page 5 for more information

Classroom Foundation

By Oregon Agriculture in the

Fifth grade student Kate Janzen of Scouters Mountain Elementary was selected as one of thirteen winners in a statewide annual Calendar Art Contest sponsored by Oregon Agriculture in the Classroom (AITC). Janzen's artwork was selected among 1,327 entries submitted to the contest showcasing Oregon's diverse agricultural and natural resource commodities.

This year, artwork was submitted by students in kindergarten through sixth grade across the state in public, private, charter and homeschool education systems featuring Oregon agriculture and natural resources. The entries received celebrated Oregon's diverse agriculture with artwork depicting a wide variety of Oregon's 220 agricultural commodities. Kate's artwork featured a Christmas tree harvest and can be viewed on the December page of the calendar. In describing the artwork, Janzen said, "I chose to draw Oregon Christmas trees because they are a main agricultural product in Oregon and they are environmentally friendly. Plus, it is a

Local student's art celebrated

Oregon Agriculture in the Classroom Foundation

Janzen's artwork can be found in the 2021–2022 Oregon Agriculture in the Classroom calendar. Her piece highlights Oregon's trees.

Christmas tree farm and take home that special Christmas

"The calendar contest is a great project for teachers and students. It gives teachers an opportunity to discuss the bounty and beauty of Oregon agriculture and incorporate art into their virtual classrooms," said Jessica Jansen, AITC Executive Director. Each month in the calendar features one of the winning student's art and each

agriculture.

The thirteen students selected to be featured in the 2021-2022 calendar received a \$50 award and certificate to commemorate this honor. The winning artwork are displayed online and were showcased at the Oregon State Fair. Calendars are free to Oregon teachers and can be ordered for just \$4 on oregonaitc.org/shop.

About Oregon Agriculture in the Classroom: Oregon Agfun family tradition to visit a day of the year has a fact about riculture in the Classroom site at www.oregonaitc.org.



This kid is going places! In addition to having her art selected in the AITC calendar contest. Janzen was also the winner of Happy Valley's If I Were **Mayor contest (poster category)** in 2020.

Foundation (AITC) is a nonprofit organization dedicated to helping students grow in their knowledge of Oregon's agriculture, environment, and natural resources. AITC provides free educational lessons, activities, and resource materials to Oregon educators to support the integration of agricultural themes into academic subjects such as math, science, history, and language arts. For more information, visit the AITC web-

Fishing for more business?



Reach over 22,000 residents and businesses every month in Happy Valley, Damascus and the surrounding Clackamas, Milwaukie, Oak Grove and Gladstone by advertising in the Happy Valley News. Print ads or inserts!

Pleasant Valley Pan update COMPREHENSIVE PLAN

The PV/NC Comprehensive Plan provides guidance regarding such things as land use, transportation, parks, and environmental issues that will be instrumental to ensuring planning is successful in the Pleasant Valley and North Carver areas.

City staff from the Economic and Community Development Department have been working diligently and have utilized community feedback throughout the process to help shape the direction of the Plan. Priorities from review committees; property owners; the general public; neighboring cities and counties; and other stakeholders have also been included.

Benefits to having a Comprehensive

- Plan include: ■ Housing options and livable neigh-
- borhoods ■ A well-planned parks and trails
- system ■ Strategies for addressing conges-
- tion and road safety ■ Local employment opportunities

Benefits like these often mean more marketable homes and properties. For more information about recent happenings, check out this month's Council Corner on page 4. For ongoing updates about the Plan, visit https://hv.city/

Curious about what's in store for the PV/NC Plan?

Check out these upcoming events.

October 2021

Planning Commission Work Session*

December 2021

Planning Commission Hearing 1*

January 2022 Planning Commission Hearing 2*

February 2022

City Council Hearing 1*

March 2022

City Council Hearing 2* *These dates are not confirmed and susceptible to change

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-Rumi



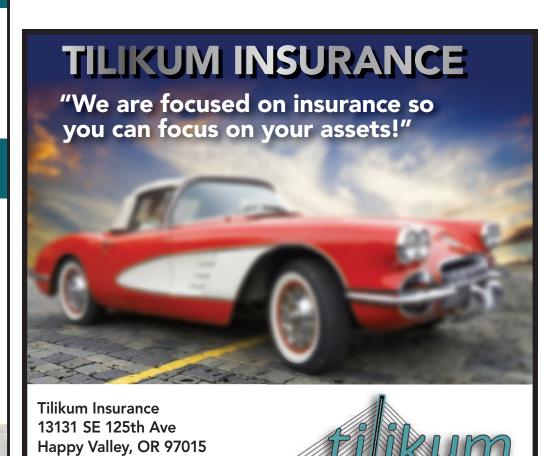
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Full details & Registration: https://www.timbernook.com/little-wild-ones-timbernook





Lt. Rich Sheldon is currently serving as **Happy Valley** Police Chief. With a strong background in service and leadership, Lt. Sheldon is looking forward to connecting with community and building positive relationships in

Meet Happy Valley's new Police Chief: Richard Sheldon In Happy Valley,

City of Happy Valley

t. Sheldon started his law-enforcement career in 1998 as a cadet with the Clatsop County Sheriff's Office, working in the Marine Patrol and Civil Process Service while attending college.

In 2000, he joined the Army's Military Police Corps and was deployed to Bosnia where he worked with the International Police Task Force. He later was deployed to Iraq where his unit helped set up the Iraqi Police in the Sadr City (previously Saddam City) area of Baghdad.

In 2005, Lt. Sheldon left active Army service and joined the Idaho National Guard, where he mobilized for Hurricane Katrina. In 2007, he joined the Lincoln City Police Department and in 2008, was activated to Afghanistan, where he worked as an advisor to the Afghan National Army. He would later accept a position with the Clackamas County Sheriff's Office in 2010. He retired from the Ar-

my Reserve in June 2021. As a CCSO Patrol Deputy,

tract cities of Wilsonville, Damascus, and Estacada where he manned a traffic car for Clackamas County and the City of Damascus. As a deputy and Sergeant, he also served as a Field Training Officer (FTO) and Clackamas County Peace Officers' Association shop steward for six years. He is also a Standardized Field Sobriety Testing Instructor and Drug Recognition Expert.

Sheldon has also served as a Patrol Sergeant for CCSO and its contract city Wilsonville, and as an FTO Sergeant and Motor Sergeant. As a Detective Sergeant, he served on the Domestic Violence and Enhanced Response Team (DVERT), and Adult Sex Crimes Unit and Child Abuse

Following his promotion to Lieutenant, he served as the Director of A Safe Place Family Justice Center, where he supervised the Adult Sex Crimes Unit and DVERT.

Lt. Sheldon took the reins as Happy Valley Police Chief at the end of June, following the retirement of HVPD Chief

Lt. Sheldon served in the con- Scott Anderson. When asked what he looks forward to most as Happy Valley's new Police Chief, Lt. Sheldon said it is working with the citizens of Happy Valley and the City's various community partners. He says his aim is to address public safety issues and continue making Happy Valley a safe community as it grows and changes. With a strong background in traffic safety, Lt. Sheldon says he is making this a priority and working closely with deputies to address concerns expressed by community members regard-

> ing this topic. He is quick to point out that he thinks it is important to recognize the outstanding law enforcement staff who currently work in Happy Valley. These include the City's Deputies (Traffic, Patrol and School Resource Officers), a Community Service Officer and a Detective. He says he looks forward to supporting his staff in implementing many of their ideas and sees their collective police work as a true team effort. "Some of the ideas I have heard, I believe will have a positive impact on the commu-

residents experience dedicated police services. These services are offered through a partnership with the Clackamas County Sheriff's Office and are funded completely through a Public Safety Levy, which is voted on every five years. Happy Valley contracts with the Clackamas County Sheriff's Office (CCSO) to provide these municipal police services.

nity and help to engage our deputies with the citizens who

we serve," he said. Lt. Sheldon possesses a Bachelor of Arts Degree in Criminal Justice and holds Basic, Intermediate, Advanced and Supervisory Certificates from the Department of Public Safety Standards and Training (DPSST). He has also completed the Oregon DPSST Supervisory Leadership Academy, The International Public Safety Leadership and Ethics Institute Course, and the FBI Law Enforcement Executive Development Association

(LEEDA) Command Course. Welcome to Happy Valley,

Yard cleanup helps deter mosquitoes



Clackamas County Vector Control District

Now that summer has ended, think about fall yard cleanup. Residents can do these things to help prevent mosquitoes:

■ Eliminate standing water. The first three stages of a mosquito's life require water. Eliminate the water and they can't reproduce in your yard.

The tough part is that only a bottle cap full of water is enough water for mosquitoes to breed in. Some normal yard items like sandboxes, wagons and plastics toys can hold water. Make sure your plant saucers, dog bowls, gutters and the areas under your downspouts aren't providing a breeding ground for the insects.

■ Get rid of unneeded vegetation. Mosquitoes love plant nectar found beneath leaves and on vegetation. They like to hide in tall grass around shrubs and

Get rid of their hiding spots by keeping your yard mowed and tidy. Make sure to use a weed eater after mowing.

■ Eliminate debris such as grass clippings, piles of leaves, stacked branches and other types of debris that attracts mosquitoes and facilitates breeding.

Keep firewood stacked off the ground so there is good air flow between the wood to prevent mosquitos.

Control District is responsible for the control of flying vectors within the county and has a program that specializes in eliminating mosquitoes and flies. The agency offers free property inspections, mosquito

ClackamasCounty Vector

protect from mosquitoes. If you are having mosquito issues, call 503-655-8394 or visit FighttheBites.com where you can request services, watch educational videos, and stay up to date with local vector news and updates. Office hours are 6:30 a.m.-5 p.m. Monday through Thursday. Stop by and pick up a free 2022 cal-

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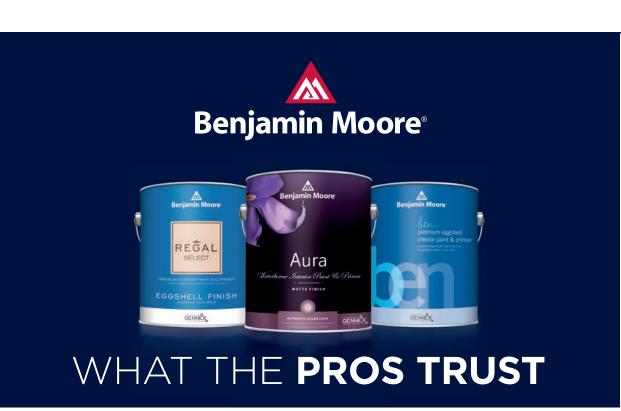
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BACK TO SCHOOL They're back!

By SHELLEY McFARLAND

Snacks are packed, hair gelled, laces are tied and with a zip of the 75-pound backpack, they are off! Those fresh smelling, sassy-pants kids that have been at home for way too long are now back at school whether in person or online. For some, it's been over 500 days since they have seen the inside of a classroom. Now, the pets are prowling around the house wondering where their little people are and the air seems a bit clearer, at least until they return. Rock Creek Middle School Principal John Brooks is happy for the return, too.

"The start of the year has gone really well. Considering all the changes - a new building, new boundaries, the return to inperson learning. We are off to a great start and are all learning together, and the kids have been very flexible," Brooks said. "The best part of the school year is being with kids, period. They are awesome and they want to be back. Seeing their friends, working with teachers, and having more opportunities is important to students. Our teachers love middle school students and the chance to be with them every day.'

We would like to share in the back-toschool joy with a few photos of our younger residents on their first day.



SUBMITTED PHOTOS

Happy Valley students were masked and excited (maybe) to go back to school in September!



















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BACK TO SCHOOL

















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11754 SE Mountain Ridge Ave	4 2.1	For Sale		\$734,900		
11676 SE Waterleaf Dr	5 3	Pending		\$799,000		
11612 SE Mountain Ridge Ave	5 4.2	Sold	78	\$995,000	\$995,000	4/9/21
13720 SE Aldridge Rd	5 4.1	Sold	92	\$869,000	\$870,000	4/16/21
11679 SE Mountain Ridge Ave	5 3.1	Sold	76	\$859,000	\$915,000	6/24/21
11729 SE Mountain Ridge Ave	5 3.1	Sold	5	\$915,000	\$960,000	7/16/21
12027 SE Cicely Ln	4 2.1	Sold	32	\$799,900	\$785,000	7/20/21
11658 SE Mountain Ridge Ave	4 3	Sold	47	\$750,000	\$689,000	9/13/21

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Road construction keeps moving forward

City of Happy Valley

While road construction usually leads to detours and delays, once completed the benefits far outweigh the inconveniences. With several projects currently in the works throughout the City, the following is a progress report outlining recent happenings:

SE 129th Ave:

Major safety improvements on SE 129th Ave. between SE Mountain Gate Road north to SE Scott Creek Lane continue to move forward. This stretch is one of the few major thoroughfares leading into an established area of the City, and by widening the road and installing several other protective features, the project will increase travel safety for all modes of transport.

Specifically, this project will consist of the following:

- Shared use path on the east side of the roadway for bike and pedestrians ■ New southbound bike
- lane ■ Retaining walls and fenc-
- New asphalt pavement
- overlay ■ Undergrounding of over-
- head utility lines ■ Installation of additional streetlights along the road-
- Stormwater system improvements including water quality treatment of surface runoff with green street plant-
- Pedestrian crossing using a rectangular rapid flashing beacon (RFFB) at Scott Creek

■ Bike lane and crosswalk striping and symbolization

Currently, utility trenches are being finished and once completed, power to new street lights on the west side of SE 129th will be squared away. The retaining walls will be poured soon and given time to cure in preparation for backfilling. The underground stormwater detention systems have run into some delays due to the rock underground and some unknown utilities that were discovered during excavation. That work hoods. A major undertaking,



The joint franchise utility trench at SE 129th Ave.

will continue for the first part of October, but then is anticipated to get back on track.

Funding for this project comes from a grant issued by Metro. Any additional funding needed to complete the project will be provided through City funds.

To learn more about this project, check out www.happyvalleyor.gov/129thavenue

Superblock:

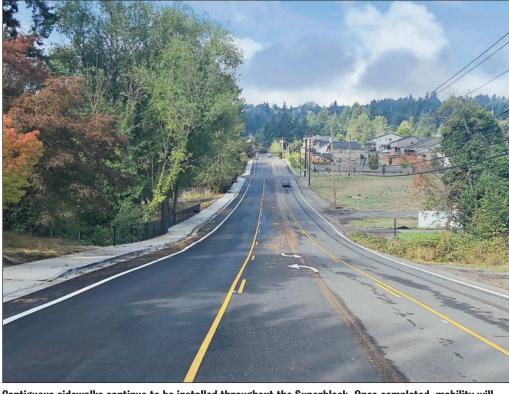
Once completed, the Superblock project will create a safe and efficient walkable area within Happy Valley. The endeavor will offer contiguous sidewalks that link sections of Ridgecrest and SE 132nd, and King Road and SE 147th. Once finished, it will increase safety of both pedestrians and motorists and provide more opportunities for everyone to enjoy a stroll around this prominent area which includes Happy Valley Park, local schools, and neighborthe Superblock project has been a multi-year effort consisting of several stages.

Curb and sidewalk installation along Ridgecrest has been the focus of the remaining sections of the Superblock, as has striping along King Rd. The City anticipates completion of these tasks to be soon.

To learn more about this project, check out https:// www.happyvalleyor.gov/superblock-project/.

SE 172nd Ave:

A traffic roundabout is being installed at SE 172nd Avenue and newly developed SE Scouters Mountain Road. Roundabouts are often a safer alternative to more traditional traffic signals and stop signs as they provide increased travel efficiency. The project, which commenced in late summer, has primarily focused on such preparatory work as underground utility relocation and storm water system management.



Contiguous sidewalks continue to be installed throughout the Superblock. Once completed, mobility will

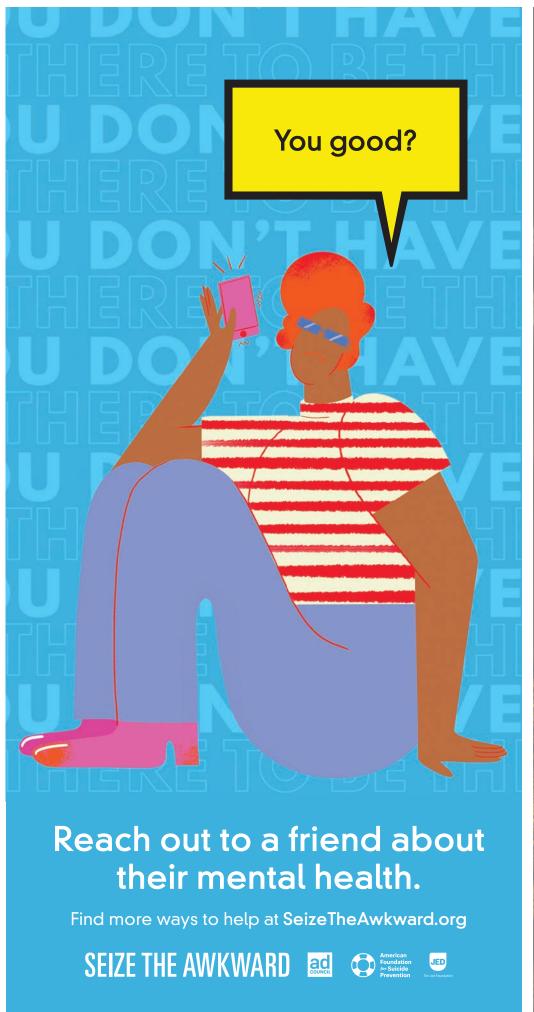


Construction will continue for another month as a roundabout is installed on SE 172nd Ave. near SE Hagen Rd.

In the current phase of conpaving is being carried out and this will continue to imin both directions from SE ment and allow for more ease mas.us.

Troge Road to SE Hemrich struction, road widening and Road. This closure is anticipated to continue through Nov. 1. Once completed, the pact traffic. SE 172nd Ave. has roundabout will help support been closed to through traffic future infrastructure develop-

This is a Clackamas County project. For more information, contact project manager, Jonathan Hangartner at 971-804-2825 or ihangartner@clacka-





Learn the Sounds of Fire Safety



CLACKAMAS FIRE DISTRICT #1

October is Fire Prevention Month and this year's campaign, "Learn the Sounds of Fire Safety!" works to educate everyone about the different sounds the smoke and carbon monoxide (CO)

alarms make. Knowing what to do when an alarm sounds will keep you and your family safe. When an alarm

makes a beeping or chirping sound, it's important to act.

Make sure your smoke and CO alarms meet the needs of everyone in your home, including those with sensory or physical disabilities. There are special alarms with strobe lights or bed shakers.

What is your alarm telling

Smoke Alarms and Carbon Monoxide (CO) Alarms

■ A continued set of three loud beeps - beep, beep, beep – means smoke or fire. Get out immediately, call 9-1-1, and

■ A single "chirp" every 30 or 60 seconds means the battery is low and must be

■ All smoke alarms expire and must be replaced after 10

■ Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.

■ CO alarms also have "end of life" sounds that vary by manufacturer. This means it's time to get a new CO alarm.

■ Chirping that continues after the battery has been replaced means the unit must be replaced.

During the month of October, please join us on our social media platforms (i.e., Facebook, Instagram, and Twitter) at @clackamasfire or our website at www.clackamasfire.com for virtual fire station tours and to learn more about fire and life safety information.



Just like any other appliance or device, your smoke alarms and carbon monoxide alarms can wear out or need battery replacement. Be sure you know what sound each alarm makes and test them regularly to ensure they are in working order.

New Rotary Club seeks volunteers

Happy Valley chapter offers opportunities to improve communities, make lifelong friends

By SHELLEY McFARLAND

Have you ever considered volunteer work that could improve your community and the surrounding area?

Rotary Club has started a chapter specific to Happy Valley and is looking for new members.

"Together, we see a world where people unite and take action to create lasting Happy Valley has a new Rotary change across the globe, in our communities and in ourselves." The Rotary motto has united over 1 million people worldwide who are committed to improving lives and communities. Started in 1905, the service nonprofit now has 35,000 chapters to improve communities while promoting peace and good-

Happy Valley resident Chris Lopez chairs the new chapter while his mother, LizBeth Hale, leads Clackamas Rotary, which is sponsoring the new satellite group. They have had four meetings with 11 members and would like to mirror the Clackamas club's 50-member

"Right now, we are in a planning phase to find projects in our community, though we have had our first project," Lopez said.

That project was a cleanup at the Johnson Creek Watershed where volunteers picked up trash with the Clackamas Rotary. Lopez called the experience incredible because of the sense of accomplishment and fellowship from Rotary members.

They plan on continuing this project yearly, along with other events like a planting restoration project in November in a Happy Valley HOA greenspace.



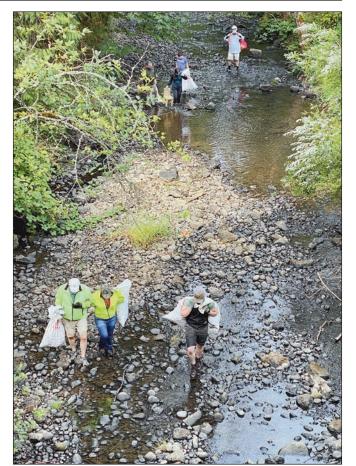
and is looking for new members. At their first project, Rotary members cleaned up a portion of Johnson Creek Watershed.

"Rotary is a group of likeminded individuals who come together to help their community, from the littlest thing like picking up trash at Happy Valley Park or helping find funding to build a park like the Clackamas Rotary did with the All Abilities Park at Happy Valley Park," Lopez said.

That's what I'd like to see for our Happy Valley club. We are small right now, but we can grow to be just as big as our parent club. We are looking to do more for the community while building lifelong friendships. There is so much opportunity.'

Lopez, who grew up in Happy Valley, joined a few months back and was impressed with the charitable acts such as feeding the homeless at St. John's Epis copal Church.

"I loved what the club did for the community and brought people joy along with helping them. I want to be that helping hand when our community needs it. It's eye-opening to be in that position to help," Lopez said. "I grew up when Happy Valley



PHOTOS BY: SHELLEY MCFARLAND The Happy Valley Rotary is hoping to have many more projects as

the year ends and membership grows.

was small, and I want to be on Instagram at: Rotaryofthere for people as our city

HappyValley or email Chris Lopez at Christopher@ For more information, visit TreeCityHomes.com.

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CLACKAMAS FIRE DISTRICT #1





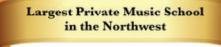
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Clackamas Review



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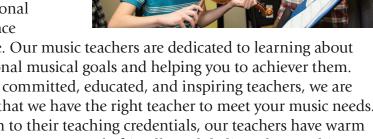


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'I was a soldier in the Army Band'

Trumpet sounds out lifelong refrain for veteran Jim Kvech

By SHELLEY McFARLAND

A familiar face to many Clackamas-area students, Jim Kvech was born in 1934 in Bismarck, North Dakota, and finished high school in Centralia, Washington, in

When he was 9, Kvech met the new minister of his church who played a trumpet solo.

"My eyes got big, and I told my mom, 'that's what I want to do," Kvech said. "The minister said he wanted to start a band, and I was the first one there for the meeting. He handed me a trumpet and that was it. I played that horn for two years before my dad bought me one for \$52. In a short period of time, I was playing in the intermediate band with the big boys."

In the beginning, Kvech taught himself to play the instrument, only starting lessons in high school from George Lohr, who owned a music store. Lohr mentored Kvech and took him on trips to see groups like Stan Kenton's band or Harry James' band in Tacoma.

"Later on, I took lessons in Tacoma every Saturday from Harry Evans who was 81 years old at the time," Kvech said. "I studied from him for a couple years and was given a oneyear scholarship before I was drafted," Kvech said.

During this time, there were numerous news articles and photographs in local papers about Kvech's trumpeting.

Kvech spent one year on scholarship at a junior college before dropping out and working for Weyerhaeuser on the railroads. He made \$8 a week, then worked as a choker setting cables on logs before working for a year on a highway crew between Centralia and Chehalis until he was drafted in 1955.

As an Army private, Kvech completed eight weeks of basic training at Fort Ord, California, where the Army learned he was a good shot when he hit the area. Sometimes we would

"That's a rare gift in an educator, to command the students' respect and maintain discipline and still have the kids willing to do anything for him. He was that way his whole career. I've seen a million band directors, and he is a special one."

— Steve Bond

seven out of eight bull's-eyes at 100 yards (he missed the eighth because he thought someone had adjusted the sights on his rifle.)

"I learned to shoot from my dad who was a shotgun shooter," he said. "I got my first .22 when I was 10 years old. I loved to shoot. I'd go shooting with the neighborhood kids and try to shoot a shotgun cartridge we'd threw in the air. I learned to hit it every time. I had a single-barrel, 20-gauge shotgun to shoot pheasants, and we had a good time shooting. Now I'm a gun club mem-

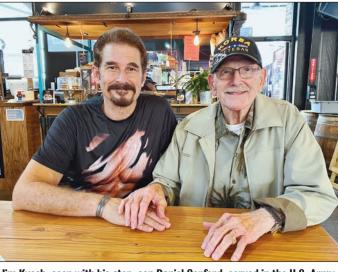
Though Kvech was a sharp marksman, he played sharps on his trumpet for the Army instead. While at Fort Ord, he was called in by a commanding officer and asked if he played a musical instrument.

Kvech was given an audition with a cheap trumpet to play where he impressed the commanding officer and first chair trumpeter because he could read music then play it again from memory.

Kvech was ordered to play with the U.S. Army Band, along with 35 other musicians.

"I got my orders to go to Fort Leonard Wood, Missouri, for the Army Band. I met a lot of nice guys, and my best friend was 6-foot-5-inches, and he marched in the front row of the band. We had tall guys in the front and the band director was about 4-feet-10-inches tall. As a trumpeter, I was in the back and couldn't see the director," Kvech said.

We played everything in



Jim Kvech, seen with his step-son Daniel Gepford, served in the U.S. Army during the Korean War years and was assigned to the U.S. Army Band.



Kvech was drafted in 1955 when he was 21 years old.

go to Springfield and play in a parade, or Jefferson City. I was a soldier in the Army Band."

Kvech was given an early release to go back to college but on the way out, doctors found a spot on his lung during a routine medical exam X-ray that landed him in the pneumonia ward, knowing he didn't have pneumonia. Kvech was sent to a chest specialist in Denver, where doctors would spend seven months trying to diagnose him properly.

Every other week, the doctors would bring someone new in and say what a great job the doctor was doing. They were giving me a daily shot and told



A trumpeter his whole life, Kvech would spend 32 years as a music teacher (including teaching at Clackamas High School) and much longer giving private lessons.

me I was doing fine, but I couldn't go anywhere and laid in that bed for seven months," he said. "I think they got tired of me, so they sent me to Portland. I was told I had tuberculosis, but I told them I didn't feel like I did.'

In Portland, Kvech saw another doctor who diagnosed him with a tuberculoma, a nonvessel lesion that was successfully removed. Though he had no symptoms, the golfball-size tumor was his body's way of encapsulating tuberculosis.

Wanting to go fishing the next month, Kvech challenged his doctor by walking the hall-

enormous scar from surgery the day before. Kvech surprised his doctor with his determination and was able to go fishing. He was discharged in 1958 from the hospital and the Army.

Returning to civilian life, Kvech attended Portland State University, earning a master's degree in music in 1962 followed by a 32-year teaching career starting at West Sylvan Middle School. Kvech also taught at Tigard High School and Gresham High School. He taught music at Clackamas High for 22 years where the middle and grade schools also fell under his direction from 1972 to 1994.

Kvech's music career was filled with numerous awards and accolades, including winning the state competition with Clackamas Middle School a record-setting 10 years in a row, and seeing his students shine, like Ryan Warren, who won the state trumpet solo contest as a freshman. Kvech also was instrumental in helping students earn scholarships. In the 1960s, while at Gresham High School, he took his jazz band to Las Vegas where they placed second and one student wrote a piece they

"Jim was a very unique teacher," said Steve Bond, former student and owner of Wally's Music. "He demanded the very best of you, and he wouldn't play any games. way, even though he had an Nowadays, it's difficult to keep

kids in school band programs and still maintain a high level of discipline. He had the ability to command that from his students and they loved him and would do anything for him," he

Kvech was personally

chosen by

Colonel Franklin R. Sibert to

assist him for a

chauffeur duties.

day, including

Incidentally,

James chauffeured

Dwight D.

Eisenhower

around Europe

SUBMITTED PHOTOS

during WWII.

Kvech's father

future president

"That's a rare gift in an educator, to command the students' respect and maintain discipline and still have the kids willing to do anything for him. He was that way his whole career. I've seen a million band directors, and he is a special one."

Kvech married Jean in 1976 after a whirlwind six-week romance that graced him with two adult stepchildren, Daniel, and Charles Gepford. Kvech has a daughter, Christy, from a previous marriage.

Jean died in late 2020, and Kvech calls his 44 years with her the happiest of his life. Kvech taught trumpet privately for 59 years until COVID restrictions hit and estimates that he has taught thousands of kids throughout his career.

Daniel Gepford, a former Portland firefighter, Portland police and U.S. Postal Service worker, calls Kvech an incredible trumpeter and wonderful father. Lately, Gepford, a commander with the Northwest Scots Honor Guard, and Kvech have joined the local veterans group meetings and attend medal pinning ceremonies where Gepford awards Vietnam veterans the Bronze



Do you have a ...

* Story Idea? * Compliment? * Suggestion?

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HAPPY VALLEY LIBRARY

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October 2021 Library Events

Happy Valley Library closed Monday, Oct. 11 for staff training. Visit website for up-to-date information.

ADULT PROGRAMS

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

Genealogy Club Meeting

Monday, Oct. 25, 3-5 p.m.

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!

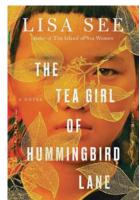
HV Library Short Story Group

Thursdays, Oct. 14 & 28, 7-8 p.m.

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

HV Library Book Group

Thursday, Nov. 4, 6:30-8 p.m. Read or listen to the book The Tea Girl of Hummingbird Lane by Lisa See and meet to discuss it with other readers. Contact the Library for help getting the book or to be added to our book group mailing



YOUTH **PROGRAM**

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

Family Storytime

Wednesdays, 10-10:30 a.m. Enjoy stories, and fun in this



Tales from the blog Sharpen your math and science skills with these fun pumpkin activities

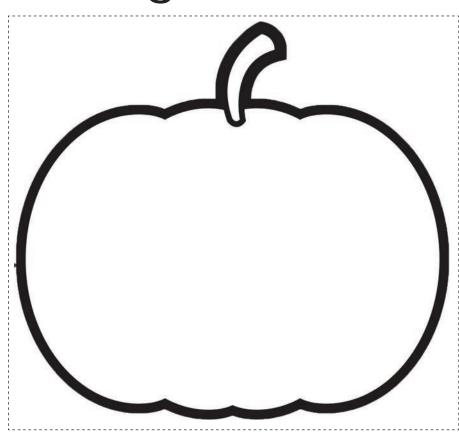


MEASURING WEIGHT

What You'll Need: kitchen or bath scale (depending on the size of the pumpkins!), paper/white board,

First Estimate: Arrange the pumpkins in order of what you think is the lightest to the heaviest. (Tip: You can mark your pumpkins with a letter to help identify them.) Does everyone agree? Keep track of the predictions that each person makes.

Time to Weigh: Place each pumpkin on the scale and record the weight. Check the actual weights against what you predicted. Was anyone right? Any surprises?



be so fun? Use shapes or drawings to decorate the corresponding pumpkin. Cut it out and bring to the Library to add to our community window

display.

Who knew

shapes could

PRACTICE SHAPES

Planning on carving your pumpkin? What shapes will you use? Cut out pieces of paper in different shapes and try them out on a pumpkin shape. Can you make the pumpkin look happy? Or sad? Or grumpy? Looking for more learning fun? Be sure to check out the library's blog Read, Play, Learn at go.lincc.org/hvblog.

SO MANY SEEDS!

What You'll Need: knife for cutting (grownups, please!), bowl, newspaper or paper bag

First Estimate: How many seeds do you think are inside a pumpkin? Record the predictions of everyone.

Cut, Scoop and Count: Carefully take off the top of your pumpkin. Scoop out all of the seeds. Spread them out on a paper bag or newspaper. What are some ways to make it easier to count? (Tip: We love making piles of 10 so everyone can help with the counting.) How many seeds are there? Did anyone get close?

MEASURING CIRCUMFERENCE

What You'll Need: long piece of string, ruler or measuring tape, paper/white board, marker/pen

First Estimate: Look at the measuring tape laid flat. Mark how big around you think your pumpkin is. Talk about how we can measure something that isn't flat.

Measure: Use the string to measure around your pumpkin. Be sure to hold the mark on the string. Now lay your string on the measuring tape. How long is it? Were you close? Try another pumpkin. Now that you have an idea of one pumpkin's measurement, do you have a new guess?



Some string and measuring tape can help you find your pumpkin's circumference.

The days are getting shorter, the weather colder, and the trees are starting to look more skeletal. October is a great month to pick up a book that contains its own thrills and chills. Read on to find books with ghosts, monsters, frights, and horrors for all ages.

My Heart is

by Stephen Graham

movies-especially

an outcast, pulls us

EARLY

The Doll in the Hall and Other Scary

Stories by Max Brallier illustrated by Letizia

Five scary stories with unexpected twists that are perfect for kids learning to read Gustavo, the Shy

Ghost by Flavia Z. Drago.

Gustavo is good at most ghostly things but he's a bit shy.

Looking for a Jumbie by Tracey Baptiste;

illustrated by Ambe Mama says jumbies

exist only in stories, but Naya thinks jumbies are real, so she sets out on a nighttime adventure to find out.

Monsters 101 by Cale Atkinson

Join three wacky professors and their zombie lab assis tant as they reveal eerie and ridiculous monster facts

Monster Slayer by Cory Docto illustrated by Matt

Poesy the

Once her parents are off to bed. Poesy can start



The Girl and the Ghost by Hanna Alkaf

ghostly demon ser vant from her grandmother, gradually discovering its dark, all-consuming

Hide and Seeker

A group of friends are pulled into a shadowy world ruled by a monstrous, shape-shift-ing Seeker, and forced to play a ter rifying game of hide-and-seek where they must confront their worst nightmares in order to find their way



A collection of thirteen scarv short stories showing how horribly wrong food, dating, jobs, and even a bed pillow can be.

Only if You Dare:

Onhie's Ghosts by Justina Ireland

With her ability to see ghosts, Ophelia, who works as a maid at Daffodil Manor, tries to unravel the mystery of a beautiful young spirit who haunts the manor.



The City Written by Christian McKay Heidicker. Cozy and her litter

for Young Foxes:

Scary Stories

mates travel to a strange and frightening new world, front a new set of dangers.



The Dead and The Dark by Courtney Gould

TEENS

Something is wrong in Snakebite Oregon. Teenagers are disappearing some turning up dead, the weather isn't normal, and all fingers point to TV's most popular ghost hunters who have just come to



Six disgruntled teens are forced to spend their winter break at fat camp during Flagstaff Arizona's worst blizzard in a century, only to find that Camp Featherlite is even worse than expected because



by Goldy Moldavsky Struggling to fit in as a scholarship student at an elite prep school, Rachel is caught up in a secret club of students who compete for the best scary



Taking of Jake

by Ryan Douglass Not only does Jake Livingston have to deal with being the only Black kid in his grade, he's also being pursued by the ghost of a







FICTION Whisper Down the

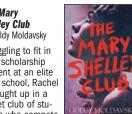
by Clay McLeod Chapmar When Sean's favor-

ADULT

ite teacher is inves tigated in 1980 after a ritualistically murdered rabbit is discovered on school grounds, he starts a chain reaction that comes 30 years later.



it is crawling with





backwoods of Tennessee for her grandmother's funeral, and to check on Sunny, a mysterious 10-year old girl her grandmother adopted, professional bootlegger Stella soon Sunny is a direct link to her buried

The Final Girl Support Group by Grady Hendrix

past and her fami-

ly's destructive

A real-life "final girl"— the one girl always left standing at the end of a horror movie – Lynette Tarkington, who survived a massacre 22 years ago, along with five other final girls, works to overcome her past until someone becomes determined to take their lives apart again, piece by



Protected by horror the ones where the masked killer seeks revenge on a world that wronged them-Jade Daniels, an angry, half-Indi-



into her dark mind when blood actually starts to spill into the waters of Indian Reprieve

by James Van Mattson When a contestant is murdered in the final cell of the Quigley House—a full-contact haunt ed escape room, those who were present on that fateful night must come to terms with how their beliefs

TRUE CRIME

and actions may

have contributed to

this horrifying act of

Some of the scariest stories are ones that are real. True crime shines light on the dark parts of humanity: murder, corruption, and greed to name a few. Are you a fan of true crime podcasts and documentaries? If so, then we think you'll love these great new reads.



case asks how

much control

FINAL GIRL

SUPPORT

GROUP

GRADY HENDRIX

women have over their bodies and the direction of their lives. In July 1970, eighteenyear-old Paula . Oberbroeckling left her house and never returned. A cold case for fifty years, her story had been forgotten Dykstra began look ing for answers



Last Call: A True Story of Love, Lust, and Murder in **Queer New York** by Flon Green Documents the decades-long effort

to capture the "Last Call Killer" of 1980s and 1990s New York City, discussing how he took advantage of period discrimina tion to prey upon a backdrop of the AIDS epidemic.



An award-winning author and journal ist transports readers to the late nine teenth century tracing the Dr. Cream's life - a man who murdered for the sake of murder, against a backdrop of flawed detection methods, bungled investiga tions, corrupt offi cials, and stifling morality of Victorian society



exposé on how the other half gets in tells the shockingly true story of the Varsity Blues scandal and all the parents, privilege, and

and a Lie: A Murder, a Private Investigator, and Her Search for **Justice** by Ellen McGarrahai An investigative

Two Truths

reporter-turned-private detective describes the brutal state execution of a possibly innocent man that haunted her career, her decision to reoper the case and the complex web of crime and corrup tion that her inves tigation exposed.



THE CASE

GUILTY

ADMISSIONS

NICOLE LaPORTE

The Babysitter: My Serial Killer by Liza Rodman and Jennifer Jordan This book docu-

ments Rodman's childhood summer 1960s Cape Cod under the care of a friendly neighbor, who years later was discovered to be killer of numerous women.



THE

BABYSITTER

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The City's FREE Leaf Drop days are an easy way to dispose of yard debris. Take advantage of this opportunity on Oct. 2 and then again on Nov. 5.

City of Happy Valley

Fall is here and this is evidenced by none other than the heavy blanket of leaves that has descended upon the ground. While the autumnal landscape is beautiful, the extra leaves can lead to hazards if not properly taken care of. To make things easier for residents, Happy Valley's Public Works Department is again offering the opportunity for you to drop off your yard debris at no cost to you.

City residents will have two Saturday opportunities to drop off seasonal yard debris (leaves, woody debris and grass clippings) at the Public Works building for free recycling.

SATURDAY, OCT. 2 10:00 a.m. to 3:00 p.m.

SATURDAY, NOV. 6 10:00 a.m. to 3:00 p.m.

The Public Works building is located at 13910 SE Ridgecrest Road, adjacent to Happy Valley Park. Residents are responsible for unloading and de-bagging their drop-off materials on-site. Residents will also be asked to keep six feet physical dis-

tance from others. This is a residential service only which means no commercial landscaping or contractor loads will be accepted.

*Remember to bring proof of residency with you to the event.

Fuel Reduction Specialist joins the City

City of Happy Valley

With its beautiful tree canopy and plant life, Happy Valley is recognized nationally for its outdoor spaces that not only welcome residents and visitors, but also provide refuge for a variety of native plants and wildlife.

Protecting these spaces is vital and finding ways to proactively safeguard areas is key to prevention. With wildfires and persistent drought conditions influx throughout the Pacific Northwest, City Council has made it a priority to enact a community-wide fuels assessment to evaluate all open spaces within City limits. This initiative aims to determine wildfire risk and establish ongoing interventions to reduce the chances of a related catastrophic event.

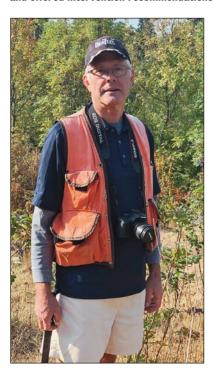
To better understand what our greenspaces might need when it comes to hazard reduction, the City has contracted with retired U.S. Forest Service Fire Manager, Mike Andrews. As the City's Fuel Reduction Specialist, he is proficient in conducting wildfire hazard and risk assessments that identify issues along a full continuum. He not only can pinpoint hazards that pose the greatest threat now, but also those that could threaten the space in the future if left unattended. These assessments thus assist in creating a comprehensive urban management plan that helps coordinate efforts and keeps recommended interventions both timely and manageable.

For Andrews, forestry has always been his passion. In high school, he gravitated toward courses that focused on plant biology and horticulture, and then during summers while in college, he took various jobs with Mt. Hood National Forest. Whether a fire lookout, engine crew member, or member of fire patrol, Andrews acquired a vast experience that was not only practical to his career ambitions but also solidified his interest in the industry. In 1978, he earned his B.S. degree in Forest Fire Service Science at the University of Montana Forestry School and embarked on life in the U.S. Forest Service full time.

Andrews would spend the bulk of his career in fire management. He worked within the Siuslaw National Forest and eventually made his way back to Mt. Hood as the District Fire Manager. For the last 10 years, however, he has provided consultation services for a variety of clients.



During a recent evaluation at Mt. Talbert Park, Andrews assessed potential hazards and offered intervention recommendations.



As Fuel Reduction Specialist, Mike Andrews helps determine wildfire risk and establishes ongoing interventions to reduce the chances of a related catastrophic event.

"I keep thinking I'm retired, but then stuff just keeps popping up,' jokes Andrews. While he may have envisioned himself retired at this point in his life, Andrews says he

LOOKING AHEAD

The City of Happy Valley is committed to finding ways to bolster fire hazard reduction efforts to ensure all open spaces are set up for success. Whether it is a new housing development, shared City space, or land operated by a community partner within City limits, fuel reduction efforts are a must. By establishing clear expectations and policy, residents and visitors will continue to experience the beauty of Happy Valley's beloved greenspaces.

and looks forward to it. For him, fire is simply in his blood.

For his work with the City, Andrews is tasked with assessing a variety of open spaces, including all City and government owned properties within City limits. Examples include City parks and trails, Metro and County properties, and eventually the greenspaces within City limits owned by neighborhood developments and HOA's.

While a simple process on the surface, the hazard and risk assessments Andrews conducts are quite complex and consider a variety of factors. Andrews explains hazards as anything that could burn if an iggenuinely enjoys the work he does nition source is provided. Typically,

this would be lightning or a rogue spark of some kind. In Happy Valley, the former isn't usually a contender, but a firework, BBQ flame, cigarette ember, or something similar, typically is. He points out that dead vegetation (dead ladder fuel) is often what people think of as being problematic, but he goes on to say that other things can pose a significant threat. Native conifers, for example, like Douglas firs, cedars, pines, and spruces (live ladder fuel) can easily become a fire hazard due to the flammable nature of the oils in their needles. Depending on their growth, how they are situated next to other plant life, and even how they are spaced within an area could affect the likelihood of a major fire ensuing. Risks, as opposed to hazards, mostly refer to the potential for an ignition (by humans in Happy Valley's case) to occur. "Popular areas where people gather usually means higher risk," says Andrews. "After I gather the data for hazards and risks, I determine whether or not the site is a high/medium/low priority for treatment."

The work of the Fuel Reduction Specialist is important because over the last several years, Western Oregon has become very vulnerable to large wildfires. While Happy Valley doesn't have the huge expanses of heavy timber that the Cascades has, the community is at risk of seeing fuels build up in greenspaces that haven't been formally managed or maintained. Last year's winters ice and snowstorm have exacerbated these concerns. "By identifying and treating high hazard and high-risk areas," says Andrews, "we'll reduce the potential for a nasty wildfire. At the same time, the public will become educated and more savvy about what hazards we have here and how to mitigate them."

Ultimately, keeping greenspaces tidy and free from hazardous ladder fuels takes dedication and effort. The assessments provided by the Fuel Reduction Specialist are intended to serve as a helpful resource that keeps tasks manageable and effectively explained.

Questions about fuel reduction?

Mike Andrews City of Happy Valley Fuel Reduction Specialist Email: mandrews@happyvalleyor.

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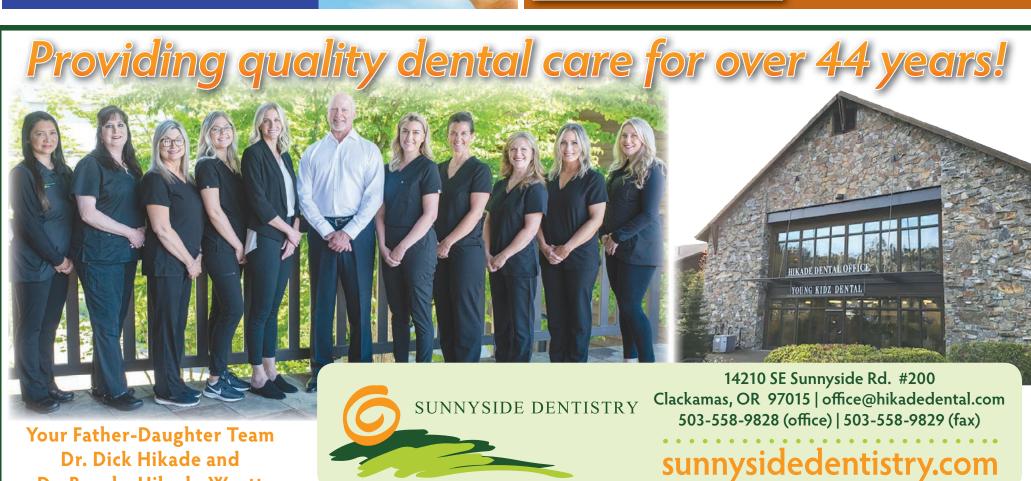
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HAPPY VALLEY PARKS AND RECREATION

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



October 2021 Programs and Events 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.

October 2021 Parks and Recreation Programming



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













Skyhawks

0000

VENVINO ART STUDIOS

Mini Summer Art Camps

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

Weekly Art Enrichment Program

Oct. 02 - Nov. 28, 9:00 a.m.-11:00 a.m. • Saturday • Ages 4-8 • \$25/ 2-hour session when you register online • \$30/ 2-hour session walk-in

Kids aged 4-8yrs can be dropped off at the studio on Saturday between the hours of 9 a.m. and 11 a.m. for some fun structured crafts and art play! We'll have several projects for them to create plus coloring, games, stories, sensory play, and more! Give them some time to socialize and play while you take some time for yourself! Your kiddos will learn important skills such as following directions, working together, thinking outside the box, and being creative. Plus, this is a great way for them to build self-confidence and fine motor skills

Create and Learn Series Clay Napkin Rings

Oct. 8, 6:00 p.m.-7:30 p.m. • Friday • Ages 16+ • \$20/ 1.5-hour

session Open to ages 16+. Join us for a night of learning and creating! In this session, our artist will show you how to work with clay slabs and a set of napkin rings with easy-to-understand instruction. Your registration includes ½lb of clay to make your set of rings! Wine, beer, hard cider, and lots of non-alcoholic beverages are available for purchase. Bring a friend and make an eve-

Create and Learn Series - Holiday Handwriting & **Card Making**

ning out of it!

Nov. 12, 6:00 p.m.-7:30 p.m. • Friday • Ages 16+ • \$20/1.5-hour session

Open to ages 16+. Join us for a night of learning and creating! In this session, we are going to show you how to do some fancy writing and make your own holiday cards! Your registration comes with 8 cards + instruction and practice sheets! Wine, beer, hard cider, and lots of non-alcoholic beverages are available for purchase. Bring a friend and make an evening out of it!



PAINT, CRAFTS, CLAY, SENSORY PLAY, GAMES, AND MORE!



CITY OF HAPPY VALLEY

PARKS & RECREATION



SKYHAWKS

Fall Programs!

Register today while spots are open! All in-person camps/classes held at Happy Valley Park.

Mini-Hawk (Baseball, Basketball, Soccer)

Oct. 23 - Nov. 20, 9 a.m.-9:45 a.m. • Saturday • Ages 4-6 • \$79 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 (Baseball & Soccer)

Oct. 23 - Nov. 20, 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 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.

MY GYM

My Gym in The Park!

All classes held at Happy Valley

Gymsters/Terrific Tots

Oct. 6 - Oct. 20, 10 a.m.-10:45 a.m. • Wednesday • Ages 23 months - 3 1/4 • \$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

Oct. 6 - Oct. 20, 11 a.m.-11:45 a.m. Wednesday
 Ages 3 ¼ - 4 ½

Some kids may require grown-up participation. 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.

MAD SCIENCE

Fall Programs!

All camps held at Happy Valley Park.

Careers in Science

Oct. 9 - Oct. 30, 10:00 a.m.-11:00 a.m. • Saturday Ages 5-12 • \$75

Join us for a 4-week class series where you get to explore different careers in science! Each week will focus on a different career field, including the following:

- 1. Detective Science: Be a Forensic Scientist! 2. Current Events: Be an Electrical Engineer!
- 3. Bugs: Be an Entomologist! 4. Mission: Nutrition: Be a Nutritionist!

Careers in Science

Nov. 13 - Dec. 4, 10:00 a.m.-11:00 a.m. • Saturday Ages 5-12 • \$75

Join us for a 4-week class series where you get to explore different careers in science! Each week will focus



on a different career field, including the following: 1. Junior Reactors: Be a Chemist!

- 2. Fantastic Flyers: Be an Aeronautical Engineer! 3. Radical Robotics: Be a Robotics Engineer!
- 4. Get Connected: Be a Network Engineer!

SNAP FITNESS

Active Aging Senior Fitness Classes

Classes held at Snap Fitness Sunnyside located at 14800 SE Sunnvside Rd.

Active Aging - Full Body Stretching & Yoga

Oct. 11 & Nov. 8 11:00 a.m.-11:45 a.m. • Ages 50+ • \$12/ class

Snap Fitness membership NOT required to participate. Stretch away

your aches and pains! Join Snap Fitness instructor, Jana, as she helps you focus on basic yoga poses and stretches to promote ease in your body and increase mobility. This class is great for anyone looking to open up their



body muscles and improve flexibility.

Active Aging – Full Body Strength

Oct. 25 & Nov. 22 11:00 a.m.-11:45 a.m. • Ages

50+ • \$12/ class Snap Fitness membership NOT required to participate. Challenge your balance and build strength as you are guided through movements that will help

your muscles from your hips to shoulders! Snap Fitness instructor, Sarah, will guide you through arm raises, hip and leg strengthening exercises and gentle movements with the support of a chair if needed. This class is

for anyone looking to improve their posture and stability.

SOCCER SHOTS

Fall Programs

All classes held at Happy Valley Park.

Soccer-Classic

Oct. 3 - Nov. 14, 3:50 p.m.-4:25 p.m. • Sunday • Ages 3-4 • \$169

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

Soccer-Classic

Oct. 3 - Nov. 14, 3:00 p.m.-3:35 p.m. • Sunday • Ages 4-5 • \$169

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

Soccer-Premier

Oct. 3 - Nov. 14, 2:00 p.m.-2:45 p.m. • Sunday • Ages 5-8 • \$169

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.



Help youth instill a love of soccer and boost their selfconfidence with Soccer Shots.

YOGA IN THE PARK

Classes will be held at Happy Valley Park located at 13770 SE Ridgecrest Rd.

Oct. 02 - Oct. 9, 8:30 a.m.-9:30 a.m. • Saturday • Ages 10+ •

Join us every Saturday in the gazebo for Yoga in the Park with instructor Anna Rillahan! This class explores simple flowing postures and slower paced movements. Relax the mind, center the attention and sharpen concentration. Focus on alignment, strength, balance and flexibility. No experience needed. Please bring your water and yoga mat.

10% OFF RENTALS AT NEXT ADVENTURE!

The City of Happy Valley Parks and Recreation is excited to partner up with Next Adventure to offer residents 10% off their next rental! Whatever your paddling needs might be as we head into fall, 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 the Next Adventure Sandy store location at: 38454 Pioneer Blvd. Sandy, OR 97055. This store is open 7 days a week, Mon-Fri: 7:30 a.m. - 7 p.m. & Sat-Sun: 6:30 a.m. - 7 p.m.



ONE STOP RECREATION:

Virtual Recreation Center provides resources just for you

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.



HAPPY VALLEY PARKS AND RECREATION



UPCOMING HIKES — **SAVE THE DATE!**All hiking trips will depart from Happy Valley City Hall.

Crosstown Trail Adventure

Oct. 17 • Sunday • Ages 21+ •

\$35 w/transportation, \$17.50 to drive yourself

Kick off fall with a fresh dose of nature and a cold one! Join Happy Valley Parks and Recreation as we venture back up to Mt. Hood to tackle the Government Camp Trail. This leisure hike will take participants across the Crosstown Trail #755 and back through Government Camp for a social hour to explore the handful of local eateries and shops that make Government Camp the picturesque alpine village it is! Ages 21+ welcome. Transportation will be provided.

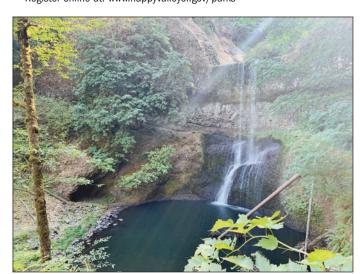
Register online at: www.happyvalleyor.gov/parks

Silver Falls - Trail of Ten Falls

Oct. 20 • Wednesday • Ages 18+ • \$35 w/transportation, \$17.50 to drive yourself

Grab your hiking buddy and join us as we explore Oregon's largest state park, Silver Falls, hiking the Trail of Ten Falls. This moderate hike showcases no less than 10 waterfalls along the complete 7.2-mile loop. This loop hike was built to deliver plenty of excitement along the way, guiding hikers behind four of the waterfalls as they pour over basalt cliffs! The spectacular South Falls is the tallest waterfall in the park at 177 feet. With a few shorter connecting loop trails, hikers can venture as little or as far as desired! Hikers will also have an opportunity to check out South Falls Lodge which features a cafeteria and seating in a unique, rustic space. Ages 18+ welcome. Transportation will be provided.

Register online at: www.happyvalleyor.gov/parks



SELF GUIDED ART TOURS

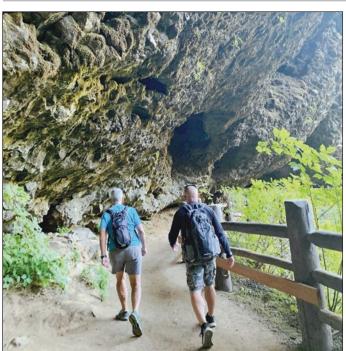
www.happyvalleyor.gov/parks

Experience Art in the Valley! Whether you visit the Park Hop Art Walk, Fairytale Trail, Drive-In Museum, or Civic Exhibit, these self-guided tours will bring a little magic to your day. Scan the QR Code within each self-guided tour for more information about the attractions.









HV HIKERS: GET OUT AND MOVE!!

http://www.hvhikers.com

HV Hikers are back in action! Their goal is to encourage you to experience the beauty of the area, to get a little exercise, and to make new friends. All hikes are free, no RSVP required. If it's on the calendar, they'll be there. Groups walk frequently in the area bordered by Sunnyside (on the south), Valley View Terrace (on the west), Clatsop (on the north) and 172nd (on the east). This is a varied group, and since all are welcome to show up without RSVP, we see new faces all the time. Interested in joining a group hike around the valley? Be sure to visit the HV Hikers newly updated webpage for a calendar view of all upcoming group hikes.



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.

Clackamas Water Environment Services produces clean water and protects water quality. It's our job to ensure that residents and visitors enjoy the benefits of safe, healthy water for generations to come.

Learn more at clackamas.us/wes/education





Six Vietnam veterans get medals for their service

Northwest Scots Honor Guard also pay other vets their due at Shadowbrook

By SHELLEY McFARLAND

On Sept. 15, Happy Valley resident Daniel Gepford pinned six Vietnam veterans during a ceremony at **Shadowbrook Mobile Home** community and acknowledged six others in attendance, including one WWII

Gepford is commander of the Northwest Scots Honor Guard, a nonprofit promoting Scottish heritage while offering ceremonial presentations at festivals, parades and funerals and support to veterans. It has been commissioned by the federal government to find and award Vietnam-era veterans with the Bronze Eagle Medal pin.

"2012 was the 50th anniversary of the Vietnam War. As a result of the anniversary, the federal government decided, along with Congress and the president's suggestion, to mint a medal to honor Vietnam veterans," Gepford said.

"Why not all veterans? Dur-



Northwest Scots Honor Guard Commander Daniel Gepford (see page 13 for accompanying article) honored six Vietnam veterans at Shadowbrook Mobile Home Park with a Bronze Eagle medal commissioned to him to present to Vietnam veterans from the federal government.

only time in which the military was told to not wear their uniforms when they returned home because the political structure was so violent," he said. "This medal is our nation's apology.'

Gepford said he has learned and heard from the veterans he is honoring. He calls the ing the Vietnam era, it was the medal a medal of "gratitude of

apology from the U.S. government for the treatment endured by anti-war Ameri-

NSHG members attend various events across the state, like parades and Highland Games and seek out Vietnam veterans to pin. Gepford has pinned nearly 150 Vietnam about people," Gepford said.

service from the nation and an veterans over the past three

"The medal is a small thing, but being able to present it and see the little bit of relief they feel. I never served in the military, I was in public service as a payback, and I do this for service too. But it's fun, and I enjoy the people. Life is



As a member of the Northwest **Scots Honor** Guard, Gepford treated the crowd to 'Amazing Grace" on the bagpipes. The nonprofit organization plays at parades, private ceremonies, and funerals. PHOTOS BY: SHELLEY MCFARLAND

"It feels good to be able to do something for the veterans. Sometimes random acts of returned." kindness can be small, but they can have a big impact on someone. We laugh with them, joke with them and cry with

them if need be. Many of these

veterans have physical scars as well as emotional scars from when they

More than 40 people attended the ceremony where coffee and cake were served, and conversation centered around military experience.

CULTURAL PASS EXPRESS

YOUR PASS TO













Visit museums and more, for FREE!

Cultural Pass Express is a free service offered by Libraries in Clackamas County that provides online access to free passes for museums, gardens, and other local venues. Passes can be printed or, in most cases, downloaded and displayed on a phone. Local attractions that are included in the program at this time include: Crystal Springs Rhododendron Garden, Evergreen Aviation Museum, Lan Su Chinese Garden, The Oregon Garden, Oregon Historical Society, Oregon State Parks, Pittock Mansion, and the Portland Japanese Garden. The Cultural Pass program is

funded in part by the Friends of Happy Valley Library. Visit lincc.org/ culturalpass to reserve a pass today!



Open the door to exploration, learning, and fun with Cultural Pass **Express. Experience a variety of local** venues at no cost to you.



HAPPY VALLEY **BUSINESS ALLIANCE** Community is our business www.hvba.biz

BUSINESSSPOTLIGHT

Why not Rock & Roll at Any Age?



Joan Lubar, the Sassy Sage of JLA Health Stop, has some great answers for you.

Author, speaker, certified Wellness Educator and Nutrition Advisor, she has over 45 years of experience in helping you make the choices you need to create your optimal physical health and mental attitude.

Free initial consultation

The people I work with the most are stressed out professionals, parents and individuals who have one or more of the following concerns and want to make smart, natural choices. They are;

- Frustrated because they are dragging into work, need stamina and are trying to avoid the family getting sick in this pandemic.
- Challenged with more serious health issues and don't want to be dependent on so many drugs and their side effects.
- Upset about being overweight, losing muscle mass, then gaining weight back as fat after every diet.
- Worried that toxic chemicals in their homes could cause allergies, asthma and even cancer for themselves or their family but they have no idea or time to learn what changes to make.
- And, last, afraid their job may not be secure, miss having time with family or they need extra income to fill in the gaps.

Can you or anyone you know relate to one or more of these?

Enjoy your journey through our site to learn more about me and to see if there is a fit to make your life better





Thesassysage.com Contact me at joan@thesassysage.com

fitness

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