

# SHERWOOD CENTER FOR THE ARTS

## WINTER ARTS CLASSES ARE HAPPENING NOW

Come join us for some in-person art time! We offer small group, weekly classes, as well as interactive workshops for children, adults, and families. Revisit a hobby or try something new! Dive into candle making, fiber arts, choir, ukulele, guitar, piano, cupcake decorating, upcycled arts, painting, acting, ceramics and MORE. With new classes offered each session, you are sure to find a class that inspires you! Visit our website at [SherwoodCenterfortheArts.org](http://SherwoodCenterfortheArts.org) to view the full class and winter schedule and to register.

## MONDAY MIC NIGHT RETURNS

January 30 | 7:00 p.m. to 9:00 p.m. | FREE

Calling all poets, writers, actors, musicians and artists alike -- of all ages! Come share your talent(s) with an appreciative live audience. We provide the mic - you bring the talent. Not interested in performing? That's fine too! Come support emerging artists as part of the live audience and hear some exciting new work. Sign-ups begin at 6:30 p.m. Each participant will be allotted at least one, four-minute slot.

## Family Matinee Series: Nii Ardey Allotey and Ekome

February 11 | 2:00 p.m. to 3:00 p.m. | \$5/all ages

Join the Center for the Arts as we celebrate Black History Month with guest artists Nii Ardey Allotey and Ekome. We are excited to welcome Ekome to Sherwood, a group of dancers and drummers performing traditional Ghanaian music and dance based in Portland, Oregon. Nii Ardey Allotey is a master drummer whose work has been seen at various festivals including the Multnomah Arts Center, Boys and Girls Aid Society, Northwest Service Center, Gresham Multicultural Festival, United Nations Folk Festival, Kwanaa Celebration, and Portland Children's Museum.



## Gallery Exhibit: Renderings of the Heart

Gallery Hours: Monday - Friday between 10:00 a.m. and 6:00 p.m.

Enjoy our current exhibit, featuring beautifully handcrafted, acrylic, mixed media paintings by Jennifer Rose Harlow, owner of Blue Plume Studio. This special exhibit highlights some of Jen's most valued pieces from her private collection, priced and ready to sell! This show can be viewed in-person through March 13, 2023.

About the artist: Jen always had an entrepreneurial spirit. In sixth grade, Jen ran a children's art summer camp in her backyard. By winning many art contests, her art career launched at 15 years old as a commercial muralist for a shoe company in Los Angeles, followed by a series of high profile murals. Her art has been featured from LA nightclubs to paintings hanging in New York's Carnegie Hall. Jen has regularly displayed her art in Southern California, Colorado, and Oregon. Painting her way across America, Jen has shared her love of live performance painting in 14 states. Currently, Jen owns Blue Plume Studio and Gallery in the picturesque Willamette Valley and offers tailor-made art lessons for children and adults. Her passion is to inspire the God-given creativity and unique identity that each of us carry within.

## Lunar New Year Lantern Festival

Stop by the Center for the Arts and admire the beautiful paper lantern installation, as part of our Lunar New Year's celebration -- the Year of the Rabbit! Lanterns were created by community members leading up to our Lantern Festival Celebration.

This annual event is presented by the Center for the Arts along with the Sherwood Cultural Arts Commission. *Lanterns will be displayed in the lobby of the Center for the Arts through the month of February.*

Lantern Festival is celebrated annually on the 15th day of the first lunar month to mark the grand finale of the Lunar New Year celebrations. It is also the very first full moon day of the New Year, symbolizing the coming of the spring. People light lanterns in their homes and in public spaces during the spring festival to symbolize "illuminating the future." The Lantern Festival is an important part of the Lunar New Year.

# PLANNING NEWS

## 2022 Development Highlights

The City of Sherwood continues to facilitate private development and investment in commercial, industrial, and residential land that is driven by local and regional businesses choosing to locate or expand in the community. A few development highlights in 2022 include:

- Over 700,000 SQ FT of new industrial space
  - 8,323 SQ FT of new commercial space
  - 33 new multi-family units
  - 14 single-family lots
  - A new Robin Hood Plaza/Public Parking Lot in Old Town
- LAM Research continues to expand in Sherwood with a 271,870 SQ FT lease at T-S Corporate Park.



Rendering of proposed new commercial development along Baler Way



Proposed Multi-Family in Old Town

## Sherwood West Concept Plan Relook

Sherwood residents gathered at the Ridges School in the fall of last year to take a look at the work to date on the Sherwood West Concept Plan Re-look project. Over 60 people gathered at the school during an open house highlighting the plan themes. The Plan will help guide where future housing, parks, commercial and employment uses will be provided within the almost 1,300-acre area generally located north of Chapman Road, west of Elwert Road and south of Scholls-Sherwood Road.

Over the past 14 months, the Sherwood West Community Advisory Committee, comprised of owners of property in the study area, city residents, members of city boards and commissions and others, have met to coordinate planning efforts. The re-look of the 2016 Preliminary Sherwood Concept Plan is happening because there have been significant changes in Sherwood and surrounding areas since the 2016 Preliminary Concept Plan's local approval:

- The Sherwood School District constructed the new 350,000 square foot Sherwood High School on 73 acres inside the Sherwood West area.
- Washington County completed its Urban Reserve Transportation Study (URTS), which provides updated transportation impact information to help with future planning in urban reserve areas.

# PLANNING NEWS CONTINUED

- The city adopted an updated Comprehensive Plan
  - In addition, the State of Oregon adopted House Bill 2001 in 2019, which directs cities to allow for "middle housing" (such as duplexes and townhomes) within areas zoned single-family residential.
  - The City Council has prioritized adding employment land and job growth as a goal. Sherwood West is an opportunity to help achieve that goal.
- Changes in Sherwood West since the preliminary plan was approved in 2016, such as construction of the new Sherwood High School campus, have already begun to influence the transportation demands of the local network. The Concept Plan process will take a comprehensive look at the existing and future land uses in Sherwood West and identify the transportation solutions that will be needed to best serve the community's driving, walking, and biking needs.

Expanding economic activity within Sherwood is one of the City Council's primary goals. The more robust and diverse the economy, the stronger the community becomes. When the employment tax base expands, businesses within the community share in the costs associated with running the community (police, fire, local parks, infrastructure, etc.). As we grow, a healthy mix of businesses of different types, sizes, and industry sectors can generate a sustainable dynamic and contribute to the costs of the City's services.

It is anticipated that this project will wrap up in early spring 2023. The Community Advisory Committee will make a recommendation on the Concept Plan to the Sherwood Planning Commission. The Planning Commission and City Council will then hold public hearings to accept the Plan. The outcome of this "re-look" will be a Sherwood West Concept Plan that reflects the community's and the City's vision for Sherwood's future growth.

For more information about the Sherwood West Re-Look Project please visit the project webpage at [sherwoodoregon.gov/planning/page/sherwood-west-preliminary-concept-plan-re-look](http://sherwoodoregon.gov/planning/page/sherwood-west-preliminary-concept-plan-re-look)

To receive regular updates on the project via email, please contact Erika Palmer, Planning Manager at [palmer@sherwoodoregon.gov](mailto:palmer@sherwoodoregon.gov)

## COUNCIL CORNER CONTINUED FROM PAGE 3

Moving forward, they plan to distribute the community survey and help to develop a strategic staffing plan based on the responses to the survey.

**Senior Advisory Board:** The Senior Advisory Board evaluates community needs and resources on a regular basis to assist the City Council and staff in creating public policy on senior safety, housing, transportation, health, and other needs relevant to the senior community. In 2022, the Board distributed an Age-Friendly survey, created measurable goals for the Age-Friendly process, and connected aging services and like-minded entities in Sherwood. In the upcoming year the Board plans to complete the Age-Friendly survey and use the data to identify next steps. They will also work on getting out information to Sherwood older adults on all services, activities, and opportunities.

**Traffic Safety Committee:** As a sub-committee of the Police Advisory Board, the Committee promotes traffic safety through investigation, study, and analysis of traffic safety programs; educates the community regarding traffic safety; reviews and responds to traffic safety complaints and makes recommendations to the City Manager when needed; and advises the City Council and City Manager on traffic safety related issues. This past year, the Committee addressed all the complaints they had received. In the coming year, the Committee hopes to increase community awareness of the committee and continue to respond to all the complaints and concerns they receive.

I cannot give enough thanks to all the members of the above boards and commissions who selflessly give of their time to volunteer for the community we all love. THANK YOU!

# COMMUNITY CALENDAR

January/February 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22		23	24 Planning Commission 7:00 p.m.	25	26 Traffic Safety Committee 6:00 p.m.	27	28
29		30	31	February 1	2	3	4
5		6 Parks & Recreation Board 7:00 p.m.	7 City Council 7:00 p.m.	8 Senior Advisory Board 6:00 p.m. Via Teams	9	10	11
12		13	14 Planning Commission 7:00 p.m.	15 Library Advisory Board 6:30 p.m.	16 Police Advisory Board 7:00 p.m.	17	18
19		20 Cultural Arts Commission 6:30 p.m.	21 City Council 7:00 p.m.	22	23 Traffic Safety Committee 6:00 p.m.	24	25

# THE Sherwood ARCHER

JANUARY/FEBRUARY 2023

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## Earthquake Awareness Month

February is Earthquake Awareness Month. This is a great time to assess your preparedness efforts for an earthquake or any emergency in general.

As we have learned from the COVID-19 pandemic, emergencies can take many forms and often occur unexpectedly. By spending more time at home you may already have a better idea of your level of preparedness and supplies on hand.



This month we encourage you to think about what you need in your home to make sure that you are ready for an earthquake. Particularly in the Northwest region, we must all be prepared for "The Big One."

Where do I begin? The first priority is to make sure you have an emergency kit. This does not need to be expensive nor difficult. In fact, there are resources online that will provide you with an easy checklist to follow.

A wonderful resource for a checklist and other tips is the following web site: [re-gionalh2o.org/emergency-preparedness](http://re-gionalh2o.org/emergency-preparedness)

**Sign up for City of Sherwood alerts:** If you have not already, another critical step in preparedness is to sign up for our notification system. It will provide you with immediate information and warnings in the event of an emergency.

It's a free service and can be opted into via phone calls, text messages or email alerts. Please log onto [mycallnow.com](http://mycallnow.com) to create a personal account.



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Home of the Troutman River National Wildlife Refuge

## MARJORIE STEWART SENIOR COMMUNITY CENTER

### It's Time to Get Moving!

It's a new year and we've got a lot of great things happening at the senior community center! Many of us are looking to add more movement in this new year. Study after study has shown that exercise is a key aspect to successful aging and we're happy to say that we have something for everyone! Look through the classes below and see what works for you!

### Nia Movement, Tuesdays at 3:00 p.m.

Join us for this fun cardio class based on simple dance moves, great music, and fun! Great for dancers and those of us with two left feet, this class will get your heart beating and laughing.

### Tai Chi Fit & Flow, Tuesdays at 3:30 p.m.

This Tai Chi class is great for those looking for a moment of slowing down and being mindful while building balance and stamina. Caz makes this ancient form of exercise accessible and easy to follow for all. This class is great as a stand-alone and as a cool-down from Nia.

### Line Dancing, February 8 & 22 at 1:30 p.m.

Talk about making a workout fun! Shuffle, kick, and grapevine your way through this high energy class. In this class you'll learn basic line dance moves and routines that we'll build upon each class. Have fun, move your body, and learn a new dance!

### Strong for Life, Mondays & Thursdays at 10:00 a.m.

Strong for life, or as the kids call it S4L, is a mainstay here at the center. This class focuses on balance building and core strength over a series of specific exercises. You can choose your own adventure with 5 difficulty levels for each exercise, so you can tailor the movements to your needs and abilities. People attending this class have noticed a significant improvement to their stamina and balance. Available both in-person at the center or via Zoom.

### Chair Yoga, Fridays at 11:00 a.m.

Join us for this gentle and safe yoga practice in a chair. You will move through physical postures, breathing practices, and short meditations to harness the relaxation and emotional benefits of yoga. This yoga practice will support and build balance, strength, mobility and executive functions of the brain. Beginners and all fitness levels welcome.



## MARJORIE STEWART SENIOR COMMUNITY CENTER

### Open Art Studio, Last Wednesday at 1:30 p.m.

Celebrate your creativity with others. Practice and hone your skills with this supportive group of artists. This group is participant driven so bring your materials and tools to work on whatever project you feel like - watercolor, pastels, pencils, oils, acrylic, mixed media. (Free)

### Open Sew, 1st Tuesday at 1:30 p.m.

Breakout of your quilting room and sew with others or join us to use some space to spread out and enjoy sewing in a creative and supportive atmosphere. Show off what you're working on, see others' creations, and have fun. Bring your machine and work alongside others on your own project. (Free)

### Alzheimer's & Dementia: Arm Yourself with Knowledge

Alzheimer's and Dementia touch many of our lives in many ways. From personal diagnoses to those of our friends, loved ones, and those around us, there are many reasons to learn more. The Marjorie Stewart Senior Community Center is partnering with the Alzheimer's Association to provide a series of informational sessions for all connections to this ever-growing experience. Fridays at 10:30am. Free.

10:30 a.m. February 3 - Know the 10 Signs

10:30 a.m. February 10 - Effective Communication Strategies

10:30 a.m. February 17 - Managing Money: A Caregiver's Guide to Finances

10:30 a.m. February 24 - Understanding & Responding to Dementia Related Behaviors

10:30 a.m. March 3 - Healthy Living for Your Brain & Body: Tips from the Latest Research

10:30 a.m. March 10 - Understanding Alzheimer's & Dementia

10:30 a.m. March 17 - Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

### Aging & Caring Support Group

Relationships with our significant other change and evolve over time, especially through aging and new diagnoses. It can be difficult to adapt. Find support from peers who are facing similar challenges and experiences by joining our facilitated 10-week program to learn from each other.

### AARP Tax Assistance - By Appointment Only, Walk-Ups will NOT be accepted

AARP volunteers are back and will take one-on-one appointments at the Marjorie Stewart Senior Community Center from February 1 through April 14. AARP Tax prep volunteers are able to process many returns but not all tax returns based on types of income or foreign financial asset reporting requirements. If you have taxes that might fit into this category, call the center to see if we're able to accommodate your return prep. Please call the center at 503.625.5644 to make your appointment and make arrangements to pick up the required pre-appointment packet.

If you have questions or would like to participate in any of our services, please call the center at 503.625.5644 or email [burbankm@sherwoodoregon.gov](mailto:burbankm@sherwoodoregon.gov).



## LIBRARY NEWS

### February at the Library

You're invited to Sherwood Public Library! Find more events, activities, and resources for learning and reading at [sherwoodoregon.gov/library](http://sherwoodoregon.gov/library).

### For Adults:

#### Citizenship Classes [In person]

Volunteers from Mission: Citizen offer free citizenship classes in English, and presenters can answer questions in English, Spanish, and other languages. Each drop-in class covers a different topic. Every Thursday from February 2 to April 13 at 6:00 p.m.

#### Clases de ciudadanía [En persona]

Voluntarios de Mission Citizen ofrecerán un curso gratis. El curso es en inglés y los presentadores pueden responder preguntas en inglés, español y otros idiomas. Cada clase cubre un tema diferente. Las clases tienen en persona lugar todos los jueves desde el 2 de febrero hasta el 13 de abril.

#### Intro to Excel [In-person]

Learn to use a spreadsheet, enter data, format cells, use basic formulas & functions, and insert charts. Registration required. On Saturday, February 4, at 8:45 a.m.

#### Intro to 3D Printing and Design

Learn how 3D printers work, types of 3D printing, and design simple 3D objects for printing. Registration required. On Saturday, February 18, at 8:30 a.m.

#### Easy Genealogy - Finding Your Family

Dr. Kenneth Stevens, Jr., teaches how to find documents

22560 SW Pine Street 503.625.6688

[www.sherwoodoregon.gov/library](http://www.sherwoodoregon.gov/library)

and census data using Ancestry Library Edition. On Wednesday, February 22, at 8:30 a.m.

### For Youth:

#### Storytimes [In-person]

Join us for an interactive session where we read books, sing songs, and play action rhymes.

- All Ages Storytimes: Tuesdays 10:15 a.m. Designed for kids from birth to age 6.
- Toddler Storytime: Wednesdays 10:15 a.m. Designed for ages 12-36 months.
- Baby Storytime: Thursdays 10:15 a.m. Designed for ages 0-12 months.

#### Read to Mia the Dog

Practice reading in this fun and non-judgemental environment with a trained therapy dog for 20 minutes. Get a certificate and picture with Mia. Registration required. On Saturday, February 11, from 11:00 a.m. to 12:30 p.m.

#### Book Buddies [In-person / Zoom]

Enjoy talking about *Peanut, Butter, & Crackers: Puppy Problems* by Paige Braddock. A free copy\* of this month's book is available at registration while supplies last. On Thursday, February 23, at 3:30 p.m. For grades K-2.

#### STEAM Saturday [In-Person]

Drop in for a dose of STEAM (Science, Technology, Engineering, Art, and Math) fun on the last Saturday of every month. Build with Snap Circuits, 3-D pens, Magnetic Tiles, and more. Beginning Saturday, February 25, from 11:00 a.m. to 3:00 p.m. For all ages.

### For Teens & Tweens:

#### Teen Book Club [In-person]

Are you a teen who loves reading? Register and get a free copy\* of *A Boy and His Dog at the End of the World*, by C.A. Fletcher, to read before our first meeting. Books read in Teen Book Club may contain mature content. On Wednesday, February 8, at 4:00 p.m. For grades 9-12.

#### Fiction Friends [In-Person / Zoom]

Each month we read a book in advance, then discuss it during the book club and end with an activity. Register to get your free copy of this month's book\*, *When the Ground is Hard*, by Malla Nunn while supplies last. On Thursday, February 9, at 4:00 p.m. For grades 6-8.

#### Anime Your Way

Former Simpson's artist, Carlos Nieto III, teaches how to create and modify an anime character from scratch. Designed for ages 9-17, all drawing levels. On Saturday, February 18, at 2:00 p.m.

\*Paid for by Friends of Sherwood Public Library. Support the Friends at [sherwoodfol.org](http://sherwoodfol.org).

All events are free and open to the public. Sign up for our monthly e-newsletter at [sherwoodoregon.gov/library/newsletters](http://sherwoodoregon.gov/library/newsletters). Contact us at [askusSPL@sherwoodoregon.gov](mailto:askusSPL@sherwoodoregon.gov) or 503.625.6688.

*Sherwood Public Library, a Washington County Cooperative Library Services member library, is located at 22560 SW Pine St., Sherwood, OR, and always online at [sherwoodoregon.gov/library](http://sherwoodoregon.gov/library). Hours: Mon-Thu 10:00 a.m. to 8:00 p.m.; Fri-Sat 10:00 a.m. to 6:00 p.m.; Sun 1:00 to 5:00 p.m*

## MAYOR UPDATE

As we start a new year here in Sherwood, This will be my first time writing an article for the Archer as your Mayor, and I want to focus on updating you on some great things happening this year in Sherwood. 2023 is going to be a big year for the City of Sherwood.

We recently were awarded a state grant worth \$20,183 to upgrade our Veterans Memorial at Veterans Park. First dedicated in 1945 at the end of World War II, the updated Memorial will more broadly recognize and honor those who have served in all overseas conflicts. Many Sherwood residents, past and present, have served our country since the Memorial was first dedicated. It is time to update the Memorial to honor those who choose to serve our communities and families. As a

veteran myself, I am particularly excited about this project. This project is on track to be completed this year.

Engineering for the new pedestrian bridge at Sunset and 99W is almost complete. Construction on the new bridge will start this year and finish in 2024. The new bridge will begin at the YMCA and cross 99W, Elwert, and Kruger roads. This project will allow safe passage for our students and connect trail systems in east and west Sherwood. It is great to see this project start to become a reality.

We will also break ground and upgrade the downtown Sherwood's



Robin Hood parking lot. The parking lot will be converted into a festival square. Parking will still be available when not in use as a festival event area. The new festival square will feature planters, expanded sidewalks, shaded areas in the summer, facilities, and infrastructure to enable use as a festival space. This project is on track to be completed this year.



You may have noticed a lot of construction activity on Oregon Street and Tualatin Sherwood, near 124th. In 2013, the voters approved the Annexation of the Tonquin employment area, or as we call it, the TEA. "The TEA is bounded by 124th Avenue, Tualatin Sherwood Rd, and Tonquin Road. Council and staff have been working hard to bring traded sector family wage jobs to this area and other jobs on the northeast side of Sherwood. This effort is part of our goal of balance to our tax base and allowing people to live and work in Sherwood. As a result, we have seen some exciting new high-tech companies choose Sherwood.

2023 will be a great year, and I look forward to keeping you informed of our progress as we move forward!

Mayor Update articles are written by the Mayor and reflect his opinion, and may not reflect the opinions of any Councilors.

## YOUR MAYOR & CITY COUNCILORS



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## CITY GOVERNMENT

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**City Recorder**  
Sylvia Murphy 503.625.4246 [murphys@sherwoodoregon.gov](mailto:murphys@sherwoodoregon.gov)

Administration .....	503.625.4234
Building .....	503.625.4226
Center for the Arts .....	503.625.4278
City Hall Reception .....	503.625.5522
Code Compliance .....	503.625.4236
Engineering .....	503.925.2309
Finance .....	503.625.4212
Library .....	503.625.6688
Human Resources .....	503.625.4201
Municipal Court .....	503.625.4225
Planning .....	503.925.2308
Police (records) .....	503.625.5523
Police (non-emergency) .....	503.629.0111
Public Works (Ops.) .....	503.625.5722
Utility Billing .....	503.925.2315
Volunteer Program .....	503.625.4213

## IF YOU THINK IT'S A HEAT ATTACK, CALL 911 RIGHT AWAY

BY TVF&R

During American Heart Month, Tualatin Valley Fire & Rescue invites you to join us in raising awareness of the signs and symptoms of a heart attack and the importance of immediately calling 911 in the event you or someone nearby experiences symptoms.

Unlike a sudden cardiac arrest that strikes suddenly and includes a loss of consciousness, a heart attack can develop slow enough that you're not aware you're having a medical emergency. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

- Symptoms typically include:
  - Chest discomfort in the center of the chest that lasts for more than a few minutes or goes away and returns. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
  - Upper body discomfort, such as pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
  - Shortness of breath before, during, or after other discomforts.
  - Other signs, including breaking out in a cold sweat, nausea, or lightheadedness.

The most common heart attack symptom for women and men is chest pain or discomfort. However, women are more likely to experience other symptoms, particularly shortness of breath, nausea or vomiting, back or jaw pain, pressure in the lower chest or upper abdomen, dizziness, fainting, or extreme fatigue.

The heart is a muscle. It can deteriorate with each passing minute you delay medical treatment. Don't ignore your symptoms, and don't drive yourself to the hospital. Firefighters often hear heart attack patients say, "I wasn't sure it was a heart attack," or "I didn't want to bother anyone."

Remember, TVF&R crews are here for you. Our highly trained firefighter paramedics can diagnose a heart attack and start treatment right away. Crews can also relay your EKG information to the hospital, enabling its staff to activate special heart teams and prepare for your arrival.

A heart attack can cause sudden cardiac arrest when the heart malfunctions and stops beating unexpectedly. Sudden cardiac arrest leads to death when the heart stops working properly. This can be reversed if CPR is performed and a defibrillator is used to shock the heart and restore a normal heart rhythm.

Studies show that CPR can double or triple a cardiac arrest patient's chance of survival.

Your assistance in performing hands-only CPR until crews arrive can make a difference. Hands-only CPR has just two easy steps: Call 911 and push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive."

For more information, visit [www.tvfr.com](http://www.tvfr.com).

## POLICE DEPARTMENT NEWS

20495 SW Borchers Drive 503.625.5523  
[www.sherwoodoregon.gov/policedepartment](http://www.sherwoodoregon.gov/policedepartment)

Happy New Year! 2022 was a great year and we are so thankful for all the love and support from our community.

In 2023, we are striving to continue growing and fostering the relationship with our community. We are looking at further enhancing our social media content by kicking things up a notch. We are considering more unique community events and creating virtual ride along / Live PD style videos.

If you don't follow us on social media yet, please do! We regularly update our Facebook page and Instagram page. It's the best way to keep updated on how your Sherwood Police Officers are serving the community.

Every Monday night we post a weekly recap on the number of activities and arrests that officers were involved in the week prior. We believe in sharing a sample of the calls for service each week to inform and educate community members on the work we do. The post breaks down the number of calls involving behavioral health incidents, suspicious activity calls, thefts, disturbances, and traffic crashes. The post dives further into the week by explaining through five (5) of the different activities that officers were involved in. Though the incidents are taken seriously, we mix in some humor and puns into the five (5) stories (and posts in general) to lighten things up.

Following us on social media also keeps you updated on the fun community events that we plan throughout the year.

Bowling with a Cop is coming up on March 27th, 2023 at Langer's Entertainment Center! Langer's Entertainment Center created "Make a Difference Monday" which gives 100% of the proceeds of the entire day from bowling and shoe rentals to a non-profit organization. The Sherwood Police Foundation was chosen to benefit that night and within that we created Bowling with a Cop, where the community can spend time

bowling with Sherwood's finest. There will also be some special food and drink items being added onto the menu this year that will also benefit the foundation.

In May of last year, we created Coffee with The Force. This is a Coffee with a Cop event, kicked up a notch. It was designed around Star Wars Day - May the 4th be with you. It's a community event where you can order your favorite drink from Dutch Bros and hangout with us and characters from across the Star Wars Galaxy. We had Mandalorians and Star Wars costume characters there to hangout with the community. We will be hosting this event again this year, stay tuned for the date!

In June we created and hosted Fish with a Cop Weekend. This was a large community event at the police department. We filled a 5,000 gallon catch & release fishing pond and invited families to come fish with police officers from throughout the greater Portland Metro area. We will be hosting this event again this year, stay tuned for the date!

Our desire with these community events is to bridge the gap between the community and the police department. We would love to have you and your family join us and we look forward to serving you in 2023!



## FEATURED PARTNER: TUALATIN RIVER NATIONAL WILDLIFE REFUGE

A Guided Sit Spot at Tualatin River National Wildlife Refuge By Natalie B., Park Ranger

On a recent cold, clear day, I stood on our trail, holding a pair of binoculars, and intensely listened to the chorus of birds around me. I kept my eyes trained for the quick movements of small birds darting around, or distinct chirps and song, indicating the presence of a new species to record for the survey. Throughout the morning, I noticed that the world seemed sharper, the colors more vibrant; everything from the unusually blue sky to the shimmering dew on the ground. I was calmer, and honestly, I just felt happier. When walking our trails, I'm often in a hurry, or preoccupied with something else on my mind. It was a necessary reminder of the underestimated power of being still, in slowing down, and letting our environment speak. There is a common practice among environmental educators and interpreters, an activity called the "sit spot". As the name implies, you sit down (or stand), and record what you observe around you. This includes not only what you see, but what you hear as well. How is this sounding to you? Interesting? Fun? Really boring? Well, I challenge you to find a comfortable place outside, whether it is at a local park or next to a tree on your street, and do a sit spot with me.

Ready? Here goes nothing...  
At the plaza overlooking the wetland, the first thing I notice is the wind rushing past me, ruffling my hair in its effort to go where it needs to get. Being close to Highway 99W, the sounds of cars driving by is a close second. Don't be deterred by these sounds; car honks, boots crunching gravel, or human conversation are important too; instead of trying to ignore it, sit with them for a moment, and have patience to see what else might be hidden among these sounds. Somewhere to my left, I hear a scattering of fallen leaves rustling on the ground, and see the dried remains of reed canarygrass moving in time to the wind. Ahead in the wetland, the water is surging in shallow waves, and among it, I see the white and iridescent bumblebee before he dives below. The air continues to move around me, leaving a cold aftertaste. Between the whips of the wind, I hear distant chirps coming from among the young oak trees. The bright glow of the sun is visible on the vegetation, and soon enough, I feel the warm rays on my back.

Ok, it has been two minutes - did that go by quickly for you? Or did it seem more like thirty minutes, with constant fidgeting and thoughts of seemingly everything but the sounds around you? What kinds of things did you see? Hear? Did you notice differences as the two minutes counted down? How do you feel now in comparison to when you started? Reading this, it may seem like a pretty underwhelming activity (you might be thinking, why has she devoted over 600 words to sitting?), but I challenge you to take time and simply focus on making a few observations about the natural world around you.

In the pursuit of recreation, I wonder if we lose sight of the fundamental connection we might feel to the outdoors? This is not to shame anyone or say that any activity is "better" or more "organic" than others, but instead of barreling through a hike, what if instead we made the effort to take it slow and be present? Don't try to multitask, but instead simply exist as just one other being in a vast and complex ecosystem?

All this to say, I hope you can take time to appreciate the space around you; whether this is in your neighborhood, while on break at work, or during your next visit to Tualatin River National Wildlife Refuge, we all deserve a few moments to re-center and reconnect with the amazing world around us.