



MEETING AGENDA

Parks & Recreation Advisory Board

Monday, February 2, 2026, 7:00pm

Sherwood City Hall, Community Room

22560 SW Pine Street
Sherwood, OR 97140

1. CALL TO ORDER
2. ROLL CALL
3. ADJUSTMENTS TO AGENDA
4. APPROVAL OF DECEMBER MEETING MINUTES
5. CITIZEN COMMENTS
6. NEW BUSINESS
 - A. Murdock Park Update (Darren Caniparoli, Operations Supervisor)
 - B. Tree Removal Request (Darren Caniparoli, Operations Supervisor)
7. PARK MAINTENANCE REPORT (Darren Caniparoli, Operations Supervisor)
8. STAFF UPDATES (Kristen Switzer, Assistant City Manager)
9. COUNCIL LIAISON ANNOUNCEMENTS (Doug Scott, City Councilor)
10. OTHER
11. ADJOURN

How to Provide Citizen Comments:

Citizen comments may be provided in person, in writing, or by telephone. Sign-up forms will be available at the meeting for anyone who wishes to provide comments in person. Written comments must be submitted at least 24 hours in advance of the scheduled meeting start time by email to steffenst@sherwoodoregon.gov and must clearly state that it is intended as a general Citizen Comment for this meeting. To provide comment by phone during the live meeting, email steffenst@sherwoodoregon.gov or call 503-625-4213 at least 24 hours in advance of the meeting start time in order to receive dial-in instructions. In-person and telephone comments are limited to 4 minutes per person. Per Council Rules Ch. 2 Section (V)(D)(5), Citizen Comments, "Speakers shall identify themselves by their name and by their city of residence." Anonymous comments will not be accepted into the meeting record.

ADA Accommodations:

If you require ADA accommodations for this public meeting, please contact steffenst@sherwoodoregon.gov or call 503-625-4213 at least 48 hours in advance of the scheduled meeting time.



SHERWOOD PARKS BOARD MEETING MINUTES
22560 SW Pine St., Sherwood, OR
February 2, 2026

REGULAR SESSION

1. **CALL TO ORDER:** Board Chair Scheirman called the meeting to order at 7:00pm
2. **BOARD PRESENT:** David Scheirman, Jim Craig, Steve Munsterman, Jim Booker, Joshua Gaylord, Tara Khodadadian, City Councilor Doug Scott

STAFF PRESENT: Assistant City Manager Kristen Switzer, Volunteer Coordinator Tammy Steffens, Operations Supervisor Darren Caniparoli

3. **ADJUSTMENTS TO AGENDA:** Add YMCA Update under New Business

4. **APPROVAL OF DECEMBER MEETING MINUTES:**

Correction was reported by Munsterman to add the work “pathways” to the third sentence before “Oregon Trail Park”.

MOTION: FROM CRAIG TO APPROVE THE DECEMBER MEETING MINUTES WITH CORRECTION. SECONDED BY GAYLORD. MOTION PASSES.

5. **CITIZEN COMMENTS:** None

6. **NEW BUSINESS**

A. YMCA Update (Jennifer Lawrence)

Lawrence shared Exhibit A and gave the following highlights:

- o February is Heart Health Month
- o They are partnering with Sherwood High School to allow students to get field work hours in early learning at the YMCA
- o Sherwood High School swim team practices are wrapping up
- o They are working on an after-school enrichment for elementary-aged students that would be one day per week
- o Registration for summer camps is opening next week

- o Trainers are getting trained on MOSSA which is a high-rep weight training workout

B. Murdock Park Update (Caniparoli)

- o January 8 meeting with planning – no land use will be required
- o January 14 project start up meeting
- o January 28 construction documentation meeting
- o Public outreach meeting will be mid-February
- o Lango Hansen will give a presentation at March meeting to update on the project
- o Booker asked who the wetlands delineation was done by. Caniparoli answered that it was done by Lango Hansen's subcontractor

C. Tree Removal Request (Caniparoli)

Caniparoli shared Exhibit B

MOTION: FROM MUNSTERMAN TO APPROVE THE TREE REMOVAL REQUEST. SECONDED BY GAYLORD. MOTION PASSES.

7. PARKS MAINTENANCE REPORT (Caniparoli)

- o Parks held up well during the storm in December. There was a power outage that affected the underground controls for the water feature at Snyder Park. This caused a flood in the vault that the controls are housed. The City is working with the insurance company, and the feature is expected to be up and running in time to be turned on Memorial Day Weekend. The City is also taking measures to ensure that this doesn't happen again.
- o Holiday decorations have been removed except for the street tree lights in Old Town which will come down February 16.
- o Munsterman asked about the issues with the water feature at Snyder Park being right next to the sand pit and the trouble that causes. Caniparoli answered that the budget doesn't allow for any changes to correct those issues at this time.
- o Booker asked about staffing. Caniparoli answered that he expects to be fully staffed by the end of February and have seasonals starting by the end of March.

8. STAFF UPDATE (Switzer)

Switzer reported that City Council held their goal setting session on January 24. The meeting that Council held with the Board Chairs helped shape the goal setting session. Trails were one of the things discussed. Switzer will bring the list of goals back to the Parks Board once it is finalized. Switzer shared that the CEP Grant application period is now open through April 15. She suggested that the Board might consider applying for funds for the senior circuit-type exercise equipment at Langer Park. Switzer also let the Board know that Bess Goggins, President & CEO of YMCA Columbia Willamette, will be at the February 3 work session.

9. COUNCIL UPDATE (Scott)

Scott stated that one of the items that came out of the goal setting session was the potential of Council having more joint work sessions Council and Boards as well as Boards getting together for joint work sessions. He shared the suggestion that the Parks Board and the Cultural Arts Commission could collaborate on a wayfinding and historical marker system throughout the city that would include technology to give historic facts, maps, information, and more accessed through a QR code. Scheirman stated that he felt that the Parks Board does have more capacity and would welcome the opportunity to do more with and for Council. All members agreed. Scott also talked about how “budget compression” is a real thing and that Council is looking at ways to generate income including the possibility of a levy which most of our neighboring municipalities have.

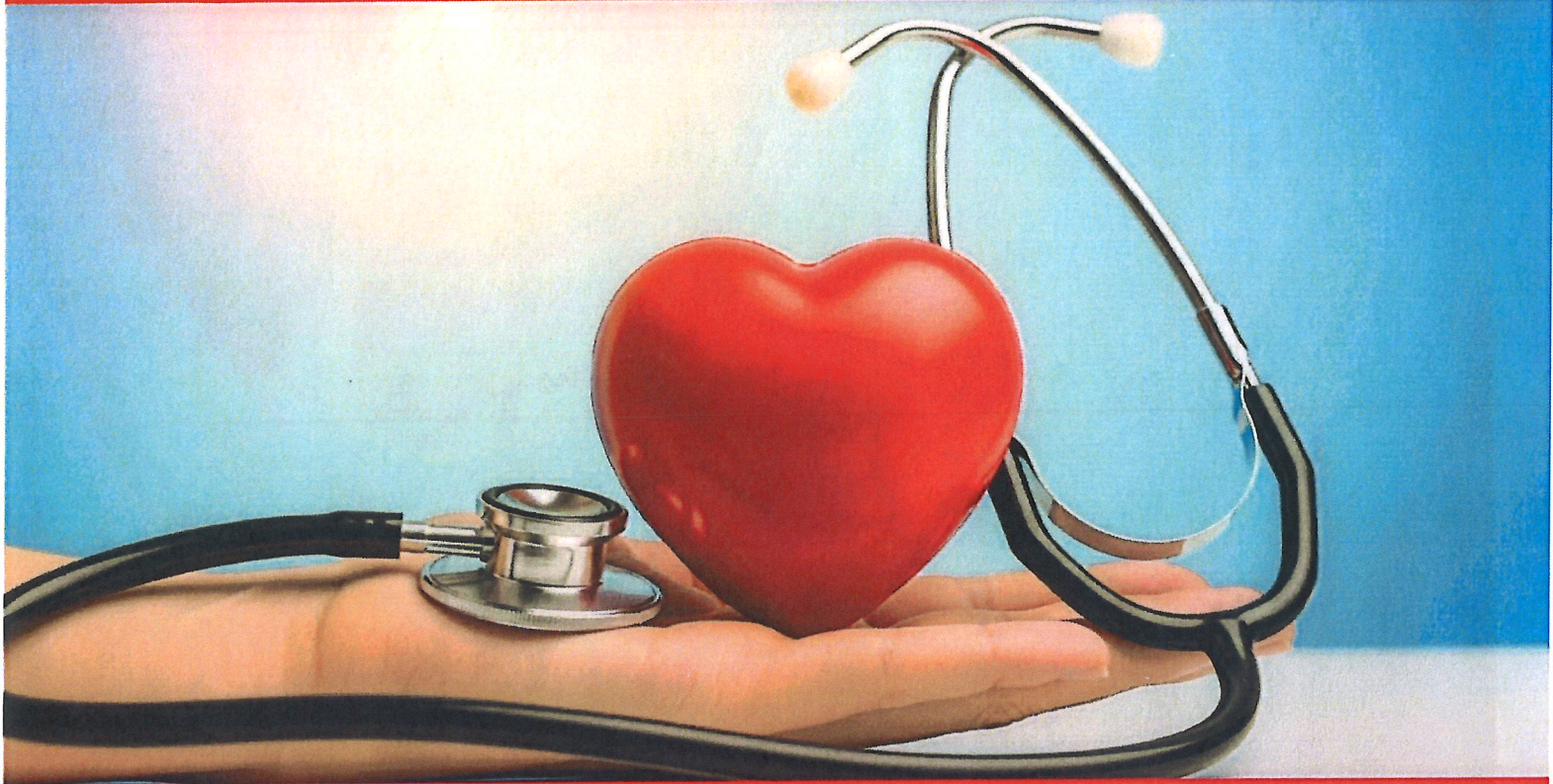
10. OTHER

Craig asked if staff had any update on the status of the Regal Cinemas building. Switzer responded that there was nothing to report at this time. Munsterman asked what the connection between an idea from the Board was and getting it to the starting gate. Switzer said that it was typically Board initiated. Scott added that often times outside organizations and/or donors drive board involvement with the Senior Advisory Board. Booker asked what role the Parks Board could play with the TSP, there had been one big trail, Cedar Creek, but no littler projects. Switzer and Scott both agreed that that was because of the budget. The CIP is for large scale projects. Craig asked if the City had ever thought of asking local businesses to sponsor signage. Switzer said that we could certainly look into that. Khodadadian shared that Rotary had sponsored the shelter at Stella Olsen and Murdock Parks. Switzer reminded the Board that the Board is not allowed to use SDCs for maintenance projects. Scott suggested that the Board might put together a package of smaller projects, including maintenance projects, that they could take to Council and/or Craig Sheldon, City Manager. Caniparoli suggested that the Parks Master Plan has really good ideas and would be the best place to look for those types of things. Scheirman suggested to the Board that each member take a look at the Parks Master Plan and come to the March meeting with up to five ideas. All agreed.

11. ADJOURN 8:03pm



YMCA of COLUMBIA-WILLAMETTE



FOREVER KNOWING.

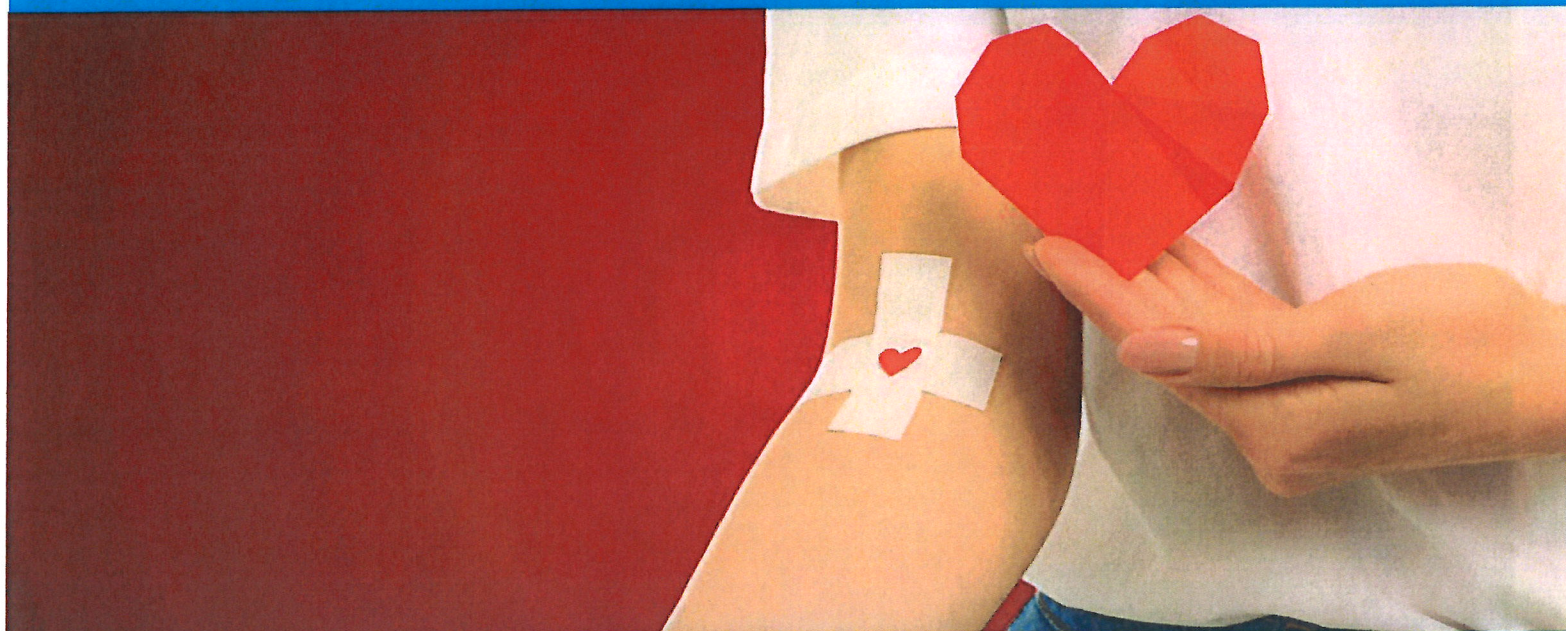
Heart Health Month – Know your facts

- Understand your risks
- Adopt a heart healthy diet
- Be Active
- Manage Stress
- Maintain a healthy weight
- Get Regular Check up

YMCACW.ORG



YMCA of COLUMBIA-WILLAMETTE



HEART HEALTH MONTH

Facts about Women and Heart Health

- Women experience different symptoms
- Shortness of breath, nausea, pain in jaw, back or neck, extreme fatigue
- Heart risk increase after menopause
- Heart Disease is deadlier than cancer

CALL TO ACTION:

1. Know your numbers (Blood pressure, Cholesterol, Blood Sugar and weight)
2. Act Early
3. Advocate for yourself
4. Exercise and manage stress

YMCACW.ORG



GROUP

POWER®

GETTING STARTED

LET'S
MOVE!

WHAT IS IT?

Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! **POWER UP!**

WHAT WILL I DO?

Group Power combines traditional strength exercises and the hottest functional training moves, utilizing a barbell, weight plates, and your body weight to make you fitter and stronger. High-rep training and athletic movements are key components of this results-driven workout. Group Power is developed with a periodized approach to ensure you are constantly changing your workout and challenging your body. Ten tracks are expertly programmed with specific workout objectives:

1. Warm-Up – We grab the barbell with light weight and introduce many of the exercises you'll be doing over the next hour, warming the body and practicing the movements.
2. Legs – Working the big muscles first, we do Squats and sometimes add in Lunges to get the heart rate going and ignite a fire in the legs, creating great shape and definition.
3. Chest – We strengthen the chest with a variety of exercises, such as the Chest Press, Chest Fly, and Push Ups. You'll often find new twists on these exercises to maximize your results!
4. Back & Legs – Full-body exercises like Deadlifts, Deadrows, and the Clean & Press really fire up the back and hamstrings and get the heart rate up! Plus, you'll learn innovative Power movements like the Power Clean, Deadsquats, Reverse Flys, and the Single-Arm Row.
5. Triceps – Shape, build, and define the back of the arms with Tricep Presses, Extensions, Pullovers, and Kickbacks. But beware of the Tricep Push Ups – they'll push you over the top!
6. Biceps – The best of high-rep weight training, combined with new and unique biceps exercises. Experience the difference with variations on barbell curls, wide grip, offset grip, bicep rows, and even weight plate work.
7. More Legs – This is functional integrated training at its best. Challenge your legs with Power Lunges, Crouches, lateral movements, balance challenges, offset loading, and even plyometrics! You'll feel like a pro when you learn these moves!
8. Shoulders – A ton of exercises to give you great-looking shoulders. Work the front, top, and back of the shoulders with Upright Rows, Shoulder Presses, Lateral Raises, and Rear Delt Extensions. Plus, groundbreaking functional movements will make you feel like an athlete in training!
9. Core – Concentrate on your core with exercises that train the front, back, and sides of your midsection. There's always a new way to shake up the routine and ensure your core is strong, solid, and good looking!
10. Stretch – You've earned it. Stretching out the muscles from head to toe helps improve overall range of motion and muscular recovery.

IS IT FOR ME?

Group Power is for just about everyone. Strength training is essential to staying healthy, and Group Power is ideal for:

- New exercisers because of the simplicity of the class
- Men and women of all ages because you get to select how much weight you use.
- Anyone who wants a fun way to add strength training to their workout
- Athletes looking for a training edge
- Women because weight-bearing exercise is proven to reduce the incidence

of osteoporosis

- The time-pressed exerciser because one hour two times per week delivers results fast
- Serious weight trainers that want to challenge their muscles in a different way

HOW OFTEN SHOULD I DO IT?

Group Power is designed to be done two to three times per week. It is recommended that you not exceed three times in one week. This is not a case of "the more you do, the better." The body needs time to recover in order to grow stronger. For at least your first month of Group Power, twice a week is sufficient. A schedule allowing for two days of rest between class experiences is ideal.

HELPFUL HINTS?

Remember that your first class only happens once. After attending Group Power three times, you will get into the rhythm of things and will start to feel like a pro. These tips will ensure your success in your first few classes:

- Wear comfortable workout clothing and comfortable athletic shoes.
- Bring a towel and a water bottle.
- Some people prefer to wear weight training gloves, but they are certainly not essential.
- Arrive 15 minutes before class and introduce yourself to the instructor. The instructor will help you set up your equipment, provide starting weight recommendations, and answer any questions you may have to help put you at ease.
- It is not essential that you be up front, but stand near the center of the room and where you have a clear view of the instructor.
- Your instructor will coach you and include exercise options to ensure your success.
- You should feel comfortable stopping at any point in a track, either to rest or adjust your weight.
- Speak with the instructor at the end of class to ask questions and to check in about your experience.

HOW WILL I FEEL?

It is perfectly normal to feel apprehensive prior to your first Group Power class. Once you get your first class out of the way, much of that apprehension will disappear. Remember, there is safety in numbers. You will be amazed at how many others will be willing to help you.

The objective of your first few classes is to familiarize yourself with the format, the equipment, and the technique of the various exercises. The instructor will probably recommend a starting weight or weights that may seem too light to you at first. Keep in mind that you will be doing high numbers of repetitions, and the lighter weight will help you learn proper technique from the beginning. Allow yourself to be a student; proper technique leads to safer, more effective exercises, and better results. After you get the feel, you can slowly start to increase your weight selections to increase your workout intensity.

Talk to the instructor after class to let him or her know how you felt and if anything felt particularly challenging for you. The instructor will then make recommendations for your next class. Keep in mind that you may be sore for several days afterwards because your body is adjusting to the new demands on your muscles. This is perfectly normal. Have fun during your Group Power experience as you build strength, confidence, and a sense of accomplishment that comes with improved fitness.





Tree Removal -Open Space, Park, City Property

Parks Board

February 2, 2026

Red Alder Trees & Bigleaf Maple Tree in Green Space 16846 SW Stellar Drive

- Removal of Two Red Alder Trees (both 12" dbh) and one Bigleaf Maple Tree, (15" dbh) due to poor health (maple tree has perished)
- A main stem from one of Red Alder Trees has failed and landed in resident's back yard.



HALSTEAD'S ARBORICULTURE CONSULTANTS

www.halsteadsarbor.com

P.O. Box 1182 • Tualatin, OR 97062
(503) 245-1383

"Specialists in the Care and
Preservation of Trees"

November 11, 2025

ATTN: Mr. Trey Hoekstra
City of Sherwood
15527 SW Willamette Street
Sherwood, OR 97140
(503) 625-0679 Fax

Reference: Tree Assessment

Location: Green Space Behind 16846 SW Stellar Dr., Sherwood, OR.
Subject: Red Alder Trees and Bigleaf Maple Tree

Per your request, I inspected two red alder trees and one Bigleaf maple tree located in the green space behind the address listed above to determine the trees hazard potential.

Description/Evaluation: Tree number one is a multi-stem red alder tree (*Alnus rubra*). The tree has a diameter at breast height of twenty inches as measured 54 inches above ground level. The trees approximate height is forty feet with a canopy spread of forty-five feet. One dead top was found at the north side of the canopy. Included bark is present between four out of the six main stems.

Tree number two is a multi-stem red alder tree (*Alnus rubra*). The tree has a diameter at breast height of twelve inches as measured 54 inches above ground level. The trees approximate height is thirty feet with a canopy spread of fourteen feet. One of the main stems recently failed and landed within the back yard.

Tree number three is a Bigleaf maple tree (*Acer macrophyllum*). The tree has a diameter at breast height of fifteen inches as measured 54 inches above ground level. The trees approximate height is thirty-two feet with a canopy spread of thirty-six feet. The Bigleaf maple tree has since perished with no terminal bud development present. The tree has peeling bark found along the main stem.

Results: Due to the trees overall poor health and structure rating, the trees close proximity to the residential dwelling and the safety of persons and property, I recommend all trees be removed.

If further information is required, please call.

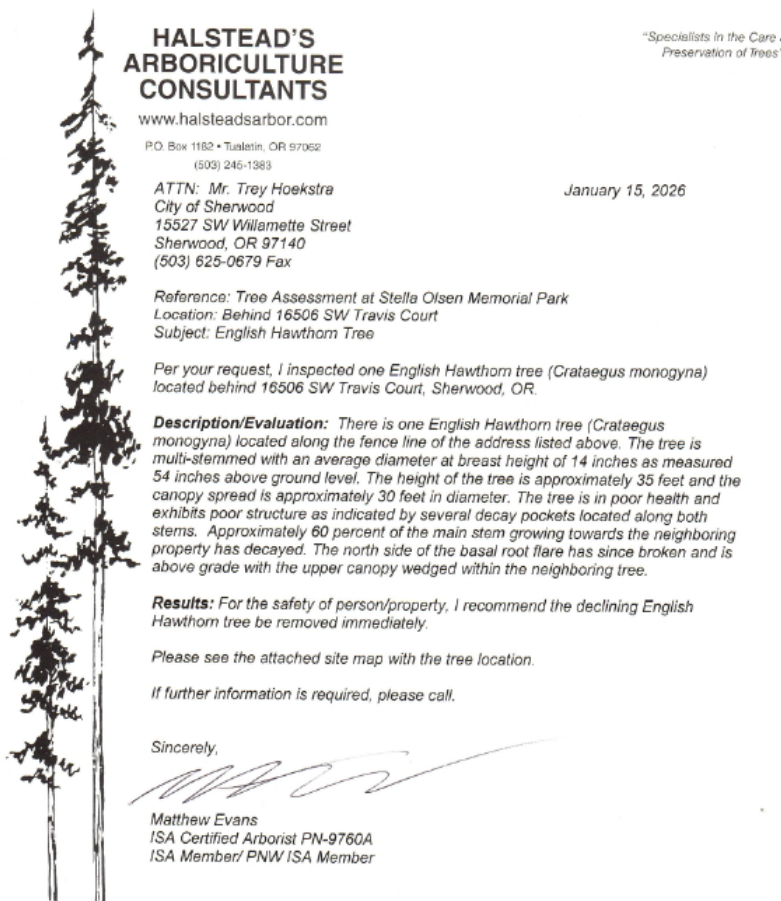
Sincerely,


Matthew Evans
ISA Certified Arborist PN-9760A
ISA Member/ PNW ISA Member





Stella Olsen Park
English Hawthorne
16506 SW Travis Court



- Removal of English Hawthorne tree (14" dbh) due to poor health/structure of tree and safety of persons and property.

White Willow Tree in Water Quality Facility 17838 SW Heatherwood Lane

- Removal one White Willow tree (12" dbh) due to poor health and structure rating
- Poses safety risk to persons and property



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"Specialists in the Care and
Preservation of Trees"

December 8, 2025

Attn.: Mr. Trey Hoekstra
City of Sherwood
15527 SE Willamette Street
Sherwood, OR 97140
TEL (503) 925-2319
FAX (503) 625-0679

Reference: Tree Assessment Water Quality Facility
Location: Adjacent to 17838 SW Heatherwood Lane, Sherwood, OR
Subject: Arborist Report – On-site Inspection Completed 12/4/2025

Per your request, I inspected one white willow tree (*Salix alba*) located within the water quality facility adjacent to 17838 SW Heatherwood Lane for the purpose of determining the tree's condition.

Description: One white willow tree (*Salix alba*) has a trunk diameter of twelve inches measured 4.5 feet above ground level. The height of the tree is approximately thirty feet and the canopy spread measures approximately thirty-six feet in diameter.

Evaluation: The tree's health and structure are rated poor as indicated by a severe lean. During the time of inspection, minor decay was found along the main stem approximately seven feet above ground level.

Results: Due to the tree's poor health and structure rating and for the safety of persons and property, the tree is recommended to be removed.

All recommendations are based on good forestry practices and adhere to the International Society of Arboriculture Standards.

If further information is needed, please call.

Sincerely,

Matthew Evans
Certified Arborist PN-9760A
ISA Member/ ISA-PNW Member





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"Specialists in the Care and
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Attn.: Mr. Trey Hoekstra
City of Sherwood
15527 SE Willamette Street
Sherwood, OR 97140
TEL (503) 925-2319
FAX (503) 625-0679

December 8, 2025

Reference: Tree Assessment Well Four
Location: 22148 SW Smith Ave., Sherwood, OR
Subject: Arborist Report – On-site Inspection Completed 12/4/2025

Per your request, I inspected one Northern red oak tree (*Quercus rubra*) and one shore pine tree (*Pinus contorta*) located within well four for the purpose of determining the tree's condition.

Description: Tree number one, a Northern red oak (*Quercus rubra*) has a trunk diameter of twenty-one inches measured 4.5 feet above ground level. The height of the tree is approximately thirty feet and the canopy spread measures approximately thirty-nine feet in diameter.

Tree number two, a shore pine tree (*Pinus contorta*) has a trunk diameter of six inches measured 4.5 feet above ground level. The height of the tree is approximately twenty feet and the canopy spread measures approximately ten feet in diameter.

Evaluation: Tree number one's health and structure are rated fair as indicated by normal terminal bud development present. During the time of inspection, the tree's main trunk is growing into the neighboring fence. Tree number two has since perished with no terminal bud development present.

Results: Due to tree number one's continued trunk growth and future damage to the fence, the tree is recommended to be removed. For the safety of persons and property, tree number two is recommended to be removed.

All recommendations are based on good forestry practices and adhere to the International Society of Arboriculture Standards.

If further information is needed, please call.



Well #4
Northern Red Oak &
Shore Pine
22148 SW Smith Avenue

- Removal of Northern Red Oak (21" dbh) due to tree growing into resident's fence
- Removal of Shore Pine (6" dbh) as tree has perished.

Tree Removal Locations

