

The Boones Ferry Messenger

Monthly newsletter of the City of Wilsonville

January 2017

Local Kids and Adults Have Fun and Run in the Reindeer Romp



In December hundreds of local people of all ages gathered at the Family Fun Center in Wilsonville for the fourth annual Reindeer Romp and Kids dash (shown here) with Parks and Recreation Coordinator and elf Brian Stevenson leading the way.

Lieutenant Adam Phillips Appointed as Wilsonville Chief of Police

On Dec. 5 Wilsonville City Manager Bryan Cosgrove and Clackamas County Sheriff Craig Roberts have appointed Lieutenant Adam Phillips to serve as the City of Wilsonville's new Chief of Police. Chief Phillips replaces former Chief of Police Jeff Smith, who has been promoted to Captain of the Detectives Unit for Clackamas County Sheriff's Office (CCSO).

City Manager Bryan Cosgrove explains, "We are excited to welcome Chief Phillips to our community. Lt. Phillips has an extensive background in law enforcement, including prior experience working in Wilsonville. The City is fortunate to be able to draw from such a deep bench within the Clackamas County Sheriff's Office. I also want to acknowledge Chief Smith's contributions to our community during his tenure, and wish him well in his new position."



Wilsonville Police Chief Adam Phillips

Outgoing Police Chief Jeff Smith shares, "My time here in Wilsonville has been immensely rewarding. This is such a great community and the opportunity to oversee this department of 19 law enforcement professionals has been the highlight of my career."

The newly-appointed Chief Phillips has 20 years of professional law enforcement experience all of which has been with the CCSO. Most recently Chief Phillips served as Lieutenant in the Patrol Division for the Sheriff's Office, supervising as many as five sergeants and 20 deputies in the performance of their patrol duties. While at CCSO over the past two decades Phillips has served in the role of Public Information Officer, Detec-

tive Sergeant, Patrol Sergeant, Detective, Motor Traffic Enforcement and as a Patrol Deputy.

While working for CCSO Chief Phillips has earned numerous law enforcement certifications and completed various trainings from the State of Oregon's Department of Public Safety Standards and Training (DPSST) and other organizations.

"I'm grateful to serve as Chief for the Wilsonville Police. Working closely with the City, its citizens, and our Police Department to keep Wilsonville as safe as possible was my primary draw for being here. Captain Smith has left us with a great example to follow, and I will bring my experience and professionalism to keep that forward, positive momentum going. It's a great opportunity to be part of a growing Police Department in a vibrant, expanding city!" explained Chief Phillips.

Chief Phillips started his law enforcement career as a Patrol Deputy for CCSO in 1996 after a career as a special education teacher in the Portland area. Chief Phillips graduated from The Evergreen State College earning a Bachelor of Arts and also attended Portland State University where he earned an Oregon Teaching Certificate. Chief Phillips is a graduate of Benson Polytechnic High School. He is married with two children. You'll find him exercising his two dogs, cooking, fishing, or at the gym away from work.

As Wilsonville's Chief of Police, Phillips leads a staff of 19 full-time law enforcement professionals who are employed by CCSO, but are assigned full-time to Wilsonville. The City of Wilsonville finds the long-term relationship of contracting for law enforcement with CCSO to be more cost-effective and provides a better array of services than the City is able to provide independently.

Mayor's Message

Thanks to Volunteers Council and Community Appreciate Your Service on City Boards and Commissions

As we start a new year, on behalf of the Wilsonville City Council and greater community, I would like to offer a hearty "Thank You" to the residents and business people who serve as volunteers on various City boards and commissions. We especially want to recognize the following community members whose current terms of service ended in December.



The following people have made important contributions to our community through their recent time serving on City advisory bodies. Some of these volunteers have completed their term of service, while others remain eligible for and seek re-appointment for additional terms.

City Council

- Julie Fitzgerald, since January 2013

Budget Committee

- Tony Holt, since January 2014

Development Review Board Panel A

- Mary Fierros Bower, since May 2011
- Kristin Akervall, since February 2014
- James Frinell, since January 2015
- Ronald Heberlein, since January 2015

Development Review Board Panel B

- Aaron Woods, since January 2013
- Richard Martens, since January 2015
- Shawn O'Neil, since January 2015

Parks and Recreation Advisory Board

- Mary Closson, since January 2013
- Kate Johnson, since January 2013

Planning Commission

- Phyllis Millan, since January 2013

Moreover, I want to thank all of the additional current, on-going board and commission members who continue to serve our city. These volunteers include your elected City Councilors, who cheerfully accept the tremendous commitment of time and energy that Council positions entail.

Wilsonville is fortunate to have so many dedicated volunteers.

local nonprofit boards.

Wilsonville is fortunate to have so many dedicated volunteers who are willing to spend their personal time working with others helping to make our community an exceptional place to live, visit and do business. With continued strong community engagement in our civic affairs, I am confident that 2017 will be another great year for Wilsonville. Feel free to let me know your thoughts — reach me at 503-896-0048 or mayor@ci.wilsonville.or.us.

Tim Knapp, Mayor

City Employees Raise \$5,000 for Wilsonville Community Sharing



Wilsonville City Council, City staff and board members from Wilsonville Community Sharing (l to r): City Councilor Lehan, Councilor Fitzgerald, WCS board member Taft Mitchell, Mayor Tim Knapp, City staff Angela Handran, WCS board member Michelle Ripple, WCS board member Dick Spence, Councilor Stevens and Council President Starr acknowledge City staff's success raising over \$5,000 for WCS from payroll deductions, sponsored events and other fundraisers.

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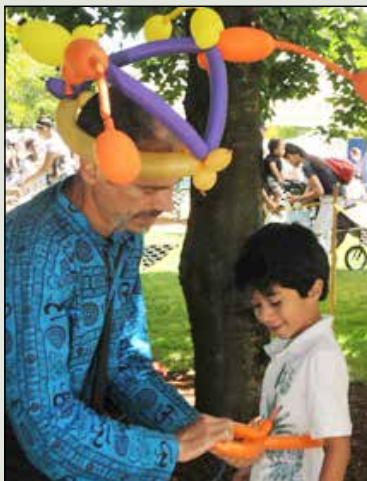
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Postal Customer

Funding Available for Tourism and Community Grant Programs

The City of Wilsonville's Parks and Recreation Department is now accepting applications for the Community Tourism and the Community Opportunity Grant Programs. There are separate deadlines for the two grant programs, both of which are awarded by the Parks and Recreation Advisory Board.



Fun In the Park got a Tourism grant from the City in 2016.

The **Community Tourism Grant Program** awards funds to organizations that produce projects, programs or events that promote local business and tourism, and for festivals and special

events for the benefit of the Wilsonville community. **The deadline for the Tourism Grant is Friday, Feb. 3.** Funding for the program comes from the City's transient room taxes that are assessed on overnight lodging visitors.

The **Community Opportunity Grant Program**, with funds distributed twice per year for a total of \$25,000, provides funding for a wide range of local programs and projects in Wilsonville. Funds for the Opportunity Grant program come from the City's general fund.

Successful applications for the Community Opportunity Grant program include proposals aimed at promoting education, diversity, arts or community involvement in the city. **Applications for the Community Opportunity Grant are due Friday, March 3.**

For additional grant funding for tourism related programs and events see article on the right.

For more information, go online to www.WilsonvilleParksandRec.com/GrantPrograms; or contact Brian Stevenson, Recreation Coordinator, at 503-570-1523, stevenson@ci.wilsonville.or.us.

Nominate a Community Enhancement Project By Jan. 16

The City of Wilsonville is still accepting suggestions from the public and sponsoring organizations for project ideas that enhance the Wilsonville community

Community Enhancement Program Project Submission Deadline
 • Monday, Jan 16
www.ci.Wilsonville.or.us/CEP

with funding from the Wilsonville-Metro Community Enhancement Program.

The relatively new funding program provides the community an opportunity to advance a wide range of projects that might lack funding.

The funds may be used on a range of projects that benefit the community and seek to improve the environment, promote recycling, promote recreation, address safety concerns, serve youth, help seniors, assist low-income persons and/or underserved populations and many other potential areas public projects will also

qualify.

This past spring, City Council allocated \$79,500 in funds to five projects that include: relocating the **Memorial Park "Dog Park"**; implementing a **"Bee Stewards" Wilsonville Pollinator Improvement Project**; establishing a **Multifamily Waste-Reduction and Recycling Project**; completing **Frog Pond Church Campus Restoration Project**; implementing a **Fluorescent Mercury-Lamp Business Recycling Program**.

Metro estimates that in 2017 the City is expected to have approximately \$90,000 to allocate or roll-over into future funding rounds.

Anyone or any non-profit organizations may nominate a project for consideration that improves the community. Project nominations forms and guidelines are available online at www.ci.wilsonville.or.us/CEP and nominations are due by Monday, Jan. 16.

For more information, contact Jon Gail, Community Relations Coordinator, at 503-570-1502; gail@ci.wilsonville.or.us.

Clackamas County Offers Grants to Attract Tourists and Visitors

The City is accepting grant applications for local tourism projects that aim to increase the numbers of tourist visitors and increase the economic impact of tourism. In partnership with Clackamas County Tourism, up to \$20,000 is available for projects that can:

- Increase overnight lodging stays in the County.
- Bring visitors into communities from greater than 50 miles away to shop, dine, recreate, take in arts or cultural offerings, or visit heritage sites.
- Entice visitors to "linger longer."



The soccer tournament with over 600 teams received a grant in 2016.

The maximum grant for a single project is \$20,000; the minimum request is \$500. Funding for the Clackamas County Tourism-Community Partnership Program (CPP) grants comes from the County's 6% transient room tax paid by overnight lodging visitors. Eligible projects, which must take place within Clackamas County, must be completed by Dec. 31, 2017.

Applications are due by end of day, Feb. 13, 2017. The on-line application form can be found at www.mthoodterritory.com/cppapp. This City-administered County tourism grant program is separate and distinct from the City's Community Tourism and Community Opportunity grant programs. Application to the County's program does not preclude application to the City's program.

Proposals are to be evaluated by the Parks and Recreation Advisory Board based on: likelihood of attracting visitors (20%); ability to generate overnight stays (20%); partnerships (15%); use of additional/leveraged funds (15%); self-sustaining growth and capacity-building potential (15%); and measurable ROI (15%).

For more information, contact Brian Stevenson, Recreation Coordinator, at 503-570-1523; stevenson@ci.wilsonville.or.us.



8200 SW Wilsonville Road
 503-682-2744
www.WilsonvilleLibrary.org

Youth Programs Return Jan. 3

Winter youth programs start Tuesday, Jan. 3 with the return of Storytime, Baby Time, Toddler Time and Play Group.

Enjoy stories, songs, puppets and more that will help get children ready to read.

All programs are free and meet at the following times:

Storytime

- Tuesday evenings, 6:30–7 pm
- Wednesdays, 10:30–11 am and 1–1:30 pm
- Thursday mornings, 10:30–11 am



Baby Time:

- Tuesday mornings, 11–11:45 am

Toddler Time:

- Tuesday mornings, 10–10:30 am

Play Group:

- Monday mornings, 10–11:30 am

For more information, contact the Youth Services Department at engelfried@wilsonvillelibrary.org or 503-570-1592. Learn more at:

www.WilsonvilleLibrary.org

Curiosity Cafe: Biking Across America with Terri Wortman

Have a cup of coffee and join us for our inaugural Curiosity Cafe. Enjoy monthly talks and workshops on a variety of topics to expand your world. These programs are free and in the Oak Room at 1 pm on the third Saturday of the month. This month, Youth Librarian Terri Wortman talks about her experience last summer riding her bike across the U.S.

This free talk is on Saturday, Jan. 21, 1–3 pm, in the Oak Room.



Weekly Sunday Game Days

Board games, cards, and chess! Play one of our board games, or bring your own. Meet fellow gamers and have fun at this informal event that is open to all ages including children with a parent or caregiver.

Every Sunday, 1–6 pm. Game space available behind the Reference Desk. Learn more at: www.WilsonvilleLibrary.org/games

Adult Winter Reading Program Starts Jan. 3

Read books and win prizes during the dark dreary winter months. The fun starts Tuesday, Jan. 3. Pick up forms at the Library, or download them from our website:

www.WilsonvilleLibrary.org/AWRP



Upcoming Classes and Events

Library Closures

Sunday, Jan. 1, Monday, Jan. 2 and Monday, Jan. 16

First Friday Film

Friday, Jan. 6, 6–8 pm
www.WilsonvilleLibrary.org/films

Book Club

Author Comparison: James A. Michener and "Founding Mothers" by Cokie Roberts
 Thursday, Jan. 12, 6–8 pm
www.WilsonvilleLibrary.org/bookclub

Teen Event: TBA

Friday, Jan. 13, 6:30–8:30 pm
www.WilsonvilleLibrary.org/teens

Book Notes Concert:

Ensemble de Organographia
 Ancient Greek music on period instruments
 Saturday, Jan. 14, 2–3 pm
www.WilsonvilleLibrary.org/concerts

K-2 Book Adventures

Thursday, Jan. 19, 4–4:45 pm
www.WilsonvilleLibrary.org/kids

Sábado de Cine (Spanish Movie Saturday)

Fun, animated family film in Spanish with English subtitles
 Saturday, Jan. 28, noon–2 pm
www.WilsonvilleLibrary.org/kids

Visit our website for more events:
www.WilsonvilleLibrary.org

County Seeks Volunteers for Victim Assistance Program

While attempting to heal wounds from abuse, overcome loss due to homicide, or repair damage from a home invasion, moving forward can be overwhelming for someone whose life has been changed by crime. To varying degrees, the life of a victim of crime is changed forever – they are never the same and now experience a ‘new normal.’

The Clackamas County District Attorney’s Office – Victim Assistance Program is seeking Volunteer Victim Advocates who are interested in assisting people who have become victims of crime.

A Volunteer Victim Advocate must have the ability to empathize and care about others, possess good listening skills, ability to rapid problem solve, be at least 18 years of age, have reliable transportation and no criminal background.

Victim Advocates provide crisis intervention, call out response to an Emergency Room, school or with

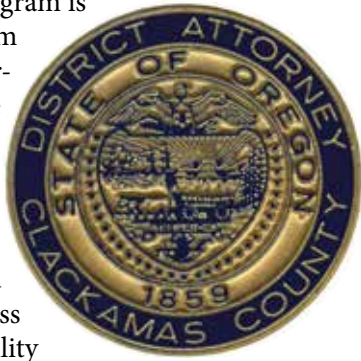
Victim Assistance Program is seeking Volunteer Victim Advocates who are interested in assisting people who have become victims of crime.

Law Enforcement, follow-up support, keep victims informed of their case status, accompany victims to court, encourage them

to exercise their statutory victim rights and making community referrals.

Applications are currently being accepted for the April 2017 class. All accepted applicants will receive training to prepare them to be a Volunteer Victim Advocate.

For more information or to download an application; visit www.clackamas.us/da/victimassist.html or contact Krysti Bellmore @ 503-655-8616 – krystibel@co.clackamas.or.us.



Chief Jeff Smith Thanks Community for Opportunity to Serve

It is with some regret that after three years serving as your Chief of Police here in Wilsonville, I must inform you all that I have been offered, and have accepted, a position as the Captain of the Detectives Division with the Clackamas County Sheriff’s Office.



Police Chief Jeff Smith

In my new position, I will be privileged to supervise a staff of 56 law enforcement professionals and, while I welcome that new challenge, I will miss working for the Wilsonville Police Department and with the citizens of this great community.

My time here has been immensely rewarding and the highlight of my career. I have met many of you, either while out on patrol or at a special event such as a summer BBQ, the Kiwanis Kids’ Fun Run, Fun in the Park, National Night Out, one of the Summer Rotary Concerts or any of the other events I generally attended throughout the year.

My departure will bring you a new Chief, whom I personally had a hand in selecting. I would like to take this opportunity to announce the appointment of Adam Phillips as your new Chief of Police. He comes to Wilsonville with more than 20 years of police experience after having served as a teacher with

the Centennial School District. His police experience includes patrol, motorcycle traffic enforcement, Public Information Officer, Detective, Sergeant and Shift Commander.



Outgoing Police Chief Jeff Smith (left) passing the Police Chief’s badge to incoming Police Chief Adam Phillips.

I hope you get a chance to meet Chief Phillips. We are fortunate to have him and I am sure you will find him to be the type of positive influence the Wilsonville Police Department has always strived to attract. Welcome aboard, Chief Phillips!

Jeff Smith, Former Wilsonville Chief of Police

Whom to Call for Police Services

Dial: 9-1-1

- Life threatening emergencies
- Crimes in progress

Non-Emergency Dispatch: 503-655-8211

- A non-emergency situation, but you request the service of a police officer by phone or in person.



Wilsonville Police Office: 503-682-1012

- Any resource information or questions
- Lost and found items
- Temporary OLCC permits and related questions

Other Useful Contacts:

- City Code Enforcement: 503-570-1572
- Abandoned Vehicles on private property: 503-682-4960; on public property: 503-655-8211
- Dog Control: 503-655-8628
- Municipal Traffic Court: 503-570-1587
- Parking Violations: 503-655-8211
- Traffic Complaints: 503-655-8211

SMART

SOUTH METRO AREA REGIONAL TRANSIT

29799 SW Town Center Loop E. (mail)
28879 SW Boberg Road (office)
503-682-7790
smart@ridesmart.com
www.RideSMART.com

Holiday Service Hours

Martin Luther King Jr. Day
Monday, Jan. 16

Regular Bus Service
SMART offices closed

President’s Day
Monday, Feb. 20

Regular Bus Service
SMART offices closed

Walk Smart

Help us plan for 2017

Take our three-minute survey

www.ridesmart.com/2017walks

Get ETA SPOT App to Track SMART Bus Service and Alerts

When the weather turns cold many transit riders prefer to stay indoors as long as possible before going out to catch the SMART bus. To help time when to arrive SMART riders should download the ETA SPOT app or visit www.ridesmart.com/bus from any computer. The service offers users real-time bus locations to see when the bus will arrive, rider alerts and potential closure announcements.

Another way to stay informed is by signing up to get text message or e-mail alerts sent directly to a phone by registering an e-mail address or mobile phone number online at Ridesmart.com/notifyme.

To download the ETA SPOT app on a phone, simply visit the App Store or Google Play; search for ETA Spot; download the free app; and open the app and set SMART as the transit provider.

For more information visit www.RideSMART.com.



SMART Tips for a Heathy and Happy New Year

Perhaps you have set a goal to lose weight or become more active in 2017. There are many simple ways to incorporate physical activity into your day. Think Transportation Options! Here are a few SMART ideas to help you reach common goal:

1) **For shorter trips, walk or bike:** Riding your bicycle one hour per week could burn an extra 500 calories.



2) **Ride the bus or train:** Recent studies show that transit commuters tend to be more active than automobile commuters because they walk to and from their bus stops, adding more exercise to their daily routines.

3) **Walk at Lunch:** Go for a brisk 20-minute walk during your lunch break to recharge your batteries and burn a few extra calories. Walking helps rev-up



your metabolism and helps you feel more productive throughout your day.



Remember that every step counts. SMART wishes you a healthy and happy New Year!

Wilsonville Celebrates the Holiday Season with Fun Festivities

Community Tree Lighting

Families and friends gathered at the annual event on Nov. 30.

Reindeer Romp and Bullwinkles Bash

Hundreds gathered on Dec. 3 to exercise and play at the Parks and Recreation's annual event.



29600 SW Park Place
Parks Programs: 503-783-7529
Community Center: 503-682-3727
www.WilsonvilleParksandRec.com

Registration Now Open!

Registration for the winter and spring session of classes and programs is now open. Classes begin the first part of January and many programs do fill to capacity so if you are interested, early registration at www.WilsonvilleParksandRec.com is encouraged! Activities for all ages can be viewed and registered for online.



Reservations for park facilities will be accepted starting in March.

Chalk Paint Projects

Wilsonville is proud to announce a new partnership with instructor Theresa Okamura. Theresa is a self-taught painter and refinisher of wood furniture who also creates signs out of aged fencing and pallets.

Three workshops are being offered this season with the first one being an Oregon sign (see example to right). The class takes place on Saturday, Jan. 28, 10 am–1 pm.



All supplies are provided and each class includes a finished project. More information and other class examples can be found on page 23 of the Activity Guide or on our website.

New Classes Highlight 2017 Program Offerings

Wilsonville Parks and Recreation is excited to announce the addition of new programs for the winter/spring session.

For children, Soccer Shots, a Saturday morning soccer program for 2–8 year olds, moves indoors to the Community Center for the winter session. Additionally, two new spring break camps are being offered this year. Intro to Survival Camp is open to 6–9 year olds and Skyhawks Basketball is open to 7–12 year olds.



For adults, the department's wellness offerings have expanded to include Yin/Yang Yoga on Thursday nights and Slow Vinyasa Yoga on Saturday mornings. Don't worry, favorites like Healthy Bones and Balance, Tai Chi, as well as both Pilates and Body Sculpt are still part of the program offerings. Former customer favorites, like Line Dance and Everyone is an Artist—Exploring Watercolor, make a return for the winter/spring session.

Registration for all programs is available online at WilsonvilleParksandRec.com. Many programs fill to capacity so registering early is strongly advised!

Daddy Daughter Dance - Hawaiian Luau

Dads and father figures, grab that special girl and come out for this year's Daddy Daughter Dance. The event takes place on Friday, Feb. 24 at the Wilsonville Community Center beginning at 7 pm. There are unlimited pictures in a photo booth and prizes are being given away all night.



This event sells out so register now at WilsonvilleParksandRec.com/Dance.

Upcoming Classes and Events

Fit Girls!

Ages 11 and older
Mondays, Jan. 2–Feb. 20
7–8 pm
Community Center
\$59

Soccer Shots

Saturdays, Jan. 7–March 11
Community Center
\$170
Ages 2–3
9–9:30 am
Ages 3–4
9:40–10:15 am
Ages 4–5
10:25–11:00 am
Ages 5–8
11:15 am–12:00 pm

Slow Vinyasa Yoga

Ages 18 and older
Saturdays, Jan. 14–March 4
9–10 am
Tauchman House
\$59

Exploring Watercolor

Ages 18 and older
Mondays, Jan. 23–March 20
1–3 pm
Community Center
\$55

Zumba®

Ages 18 and older
Wednesdays, Jan. 25–March 15
5–5:45 pm
Community Center
\$55

Our History: Walt Morey Feb. 3, 1907–Jan. 12, 1992

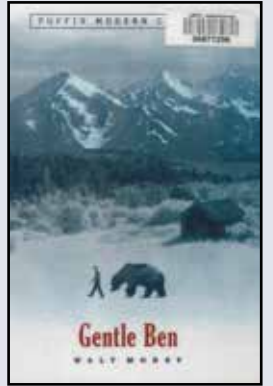


This Boones Ferry Historical Society photo shows Walt Morey and his wife in their home in Wilsonville. Morey wrote and published 18 books including *Gentle Ben* which in the late '60s was made into a movie and TV show. After Morey died on Jan. 12, 1992 the river-front land and home was sold and developed into Morey's Landing and Walt Morey Park.

Books Written by Walt Morey

Walt Morey lived much of his life and wrote most of his books while living in Wilsonville until he died on Jan. 12, 1992. The following is a list of all 18 of the books that Morey published in his lifetime:

- No Cheers, No Glory (1945)
- Gentle Ben (1965)
- Kävik the Wolf Dog (1968)
- Angry Waters (1969)
- Runaway Stallion (1970)
- Gloomy Gus (1970)
- Deep Trouble (1971)
- The Bear of Friday Creek (1971), illustrated by Derek Collard
- Scrub Dog of Alaska (1971)
- Canyon Winter (1972)
- Home is the North (1973)
- Run Far, Run Fast (1974)
- Operation Blue Bear (1975)
- Year of the Black Pony (1976)
- Sandy and the Rock Star (1979)
- Hero (1980)
- The Lemon Meringue Dog (1980)
- Death Walk (1991)



In Morey's honor the Library has the Walt Morey Children's Room where visitors of all ages can learn about him and see his typewriter.

TVF&R Encourages You to Make 2017 a Heart-Healthy Year

With the holiday season past and the new year upon us, January is a natural to be thinking about family and what the New Year may bring. Why not place heart health at the top of your new year's resolution list for 2017?

Chest pain, shortness of breath or discomfort in your arms, back or jaw can easily be attributed to the stress and strain of the season and not recognized as signs of an oncoming heart attack.

The winter holiday season can be a particularly dangerous time to ignore these signs and delay treatment.

An American Heart Association study stated, "The number of cardiac deaths is higher on Dec. 25 than on any other day of the year, second highest on Dec. 26, and third highest on Jan. 1." In the 2004 national study, researchers at the University of California, San Diego, and Tufts University School of Medicine studied 53 million U.S. death certificates from 1973 to 2001 and found an overall increase of 5 percent more heart-related deaths during the holiday season.

A number of factors can contribute to a higher rate of cardiac deaths during the holidays, but one thing is certain, delaying treatment and ignoring the signs and symptoms can be deadly.

Tualatin Valley Fire & Rescue encourages you to call 911 immediately if you or a family member experiences the following symptoms:

- 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 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 light-headedness.

TVF&R's highly trained paramedics can diagnose if a heart is failing and start treatment on the scene. Calling 911 right away will connect you with trained call-takers who will immediately dispatch emergency responders. Visit www.tvfr.com to learn more.

Tips for a Heart-Healthy Life

TVF&R encourages you to make this a heart-healthy 2017. Here are some tips to living a heart-healthy life:

- Carve out time to take care of yourself — that includes a good night's rest and exercise.
- Start each day with a healthy breakfast.
- If you plan to eat a big meal, eat a lighter lunch and healthy snack before you go so that you don't arrive hungry.
- If you plan to attend a party or go out for a meal, challenge yourself to eat only healthy meals.
- Invite others to enjoy physical activities with you. Exercise is good for your heart and a great way to relieve stress. The American Heart Association infographic below provides weekly exercise recommendations for adults.

Heart Healthy Foods from the American Heart Association

At the heart of a healthy lifestyle is good nutrition. Making smart food choices can help reduce your risk of heart disease and stroke. The good news is, eating right doesn't have to be hard or require a special diet.

Here are some simple tips to help you and your family follow an overall healthy dietary pattern.

INCLUDE

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Nuts and seeds
- Fish (preferably oily fish high in omega-3 fatty acids), skinless poultry, and plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and non-tropical oils



LIMIT

- Sodium and salt
- Saturated fat
- Sweets and added sugars, including sugar-sweetened beverages
- Red meats – if you choose to eat red meat, select lean cuts

AVOID

- Trans fat and partially hydrogenated oils

TIPS

- Choose wisely, even with healthier foods. Ingredients and nutrient content can vary by brand and preparation.
- Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.
- Watch your calorie intake. To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consume fewer calories or burn more calories.
- Eat reasonable portions. Often this is less than you are served.
- Eat a wide variety of foods to get all the nutrients your body needs.
- Prepare and eat healthier meals at home. You'll have more control over ingredients.
- Look for the Heart-Check mark to easily identify foods that can be part of an overall healthy diet.

Learn more about heart health from the American Heart Association at www.heart.org.

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **OR** At least **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **OR** At least **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity At least **2** days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate-to-vigorous aerobic activity **3-4** days per week

© 2016 Learn more at heart.org/ActivityRecommendations.

Reports from City Boards and Commissions

Council Tentatively Approves Changes to Franchise and Right-of-Way Rules and Welcomes New Police Chief

On Dec. 5, the Wilsonville City Council held a public hearing and first reading, tentatively approving an ordinance that amends the City's right-of-way and public-easement management section of City Code. The Council voted to keep the record open to provide additional time for public comments until the second reading of the ordinance at the City Council meeting on Monday, Dec. 19. The ordinance clarifies the method of determining the fees to be charged by the City for use of the public right-of-way by utility providers that may or may not provide service to Wilsonville customers. In particular the code amendments are needed to clarify how to calculate and assess the fees the City will charge for the four miles of 66-inch-diameter water pipeline being planned and constructed to pass through Wilsonville to provide water to Tualatin Valley Water District and City of Hillsboro customers.

The City Council also agreed to continue until a future meeting a resolution regarding adoption of an Intergovernmental Cooperative Agreement pertaining to the transfer of roadway authority from Clackamas County to the City for portions of Stafford and Advance Roads.

During the Communications portion of the meeting City Manager Bryan Cosgrove presented board members of Wilsonville Community Sharing a ceremonial check in the amount of \$5,000, representing the total

amount of funds raised by City staff and City-sponsored projects donated in 2016 to the local nonprofit food bank and social service agency.

Also during the Communications portion of the meeting departing Wilsonville Police Chief Jeff Smith introduced and then passed his badge to the newly-appointed Wilsonville Police Chief Adam Phillips, who has 20 years of professional law-enforcement experience with the Clackamas County Sheriff's Office.

On the Consent Agenda the Council adopted The Canvass of Votes for the Nov. 8, 2016, general election that certifies the final voting results provided to the City Recorder by the County Clerks of Clackamas and Washington counties.

During work session prior to the meeting, City Council heard reports and held discussions regarding the now-underway project that studies the potential development of a publicly-owned fiber optics network for potential commercial and residential use in Wilsonville. The Council also heard presentations from six different graphic designers about 15 logo concepts in order to identify a potential new logo for adoption by the City.

Community members are able to watch a replay of all or a portion of the City Council meetings on Comcast/Xfinity Ch. 30, Frontier Ch. 32 or on the City's video-on-demand service at www.ci.wilsonville.or.us/WilsonvilleTV.

City Leaf Drop-Off Day Raises \$441 for Wilsonville Community Sharing



Board members from Wilsonville Community Sharing and City staff in safety vests (l to r): Michelle Ripple, Manny Ghiselline, Sean Byrne, Taft Mitchell and Ralph Thorp at the City and Republic Services sponsored Leaf-Drop Off Day which raised \$441 for Wilsonville Community Sharing, the local food bank and social service referral agency.

Council Approves Contract for Outfall Project and Extends Deadline to Apply for Board and Commission Positions

At the Nov. 21, City Council meeting the Council approved a resolution authorizing the City Manager to enter into a contract with CH2M Hill Engineers, Inc., to provide final design and bid phase support for the Wastewater Treatment Plant Outfall Replacement Project. The purpose of the project is to replace a failing 40-year-old corrugated metal outfall pipe the runs from the treatment plant to the river. The project also includes the installation of a new diffuser to disburse and cool the treated effluent when being released into the river. Completion of the repair project is required by the Oregon Department of Environmental Quality and is expected to be done by next fall. The new outfall pipe and diffuser has a capacity of up to 7 million gallons a day to meet current needs and support future growth in the city.

The City Council also agreed to extend the deadline to apply for 11 different openings on various City boards and commissions until Friday, Dec. 30, 4:30 p.m. The extension provided community members additional time to submit applications for the open positions. There were openings to serve on the Budget Committee, Development Review Board (Panel A and Panel B), Parks and Recreation Advisory Board, the Planning Commission and Tourism Promotion Committee.

During work session prior to the meeting, City Council heard reports and held discussions regarding the Year 2000 (Eastside) Urban Renewal District and also on the Transit Master Plan which seeks to identify and recommend enhancements to the City's public transit system.

Get Up to Five Free Trees

To promote healthy cool streams in Wilsonville, the City offers community members and local property owners up to five free native tree seedlings to plant on their property. The City encourages plantings along streams and other water bodies to reduce stream temperature and pollutants. The trees are obtained at a local nursery.



For more information and to get a tree coupon for five trees, contact Luke Bushman, Stormwater Coordinator, at 503-570-1552; bushman@ci.wilsonville.or.us.

Upcoming on the Council Agenda

The following issues are tentatively scheduled for consideration and or discussion by the City Council during January. Scheduling changes can and do occur; check for updated meeting information on the City's website, www.ci.wilsonville.or.us.

Thursday, Jan. 5: Liaison appointments; Town Center Plan task force; external committees; Frog Pond infrastructure funding; Memorial Park Dog Park/Community Garden parking lot; Swear In Newly Elected Mayor and Council Members; Martin Luther King Jr. Day proclamation; ground lease agreement; Water Treatment Plant master plan update; Residential Parking Program; employment contract for Judge Weinhouse; and road maintenance fees.

Thursday, Jan. 19: 2017-18 State Legislative agenda; Planning Permit fees; City Attorney's contract; Residential Parking Permit program second reading; road maintenance fees

Planning Commission Update

The Planning Commission meeting on Wednesday, Dec. 14, was cancelled due to inclement weather and was rescheduled to Thursday, Dec. 22. At the meeting the Commission planned to hear reports and discuss the Wilsonville Town Center Plan Public Involvement plan, an update on the Frog Pond Master Plan and the Transit Master Plan.

Development Review Board Update

On Dec. 12, DRB Panel A was cancelled due to inclement weather. The next meeting of DRB Panel A is planned for Monday, Jan. 9, 6:30 pm at City Hall.

The DRB Panel B meeting originally scheduled for Nov. 28 was cancelled due to a lake of agenda items. The next of DRB Panel B is planned for Monday, Jan. 23, 6:30 pm at City Hall.

Library Board Update

The next regular meeting of the Library Board is scheduled for Wednesday, Jan. 25, 6:30 pm, at the Library.

City Seeks Feedback on Updated Water Treatment Plant Master Plan

The City of Wilsonville, in partnership with the Willamette Water Supply Program (WWSP) is completing a master plan update for the Willamette River Water Treatment Plant. The master plan update identifies long-range water needs for the City and

Planning Commission Hearing Water Treatment Plant Master Plan Update
• Weds, Feb 8, 6 pm
City Hall, Council Chambers

WWSP, the treatment technologies to be used and the capital improvements needed to meet these future goals.

The Wilsonville Planning Commission is to receive a briefing on Jan. 11, and hold a formal public hearing and receive public comments on the master plan update at the commissions' meeting on Feb. 8, 2017, 6 p.m. at City Hall, 29799 SW Town Center Loop East.

The public is also invited to review and provide comments on the master plan update through an on-line virtual open house located at www.ci.wilsonville.or.us/WTPMPupdate.

For information on the Willamette Water Supply Program, please visit OurReliableWater.org. For more information on the master plan update, contact Eric Mende, PE, Capital Projects Engineering Manager, at 503-570-1538; mende@ci.wilsonville.or.us.

Did you know...

You can ride the

SMART
SOUTH METRO AREA REGIONAL TRANSIT

bus for free anywhere in

Wilsonville!

For more info, see RideSmart.com

Rotary's 2017 Heart of Gold Celebration Honors Volunteers

The 16th annual Rotary Club of Wilsonville Heart of Gold Celebration is being held Saturday, Feb. 25, at the Holiday Inn Wilsonville, 25425 SW 95th Ave. Doors open and the silent auction begins at 5 pm, with the awards dinner and live auction following at 7 pm.

This year, the club chose a Hawaiian theme for the event: "Mahalo to You." The Hawaiian word "mahalo" means "thanks," "gratitude" or "respect."

"The theme recognizes how we feel about community volunteers as well as the club's supporters," Club President Richard Martens said. "People attending the event are encouraged to dress either formally or in Hawaiian/Aloha wear — or both, if they can pull that off!"

Tickets are \$60 per individual, \$120 per couple or \$480 per table of eight and are available for purchase online at www.wilsonvilleheart.com.

Every year, the Heart of Gold Celebration recognizes local volunteers, including one individual or couple who is chosen for Wilsonville's highest volunteer honor — the First Citizen Award. The nomina-



2015 First Citizens Sherine and Jaimy Beltran with Rotary Club past President Kyle Bunch.

tion process was held in December and finalists are to be announced in January.

The Heart of Gold Dinner and Auction celebrate Wilsonville's volunteers and the Rotary's many service projects:

- Wilsonville Chess Program for youth at local elementary schools help with analytical skills, attention and patience
- International service projects and End Polio Now are improving and saving lives across the globe
- Omelet Breakfasts at Wilsonville elementary and middle schools raise funds to support local education programs.
- Scholarships for local high school students provide college opportunities for our diverse students.
- Wilsonville Rotary Summer Concerts unite and entertain the community while also raising money for polio eradication.
- Through A Child's Eyes program helps Coffee Creek inmates be better parents both before and after release by hosting a summer event for the children of the inmates so they can bond and spend quality time with their children.

At the 2016 Heart of Gold Celebration, Sherine and Jaimy Beltran were honored with the First Citizen Award. Prior winners include Donna Bane, Kathryn Whittaker, Jay Puppo, Dick Spence, Debi Laue, Lonnie and Julie Gieber, Theonie Gilmore, Anne Easterly, Ron Anderson, Bob and Judy Woodle, Alan Kirk, Doris Wehler, Sue Ludlow, John Ludlow, Charlotte Lehan and Dr. Laura LaJoie Bishop.

For tickets to the event and more details visit www.WilsonvilleHeart.com.

Oregon Tech Names Dr. Nagi Naganathan as 7th President

The Oregon Institute of Technology (Oregon Tech) Board of Trustees today named Dr. Nagi Naganathan as its seventh president, after conducting a national search. Dr. Naganathan is currently Dean of the College of Engineering at the University of Toledo, a position he has held since 2003. Naganathan succeeds Dr. Jay Kenton who has been Interim President since July 1 after former president Dr. Chris Maples chose not to renew his contract earlier this year.



Dr. Nagi Naganathan

Chair of the Oregon Tech Board of Trustees, Dr. Lisa Graham, said, "The Board is very excited about Dr. Naganathan leading Oregon Tech to its next level of innovation and service to students."

Dr. Naganathan has helped universities excel in some of the strategic opportunities we are beginning to engage in, like industry partnerships, additional market-driven degree offerings, diversifying our revenues and fundraising, and always seeking affordability and excellence for students."

Naganathan is expected to begin his tenure as president of Oregon Tech in the spring of 2017. Dr.

Oregon Tech has so many unique and high value assets and opportunities at this point in its history. Engaging with everyone to take the university to its next level of excellence is a venture I can't wait to begin

Naganathan said, "I'm excited about joining Oregon Tech and extend my thanks to the Board, Search Committee, faculty, staff and students for your trust and warm welcome. Oregon

Tech has so many unique and high value assets and opportunities at this point in its history. Engaging with everyone to take the university to its next level of excellence is a venture I can't wait to begin."

Dr. Naganathan has 22 years of academic leadership experience and currently serves as the Dean of Engineering at The University of Toledo (UT), a role he has had since 2003. Dr. Naganathan also served as Interim President of UT from 2014-15 as well as the chief administrator of its academic medical center (UTMC), which includes a hospital and many other positions in academia as a Interim Dean of Engineering; Professor and Founding Chair of Mechanical, Industrial & Manufacturing Engineering; Interim Chair of Mechanical Engineering; and Assistant/Associate Professor of Mechanical Engineering.

Dr. Naganathan received his Ph.D. from Oklahoma State University; his M.S. in Mechanical Engineering from Clarkson University; and his B.E. in Mechanical Engineering from the National Institute of Technology, Tiruchirappalli, University of Madras, India.

City Studies Publicly-Owned Fiber Optics Network

The City of Wilsonville is seeking input from community members and local businesses on whether to invest in developing a publicly-owned fiber optics network for residential and commercial use. To gather input an online survey and open house are available at www.ci.wilsonville.or.us/Fiber until Jan. 31.

The goal of the assessment is to determine whether the community has a need for, and supports, City investment in development of a publicly-supported fiber optics network and if so, the plan intends to identify steps and strategies to fund and build such a network.

Many cities in the region and throughout the United States already have developed publicly-owned

fiber optics infrastructure. These types of networks are created in order to provide community members and local businesses more competition, faster internet service, access to other cost-effective technology solutions and increased bandwidth. Such networks also serve as an economic development incentive to attract high-tech and other types of companies to a city or region.

CTC Technology and Energy (CTC), an independent technology-consulting firm with over 30 years of experience with public and non-profit entities, is leading and advising the City on the project.

City staff and consultants are also planning to hold discussions with local business representatives, City leaders and staff to gather further input.

For information, contact Andy Stone, Interim IS Manager, at 503-570-1532; astone@ci.wilsonville.or.us, or visit www.ci.wilsonville.or.us/Fiber.

Fiber Optic Network Survey and Online Open House
• Survey, Ends Jan 31,
ci.wilsonville.or.us/fiber

Patty Brescia Bids Farewell to Wilsonville and Community Center

Parks and Recreation Senior Program Manager Patty Brescia has accepted a new position with the Tualatin Hills Parks and Recreation District in Beaverton. Patty worked primarily in the Wilsonville Community Center and was responsible for managing, not only the Center, but also all many other programs offered in and outside of the building. In addition Patty was also responsible for community events such as the Reindeer Romp, WERK Day and the annual Harvest Festival.

Before departing Brescia shared, "I have been offered an opportunity for a new position at Tualatin Hills Parks and Recreation District, (in Beaverton, close to home). While my new job will offer me new opportunities, I am very grateful to have had the

privilege to know and work with you all for the past 12 years. I have learned a lot, and I thank you all for all the good that you do. I'm happy to know that our citizens are in very capable hands. I wish you all the very best."

Acting Parks and Recreation Director Jeanna Troha states, "Patty has been a great employee for the City and strong advocate for the needs and programs that serve not only the seniors in our community, but people of all ages. Patty has been instrumental in the delivery of our programs and we wish here nothing but success in her new role with THPRD."

Parks and Recreation Program Coordinator Brian Stevenson is serving as Interim Program Manager until a full-time replacement is identified for the role.



City staff gather with Patty Brescia (in center with red vest) to wish her farewell and good luck in her new position.

End Hunger Locally by Donating to Wilsonville Community Sharing!

Donate by check:
Wilsonville Community Sharing
28925 SW Boberg Rd
PO Box 205
Wilsonville, OR 97070

Sign up for a one-time or monthly donations at:



www.WilsonvilleCommunitySharing.org

Wilsonville Community Sharing is a non-profit social service referral agency that operates the community food bank and connects families in need with a variety of resources including financial assistance for those who need help with their water, gas, and electric bills.

Scouts to Pick Up and Recycle Christmas Trees, Saturday, Jan. 7

Want to recycle your Christmas tree with the scouts? It's easy! On Saturday, Jan. 7, the Boy Scouts, Cub Scouts and Girl Scouts in the Wilsonville Area are recycling Christmas trees. If you live in a Wilsonville neighborhood, please have your tree on the curb no later than 8:30 am, Jan. 7 and the scouts will pick up your tree and collect your donation. Wilsonville residents may also drop off trees at the Wilsonville City Hall parking lot (behind Goodwill), 9 am–11:30 am. For more information contact Cathy Scoggins, Scouting for Trees coordinator, at 971-400-0998.



Art Exhibit at CCC Wilsonville

Beginning Jan. 9 the Wilsonville campus of Clackamas Community College, 29353 Town Center Loop East, is featuring sculptures and paintings from artists Steve and Toni Tyree.

Steve, the sculptor, creates small steel animals, using the welding skills he had acquired while working at this brother's auto body shop.



Toni, a painter and mixed media artist, paints landscapes using vibrant and uplifting watercolors and oil.

The exhibit runs Jan. 9–March 17 in the college's gallery that is open Monday through Friday, 7 am–5 pm. For more information about the exhibit, contact Joyce Gabriel at 503-594-0950 or joyceg@clackamas.edu.

WilsonvilleStage Prepares to Present The Laramie Project

WilsonvilleStage presents The Laramie Project, Feb. 16–March 4, which is a play about the 1998 brutal "hate murder" of Mathew Shepard in Laramie-Wyoming. Author-Artistic Director, Moises Kaufman, and members of NYC Tectonic Theater, went to Laramie to interview 200 citizens, thus creating this poignant, powerful play.



During Jan. 5–7, WilsonvilleStage is holding auditions for the play at the Wilsonville Campus of Clackamas Community College, 29353 SW Town Center Loop East, Room W108B. On Thursday, Jan. 5 and Friday, Jan. 6, the auditions are being held 6:30–9:30 pm and on Saturday, Jan. 7, 12–4 pm at the college.

To audition actors are asked to prepare and present a one-minute dramatic monologue. The local theater company seeks four men and four women who are at least 17 years old and capable of each portraying five to six characters in the play. For more information e-mail wilsonvillestage@aol.com.

Time to Register for Wilsonville Youth Lacrosse

Wilsonville Youth Lacrosse invites both boys and girls in grades 1–8 to register now for the upcoming 2017 youth lacrosse season. The club welcomes players of all abilities! Register your youth player as early as possible since space may be limited due to coach availability.

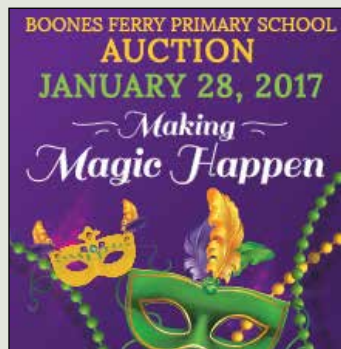


Registration closes Jan. 31, 2017, go to www.WilsonvilleLacrosse.com to sign up.

For more information on both the girls and boys season e-mail Wilsonville Youth Boys Director Grady Nelson at boys@wilsonvillelacrosse.com.

Auction Benefits Boones Ferry Primary School

The Boones Ferry Primary School Parents and Staff for Students is holding the 5th biennial fund-raiser and auction on Saturday, Jan. 28, 6 pm–1 am at Wilsonville's Holiday Inn, 25425 SW 95th Ave.



The fun-filled event includes:

- Wine and beer tasting
- Silent auction with lots of great items
- Tasty and filling hors d'oeuvres
- Live auction full of amazing items
- Dessert auction
- Music, dancing and a photo booth

All proceeds from the event benefit Boones Ferry Primary School students and programs. For tickets and information visit www.boonesferryppss.org.

Swearing-In Ceremony to be Held Jan. 5

Members of the public are invited to attend a Swearing-In Ceremony for Mayor Tim Knapp, City Councilor Susie Stevens and City Councilor-elect Kristin Akervall on Thursday, Jan. 5, 2017 at 7 p.m. at City Hall in the Council Chambers, 29799 SW Town Center Loop East in Wilsonville.

Following the ceremony and oath of office, led by the honorable Municipal Court Judge Michael Gleeson, the City Council is planning a brief recess to celebrate the occasion with cake and punch.

Mayor Tim Knapp and City Councilor Susie Stevens were both reelected in November to serve four-year terms of office that run through December 31, 2020. City Councilor-elect Kristin Akervall was elected in November to serve a four-year term that runs through Dec. 31, 2020 as well.



City Councilor-Elect Kristin Akervall

Wilsonville City Council

The City Council usually convenes on the first and third Monday of the month at City Hall, with work session generally starting at 5 pm and meeting at 7 pm. Meetings are broadcast live on Comcast/Xfinity Ch. 30 and Frontier Ch. 32 and are replayed periodically. Meetings are also available to stream live and by video-on-demand at www.ci.wilsonville.or.us/WilsonvilleTV. Public comment is welcome at City Council meetings.



Tim Knapp
Mayor

knapp@ci.wilsonville.or.us



Scott Starr
City Council President

scottstarr97070@gmail.com



Susie Stevens
City Councilor

stevens@ci.wilsonville.or.us



Charlotte Lehan
City Councilor

lehan@ci.wilsonville.or.us



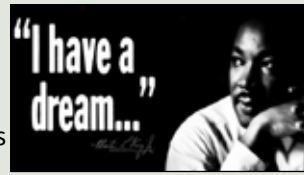
Kristin Akervall
City Councilor

akervall@ci.wilsonville.or.us

City Calendar

JANUARY

1 Sun	• New Year's Day
2 Mon	• New Year Holiday, City Offices CLOSED
3 Tue	• Municipal/Traffic Court, 5 pm, City Hall
5 Thurs	• City Council, City Hall, 5 pm - Work Session 7 pm - Meeting
9 Mon	• Wilsonville Community Seniors Inc., 1–3 pm, Wilsonville Community Center • DRB Panel A, 6:30 pm, City Hall
11 Wed	• Planning Commission, 6 pm, City Hall
16 Mon	• Martin Luther King Holiday, City Offices Closed
17 Tue	• Municipal/Traffic Court, 5 pm, City Hall
18 Wed	• Citizens Academy, 6–9 pm, City Hall
19 Thurs	• City Council, City Hall, 5 pm Work Session, 7 pm Meeting
23 Mon	• DRB Panel B, 6:30 pm, City Hall
25 Wed	• Library Board, 6:30 pm, Wilsonville Public Library February



FEBRUARY

6 Mon	• City Council, 5 pm - Work Session, 7 pm - Meeting, City Hall
7 Tue	• Municipal/Traffic Court, 5 pm, City Hall
8 Wed	• Wilsonville Community Seniors Inc. Advisory Board, 1–3 pm, Wilsonville Community Center • Planning Commission, 6 pm, City Hall
13 Mon	• DRB Panel A, 6:30 pm, City Hall
16 Thurs	• Citizens Academy, 6–9 pm, City Hall
20 Mon	• Presidents Day Holiday, City Offices CLOSED
21 Tue	• Municipal/Traffic Court, 5 pm, City Hall
22 Wed	• Library Board, 6:30 pm, Wilsonville Public Library
23 Thurs	• City Council, City Hall, 5 pm - Work Session, 7 pm - Meeting
24 Fri	• Daddy Daughter Dance, 7 pm, Wilsonville Community Center
27 Mon	• DRB Panel B, 6:30 pm, City Hall

All dates and times are tentative; check the City's online calendar for schedule changes at www.ci.wilsonville.or.us.

Dads: Get Your Tickets for the Daddy Daughter Dance

Tickets for the ever-popular Daddy Daughter Dance on Friday, Feb. 24, 7 pm at the Wilsonville Community Center are available at www.WilsonvilleParksandRec.com/Dance.



City Manager

Bryan Cosgrove
503-570-1504
cosgrove@ci.wilsonville.or.us

Wilsonville City Hall

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Wilsonville, OR 97070
Phone: 503-682-1011 Fax: 503-682-1015
Web: www.ci.wilsonville.or.us
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City Council: 503-570-1501; council@ci.wilsonville.or.us
Police Non-Emergency Dispatch: 503-655-8211

