

- [Email \(HTML\)](#)
- [Email \(Plain Text\)](#)

From: City of Sammamish <sammamish@service.govdelivery.com>
Subject: City News, Events & Updates: Your weekly eNews from the City of Sammamish

See our volunteer opportunities in the month of February!



City Calendar

Month of February | [Love Rocks](#)

February 14, 2022 | [Valentine's Day - Virtual Relaxation Meditation](#)

February 15, 2022 | [City Council Regular Meeting](#)

February 16, 2022 | ["Celebrate Love" - Virtual Origami Lesson](#)

February 17, 2022 | [Mid-Winter Break - Volunteer At Northeast Sammamish Park](#)

February 18, 2022 | [City Council Mini-Retreat](#)

Current City News and Information

[Sammamish Parks & Recreation Newsletter - February 2022 Edition](#)

[Update on Republic Services Customer Credits for Klahanie Residents](#)

[UPDATE: Two Home Invasion Robberies in Aldarra and Trossachs Neighborhoods](#)

[Update on Republic Services customer credits for Sammamish collection disruption in January, 2022](#)

[Postponed: Four-month closure of westbound SR 520 on-ramp from Redmond Way/SR 202 starting in February 2022](#)

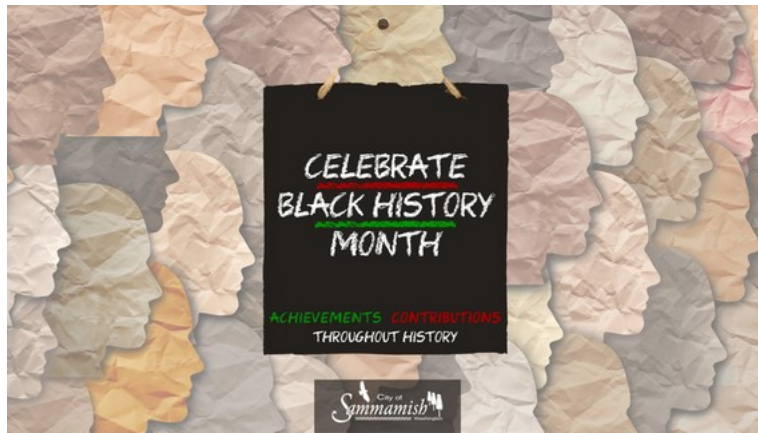
To book the *Community Van* or *Community Ride*, please visit [Connect Sammamish's Mobility Hub](#)

For COVID-19 updates, visit [COVID-19 information hub](#)

For weather-related events and *Wildfire Awareness, Prevention and Safety Tips*, visit [Weather Event News and Updates](#)



Please click on the image to see the **Parks & Recreation - February 2022 Newsletter!**



The [City of Sammamish](#) has proclaimed the month of February as a month to recognize and honor Black History.

This year's national theme is Black Health and Wellness, which pays homage to medical scholars and health care providers. The theme is especially timely as we enter the third year of the COVID-19 pandemic, which has disproportionately affected minority communities.

The City's [Diversity, Equity, and Inclusion page](#) will be updated throughout the month with events hosted by the [Northwest African American Museum](#) and informative resources by [King County Libraries](#).

To view the proclamation, list of events, and reading list, please click on the image!

Valentine's Day
Virtual Relaxation Meditation
A FREE Guided 20 Minute Practice

- What: A beginner-friendly guided body scan meditation to increase feelings of relaxation.
- When: Monday, 2/14/22 at 7pm
- Where: Virtual via Zoom
- Meditation Instructor: Joy Konieczka

Sammamish
Parks and Recreation
www.sammamish.us

A free 20 minute beginner-friendly guided body scan meditation to increase feelings of relaxation. Body scanning involves paying attention to various parts of the body in a gradual sequence from head to feet. It is meant to help reduce tension and promote relaxation - **perfect self care for this Valentine's Day! This meditation is for all levels and is all inclusive.**

To register for the free class, please click on the image!





When: Wednesday, February 16, 2022 | 4:30 PM to 5:15 PM

Sierra Burnham and her mother Mariko have enjoyed teaching origami and other Japanese art and culture classes around Washington State and internationally. Please join in their tradition.

To best prepare for this lesson ahead of time, collect a handful of pieces of paper (typically 6 inches by 6 inches in size works best for small hands but is not required). We encourage the use of recycled paper whenever possible and suggest, if there is concern with following along, to have one side of your paper be solid white.

Pre-registration is required to receive the link by email the day of the lesson. To register, please click on the image! Registration does not guarantee entry. Entry is limited to the first 100 participants on the day of the event.



[Sammamish Arts Commission](#) presents **LOVE ROCKS**, which is their February pop-up program! **Leave a painted rock in any City of Sammamish Park in the month of February.**



VOLUNTEER WITH US!



Mid-Winter break opportunities:

Thursday, February 17th, 2022
1:00 - 3:30 p.m.
English Ivy removal at Northeast Sammamish Park

Monday, February 21st, 2022
12:00 - 3:00 p.m.
Blackberry removal at East Sammamish Park

Thursday, February 24th, 2022
1:00 - 3:30 p.m.
English Ivy removal at Northeast Sammamish Park

<https://sammamish.galaxydigital.com/need/>



Join the City to help remove English Ivy and Blackberry at Northeast Sammamish Park and East Sammamish Park. Give back to your community, learn about native plants and enhance wildlife habitat! This project is perfect for students looking to complete community service hours for school. Water, snacks, gloves and tools will be provided. Please dress appropriately for weather, wear long sleeves/pants and closed-toed shoes.

Masks are required to wear when on site and working. Social distancing will be enforced while working. **Must register online. No walk ups and only limited number of volunteers at a time is allowed.**

For Registration and more detailed information, please click on the image!



STEAM Programs for Preschoolers

Animal Explorers

The animals living in our backyards or in our towns are very different from the animals in other parts of the world. While some animals have adapted to live in freezing temperatures, others have adapted to live in extremely hot and dry environments. In Snapology's Animal Explorers class, students will learn where animals live and why an animal's habitat is important for survival. Through stories, games, and building animals with DUPLO® blocks, your little learner will be busy exploring biomes of the world while gaining critical social and developmental skills without even realizing it!

Age: 3 - 4
Date: Weekly Thursdays from 2/24/2022 to 3/31/2022
Time: 9:30am -10:30 am
Location: City of Sammamish - Lodge at Beaver Lake Park
25201 SE 24th St, Sammamish
Cost: \$130
Registration: <https://tinyurl.com/SnapSamm3>



Discovering Dinosaurs

How is a Tyrannosaurus Rex different from a Triceratops? Is it just in their physical characteristics or is it also what they ate and when they lived? In Discovering Dinosaurs, your little paleontologists will explore what dinosaurs ate and when they lived while constructing their very own dinosaur model out of DUPLO® blocks. Through stories, building, and games, your little learners will be busy exploring the prehistoric world while gaining critical social and developmental skills without even realizing it!

Age: 4 - 5
Date: Weekly Thursdays from 2/24/2022 to 3/31/2022
Time: 10:45 am -11:45 am
Location: City of Sammamish - Lodge at Beaver Lake Park
25201 SE 24th St, Sammamish
Registration: <https://tinyurl.com/SnapSamm4>
Cost: \$130



Space is limited!



Nature Vision After School Program Registration
Sammamish Spring 2022



Nature Vision will offer our in-person after school programs in Sammamish for the 2021-2022 school year! We are bringing our acclaimed outdoor programs to early release Wednesdays to help get kids learning outdoors and away from screens. Each month has a different theme and uses a wonderful mix of fun and challenging learning experiences, games, reflection, art, and much more. Our programs are facilitated by our professional educators who bring a wealth of experience working with youth from a variety of ages and backgrounds.

For more details and to register, please click on the image!

King County METRO

CATCH A RIDE WITH THE SAMMAMISH

COMMUNITY VAN

- GET WHERE YOU NEED TO GO FOR THE COST OF A METRO FARE!
- COMMUNITY VAN TRIPS ARE BOOKED IN ADVANCE FOR GROUPS OF UP TO 11 PASSENGERS
- COMMUNITY VAN IS TAKING SAFETY PRECAUTIONS TO LIMIT THE SPREAD OF COVID.

Learn more and request a trip: <https://connect.sammamish.us/mobility-hub>
OR call (425) 295-0646

Community Van is a flexible rideshare option that provides Sammamish residents with a new way to use public transportation by offering trips to local destinations in and outside Sammamish (up to 2 hours away). Community Van accommodates trips throughout the day, evening, and weekends. Trips are booked in advance for up to 11 passengers and can be a whatever you need, such as going to downtown Seattle, Beaver Lake Park, or the grocery store every week. Community Vans are driven by volunteer drivers who are screened and approved through King County Metro's Commuter Van program. Riders pay a standard metro fare for a round trip while the volunteer driver can ride for free.

We want you to try Community Van today! Email communityvan@sammamish.us or call (425) 295-0646 to schedule your trip today.

To learn more please visit the City's [Mobility Hub!](#)

THE CONE ZONE

Scheduled Road Work
Projects to Know About

City of Sammamish

Know before you go. Schedules may change due to weather and/or equipment

[Click here to see current road projects in and around Sammamish](#)

Community Bulletins

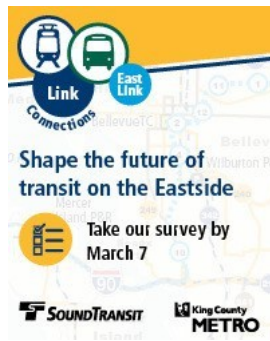


This week from the [Snoqualmie Tribe Ancestral Lands Movement](#):

We are very excited to announce that we have acquired 12,000 acres of our ancestral forestland in King County, which has been named the Snoqualmie Tribe Ancestral Forest.

The purchase is the largest acquisition of ancestral land in the Tribe's modern history.

Read more about this historic news on the Tribe's website by clicking on the image!



Take the East Link Connections [survey](#) before March 7th!

- Preview proposed route changes and provide feedback on draft Sound Transit Express and Metro routes that will connect riders to 12 new Link light rail stations as part of East Link and Downtown Redmond Link Extension opening
- Explore the benefits of connecting to Link light rail
- Review the transfer experience at each new Link light rail station

The East Link Connections [survey](#) is open thru March 7th, 2022. Both the survey and the online open house materials are available in: [English](#), [Spanish](#), [Hindi](#), [Korean](#), [Simplified Chinese](#), [Tagalog](#), [Vietnamese](#), [Russian](#).

If you have any questions, please contact the East Link Connections team at haveasay@kingcounty.gov or (206) 263-1939. Visit the East Link Connections [Online Open House](#) to learn more.

Get your FREE at-home test kits!



[Washington State Department of Health](#) is offering free, rapid, at-home COVID-19 test kits to residents of eligible communities. Enter your zip code to see if tests are available in your area by clicking on the image!

COVID-19 Booster Update:

Everyone age 12 and older should get a booster:

- 5 months after the second dose of Pfizer or Moderna
- 2 months after one dose of J&J

Note: Children, ages 12-17, can only get Pfizer. Pfizer and Moderna vaccines are recommended over the J&J vaccine for both initial and booster vaccinations.

COVID-19 boosters are always free, no insurance required.

Ages 12 to 17 can get Pfizer ONLY. The CDC recommends the Pfizer or Moderna for everyone age 18 and older.

For more information, go to: kingcounty.gov/vaccine.



Need to get tested for COVID-19? You can find out how by clicking on the image.



Are you noticing school anxiety or low motivation in your child or teen? CrossPath Counseling offers free, same week assessment and referral services to help you connect with a specialist provider in the area.

Email cpc@crosspathcounseling.com for more information.

SHARE

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www.sammamish.us
(425) 295-0500
communications@sammamish.us

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masthead [<https://www.sammamish.us/>]

calendar [<https://www.sammamish.us/news-events/city-event-calendar/>]

- *Month of February* | Love Rocks [<https://www.sammamish.us/event?id=58950>]
- *February 14, 2022 *| Valentine's Day - Virtual Relaxation Meditation [<https://www.sammamish.us/event?id=58878>]
- *February 15, 2022* | City Council Regular Meeting [<https://www.sammamish.us/event?id=58773>]
- *February 16, 2022* | "Celebrate Love" - Virtual Origami Lesson [<https://www.sammamish.us/event?id=58970>]
- *February 17, 2022* | Mid-Winter Break - Volunteer At Northeast Sammamish Park [<https://www.sammamish.us/event?id=58938>]
- *February 18, 2022* | City Council Mini-Retreat [<https://www.sammamish.us/event?id=58974>]

news [<https://www.sammamish.us/news-events/current-news/>]

- Sammamish Parks & Recreation Newsletter - February 2022 Edition [<https://content.govdelivery.com/accounts/WASAMMAM/bulletins/309c8f7>]
- Update on Republic Services Customer Credits for Klahanie Residents [<https://www.sammamish.us/news-events/current-news?id=58965>]
- UPDATE: Two Home Invasion Robberies in Aldarra and Trossachs Neighborhoods [<https://www.sammamish.us/news-events/current-news?id=58925>]
- Update on Republic Services customer credits for Sammamish collection disruption in January, 2022 [<https://www.sammamish.us/news-events/current-news?id=58910>]

Postponed: Four-month closure of westbound SR 520 on-ramp from Redmond Way/SR 202 starting in February 2022 [<https://content.govdelivery.com/accounts/WASOUND/bulletins/306a362>]

To book the "Community Van" or "Community Ride", please visit Connect Sammamish's Mobility Hub [<https://connect.sammamish.us/mobility-hub>]

For COVID-19 updates, visit COVID-19 information hub [<https://connect.sammamish.us/covid-19-updates>]

For weather-related events and "Wildfire Awareness, Prevention and Safety Tips", visit Weather Event News and Updates [<https://connect.sammamish.us/weather-events>]

parks rec feb enews [<https://content.govdelivery.com/accounts/WASAMMAM/bulletins/309c8f7>]

Please click on the image to see the *Parks & Recreation - February 2022 Newsletter*!

black history month [https://connect.sammamish.us/equity-diversity-inclusion/news_feed/celebrating-black-history-month]

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The City's Diversity, Equity, and Inclusion page [<https://connect.sammamish.us/equity-diversity-inclusion>] will be updated throughout the month with events hosted by the Northwest African American Museum [<https://www.naamnw.org/>] and informative resources by King County Libraries [<https://kcls.bibliocommons.com/list/share/218323575/1134479627>].

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valentine's [<https://form.jotform.com/212285345085153>]

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Sweet as Candy Valentine's Day Party Flyer [<https://www.sammamish.us/event?id=58950>]

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STEAM Feb

nature vision [<https://naturevision.org/sammamish-after-school-registration>]

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*We want you to try Community Van today! * Email communityvan@sammamish.us or call (425) 295-0646 to schedule your trip today.

"To learn more please visit the City's "Mobility Hub [<https://connect.sammamish.us/mobility-hub>]"!"

cone [<https://connect.sammamish.us/cone-zone>]

"*Know before you go. *"Schedules may change due to weather and/or equipment "

Click here to see current road projects in and around Sammamish [https://connect.sammamish.us/cone-zone/news_feed/road-projects-for-the-week-of-february-12-18]

bulletin

tribe [<https://snoqualmietribe.us/snoqualmie-tribe-acquires-12000-acres-of-ancestral-forestland-in-king-county/>]

*This** week from the Snoqualmie Tribe Ancestral Lands Movement [<https://www.facebook.com/SnoqualmieTribeAncestralLandsMovement>]:*

crosspath [<http://www.crosspathcounseling.com/>]

*Are you noticing school anxiety or low motivation in your child or teen? *CrossPath Counseling offers free, same week assessment and referral services to help you connect with a specialist provider in the area.

Email cpc@crosspathcounseling.com for more information.

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