

News & Views

March 31, 2017

The City of New Hope's Employee Newsletter

Spring into Projects

A is for Alatus

Alatus is the selected developer for the city-owned property adjacent to the golf course. They are proposing a 183 unit, four-story luxury apartment 'community' with an array of amenities. Alatus will buy the land from the city and start construction this spring. Completion is in spring 2019.



C is for CenterPoint Energy

CenterPoint Energy will replace an existing natural gas pipeline along Winnetka Avenue in New Hope starting in August and completing in October. Lane closures will allow access to local traffic only in areas of pipeline construction activity, typically two to three blocks at a time. An open house is scheduled for April 3 at 6 p.m. at New Hope City Hall where representatives from CenterPoint Energy will discuss details of the project and then invite questions and comments from the public.

F is for Fred Sims Park

New playground equipment will be installed at Fred Sims Park replacing the current equipment that dates back to 1992 and is in need of repair. City staff and a neighborhood committee are working together to plan an updated playground. Work will begin this spring and is expected to be completed mid-June.



NNN is for Northwood North Neighborhood

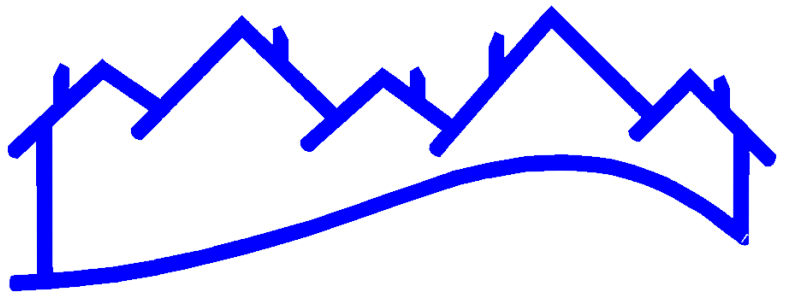
The infrastructure in the Northwood North Neighborhood will soon be upgraded in a similar way to the project last year at Northwood South. Some streets, water lines, and gas service lines will be replaced. The city council approved a contract with the low bidder at the March 13 council meeting and the project will start in April.



W is for the new city website

Coming soon to a computer near you will be a new city website. No, not an 'updated' website but a totally new, started-from-scratch website with new features, mobile abilities, and other new and exciting bells and whistles. A committee of city staff from all departments is working with CivicLive, a website design company, putting together the wants and needs of the new website. This is a huge project. Once it is live, the same city staff will update their respective department information as needed. Look for the new website later this year.

Coming and Going...



Hello

Brandon Bell started as an Office Specialist in the Community Development department on March 27. He replaces Kaeley Cazin who took a position with Anoka County. See Brandon's Spotlight on page 6.

New Director of Public Works

Congratulations to **Bernie Weber**, who was named Director of Public Works, effective March 20.

Bernie started with the city as a Maintenance Worker in utilities in 2004, was named Utilities Supervisor in 2008, and Operations Manager in 2014. He has been the Acting Director of Public Works since December 12, 2016.

To top it all off, Bernie is the very deserving reigning Employee of the Year. Nice going, Bernie!

Recruiting Update

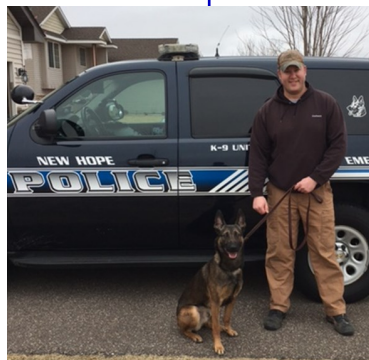
- ❖ The city is currently recruiting internally for Operations Manager and Streets & Parks Supervisor in Public Works. The positions close at 3:00 p.m. today, Friday March 31.
- ❖ Six full-time CSO candidates have been moved forward to the Personnel Board on April 4.
- ❖ The city is currently recruiting for a new position that combines Crime Analyst / Prevention with the Administrative Specialist in the police department. The posting closes on April 7.

New K-9 Officer

Erick Dyer has been named a K-9 officer, effective March 20, 2017. Erick and his canine, known as Dex, will have extensive training in the next few months.

Gideon, who has worked with K-9 Officer Andy Lamers for many years, will retire this summer. Many thanks to both!

Congratulations, Erick, and welcome, Dex!



Retiring

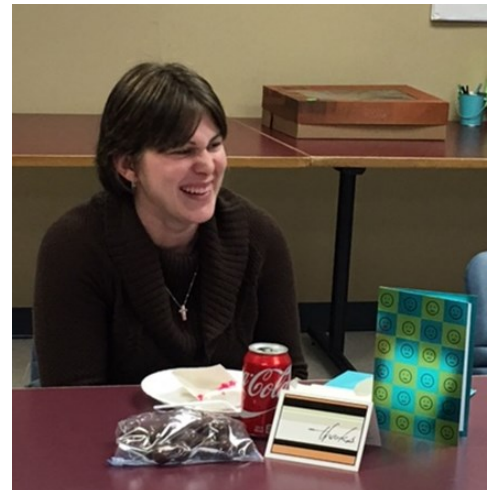
John Blasiak has submitted his retirement notice, effective July 6. John has been with the city for 27 years and is currently the Streets and Parks Supervisor in Public Works.

So Long

Officer Dave Friskney retired on February 28 after 25 years of service as a New Hope Police Officer.

Kaeley Cazin, Admin Specialist in Community Development, resigned on March 3. Kaeley took a position at Anoka County.

We wish them both well in their new adventures!



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Staff Stuff



Win Twins Tickets!

Once again the city will be sponsoring the Step To It Challenge, from May 1 thru 28.

You could win a pair of Twins Tickets by participating in a kick-off walk on Monday, May 1st, at Civic Center Park. Meet Sarah Hansen in front of city hall at noon. At the end of the walk (about 15 minutes) you can put your name in the hat for a drawing of two Twins Tickets.

During the month, join friends and coworkers in this easy and fun event by just reporting your steps online, under the city of New Hope. Registration begins April 1st at www.steptoit.org. Step To It t-shirts will be available while supplies last. Additional Twins tickets will be awarded during the challenge.

Contact **Sarah Hansen** in Parks & Recreation if questions.

Summer Pool Event for Staff and Families

The city pool will be reserved for staff and their families on **Tuesday, August 15**, after work.

All staff are invited to this refreshing event, just before the pool closes for the summer. Bring your kids and enjoy an evening of fun.

More details will follow closer to the date but for now, put it on your calendar!



Mindfulness, The New Science of Health and Happiness

So says Time Magazine.

The Mindfulness issue of Time Magazine, a special edition, is now living in the Wellness Library, located in the Wellness cube in city hall (across from central files).

This issue shows how to tune into your body, learn the power of slow eating, and access a 5-minute meditation.

Anyone can sign out items from the Wellness Library.

Diapers Needed

City Hall will again be a diaper bank collection site for the month of April. The diaper drive is sponsored by Helping Us Grow (HUG). Donations of any and all diapers are appreciated.



A Busy Calendar of Upcoming Events

- All of April Diaper Collection for Helping Us Grow (HUG)
- April 11 Dorothy Mary Park clean-up
- April 15 Shingle Creek Clean-up at Meadowlake Park
- April 22 Earth Day
- April 28 Arbor Day
- May 1 thru 28 Step To It Challenge
- May 3 Bike Rodeo
- May 11 Employee Appreciation Lunch
- May 12 Lunch & Learn with Traci Mann, Ph.D.
- May 13 Vehicle Fair
- May 29 City Holiday
- June 3 City Day
- June 10 Pool Opens
- June 17 Farmers Market Starts
- June 24 Healthy Living Fair at West Metro
- July 4 City Holiday
- July 14 thru 16 Duk Duk Daze
- August 1 National Night Out
- August 15 Employee & Family Pool Event

Dorothy Mary Park Clean-up

Employees of the city of New Hope adopted Dorothy Mary Park a number of years ago and clean up the park annually.



This year, the clean-up date is April 11, after work. Details will follow from Shawn Markham.



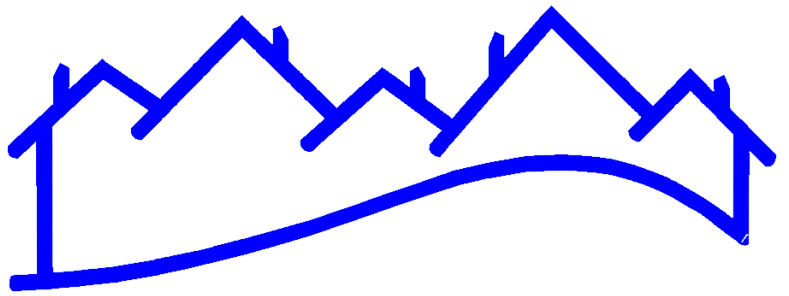
Earth Day and Arbor Day

Earth Day is an annual event, celebrated on April 22, when events are held worldwide to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network and celebrated in more than 193 countries each year.

Arbor Day is a holiday in which individuals and groups are encouraged to plant and care for trees. Today, many countries observe such a holiday. A million members, donors, and partners support the Arbor Day Foundation's programs to make our world greener and healthier.

The city celebrates both with our annual Shingle Creek Clean-up, this year on April 15; see flyer on the last page.

4 Spring and Summer



Summer Movies Return

Again this year, Parks and Recreation will present three free movies. Concessions will be available for purchase.



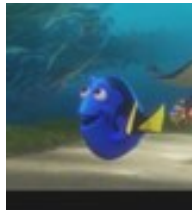
Friday, June 23

"The Secret Life of Pets"

Two mismatched mutts get lost in New York City due to their feuding, and must find their way home. Sponsored by West Metro Fire Rescue Auxiliary.

Friday, July 14
"Finding Dory"

Amnesiac blue tang Dory searches for her long-lost parents with the help of pals Nemo and Marlin. Sponsored by New Hope Lions.



Friday, August 25

"Pete's Dragon"

A re-imaging of Disney's cherished family film, "Pete's Dragon" is the adventure of an orphaned boy named Pete and his best friend Elliot, who just happens to be a dragon. Sponsored by New Hope Women of Today.

Summer Theatre

"Beauty and the Beast" is coming to the New Hope Outdoor Theatre this summer, starting on July 20 and running on weekends through August 5. Witness the fantastic journey of Belle, a bright, beautiful, and independent young woman who is taken prisoner by a beast in his castle. Despite her fears, she befriends the castle's en-

chanted staff and learns to look beyond the Beast's hideous exterior and realize the kind heart and soul of the true Prince within.

Auditions

Open auditions for anyone age 8 and older will be held on **Saturday, April 29, 1-4 p.m. and Sunday, April 30, 1-4 p.m.**

Volunteers

The show will go on...but not without your help. Volunteers, ages 16 and older, are needed. No experience needed. Call 763-592-6805 or visit ombt.org for additional details.

For further information, call 763-592-6805 or visit www.obmt.org.

S = SOAR!

Share Observations, Achieve Results

Yes, it is that time again. Time to take a look at the city as you are coming and going through New Hope. What do you see that needs to be tended to?

Share your observations with the appropriate department, in order to achieve results.

Some things to look for are:

***Potholes, weeds and/or long grass, street lights out:**
Contact Public Works

***Trashy houses, graffiti, illegal signs, junk vehicles, and other code enforcement issues:**
Contact Community Development

***All park issues, including graffiti in parks:**
Contact Parks & Recreation

Thanks from Kirk McDonald for helping the city to

SOAR!

FIRST EVER HEALTHY LIVING FAIR IN NEW HOPE!

On **Saturday, June 24**, West Metro Fire Station will be the location for the first ever Healthy Living Fair in New Hope.

- ❖ **FREE** admission
- ❖ **FREE** screenings
- ❖ **FREE** door prizes
- ❖ **FREE** demonstrations
- ❖ **FREE** samples
- ❖ **FREE** snacks
- ❖ **FREE** information about healthy living

Everyone is invited! Bring your family, friends, and neighbors.

Hours are 9 a.m. to noon.

More details will follow closer to the date.

Thank & Congrats!

Thanks to Roger Axel

The city received the following email thanking New Hope for sharing Roger Axel. Roger took personal leave and taught at an educational conference in Leavenworth, WA earlier this month.

"I wanted to send a quick note to the city of New Hope to express my most sincere gratitude for sharing Roger Axel and the wealth of information he possesses. I am sure it is an inconvenience to have him away but the information he provides other jurisdictions is absolutely invaluable and very much appreciated.

"Thank you for your sacrifice by sharing Mr. Axel. He is a 100% class act and represents your city with integrity in every way."

Terry Mourning
City of Cheney, WA

Firefighters Fighting Hunger

West Metro Firefighters collected 2,851 pounds of food and \$6,512 in cash for their Firefighters Fighting Hunger food drive held March 18.

This is the biggest response they have ever had and they thank everyone who donated.

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"The BIG One"

Aaron Hansen, the son of **Sarah Hansen**, Recreation Coordinator, turned one year old on March 15 and sent us his photo.

Happy Belated Big Day, Aaron!!



Successful Fundraiser for Police Explorers

The New Hope Police Explorers held a successful fundraiser on March 6 at Frankie's Pizza.

About 75 people attended and had a great time! The funds raised will go towards Explorer uniforms, equipment, and the state and fall conference fees.

Police Explorers is a hands-on program open to young men and women who have completed the 8th grade through 20 years old, interested in a career in law enforcement or a related field in the criminal justice system. The program offers Explorers a personal awareness of the criminal justice system through training, practical experiences, competition, and other activities. Additionally, the program promotes personal growth through character development, respect for the rule of law, physical fitness, good citizenship, and patriotism. There are currently five New Hope Police Explorers; they work with staff advisors **Officers Kaitlyn Baker and Britni Austin**.

Fundraiser tickets can still be purchased as gift cards for \$10 and can be used until August 1st. The Post will receive 100% of the profit for any gift cards purchased from Kaitlyn or Britni before July 31st.

Ongoing Food Drive

The ongoing food drive with donations going to NEAR has collected 115 pounds of food and \$237 so far in 2017.



As usual, all donations of new, unopened, non-perishable foods are appreciated.

Many thanks to all who donate food and/or participate in Wacky Wednesdays each month by donating \$5 to wear jeans that day.



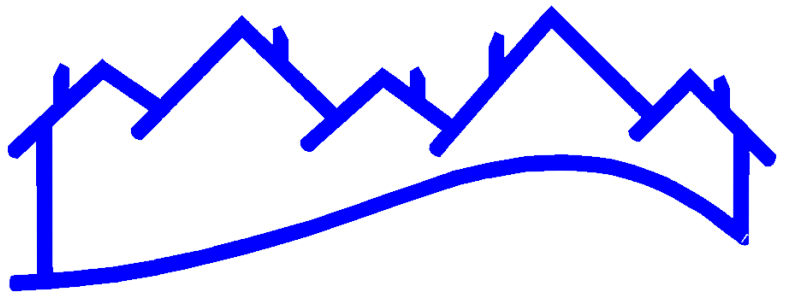
Staff Appreciation Picnic

Once again, the management team will treat staff to a picnic lunch at the Golf Course. This year the event is on May 11, at 11:30 or 12:15.

Invitations will be sent out next month; for now, save the date!

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Spotlight On...



Brandon Bell started as an Office Specialist in Community Development on March 27, 2017. Brandon brings with him 15 years of administrative experience as a Telecommunications Operator at Phillip's Eye Institute, a position that included various administrative work in addition to phones and dispatch, sometimes for a critical medical situation.

Brandon has just completed a Master's Degree in Public Administration and worked with the cities of Centerville and Lakeland on very detailed city projects as part of his studies. He is passionate about working in the public sector and happy to be at New Hope.

Brandon is an enterprising person who owned and operated his own landscaping company for four years with a customer list that peaked at about 30 clients. He ran the business while working full-time at Phillips and later shut down the business to focus on school. He continued working full-time at Phillip's while earning his Master's Degree.

Brandon's latest project is a new dog, Layla, a Bloodhound mix. She is about a year old and pretty close to being house trained. Now, if only she would stay off the couch!

Brandon's mom lives in St. Paul and works at Phillips Eye Institute credentialing doctors. His dad lives in Minneapolis and is a student advisor at Metropolitan State University.

Brandon has a younger brother, John, who lives in Nevada. Brandon just visited him and together they went to Death Valley and Sequoia National Park. Both enjoy the outdoors, perhaps as a result of camping trips the family made when they were kids. Brandon has been visiting one or two national parks each year and has now seen all of them in Utah, plus Denali and Kenai Fjords in Alaska, and King's Canyon in California, along with the two from which he just returned.

Continuing his love of the outdoors, Brandon is also a hunter (for deer and grouse) and loves to fish (mostly sturgeon and musky). He especially enjoys the Beltrami State Forrest and Rainy River.

Welcome to the city, Brandon. There may not be any national parks in New Hope, but we do have a number of beautiful city parks for you to enjoy closer to home.

We are happy you are here!

The Roving Reporter



Arches (Utah)



Death Valley (CA)



Sequoia (CA)



Denali (Alaska)



Kenai Fjords (Alaska)



2017

The Many Looks of Caregiving

When will you need to be a caregiver? Or the one who needs care?

It can happen in a heartbeat or over a number of months or years. A parent, grandparent, sibling, child, relative, or friend needs care. Or, you need care. What do you do? Where can you turn?

Anne Marie Bartlett of St. Therese covered many situations and gave examples of what may happen in any of these instances. Her presentation was excellent and she emphasized that there is 'no recipe' and no book that can provide the answers. Every situation is different and we are rarely prepared for it when it happens.

One of the questions asked was, "how we can help our family care for us, if that need arises". Anne Marie suggested we 'model' what we would like by doing that for others. Having a health directive and a will are both extremely important. Inform others of your wishes. Although these situations are never easy, at least we can soften the path for others.

Caring for others can be frustrating, tiring, and unrelenting. Anne Marie reminded us that we must take care of ourselves in order to care for others. Ask for help. Take respite. It is okay to feel angry, but let that anger out. Talk to people. Join a support group. Although it may not feel like it, you are not alone. Your spiritual base can be comforting and helpful. Take advantage of whatever assistance is available.

One of the biggest issues as a caregiver is the feeling of loss. Mom or Dad or Sis or Bro or friend aren't the person they used to be, and they no longer fill that same role. This is a big loss to us and to them. We need to be realistic and truly understand that the relationship has changed. We must adapt. If you live out of town, do your best to stay in touch and informed. Do whatever you can remotely.

Finances are often a big hurdle. Long term care, if needed, is extremely expensive. Often, insurance does not pay for living expenses. Find a social worker or a knowledgeable person who can guide you through the maze of possibilities.

If you need care, try to be appreciative of those who are caring for you. Although it is no fun to no longer do the things you once did effortlessly, be realistic. Do the best you can for as long as you can. Most of all, remember you decide what your attitude is.

Thanks to all who attended and shared their stories with the group. This was another excellent presentation on a difficult topic.





City of New Hope

Next event:

- ❖ **Lunch & Learn**
- ❖ **Friday, May 12, 11:30 a.m., at West Metro**
- ❖ **Topic: Diets Don't Work and Willpower is a Myth**

About the Speaker

Traci Mann, Ph.D., is a Professor of Social and Health Psychology at the University of Minnesota, and the author of "Secrets of the Eating Lab: The Science of Weight Loss, The Myth of Willpower, and Why You Should Never Diet Again." The first three words of her book are, 'Diets don't work.'

Dr. Mann is uniquely qualified to provide the real truth about dieting, eating, obesity, and self-control. She is a widely cited expert, but she does not run a diet clinic or test diets, and she has never taken a penny from commercial diet companies, sat on their boards of directors, or endorsed any of their products.

Traci Mann has spoken to large groups of people, including the Google staff and the "IdeaFestival 2015" which inspired people to think differently. We are lucky that she has an opening in May and will come and talk at our Wellness event.

At last, an expert who doesn't push a diet and/or exercise plan and who doesn't believe that everyone needs to be thin.

You don't want to miss this one!

Wellness is a GOOD thing!





It's time for Spring Cleaning!

**Please join us on Saturday, April 15th, 9:00 a.m.
at Meadow Lake Park to celebrate
"The Great Shingle Creek Watershed Clean-up"**

**We will meet at the entrance of Meadow Lake Park located at
8400 Meadow Lake Road East at the West side of the
New Hope Golf Course.**

**Activities include: cleaning up debris at the park and planting
trees and shrubs in observance of Arbor Day.**

Hope to see you there!



WHAT IS IT?

Find out next month.