



# News & Views

May 31, 2017

The City of New Hope's Employee Newsletter

## Council Approves New Police Station and City Hall Schematic Design Plans on a 4 to 1 Vote

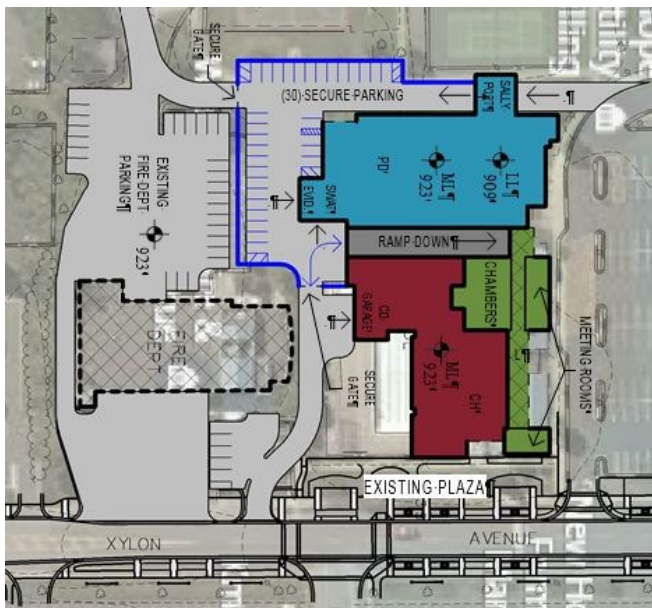
Building a new police station and city hall is not small project. There are five major steps along the way, some of which include input from residents and staff. Every step must be approved by city council. To get the project started, a 12-person Space Needs Task Force was convened and has been meeting since 2015.

City council agreed that the current police department is undersized and the city hall building is in need of many repairs and upgrades. With that in mind, council agreed to proceed with gathering information. At their May 22, 2017 meeting, a majority of council approved the request to proceed with a four to one vote.

Guiding principles of the project are:

- ❖ Community pride
- ❖ Up-to-date facility
- ❖ Space to grow in the future
- ❖ Safe and secure facility
- ❖ Functional, adaptable facility, and a great place to work
- ❖ Enhancements to Civic Center Park and the surrounding neighborhood
- ❖ A welcoming and familiar, open and accessible space.

The steps in the plan are:	The goal of each step is:
Schematic Design	Space needs, project goals, and concepts
Design Development	Mechanical, electrical, plumbing, etc. details
Construction Documents	Specs for construction and materials
Bids	Bids sought and contract awarded
Construction Services	Project built and successfully completed



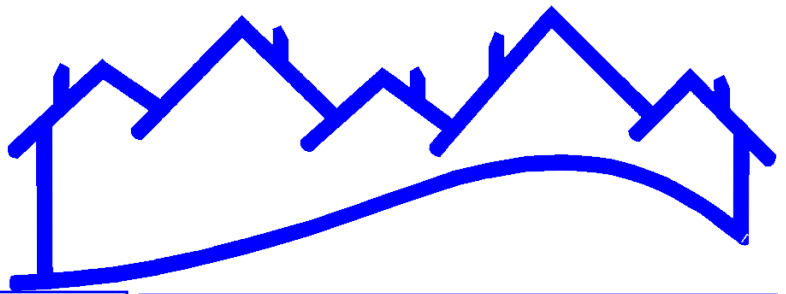
In the drawing, the new building will be where the pool is today. The blue area is the proposed police department and the red area is the proposed city hall. Enhancements include, but are not limited to, additional space as needed, a more secure area for police vehicles, an exercise room for staff, enlarged council chambers, and dual exits for police vehicles.

Council approved using the current pool site for construction of a new city hall for several reasons:

- ❖ The soil is adequate in this location
- ❖ The pool needs required upgrades and repairs that would cost \$6.5 M and a new pool would cost \$8.5 M
- ❖ Staff will not need to relocate during construction
- ❖ Tennis courts and much of Civic Center Park will continue in their current locations

This is a long project that, if approved by council, will give staff better work space as well as a much nicer facility for visitors. And, the HVAC would actually work properly.

## Staff Update



### Say So Long...

**Sarah Hansen**, part-time Recreation Coordinator, has submitted her resignation, effective June 14, 2017.

Sarah has accepted a full-time position as Coordinator at Family Youth Community Connections (FYCC) in Albertville. FYCC is a non-profit organization that serves the St. Michael / Albertville area and provides unique programs that promote healthy kids, healthy families, and healthy communities. They believe that if our families are healthy, our children will be healthier, and our growing communities will stay healthier.

Sarah started with the city on May 16, 2011 as a seasonal and became the part-time Recreation Coordinator on March 12, 2012. She has done a great job serving residents and participants of many New Hope programs ever since. She implemented a number of new programs for the city such as Movies in the Park and Family Fun Night, and acquired several grants plus sponsorships for senior programs and special events.

Sarah has also been a very active member of the Wellness Committee and is especially adept at planning and carrying out events for Wellness programs as well as Parks & Rec.

Typical for Sarah's work ethic, she will stay at New Hope until June 14 for a major program beginning on June 12 and 13, to get it up and running so it is a smooth transition for everyone. She will start her new job on June 15. Sarah does not leave important projects hanging.

Sarah will surely be missed but we wish her all the best in her new adventure!



### Challenge Completed!

The Step To It Challenge, which ended on May 28, saw the city achieve 30,869,870 steps during the month! The average for each of the 139 participants was 257,248 steps, placing New Hope in 11th place out of 24 participating cities.



The kick-off, scheduled for May 1st, was rained out, but two lucky would-be kick-off participants each won a pair of Twins tickets. They are **Jan Sloan** and **Megan Albert**.

The city won two sets of Bocci Balls which will be used at the August Wellness Summer Picnic and Games. One set will be a prize for that event and the other will be retained by Wellness.

Thanks to all who participated in this fun and easy event!! The city accumulated more steps than ever during this year's challenge!

### Welcome Back

**Scott Anderson** has returned to the city as a part-time Community Service Officer on May 24, 2017. Scott worked here about a year ago and is happy to be back at the city.

Welcome back, Scott!

### Crime Analyst and Prevention Specialist

The preferred candidate for the Crime Analyst and Prevention Specialist position is in the background phase. This is a new position that will help the police department analyze crimes in our city and prevent them.

### Operations Manager

The management team interviewed four candidates for Public Works Operations Manager and moved three to the Personnel Board. On May 25, the Personnel Board interviewed the three and certified two.

The two certified candidates will be interviewed by Kirk McDonald on June 1st.

### Maintenance Worker

City staff interviewed 16 Maintenance Worker candidates on May 22 and 23. Six of the candidates were moved forward to the Personnel Board on May 25.

The Personnel Board certified four, who were given an operator qualification test on May 26.

Kirk will interview the certified candidates on June

### Recreation Position

With the resignation of Sarah Hansen, city staff has revised plans to make the Recreation Coordinator position a full-time Recreation Supervisor in 2018 and instead recruit for a full-time position now.

This proposal will need to be approved by the City Council prior to proceeding.

# Kudos TO Staff



**Tim Fournier**, Director of Police, was named Treasurer and Board Member of the Minnesota Chiefs of Police Association at their 2017 annual conference. He will serve a three-year term.

Tim is also an instructor and awards committee member and is currently a co-developer of a new program designed to give support for chiefs in time of crisis. The International Association of Chiefs of Police is considering the program for this fall's conference in Philadelphia.

Tim has been the Director of Police for New Hope for six years and is also very active with Hennepin County Chiefs of Police, where he just completed his term as president.

## City To Receive Prestigious Award

Thanks mainly to the efforts of Jeff Alger, New Hope was awarded the League of Minnesota Cities 2017 Sustainable City Award for the Northwood Park stormwater improvement project.

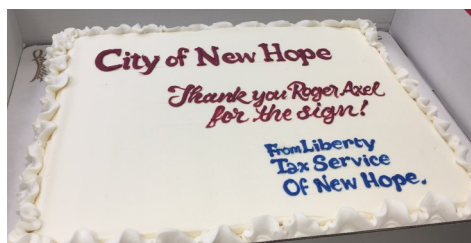
The award recognizes sustainability efforts of cities participating in the Minnesota GreenStep Cities program and is presented yearly to a single city at the LMC Annual Conference. The award includes a \$1,000 cash prize and trophy.

Mayor Hemken and Jeff Alger will be in attendance at the conference on June 15 to be recognized and accept the award.

## A Sweet Thank You to Roger

The Liberty Tax Service wanted to thank **Roger Axel**, Building Official, for helping them with their new business sign and they did it in a very sweet way.

The yummy cake was enjoyed by Roger and staff members lucky enough to get a bite before it disappeared.



**West Metro SWAT Team** competed in the SWAT Shootout at Forest Lake Sportsman's Club in early May. The team was composed of two New Hope Officers and an officer from both Crystal and Robbinsdale. Teams were required to shoot multiple targets ranging from an arm's reach away out to 400 yards, breach doors, push a vehicle, carry out a downed officer, and a grueling 100-yard dead sprint relay race between shooting targets while wearing over 50 pounds of SWAT gear.

Twelve teams took part in the event, ranging from the two largest Police Departments in the state (Minneapolis and St. Paul) along with several of the state's largest Sheriff's Departments.

West Metro SWAT just barely missed first place by .55% (roughly two seconds of time over the course of the two days). Minneapolis was first and St. Paul finished third, 10% behind West Metro SWAT. Chris Cazin finished the sniper event in second place behind a Chisago County competitor.

Congratulations to the West Metro SWAT Team members for an outstanding showing in this shootout!

## Charity Basketball Event

**Justin Janson** was also part of the annual Ballin' in Dakota County Charity Basketball Tournament in April. His name was missed in the April N&V.

## Bike to Work Day, May 19

**Jan Sloan**, Admin Specialist in Public Works, bikes to work often but Friday, May 19, was a special day, even for her. It was the official Bike to Work Day.

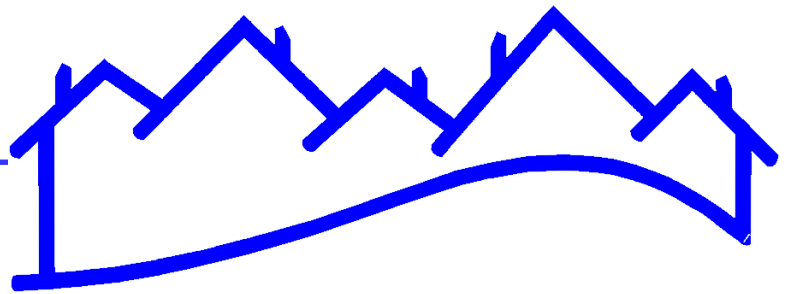


Bike to Work Day is an annual event held in the United States and Canada to promote the bicycle as an option for commuting to work and a way to encourage a healthy and safe alternative to driving.

Nice photo, Jan, and keep on pedaling!



## More Kudos



### Hemken Addition

A smiling Mayor Hemken signed off on the new city plat named Hemken in her honor. The area is adjacent to the city golf course, which is a very special place for Kathi.

A new name is required on a plat when it is reconfigured. The property next to the New Hope Golf Course was originally five lots which were made into one parcel for the Alatus redevelopment, thus, it needed to be renamed.

The city honored the Mayor with this lasting recognition for her enthusiasm and untiring efforts on behalf of the Alatus project and all of New Hope.

### New Flavor in the Pop Machine

Look closely at the pop machine in the city hall lunch room and you will see a new flavor. Or, is it new?

The flavor appeared with no one claiming to have added it. Perhaps is it a hat's off to the machine's biggest customer—who would that be???

News & Views investigative staff unearthed that the art work was done by **Jeff Alger**, perhaps with a suggestion from keeper of the machine, **Jeff Sargent**. In any event, our machine now has a special flavor!

However, it might be reserved for said number one customer. Best be careful when trying to access it!



### Speaking of Plats...

An area in the north-east corner of the city was renamed the "McDonald Addition" when it was replatted to divide a large lot to allow two homes on what had been a single piece of property.



There is a process that a city must go through in order to replat a piece of property. Replatting and renaming of properties is done only when needed.

The city honored Kirk McDonald with this plat to recognize his 10 years as City Manager, plus a year as Management Assistant, and 16 years as Director of Community Development. It is a nice way to honor someone who has made such a positive difference in the city.

### Lend a Hand to Homeless Vets

The West Metro VFW Post #7051 assembles care packages for homeless veterans and delivers them to the VA Community and Resource Center in Minneapolis.

This post, formerly the Golden Valley VFW, has not only changed its location, it has also changed its mission to, "No one does more for Veterans". They now focus on supporting active military personnel, veterans, families, and communities.

For the month of June, there will be a bin in the city hall lunch room to collect any of the following items for homeless vets.

- \* Small (hotel or travel size) shampoo and/or conditioner
- \* Toothbrushes, toothpaste, and floss
- \* Deodorant
- \* Lip balm
- \* Wet Wipes
- \* Cotton swabs
- \* Shoe laces
- \* Small notebooks
- \* Socks



This post is an important sponsor for the Annual Bike Rodeo and Safety Camp in New Hope.

Any and all donations are appreciated.

## 5 Spring and Summer

### Summer Movie 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.



### Fun Vehicle Fair

The creative Puppet Wagon above belongs to the city of Golden Valley and was a big hit at the Vehicle Fair this month. The wagon has 'live' puppets which performed during the event to the delight of the 1,000 kids and adults in attendance.



### Beauty and the Beast

More than 90 auditions were held for this year's play, "Beauty and the Beast", which will be held at the New Hope Outdoor Theatre starting on July 20 and running on weekends through August 5.

Volunteers, ages 16 and older, are always needed. No experience required. Call 763-592-6805 or visit [ombt.org](http://ombt.org) for additional details.

### A Busy Summer Calendar



- June 10 Pool Opens
- June 17 Farmers Market Starts
- June 23 First Movie in the Park
- June 24 Healthy Living Fair
- July 4 City Holiday
- July 14 thru 16 Duk Duk Daze
- August 4 Wet and Wild Water Day
- August 15 Employee & Family Pool Event



### Successful Bike Rodeo

People waited in line for a bike and helmet safety check and an opportunity to ride the safety skills course at this year's Bike Rodeo held on May 3. The 250 participants enjoyed refreshments and door prizes, too!

### Did You Know...

The median age of New Hope residents is 39.4 years. According to the 2010 US Census, the age group with the largest number of individuals in New Hope is 25 to 29.

Interesting items like this appear at the bottom of the city homepage and are compiled by the New Hope Human Rights Commission.





## Park Stuff



### New Playground Equipment at Fred Sims Park

Fred Sims Park, located at 4350 Nevada Avenue North, has new playground equipment.

The equipment at Fred Sims Park was the oldest playground in the New Hope parks system. It was last replaced in 1992 and was repainted in 2008 and 2012.

Area residents were surveyed prior to developing the plans for this upgrade and had input to select the final design.

Playground equipment has come a long way since 1992, as seen in the photo below right. Fred Sims now has the latest in great looking, fun, and safe playground equipment.



### Celebration at Northwood Park



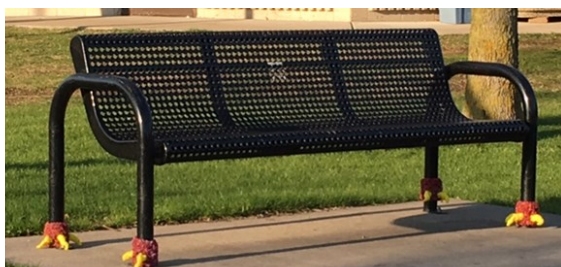
The Northwood Park Celebration took place on Monday, May 15. Approximately 80 people attended and enjoyed hotdogs, chips, and water provided by Friends of Northwood Lake and ice cream provided by Flagship Recreation.

A ribbon cutting with the Mayor and Council Members was included (see photo above).

Northwood Park was upgraded last year to coincide with the Northwood Park South project. An information kiosk (right) and new benches (below) were added this year just prior to the celebration.



### More Crocheting Appears in Civic Center Park



Colorful crocheted coverings have appeared in Civic Center Park, including 'anklets' on park benches and a completely covered bike rack.

Still no word on the artist!

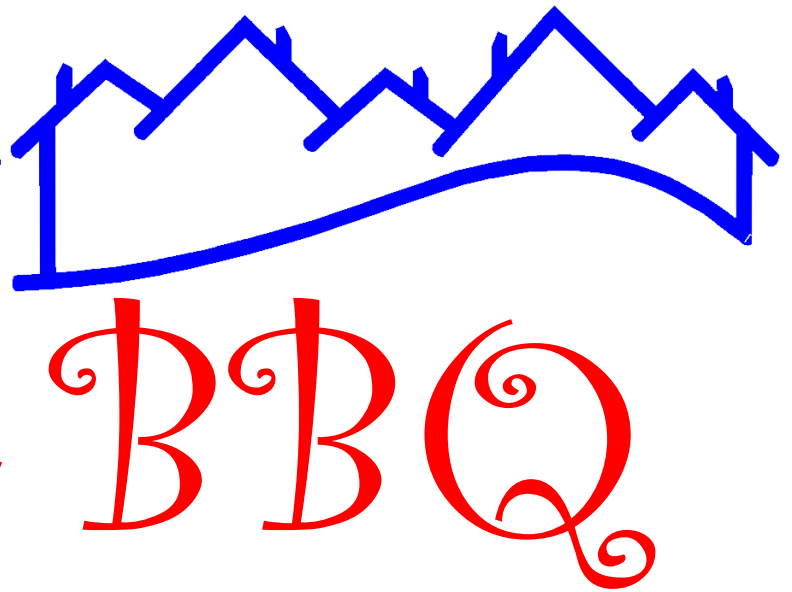




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# Staff Appreciation

May 11, 2017



Thanks to the  
Management Team  
for lunch at  
the Golf Course.

Thanks for planning,  
shopping, cooking,  
and treating us to this  
special barbecue!

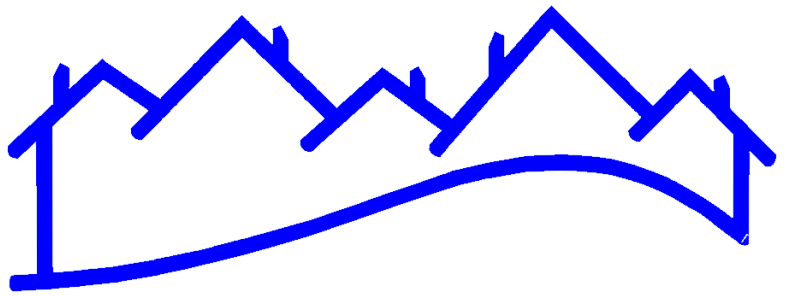


More photos on page \_\_





## More Staff Appreciation



Thanks, again!



### New Hope Police Explorers Attend State Conference

The New Hope Police Explorer Post #915 attended the 42nd Annual Minnesota Law Enforcement Explorer State Competition April 27 through April 30 in Rochester.

The New Hope group participated in four practical exercises as a team, including Emergency First Aid, Crime Prevention, Burglary Response, and Hostage Negotiation. Four New Hope Explorers also participated in individual events including Job Interview and Report Writing.

While New Hope Explorers did not come home with hardware this year, they were able to experience the thrill of competition and they grew together as a team. They also made many friends with explorers from agencies throughout the state.

Some numbers from the conference:

- ◇ 45 police explorer posts participated
- ◇ 497 explorers
- ◇ 167 advisors
- ◇ 160 role players and judges
- ◇ 30 other behind the scenes helpers
- ◇ 854 people involved in the conference



New Hope Explorers at the Conference:  
**Jordan Lehman, Heather Andersen, Ben Open, Gerald Ittner, and Jack Olson.**

Explorers were accompanied by Advisors Community Service Officer **Andrew Nicholson** (left) and Police Officer **Britni Austin** (right).





# 2017

## Traci Mann presentation

Dr. Traci Mann, of the Eating Lab at the University of Minnesota, spoke to 30 attentive people about her research on why diets don't work and willpower is a myth. The audience was composed of New Hope city staff and visitors from Gallagher, Hennepin County, and West Metro.

Dr. Mann showed some of her most convincing research such as giving yourself no credit for resisting temptation 19 times and then taking that doughnut and considering yourself a failure, allowing that momentary lapse of 'willpower' to erase the earlier success. She showed facts about some people who are heavy and cannot lose weight no matter what they try and some who are thin and cannot gain weight no matter what they try.

Dr. Mann states that weight is more than calories and that people have a set range of weight that their body will maintain over the long run. There are several things that we just don't control such as: genetics, hormones, neurological differences, and metabolism. The more we try to lose weight, the more our body says NO! She presented strategies to help your physical body reach the leanest livable weight, which may not be where you would like it, but is a reasonable and maintainable level.

Some of her strategies are:

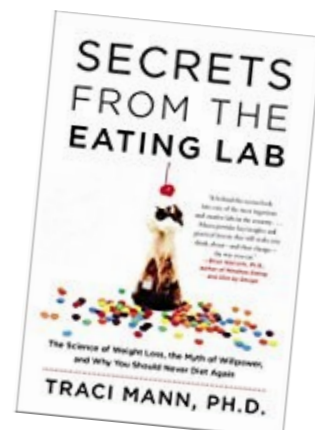
- Put obstacles between you and food
- Make healthy foods more accessible
- Eat with healthy eaters
- Turn healthy choices into habits
- Savor (nearly) everything

Now, we just need to accept where our bodies want to be and not try to use diets and willpower which have been proven do not work! Perhaps easier said than done, but at least now we know we are not bad people—we just have unrealistic ideas regarding our body weight.

Dr. Mann is a nationally known speaker who has presented to Google employees as well as the IdeaFestival 2015 in Louisville, Kentucky, and other large audiences. We were lucky that she had a break in her very busy schedule and agreed to speak to our Wellness program.

Dr. Mann has written the book, "Secrets from the Eating Lab: The Science of Weight Loss, the Myth of Willpower, and Why You Should Never Diet Again" which includes much more detail and more strategies.

This book has been added to the **Wellness Library** which is located in the city hall cubicle across from central files and identified as "WELLNESS CUBE". All employees can sign the book out.





## *City of New Hope*

**Next event:**

### ❖ **Healthy Living Fair**

- ❖ Saturday, June 24, at West Metro, 9 a.m. to noon
- ❖ Everything is free!

## **About the Fair**

### **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.

### **SPONSORS:**

- ❖ City of New Hope
- ❖ North Memorial Health System
- ❖ West Metro Fire-Rescue District
- ❖ Hy-Vee



**Open to everyone!  
Bring your family,  
friends, and  
neighbors.**