

News & Views

September 30, 2016

The City of New Hope's Employee Newsletter

New PD and City Hall?

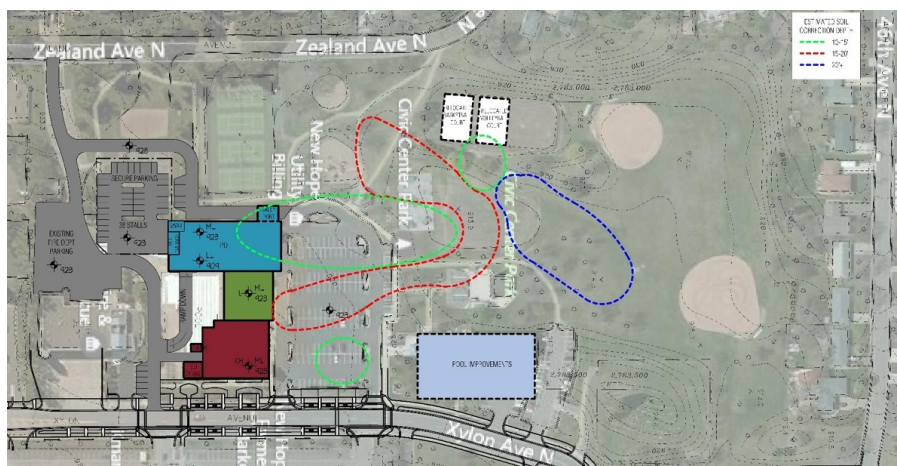
The city has been looking at police department/city hall space needs since 2013. In the spring of 2015, a citizens task force was created to study the issue. The task force presented a recommendation to council in the fall of 2015 to construct a new facility at the existing Civic Center Park site. An open house was held in November 2015 to solicit community feedback, resulting in the task force expanding to include Zealand Avenue residents, and studying additional locations within the park.

With the additional information gathered, the task force made a recommendation to council at the work session on September 19, 2016 to hold another open house on November 2 to again solicit resident feedback. The council authorized the open house.

The recommendation of the task force is to build a new police department and city hall on the existing pool location and build a new pool in the future, near the existing city hall location. The current pool will either need to be upgraded significantly or built anew, so this recommendation would accommodate both the new police department/city hall and the needs of the pool.

After the November open house and collecting feedback from residents through the month of November, all the information will be presented to the council in December to determine next steps.

One of the proposed sites for a new police department/city hall facility.



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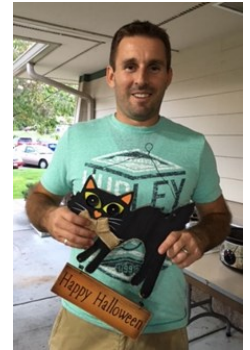


A good time was had by the participants at the Employee Golf Outing and Picnic held on September 20, which was a beautiful afternoon.

See page 4 for a thank you to those who planned and organized the fun event.



Employee Golf Outing and Picnic



Golf (best ball scramble) winners:

Closest to the pin hole 1 **Jeff Sargent**
Closest to the pin hole 3 **Mark Severson**
Closest to the pin hole 8 **Jeff Alger**
Longest putt hole 2 **John Blasiak**
Longest putt hole 4 **Lorraine Kloss**
Longest putt hole 6 **Penny Spitzer**
Longest putt hole 7 **Kenny Streich**
Longest putt hole 9 **Jeff Sargent**
Low Gross (score 28) **John Blasiak, Dave Lemke, Pat Cunningham**



The picnic featured barbeque chicken sandwiches, beans, coleslaw, chips, four versions of homemade bars, beer, and pop. Everyone also received a "fabulous" door prize.



3 News & Events

Double Celebration

Staff members got a good deal on pizzas so they planned a lunch that just happened to coincide with Valerie Leone's birthday. Walker made carrot-cake cupcakes for the occasion. Looks like a lot of fun!



Commissioner Bus Tour

The annual commissioner appreciation event/bus tour was held on September 13. Council members, commissioners, other elected officials, and staff toured development, infrastructure, and park improvement sites throughout the city. The group stopped at the golf course clubhouse for a commissioner appreciation picnic.



Coming Up...



October 1	Farmers Market, 9 to 1
October 8	Last Farmers Market, 9 to 1
October 26	Alzheimers Awareness Presentation
October 28	Mayor's Prayer Breakfast
November 4	Open Enrollment Begins
November 6	Daylight Saving Time Ends
November 8	General Election
November 11	Veterans Day
November 14	Deferred Comp Presentations
November 18	Open Enrollment Ends
November 24 & 25	Thanksgiving Holidays
November 30	Wellness Event
December 8	Recognition Event



Holiday Train

A sparkling holiday event, the Canadian Pacific Holiday Train, will make a stop in New Hope this year.

The lighted train winds its way across Canada and the northern U.S. The 2016 schedule is planned to be released the middle of October.

The goal of the train is to collect healthy, nutritious food and raise hunger awareness. To help make this year the best yet for local food banks, follow the train on social media, invite your friends and family, and spread the word about the importance of making heart-healthy food donations. See www.cpr.ca/holiday-train for details.

Diaper Drive

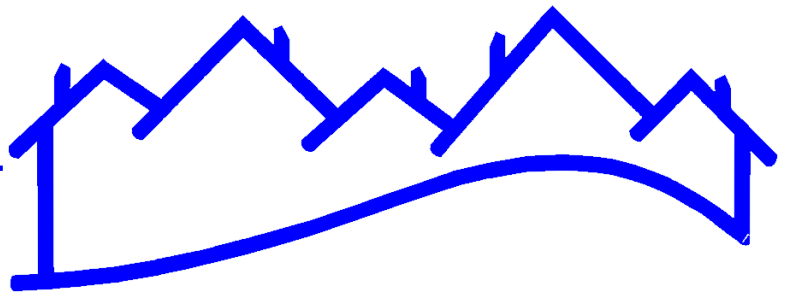


The New Hope city council has endorsed the "Diaper Need Awareness Drive", sponsored by Helping Us Grow. Diapers can be donated at New Hope City Hall.

New Hope City council has challenged Crystal, Robinsdale, and Golden Valley to a friendly competition to see which city can collect the most diapers.

Helping Us Grow, "HUG", helps expectant parents or parents of a newborn or toddler with a variety of services at no cost. See www.helpingusgrow.org for details.

Hats Off and Thanks!



Golf Outing and Picnic

Special thanks to the following for making this event so much fun!

- ❖ **Penny Spitzer** and **Jill Smisek** for putting everything together!
- ❖ **Penny** gathered all the prizes.
- ❖ **Jill** made (yes, cooked) all the food (including the four types of delicious bars).
- ❖ **Mark Severson** and the golf course staff for hosting the event at our beautiful city golf course.
- ❖ **John Elder** and **Walker Crawford** for driving the beverage cart.
- ❖ All who stayed after and helped clean up!



Horseshoes Champions of the World

Where else would you find the World Champions in horseshoes?

Our own **Bernie Weber** and **Megan Albert** soundly defeated all comers and earned a certificate signed (forged???) by the city manager. All this took place at the Summer Picnic and Lawn Games event in August.

Actually, lots of people played games and all of them had fun!! But there was just one team of winners in horseshoes.

Community Service by Stantec

See page 5 for photos and details about the community service projects the Stantec staff provided for the city on September 21.

We are most grateful for their help doing things that have been on the ever-growing 'to-do' list for a while.

Thanks, too, for the lunch that Stantec provided for city employees! Quite tasty and lovely weather, too!!

Thanks, Stantec!

Commissioner Bus Tour

Many thanks to **Jeff Alger**, Community Development Assistant, for putting together the route and a beautiful booklet that showed all the city projects shown on the tour. See page 3 for photos.

Ongoing Food Drive

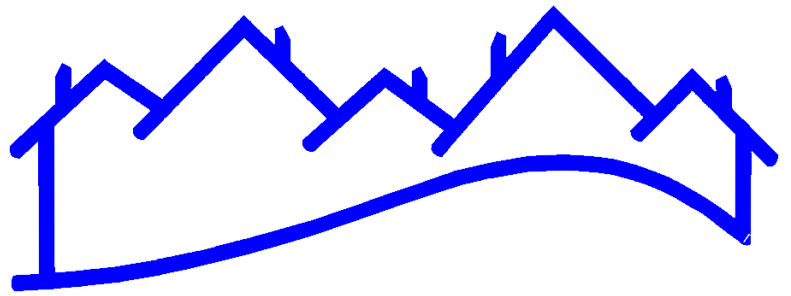
Do you ever think that your donations are insignificant next to the need in our community? Actually, every item and every dollar makes a difference.



Here are some interesting statistics from NEAR:

- ✧ In April, NEAR served 1,153 individuals and 353 households with 43,829 pounds of food of the 48,752 pounds collected
- ✧ In May, NEAR served 1,218 individuals and 345 households with 43,331 pounds of food of the 53,310 pounds collected
- ✧ In June, NEAR served 1,328 individuals and 388 households with 56,223 pounds of food with the 52,518 pounds collected.

The city continues to collect food and cash all year, including Wacky Wednesday each month.



Community Service by Stantec

On Wednesday, September 21, more than 20 staff members from Stantec, the city's engineering consulting firm, spent 2+ hours volunteering for the city. Projects included plantings near the shelter building at Northwood Park, scraping and priming the Lions Shelter at Northwood Park, rating the trails in the parks and uploading the information into Infraseek, cleaning projects at the ice arena, and several items at the golf course (planting trees, clearing brush, painting, filling holes and adding seed). They finished off their volunteer project by grilling burgers and brats for city staff at the golf course. Their time and energy is truly appreciated.



'Healthy Living to 100' Lunch & Learn

Ty Hall, D.C., of Robin Wellness Center in Robbinsdale, presented information on "Healthy Living to 100" on September 28. He covered important basic information such as nutrition saying, 'if it grows on a tree or in the ground, it's healthy to eat'. If it is made in a lab, it isn't. He strongly suggested removing sugar from our diet but also offered the healthy balance of 80% healthy foods and 20% 'vacation' foods. He also stressed the importance of healthy fats such as butter, eggs, nuts, and avocados.

He talked about HIIT, High Intensity Interval Training, for exercise, and the importance of sleep which the body uses as recovery time.



Ty Hall, D.C. and Alyssa Koch, Marketing and Wellness Coordinator, of the Robin Wellness Center in Robbinsdale

Dr. Ty gave an interesting statistic, that 60% to 90% of doctor visits are stress related. Even when we don't think we are stressed, we probably are. Some tips to de-stress are to set aside some quiet time before bed with no stimuli such as TV or electronics, and to not take electronics into the bedroom.

Participants enjoyed lunch from Hy-Vee, the cost of which was split between participants and Wellness.

Thanks to Sarah Hansen for planning the event and Aaron Chirpich for facilitating.





Upcoming Wellness Events:

➤ October 26 - Presentation on Dementia/ Alzheimers Awareness

Signs of Alzheimers/dementia	Typical age-related changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

➤ November 30 - Financial Health

◇ Details to follow

Mark your calendar!!

Wellness is a GOOD thing!

