

The background of the entire page is a high-quality still life photograph. It shows a dark, rustic wooden table. In the upper center is a single red and yellow apple. To its right is a large, golden-brown bagel resting on a piece of patterned fabric. In the lower left, a white coffee cup with a gold rim is partially visible, filled with dark coffee. A silver spoon lies on the table near the cup. The lighting is warm and focused, creating a cozy atmosphere.

WHAT'S HAPPENING AT THE SPRING DISTRICT

OCTOBER 2021 NEWSLETTER

WHAT'S INSIDE?

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POINTS OF INTEREST

October: Breast Cancer Awareness Month

What to do in October

Movie Night Recap

Apple Pie Cake Recipe!

INTERNATIONAL BAT WEEK - OCTOBER 24 - 31

Celebrate International Bat Week by experiencing bats in their natural habitat. Meet up for a guided walk and learn how essential bats are to daily life all around the world.

Facts About Bats:

- Bats may be small, but they're fast little creatures. How fast a bat flies depends on the species, but they can reach speeds over 100 miles per hour according to new research.
- Without bats, say goodbye to bananas, avocados and mangoes. Over 300 species of fruit depend on bats for pollination. Bats help spread seeds for nuts, figs and cacao -- the main ingredient in chocolate. Without bats, we also wouldn't have plants like agave or the iconic saguaro cactus.
- Bats are the only flying mammal. While the flying squirrel can only glide for short distances, bats are true fliers. A bat's wing resembles a modified human hand -- imagine the skin between your fingers larger, thinner and stretched. This flexible skin membrane that extends between each long finger bone and many movable joints make bats agile fliers.
- Like cats, bats clean themselves. Far from being dirty, bats spend a lot of time grooming themselves. Some, like the Colonial bat, even groom each other. Besides having sleek fur, cleaning also helps control parasites.

READ MORE HERE:

[US DEPARTMENT OF INTERIOR BLOG: 13 FACTS ABOUT BATS](#)



AN INTERNATIONAL BAT WEEK HIKE (AGES: 5+)

Lewis Creek Park Visitor Center
October 29, 2021
6:00 pm - 7:00 pm

Join us this Bat Week to learn about the bats that call Bellevue home. We'll discover how bats all over the world help us every day and take a dusk hike to watch for bats as they forage for insects! Bring a flashlight or headlamp, as well as sturdy shoes! Ages 5+ with accompanying adult(s). Current local guidelines regarding COVID-19 apply. Maximum enrollment 15. Outdoor only.

Preregistration required for children and adults. Register and learn more here: <https://bellevuewa.gov/events/international-bat-week-hike-ages-5>





FACTS ABOUT BLOOD DONATION

- Only 37 percent of the U.S. population is eligible to donate blood – less than 10 percent do annually.
- Amount of blood in the body of an average adult is 10 pints.
- Blood makes up about 7% of your body's weight.
- A newborn baby has about one cup of blood in their body.

Source: <http://fourhearts.org/facts/>

KING COUNTY BLOOD SUPPLY CRITICALLY LOW

Bloodworks Northwest and Our Region's Legendary Music Community Seeking 10,000 New Donors By End of Year!

September launched Bloodworks Music's In Our Blood Campaign to encourage donations through the power of music. This music-centered campaign is a collaboration between KEXP, Sub Pop Records, and Starbucks; in addition, it counts The Vera Project, The Residency, Black Fret, SMASH, Daydream State, and Mudhoney among the growing list of participating organizations and artists.

Bloodworks Northwest aims to recruit 10,000 new donors by the end of the year. The demand for blood has never been greater and the supply is at one of its lowest levels in recent history. In Washington and Oregon, 1,000 donors per day are needed to keep the blood supply at a safe and reliable level. It does not take much for the supply to drop—one snowstorm, one tragedy, one heatwave can send blood supply levels to critically low.

Only 37% of the population is eligible to donate blood due to health, age, and other key factors. In an effort to recruit more donors, Bloodworks Northwest and the musicians participating in the Music's In Our Blood campaign are urging those who can, to donate blood regularly.

Music's In Our Blood includes great prizes. For example, donate blood between September 1 - October 31, and you will be automatically entered to win one of four Fly Away Music weekend getaways across the USA. The prize is a three-day weekend to see headliner artists at an iconic venue in Los Angeles, Nashville, New York, or Miami, including airfare, hotel accommodations, and event tickets for two. See official rules [Here](#).

For more information about Music's In Our Blood, upcoming events, the sweepstakes and scheduling a blood donation, please visit www.bloodworksnw.org.



OCTOBER CELEBRATES COFFEE AND MUCH MORE!

October is known for Halloween, of course, but it is also Apple Month! We're celebrating by making apple cake (Recipe on Page 9). Perfect recipe for your tailgate party as we celebrate the return of football.

In addition, the month of October honors National Coffee Day, the 1st, and National No Disposable Cup Day, the 4th. Combine those days and use a clean personal cup to get your coffee.

October 16 is National Boss's Day! Celebrate and honor those who guide us through our workdays. We appreciate you, Boss!

WHAT TO DO THIS MONTH

Fashion Week - October 8 - October 9, 2021

Get out of your Zoom meeting fashion rut by participating in Bellevue Fashion Week!

<https://www.visitbellevuewa.com/event/fashion-week-live-at-the-bellevue-collection-2021/7379/>

Jazz & Blues Fest - October 6 - October 10, 2021

Get out of the house and hear some great local musicians.

<https://www.visitbellevuewa.com/event/jazz-%26-blues-music-series/7400/>

Green Living - Check the website for Dates

Get your "green" house in order with these environmentally sustainable classes offered by the City of Bellevue. Learn how to reduce plastic and food waste.

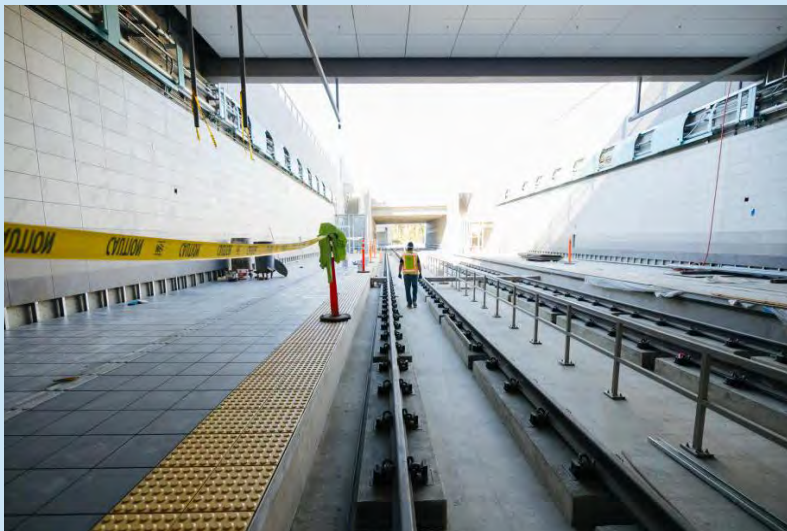
<https://bellevuewa.gov/city-government/departments/utilities/greener-living-classes>

NEIGHBORHOOD UPDATES

SPRING DISTRICT/120TH STATION

2023 will welcome a new light rail station located at the hub of the dynamic, growing, mixed-use Spring District neighborhood. This new station places The Spring District minutes from Downtown Bellevue and Redmond. It will also make for easy commuting to downtown Seattle.

To learn more, visit the Sound Transit website: <https://www.soundtransit.org/system-expansion/spring-district-120th-station>



YOU can save a life by partnering with Bloodworks Northwest! Make a blood donation at any Bloodworks location thru October, and in addition to saving a life....you could FLY AWAY!

About the campaign: Donate blood at ANY conveniently located Bloodworks Northwest Donor Center (fixed site) or Pop-up Donor Center, (temporary site) and your participation automatically enters you to be a part of Bloodworks "Music's in our Blood" campaign. You will have the opportunity to win Music Weekend getaways across the USA. More info at <https://www.bloodworksnw.org/music/>

Northshore YMCA

October 17 & 18

[Book a Donation Appointment](#)

North Bothell Rental Hall

October 25 & 26

[Book a Donation Appointment](#)

Woodinville Unitarian Church

September 29 & October 1

[Book a Donation Appointment](#)

Brick & Mortar Donation Ctr.

9 locations in WA

[Find a Fixed Donation Center](#)

"The docs say I'm almost halfway to my bone marrow transplant. That wouldn't be possible without your selfless gift of life... because of you, I have hope for my future. Thank You!"

Masks and appointments are required, as well as photo ID. Please sign up now to donate at any of the locations listed above. These options don't fit into your calendar? Find a different donation location [HERE!](#)

For more about the safety of donating blood during the pandemic, eligibility, help booking your appointment and other information, please visit www.bloodworksnw.org



BloodworksNW.org / 800-398-7888



THE WASHINGTON SHAKE OUT DRILL

The ShakeOut Drill is scheduled for 10:21 a.m. on October 21, 2021. Wherever you are at that moment—at home, at work, at school, anywhere—you should Drop, Cover, and Hold On as if there were a major earthquake occurring at that very moment, and stay in this position for at least 60 seconds. There will not be any freeway closures, power outages, or other simulated effects of the hypothetical earthquake, unless your local government or utility company specifically notifies you about something of this nature. The ShakeOut is not something you need to leave work to participate in—in fact, participating at work is encouraged! Businesses, organizations, schools, and government agencies can register and have their employees practice Drop, Cover, and Hold On or have a more extensive emergency drill.

The main goal of the ShakeOut is to get Washingtonians prepared for major earthquakes, so use the ShakeOut as an opportunity to learn what to do before, during, and after an earthquake.

Anyone in Washington can participate, from a single individual at their home to a major company at the office. Talk to your coworkers, neighbors and friends about the ShakeOut and encourage their participation.

Learn more: <https://www.shakeout.org/washington/index.html>

DROP+COVER+HOLD ON!

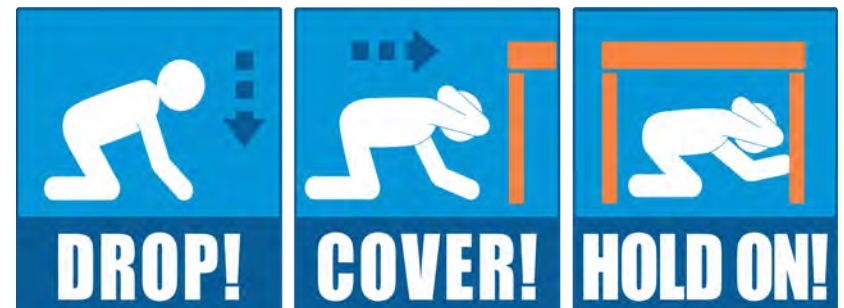
In the event of an earthquake, don't wait to see if it will be a strong earthquake. Unsecured objects around you could topple, fall, or become airborne, potentially causing serious injury. This is why you must immediately protect yourself after the first jolt. You must Drop Cover and Hold On.

DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand. Crawl underneath a sturdy desk or table for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows) and stay on your knees; bend over to protect vital organs.

HOLD ON until shaking stops. If you are under shelter, hold on to it with one hand; be ready to move with your shelter if it shifts. If you don't have shelter, hold on to your head and neck with both arms and hands.

[Learn More Here!](https://www.shakeout.org/washington/index.html)



THIS MONTH'S PHILANTHROPY

[Susan G Komen Foundation](#)

The mission of Susan G. Komen is to save lives by meeting the most critical needs across the country and investing in breakthrough research to prevent and cure breast cancer.

The website offers information on financial assistance, the latest information on breast cancer risk factors, screening, diagnosis, treatment, metastatic breast cancer, survivorship and more.

In addition, there is a breast care helpline that offers free support from trained oncology social workers, as well as guidance to local resources. Mon-Fri 9 a.m. to 10 p.m. ET.

Your gift makes an impact.

Click this [link](#) to donate.



BREAST CANCER AWARENESS MONTH

October is also Breast Cancer Awareness Month. In an effort to build awareness and raise money for research, October has become National Breast Cancer Awareness Month highlighting that breast cancer impacts everyone in the life of a patient-spouse, children, family, co-workers! This month we focus on the many ways to support those fighting directly.

You can be involved by raising funds for those organizations doing research, you can share stories of those diagnosed, participate in one of the many virtual run/walks taking place this month.

This month many major league baseball teams wear pink on the field during a game to bring attention to this horrible disease. Breast cancer affects 1 in 8 women (and rarely, men, too) each year. Honor the women in your life: know your risks, make healthy choices, conduct regular self-exams. The American Cancer Society website has excellent resources. Please use this link: [Guidelines for early Detection](#).

There are many virtual fun runs/walks to participate in to support breast cancer awareness. Please visit the Susan G. Komen website to learn about their events: [Susan G. Komen® - 2021 Komen National MORE THAN PINK Walk](#) (or [komen.org](#) for more information.)

Apple-Pie Cake

A cross between pie and a fruit crisp, this dramatic dessert is made with just six common ingredients.

Prep: 45 mins/Total: 2 hrs/Servings: 8

Apple-Pie Cake

Ingredients

2 cups flour

1 cup packed light-brown sugar

2 teaspoons cinnamon

1/2 pound (2 sticks) cold unsalted butter, cut into 8 pieces

5 pounds (about 12) tart apples, such as Granny Smith

2 tablespoons fresh lemon juice

Directions



Step 1

In a large bowl, combine flour, brown sugar, and 1 teaspoon cinnamon. Using an electric mixer or a pastry cutter, cut in butter until the mixture forms pea-size pieces. Press 2/3 of the mixture onto bottom and 1 inch up the side of a 9-inch baking or spring-form pan.

Step 2

Preheat oven to 350 degrees. Peel apples, cut into thin slices, and place in a bowl. Pour off any accumulated liquid. Toss apple slices with remaining teaspoon cinnamon and lemon juice, and put them in the prepared pan, pressing down gently as you pack them in (they will mound above the edge of the pan). Sprinkle remaining crumb mixture on top.

Step 3

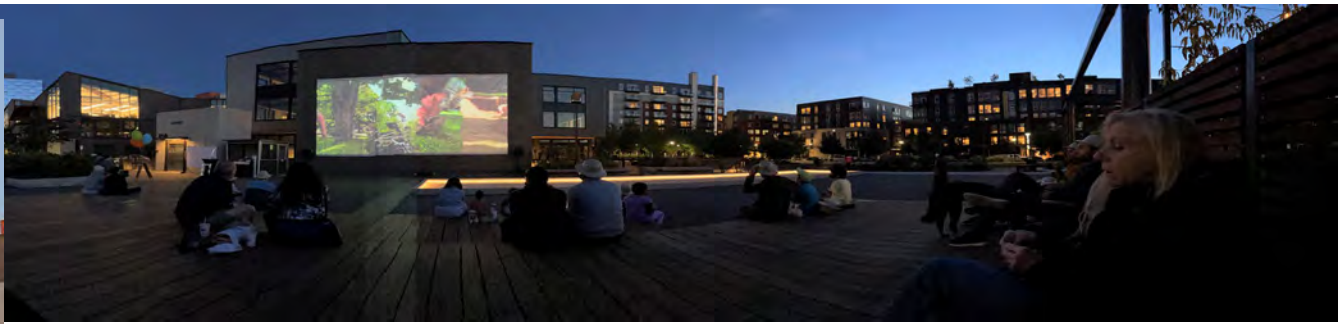
Put the pan on an aluminum foil-lined baking sheet, and bake for 1 hour and 15 minutes, or until golden brown on top. Run a knife around the edge of the pan, and let the cake cool in the pan to set. Serve at room temperature.

Cook's Notes

To dust the cake with confectioners' sugar, put some sugar in a standard sieve, hold it over the cake, and tap the edge lightly.

Cook's Notes

A springform pan works best for this recipe. All you have to do is release the sides to remove the cake from the pan. Or use a 9-inch round baking pan, with sides at least 3 inches high.



DID YOU MISS THE TSD SUMMER MOVIES?

It was great fun attending the outdoor movies in The Spring District. We showed Jumanji and Grease and the neighborhood had a great time.

Stay tuned for next year's movies!



EAST BELLEVUE DEMONSTRATION GREENWAY

You can assist the City of Bellevue as it creates safer roads for cyclists and walkers. The first project of its kind in Bellevue, the East Bellevue Demonstration Greenway is intended to make it easier for people to bicycle around the neighborhood and reach nearby destinations.

The two-mile long greenway ([map](#)) was installed in late August and early September, 2021, along 166th and 165th avenues, from Southeast 14th Street to Northup Way.

The “demonstration” aspect of the project means the city will use quick-build, low-cost treatments, and that residents will be encouraged to provide feedback before, during and after installation.

To learn more and provide thoughts about the project, go to this questionnaire: <https://www.engagingbellevue.com/east-bellevue-greenway>



TREE TRUNK OR TREAT THE SPRING DISTRICT OCTOBER 29, 2021 WEAR A COSTUME & HAVE FUN!



**TRACT C PARK
OCTOBER 29, 2021
2:00-4:00 P.M.**

**JOIN US IN THE PARK FOR SOME
HALLOWEEN FUN!**

**NEIGHBORHOOD GROUPS WILL DECORATE A TREE
AND HAND OUT TREATS.**

DON'T MISS THE CARICATURE ARTIST SPONSORED BY THE SPRING DISTRICT TEAM!



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