

A young girl with brown hair, wearing a blue t-shirt and purple shorts, is sitting in a wheelchair with colorful spokes (red, orange, yellow, green, blue, purple). She is smiling and looking towards the camera. The wheelchair is positioned in a large, shallow water fountain. Several jets of water are spraying upwards from the fountain, creating a playful atmosphere. In the background, there is a brick building with large windows and some greenery. A person is walking in the distance on the right side of the image.

WHAT'S HAPPENING AT THE SPRING DISTRICT

SEPTEMBER 2021 NEWSLETTER

WHAT'S INSIDE?

- 03 Labor Day
- 04 STEP-tember
- 05 Neighborhood Updates
- 06 TSD Movie Nights
- 07 Back to School Prep
- 08 National Emergency Month
- 09 Philanthropy
- 10 TSD Plum Cake Recipe
- 11 Thank You!

POINTS OF INTEREST

September is National
Emergency Preparedness
Month

TSD Free Movie Nights:

9/2 - Jumanji

9/9 - Grease

Make a Plum Cake!

LABOR DAY

Officially being named a federal holiday in 1894, Labor Day is a day set aside to honor and celebrate labor and the many laborers who built and sustain the United States. The holiday is non-secular and doesn't honor a significant day in history. Over the years, the first Monday of September has also grown to represent the unofficial end of summer.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official federal holiday. (Source Wikipedia)

The last long weekend of the summer provides one final opportunity to get out and explore. It's been a long year for everyone and while you may feel eager to travel while the weather is still nice, it's important to be cautious and follow the CDC guidelines. Do your research and investigate your destination so you know current conditions in the community you are visiting.

Here's a great article by Patch, Seattle, WA

<https://patch.com/washington/seattle/labor-day-2021-travel-tips-getting-out-washington>



SOURCE: MABAHAMO / SHUTTERSTOCK
CAPE FLATTERY, WA

LABOR DAY WEEKEND GETAWAYS

COASTAL OR INLAND, WA ROAD TRIPS ABOUND

If you are hitting the road, Scenic Washington offers great road trip suggestions.

<https://scenicwa.com/road-trips>

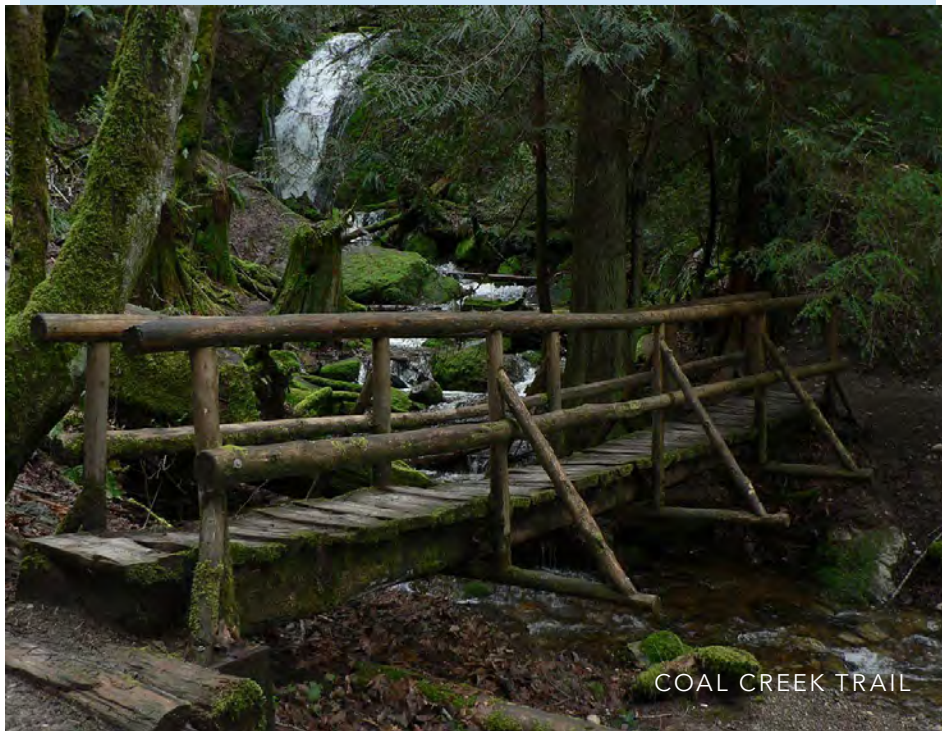


PALOUSE FALLS/PALOUSE RIVER
IN SPRING, WA
IMAGE FROM WINDOWS 10 SPOTLIGHT IMAGES

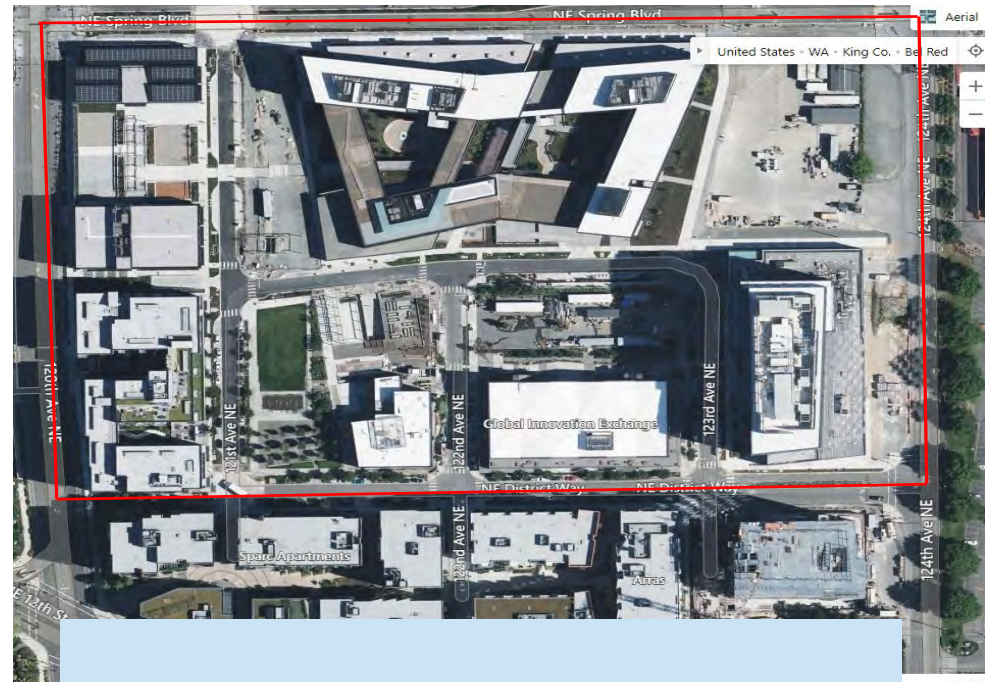
STEP-TEMBER! TIME TO GET YOUR STEPS IN!

This September challenge yourself to take 10,000 steps (about 5 miles) a day each day of the month for better health and well-being. We've highlighted some routes to walk around The Spring District. If you're feeling more adventurous here's a list of trails around Bellevue! Get out there and get stepping!

[NATURE TRAILS | CITY OF BELLEVUE \(BELLEVUEWA.GOV\)](https://www.bellevuewa.gov/Departments/Community-Development/Planning-and-Development/Trails)



COAL CREEK TRAIL



STEP AROUND THE SPRING DISTRICT

If you're getting your steps while here in The Spring District, the outlined route above is roughly three-quarters of a mile. Grab a coffee and enjoy the neighborhood.



NEIGHBORHOOD UPDATES

BLOCK 24 OPENS

This ten-story building with 198,500 square feet of state-of-the-art professional workspace opens late 2021. The office space is 100% leased by Facebook. There is a 1,193 square foot retail space available for lease and we are excited to see how the neighborhood grows.



September Lifesavers Needed!

Bill Harper was diagnosed with leukemia on the 4th of July, eleven years ago. After the 267 transfusions that saved his life, this ask is personal. "I never knew I'd need that much help," he said, "and I feel so lucky it was there for me when I needed it." Help make sure other blood cancer patients get the help they need during Blood Cancer Awareness Month. Schedule your blood donation appointment! Be part of the cure, and give the gift of life to someone in need.

Newport Yacht Club

Sept 17, 18, 20, 21

[Book a Donation Appointment](#)

Snoqualmie Pass

Sept 16, 17

[Book a Donation Appointment](#)

Woodinville Unitarian Church

Sept 29, 30, Oct 1, 4, 5

[Book a Donation Appointment](#)

LDS Church-Cottage Lake

September 9, 10, 11

[Book a Donation Appointment](#)

Village Theatre

Sept 23, 24, 30, Oct 1, 7, 8

[Book a Donation Appointment](#)

Kirkland Urban

Sept 28, 29

[Book a Donation Appointment](#)

Appointments and masks are required at all Bloodworks donation sites and no guests under the age of 16 are permitted onsite. There is no deferral from donating after receiving a COVID vaccine. For more information, <https://www.bloodworksnw.org/about/news/coronavirus>

♥ "Thank you for saving my husband's life. He is 34 and was just diagnosed with leukemia. This blood transfusion is helping him through his induction chemo."



BloodworksNW.org / 800-398-7888



September 2–Rated PG

Movie starts at 8:10pm



September 9–Rated PG

Movie starts at 7:55pm

The Spring District **Free** Outdoor Movies

Where: 12167 NE 14th Terrace, The Spring District Plaza

Located by the bocce ball court and stage

When: Thursday, September 2nd & 9th

Seating starts at

7:30pm

**Food for purchase
from Food Trucks**

5-8pm!

[Food truck details here!](#)



You bring the chair; we'll supply the popcorn!



IT'S BACK TO SCHOOL

LOOK OUT FOR STUDENTS AND BUSES

School is back in session and there will be more activity in and around schools, school zone speed limits will be enforced and buses will be on the roads more frequently. As our days grow shorter, it becomes more and more important to be vigilant when driving in and around schools and school zones. Local Bellevue Police will be enforcing speed limits as a way to heighten awareness and increase safety. Visit this [City of Bellevue](#) site for more information.

CDC GUIDE TO SCHOOL SUPPLIES

The start of a new school year is exciting but can also be stressful. The CDC has put together a helpful source guide to assist with getting everyone off to a great start. The site has information for ensuring your child's teachers have directions in the event of an emergency; COVID-19 guidelines; and instructions for implementing the backpack emergency card.

Click here for more information: <https://www.cdc.gov/parents/children/back-to-school.html>



SEPTEMBER IS EMERGENCY PREPAREDNESS MONTH

Mt. Rainier is a visual reminder of potential emergencies that could impact our region. We also know that the Pacific Northwest is vulnerable to flooding and earthquakes. Knowing our region has the potential for natural emergencies, makes preparedness the most important tool in our tool kits as we look ahead to September, National Emergency Preparedness Month. Those who experienced the eruption of Mt. St. Helens, recent flooding and wildfires know how devastating such occurrences can be to daily life here in the Pacific Northwest.

Use this month to think about how to be better prepared for the unexpected. We want to encourage you to ask yourselves, "What would we do if ...?"

[Ready.gov](https://www.ready.gov) is an excellent resource for the individual just getting started in building their emergency kit, as well as the seasoned veteran who just needs a refresher.

Do you have a plan in place if an emergency happens when your family is not together? If you're at work and the other members of your family are at school or work, what is the plan? Do you have a designated meeting place or phone number to call to check in?

Build A Kit

Have enough food, water and other supplies to support your needs for several days.



Ready. ✓

It is also important to have a complete emergency kit with supplies for several days. Do you have an ample supply of medication? Do you have necessary food and medication supplies for any pets in your family? Here's a link with helpful information when creating your emergency kit, [Build A Kit | Ready.gov](https://www.ready.gov/build-a-kit)

In addition to creating an emergency kit for your family, King County Emergency Management offers a public information and notification service called ALERT King County. This service helps you stay informed about potential hazards and threats that impact your area.

[ALERT King County - King County](https://www.kingcounty.gov/alert)

THIS MONTH'S PHILANTHROPY

[American Red Cross](#)

The Red Cross is active in local communities around the county every day. Depending on the specific needs of your community they may be educating schoolchildren, responding to home fires and other emergencies, supplying lifesaving blood, providing health and safety training and more. Your gift in support of "Your Local Red Cross" strengthens The Red Cross's ability to serve the needs of your community and may go to a variety of services your chapter is providing.

Throughout the United States, The Red Cross has 263 local chapters; they respond to more than 60,000 disasters on average every year; they educate more than 283,000 people each year on one of their disaster education presentations.

Your gift makes an impact. Click this [link](#) to donate.



**American
Red Cross**

911 HEROES RUN 5K SNOHOMISH WA

SUPPORT THE TRAVIS MANION FOUNDATION

The 9/11 Heroes Run 5k welcomes runners, ruckers, and walkers of all levels, ages and fitness experience to honor the heroes of 9/11 and those who've served our nation since. This organization activates & unites communities and empowers local veterans, active duty, first responders, and families of the fallen. Proceeds are used to directly support Travis Manion Foundation's mission to empower the nation's veterans and the families of our fallen heroes to develop character in future generations. In select locations, a portion of race proceeds are granted back to a local nonprofit partner whose mission is also to empower these heroes. Sign up here: <https://911heroesrunsnohomishwa.itsyourrace.com/event.aspx?id=12333>

FRUIT TREES AND VEGGIE GARDENS AT TSD

We want to remind you that the fruit trees and gardens in The Spring District Park area are there for you to enjoy! Please feel free to sample the plums and pears, as well as the herbs.



Late Summer Plum Cake

By Once Upon a Chef

Gently spiced, this jammy plum cake celebrates the summer-into-fall season. Serve it as a brunch cake or for dessert topped with vanilla ice cream or whipped cream.

Servings: 8-10/Prep Time: 20 Minutes/Cook Time: 70 Minutes/Total Time: 1 Hour 20 Minutes/8 servings

INGREDIENTS

1-1/2 cups all-purpose flour, spooned into measuring cup and leveled-off
1-1/2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon cardamom
1/2 teaspoon salt
8 tablespoons (1/2 cup) unsalted butter, softened, plus more for greasing the pan
1 cup plus 2 tablespoons sugar, divided
1 large egg
1 teaspoon vanilla extract
1/2 cup milk (low fat is fine)
1 pound plums, pitted and quartered

INSTRUCTIONS

Preheat oven to 350°F and set an oven rack in the middle position. Grease a 9-inch springform pan. (Alternatively, use a 9-inch cake pan or pie pan and served directly from the pan.)

In a large bowl, whisk together the flour, baking powder, cinnamon, nutmeg, cardamom, and salt. In the bowl of an electric mixer fitted with the paddle attachment or beaters, cream the butter and 1 cup of the sugar until pale and fluffy, about 3 minutes. Add the egg and vanilla and beat on low speed until well combined. Gradually add the flour mixture, alternating with the milk, and beat on low speed until smooth. (Note: the batter will be quite thick.) Transfer the batter to the prepared pan and smooth the top with an offset spatula. Arrange the plums on top, skin side up, in a circular pattern so that they mostly cover the batter. Sprinkle the remaining 2 tablespoons of sugar over the plums.

Bake for 60 to 70 minutes, until golden on top and set in the center.

When the cake is hot out of the oven, run a knife around the edges of the pan and then remove the springform edge, leaving the base in place (if using a springform pan). Let the cake cool on a rack completely. Slice and serve with ice cream or whipped cream, if desired.

Note: This cake keeps well, loosely covered at room temperature, for several days. Freezer-Friendly Instructions: The cake can be frozen for up to 3 months. After it is completely cooled, double-wrap it securely with aluminum foil or plastic freezer wrap, or place it in heavy-duty freezer bag. Thaw overnight on the countertop before serving.

NUTRITION INFORMATION

Per serving (Powered by Edamam) Calories:344 Fat:13g Saturated fat:8g Carbohydrates:54g Sugar:35g Fiber:2g Protein:4g Sodium:231mg Cholesterol:55mg

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TSD RESIDENT

THANK YOU FOR A GREAT SUMMER!

With crisp autumn mornings and pumpkin spice in the air, we know that autumn is coming to the Pacific Northwest and summer is coming to a close. We want to "Thank You" for helping us have such a fun and exciting summer here at The Spring District!

We were thrilled to host the Bellevue Farmers Market and Bellevue Beats Summer Concert Series. It was a nice chance for The Spring District to come together as a community. Next year's events will be even better. We'd love to hear what you think about this year's events. Please take this [survey](#)!



JOY MILLS BAND
GRAZE-BELLEVUE FARMERS MARKET VENDOR



LINDA HOFFNER & ROBIN EIDEM
TSD STAFF





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WRIGHT RUNSTAD & COMPANY