



WHAT'S HAPPENING AT THE SPRING DISTRICT

OCTOBER 2022 NEWSLETTER

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POINTS OF INTEREST

Catalyst Moves into
The Spring District

Summer Wrap-up!

Energy Efficiency Month



Shop Habitat for Humanity ReStore in Bellevue and You Help Create a Home

Founded in 1986 as an independent affiliate of Habitat for Humanity International, Habitat Seattle King County (SKC) has served more than 2,000 families in King County through affordable home construction and preservation, beginning with our very first build on the Issaquah Highlands. Since then, Habitat SKC has brought together thousands of community members each year who become part of the solution to our affordable housing need.

Our vision is a region– and a world – where everyone has a decent place to live.

By volunteering with Habitat SKC, you can be a part of the change you want to see in your community. We offer several opportunities to build or repair homes with families, in addition to volunteer opportunities at our local Habitat Stores, and in our offices. You can even invite your friends and family to join you. You can learn all the different ways to volunteer and register [here](#).



Did you know there is a Habitat ReStore right in your backyard? What IS a Habitat ReStore you ask? Habitat ReStores are independently owned reuse stores operated by local Habitat for Humanity organizations. Our ReStore is located at 13500 Bel-Red Rd Bellevue, WA 98005, right down the street! You can even shop online at <https://www.habitatstoreskc.org/>.

ReStores accept donations and sell a constantly changing inventory of diverse, high-quality merchandise to the public at a fraction of the retail price, while diverting reusable household items and building materials from area landfills.

Sales of donated items help Habitat for Humanity partner with local families to build, rehabilitate and repair safe and affordable homes in your community and around the world — a good deal for you, your community and the environment. Together, we can help families achieve the strength, stability and self-reliance they need to build a better future while creating stronger neighborhoods.



CATALYST MOVES INTO THE SPRING DISTRICT

Catalyst Workplace Activation, a full-service workplace consultant and office furniture dealership, has opened a new office on the second floor of the Brewpub Building in the Spring District.

This new space is described as an “experience center,” and showcases the latest trends in workplace design, conference technology tools, and Herman Miller and Knoll furnishings and ergonomic products.

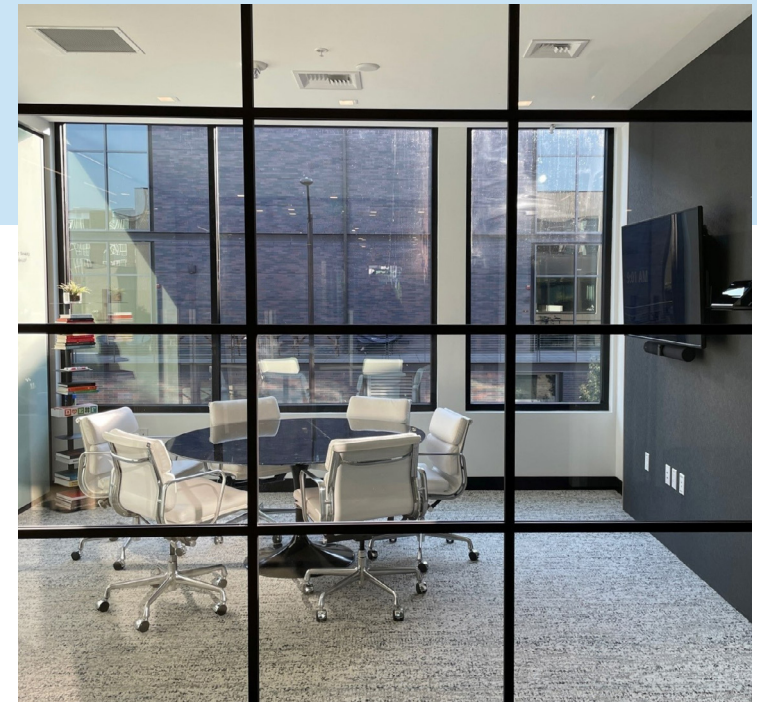
Catalyst chose the Spring District because it sees the Eastside as the future hub for some of the biggest companies in the world and wanted to be centered in this growth. They are also looking forward to being right above some of the best beer and food in the area! (Shout-out to [Bellevue Brewing!](#))

With over forty years of success in helping clients like Climate Pledge Arena, University of Washington, Tableau and T-Mobile to create amazing workspaces, Catalyst is excited to open this new experience center and become an integral part of the growing Spring District community.

Please contact marketing@catalystactivation.com if you would like to schedule a tour and learn more.



Top Image - The Don Draper Office in the Catalyst Experience Center



Bottom Image - Conference Room Design by Catalyst

NEIGHBORHOOD UPDATES

Largest Cohort in GIX History Kicks Off Fall Quarter 2022

The University of Washington's Global Innovation Exchange (GIX) is proud to welcome its 6th cohort of MS in Technology Innovation (MSTI) students to The Spring District! This year's cohort is the largest in MSTI history and is comprised of 70 students from 8 countries, over half of whom are women! Orientation concluded with a fast-paced and competitive introduction to the GIX Prototyping Labs. Students were provided custom printed circuit boards built by Labs staff and had two hours to build a remote-control car. They were challenged with designing and constructing a chassis, modifying the software to increase the speed, and fine-tuning directional control before the final race. Read more: [GIX Welcomes 6th Cohort of UW MS Technology Innovation students to Bellevue! - Global Innovation Exchange \(gixnetwork.org\)](https://gixnetwork.org)



TREE TRUNK OR TREAT AT THE SPRING DISTRICT

OCTOBER 28, 2022

2:00 - 4:00 P.M. TRACT C PARK
CARICATURE ARTIST, FUN GAMES
& TREATS FOR ALL AGES!



NEIGHBORHOOD EVENTS



Princesses, ponies, and pythons, OH MY! The Spring District came to life during our outdoor movie nights in September!

Our first movie, *The Princess Bride*, featured pre-show entertainment by Misty and Applesauce from [Seattle Pony Party](#) who welcomed kids aboard for a free ride, while Princess Buttercup took photos with the Kings, Queens, and Bandits of the Park! Lucy the Alligator and Square Bob Scale Pants the Tortoise were the life of the party when [The Reptile Man](#) paid us a visit before our final movie of the season, *Jumanji: The Next Level*.

We look forward to more fun and surprises next summer!



NEIGHBORHOOD EVENTS



This summer was filled with warm weather, food trucks, and the return of our Bellevue Beats Concert Series. Live music filled the park and provided the perfect atmosphere for a picnic lunch followed by some groovy dance moves.

Thank you to our partner, the [Bellevue Downtown Association](#), for keeping our toes tapping and activating the park stage with some of the best local bands around. We can't wait for next summer's lineup!



Where were you when the Rock 'n' Roll Running Series came to town?

This year's Rock 'n' Roll Washington half-marathon course featured prominent streets and neighborhoods within Bellevue, with The Spring District sitting at the mile three marker. We welcomed over 10,000 runners, great cover band [Flashback Nation](#) and a beautiful sunrise. This iconic running series returned to the Pacific Northwest after a two year hiatus, with Bellevue as its newest location. Stay tuned for information about next year's event. We hope to see you out on the course!

HALF MARATHON FEMALE WINNER
BECCA KAWAOKA - 1:19:24 FINISH TIME



OCTOBER IS ENERGY AWARENESS MONTH

October 5th is Energy Efficiency Day!

10 tips to reduce energy waste around your home:

Energy efficiency could meet 1/3 of our expected electricity generation needs by 2030. This #EEDay2022 on Oct. 5, let's work together to cut energy waste. Join the thousands of people who have already pledged to save energy and money. Learn more about Energy Efficiency Day [Here](#).

1. Make the switch to LED

LEDs are a great example of how innovation and technology can make your life easier. They last at least 25 times longer and consume up to 90 percent less electricity than incandescent bulbs. Tip: By switching five of your home's most frequently used bulbs with ENERGY STAR® certified LEDs, it's possible to save \$75 on energy costs annually.

2. Seal Those Leaks

On average, heating and cooling account for almost half of a home's energy consumption. In fact, all the little leaks can be equivalent to leaving open a 3-foot-by-3-foot window. Tip: Take simple steps like caulking windows, sealing leaks around chimneys and recessed lighting, and sliding draft guards under your doors to save up to 20% on heating costs.

3. Heat and Cool Efficiently

Don't waste money heating or cooling an empty home. Install a programmable thermostat and in colder weather schedule your home's heat to lower when you are away or asleep, and increase when you are returning home or waking-up. In warm weather, schedule the thermostat to raise the temperature when you are away or asleep, and lower it at other times.

4. Maintain Your HVAC System

Make sure to clean or change your furnace filters regularly. A dirty furnace filter will slow down air flow, making the system work harder to keep you warm (or cool) and costing you more money. Tip: Consider getting a winter tune-up. Just as a tune-up for your car can improve your gas mileage, a semi-annual or yearly tune-up of your heating and cooling system can be vital to improve efficiency, saving you money and making your home more comfortable.

5. Look for the ENERGY STAR® Label

ENERGY STAR® labeled windows can cut heating costs by as much as 30% compared to single-pane windows, while increasing indoor comfort and lessening fading of home furnishings. Tip: If you are undertaking a major home remodel or new build, consider installing ENERGY STAR® qualified HVAC equipment and appliances.

6. Turn the Electronics Off

That sounds easy, but too often we forget and leave electronics plugged in that are not in use. Tip: Turn off unnecessary/idle lights, appliances and electronics. A power strip can help turn off multiple items at once. (Sometimes the simplest things are really effective!)

7. Winter Tip: Invite the Sun In

It feels like the sun abandons us during the winter, but that doesn't mean we should ignore it during the shorter days. Tip: Open curtains/shade on your west-and south-facing windows during the day to allow sunlight to naturally heat your home, and save 2%-12%.

8. Summer Tip: Close Blinds and Shades

This tip is easy to forget, but vital: excess sunlight will make it harder to keep your home cool and comfortable. Tip: During the day, keep your blinds and shades closed to prevent warm air from building up in your home.

9. Clean Your Clothing Efficiently

That's an easy one. A washing machine spends 90% of its energy to heat water. Tip: Consider using cold water instead. In addition, try to run full loads as much as possible, because the machine uses roughly the same amount of energy regardless of the load size. Also, consider air-drying.

10. Clean Up Your Dishes Efficiently

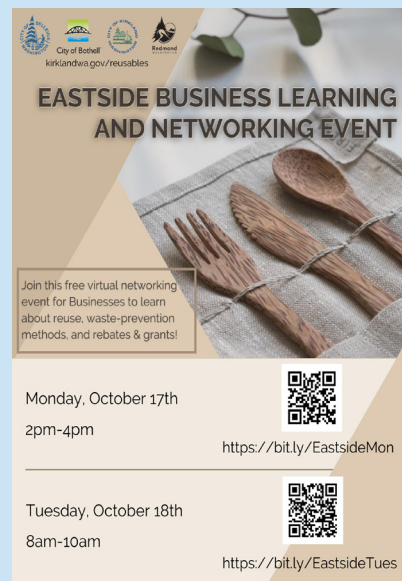
If there's one thing that has the power to unite people, it's food. And with food comes dishes to clean. Fear not - there really is a more efficient way to use your dishwasher. Tip: Avoid the "rinse hold" cycle and skip heated drying - simply open the door at the end of the washing cycle and let the dishes air dry!



EASTSIDE REUSABLES AND WASTE PREVENTION CAMPAIGN

Eastside food-related businesses in Bellevue, Bothell, Kirkland or Redmond want to reduce food waste. Join the discussion as the community and business leaders come together to investigate the possibility of adopting reusable containers as a method to help save money and reduce food waste. During the Networking Event you will:

- Obtain information on regulatory changes that will make it easier for individuals to bring their own containers
- Learn about the benefits of reusables through case studies
- Learn ways to potentially save money
- Learn about rebate and grant programs
- Have an opportunity to connect with other businesses about how to overcome reuse barriers
- Receive follow-up resources on tools to help your business be more sustainable



City of Bothell
kirklandwa.gov/reusables
Redmond

EASTSIDE BUSINESS LEARNING AND NETWORKING EVENT

Join this free virtual networking event for Businesses to learn about reuse, waste-prevention methods, and rebates & grants!

Monday, October 17th
2pm-4pm
<https://bit.ly/EastsideMon>

Tuesday, October 18th
8am-10am
<https://bit.ly/EastsideTues>

Click the links below to registration:

Monday, October 17th (2pm-4pm): <https://bit.ly/EastsideMon>

Tuesday, October 18th (8am-10am): <https://bit.ly/EastsideTues>

Eastside Businesses and Consumer Surveys

Cascadia consulting will be conducting two online surveys geared toward businesses on the Eastside serving food and with food and drink amenities, and the topic of reusables. The purpose of the surveys is to identify challenges and motivations to utilizing reusables, evaluate product availability, and to identify businesses interested in investing in reusables. The surveys will be live for two weeks. Business participants will be entered into a drawing for a \$50 Visa gift card; consumers will be entered into a drawing to receive one of four gift sets filled with reusable products.

Consumer Survey:

What is your experience of reusable cups, plates and utensils versus disposable food service items? Help shape a regional effort to reduce waste through this 5-10 minute survey from Eastside Waste Prevention Campaign. Take the survey by October 19th and get entered to win one of four reusables starts packs (\$100 value).



Learn more and take the survey <https://www.surveymonkey.com/r/EastsideWasteReduction>

Business Survey:

English: <https://www.surveymonkey.com/r/EastsideWasteReduction>

Spanish: https://www.surveymonkey.com/r/ES_EastsideWasteReduction

Mandarin Simplified: <https://www.surveymonkey.com/r/EastsideWasteReduction>

Mandarin Traditional: <https://www.surveymonkey.com/r/EastsideWasteReduction>

NEIGHBORHOOD INFORMATION



Construction Updates

As we continue to grow into a new and thriving neighborhood within Bellevue, we find ourselves surrounded by the sights and sounds of construction. In addition to the construction within our neighborhood, we are impacted by the City of Bellevue improvement project taking place along the 124th entrance to The Spring District. For updates about on-going City construction, please follow this link: [BelRed Improvements | City of Bellevue \(bellevuewa.gov\)](https://www.bellevuewa.gov/development/124th-entrance-improvements)

Follow us on Instagram [@thespringdistrict](https://www.instagram.com/thespringdistrict) or online at www.thespringdistrict.com for construction updates happening within The Spring District.



The Scoop On Dog Poop

The Problem: Pet waste contains harmful bacteria like E.coli, Giardia, and roundworms that can make people and other pets sick. When pet waste is left outside, rain washes the poop into storm drains that flow directly into our local lakes and streams, polluting our favorite places to play and swim.

The Solution: Scoop it, bag it, and place it in the trash. Bring extra bags on your walk and scoop every time. Look for designated pet waste areas. Bagged pet waste belongs in the garbage can.

The Spring District has a designated Pet Relief Area set aside specifically for our canine neighbors. Please remember to pick up after your pet.



Thank you for doing your part helping families stay healthy, protecting our streams, and keeping our shoes clean. Learn more here: [Pet Waste | City of Bellevue \(bellevuewa.gov\)](https://www.bellevuewa.gov/pet-waste)



THIS MONTH'S PHILANTHROPY

Habitat for Humanity - Seattle King County

The vision of all Habitat for Humanity organizations around the world is "a world where everyone has a decent place to live."

When you work with Habitat for Humanity you are working to remove barriers to housing. By donating money or time, your action benefits your local community by building hope and providing stability for a family. Each home built is a collaborative effort between Habitat for Humanity, the local community and the new home owner.

Follow this link to learn more about Habitat for Humanity and how your donation can make a difference:

<https://www.habitatskc.org/who-we-are/mission-values/>



October is Breast Cancer Awareness Month.

These patients often need blood and/or platelet transfusions during their treatments to repair and replace blood cells damaged by chemotherapy. Turn your support into action by donating blood. New to donating blood? There's a first time for everything. Watch this [video of Gaard Swanson from Seattle Refined donate for his first time!](#)

For donation eligibility information call 1-800-398-7888. If you are a 16-17 year old donor, you must arrive with a signed [parental consent form](#).

Pop-Up @ Chateau Ste. Michelle
October 3 & 4
[Book a Donation Appointment](#)

Pop-Up @ Snoqualmie
October 6 & 7
[Book a Donation Appointment](#)

Pop-Up @ Bridge Church-Snohomish
October 10 & 11
[Book a Donation Appointment](#)

Pop-Up @ Duvall Community
October 30
[Book a Donation Appointment](#)

NEW Renton Donation Center
Open 7 days a week
[Book a Donation Appointment](#)

Bellevue Donation Center
Open 7 days a week
[Book a Donation Appointment](#)

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



BloodworksNW.org / 800-398-7888

PAUL'S PUMPKIN BARS

By [Deb Martin](#)

These easy pumpkin bars are full of fall flavor with a moist texture and a decadent cream cheese frosting. So far, I haven't found anyone who doesn't love them!

Ingredients

Cake:

1 (15 ounce) can pumpkin puree
1 2/3 cups white sugar
1 cup vegetable oil
4 large eggs
2 cups all-purpose flour
2 teaspoons ground cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt

Frosting:

1/2 cup butter, softened
1 (3 ounce) package cream cheese, softened
1 teaspoon vanilla extract
2 cups sifted confectioners' sugar

Directions

Step 1 - Preheat the oven to 350 degrees F (175 degrees C).

Step 2 - Make cake: Beat pumpkin, sugar, oil, and eggs with an electric mixer in a medium bowl until well combined.

Step 3 - Sift together flour, cinnamon, baking powder, baking soda, and salt in a separate bowl; stir into pumpkin mixture until thoroughly combined. Spread batter evenly into an ungreased 10x15-inch jelly roll pan.

Step 4 - Bake in the preheated oven until cake bounces back when gently pressed, 25 to 30 minutes. Remove from the oven and let cool.

Step 5 - While the cake is cooling, make frosting: Beat together butter and cream cheese until smooth; stir in vanilla. Add confectioners' sugar a little at a time, beating until mixture is smooth.

Step 6 - Spread frosting evenly on top of cooled cake. Cut into 24 squares.

Nutrition Facts

Per Serving: 279 calories; protein 2.6g; carbohydrates 34.1g; fat 15.2g; cholesterol 45.1mg; sodium 282.5mg.





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