

A photograph of two reindeer with large, light-brown antlers lying on a bed of yellow wood shavings. The reindeer in the foreground is wearing a red collar with gold bells. The background shows a green metal fence and a white trash can.

WHAT'S HAPPENING AT THE SPRING DISTRICT

JANUARY 2023 NEWSLETTER

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POINTS OF INTEREST

Thank you for a wonderful holiday event!

Zero Waste New Year!

Lucky Black-Eyed Pea Salad

NEIGHBORHOOD EVENTS



HOLIDAY CELEBRATION 2022!

Thank you for helping to welcome Santa and his reindeer at this year's holiday event in the park. Families and friends enjoyed hot cocoa and decorating wooden ornaments for the community tree. We look forward to more community fun in 2023! Happy New Year!



NEW YEAR MEANS NEW POSSIBILITIES

There is nothing like a fresh start; a blank slate on which to build something new, something new TO YOU specifically. With the dawning of 2023 we are all given a chance to look ahead as we plan the next year (or quarter year, or half year), build positive habits, and give ourselves room to grow.

This could be your year! The year you recycle more, use less plastic, establish better sleep habits, eat more veggies or drink more water. Goals are personal and should be designed to challenge us, yet set us up for success.

According to numerology, the number “23” represents progress and change. Let’s make 2023 an opportunity to grow. Keep reading to learn about the Golden Rules of Goal Setting as a way to set the stage for a bright successful New Year.

THE 5 GOLDEN RULES OF GOAL SETTING

- 1) Set Goals That Motivate You: Be clear as to why you are setting particular goals. Your goals should be meaningful and worthwhile to you as you invest your time.
- 2) Set SMART Goals: Specific, Measurable, Attainable, Relevant & Time Bound. Being specific helps set parameters and gives direction for success.
- 3) Write Down Your Goals: Write a positive list and post it’s where you will see it every day.
- 4) Make an Action Plan: Write out the steps necessary to achieve your goal. It’s satisfying to cross things off your list.
- 5) Stick With It: It takes time to change behavior and set new habits. Evaluate your goals as time progresses to ensure that the goals are still meaningful to you.

Read more [here](#), at Mind Tools the website.

Good luck to you as you set your course!



JANUARY ACTIVITIES

[Lunar New Year](#) [January 22](#)

The [Lunar New Year](#) is celebrated by more than 20% of the global population. This year Lunar New Year falls on Sunday, January 22, and celebrations culminate in the [Lantern Festival](#) on Sunday, February 5. Celebrate the Year of the Rabbit at The Bellevue Collection on Saturday, January 14 from 11 am to 6 pm. Learn more [here](#).



[Bellevue Parks](#) [Winter 2023](#)

Bellevue city parks offer a variety of activities for the whole family. From biking and hiking trails to playgrounds and pickleball courts, it is easy to stay active this winter. Visit the City of Bellevue Parks and Community Services website and explore the many wonderful parks located so nearby: [City of Bellevue](#).

Learn more [here](#).

MARTIN LUTHER KING JR. DAY



Monday, January 16, 2023

Observed as a federal holiday since 1986, [Martin Luther King Jr. Day](#) honors the slain civil rights leader by encouraging young people to participate in a day of service as a way to raise awareness and mobilize volunteers. These activities provide individuals with an opportunity to engage with each other, build new connections, and strengthen their communities.

The website [TinyBeans](#) has published a list of ways to celebrate Dr. King's legacy this year. Visit their website [here](#).

SIMPLE RESOLUTIONS FOR A ZERO-WASTE YEAR

By Erin Hislop,

City of Bellevue Conservation and Outreach Program Administrator

Kick start the new year with zero-waste goals for yourself and your family! If you want to downsize or declutter or are simply looking for ways to reduce waste and recycle more in everyday life, these resources can help you take waste actions that protect our environment.

- Recycle right! Check your Bellevue recycling guide for what belongs in your container and remember to keep recyclables clean, empty and dry. www.BellevueWA.gov/recycle-at-home
- Become a Super Sorter and learn responsible reorganizing, how to reduce food waste and ditch disposables, and more in our Greener Living community classes! Classes on a variety of zero waste topics will be offered at no cost throughout the year. Visit BellevueWA.gov/Greener-Living-Classes to view class topics and register.
- Recycle more! Do you have unusual or bulky items you want to avoid sending to the landfill, but you're not sure what to do with them? Check out the Recycle More guide for local year-round disposal options at BellevueWA.gov/Recycle-More.
- When in doubt, find out! Still have questions about waste reduction, recycling, or composting? Contact the City of Bellevue recycling experts at recycle@bellevuewa.gov.

OTHER WAYS TO MAKE AN IMPACT

There are many ways each of us can effect positive change for the environment. Start small with easy-to-implement changes you and your family can integrate into your daily routine. Here are a few suggestions to consider:

Reduce Food Waste: while it's difficult to quantify, it is estimated that approximately 30% of household food is thrown away each year. That figure is at its highest during the holidays.

Buy Local: food can travel approximately 1,500 miles from farm to plate. Sourcing local food can help reduce our individual carbon footprint.

Compost: King County makes it easy with its curbside compost program, but it takes all of us to sort and dispose of items correctly. Take the time to ensure things are thrown away in the right bin.

Avoid Single-Use Items: bringing our own cup and keeping reusable utensils in our desks can reduce waste daily. Keeping shopping bags in the trunk is an easy first step.

Learn more here: [How to reduce food waste this holiday season](#); [Eight Ways to reduce Waste](#)



NEIGHBORHOOD UPDATES



Instagram

The Spring District
[@thespringdistrict](#)

Bellevue Brewing Company
[@bellevuebrewing](#)

Sparc Apartments
[@sparcapartments](#)

Catalyst Activation
[@catalystactivation](#)

ARRAS
[@arrasapts](#)

AMU Spring District
[@amlspringdistrict](#)


Global Innovation Exchange
(University of Washington's MS in
Technology Innovation)
[@uw_msti](#)

Get SOCIAL in the neighborhood!
Tag your neighbors as you're out and about in
The Spring District!

CODE RED

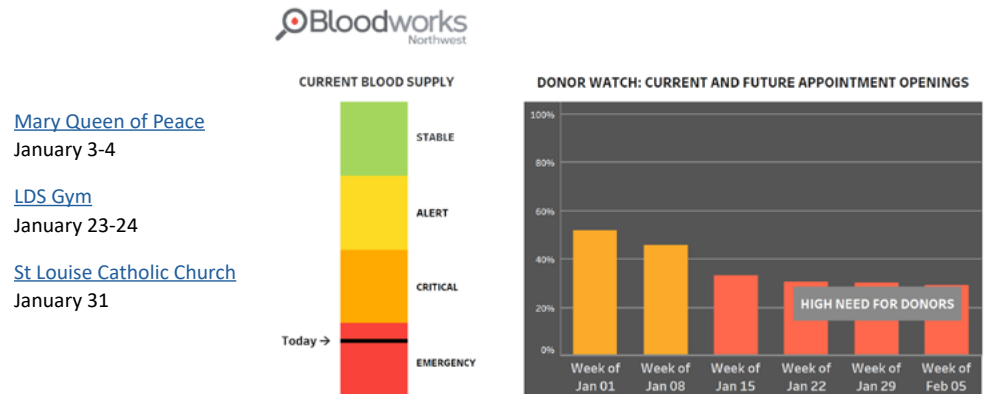
➤

Schedule your
blood donation **TODAY**



SOMEONE'S TOMORROW NEEDS A BLOOD DONOR TODAY!

Emergency Need for Blood Donors: The community blood supply has dropped to emergency low levels as patient need is outpacing donations. Last week local patients were transfused with 620 more units of blood than were donated. There is not enough blood on the shelves to do that again. Code Red Emergency Facing a severe blood shortage, a Code Red appeal has been issued urging everyone who is eligible and feeling healthy to fill immediate appointments to give blood and platelets. The local blood supply has hit emergency levels. It is vital that anyone who is feeling healthy - especially O negative and O positive donors - please schedule a donation ASAP and regularly thereafter. Schedule your donation today at bloodworksnw.org/schedule or 800-398-7888.



Appointments and masks are required at all Bloodworks donation sites and no guests under the age of 16 are permitted on-site. 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."

NEIGHBORHOOD HIGHLIGHTS



CONGRATULATIONS 2022 GIX GRADUATES

Congratulations to the recent graduates of the UW's MS in Technology Innovation! The largest graduating class since GIX opened in 2015, the graduates comprise students from around the world who will go on to solve meaningful problems through the responsible application of technology. The culmination of their program was this year's capstone-like Launch Projects, which included projects by Meta, T-Mobile, and Microsoft, amongst many more.

Congratulations to all of you! We are excited to see what the future holds!

AMLI COLLECTS THE MOST FOOD IN THE 2022 SPRING DISTRICT FOOD FIGHT

AMLI Apartments came together and collected the most food in our 2022 Community Food Drive. Congratulations and thank you for your generosity! We look forward to the 2023 food drive being even more successful!



Easy Black-Eyed Pea Salad

By [The Cafe Sucre Farine](#)

This easy black-eyed pea salad is perfect for New Year's, but it will also inspire rave reviews at picnics, potlucks, and family get-togethers all year round.

Ingredients

- 2 15.5- ounce cans black-eyed peas rinsed and drained
- 1 11- ounce can crisp canned corn rinsed and drained (see Café Tips above)
- 1 large roasted red pepper finely diced
- 1 medium English seedless cucumbers, finely diced
- 1 medium mango finely diced (about 1 cup)
- ½ medium red onion finely diced
- Zest of 2 medium limes
- ½ cup fresh lime juice 3-4 medium sized limes
- 1 ½ tablespoons rice vinegar
- 2 tablespoons sugar more to taste
- ¾ teaspoon kosher salt more to taste
- ½ teaspoon freshly ground black pepper
- ¾ cup finely chopped fresh cilantro

Instructions

Combine black-eyed peas, corn, chopped roasted red pepper, cucumber, mango, red onion and half of the cilantro in a large bowl.

Combine fresh lime zest and juice, vinegar, sugar, salt and pepper in a small bowl. Stir well to dissolved sugar. Pour over black-eyed pea mixture and stir well. Taste and add more sugar and/or salt, if needed.

Refrigerate for 2-3 hours then garnish with remaining cilantro just before serving. Store any leftovers in an airtight storage container in the refrigerator.





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