



JUNE 2023 NEWSLETTER

WHAT'S HAPPENING AT
THE SPRING DISTRICT

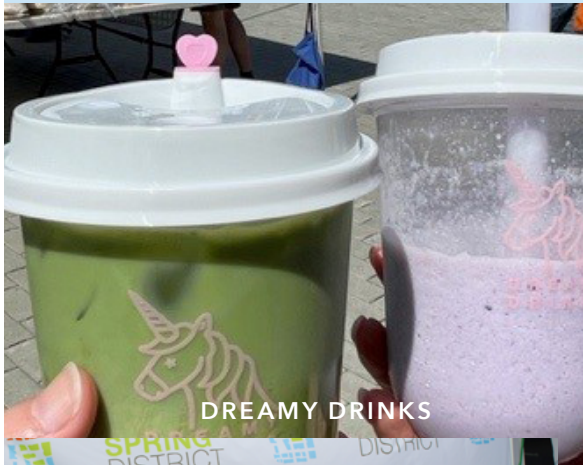
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POINTS OF INTEREST

Catalyst - 425 Best of List
Bellevue Farmers Markets
Summer Concerts

NEIGHBORHOOD SPOTLIGHT



DREAMY DRINKS



WENDY SIMPLY COOKS



THE MEDITERRANEAN

SIDHU FARMS

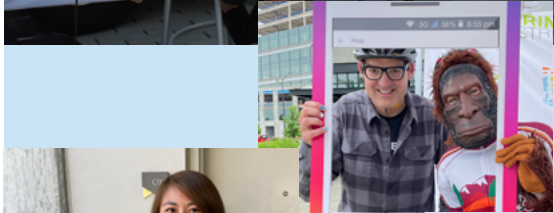
TSD PROPERTY MANAGEMENT TEAM



KIMO MURAKI

MAY WRAP UP

During the month of May Bellevue Farmers Market, School of Rock and Yeti visited The Spring District! It was an awesome way to welcome the warmer weather and a chance for us all to meet in the Park. Wednesday, June 7th, the [Bellevue Farmers Market](#) will be back in The Spring District Plaza. This partnership with Meta, features produce, flowers, and lunch! Live music is presented by [PACE Arts Without Barriers!](#) See you in the Park!



NEIGHBORHOOD HIGHLIGHTS



Pictured (left to right): Mason Yu (GIX), Linda Wagner (GIX), Jihui Yang (CoE), Wife of Tom Soong, Sean Carr (GIX), Tom Soong (Chairman of LITE-ON), Frank Hodge (Dean), Cassidy Glass Hastings (CoE), Jean Choy (Foster School of Business), Jason Tsao (LITE-ON rep)

GIX FORMS EXECUTIVE TRAINING PARTNERSHIP

The University of Washington will deliver an immersive, locally based Leadership Development Program for a cohort of LITEON early-career management associates this fall. The program aims to enhance their understanding of the technology sector, strengthen strategic thinking and innovation capabilities, and engage associates in experiential, project-based learning. This will serve as the pilot for a long-term series of future leadership programs at UW and a broader partnership between LITEON and the University of Washington. This program will be delivered by an interdisciplinary team from the University of Washington's [College of Engineering](#), [Foster School of Business](#), and [Global Innovation Exchange](#).



Each year [425 Magazine](#) allows the public to vote for their favorite Eastside businesses and this year's list is out!

This year's [Best of 425 List](#) highlights The Spring District community member [Catalyst Workplace Activation](#) as Best Small Business for 2023! Catalyst works with organizations to cultivate the best environment for their culture to enable businesses and their employees to excel. Congratulations, Catalyst! It's your time to shine!





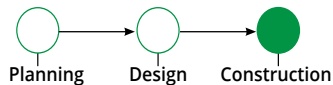
CONSTRUCTION ALERT

June 2023

124th Avenue NE Corridor Improvements: Ichigo Way to Northrup Way Road Closure

The Bellevue Transportation Department continues enhancing access and improving traffic flow along 124th Avenue NE between Ichigo Way and Northrup Way for freight and for people who walk, roll, drive and take transit.

Beginning **June 1**, 124th Avenue NE between Ichigo Way and Northrup Way will be closed to through traffic for approximately seven months to raise the roadway and replace the existing culvert for fish and wildlife.



Detour routes



Map not to scale

What to expect

Schedule: Construction is weather dependent, and schedules are subject to change and often do. For the latest updates, subscribe to receive email or text alerts at BellevueWA.gov/ichigo-northrup.

Construction duration: Road closures take place **June 1 through February 2024**, with full project completion anticipated in summer 2024.

Road closures: 124th Avenue NE between Ichigo Way and Northrup Way will be closed in both directions to raise the roadway and replace the existing culvert.

Work hours: Monday-Friday, 7 a.m.-6 p.m.

Access: Some access to businesses will be maintained on 124th Avenue NE during the closure. Other access will be maintained via a detour on 120th Avenue NE, Northrup Way or 127th Avenue NE.

Pedestrian and bicycle access will be maintained via a detour on 120th Avenue NE, Northrup Way or 127th Avenue NE.

Please follow all pedestrian and bicycle detours for your safety.

Safety: Thank you for your patience during construction and for doing your part to be safe near the work zone. Please follow flaggers' instructions, electronic and detour message signs.



BLOCK 13 TOPPING OUT

May 5th was the Topping Out of [Block 13](#). A topping out ceremony is the celebration of a building reaching its pinnacle. Throughout its 50 years in the real estate development business, Wright Runstad & Company has prioritized celebrating this milestone in the development of a building. The steel workers and all the construction trades are honored by signing and raising the last beam into place. Block 13 will be a wonderful addition to the neighborhood bringing a unique building profile to The Spring District skyline. This building is scheduled to be completed in Q1-2023. Visit [The Spring District Website](#) for more details.

TRN-23-7866

NEIGHBORHOOD EVENTS



MAY
TO
OCT

BELLEVUE FARMERS MARKET
FIRST WEDNESDAY OF THE MONTH
11 AM – 2 PM



Produce, flowers, lunch, & more!

Spring District Plaza
12167 NE 14th Terrace

More information
@ bellevuefarmersmkt
www.bellevuefarmersmarket.org

Presented by Meta

Hosted by THE SPRING DISTRICT

PACE BRINGS ARTS WITHOUT BORDERS TO THE SPRING DISTRICT!

[Lucia Flores-Wiseman](#) visits The Spring District on Wednesday, June 7, as part of our partnership with PACE & Arts Without Borders.

PACE is a local Bellevue organization committed to creating a groundbreaking performing arts space in downtown Bellevue. Their innovative team has curated a wonderful lineup of performers who will join the Bellevue Farmers Markets in The Spring District every first Wednesday May - October! Visit this website to see the [Arts Without Borders](#) schedule.



NEIGHBORHOOD EVENTS



BELLEVUE BEATS AND BITES!

*Join us for the 2023 lunchtime concerts
in the The Spring District!*

July 5 & 19 and August 2 & 16 - In conjunction with [Bellevue Downtown Association's Bellevue Beats & Bites summer concert series](#), The Spring District is hosting Lunchtime Concerts!

[July 5: Lady A \(trio\)](#)

[July 19: Birch Pereira & the Gin Joints](#)

[Aug 2: Aaron Crawford](#)

[Aug 16: Mambo Cadillac](#)



MARK YOUR CALENDAR!

JULY 28TH SUSTAIN MUSIC PROJECT PARTNERS WITH KIDSQUEST MUSEUM FOR AN AFTERNOON OF FUN AND LIVE MUSIC IN THE PARK!

Imagine the familiar sounds of the classical favorite [Peter and the Wolf](#) echoing throughout The Spring District! This summer The Spring District is proud to partner with [KidsQuest Children's Museum](#) and [The Sustain Music Project](#) to bring you an interactive, fun musical adventure. Stay tuned for more details and follow us on Instagram [@TheSpringDistrict](#) to learn more.

KidsQuest
...Children's Museum



PRIDE EVENTS

JOIN US TO REPAINT THE CROSSWALK

Friday, June 2, 3:00-5:00p.m.

Show your PRIDE in The Spring District and help us repaint the PRIDE crosswalk.

The neighborhood really turned out last year for the first paint party and we need your help again this year.



PAWS & PRIDE DOG JOG & WALK

Sunday, June 4, 2023, 8:30-11:30a.m.

[Ashwood Playfield](#)

Show your PRIDE and love for your dog by participating in the inaugural Paws & Pride Dog Jog & Walk on Sunday, June 4! This non-competitive event will focus on inclusivity on the Eastside and the empowerment of the LGBTQIA+ community members. Proceeds will benefit [Seattle Humane of Bellevue](#) and [Lambert House](#). Join The Spring District Team and meet up at the Tract C Park at 8:00am to walk over to Ashwood Playfield together and show PRIDE in our community and love for our four-legged friends.

Register [HERE](#) and in the "TEAM NAME" blank, enter "The Spring District"! We'll see you on June 4th!

JUNE CELEBRATIONS



FATHER'S DAY

June 18, 2023

In Spokane, WA in 1910 a Father's Day celebration was coordinated by Sonora Smart Dodd. Dodd was one of six children raised by her widowed father. She worked with her local community churches, businesses and community organizations to help

recognize the contributions of fathers in the State of Washington. It was slow to gain popularity, but finally in 1924, President Calvin Coolidge urged states to observe Father's Day.

Today we honor fathers and father figures on the third Sunday in June. Learn more here: [History website](#).



JUNETEENTH

June 19, 2023

Juneteenth, also known as Freedom Day, commemorates the end of slavery in the United States. The Emancipation Proclamation

was signed in January of 1863. In June of 1865, Major General Gordon Granger arrived in Galveston, Texas, to notify the westernmost outpost of the United States that all slaves were free.

[The Juneteenth Flag](#), shown above, was created by [Ben Haith \(Boston Ben\)](#) in 1997, and now symbolizes the growth, struggles, and history of slavery. The colors serve as a reminder that Black Americans descended from slaves are Americans.

PRIDE MONTH

June 2023

PRIDE month is celebrated in June in honor of the Stonewall Riots that occurred in June 1969. The protests were instigated by the police aggressively dragging patrons out of the Stonewall Inn, a bar in Greenwich Village, a neighborhood in New York City. Due to anti-gay laws, it was common for the police to raid bars known to be frequented by gay and lesbian patrons.

Today PRIDE month focuses on acceptance, equality, celebrating the work of LGBTQIA+ people, education in LGBTQIA+ history and raising awareness of issues affecting the LGBTQIA+ community. The annual celebration of PRIDE reminds us to be proud of who we are regardless of who we love.

Visit [here](#) to learn more about LGBTQIA+ PRIDE.



FEATURED ORGANIZATIONS

BELLEVUE YOUTH THEATRE FOUNDATION

Bellevue Youth Theatre harnesses the power of live theatre to alter the lives of young people and everyone who participates in the Bellevue Youth Theatre productions. With an emphasis on building self-esteem, teamwork, and confidence in youth, the theatre provides a supportive environment for individuals ages 5-19 to grow and thrive.

Visit their [website](#) to see audition dates. Show up for the audition, complete the paperwork, and you're cast! To get a complete idea of the commitment required, review the dates and schedule for each production.

You can support the Bellevue Youth Theatre Foundation by volunteering, attending performances, or making a donation.

Learn more [here](#).



JUNE
14
WORLD
BLOOD
DONOR
DAY GIVE
BLOOD



They say that kindness is love in action. Please take action during the month of June, and book your blood donation appointment. At Bloodworks, the slogan is "We all have it in us." It's true, we all have the power to save a life with a blood donation. World Blood Donor Day is June 14th, so come join us, roll up your sleeve, donate blood, and share your kindness by creating remissions, recoveries, and second chances for patients who need your help.

[City of Bothell](#)
June 1 & 2

[The Bridge Church-Snohomish](#)
June 19 & 20

[Pacifica Senior Living-Snohomish](#)
June 7

[Westpark Office Park-Redmond](#)
June 20

[Evergreen Health-Kirkland](#)
June 9

[Orangetheory Fitness-Bothell](#)
June 22

"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

Chocolate Banana NICE Cream

By [The Endless Meal](#)

Sometimes called “Nice Cream,” banana-based “ice cream” is a healthier way to enjoy a frozen treat. This simple recipe has three ingredients. Though you could easily just add a splash of vanilla and call it good! Tag [@TheSpringDistrict](#) when you make it and let us know how it is!

INGREDIENTS

4 frozen bananas, peeled
¼ cup cocoa powder
2 tablespoons almond butter, can sub peanut butter
¼ cup milk of choice, only use if you are making this in a food processor
Optional: chocolate chunks or chips, to sprinkle on the top

INSTRUCTIONS for Chocolate Banana Ice Cream in your Blender:

Place the frozen bananas, cocoa powder, and almond butter into your high-powered blender.

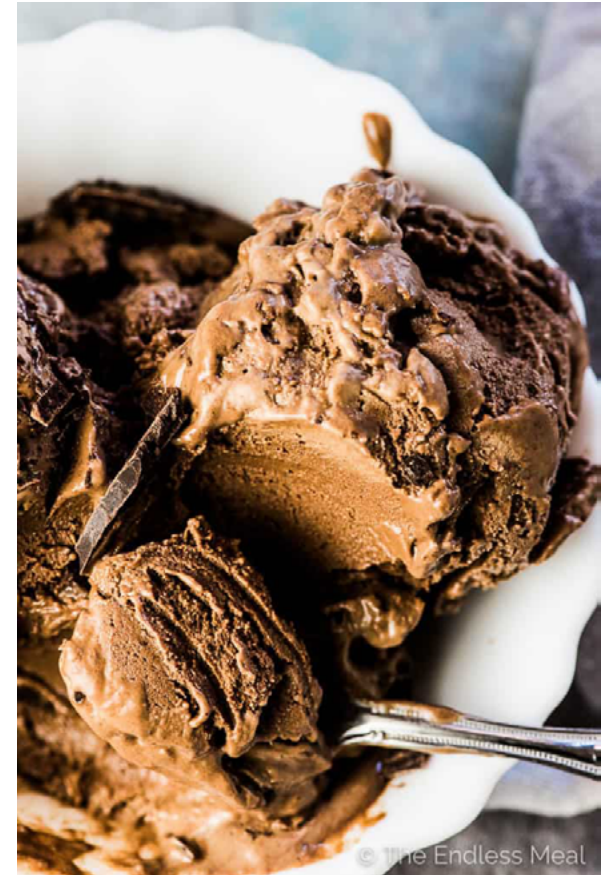
Blend the bananas on high speed using the plunger to push the bananas down as needed. After 2-3 minutes the ice cream will run smoothly.

Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones. Sprinkle with chocolate chunks, if you’d like.

INSTRUCTIONS for Chocolate Banana Ice Cream in your Food Processor:

Place the frozen bananas, cocoa powder, almond butter, and your choice of milk into your food processor. Pulse until the bananas are mostly broken down.

Scrape the sides of the food processor then continue processing on high until the ice cream is smooth and creamy. Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones. If using, sprinkle with chocolate chunks.



Tips for making Nice Cream:

- 🍌 if you don’t like bananas, you can use frozen coconut milk or other frozen fruits
- 🍌 for sweeter results use very ripe bananas--the kind with brown spots
- 🍌 peel the bananas then freeze them
- 🍌 you may find it easier to cut/slice the bananas once frozen OR freeze ripe banana slices in a single layer
- 🍌 use milk or plant-based milk to help your blender or food processor work a little easier when mixing



PRODUCED BY

WRIGHT RUNSTAD & COMPANY