

OCTOBER 2023 NEWSLETTER

WHAT'S HAPPENING AT
THE SPRING DISTRICT

WHAT'S INSIDE?

- 03 Summer Wrap Up
- 04 Great Washington ShakeOut
- 05 Bellevue Highlights: Voluntary Water Conservation
- 06 Neighborhood Events: Bellevue Farmers Market
- 07 Flu Shot Clinic
- 07 GIX Welcomes Largest Cohort
- 08 Upcoming Events: Save the Dates
- 09 Featured Organizations: Hopelink
- 09 Bloodworks Northwest: New Donor Portal
- 10 Caramel Apple Bar Recipe

POINTS OF INTEREST

Summer Wrap Up

Bellevue Farmers Market

Flu Shot Clinic

NEIGHBORHOOD SPOTLIGHT



SUMMER IN THE SPRING DISTRICT



Summer 2023 in The Spring District was a celebration of warm, Pacific Northwest sunshine and community building. The Spring District hosted movies, farmers markets, and live music. Our neighbors came out in support of local farmers and vendors, and to simply enjoy a perfect summer evening watching a movie with friends and family. Thank you for helping make our summer events such a success!

We are already looking forward to next summer. Stay tuned and we'll see you next year!





THE GREAT WASHINGTON SHAKEOUT DAY OCTOBER 19, 2023

[The Great Washington ShakeOut](#) is worldwide earthquake drill. This annual event provides an opportunity for individuals at home, work or school to practice their response to an earthquake. Practicing such drills helps develop an automatic response when confronted with an emergency.

The standard protocol for an earthquake if you are inside is to Drop, Cover and Hold. This allows you to get under cover until the shaking stops. Read more [HERE](#).

If you are interested in participating, you and your family, workplace or classroom, can learn more [HERE](#) and register your group.

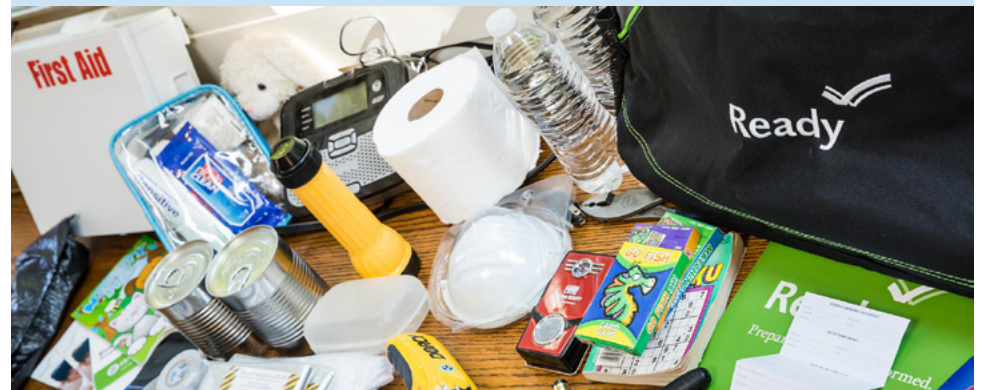


MAKE A PLAN BUILD AN EMERGENCY KIT

As school starts and fall settles in, grab a pumpkin spice latte and review your emergency kit items.

In the event of a regional emergency, citizens may be on their own for an extended length of time. It is recommended to have two weeks worth of supplies on hand in your emergency kit. Remember that your emergency supplies should include personal care items, medications, pet food and supplies, and ways to entertain yourselves. Depending on the needs of individuals and families, it could be beneficial to have multiple emergency kits: one for home, school, the car and the office.

The Washington State Department of Health has a list of items they would recommend you keep on hand in your emergency kit [HERE](#). Remember to regularly inspect items to ensure items are not expired.



BELLEVUE HIGHLIGHTS

BELLEVUE ASKS RESIDENTS & BUSINESSES TO VOLUNTARILY REDUCE WATER USE

It may sound funny during the start of our traditionally rainy season, but Bellevue Utilities is asking residents to voluntarily reduce water use. After an unusually dry summer and an extended forecast of more dry weather, we need to stretch the region's water supply until significant and sustained rainfall replenishes the mountain reservoirs. Here are some ways you can help conserve water:

- Check for and fix leaks now, especially running toilets
- Delay car washing, or use a car wash that recycles water
- Don't water your lawn
- Only run full loads of dishes and laundry

For more information, including water-saving tips, a map highlighting regional water customers, and answers to frequently asked questions, visit BellevueWa.gov/reduce-water-use.



BELLEVUE WATER SUPPLY

The current discussion regarding water use and conservation provides an opportunity to learn more about our local drinking water supply. Bellevue's drinking water is acquired through the [Cascade Water Alliance](#), an association of water districts and cities, including Bellevue, which serves as a regional water supply agency and wholesale water provider.

Cascade purchases water from Seattle and provides it to Bellevue and other members in a cost-effective and environmentally sensitive way.

The water comes from the protected watersheds of the Cedar and South Fork Tolt rivers in the Cascade Mountains, and meets or exceeds state and federal water quality requirements.

Seven municipalities and water districts in King County are members of the Cascade Water Alliance.

Cascade purchased Lake Tapps in east Pierce County in 2009, and the state issued Cascade the official water rights to develop a drinking water supply. Cascade likely won't develop Lake Tapps for decades, but it is there as a valuable resource for the region when needed. See [Cascade Water Planning](#).



NEIGHBORHOOD EVENTS



BELLEVUE FARMERS MARKET
WEDNESDAY, OCTOBER 4, 2023
3:00 PM - 6:00 PM

VENDORS - MUSIC - FUN

SPRING DISTRICT PLAZA - 12167 NE 14TH TERRACE

Presented by  **Meta**

Hosted by  **THE SPRING DISTRICT**

More information
@ bellvuefarmersmrkt | www.bellvuefarmersmarket.org

BELLEVUE FARMERS MARKET



On Wednesday, October 4th, 2023, between 3:00-6:00pm, the Bellevue Farmers Market is in The Spring District celebrating fall and the harvest season. See the list of vendors who will bring the best the season has to offer below:

-  Alpenglow Cocktail Company
-  Bobae & Origin Bakery
-  ChocolateSpiel
-  DD's Mercantile
-  Mexicuban Food Truck
-  Papa Tony's Hot Sauce
-  The Mediterranean
-  Muddy Boots Farm

Plan your visit to The Spring District [HERE!](#)

Stay healthy this fall! Get your Flu Shot!

The Spring District is partnering with the Global Innovation Exchange & Bartell Drugs for this year's flu shot clinic on **Wednesday, October 4, 2023, 9:00-11:00am.** Bring your insurance card or \$48.99. Fill out paperwork on site. Walk-ins only.



Flu Clinic: Wednesday October 4, 2023

9:00—11:00am

GIX/Steve Balmer Building
12280 NE District Way
Room 131

Football Season!

Pumpkin Spice Latte!

Flu Shot!

First Come,
First Served!



FALL 2023 COHORT IS THE LARGEST COHORT YET

The Global Innovation Exchange is proud to welcome nearly 90 new University of Washington graduate students! Combined with the current students, there are now approximately 150 people from around the world studying how to develop innovative new technologies right in The Spring District! This year's cohort is the largest and most diverse yet, with students combining backgrounds in STEM, architecture, business, the humanities, and design.

Photos: Students from the newest cohort during orientation.



UPCOMING EVENTS



10 / 27 / 2023
2:00 - 4:00 PM

HALLOWEEN PARTY

IN THE SPRING
DISTRICT

TRACT C PARK
TREATS FOR ALL AGES!



Join us as we
welcome Santa,
reindeer, and a
special guest!

2023 HOLIDAY EVENT @ THE SPRING DISTRICT

WEDNESDAY
12/06/2023
2:00 - 4:00 PM

12104 NE DISTRICT WAY,
BELLEVUE, WA 98005

FEATURED ORGANIZATIONS

HOPELINK

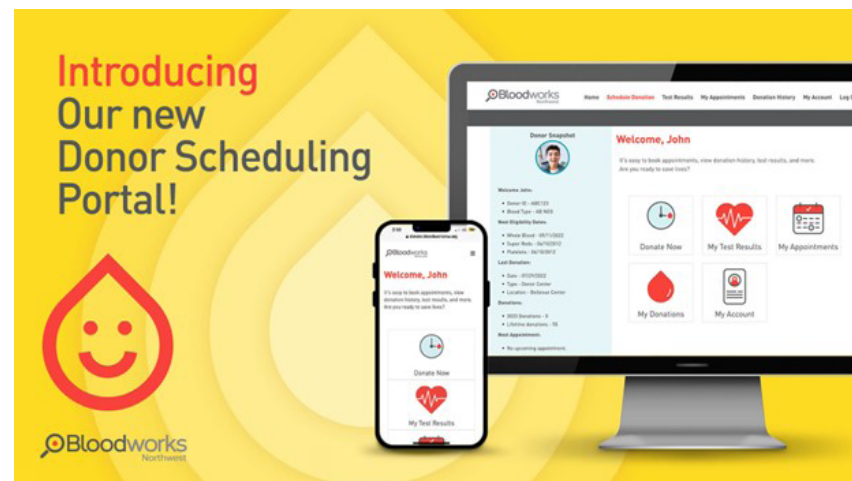
Throughout King and Snohomish counties, Hopelink serves struggling families as they strive to exit poverty. They assist with developing skills and knowledge for more reliable housing, employment, and food access.

Hopelink's programs help individuals and families navigate a wide range of social services, as well as assisting with their individual needs. Visit the Hopelink website to learn about their various [programs](#):

- [Education](#): earning a diploma/GED; learning English for work
- [Employment](#): employment consultation & career coaching
- [Family Development](#): personalized program for individual family needs, such as if a family is experiencing or in danger of experiencing homelessness
- [Financial Assistance](#): handling financial crisis, money management and utility costs
- [Food Programs](#): assist with access to food resources
- [Housing Programs](#): transitional & long-term housing, and emergency shelter
- [Transportation](#): assistance navigating resources to find reliable transportation

Visit the Hopelink website to learn how you can "[Take Action](#)" and support this critical work by donating financially, volunteering, or hosting a food drive in your community!

hopelink



Mark your calendar for October 18th because our new [Donor Scheduling Portal](#) is coming to make a difference in how you book appointments to save lives. Get ready for a new donor scheduling experience that's mobile responsive and makes booking an appointment from your phone or desktop easy. [\[Watch Video\]](#)

Features we think you'll love: Find blood drives faster, track your health results, view your donation history and stats, book appointments up to four months in advance, and update your preferences – all in one place. [\[See What's New\]](#)

Remember to Create Your New Account Starting October 18th at www.bloodworksnw.org/giveblood

What you'll need: Have your Donor ID handy when creating your account. Your Donor ID is on your donor sheet (received during donation) or in the email announcement going out to all donors on October 18th.

Have a question? Our Donor Care Team at 800-398-7888 or schedule@bloodworksnw.org can look up your Donor ID, provide support, reset passwords, and trouble shoot. We've got you covered!

"Thank you so much for your generous donation. I'm a cancer patient with anemia and your blood donation is helping me have the energy to continue cancer treatment, and also to spend time with my family, including my six month old son. Thank you again for your generosity!"



BloodworksNW.org / 800-398-7888

Simple Caramel Apple Bar

by [Hilda's Kitchen Blog](#)

As fall settles in we move our entertaining inside. This Caramel Apple Bar is a wonderful party idea for all ages. Be as creative as you want with the apple and topping combinations. Imagine [Pumpkin Dip \(like this from Grace & Good Eats!\)](#) and chocolate sauce! If you celebrate with this recipe, please tag [@TheSpringDistrict!](#) We want to hear from you!

INGREDIENTS

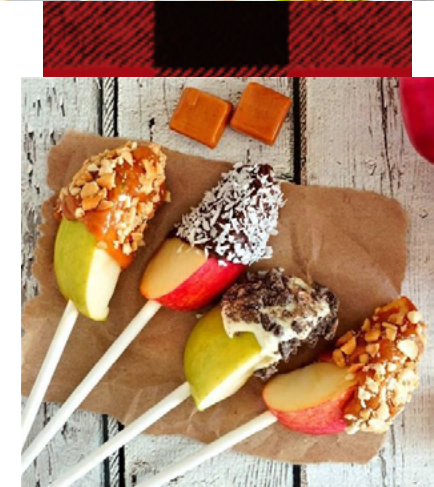
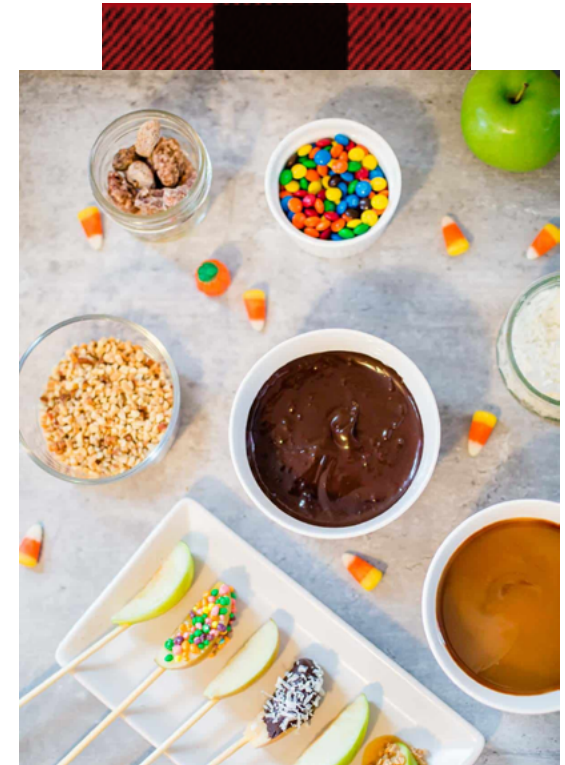
- 4 Granny Smith apples
- 4 Honeycrisp apples
- 8 oz caramel dip
- 8 oz chocolate dip
- ¼ cup nerds or preferred candy
- ¼ cup toffee bits
- ¼ cup mini m&ms
- ¼ cup crushed peanuts
- ¼ cup candy corn
- ¼ cup coconut shavings
- ¼ cup brownie brittle
- ¼ cup praline pecans

Instructions

1. Cut apples into slices. Serve immediately, or spray with a little lemon juice and store in a Ziplock bag for up to 2 hours before serving.
2. Set out bowls of dips and toppings.
3. Use skewers to dunk apple slices in your sweet dips and then coat with toppings.

Notes

1. You may want to include small spoons in each topping bowl to keep the toppings free from contamination.
2. I like to include at least 2-3 different apple varieties.
3. You may need to reheat your caramel and/or chocolate dips periodically to keep them from solidifying, so I recommend serving them in heat-resistant bowls.





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