



OCTOBER 2024 NEWSLETTER  
WHAT'S HAPPENING AT  
**THE SPRING DISTRICT**

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## POINTS OF INTEREST

- GIX Class of 2026!
- Howl-O-ween Event 10/31!
- Pumpkin Bars Recipe!

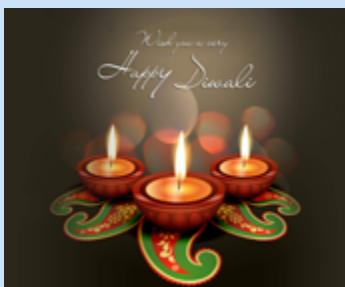
## OCTOBER HOLIDAYS

### INDIGENOUS PEOPLES DAY, OCTOBER 14, 2024

As a way to celebrate the rich cultural contributions of the original inhabitants of North America, there is a movement to replace Columbus Day with Indigenous Peoples Day. The growing support for Indigenous Peoples Day being recognized as a holiday is illustrated by the fact that, in 2023, 29 states did not celebrate Columbus Day and have either replaced or renamed the day of observation.



It is not an official federal holiday, but in 2021 President Biden became the first president to issue a proclamation recognizing Indigenous Peoples Day. The movement for change honors the people who inhabited the land when the Europeans arrived and encourages a realistic portrayal of historic events. Learn more [HERE](#).



### DIWALI BEGINS OCTOBER 31, 2024

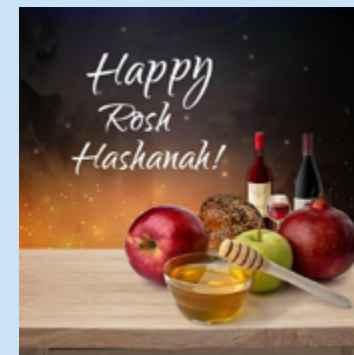
[Diwali](#) is one of the most prominent and major Hindu festivals. Diwali, or Deepawali, is a spiritual celebration of light triumphing over darkness, good over evil, and knowledge over ignorance. Worshipers light candles and lamps in their homes, temples, and

workplaces. Celebrations often include fireworks, family feasts, and the exchanging of gifts among loved ones.

[Lakshmi](#), the Hindu goddess of prosperity and good fortune, is worshiped with great devotion for Diwali. It is believed that on this day, Lakshmi makes her earthly appearance and bestows health, wealth, and success upon her devotees. Hindus celebrate this as one of their major festivals. Lighting lights is a symbol of virtue, innocence, and prosperity. Visit the [Diwali displays at The Bellevue Collection](#) November 1-8, 2024.

### ROSH HASHANAH, OCTOBER 2 - 4, 2024

Rosh Hashanah is known as the Jewish New Year (sometimes called the birthday of the universe). This annual high holiday is celebrated with candle lighting, festive meals, prayer services, and the sounding of the shofar (ram's horn). Interspersed throughout the prayer service, the shofar is sounded as a way of heralding God as the King of the World. This day is reserved as a time to ask the Almighty to grant us a year of peace, prosperity, and blessing. Holiday feasts include challah bread, and apples dipped in honey--symbolizing wishes for a sweet year ahead.



Learn more about local Jewish traditions by visiting the [Eastside Torah Center website](#). [Follow this link](#) to learn more about the blowing of the shofar. Happy Rosh Hashanah to all who celebrate.



### YOM KIPPUR OCTOBER 11-12, 2024

Yom Kippur is the holiest day of the year for the Jewish faith. Translated to mean "Day of Atonement", Yom Kippur is a day set aside to "afflict the soul" as a way to atone for the sins of the past year.

This holy day is observed by prayer and fasting. The day before Yom Kippur, families and loved ones come together for a feast in preparation for the 25 hours of fasting. After a day of prayer services, with one long blast of the shofar (ram's horn), Yom Kippur and fasting is over and worshipers gather in celebration enjoying comfort food, such as blintzes, noodle pudding and baked goods. Learn more [here](#).

## OCTOBER EVENTS

### BELLEVUE JAZZ & BLUES MUSIC SERIES OCTOBER 2-6, 2024

October signals fall in the Northwest and that means the Bellevue Jazz & Blues Music Series. This year's lineup features over 20 live performances across multiple downtown Bellevue venues.



For more information, visit the official website where you can search by artist or day! It's a great way to plan out your best experience.

Learn more [HERE](#). Buy tickets [HERE](#).



### NORTHWEST CHOCOLATE FESTIVAL OCTOBER 4-6, 2024

This October make all of your chocolate dreams come true and visit the Northwest Chocolate Festival! This year you will

be able to attend informative workshops and mingle with chocolate makers from over 30 countries. Visit the [website](#) to learn about ticketing options.



### BELLEVUE FARMERS MARKET

Don't forget to take advantage of fall harvest in the Pacific Northwest by attending the Bellevue Farmers Market in October. Mark your calendar for October 3rd, 10th, 17th and 24th.

Bellevue Farmers Market will also host Saturday holiday markets on Saturday November 23rd and December 21st. Perfect timing for your holiday shopping!

Learn more [HERE](#).



# SPOTLIGHT ON THE SPRING DISTRICT

## GRAPES GROWING IN THE SPRING DISTRICT

Over near the swings, past the granite-top tables, you will see a row of tall, narrow raised planters forming a divider that shields the line of sight to the driveway into the parking garage. In these tall planters are wild grapes growing up wire trellis. The Latin name of these plants is [Vitis californica](#), with the common name of the California wild grape. It is a wild grape species widespread across much of California as well as southwestern Oregon. Bunches of small and often sour but delicious purple grapes grow in autumn. The grapes provide an important food source for a variety of wild animals, especially birds, and the foliage provides a thick, often colorful, foliage.

*Vitis californica* is cultivated and enjoyed as an ornamental plant. The interesting shape and color of the leaves and the lush, trainable vines make this species an attractive garden plant. This vine is commonly used in native plant gardens due to it being drought tolerant once established. The plant thrives without much water during the summertime.

This year the grapes have been plentiful and very delicious. We encourage you to stop by and enjoy a taste!



## GLOBAL INNOVATION EXCHANGE CLASS OF 2026

The University of Washington's Global Innovation Exchange is proud to welcome its incoming 8th cohort (Class of 2026)! The highly selective cohort of students from around the world began orientation on September 18th and are poised to begin their 18-month program in The Spring District in Bellevue. They'll be joined by returning students who have been assigned their capstone project teams and will begin their 6-month industry-sponsored projects, the culmination of the program. View past projects here: <https://gix.uw.edu/graduate/msti/projects>

Welcome to both the new and returning students! We are excited to see what you will continue to design, build, and launch. The Global Innovation Exchange is the UW's engineering and business institute for emerging and established technology leaders. Learn more: [www.gix.uw.edu](http://www.gix.uw.edu)

## NEIGHBORHOOD EVENTS

### HOWL-O-WEEN PARTY

Bring your family and your family dog to The Spring District for our annual Halloween party on Thursday, October 31, 2024.

Wear a costume and celebrate with us! We look forward to seeing you and your furry friends for our annual Halloween fest.

TRACT C PARK - THURSDAY, OCTOBER 31, 2024

3:00-5:00PM

SEE YOU IN THE PARK!

### ABOUT HALLOWEEN OCTOBER 31, 2024

2,000 years ago the United Kingdom, and northern France celebrated the new year on November 1st. The transition time between summer and autumn was often associated with human death. The specific transition day between October 31 and November 1 was believed to be the day when souls of the dead returned to earth to cause trouble. In ceremonies featuring

animal sacrifices and burning bonfires, Celts dressed in animal heads and skins while making predictions about the coming year's crops and praying for protection during the long winter.

[Halloween](#) as we know it today is thought to have been brought to the United States by Irish immigrants fleeing the Irish Potato Famine.

Inspired by the European traditions, Americans began dressing up and going house to house asking for

money and food. This evolved into our modern version of Trick or Treating. [Click this link](#) to learn about Halloween events in Bellevue. Have fun and be safe!



Get the flu shot and / or  
COVID-19 Vaccine 10/29

Tuesday, October 29, 2024  
12:00-2:00pm  
GIX/Steve Balmer Building  
12280 NE District Way  
Room 131

It's Free\*

For more info call :

1-425-503-9649



\*Bring proof of insurance for a free vaccine,  
or \$50.00 if no proof of insurance.

Walk-ins only

Complete paperwork on-site day of



## FEATURED ORGANIZATIONS

### BOYS & GIRLS CLUB OF BELLEVUE

Playing a vital role in our community for over 70 years, the Boys & Girls Club of Bellevue is instrumental in helping young people find programs and classes to help shape their goals and inspire their growth as they explore their interests and passions.

[Boys & Girls Club of Bellevue](#) offers programs focused on athletics, technology, career planning, and more. They offer scholarships and transportation. The benefits of the Boys & Girls Club are open to everyone. They have before- and after-school programs helping kids grow academically as well as personally. To register your kids in a program, visit [here](#).

In 2023 the Boys & Girls Club served over 16,000 youth and gave out over 150,000 healthy snacks. To help your neighbors and make a donation, visit [here](#).

To learn more about this invaluable organization and how you can get involved, go to their [website](#).



#### **New MacBook Air Giveaway - Donate & Enter to Win Before 10/31**

No tricks, just treats! Donate blood with Bloodworks Northwest in October and you could win a MacBook Air! Your one donation can save lives AND upgrade your tech! Book your appointment now and complete your entry form at [www.bloodworksnw.org/win](http://www.bloodworksnw.org/win). This October, carve out time to give blood and enter to win a MacBook Air! Your generosity could bring you a Halloween surprise! Schedule your appointment today! Follow this link to [Find a Blood Donation Location](#) or select from the below Eastside locations:

- Tuesday, October 8 - [ChemPoint](#)
- Wednesday, October 9 - [Symetra Center](#)
- Monday, October 21 - [Prime Electric](#)

***Remember to Create Your Account at [www.bloodworksnw.org/giveblood](http://www.bloodworksnw.org/giveblood)***

Use the new [Donor Scheduling Portal](#) to book your appointment 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. [\[Watch Video\]](#)



BloodworksNW.org / 800-398-7888

# The BEST Pumpkin Bars Recipe (With Cream Cheese Frosting)

by [Mandy / Splash of Taste](#)

Kick off autumn with this moist, perfectly spiced cake! The frosting makes it perfect for either a celebration or an everyday snack!

## INGREDIENTS

### For the Bars

2 cups All-purpose flour  
1 tsp Baking powder  
1 tsp Baking soda  
1 tsp Pumpkin Pie Spice  
1½ tsp Cinnamon  
3 large Eggs  
2/3 cup Vegetable oil  
1 cup Brown sugar  
1/4 cup Granulated sugar  
15 oz Pumpkin puree  
1/4 cup Whole milk  
2 tsp Vanilla extract  
1/2 cup Unsalted butter

### For the Cream Cheese Frosting

1/2 cup Unsalted butter at room temperature  
8 oz Cream cheese at room temperature  
3 cups Confectioners sugar  
1 tsp Vanilla extract  
Sprinkles optional



## INSTRUCTIONS

1. Preheat your oven to 350°F/175°C. Grease a 10 x 15 inch baking pan, or line it with parchment paper. You'll need enough paper over the edges so you can easily remove the bars from the pan after cooking.
2. In a large bowl, whisk 2 cups all-purpose flour, 1 tsp baking powder, 1 tsp baking soda, 1 tsp pumpkin pie spice, 1½ tsp cinnamon.
3. In a separate bowl, whisk 3 large eggs, 2/3 cup vegetable oil, 1 cup brown sugar, ¼ cup granulated sugar, 15oz can pumpkin puree, ¼ cup whole milk, 2 tsp vanilla extract until fully combined and smooth. Then, pour the mixture into the dry ingredients. Using either a mixer or a whisk mix until combined. The batter will be thick.
4. Pour the batter into your prepared baking pan and spread it into an even layer. Bake until the center springs back when it's gently pressed, approximately 25 - 30 minutes. Remove from the oven and place your pan on a wire rack to cool completely.
5. In a large mixing bowl, beat unsalted butter and cream cheese until smooth. Then add confectioner's sugar and vanilla extract. Using an electric mixer, mix until creamy and smooth. Tip: Place the cheese frosting in the fridge for 30 minutes so it 'sets' a little and is easier to use and cut; however, you don't have to do this.
6. When the cake has cooled completely, carefully remove it from the pan, spread the cream cheese frosting evenly over the top, and dust lightly with cinnamon and any preferred sprinkles. Cut into even bars, serve, and enjoy!





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