



APRIL 2025 NEWSLETTER

WHAT'S HAPPENING AT
THE SPRING DISTRICT

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POINTS OF INTEREST

GIX 2025 Graduation!
Meet our Security Officer Lugman!
Join us at the Spring Fling!
Root Vegetable Pancakes Recipe

APRIL HOLIDAYS



PASSOVER (PESACH) APRIL 12 - 20, 2025

Passover commemorates the anniversary of the Jewish Exodus from Egyptian slavery more than 3,000 years ago.

When finally set free by the Egyptian Pharaoh, the Jewish slaves left in such a rush that their bread didn't have time to rise. Jewish people are commanded to observe the anniversary of the Exodus each year by removing all leaven from their possession for seven days. They honor Passover by eating matzoh and telling the story of their redemption to their children.

Passover is celebrated by eating the [Seder meal](#), which consists of 4 cups of wine; veggies dipped in saltwater; flat, dry cracker-like bread called matzoh; bitter herbs, often horseradish (without additives) and romaine lettuce, dipped into charoset (a paste of nuts, apples, pears and wine); it may also contain chicken soup and gefilte fish. The ceremonial foods are served on a Seder plate following specific order outlined in the [Haggadah](#).

Learn more [here](#).

EASTER SUNDAY, APRIL 20, 2025

Easter is recognized as the foundation of Christianity, honoring Jesus Christ's resurrection and ascension to heaven after his crucifixion three days earlier. Worldwide Easter is celebrated by millions of Christian believers. The religious ceremonies include observing the season of [Lent](#), [Palm Sunday](#), and [Holy Week](#).

There are many secular Easter traditions celebrated by religious and non-religious households. Harkening back to pagan fertility rites, colored eggs and Easter egg hunts symbolize new life, and are symbols of spring and renewal.

The tradition of the Easter Bunny bringing baskets of treats and hiding eggs dates back to Germany in the 1600s.

Learn more [here](#).



APRIL HOLIDAYS CONT'D

APRIL IS STRESS AWARENESS MONTH

The [World Health Organization describes Stress](#) as "a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being."

While it may be difficult to avoid stress all together, there are ways to help manage the daily stress of money, work, health issues, and family responsibilities. It helps to identify your particular stressors. Once you know what triggers your stress, you can respond in ways that help reduce or manage that stress. Remember to move more, get plenty of rest, and monitor your breath. Learn more [here](#).

Owning a pet makes us feel goodwill, joy, and happiness. At the same time, stress hormones are suppressed. Having a pet can help increase fitness levels, relieve stress, and boost overall happiness and well-being. Learn more at the [American Heart Association website](#).

Reduce your stress on April 2, National Walking Day, by taking your dog for a walk!



NATIONAL WALKING DAY APRIL 2, 2025

April is Move More Month and Wednesday, April 2, is [National Walking Day](#). This is the perfect time to take the first step toward a healthier you. It's not about how far or fast you go, it's about you working toward healthier habits. The American Heart Association created the following [link to help inspire you to Move More & Stress Less](#).

Walking is the number one way to reduce stress. Walking is an easy exercise to start doing, as it does not require expensive equipment. All you need is a comfortable pair of walking shoes.

Research has shown walking at least 150 minutes a week (30 minutes 5 days a week) can help you sleep better, improve your blood pressure, blood sugar and blood cholesterol levels. It can also improve your memory and reduce your risk of dementia. As the weather warms up, walking is one of the most enjoyable activities to do in the Pacific Northwest. Located a short distance from The Spring District is the [Eastside Rail Corridor Trail](#). Grab your co-workers or friends, and go for a nice afternoon walk. It's a great way to improve your mood and get some fresh air.



COMMUNITY FOCUS



CONGRATULATIONS TO MSTI CLASS OF 2025

On Saturday, March 21, 2025, the University of Washington celebrated the graduation of 69 students from the [Master of Science in Technology Innovation \(MSTI\)](#) program. The event featured a fireside chat with Mike Galgon, CEO of Global Partnerships and co-founder of Pioneer Square Labs, who spoke with GIX Executive Director Sean Carr about building mission-driven ventures and the value of empathy in leadership.

Hosted by faculty from the Foster School of Business and the College of Engineering, the evening reflected UW's commitment to developing global technology leaders ready to tackle complex challenges.

Congratulations to the MSTI Class of 2025!



THE SPRING DISTRICT TEAM

GETTING TO KNOW A SPRING DISTRICT TEAM MEMBER

Lugman is a security officer in The Spring District. He grew up in the PNW, "I've lived in the Puget Sound area for over 20 years—long enough to have a deep love for coffee, rain, and the never-ending quest to find the best local food spots. It's definitely home to me!" Lugman loves sports. He loves to play paddle tennis, basketball, and soccer. "Basketball's got the hype, (soccer) football's got the tekkers, and paddle tennis is just pure vibes."

What is your role within TSD? I work as a Security Guard here at TSD. My job is to make sure everyone feels safe and secure while on the property, whether it's residents, visitors, or staff. I'm here to keep things running smoothly, respond to any security concerns, and help create a welcoming environment for all. I've been with TSD since Aug. 2023, so just a little over a year now. It's been a great experience, and I've enjoyed getting to know the community and helping keep things secure. My favorite thing about TSD is the sense of community and how everyone works together to create a safe, welcoming environment. It's rewarding to be part of a team where I can contribute to the safety and well-being of both residents and visitors. I really appreciate the opportunity to be hands-on and involved, making a positive impact every day.

What is your favorite outdoor activity? I'm all about staying active, so you'll usually find me on the court playing basketball, kicking a soccer ball around, or pretending to be good at golf. I recently tried snowboarding, and let's just say I spent more time on the ground than on the slopes. But hey, it's all part of the fun! I also hit the gym to keep in shape for whatever wild activity comes next.

What is your favorite thing to do outside of work? Outside of work, I love traveling all over the world and exploring beautiful places with my friends. There's nothing better than experiencing new cultures, trying different foods, and making unforgettable memories along the way.

What is your favorite movie? One of my favorite movies is The Pursuit of Happiness. It's an incredible story of resilience, perseverance, and pushing through challenges to achieve a dream. I connect with the idea that success isn't just about talent but I would say it's about grit, adaptability, and refusing to give up, even when things get tough. It's a reminder that the journey might be hard, but with dedication and the right mindset, it's always worth it in the end. Honestly a great rags-to-riches story for the books.

Coffee or Tea? How do you like it? Coffee, no question. It's the fuel of productivity. When I need to be focused, sharp, and ready to take on challenges, coffee gives me that edge. Of course, tea has its place, but when it's time to get things done, coffee is my go to. **What is your favorite dessert?** My favorite chocolate is dark chocolate because it's rich, strong, and slightly bitter, like the truth.

Do you have a hidden talent? If so, what is it? I can bend spoons with my mind. Just don't ask me to do it when you're watching.

If you were a superhero, what would your superpower be?

My ideal superpower would be limitless intelligence. Strength fades, and speed slows, but intelligence lasts forever. With that power, I believe I could make a real difference.

Thank you, Lugman!
We appreciate your positive attitude!



NEIGHBORHOOD UPDATES

EVENTS COMING TO THE SPRING DISTRICT

This spring we kick off a fun-filled event season with The Spring District Spring Fling 2025! This year's event is going to be bigger and better than ever. We are hosting [Animal Encounters' Petting Zoo](#), who will bring with them bunnies, chickens, and a few surprises. The Guest of Honor, The Easter Bunny, will be on hand for photos in our spring-themed photo booth.

The Spring Fling will also bring together a Vendor Market showcasing local jewelry, candle, and craft makers, as well as live music and food vendors. See our list of vendors on the flyer to the right!

We are partnering with [Sound Sustainable Farms](#) to bring a produce stand to The Spring District throughout the summer months, as well as lunchtime, summer concerts featuring local bands. Visit our Instagram page [@TheSpringDistrict](#) for updates!

We look forward to seeing you on Thursday, April 17th!



MARKET VENDORS:

[Boma Jewelry](#); [Chocolate Spiel](#); [Heidi Hull Designs](#); [Pumarosa Candles](#); [Station 7](#)



FOOD VENDORS:

[Bellden Cafe](#); [Cafecito Mexican Bakery](#); [J&Y Creperie](#); [Stanford's](#); [Ding Tea Kirkland](#); [Seattle Scone Co.](#)



LIVE MUSIC:

[E. Pruitt Bassist](#) - 12:00-2:00pm
[Willow+Wood](#) - 3:00-5:00pm



EARTH DAY:

[DTG Electronics Recycling](#); [Bellevue Stream Team](#); [Sound Sustainable Farms](#)

Petting Zoo, Face Painting & Easter Bunny Photos - 3:30-5:30pm

Market Hall Vendor Fair 12:00 - 5:30pm
(with new vendors being added weekly!)

Located in the Market Hall
[1565 121st Ave NE Bellevue, WA](#)

FEATURED ORGANIZATIONS

BELLDEN CAFE

Voted the "Nicest Place in Washington*" in 2020, this sweet little coffee shop with a big heart helps you make every cup of coffee count towards making a difference in the Bellevue community. [Bellden Cafe](#) makes it easy to support important community causes.

Buying particular coffee drinks on their menu supports different local charities and nonprofits, like Overlake Hospital Foundation, Vision House, Porchlight, and Jubilee Reach. The cafe donates 25% of the cost of a particular drink to the respective charities; in addition, they donate 10% of proceeds to a variety of other charities.

Visit the cafe located just outside the very heart of downtown Bellevue on Main Street, and learn what makes this coffee shop so special. The owner, Claire Sumadiwiry, hires marginalized individuals as a way to assist them in acquiring new job skills in a supportive atmosphere. In this cafe, kindness flows right alongside their delicious coffee and wonderful food options.

*as voted by Reader's Digest in 2020.



YOUR DONATION COULD SAVE A LIFE

A trip to Bloodworks could be your ticket to paradise! Sign up to give blood this April and you can enter to win a trip for two to Maui, airfare and three-night luxury hotel stay included. Schedule your appointment today! <https://www.bloodworksnw.org/win>

#BloodworksNW #BloodSupply #BePrepared #DonateBlood

- Wednesday, April 2 - [Plaza Center](#)
- Tuesday, April 15 - [Bellefield Office Park](#)
- Book your appointment anytime at the [Bellevue Donation Center](#)

Create Your Bloodworks Account at
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

Root Vegetable Pancakes

by [From My Bowl](#)

This easily-adaptable recipe allows you to accommodate your vegan friends or simply use the dairy and egg products you may have on hand. The pancakes are crispy and flavorful. Enjoy! And remember to tag [@TheSpringDistrict](#) on Instagram when you make them!

INGREDIENTS

2 tbsp Ground Flax + 5 tbsp Water (or two eggs)
½ cup Brown Rice Flour (or all purpose flour)
½ cup Non-Dairy Milk (or regular milk)
½ tsp Fresh Rosemary, minced
½ tsp Fresh Thyme, minced
1 tsp Salt
1 large Shallot, diced
24 oz Cascadian Farm Root Vegetable Hashbrowns, thawed (about 8 cups)
[Rosemary Garlic Cashew Cream](#), for serving (or sour cream)

INSTRUCTIONS

1. First, prepare your Flax “eggs” by mixing 2 tbsp of Ground Flax with Water in a small bowl. Set Aside for 5-10 minutes.
2. Once thickened, add the Flax Egg to a large bowl, along with the Brown Rice Flour and ½ cup of Non-Dairy Milk, Rosemary, Thyme, and Salt. Whisk until well-combined.
3. Add the Root Veggie Mix and the diced Shallot to the same bowl and fold into the batter.
4. Heat a nonstick pan or griddle to medium-low. Add 1/2 cup of the batter to the pan and spread it out a bit using a spatula, so each Pancake is about 1/2-inch thick. Let cook on this side for 5 minutes, then flip and cook for an additional 3-5 minutes. (Note: if you don’t have a Nonstick Pan or it’s a little old, you will need to add some Oil to the pan to prevent things from sticking)
5. Repeat with the remaining batter, cooking multiple pancakes at one time if your pan allows for it. You may have to raise/lower the heat depending on how fast your pan heats up.
6. Top with Rosemary Garlic Cashew Cream, or as desired. Store leftovers in an airtight container in the fridge for up to 5 days. Alternatively, you can freeze the leftovers for up to one month.





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