



PAT SENG | VP/GM NLOP

## From the GM

### Happy New Year!

It's that time again when so many of us take a personal account of our lives and wholeheartedly resolve to make steadfast improvements to live healthier, happier and more significant lives.



That resolute commitment from a Normandale Lake Office Park's perspective is the theme of this newsletter as we continue to honor our pledge to managing "green" spaces — in part to maintain our esteemed Energy Star Rating, but also to show our deep respect for the preservation of a more sustainable environment.

From the purchase of a Nissan Leaf, fully electric safety patrol vehicle to promoting recycling events for our tenants to operating energy efficiently every day, we want to continue to emphasize our sincere dedication to protecting this world.

Whatever you choose to do to better yourselves and the lives of one another in 2018 and beyond, we wish you the greatest success. We value your presence! ■

## Behind the Scenes at Normandale Lake Office Park

A credit to its 30 years of existence, this business campus continues to be one of the most desirable, highly regarded corporate complexes in the Twin Cities. That's because the owners have always placed utmost importance on keeping these buildings aesthetically current, environmentally efficient and delivering "Class A" treatment and services.

A lot has changed since these impressive towers were built. Today, our buildings operate on a powerful computerized management system delivering highly controlled, uninterrupted service 24 hours a day, seven days a week.

Energy conservation has always been a priority of ours and, as innovations continue to evolve, NLOP has installed a variety of new systems that have proven to be both ecologically sound and effective. While we will always be conscientious of initial cost when replacing equipment, purchase decisions are also driven by the overall life cycle of the equipment including energy use.

### Here are just some of the ways we are committed to green energy:

- Universal lighting has been retrofitted to LED technology, which is expected to last four to five times longer than fluorescent lamps.
- Parking ramp lighting has also been retrofitted to LED with a portion of them featuring integral occupancy sensors which turn off when ambient light is sufficient.
- Upgraded boiler controls automatically adjust inside air temperatures based on outdoor temperatures.
- Building automation controls are scheduled for tenant occupied time periods.
- Windows have been re-sealed at 8300, 8400 and 8500 towers to keep warm and cool air from escaping.
- Real time monitoring of monthly energy usage reports help smooth out spikes in demand and provide quantitative measures and benchmarking for energy savings programs.

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#### LED Benefits:

- The average life of LED lighting is 50,000 hours compared to 30,000 for fluorescent.
- The newest LED technology is nearly 30% more efficient.
- Modern LEDs produce light in a variety of color temperatures without flickering issues.
- LEDs contain no mercury, making them safe for the environment.
- LEDs have full dimming capabilities, unlike fluorescents.
- LEDs illuminate exactly where you need it so no light is lost or directed in unnecessary places.
- LEDs work perfectly with control systems, since their life is not affected by turning them on and off.

## 10-Minute Stretch Training On-site!

Stretching throughout your workday increases your flexibility, keeps you alert and improves your mood. During the month of February, the Wellness Center staff will be providing individual on-site "stretch training" every Wednesday and Friday between 1 and 2 pm. Contact Jesse at [jessevang@healthsource-solutions.com](mailto:jessevang@healthsource-solutions.com) to set up a time for your office training. At least two people must be present to participate.

Visit [Normandale.com](http://Normandale.com) to print out a copy of Workstation Stretches.



#### NORMANDALE LAKE OFFICE PARK

## Winter Notices

**Lights Out.** Please help conserve energy by turning off unused lighting – especially when you are the last to leave. It is each tenant's responsibility to control the lights in your suite. Don't forget coffee makers and task lighting.

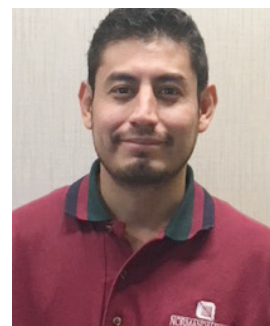
**Space Heaters.** To help eliminate potential fire hazards and tripping circuit breakers, space heaters are not allowed. We are happy to adjust temperatures as necessary. Just call 952-921-2050 during business hours.

**Candles.** Please do not use lighted candles in your suite(s). A flame left unattended has the potential to become a serious fire hazard.

**Ramp Use.** Many vehicles are traveling too fast through parking ramps making it unsafe for pedestrians and other vehicles. The ramp speed limit is 5 miles per hour. PLEASE SLOW DOWN! Also, be sure to look behind you before backing out of stalls.

## Meet Miguel Miranda

Miguel is the new 8000 Tower ABM day porter and a great addition to the Normandale team. He loves to travel with his family and especially enjoys spending time outdoors. His favorite Minnesota season is autumn because of the fall colors and he cherishes the time spent with his daughters at the apple orchard and pumpkin patch. Miguel is very excited about his new position and looks forward to contributing to his team in every possible way.



## Sara Rice Winner!

Sara works for Schwan's and won a \$500 Visa Gift Card during our fall Commuter Challenge by pledging to telework. She says, "I usually work from home one day a week. It's a great time to leave the distractions of the office and make good progress that I might not be able to otherwise. Plus it feels good getting to work in sweatpants while taking calls!"

## Events + Updates

Thank you  
for joining  
us at our  
Holiday  
Breakfast!



### January 8 – 29 Cell Phone Recycling

Management Office – 8200 Tower, Suite 280

In partnership with the Minnesota Zoo, NLOP will be collecting all brands of cell phones, cell phone boxes, booklets, cords and chargers to be recycled by EcoCell. Proceeds go to the Minnesota Zoo Foundation for projects that save rainforest wildlife. For more information, visit the Minnesota Zoo's Recycle For Rainforests website at: [www.mnzoo.org/conservation/act-wildlife/cell](http://www.mnzoo.org/conservation/act-wildlife/cell)

### January 9 Healthy Eating Seminar: Making Sense of the Latest Health Buzz Words

Noon – 8000 Tower Classroom

Register for this FREE seminar at [8000concierge@executiveconcierge.comcastbiz.net](mailto:8000concierge@executiveconcierge.comcastbiz.net).

### January 24 Wellness Center Seminar – Strength for Life

12:30 p.m. – 8400 Training Room

Lack of muscle strength impacts quality of life as we age. No matter what your age, strengthening exercise should play an important role in your weekly routines.

"Strength for Life" teaches a variety of exercises you can easily incorporate into your day. A follow-up seminar will be held at a future date. Register for this FREE seminar at [tjody.jacobsen@cushwake.com](mailto:tjody.jacobsen@cushwake.com).



### February 6 All Occasion Card Make & Take

Noon – 8000 Tower Classroom

Gather your co-workers and friends for a lunch hour of fun as you create all-occasion cards to take home with you. Register for this FREE seminar at [8000concierge@executiveconcierge.comcastbiz.net](mailto:8000concierge@executiveconcierge.comcastbiz.net)

### February 13 Electronics Recycling

8000 Tower Loading Dock, 9 – 10 a.m.

8500 Tower Loading Lock, 10:30 a.m. – 11:30 a.m.

Normandale Lake Office Park is partnering with Recycle Technologies to provide this electronics-recycling event. Bring your items to either loading dock and Recycle Technologies will take it from there. Each tenant will be invoiced directly from Recycle Technologies and the charge is \$0.35/lb.

### March 7 Memorial Blood Center Blood Drive



8 a.m. – 4 p.m., 8500 Tower Loading Dock

Sign up @ [www.mbcherohub.club](http://www.mbcherohub.club) with your username and password. Once you have accessed your profile, click 'Donate Blood' and enter the sponsor code 0370.

### March 12 – 23 VEAP Food Drive



VEAP is one of the largest food pantries in Minnesota, and they're asking for your help. Please donate! There will be collection boxes located in your building for easy giving. Let's show our community how much we care.

### March 22 Pinot's Pallet – Paint Over Lunch

11:30 a.m. – 12:30 p.m., 8000 Tower Classroom

Don't miss this artistic, instructor-led event especially for NLOP tenants. All art supplies are provided and sweet treats will be served. A nominal fee of \$7 will be charged. RSVP ASAP because it will fill up fast. Contact [8000concierge@executiveconcierge.comcastbiz.net](mailto:8000concierge@executiveconcierge.comcastbiz.net)

#### NORMANDALE LAKE OFFICE PARK

## Tenants in the News

### New Tenants

Stutsman Realty, Inc.

USI Insurance Services LLC

### Renewals & Expansions

Emerson Process Management

Herbert J. Sims

Vizio, Inc





## CRAVE

*cafe & deli*

8500 Tower 952.582.4800  
cravecafeanddeli.com



8300 Tower 952.378.1424  
cafusion8300.com



8400 Tower 952.897.5990  
ryanscafe8400.com

## Services

### ATMs

8400 Tower, Retail Concourse  
8500 Tower, Lower Level

### RK Apothecary (convenience, gifts, and dry cleaning)

8400 Tower, Suite 80  
952.405.6095

### Design a Bunch

(flowers and gifts)  
8400 Tower, Suite 12  
952.897.5995

### Concierge Services

8000 Tower  
Skyway Level, 2nd Floor  
Hours: 8 am - 1 pm, M-F  
952.345.8231

### New Horizon Day Care

8400 Tower, Suite 10  
952.921.2273

### Shear Success (hair salon)

8400 Tower, Suite 20  
952.921.2288

### Overnight Courier Boxes

Pick up M-F 6:30 p.m.

8000 Tower, 1st Floor  
FedEx & UPS

8200 Tower, 1st Floor  
FedEx & UPS

8300 Tower, 1st Floor  
FedEx

8400 Tower, 1st Floor  
FedEx & UPS

8500 Tower, Lower Level  
FedEx & UPS

### Post Office

8000 Tower, 1st Floor  
8200 Tower, 1st Floor

8300 Tower, 1st Floor

8400 Tower, 1st Floor

8500 Tower, Lower Level

### Main Bloomington Post Office

952-884-3698

## Restaurants

### Caribou Coffee

8000 Tower, 1st Floor  
952.486.9500

### Café Fusion

8300 Tower, Suite 130  
952.378.1424

### Ryan's Café

8400 Tower, Suite 70  
952.897.5990

### Kincaid's

8400 Tower, Suite 90  
952.921.2255

### CRAVE Café & Deli

8500 Tower, Lower Level  
952.582.4800

## Common

### Car Wash

8300 Tower - Contract Parking  
Mike Siedow  
651.308.5137

8500 Tower - Contract Parking  
Jim Olson  
612.503.0007

### Fitness Centers

8000 & 8500 Towers  
952.921.2081

### 8400 Wellness Center

952.242.2928  
Security Escort  
952.921.2201

## Property Management

8200 Tower, Suite 280  
952.921.2050

### Pat Seng

952.921.2034  
Vice President/General Manager

### Jim Gefre

952.921.2054  
Senior Property Manager  
8000, 8200, 8500

### Lance Brockmueller

952.921.2053  
Senior Property Manager  
8300, 8400

### Renee Hoy

952.921.2081  
Assistant Property Manager

### Lisa Simonson

952.921.2020  
Senior Operations/Brokerage  
Administrator

### Tjody Jacobsen

952.921.2050  
Operations Assistant

### Patrick Corcoran

952.921.2059  
Lead Engineer

## Do you have an article for our newsletter?

Contact: [lisa.simonson@cushwake.com](mailto:lisa.simonson@cushwake.com)

Would you like to be notified of activities and events at Normandale Lake Office Park? Please go to [normandale.com](http://normandale.com) and click on Tenant Services, "Join Our Email List" is located in the middle of the page.



NORMANDALE LAKE  
OFFICE PARK

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