



# NORMANDALE LAKE OFFICE PARK

Summer 2014

PAT SENG | VP/GM NLOP

## From the GM

How are you doing at maintaining a healthy work-life balance? I know it's not a new concept, but it's a valuable one that continues to get our attention in the media. We've read about it. We've talked about it. And some of us have made whole-hearted attempts at attaining it. Integrating healthy, rewarding, stimulating and enjoyable activities into our daily lives is said to improve our mood, reduce stress and even enhance self-esteem. What's more, when we choose to spend our precious leisure time with family, friends and co-workers, it maximizes the experience.



The City of Bloomington offers a wealth of events, opportunities and venues to help us balance our workdays and enrich our weekends. Many of these "life" experiences are accessible within minutes of the office and you'll find others right here at Normandale Lake Office Park.

In this newsletter, we'll share some ideas for staying, playing and fulfilling our days right here in Bloomington. Have fun! ■

## Life is What You Make It – Right Here in Bloomington

All of us have some ideas of how we can enrich our personal lives and develop a healthy work-life balance. For some, physical exercise is at the top of the list. Others are interested in taking classes to enhance their careers or tap into their creativity. Volunteering is a feel-good way to help others and reap our own rewards. And many of us just want to improve our social lives by making new friends and spending more time with the family and friends we already have.



However we choose to fill our free time, there are opportunities galore right here in the park or just around the corner.

### Exercise Your Options

Working a workout into your day helps manage your weight, fight disease, boost your energy and promotes better sleep.

We are fortunate to have two fully equipped exercise facilities, plus locker and shower rooms on site and accessible to tenants around the clock. Or, if you prefer, Normandale Lake has a 1.9-mile pedestrian trail and the Hyland Lake Park Reserve has 17.5 miles of marked hiking trails.

The City of Bloomington has golf courses, tennis courts, ball fields and playgrounds to round out your weekdays or weekends with family, friends and co-workers. Nearby Hyland Lake Park Preserve offers kayaking, canoeing and stand-up paddle boarding with equipment rental, lessons and even guided tours. Summer is the perfect time to plan fun-filled outdoor adventures on your own and with others.

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## Exercise Your Mind

Register for an evening course or take adult studies classes to advance your career, satisfy your creativity and make yourself more interesting. Learning something new or sharpening your skills delivers so many benefits. It's also a great way to meet new friends.

Look into classes at Normandale Community College or through Bloomington Community Education. You're bound to find something you will like.

## Volunteerism is calling. Will you answer?

Make time to make a better life for others and you'll find it's as gratifying for the giver as it is the receiver.

There are many non-profit organizations that could use your help with special events or on an ongoing basis. Choose something fulfilling for yourself or enlist friends and co-workers and enjoy the camaraderie. To discover

opportunities near and dear to your heart, visit [www.volunteer.match.org](http://www.volunteer.match.org) and see how good it feels to make a difference.

## Places to Go, People to See, Things to Do

Organize happy hours here at the park or plan a company outing after hours. Building positive relationships with people at work, when it's done in the right way, can help you expand your network, promote teamwork, gain insight on personalities and help you form genuine, long-lasting friendships.

For more ideas on what this city offers, let your fingers do the walking on the [bloomingtonmn.gov](http://bloomingtonmn.gov) website. You'll find an abundance of things to do and see from seasonal activities to parks and recreation facilities to arts and cultural events and so much more. While you're at it, you'll discover there's never a dull moment in the City of Bloomington. ■

## Did You Know?

Hyland Lake Park Reserve is part of a larger system recognized as "Hyland-Bush-Anderson Lakes Park Reserve." The entire 2,565-acre complex is managed by the City of Bloomington and Three Rivers Park District. The two agencies work together to coordinate regional trails in the area.

Within the Anderson Lakes unit, there are two areas known as Anderson Lakes in Eden Prairie and Tierney's Woods in Bloomington. Each provide parking and offer turf hiking trails to explore the spectacular vistas in the heart of our metropolitan area, as well as encounter abundant wildlife.

Source: [threeriversparks.org](http://threeriversparks.org)

## Meet Janet Jensen and Joyce Rosenbaum

Janet has been entertaining the tenants at Normandale Lake Office Park for many years. At age four, she started copying her sister at the piano before she began taking lessons herself. She began to study music seriously at Hamlin University and in Graduate School at the University of Minnesota. She has taught many of her own piano students over the years, including a full year while she lived in Norway.

Music has been a life-long love for Janet and it's something she enjoys sharing with others. "It's gratifying how much people enjoy listening to us each morning, and people often stop to thank us," she says.

Janet enjoys playing light classics from French composer, Claude Debussy. She also likes brighter pieces from some of the great composers including Chopin, Beethoven and Mozart. She and her friend, Joyce Rosenbaum have developed a lot of their piano repertoire together. ■



Janet Jensen and Joyce Rosenbaum

Joyce is one of the delightful piano players who rotates between buildings and occasionally plays duets with friend and fellow pianist, Janet Jensen.

Joyce started playing piano at age four and, as an adult, studied music at the University of Minnesota, University of Indiana and Oberlin College. She and Janet also took several one-piano, four-hand summer workshops with Weekley and Arganbright, a husband-wife team that teaches and performs piano duets – an art made popular during the eighteenth century.

Music has always been very important to Joyce and she truly enjoys playing for the tenants at Normandale Lake Office Park because "people are so nice and seem to really appreciate what we do."

Joyce prefers classical music especially from the Romantic era, including Handel and Bach. She also enjoys playing harpsichord. ■



# Events + Updates

JULY | AUGUST | SEPTEMBER 2014

## July 14 – August 8

### VEAP School Supply Drive

Give students a better start in the new school year by donating a fashionable backpack and the school supplies kids need for success. Collection boxes with a list of suggestions will be located in each building.



## July 24

### Ice Cream Social – 1-3 p.m.

Join us for sweet treats and a refreshing getaway from your hard work. Vanguard will provide music at the pond between the 8300 and 8400 Towers.



## Bike to Work Day Winners in More Ways Than One

Commuter Fairs continue to be popular with so many of our tenants. When they pledged to choose more eco-friendly ways to travel to and from work, they also registered to win a new bike. Here's a list of this year's winners:

### 8000 Tower

Heidi Williams  
Emerson

### 8200 Tower

Dave Ranta  
Edmentum

### 8300 Tower

Raghavendra Gummana  
TATA Consulting Services

### 8400 Tower

Aman Woldeeslassie  
Prime Therapeutics

### 8500 Tower

Jennifer Chapman  
RTW, Inc.



From left to right: Christina Roberts, Briana Hogan, Christine Mealhouse, Pablo Sanchez, James Sorenson, Adam Reynolds, Lauren Halgerson, Daniel Jenniges, April Schmidt.

## Congratulations to All Who Braved the 5K Run/3K Walk

This year's annual walk/run event on June 12th brought out more than a few enthusiastic participants. Temperatures were cool and the wind was brisk, yet over 400 brave tenants took part in this popular activity.

5K Run - Men	Name	Company	Time
1st Place	James Sorenson	Aon	16:39
2nd Place	Pablo Sanchez	Aon	17:21
3rd Place	Adam Reynolds	Schwan's	19:19
5K Run - Women			
1st Place	Christina Roberts	Aon	19:30
2nd Place	Briana Hogan	Aon	19:30
3rd Place	Christine Mealhouse	Prime Therapeutics	20:08
3K Walk			
1st Place	Lauren Halgerson	Schwan's	23:26
2nd Place	Daniel Jenniges	Schwan's	24:01
3rd Place	April Schmidt	Shear Success	25:29



# Amenities + Contacts



NORMANDALE LAKE OFFICE PARK



## At Your Service...

### Services

#### ATMs

8400 Tower, Retail Concourse

8500 Tower, Lower Level

#### RK Apothecary (sundries)

8400 Tower, Suite 80 952.405.6095

8500 Tower, Suite 160, Lower Level 952.426.3947

#### Design a Bunch (flowers and gifts)

8400 Tower, Suite 12 952.897.5995

#### Concierge Services

8000 Tower, Skyway Level, 2nd Floor

952.345.8231

8500 Tower, 1st Floor 952.345.2740

#### New Horizon Day Care

8400 Tower, Suite 10 952.921.2273

#### 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 952.921.2083

8200 Tower, 1st Floor 952.921.2077

8300 Tower, 1st Floor 952.830.1279

8400 Tower, 1st Floor 952.831.7925

8500 Tower, Lower Level 952.921.2077

#### Shear Success (hair salon)

8400 Tower, Suite 20 952.921.2288

### Restaurants

#### Caribou Coffee

8000 Tower, 1st Floor 952.486.9500

#### Parma 8200

8200 Tower, Suite 100 952.896.8888

#### 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 612.281.3408

**Fitness Centers** 8000 & 8500 Towers 952.921.2081

**Security Escort** 952.921.2201

### Property Management

8400 Tower, Suite 320 952.921.2050

Pat Seng, Vice President/General Manager 952.921.2034

Jim Gefre, Senior Property Manager

(8000, 8200, 8500) 952.921.2054

Lance Brockmueller, Senior Property Manager

(8300, 8400) 952.921.2053

Renee Hoy, Assistant Property Manager 952.921.2081

Lisa Simonson, Senior Operations/Brokerage

Administrator 952.921.2020

Tjody Jacobsen, Operations Assistant 952.921.2050

Patrick Corcoran, Lead Engineer 952.921.2059

## Tenants in the News

### Renewals & Expansions

- TATA America International Corporation

- Lamex Foods Inc.



### Oil Change Offer!

- Oil change • Fluid levels checked
- 14-pt. vehicle inspection
- **FREE** pick-up & drop-off
- **FREE** Car wash

**\$19.95\***  
+ tax + EPA

Call 952-831-8833  
and reference code BNI.

Offer valid for tenants of Normandale Lake Office Park only.

## Do you have an article for the newsletter?

Contact:

[lisa.simonson@cushwakenm.com](mailto:lisa.simonson@cushwakenm.com)

Would you like to be notified of activities and events at Normandale Lake Office Park?

Please go to [www.normandale.com](http://www.normandale.com) and click on "Join our e-mail list" at the bottom of the home page.



Cushman & Wakefield/NorthMarq (CWN) manages more than 50 million sq. ft. of retail, industrial and office assets, completes more than \$1 billion in transactions annually and employs more than 500 professionals. Through its partnership with Cushman & Wakefield, the company provides innovative solutions to its occupier and investor clients within the Minneapolis/St. Paul region and around the world, offering Transaction Services, Capital Markets Services, Occupier and Investor Services and Real Estate Advisory.