



PAT SENG | VP/GM NLOP

From the GM

As 2018 comes to a close, it's only natural for us to take a step back and reflect on where we've been and where we're headed in 2019.



According to Statista.com, 32 percent of those asked about their 2018 resolutions said they weren't making any. Those who did commit named "eating healthier, getting more exercise and saving more money" as number one goals. Unfortunately, nearly 50 percent of resolutions are forgotten within the first six months of the year, although researchers tell us that making them is the best way to make a change – especially if realistic goals are set.

The idea of resolving to better oneself dates back to the early Babylonians when New Year's Eve was first celebrated. Times were simpler then, when people made promises to their god that they would return borrowed objects and pay their debts.

What would you like to change about yourself in the new year? Perhaps saying it out loud and sharing your thoughts with others will make your resolutions stick. Whatever you decide, we wish you the greatest success – as well as good health and prosperity in 2019. ■

Where in the World is New Year's Eve Celebrated?

New Year's is one of the few holidays celebrated around the world and each country and culture brings its own rich traditions. Some events are celebrated publicly at concerts, fireworks displays and festive gatherings with tens – and even hundreds of thousands of revelers. Many are enjoyed privately at cocktail parties and intimate dinners with family and friends. Do you know how this historic holiday first got started and how it is celebrated around the world? Here are some fascinating facts you can break out to impress your friends at your own New Year's Eve party:

- According to History.com, the first recorded "New Year" was celebrated by ancient **Babylonians** some 4,000 years ago. While we mark the holiday according to the Gregorian calendar, the Babylonians new year began during the first new moon that occurred after the vernal equinox when darkness and daylight hours are equal, which would have been late March.
- The **Roman Catholic Church** was one of the first to observe January 1st as the new year based on the Gregorian calendar. January is named after the god with two faces, one facing backward and one forward.



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New Year's Eve cont. from page 1

- New Year's Eve in **Times Square** began in 1904 to celebrate The New York Time's new headquarters, the second tallest building in Manhattan at the time. The ball wasn't dropped until 1907, and the first weighed 700 pounds and was covered with 100, 25-watt light bulbs. Today's ball weighs nearly 12 thousand pounds and displays a different pattern each year designed by Waterford Crystal. Around a million people gather around Times Square every year. Throughout history, this annual event has only been suspended twice - both times during World War II.
- In **Spain** and other Spanish-speaking countries, people eat twelve grapes right before midnight to signify their hopes for each month of the new year.
- Many **Japanese** believe that eating long noodles on New Year's Eve means they will have a long life.
- In **Greece, Mexico** and the **Netherlands**, ring-shaped cakes and pastries are baked to symbolize the year coming full circle.
- Many around the **United States** eat black-eyed peas for good luck.
- Ancient **Persians** gave gifts of eggs, which symbolized productivity.
- In **Finland**, people gather to burn metal in a pan and inspect the shapes that are supposed to predict the future.
- **Ecuadorians** burn paper-filled scarecrows.
- The **Swiss** drop ice cream on the floor.
- In **Siberia**, people plunge into frozen lakes while carrying a tree trunk.
- The New Year's kiss came from **English** and **German** folklore. Both customs suggest that the first person you encounter in the new year will set that year's tone.
- Fireworks are popular in **Australia, Iceland, China, Norway, England, Mexico, Puerto Rico, Austria, Germany, Czech Republic, Belgium.**
- In **Portugal**, the tradition is to drink champagne and eat twelve raisins, making a wish with each.
- **Belgian** farmers also wish their animals a happy New Year.
- In **France**, friends and family exchange New Year's resolutions, kisses and wishes.

It was a Holly Jolly Breakfast!



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- **Greece** has many traditions including one that involves baking a "King's" pie that contains a coin wrapped in aluminum foil. Whoever gets the coin is said to be blessed for the remainder of the year.
- Many **Italians** wear red underwear and have an ancient tradition of dropping old or unused items from a window.

So whether you plan to count down with Ryan Seacrest, kiss your sweetheart at midnight or eat legumes because they are believed to bring future financial success, this is the time to celebrate your own New Year's traditions. Whatever you do, make them memorable so they will surely be passed down for generations to come. ■



January 9 Healthy New Year Healthy New You!

11:30 a.m. – 8000 Tower Classroom

Presenter: Anna Klimmek - Owner/Chef, Happy Food MN LLC
Kick off the new year with a commitment to eat clean and healthy. Learn how easy it is. Try some "Super Foods", like Hemp Seeds, Chia Seeds, Kale, Sprulina, Maca, Matcha and get a few recipes to take home. Anna will help you decipher what it all means and what's worth buying and what's not? She'll even show you how to make a smoothie full of good stuff (so easy you can make it at home) let you try it, and send the recipe with you when you leave. To register for this **FREE** seminar, email 8000conciierge@executiveconciierge.comcastbiz.net.

January 14-25 Cell Phone Recycling

8200 Tower, Suite 280 – Management Office

In partnership with the Minnesota Zoo, we will be collecting all brands of cell phones, cell phone boxes, tablets, booklets, cords and chargers in hopes they can be refurbished by electronics recycler, EcoCell. Proceeds are sent to the Minnesota Zoo Foundation to support projects that save rainforest wildlife. For more information on this program and how it works, visit the Minnesota Zoo's Recycle for Rainforests website.

January 28-February 1 Wellness Center Health Fairs

Jan. 28 - 8000 Tower, Jan. 29 - 8200 Tower,
Jan. 30 - 8300 Tower, Jan. 31 - 8400 Tower,
Feb. 1 - 8500 Tower All days 7:30-9 a.m.



Join us each day for our health fair. There will be opportunities for blood pressure checks and BMI body fat % evaluations. The Wellness Center trainers can setup appointments for PEP: Personal Exercise Plan and will answer questions about the WC, exercise classes, etc.

February 6 Wellness Center 2nd Anniversary

11 a.m. - 1 p.m. – Wellness Studio - 8400 Tower

To help celebrate, stop in and take advantage of their complimentary specials – detailed body composition scans, chair massages and professional athletic shoe fittings. They will also have a variety of shoes available for purchase. No appointments necessary.

February 21 Your Game Plan for Aging

11:30 a.m. – 12:30 p.m. – 8000 Tower Conference Room

"Who's Watching Mom"? Everyone knows it's important to get your affairs in order for the second half of your life, but where do you start? This session introduces you to the Game Plan for Aging - what it is and why it can be helpful for all adults to lead the life you wish to live while providing valuable instructions for your loved ones in the event of disability or death. To register for this **FREE SEMINAR**, email 8000conciierge@executiveconciierge.comcastbiz.net.

February 25 - March 1 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 5 Memorial Blood Center Drive

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

Sign up online @ www.mbcherohub.club enter username and password. Once you have accessed your profile, click 'Donate Blood' and enter the code 0370.



March 21 Make & Take "All Occasion" Cards

11:30 a.m. – 12:30 p.m. – 8000 Tower Conference Room

Take a few minutes out of your day to relax and be creative as you make up to 6 different all occasion cards. Stop in to make a few or stay the whole hour and make all 6. Whatever you make, you can take home. To register for this **FREE SEMINAR**, email 8000conciierge@executiveconciierge.comcastbiz.net.



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Shear Success (hair salon)

8400 Tower, Suite 20
952.921.2288

Overnight Courier Boxes

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FedEx & UPS

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Main Bloomington Post Office

952-884-3698

Restaurants

Caribou Coffee

8000 Tower, 1st Floor
952.486.9500

Poseidon Asian Fusion & Lounge

8200 Tower, 1st Floor
952.303.3483

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

Common

Car Wash

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Mike Siedow
651.308.5137

8500 Tower - Contract Parking

Jim Olson
612.503.0007

Fitness Center

8500 Tower
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

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



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