



PAT SENG | VP/GM NLOP

From the GM



And just like that, another summer is reflected in our rearview mirrors. They seem to go by faster every year. But I'm also ready to embrace the change of season and the many great things that fall brings.

This year, I'm really going to focus on the days leading up to Thanksgiving. It's no secret that we are living in uncertain times of political polarization, weather devastation and countless social issues, yet we still have much to be grateful for. I'd like to share an idea I read about that I believe is a good one.

Place an empty jar on the counter with a notepad for your family to write down and keep their blessings as they think of them. The jar is a good visual reminder of the positives in our lives. You may also want to read them all at your Thanksgiving table. Taking time to be grateful every day has great mental and physical health benefits.

Be kind to yourself. Eat well, get daily exercise and sleep. Above all, keep laughing.

Have a fabulous fall! ■

All About Fall

As we all know, "fall" or "autumn," which is most commonly used by the British, is the transition season between summer and winter. But did you know that before these terms were used, this period was known as "harvest"? Then, as people began to move into cities in 16th century England, "fall of the leaf" and "fall of the year" was adopted and eventually shortened to "fall," becoming the more common term in North America.

For many of us, fall is a seasonal favorite. We welcome it for the start of exciting events and traditions – the beginning of a new school year, new TV series and episodes, football games, fall colors and the harvest of delicious fruits and vegetables. We also

celebrate a variety of meaningful holidays during this special time of year, including Oktoberfest, Rosh Hashanah, Veterans Day, Halloween, All Saints Day, Thanksgiving and many more.

For some, fall is associated with melancholia, brought on by the end of summer and the anticipation of winter. Skies are gray and daylight wanes, making people turn inward both physically and mentally.

Fascinating facts associated with fall

- The first day of autumn has 12 hours of daylight and 12 hours of darkness. It happens when the sun is directly above the equator.
- In New Zealand and Australia, autumn begins on March 1st and ends on May 31st.
- A "Harvest Moon" is the full moon closest to the autumn equinox. Before artificial lighting, such moonlight was essential to a farmer's successful harvest.



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All About Fall cont.

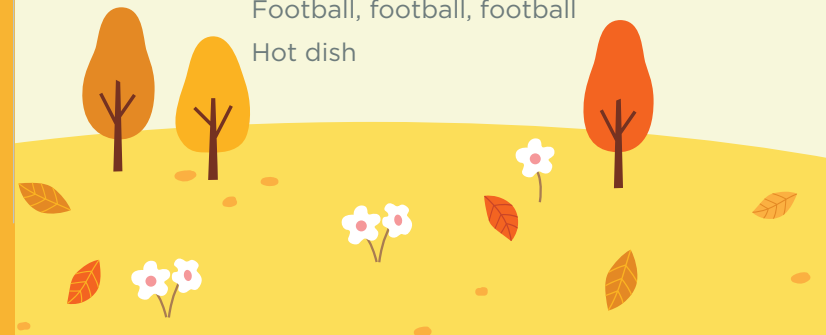
- Leaf color changes in response to chilly temperatures and less light. They stop producing chlorophyll, the green pigment that helps leaves capture sunlight. As green fades, the leaves other pigments, primarily orange and yellow, shine through.
- The redder the leaf, the more sugar that leaf is storing. That's why maple trees are so vibrant.
- Birds spend most of the fall migrating. Monarch butterflies from the U.S. migrate to Mexico during fall. They are the only insects that travel such long distances to a warmer climate.
- While most foods are harvested during the fall, foods particularly associated with the season are pumpkins and apples.
- In Munich, Germany, over 5 million liters of beer are consumed during Oktoberfest. It all began in 1810 during the wedding of the crown prince.
- Pumpkin spice has nothing to do with pumpkins. It's actually the spice mix used for pumpkin pies – cinnamon, ginger, nutmeg, allspice and cloves.
- More people go from single to a relationship in fall than any other season. This is thought to be because both men and women experience a higher level of testosterone in the colder months.
- Fall tourism brings big money – around \$3 billion – for New England states.
- Children born in the fall are statistically better students and live longer.
- According to superstition, when a person catches a falling leaf during autumn, good luck will come.

Source: ReadersDigest.com, OneCountry.com, KidsKonnnect.com, JustFunFacts.com



Favorite Things About Fall in Minnesota!

Iconic Minnesota apples
Fewer mosquito bites
Hayrides and corn mazes
Warm days, cool nights
No more lawn mowing
Taking long, crunchy walks
Bonfires and fireplaces
Sweaters and cozy blankets
Corn on the cob
Lower utility bills
Football, football, football
Hot dish



Source:
strongertogether.coop

Cinnamon Apple Chips with Dip Heat oven to 200°F.

4 large apples
2 tsp. cinnamon
1 Tbsp. sugar
2 tsp. vegetable or coconut oil
1/4 c. creamy peanut butter
1/4 c. Greek yogurt
2 Tbsp. honey

Halve apples. Remove seeds, stems and bottoms. Use a sharp knife to make thin crosswise slices. Place the half-rounds in a large bowl, and sprinkle with cinnamon and sugar. Toss to coat. Drizzle two sheet pans with oil, then spread the apple slices on the pans. Bake for 2-1/2 hours. While apple chips cool, combine peanut butter, yogurt and honey in a small bowl and stir.

Events & Updates

October 21

Your Game Plan for Caregiving

11:30 a.m. - 12:30 p.m., 8000 Tower Classroom
“Who’s Watching Mom”? This session introduces you to the Game Plan for Aging — providing valuable instructions for you and your loved ones in the event of disability or death. To register for this FREE seminar, email 8000conciierge@executiveconciierge.comcastbiz.net.

October 31

Halloween Pumpkin Carving and Costume Contests

Enter one or both! On Friday, **Oct. 25th** a pumpkin will be delivered to each suite. Create your masterpiece and deliver it to your building lobby by **9 a.m.** on the **31st**. Winners announced at the Costume Contest. Singles & group costumes will be judged at 1 p.m. - 8200 Tower Lobby. All tenants are invited to join - whether you participate or not.

November 6

How to Make a Spruce Tip Planter

11:30 a.m. - 12:30 p.m., 8000 Tower Classroom
The professionals from Design a Bunch will demonstrate how easy it is to make your own spruce tip planter. You’ll get new design skills and tips for using various items to create your own masterpiece. One lucky participant will take home the demonstrated piece. To register for this FREE seminar, email 8000conciierge@executiveconciierge.comcastbiz.net.

November 20 & 21

Annual Fall Boutique

10 a.m. - 1:30 p.m., 8500 Lobby
Don’t miss this popular shopping extravaganza!

December 2 - 13

Toys for Tots Toy Drive

Bring a NEW unwrapped toy to any of the collection boxes located in each building.

December 4

Memorial Blood Center Drive

8 a.m. - 4 p.m., 8500 Tower Loading Dock
Sign up online at www.mbcherohub.club.
Enter username and password.
Click 'Donate Blood' and enter the sponsor code 0370.



December 5

Gift Tag Make & Take

11:30 a.m. - 12:30 p.m., 8000 Tower Classroom
All supplies and tools will be provided and tags will be yours to take home. FREE seminar, email 8000conciierge@executiveconciierge.comcastbiz.net.

December 12

Tenant Holiday Breakfast

7:30 a.m. - 9 a.m. Details to follow.

3-on-3 Basketball Tournament



1st Place Aon
L to R:
Neal Anderson,
Doug Espenson,
Matt Larson,
not pictured,
Paul Anderson,
Kevin Larson



2nd Place Milliman
L to R:
Andrew Duxbury,
Caleb Stracke,
Jackie Daniels,
John Hebig



A Giant Thank You to ALL who contributed to VEAP back-to-school program!



8400 Normandale Lake Blvd.
952-921-2273



8000 Tower, Suite 140
952-486-9500

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

Common

Car Wash

8300 Tower - Contract Parking
Mike Siedow
651.308.5137

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

Senior Assistant Property

Manager

Lisa Simonson

952.921.2020

Property Administrator

Tjody Jacobsen

952.921.2050

Property Administrator

Patrick Corcoran

952.921.2059

Senior Chief 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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