



NORMANDALE LAKE OFFICE PARK

Winter 2020

PAT SENG | VP/GM NLOP

From the GM

Before we get too far into the cold, snow and ice season, I'd like to pass along some winter reminders that bear repeating:



No space heaters please. We can adjust temperatures as necessary. Submit a Service Request on Workspeed or call our office at 952-921-2050.

Candles are not permitted. An unattended open flame can become a fire hazard.

Slow down in the ramps. Travel should be at 5 miles an hour.

Visitor parking is reserved. Daily occupants should park elsewhere. Repeat offenders will be ticketed and towed accordingly.

Remove valuables from your vehicle. Suspicious activity should be reported to 952-921-2201.

Lights out as you leave. It's your responsibility to turn off lights, coffee pots and task lighting.

I'd also like to take this time to wish you and yours a happy holiday season – whatever you celebrate. And may all good things come to you in 2020! ■

Winter Thrills and Chills

2019 has certainly been one for the weather books. Each season has had its extremes that have thrown us off a bit, and this winter is no exception. Early snow cover and frigid temperatures have made many of us feel cheated out of a mild, lingering fall. Of course kids and retailers are elated. It's the holiday season!

Hanukkah, Christmas, Kwanzaa, Winter Solstice, Las Posadas, New Year and Chinese New Year are all celebrated in winter with long-held traditions and festivals galore.

It's no secret that this is the coldest season of the year, but what more do you know about "winter," which is derived from the words "water," "wet" and possibly "white"?



Winter Wonders

- This year, winter began on December 22 and ends on March 20, 2020.
- The coldest temperature in Minnesota was recorded in the city of Tower on February 2, 1996 at -60 °F; the warmest was 76 °F on February 26th, one hundred years earlier in Blue Earth County.
- The winter solstice is the shortest day of the year and celebrated by many the world over. Long ago on this "holiday" people would build bonfires and burn candles to lure back the sun.
- The greatest snowfall ever recorded in one year was 1,224 inches (more than 100 feet) in Mount Rainier, Washington during the winter of 1971.
- Snow can fall in a variety of shapes, which are often too small to see with the naked eye, so researchers rely on a snowflake photomicroscope to document types.

– continued on page 2



NORMANDALE LAKE
OFFICE PARK

A Newsletter for the Normandale Lake Office Park Community 8000 8200 8300 8400 8500



Winter cont. from page one

- Every winter, at least one septillion (that's 1 followed by 24 zeros) snowflakes fall from the sky.
- The Guinness Book of World Records notes the largest snowflakes fell in a storm in January 1887 in Montana. A rancher called them "larger than milk pans" and measured one at 15 inches wide.
- The first winter Olympics were held in Chamonix, France, in 1924.
- Chionophobia is the extreme dislike or fear of snow.
- The Northern Hemisphere isn't the only area that has recorded snow. In 2011, the Atacama Desert in Chile received nearly 32 inches of snow thanks to a rare cold front from Antarctica.
- The earth is closest to the sun during the winter, but the drop in temperature has nothing to do with the proximity to the sun. It depends on which direction the earth's axis is tilting, which is why the two hemispheres experience winter at different times of the year.
- The snowiest city on earth is in northern Japan – with an average annual snowfall of 26 feet.
- Snowflakes aren't always unique. In 1988, two snowflakes collected from a Wisconsin storm were confirmed to be twins.
- All snowflakes have six sides.
- Seven animals have the ability to turn white during the winter. Among them are hares, weasels, Peary caribou, collard lemmings, ptarmigans, Siberian hamsters and Arctic foxes.

Source: Justfunfacts.com, Factretriever.com, Britannica.com

What's So Great About Minnesota Winters?

Downhill and cross-country skiing, snowboarding, ice skating, pond hockey

Winter festivals

Amazing places to eat and drink

Great comedy clubs

Museums for adults and kids

Live theater and concerts

Curling, ice fishing, dog sledding, snowmobiling

Cheering on pro teams like the Minnesota Wild, RollerGirls and Timberwolves

Source: ExploreMinnesota.com

Stay Active This Winter

Winter weather can be brutal and sometimes it's a great excuse to put your fitness plans on hold. However, hibernating makes it easier to gain a few pounds, pushing you further from your goals.

Here are few tips to keep you active:

Join the NLOP Wellness Center. Did you know NLOP has its own Wellness Center gym? Yes, it's true! The Wellness Center is located in the 8400 Tower. This convenient fitness center gives you little excuse not to stay active. With a month-to-month membership at \$20/month, it's an easy decision to make. Stop by for a quick tour Monday – Friday anytime from 6 a.m. – 6 p.m.

Take a group fitness class. Group fitness classes come with a Wellness Center membership. Check out the group fitness class schedule online at normandale.com/amenities/wellness-center/.

Exercise at home. You don't need a lot of equipment to exercise at home. Even a couple pair of dumbbells or exercise bands go a long way. Not sure of what to do? Check out exercise videos on YouTube or download a fitness app on your phone for free.

Try a winter sport. Take the family out and try a winter sport. It's a great way to stay active while spending time with loved ones. You don't need to be an athlete to learn how to ski or snowboard.

Being physically active yearlong will only do good for the body. Try out one of the tips above and stay active!





Events & Updates

January 9

Wellness Series - Part 1 of 3

Why Diets Don't Work & What to Do Instead

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

Presenting a Functional Nutritional Approach to Health and Wellness. Attend one or all three sessions! For more information go to Normandale.com, or to reserve your space, email 8000concierge@executiveconcierge.comcastbiz.net.

January 20-31

Cell Phone Recycling

Management Office - 8200 Tower, Suite 280

We're partnering with the Minnesota Zoo again to collect all brands of cell phones, cell phone boxes, tablets, booklets, cords and chargers for refurbishing by EcoCell. Proceeds go to the Minnesota Zoo Foundation to support projects that save rainforest wildlife. For more information, visit the Minnesota Zoo's Recycle for Rainforests website.

February 6

Wellness Center 3rd Anniversary

11 a.m. - 1 p.m., 8400 Tower, 1st floor

Stop in for a complimentary body composition scan and athletic shoe fitting (shoes available for purchase).

February 13

Wellness Series - Part 2 of 3

Stress Less

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

For more information go to Normandale.com, or to reserve your space, email 8000concierge@executiveconcierge.comcastbiz.net.

March 1-31

Guided Meditation & Gentle Yoga

Meditation - Mondays and Fridays from 10:45-11 a.m.

Yoga - Wednesdays from 10:30-11 a.m., Wellness Center

Throughout March, Wellness Center Trainer Kim Aanestad, will be leading Guided Meditation and Gentle Yoga classes. All NLOP tenants are welcome.

March 5

MBC Blood Drive

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

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



March 12

Wellness Series - Part 3 of 3

Sleeping Your Way to Better Health

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

For more information go to Normandale.com, or to reserve your space, email 8000concierge@executiveconcierge.comcastbiz.net.

March 16-20

VEAP Food Drive

As one of the largest food pantries in Minnesota, VEAP is always in need of non-perishable food. Collection boxes are conveniently located in your building. Let's never forget those that are less fortunate than we are.



NORMANDALE LAKE OFFICE PARK

Tenants in the News

New Tenants

Check Point Software Technologies, Inc.

Collegis, LLC

Renewals & Expansions

Bane O'Leary, LLC

Continental Casualty Company

Mount Yale Capital Group, LLC

Rasmussen, LLC

RGN-Bloomington I, LLC

Shear Success, LLC



8400 Tower
952-921-2288



8400 Tower
952-405-6095



8400 Tower
952-897-5995

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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