



The Bellefield Buzz

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May 2017

FOCUSED ON BELLEFIELD'S TENANT AMENITY, PROGRAM AND EVENT UPDATES

ALL INFO CAN BE FOUND ON OUR WEBSITE

Green Spaces like Bellefield: Why are they so important?

Parks are amazing places – it's easy to take them for granted, especially our own Bellefield Office Park! This article (with ideas credited to The Green Ribbon), will help enlighten you to the important role our green spaces play in our human wellbeing. Parks are considered crucial to any and every community. They truly impact happiness of everyone in the area. Here's why parks are important to us and the animals that live here, too. (See Page 2 Article)

- 1. Storm Water Collection** Unpaved ground absorbs water. This is especially true here at our Park as Bellefield is limited to only repaving old asphalt, not adding any new. Trees and grass are a far more efficient—and less expensive—method of managing storm water than sewers and drainage ditches made of concrete. With extreme weather patterns on the rise, an increase in green space could save a lot of money in sewer runoff fees.
- 2. Reduction of the Urban Heat Island Effect** The abundance of flat, dark surfaces made up of asphalt and concrete in cities creates what is known as the urban heat island effect. This makes urban areas noticeably warmer than other nearby areas, and is a major factor in smog creation. Luckily, even a small increase in the number of trees in the Park can reduce this effect. It can be virtually eliminated from cities through a combination of increased park space and green roofs. Strategic planting of trees and vegetation—this means letting the branches hang over the sidewalk—can reduce summer temperatures. For every major dead or hazardous tree Bellefield removes, we replant 4 to replace it.
- 3. A Community** Parks provide space for office park tenants to interact with each other and meet new people. They're also great spaces for events and for people to engage in recreational activities. This allows people to connect then develop a sense of community. A park is perfect for a picnic, a concert, or a game on the Bocce Ball court—and provide a way to see new things and meet new people every day. Increasing the number of parks and recreational facilities in a park also reduces crime rates. Similarly, when parks are used by many people, there are more eyes on the street, creating a safer environment for everyone. Our Park is rarely affected by crime and if there is anything suspicious seen, our tenants call and we act quickly.
- 4. Clean Air** Trees remove a wide variety of pollutants from the air. Air pollution can increase risk of certain cancers and have adverse effects on children, the elderly and anyone with underlying respiratory problems. It also reduces the distance you can see on a summer day and increases the mortality rate in highly polluted cities. When we go out of our offices for a walk, the air is cleaner here at Bellefield than in the city.
- 5. Mental Health Boost** It seems obvious that a place where people are able to make connections, meet new friends and participate in recreational activities is also good for the locals' mental health. After all, physical health and strong relationships are important to maintaining mental well being. The mental health benefits of parks go beyond the obvious. Direct exposure to nature has its own benefits on mental health, reducing stress and increasing happiness. And these effects take place almost immediately. A study by Finnish researchers found that even ten minutes in a park or urban woodland area could tangibly reduce stress. Participants felt most restored after time spent in the urban woodland.
- 6. A Place for Physical Activity** You have probably heard about the many problems caused by a lack of physical activity. The sedentary lifestyle common at most workplaces is directly linked to obesity, which can cause a number of health problems. Parks like Bellefield make it easy to be able to take a walk outside and provides space for popular sports which encourages physical activity. Bellefield has hiking trails and other amenities designed to get people active like our outdoor gym and basketball hoop. Considering how few office workers get enough access to exercise, this is incredibly important.
- 7. Protect Natural Ecosystems** Bellefield is a part of the larger Mercer Slough ecosystem. It provides natural habitats for many different animals. As cities grow, more and more of these animals find themselves without homes. Parks provide a safe place for many of those displaced by urban sprawl. Being a part of a healthy network of parks in our city (See Page 2 article) is one major way we can protect these animals and preserve local ecosystems.
- 8.** We hope you look at working at Bellefield, **a real Park** in a whole new way and continue to enjoy it, protect it and gain health benefits, too!



Bellefield's 3rd Annual PHOTO COMPETITION April 24-May 19th!

Bellefield Programs is holding our annual photo contest! We invite all amateur tenant photographers to show off their favorite spring-themed photos! Like last year, the contest criteria will consider 2017 pictures our tenants take here on site at **Bellefield – People, Places, Animals, Views!** We have three prizes to award – a \$250 Grand Prize and one \$100 Runner Up and one \$100 Most Popular entry. Judging will take place May 22. You can post your photos to our Bellefield Facebook Page at this link <https://www.facebook.com/BellefieldOP/app/292725327421649> or send them to mbrownell@pinnacle-commercial.com or Bellefield@pinnacle-commercial.com to have us post for you. Last year we received 100+ photos and hope to have even more this year! The Facebook tab is accepting photos now. Last year's Grand Prize winning photo Water Lilly from S. Smith is below. Beautiful!



VISIT your local Eastside Visitor Centers

There are so many parks and community centers close by Bellefield with such unique, special and interesting programs. We wanted to highlight a website that will take you to 3 of the best adult enrichment websites so you can check out all of the local activities – most events are free with registration! Hope you can attend a few!

<http://www.ci.bellevue.wa.us/pdf/Parks/natural-resource-programs-may-august-2017.pdf>



EVENTS & AMENITIES

SAVE THESE DATES!

May 1 – Boat & Bike Share Opens for the Season. See Article to register

May 5: Mocha Café Cinco de Mayo Specials are Available

May 19th: Photo Contest Ends! Post that Pic by 5 pm! !!

BIKES, SUPS, KAYAKS! Bellefield Tenants Equipment Share is NOW OPEN!

On May 1st, as part of National Bike Month and the Opening of Boating season, we are officially opening our Bike and Boat share programs, for the **free recreational and exclusive use of our Bellefield tenants**. All you need to do is fill out the Equipment Application and send it to SYoung@pinnacle-commercial.com and we'll register you to borrow a SUP, kayak or bike for free. Applications and more details available on the website on the Amenities page. The Share programs are available Monday – Friday from 9 am to 5 pm. The Boat and Bike sheds are located between the Conifer and Madrona buildings and all safety equipment is provided and required when you borrow. Look for more news and announcements on lessons later this Spring and Summer!

ARE YOU HOT? ARE YOU COLD?

Regulating the temperature
in your office

Our hardworking engineering staff would like to remind everyone, as the weather warms up, to close your blinds and close your interior office doors when you leave for the day to keep your suite's temp regulated and cooler!

Dilettante Mocha Café

CINCO DE MAYO at Dilettante Mocha Cafe

Friday's Lunch Special will be Chicken Street Tacos with Mexican Potato Salad. Happy Hour will feature Tequila Lime Shrimp; Chips with Salsa and Guacamole; and our Pork Chile Verde Flatbread. Sangria, too!

Help us protect the Birds and Animals of Bellefield!

Bellefield is a rare and special place to be in the Spring. Here is some guidance when you have a wildlife encounter at BellefieldOP! Canadian geese gather on the lawns, paths, and waterways at Bellefield. They are a part of our natural Wetland environment. These geese are doing their normal spring thing and you'll soon see goslings as well! The geese tend to be more aggressive during mating season and protective when their goslings arrive, so here are some tips on how to handle a goose encounter safely for both human and fowl. **Keep away.** If you see a goose hissing, honking, or flapping its wings, it's getting ready to attack. Best to get out of the immediate vicinity. **If attacked,** flap your arms and yell loudly and stand as tall as you can to make yourself look larger. Slowly walk away and don't try to stare down the goose. Only if truly cornered with no escape route, would you try to charge the goose to avoid being bitten. **Keeping safe** in the future. Keep a wide berth when on the gravel path to avoid a confrontation and try never to be between a mother or father goose and their young. Property Management will again be keeping the Park neat by doing extra "doody" with the droppings. **If you see a turtle,** be sure to keep your distance and do not touch it. It could be looking for a place to lay it's eggs in the grass so please be respectful and silent.

PARKING REMINDER:
Please use your permits or
risk ticketing this spring!



#bellefieldop