

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 29 – Spring 2017

Earth Day Every Day

April 22nd is Earth Day, a global initiative aimed to inspire awareness of and appreciation for the earth's environment. In conjunction with Earth Day, the property management team is planning a week of events at Grand Oak aimed to Reduce, Reuse, Recycle, Restore & Replenish:

Monday, April 17 – Cell Phone Recycling

- Drop off unwanted cell phones to be donated to Cell Phones for Soldiers (www.cellphonesforsoldiers.com)

Tuesday, April 18 – Paper Shredding

- Shred Right (<http://shredrightnow.com/>)
- 1:00 – 3:00 pm

Wednesday, April 19 – Electronic Recycling

- Our Vision Recycling (www.ourvisionrecycling.com/home.html)
- 9:00 – 11:30 am

Thursday, April 20 – Clothing Drive

- Donations will go to DAV (<http://donatedavmn.org/content/acceptableitems>)

Friday, April 21 – Green Team Day

- Form your own "Green Team" and look for ways to conserve in your office
- Wear green for Earth Day
- Try working without lights for an hour and turn lights off when no one is in a room
- Turn off computers and other equipment when not in use
- Use reusable water bottles instead of plastic. Stop by the management office for a free water bottle.



TAKE NOTE OF THE UPCOMING DATES:

Earth Day

Saturday, April 22

Administrative Professionals Day

Wednesday, April 26

Mother's Day

Sunday, May 14

Memorial Day

Monday, May 29

Father's Day

Sunday, June 18

Independence Day

Tuesday, July 4

Tenant Appreciation

Ice Cream Social

Wednesday, July 26

Coming Soon...

Union 32 Crafthouse will open at Grand Oak Business Park in June! This unique brewpub will specialize in Minnesota craft beer, ciders, wines and spirits. Union 32 will be open for lunch, happy hour, dinner, and evenings. Be sure to check out our 32 tap self pour beer wall. Cheers!



Dan Redpath (partner/owner)

Organize Your Workspace

You might think you can't spare the time to organize your workspace – but in reality, a neat and orderly office will make for increased productivity and more efficient use of your time. Employ the following tips to transform your office into an efficient workspace:

- **Clean Off Your Desktop:** Remove clutter, shred, and get rid of everything you don't really need for work, including trinkets, plants, etc.
- **Prioritize Accessibility:** Position equipment and supplies that you use most frequently within convenient reach. Items seldom used should be stored.
- **Create a Filing System:** Put all items to be discussed, handed off, etc., into a "Prep" folder to help prepare for meetings. Create a "Pending" folder for items you are awaiting a response on and designate a "Read" folder for articles and documents you want to review at a later date.
- **Straighten Your Desk:** At the end of each workday, quickly organize your desktop so you aren't greeted by chaos the next morning.



- **File Weekly:** Don't accumulate piles of paperwork on your desktop. Instead, put documents in a "File" folder to file on a weekly basis.

The effort you put into creating and maintaining an efficient work area will pay huge dividends. Instead of shuffling through piles hunting for documents, you'll be able to spend more time actually working.

Pay It Forward Day

Launched in 2007, International Pay it Forward Day is celebrated on April 28th every year. Inspired by the book and movie "Pay it Forward", the initiative involves people performing acts of kindness for others without expecting anything in return. Instead, recipients are asked to 'pay the kindness forward' to others in need – essentially creating a positive ripple effect of giving.

Join in on this global phenomenon by performing a random act of kindness on April 28th and bask in the positive energy you'll experience from giving to others.



Brain Teasers

Ready to challenge your brain?

1. Jim and Wanda both have some apples. If Jim gives Wanda an apple, they will both have the same number of apples. However, if Wanda gives Jim an apple, Jim will have twice as many as Wanda. How many apples do Jim and Wanda each have?
2. I am a married woman. John's son is my daughter's father. What is my relationship to John?
3. How do you get 24 from 9, 6, 11 and 3, using addition, subtraction, multiplication or division?

Source: www.fitbrains.com

How to Become a Morning Person

Even if you feel like you function best in the middle of the night, you can still train yourself to develop morning person habits. Here's how:

- **Good Sleep Hygiene:** Keep a consistent sleep schedule to ensure you're getting quality sleep. Try moving your bedtime forward by 15 minutes at a time if you need to shift your bedtime ahead a bit.
- **Night-time Preparation:** Decide what you're going to wear the next day, make a healthy lunch, and pack your gym bag at night. By simplifying your morning routine, it will be easier to get out of bed.
- **Motivation:** Determine a purpose for starting the day earlier – whether it's a morning workout or preparing a healthy breakfast – as motivation for getting up earlier.

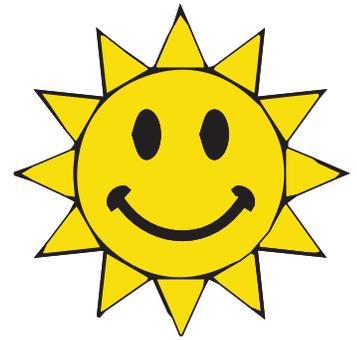
- **Avoid Hitting the Snooze Button:**

Cutting out that nine minutes (or more) of snoozing earns you bonus time each morning. Take advantage of that extra time to focus on a project –

you'll be surprised how good it feels to start the day with a task already checked off your to do list.

- **Seize the Day:** Waking up thinking about all the things you don't want to do is a terrible way to start your day. Instead, think ahead to the best things you'll do all day to inspire you to get out of bed.

Seeing the benefits of your earlier wake-up time will make it feel like less of a chore and help you to be more productive in the morning.



Cancer Survivors Day

National Cancer Survivors Day® is a treasured annual celebration of life that is held on the first Sunday in June. This year, Sunday, June 4th, will mark the celebration's 30th year.

National Cancer Survivors Day is intended to honor cancer survivors and to celebrate life. It provides an occasion to draw attention to the ongoing challenges of cancer survivorship with the aim of promoting resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.

Mark this day on your calendar and make a plan to commemorate National Cancer Survivors Day by visiting a Cancer Survivors Park. To find a Park near you, simply visit <http://blochcancer.org/about/cancer-survivors-parks/>.

Each of the 25 Cancer Survivors Parks, which have been individually designed to complement the surrounding area, features three consistent elements:



First is a positive mental attitude walk with 14 bronze plaques – four inspirational and 10 instructional. Second is a sculpture of eight life-size bronze figures passing through a maze representing cancer treatment. The five before the maze show fear, hope and determination in their faces while the three after are laughing and happy, representing successful treatment. Third is a "Road to Recovery" consisting of seven plaques explaining what cancer is and basic actions to help overcome the disease.

Recognizing Grand Oak Tenants

Equus Capital Partners and Transwestern recognize the following tenants for lease transactions completed during 1st Quarter 2017:

New: Union 32 Crafthouse (2864 Highway 55)

Renewals: Frieder Learning Inc. (2874 Highway 55)
Home Federal Savings Bank (2805 Dodd Road)
Mayo Foundation (860 Blue Gentian Road)
St. Paul Rheumatology, P.A. (2854 Highway 55)



Brain Teaser Answers

1. Jim has seven apples and Wanda has five apples.
2. Daughter-in-law. Her daughter's father is her husband. This means John's son is her husband, so John is her father-in-law, making her the daughter-in-law.
3. $(6 - 3) \times 11 - 9 = 24$.

About Equus Capital Partners, Ltd.

Equus Capital Partners is one of the nation's leading private equity real estate fund managers. Equus' diversified portfolio consists of office, multi-family, industrial, and retail properties located throughout the United States. The firm is headquartered in the Philadelphia area with regional offices in Chicago, Los Angeles, Washington D.C., Boston, Atlanta, and Raleigh-Durham. For additional information, please visit the company's website at www.equuspartners.com.



**MANAGED &
LEASED BY:**

 **TRANSWESTERN®**

**IMPORTANT
PHONE NUMBERS:**

Property Management
Management Office
651-289-3506

After Hours Emergencies
651-289-3506

Leasing
Mike Salmen
612-359-1660

Mike Honsa
612-359-1631