



Splashes

Haller Lake Community Club

12579 Dennsmore Ave N April 2017

Note from the President

It's election season! (Don't panic: I'm talking about election of Club officers.) The Haller Lake Community Club welcomes volunteers interested in running for positions on our board. The nominating committee has identified candidates, but we welcome additional club members who might be interested in serving on the board. Nominees for each office will be announced at the April general meeting on April 6th, and the election will take place at the May 4th general meeting. The terms of office are one year, and no officer can hold the same office for more than two consecutive terms. For information about duties of officers, go to this link: <http://www.hallerlakecommunityclub.org/about/executive-board/>. Please email us prior to the April 6th meeting if you are interested in one of the officer positions (hallerlakecc@gmail.com).

At our March 2nd meeting, we heard from two very special guests: Katie Pearl and Dedy Fauntleroy, the current and incoming principals of Northgate Elementary School. It was a good discussion of the current situation at the school with a full question and answer period. Katie has done a great job at the school over the past three years and will be missed. The good news is that Dedy Fauntleroy has outstanding credentials, and her background of serving diverse communities will serve us well. You can find a report on the meeting on the Club's home page under "recent news."

Our next meeting on Thursday, April 6th will feature HLCC Vice President Sarah Benki-Nugent, who will give a presentation about her research in Kenya on pediatric HIV. Sarah is Acting Assistant Professor in the Department of Global Health at the University of Washington, and has been doing research based in Kenya for several years. During our business meeting, we will present an additional proposed change to our by-laws (making the terms of the managing trustees be the same as the officers, which will match recent practice). Because of this change, the vote to approve the revised by-laws will be at the May meeting.

Saturday, April 15th will be a busy day for our community. The 7th annual Haller Lake Egg Hunt will take place on that day at 10 am at Northacres Park. The hunt will feature prizes, snacks, refreshments and more. At 2 pm on the same day, the Heart Perception Project will hold a workshop to create connections between deeply divided people through empathetic dialogue at the Bridge Coffee House at the North Seattle Alliance Church. Finally, at 4 pm on the evening of April 15th, our monthly game night will take place at 4 pm at the Club. Our game nights are growing in popularity and are a great opportunity to meet neighbors and have fun.

The Haller Lake Community Club is an all-volunteer organization. We depend on you, our members, for program ideas and to make everything happen. Membership in the Club is only \$15 for individuals, \$20 for families or \$50 for businesses. Payment can be made through a link on our website or by check with the attached membership form.

Please send program suggestions, notices of events of interest to the community and articles for Splashes to hallerlakecc@gmail.com.

--Robert Laing

Creative Dance Center - Your Neighborhood Dance Studio!

Located in the Haller Lake Community Club

Creative Dance Center's **10-week Spring** session of **Adult** and **Nurturing Baby** classes runs through June 5. Registration is ongoing for our 16-week Winter/Spring Early Childhood, Children, and Teen classes (Jan. 30-June 5).

If you have not tried a class with us, now is the perfect time to drop-in and test the waters. No experience is necessary for our adult classes. We welcome all ages and abilities. **Adult Spring Session** classes include **BEING Connected Yoga, Exercise & Dance, Keeping on Dancing: Modern for 40plus** and **ZUMBA®**. Not sure which of these classes is the right one for you? Bring in this issue of Splashes and try out a class for **FREE!** This special offer for our Haller Lake neighbors is limited to one free class. Drop-in fee for Zumba® and Yoga is \$12. Drop-in fee for Exercise & Dance and Adult Modern is \$16.

NEW CLASS! Adaptive Dance for ages 8-18. This fun adaptive dance class includes the BrainDance, body awareness, group cooperation/games, improvisation, and celebrates individual creativity. Participants are welcome to bring support in the form of family or staff to aid their participation. This is a class for students of all abilities/disabilities. No one-on-one supervision will be provided. Instructor **Corina Dalzell** is a dance maker and performer focusing on inclusion and community access to the arts. She supports the Seattle inclusive arts community as a creative movement workshop facilitator serving youth with disabilities. She has partnered with PROVAIL, the City of Seattle, the City of Shoreline, Costello Syndrome Family Support Network, and CFC International. Corina earned a B.A. in dance and collaborative studies from Bennington College in 2013.

Adaptive Dance meets Tuesdays from 3:45-4:30. Drop-in fee, \$10.

We offer **Nurturing Baby** class on **Wednesdays from 11-noon and Saturdays from 11:30-12:30**. If you or someone you know wants an incredible activity to share with a 2 month old to pre-walker, this class is it. Special Splashes deal applies to one **free Nurturing Baby** class as well. An hour of movement, music, floor time, singing, instruments, and multi-sensory play! Spread the word around Haller Lake and we'll have the whole neighborhood dancing... babies, kids, and adults!

ZUMBA® - Ditch the workout and join the party! The ZUMBA® fitness workout combines high energy and motivating music with dance movements designed for any fitness level. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Want to burn some calories and HAVE FUN? Then ZUMBA® is for you! **Monday afternoons with Jessica Gleason: 12:30-1:30.**

BEING Connected Yoga - a practice that integrates body, mind, and spirit through a focus on core strength, posture alignment, and meditation. Slowing down and bringing awareness and connection of breath with poses, invites a sense of calm and flow with each movement. Adaptations are offered for varied experience, ability, strength, and flexibility. **Monday evenings, 7:00-8:15 with Ruth Hylander.**

Exercise & Dance - Experience improved alignment, body integration, and range of motion

as you work from the inner core. Exercises build strength that comes from within. Dance allows the body full and creative expression through space. Realize the joy of working with your body in a supportive environment as you improve functional and expressive movement.

Tuesday mornings with Gail Heilbron: 9:30-11am.

Keeping on Dancing: Modern for 40plus - Includes BrainDance, floor & center work, technique, movement combinations, folk dances, improvisation, and choreography. Fun and Fitness for your fourth decade & beyond! Adults under 40 are welcome! Live accompaniment.

Wednesday evenings with CDC Founder Anne Green Gilbert: 7:00-8:30.



SUMMER CAMPS AND CLASSES ARE OPEN FOR REGISTRATION

The Creative Dance Center's [5-week Summer Session of classes](#) runs July 3-August 5 inside the Haller Lake Community Club. We're bringing back *Yoga Fun* for families, *Nurturing Baby*, *Parent/Toddler*, *Parent/Child*, *Creative Dance*, *Creative Ballet*, *Pre-Ballet*, *Ballet I*, *Creative Modern*, *Intergenerational Modern*, and we're offering *Hip Hop* for ages 6-9, and *Adult Yoga* this summer... something for the whole family! Summer at CDC is full of laughter, dance, exploration, play, learning, and fun.

We've got a great line-up of award-winning [multi-arts camps](#) including **Ballet Stories**, **Global Dance**, **Art in Motion**, **Dance & Yoga**, **Dance Empowerment**, **Hip Hop**, **Musical Theatre (Disney's The Little Mermaid)**, and **Dance & Art**. Our incredible faculty nurtures creativity and self-expression alongside skill development. Each camp ends in an informal presentation for family and friends that is not to be missed!

Questions? Contact Terry at terry@creativdance.org or call (206) 363-7281.

Visit www.creativedance.org for schedules, FAQs, workshop information, and more!

Ripples from Around the Lake

Spring is finally here. Fun to see the sun appear on the first day of spring! After our tough winter, we were all more than ready for it. I saw Maggie Flynn walking recently. We are forever grateful to Maggie for continuing to be our Splashes editor even when her job was really busy until a replacement could be found. Peter Wolfram has followed in her footsteps doing a wonderful job too. We are so lucky in our community that there are always people willing to step forward and keep our club going. For everything there is a season. The club, after 95 years, continues to thrive thanks to all of you! Our neighborhood is so lucky to have such a gathering place in our midst.

I finally got to Game Night at the club. It was fun to see all the different ages playing games and having fun. Thanks again to Jesse Hawkins and Ethan Bradford for heading this up, as I have said before, in the tradition of former neighbor, Don Brown. I got a nice note from Kathy Brown saying she enjoys reading the Splashes and hearing about club activities since it was such an important part of her parents, Don and Phyllis Brown's, lives. I saw Michele Landwehr and kids at game night too which was great since it has been a long time, even though we are neighbors. Jeff Blank told me he had met a friend of mine, Eileen Strickland. Eileen's dad was an original founder of the club. Eileen, at 90 plus, is full of fun and life. Eileen always tells me she likes reading the Ripples even though she now lives in Broadview! I hope you see this Eileen! I think I have only mentioned her once before in this column, when she and her sister, both came to our club's 90th Birthday Party! Not many neighborhoods are as lucky to have so many connections to their past. I always enjoy it when the white camellia at the clubhouse blooms. Jo Dawson told me it was planted in memory of my husband's Mom, Helen Niemann.

I played ping pong with Jodene Smedvig at game night and assorted little people, like Penelope Zook, who got some good hits in too and enjoyed chasing after the ball. I played Mexican Train with Doris and Randy Harkness, who taught Sybil Knutson and me how to do it. It has been a long time since I had played that. Now I am hoping to play it with neighbor, Barb Richardson, before I forget what I learned. We tried once before and neither of us could remember how it went. It was fun even though Sybil kept winning! Sybil told me about the new neighbors who have moved by her friend, Priscilla Bradford, and are interested in our community club. I had a nice chat on the phone with Bonnie Surrender. Her husband is Manny and they are looking forward to coming to a club activity soon and being involved.

I saw "Beauty and the Beast" at Thornton Place with neighbors Marcia Laing, Shawn MacPherson and Demetra Ryan. We all agreed it was a great movie! Thornton place is a good option to see a movie with so many close by tasty food choices too. Former neighbor, Velva Maye, was involved in planning the many changes to the Northgate area. I am glad Rick Barrett was honored at our February Meeting for all the hard work he has done for our neighborhood too.

We currently have someone for every HLCC post, thanks to Randy Harkness for heading up the nominating committee. We will accept nominations for others at our April meeting and the voting will be done in May with installation in June. Thank you especially to Celia Matson who would be new to our board but has volunteered at several of our events.

Hope to see you all at work parties for the Haller Lake Egg Hunt and at the hunt too. You can check the calendar for times and also drop off plastic eggs and fillers. Thanks again to Sheryl

Grater and Suzi Zook for heading this up again.

I am looking forward to our April 6th Meeting to hear our Vice President, Sarah Benki-Nugent, talk about her research on pediatric HIV in Kenya. Neighbor, Kellie Newton, will speak at our May 4th Meeting about her Heart Perception Project. She has a workshop on that same topic on April 15th at the Bridge from 2 to 5:30 and is looking for people to attend.

We finally have the very talented Sharon Stearnes scheduled once again to play our recently renovated, resident Wurlitzer Pipe Organ on Saturday evening, May 6th, starting at 5pm. She will entertain us with her amazing accompaniment to silent movies and she will also play a wide variety of other tunes. Those of you who have attended before, know that Sharon's performance is entertaining for all ages and a real steal for only \$5 per adult. Children are free.. Paul Richardson, our neighborhood chef, will be serving a delicious lasagna dinner complete with Caesar Salad and garlic bread. Paul will have regular beef lasagna, gluten free and vegetarian.

We will have juice and water too to accompany the dinner. If you prefer to drink something else, you can bring that. Adult meals are \$9 and kids 10 and under are \$5. It would be most helpful if you would RSVP by sending an email to the club at hallerlakeecc@gmail.com so Paul will have a better idea of how many will be attending.

Hope to see you all there for a special evening.

Thank you. Marita Niemann



Notable Nearby Noshes

Style Hot Pot

I try to focus on restaurants in the Haller Lake neighborhood. Style Hot Pot isn't quite within our boundaries, but it is within sight from Aurora, so I'll count it as one of ours. It's definitely worth the trek to Bitter Lake! (Address: 930 N 130th St, in back of Elliott Bay Auto Brokers).

Style Hot Pot offers typical Chinese hot pot (huoguo), which is a Northern Chinese variation of fondue that involves simmering broth in a metal pot at the center of the table. The broth can be mild or spicy red pepper-packed Sichuan style (our favorite.) Diners drop raw ingredients into the broth to cook at the table and extract them with chopsticks or a ladle. Ingredients for dipping are offered on a checklist and range from the commonplace (e.g., beef, chicken, pork, cabbage, bamboo shoots, mushrooms, noodles, tofu) to various animal parts most Americans would avoid. Style's wonderful make-your-own-sauce bar at the back of the restaurant lets diners customize the meal with hot oil, sesame paste and other tasty sauces.

Our family are hot pot fans and concluded that Style is as good or better than our previous hot pot favorite in the International District. Most of the other diners were Chinese speaking Mandarin, which is definitely a sign that it is authentic. The noise level is moderate and the service is friendly and helpful. This is a great choice for group dining. The cost is moderate. Strangely, they do not offer beer (which goes well with Sichuan hot pot). One caution: this is messy dining, so dress accordingly.

--Robert Laing

Haller Lake Community Club

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Connect, inform, and engage the Haller Lake community through social and civic programs and activities.



MEMBERSHIP FORM

Please fill out this form & mail it to us at HLCC Membership, 12579 Densmore Ave N, Seattle, WA 98133, or join online at www.hallerlake.info/membership.

Membership year is Sept 1 to August 31.

I'm a — New Member or Renewing Member

Membership level —

\$15 Individual \$20 Household \$50 Business

Name

Address

City/State/Zip

Phone

Email

The Heart Perception Project is coming to Seattle!

Born of the divisive 2016 election, the Heart Perception Project seeks to create connection between deeply divided people through empathetic dialogue.

Founded by Kellie Newton, a liberal non-theist and massage therapist from Seattle, and Dr. Heidi Petak, a conservative Christian and communication professor from Nashville, Heart Perception Project was their response to counter the deep cultural division and animosity propelled by the course of the 2016 presidential election. With a friendship that spanned 30 years, but strained by a growing divide over different life paths and philosophical differences, Kellie and Heidi decided to attempt to have empathetic conversations and videotape them. With widely divergent world views and geographical influences, it was a formidable task. Yet, they were determined to connect on a heart level that would transcend their differences—and their ongoing work with each other has laid a foundation for helping others to do the same.

If you've wondered how to navigate your relationships during this deeply divided season in America, you'll want to join Heart Perception Project for a free, interactive workshop on April 15th, 2-5:30pm, at The Bridge Coffee House located in the North Seattle Alliance Church. Inspired by a growing awareness of the division in our country, this workshop is designed to help you learn to have conversations in which you can connect with others on a heart level despite your differences. The workshop will challenge and encourage you in your interactions with your family, your community, and your world. Please come if you are willing to let go of needing others to change, and are willing to explore where change from within can provide the deepest healing to the divide.

Seating is limited. Email heartperceptionproject@gmail.com to register.

For more information about Heart Perception Project please explore the following links:

YouTube Channel with videos of Heidi and Kellie's ongoing conversations:

https://www.youtube.com/channel/UCYD7o_jLqrfPkJ1bPGZ9GA

Fb page for Heart Perception Project:

<https://www.facebook.com/heartperceptionproject/>

Website:

<https://www.heartperceptionproject.com/>

KOMO News Radio Story:

<http://komonews.com/news/newsradio/helping-close-friends-with-opposite-political-views-understand-each-other>