

November 2017



HALLER LAKE COMMUNITY CLUB

Splashes

Note from the President

Last month, I enthused about how much I've gotten out of volunteering in the neighborhood, and mentioned some areas we need help. One was for a webmaster, and I'm thankful to Braxton Ehle for stepping forwards. Thanks, Braxton! Look for great things from hallerlakecommunityclub.org.

Do you have ideas for the web site? Email them to hallerlakecc@gmail.com and we'll see what we can do. That's also a great email address for general suggestions for or offers to help your community club.

Speaking of volunteers, we lost a great one when Rick Barrett passed October 9. He was a powerful advocate for his neighborhood and for all that is good in the world! I'll miss him personally and the neighborhood will be less colorful without him.

Please join us for our next meeting Nov. 2, at 7:00. The Seattle DOT will be here to tell us about the pedestrian/bike bridge planned between North Seattle College and the Northgate Light Rail Station. They can answer your other questions about transportation in our neighborhood.

This year, we're merging our Halloween party with the Harvest Party sponsored by North Seattle Church, at Northgate Elementary School. Come check out your neighborhood school and enjoy some fun and games. That will be Oct. 28, from 5:30 to 7:30 at the school.

Finally, I love our regular game nights, the third Saturday of every month. This month, that will be Nov. 18 from 4:00 through 9:00 p.m. Come to the club enjoy some fun comradery with your neighbors

Ethan Bradford

Haller Lake Craft Fair, Dec. 10

We are pleased to announce the Third Annual Haller Lake Craft Fair benefiting Mary's Place will be held Sunday, December 10th, 10:00 a.m. to 3:00 p.m., at the Haller Lake Community Club!

We are looking for vendors, volunteers, and school groups to perform. Please contact us

at HallerLakeCraftFair@gmail.com to participate.

Last year our diverse and unique collection of local artisans raised nearly \$2000 to support our neighbors receiving shelter and services from Mary's Place. Save the date now to shop for a great cause!

Kendra Kelly



Creative Dance Center Workshop for Adults and Seniors

BrainDance Foundations

November 19, 2017

1:00-5:00pm

Price: \$90

Led by Anne Green Gilbert



Held at the Creative Dance Center in our beautiful, open, ADA accessible studio.

CDC is located inside the Haller Lake Community Club building. Free and ample parking! **For more info and to register: visit creativedance.org, email terry@creativedance.org or call 206-363-7281.**

This workshop explores the foundations of the BrainDance. Developed by Anne Green Gilbert, the **BrainDance** is a full body-brain warm-up for children and adults. This 4-hour workshop will provide a foundational understanding of the eight developmental movement patterns and primary reflexes that healthy human beings naturally move through in the first year of life and continue refining and integrating through early childhood. We will delve into the somatic and cognitive benefits of isolating and focusing on these patterns of breath, tactile, core-distal, head-tail, upper-lower, body-side, cross lateral, and vestibular movements. Done in an orderly progression, the BrainDance helps us awaken the parts of our visceral and muscular system that support our body structure and help us cope with the world in an embodied way. The benefits of the BrainDance are many: **reorganization of the neurological system; increased blood and oxygen flow to the respiratory system and brain; and enhanced core support, connectivity, and alignment.** The **BrainDance** may be used as a warm-up for dance class or physical activity; before tests, performances, and presentations; after sitting for long periods of time; as a break during computer work; and to increase energy and reduce stress. This workshop will cover BrainDances appropriate for ALL ages that can be done in a variety of settings.

Anne Green Gilbert founded the Creative Dance Center and Kaleidoscope Dance Company in Seattle, Washington in 1981 and the Summer Dance Institute for Teachers in 1994. Anne is founder and Past President of the Dance Educators Association of Washington. Anne is the recipient of several awards including the NDA Scholar/Artist award in 2005, the National Dance Education Organization Lifetime Achievement Award in 2011, and the Lawrence Tenney Stevens American Dance Award for her work with boys and men in dance in 2014. In July of 2016 the American Dance Festival (ADF) awarded her the [Balasaraswati/Joy Anne Dewey Beinecke Endowed Chair for Distinguished Teaching](#).

Upcoming Community Service Opportunities in Haller Lake

September's issue of Splashes included a Call to Action for Haller Lake and some of you responded to that call. Thank you! Your commitment and dedication will be put to good use improving and beautifying our wonderful neighborhood.

We have joined forces with Green Seattle Day, a tree planting event around the city, to plant trees in our own North Acres Park on Saturday, November 4th, 2017 from 9 a.m. to 12 p.m. Tools, gloves, plants, coffee, snacks and instruction will be provided. Get your hands dirty for North Acres Park!

To read more about this event and register as a volunteer, visit:

<http://www.greenseattle.org/get-involved/green-seattle-day/>

Stay tuned for dates of future community service work parties that will address neighborhood concerns such as cleaning our street signs and pruning greenery that is obstructing our view of them. If you have an idea for a project that needs attention or would like to volunteer for our community service group, please email pstordeur1969@gmail.com.

Patricia Stordeur

Ripples from Around the Lake

Fall is in the air, the leaves are changing color and the colder temps and rains have returned! Today though was sunny and dry and a perfect day to go to a favorite pumpkin patch! We had an amazingly warm and rain-free summer. We had lots of people really enjoying the lake this summer with less rowdy parties it seemed. Shawn MacPherson thinks the lake was as low as it has ever been! It is now on its way back up which is good news. Don't forget the Harvest Party at Northgate Elementary School on Saturday, October 28th from 5:30 to 7:30! Sheryl Grater will be coordinating HLCC's volunteers for this event. We usually have our own party here at the club but it is good to combine efforts with the school and help more families get familiar with the great job they are doing there for kids! I have many memories of parties past, like the year Barb Gross and Velva Maye helped children make scarecrows with bales of straw in a tent outside the clubhouse. Not only was the night freezing, I knew that, but Barb was allergic to the straw. I did not realize that! What an example of service above and beyond. It was so fun to watch Cora Lea Doty do crafts with the littlest attendees with such patience and love! Doris, Patricia, and Susan Derge were among those who always brought wonderful crafts!

Please be sure to talk to your friends about HLCC and invite them to come to events at the club and look at our website. The site is fully updated and now has a new webmaster, Braxton Ehle. He recently responded to HLCC president, Ethan Bradford's request for help! Thanks Braxton for joining us. We are continually reminded that there are many in our neighborhood who are not even aware of our club. We are trying to change that and need your help to make it happen. Invite them to come with their ideas about things the club could be doing. If they are willing to help, we are definitely open to new ideas! There is no substitute for person-to-person contact at the club or at events as opposed to just online activities which so many are choosing these days. I have so many wonderful memories of people coming together at the club and often becoming lifelong friends in the process while working to make our neighborhood better.

Come on Thursday, Nov. 2nd to our monthly meeting to hear a DOT speaker on the topic of the pedestrian/bike bridge between North Seattle Community College and the Northgate Transit Center. Patricia Wolfram is in charge of coordinating treats for the monthly meetings. If any of you love to bake and share your goodies with others, please contact Patricia. You don't have to just bring baked goodies. You could bring fruit or veggies or bagels or appetizers or drinks or flowers or you name it! I always think of Gloria Butts, a volunteer extraordinaire, who lives in Broadview and is a member of their council and HLCC. She used to be a frequent attendee at our meetings but has been prevented from doing that in recent years since her husband needed more care. He recently died. Our condolences to Gloria on his death. He was always a good sport sharing Gloria with so many good causes she was committed to helping. Gloria attended a lot of meetings and said Haller Lake's "treats" were always the best! Thanks Patricia for following in Doris Harkness's able steps. Doris is a great baker. She said she moved into the neighborhood in 1950 and joined the club a year later. She has done more than her share over the years. We keep telling her she does not need to bring treats anymore, but she still does once in a while, like at the last meeting. At our third Wednesday's board meeting, she was sporting newly painted orange toe nails while wearing sandals in spite of the rain. Doris has a great sense of fun and demonstrates how giving to community is good for your health! Thanks, Doris!

HALLER LAKE COMMUNITY CLUB

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

Visit us on the web at
www.hallerlakecommunityclub.org

Ripples From Around the Lake (Continued)

We lost longtime member, Rick Barrett, this month. He was always a regular fixture at our meetings until the last few years, when he was not feeling that well. He still came, just not every time! I have had many long conversations with him over the years and I always came away very impressed by his wisdom, dedication, patience and also sense of fun. He loved what he did for the city and neighborhood which he cared about so much. He knew change did not happen overnight. He kept on working. He grew up here at Haller Lake! He got his wish to be able to stay in his home until the end which was a special gift for him!

Don't forget the Holiday Crafts' Fair on Sunday, December 10th, benefitting Mary's Place. Kendra Kelly is going to coordinate again this year. Thanks, Kendra! We hope to have lots of you come and purchase unique and local gifts. If any of you have children in local schools' music programs, please check into seeing if any groups would like to come and perform. That was done the first year and it was very festive to be entertained while checking out the crafts! It put everyone in the mood for shopping and it is always fun to see the kids!

Remember also to mark your calendars for Thursday, December 21st, for the HLCC Annual Christmas Potluck Party. Somehow Santa makes time to always stop by which is a big hit. This year, the very talented Sharon Stearns will be playing our resident pipe organ owned by the Puget Sound Theatre Organ Society (PSTOS). Bob Zat will set up the organ for Sharon and stand by making sure the organ works well. He and their group love to share their organ with us and in the process, they hope to gain even more enthusiastic fans for the old-time organs! Sharon loves to play for us since all ages attend. She gets the young, and those young at heart, up and marching and dancing too! Thanks to Martha at Creative Dance for always coordinating so well the use of the clubhouse for all of us. Hope to see you at the club or walking around the pathways in our neighborhood. Send me any news to share at marita.niemann@comcast.net. Thank you. Marita

