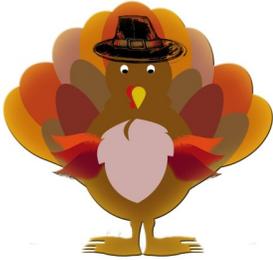


November 2018



Note from the President

This is our membership renewal month. In the survey, some asked about how we spend your money, which seems like a fair question. Here are some of the ways:

- Support for community parties like the upcoming Halloween Party, Christmas Social, Easter Egg Hunt, Ice Cream Social, Summer Picnic, Spaghetti and Pipes, Night Out, Craft Fair, and games nights. For most of those, the support is just providing a space, drinks, and tableware, but we also buy prizes for the two kids' parties and pay for entertainment at Pizza and Pipes, the Christmas Social, and the Halloween Party.
- Materials and expenses for neighborhood clean-ups.
- Insurance, registration, etc. for the club itself.

Speaking of membership, our current membership chair, AJ Pogue, is also our social-media chair, our emergency hub coordinator, and co-maintainer of our website and on-line services. That's a bit much. Can you step up and take over membership? She's got everything working smoothly, but your new ideas are welcome! Email me, president@hallerlakecommunityclub.org, if you can help.

We had the biggest ever turnout for games night last month, mostly due to Jesse Hawkins's excellent recruiting. It included several babies! It's great fun for all ages. The next one is Nov. 17 (it's always the 3rd Saturday).

There was also a crowd, including several folks I hadn't seen before, at our last monthly meeting, focusing on the opioid epidemic. Dr. King gave a great talk and was very responsive to our many questions.

Sheryl Grater and her crew have great ideas for the Halloween party at our club, Oct. 27. They'll have the Reptile Man, movies, scary stories, balloon twisting, and many other activities. She could still use help running all the activities; contact her at northgatepto@gmail.com.

At our next meeting, Nov. 1, Carrie McEwan will present the results of our survey. She gave a sneak preview to the board and it was fascinating. We'll be looking for feedback from you on where we should take it from here.

One clear result of the survey is that we'd like more sidewalks. Maybe you can ask for one near you in this year's Neighborhood Street Fund? Information on how to do so is on HLCC's website.

Finally, we're considering ways to get the information in Splashes out to you quicker. Should we continue with a newsletter, but just spend less time formatting it beautifully? Should we publish everything in blogs? Should we put the information in blogs, and also in a newsletter?

Ethan Bradford
HLCC President

president@hallerlakecommunityclub.org

HALLER LAKE COMMUNITY CLUB

Splashes

Creative Dance Center Educator/Community Workshop for Adults

BrainDance Foundations

BrainDance Foundations will be 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.**

November 18, 2018

1:00-5:00pm

Price: \$90

\$40 for starving artists/dancers and students

Anne Green Gilbert

To receive clock hours please notify CDC.

[Register](#) – \$90 rate

[Register](#) – \$40 starving artist/dancer and student rate

This workshop will dive into and explore the foundations of the BrainDance. Developed by Creative Dance Center Founder, Anne Green Gilbert, the BrainDance is a full body-brain warm-up for people of all ages. This 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; enhanced core support, connectivity, and alignment; and deeper understanding of the elements of dance technique. 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. Whether the BrainDance is something you are already familiar with or is brand new to you, you will leave with a deeper embodied cognitive understanding of the BrainDance.



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 has had a varied teaching career starting as an elementary school teacher, moving on to dance and pedagogy classes at University of Illinois Chicago and University of Washington, then teaching children's dance classes at Cornish College and

Creative Dance Center, cont.

Bill Evans/Dance Theatre Seattle before starting the Creative Dance Center. She has been an adjunct professor at Seattle Pacific University for many years and taught for Lesley University's Outreach Masters Program for ten years. For the past thirty-five years, Anne has taught toddlers through adults at Creative Dance Center, trained teachers through her Summer Dance Institute, and conducted hundreds of workshops and residencies across the United States and abroad. Anne developed the BrainDance, a focusing warm-up exercise, in 2000. The BrainDance is used in many schools, studios, and homes around the world. Anne is internationally recognized for her work with young artists and the creative process. She has choreographed dances for university dance companies as well as local Northwest dance companies and Kaleidoscope.

Anne is the author of *Teaching the Three Rs Through Movement* (1977), *Creative Dance for All Ages* (1st edition 1992, 2nd edition 2015), *Brain-Compatible Dance Education* (1st edition 2006, 2nd edition 2018), *Teaching Creative Dance DVD* (2002) and *BrainDance DVD* (2003/2016), as well as numerous articles. Anne has also collaborated with composer Eric Chappelle on the CDs, *BrainDance Music* and *Music for Creative Dance Volumes I-V*. Anne is an active member of the National Dance Education Organization, and Dance and the Child International (daCi). Anne served on the daCi board for twelve years. Anne is founder and Past President of the Dance Educators Association of Washington, an organization promoting quality dance education in all Washington State schools K-12. As a member of the Arts Education Standards project, she helped write the Washington State Dance Standards and Learning Goals. 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

Community Service Opportunity: Become a Friend of Northgate Elementary

Verity Credit Union will be hosting the very first **Friends of Northgate** event on November 8th, 2018. Refreshments will be served at 5:30 p.m. and the meeting will begin at 6 p.m. Both Dr. Andrea Drake, Assistant Principal, and Kate Eads, School Librarian, of Northgate Elementary School will lead a discussion about the long and short term needs for the 2018-2019 school year with the greater community. They hope to recruit volunteers and garner financial support. Follow up meetings will be scheduled to describe the process of becoming a school volunteer. Verity Credit Union is located at 11027 Meridian Avenue North. Hope to see you there.

RSVP at <http://evite.me/74WGuWQQJu>

Patricia Stordeur

CommunityService@HallerLakeCommunityClub.org

Public Safety Update

Public Safety Committee

Concerns about public safety are on the top of many Haller Lake resident's minds. I am looking to create a Public Safety Committee and looking for volunteers who would like to participate. We will be building the committee from the ground up and as a group, we can determine where to set our focus. If you are interested, please let me know. PublicSafety@hallerlakecommunityclub

"Find it Fix it" App

I encourage everyone to download and use the "Find it Fix it" App to report issues to the City of Seattle. You can send photos, add detailed information and pinpoint the location of the concern. Android users can download the app from the Google Play Store and iPhone users can download it from the App Store.

Use the app to report illegal camping (tents and campers), graffiti, illegal dumping, abandoned vehicles, etc. It is really easy! *The more people who report issues the more likely they are to get addressed and fixed.* Many neighbors have recently been using it to report the tents that have popped up in Haller Lake next to Northwest Hospital on N 120th St.

North Precinct Advisory Council Meeting (NPAC) Updates

The NPAC meeting was held on October 3rd. Sgt. Richard O'Neill, Vice President of Seattle Police

Officers' Guild (SPOG) spoke. SPOG is the union that represents over 1300 police officers. Negotiations just finished a contract for 2015-2020 and now City Council will vote on it. He feels that the contract will be key in retaining and attracting officers to the Seattle Police Department (SPD). Across the country, recruitment for officers is really difficult and police departments are resorting to recruiting officers from other municipalities. The pay raises in the proposed contract could help attract more officers to Seattle. At least 73 officers have left SPD this year; with recruitment and hiring not keeping up.

In the North Precinct (NP), 911 calls have been increasing. This September there were 35,000 calls in the NP (WOW!). Crisis calls are up 6.62%, with over 8,500 year to date. The Northgate area has been identified as a "High Call" area. NP priority 1 call response time is on average 7.34 minutes (which is not good enough in the Captain's mind). Overall, NP crime is down 2% year to date. While person crimes are up 5% and property crimes are down 2% year to date.

The NPAC meeting is open to the public and is held on the first Wednesday of the month at 7pm at Cascadia Elementary School. Please consider attending or letting me know of any issues you would like brought forward.

Thank you,

Karen Craddick

PublicSafety@HallerLakeCommunityClub.org

Ripples from Around the Lake

Thanks again to Rob Laing, Carrie McEwan, and Ethan Bradford for all their work on creating the survey that was recently taken to determine what topics are of concern to Haller Lake residents that they would like our community club to address. Thanks to all of you who helped deliver surveys to residents and to all of you who filled out a survey. Carrie will be speaking at our November meeting to discuss the survey results. I know that at least a few of you commented that this Ripples article tends to talk too often about the same people. I apologize for that. My husband will jokingly say it should be called the Densmore Ripples since it is often about the people who live near us. All of you are welcome to send me emails about things of note that have happened to your neighbors or friends here at Haller Lake or you could submit your own article. I would love that. Another problem I have is too often when I hear some news, I will ask if I can put it in my Ripples and I will be told no!

Jo Dawson said they initially got involved with the club 60 plus years ago when the club did a survey and asked members to each interview 10 neighbors and find out what they would like the club to do in their community. The UW Community Development committee ran the survey thinking it would help strengthen the existing community clubs in the city. Jo said that she and Warren loved the monthly dances that were held at the clubhouse. Sometimes an organist provided the music and sometimes they just used records, but no matter what, it was a fun activity for all attendees. They also had monthly game nights which have started up again at the clubhouse led by Ethan Bradford and Jesse Hawkins. Jo said at first Don and Phyllis Brown would hold them at their own house but eventually they gathered at the clubhouse. Jo is very proud of the fact that Washington's Governor Jay Inslee attended Ingraham High School.

Patricia Stordeur is a more recent addition to the club, who quickly accepted the position of our community service board member. She has been responsible for setting up cleanup days on some of our streets which have been well attended. Patricia was excited to see others are doing the same now and she hopes HLCC's actions encouraged others to do the same. Thanks to all who helped with that. She is considering interviewing various people in city leadership positions and asking them where they could use volunteers. From the survey, several said they would like to know where they could volunteer in our community. Patricia herself often responds to requests for help at club activities.

Neighbor Celia Matson first came to the club when she helped with the Holiday Craft Fair to benefit Mary's Place. After two years of doing that, she ended up joining the club. She then became first the club secretary and now our treasurer, which was a great match, since she is an accountant. She initially hesitated to become part of the board since she had another activity on Wednesday nights which she hated to miss. We ended up switching our board meeting back to Thursdays to accommodate Celia and because it is easier to have both our general meeting on our 1st Thursday and our board meetings on the 3rd Thursdays. The conflict we had initially was no longer there so it was easy to accommodate her. We are so glad to have Celia on our board too.

I am sure that a lot of you have noticed Jesse Hawkin's Halloween decorations on his house on 128th. I walked by as he was adding more lights to it. I thanked him for doing it for all the neighborhood to enjoy. He says although it is very fun to see people stop and look at it with much joy, the bottom line is that he loves doing it. He is not sure his young children truly appreciate it yet, but he knows they will eventually.

I recently ordered a Holiday Wreath on Nextdoor from Ingraham High School senior and neighbor, Mia Williams. Money from this fundraiser will go towards funding senior activities and providing support for those who may not be able to afford them. You can order one through the end of October and it will be available on Nov. 15th. It is unbelievable to me that it seems like just the other day, Mia was attending our club Halloween Parties as a very little girl. She ended up helping with the party in later years. She also assisted her Mom as she coordinated the first HLCC Holiday Craft Event at the clubhouse which Kendra Kelly has now taken over.

Speaking of Ingraham, we missed a call tonight for my husband, John, to help a young man who was getting all dressed up for the Ingraham Homecoming Dance but was not sure how to tie a tie. Jesse Hamilton ended up helping him and said it took him 10 times to get it right since it had been a while since he had worn a tie! I would hope that Haller Lake residents, like Jesse, are here for each other no matter the need.

Ripples, cont.

I saw Barb Gross and her long-time neighbor, Lynn Anderson, at the grocery store last weekend. Lynn has been back and forth for 10 years because of her husband's job. She said she is very glad to be back in Seattle now and she is thrilled that her friends from long ago are still here because many do not like to leave Seattle. She said that is not the case in a lot of places she has been. Lynn was our Splashes editor at one point and she was surprised that I was still writing my Ripples article. I told her that I was more than willing to give it up to some lucky person. Let me know if you are interested. It was great to see that Barb is feeling better now after her back surgery. I am wondering if the fact that Lynn is back has played a part in her recovery too?

Rob Laing and Marcia Kline had a great two weeks in Japan! Our condolences to neighbor Ryan Dennis who recently lost his aunt in North Dakota. He and his wife just returned from traveling there by train for the memorial service. Ryan used to work for the railroad and loves train travel. Susan Derge is another neighbor who loves to see the country by train.

Once again, Happy Birthday to Anne Gilbert at the Creative Dance Center and to Jo Dawson, one of our long-time members. They both were born on Halloween. Jo said she always loved having her birthday on this special fun day. Her husband, Warren, will soon be celebrating his 97th birthday. Jo reports that he is doing quite well but they are sticking closer to home than they used to do. Shawn MacPherson will be celebrating her birthday in November.

Don't forget to come to the Halloween Party at the clubhouse on Saturday, October 27, from 5:30 to 7:30pm. Invite your neighborhood friends and family to join you. Also, be sure you do not miss the Holiday Craft Fair on Sunday, December 9th, from 10am to 3pm. Thank you! Marita



HALLER LAKE COMMUNITY CLUB

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