

October 2018

## Note from the President

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At the next monthly meeting, we'll hear Dr. Cody King, who's studied the opiate crisis. Opiates have been used and abused by humans for thousands of years; why are they suddenly killing so many people? That will be Oct. 4 (it's always the 1st Thursday), with socializing starting at 7:00.

I was delighted at the turn out for Games Night last month, particularly the many kids! Remember we start at 4:00 to make it more kid friendly. The next Games Night is October 20 (it's always the 3rd Saturday).

Do you have an idea for a one-time or recurring social event you'd like to see (and be willing to organize)? Just email me with your idea.

Last year, Northgate School hosted us for a joint Halloween/Harvest Party. This year, we're returning the favor! It should be a fun festival. As she has for several years, Sheryl Grater is coordinating it, but there's plenty of work to go around. Email me if you can help with planning, setup, cleanup, or whatever. That will be Oct. 27, from 5:30 to 7:30.

You may notice some new email addresses in this issue. Braxton Ehle, our web master, set those up. Cool, eh? I just love working with this team of volunteers!

Ethan Bradford, [President@HallerLakeCommunityClub.org](mailto:President@HallerLakeCommunityClub.org)

## Northgate News

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The school has at least one advantage this year: Ms. Dedy continues on as principal with Dr. Drake acting as vice principal for one year. Along with various duties in the building engaging students, teachers, and families, she has a plate full with designs on building up the PTO (Parent Teacher Organization), making more connections with local businesses, churches, and organization like the HLCC, and setting up monthly family night celebrations. As for the reaching out to the greater community, it's all about money and supplies. Many Northgate families (23% homeless) can't afford basic school supplies that many of us take for granted.

Personally, I'll continue to teach second grade science along with a study-of-apples unit culminating with cider pressing. And in the spring, we'll garden. The school still needs three more tumbling mats to add to the three HLCC provided last year under the Balls and Ropes Campaign. We'll collect donations starting in November.

Randy Harkness

Northgate Committee Chair

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HALLER LAKE COMMUNITY CLUB

# Splashes

# Creative Dance Center ~ Your Neighborhood Dance Studio Where Community & Creativity are Nurtured

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## Many Fall/Winter Classes Still Have Space!

The Creative Dance Center provides an environment of supportive learning and fun for infants through adults.

**Adult classes** include a creative modern class for those 40 and over on Wednesday evenings, 7-8:30 (**Keep Dancing: Modern for 40+**), a sweaty and sassy **Cardio Dance Party** on Thursday mornings from 11:15-12:15, and a combination of **Dance & Exercise** on Tuesday mornings from 9:30-11. *An Adult Class Card offers flexibility for busy schedules, drop-ins are also available.*

**Our Early Childhood Program** includes Parent-Child and Preschool-K classes: **Nurturing Baby** (Saturday Nurturing Baby class from 11:45-12:45 is a wonderful way for caregivers/parents to attend class together as a family!), **Parent/Toddler**, **Parent/Tot/Child**, **Parent/Child**, **Creative Ballet**, **Pre-Ballet for Kindergartners**, **Creative Dance**, and **Dance & Art**. **Dance & Art** on Tuesdays, from 2-3:30, is an inspiring blend of creative dance and hands-on art activities that will nurture and stimulate your 3 ½-5 year old's creativity!

**Our Children and Teens Program** includes a variety of after-school and Saturday classes. **Pre-Ballet for 1<sup>st</sup> graders**, **Ballet I, II and III**, **Creative Dance**, **Hip Hop** (grades 1-3 & 4-6), **Creative Modern** (grades 1-3), **Modern I, II, III, and IV**. New this Fall is **Int/Adv Modern** for teens in 10<sup>th</sup> grade and up (adults too!). This is a class for experienced dancers and is taught by dance artists currently creating work, teaching, and performing in Seattle and beyond.

A unique class we offer is **Adaptive Dance** for ages 12-18 on Tuesdays from 5:50-6:50pm. **Adaptive Dance** is an inclusive class for students of all abilities/disabilities. Participants are welcome to bring support in the form of family or staff. No one-on-one supervision is provided. Class celebrates individual creativity through BrainDance, improvisation, group cooperation, dance games, and body awareness/alignment. Drop-ins available. Please call in advance to let us know you'll be coming.



## Creative Dance Center (continued)

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Visit [www.creativedance.org](http://www.creativedance.org) to register or call (206) 363-7281 for the full schedule, class descriptions, prices, and registration info!

### Plan Ahead for our November Community Workshop!

#### BrainDance Foundations

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 three weeks prior to the workshop date.

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 CDC Founder 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; 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. Parents, teachers, physical therapists, occupational therapists, dancers, and anyone interested in the body/brain connection — all are welcome!

Workshop is held in the ADA accessible Creative Dance Center located in the Haller Lake Community Club.

Call 206.363.7281 with questions.

# Ripples from Around the Lake

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School has started again so watch out for our neighborhood kids walking to and from school. If you are interested in helping Northgate Elementary get a much needed new school building, offer your help to others with the same goal. Neighbor Kendra Kelly's son is attending Northgate Elementary this year as a first grader. Randy Harkness is continuing on as our club liaison there and he always reports on the good work the administrators and all the teachers are doing there. Thanks, Randy, for all your help volunteering in the classroom too. Sarah McFarland's two daughters have loved Northgate from the get go. She said the community feeling is very strong there and the kids are mostly oblivious to the latest must have trends which she considers a good thing! I always remember hearing a back to school ad from a large store when my sons were young, saying something like do not get caught wearing last year's clothes and looking not cool or some such rude comment. I called them and complained and the ad disappeared.

Many enjoyed the lake this summer. It was fun to see some new rafts out there. There is always something new to use on the water. Regrettably we ended up getting quite a bit of smoke this summer from surrounding fires in Canada, Eastern Washington and from the Olympics.

Many of you traveled this summer, some combining travel with special celebrations! The Graters visited New York and the 9/11 Memorial with their family among other places too. Sheryl and Jerney also celebrated their 17<sup>th</sup> wedding anniversary. Michele Landwehr traveled to Alaska and celebrated her birthday! Happy September 16<sup>th</sup> birthday to Kellie Newton.

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Happy Birthday to Patricia Wolfram who will celebrate her birthday on Sept. 27<sup>th</sup>. I first met Patricia at the Dowidars' grandparents' house as they hosted a club picnic when our sons Peter and Mark were just two. We went on to go to Ingraham Co-op Preschool together the following fall! I am not sure all of you know that Doris Harkness was a preschool teacher at the clubhouse long before that time and one of her students was Rob Laing as well as her own son, Randy. I am sorry my sons missed Doris as a teacher. I know she had to have been an amazing one! I know she also worked for the UW too!

It is such a gift to see so many new people, young and old, on the board, with so many different skills and interests. A lot of them have joined us during both Rob Laing and Ethan Bradford's presidencies. Both of them used Nextdoor as one of their tools to help recruit new members. It is such a great way to get the word out to our community! For everything there is a season and I am so grateful for HLCC and its growth. I am so happy to see our club continuing on strong since 1921!

Nextdoor is really an asset to our neighborhood in many ways. I am continually touched by the pleas from people requesting needs they have for items and invariably many offer to donate or help find a lost pet.

Very nice items no longer needed by the owners are also often offered for free on a first come, first serve basis which is also great. We all tend to collect too much stuff and it makes it easier to get rid of it when people who really need it respond to the offer. We also are able to see pictures of people who have been found trespassing on neighbor's properties. It helps us all be more aware and let those who do not belong here know we are all watching out for each other and working together to keep our neighborhood safe. Shawn MacPherson is one who I walked with early on, who never hesitated to model asking someone what they were doing when we did not know them and spotted them around a neighbor's house. We all need to do that and keep our neighborhood safe.

Kellie Newton, the Mom to the very talented little Zoe, posted that Kristina Tsvetanova, when she was a graduate student in her native Bulgaria, once helped a blind friend sign up online for a class. She then realized firsthand the tremendous lag in technological innovation to benefit blind and visually impaired stu-

## Ripples (continued)

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dents. She ended up cofounding the start-up Blitab (blind tablet) Technology. She has now relocated her company to San Francisco to be close to Silicon Valley investors.

The Blitab looks like other tablet-style devices, its glass at the top is perforated into a grid with holes that allow liquid-based technology to present content in Braille. Blitab can translate any type of content into Braille and is priced at around \$500. With this amazing tool, the blind can surf the net, connect with friends and download books, like everyone else!

Bonnie Blanchard and her husband, Don Romain, both ended up recovering from surgery at about the same time recently. Bonnie's was scheduled but Don took an unexpected fall and ended up with hip surgery. Both are doing well and "sort of" laughing about the experience! Bonnie again hosted her flute students at her home for a summer camp. They all love coming to the lake.

I saw Ron Patterson walking around the lake the other day. He says he walks a couple hours a day. I typically see him kayaking with his wife which he also does daily! We live in a great place to get out and enjoy this great fall weather. Hope you are all watching the gorgeous moon lately. There are constantly many neighbors out and about on foot, boats or on bikes with still a few brave swimmers too. New people ask about how to connect with neighbors. Getting some outside exercise is one way to do that. Hope to see lots of you at our upcoming 1<sup>st</sup> Thursday of the month general meeting at the clubhouse. Attending this is another way to meet neighbors. Come and let us know topics you are interested in having addressed. The topic this month is opiates, which has become a big problem for many in our society.

Dale Osterud and Melinda Jacobson have been busy painting the inside of their house recently. That was a big job requiring scaffolding with their high ceilings. They have to get their place all in order for their favorite holiday, Halloween, AND for their newest addition to their family, a golden retriever puppy. Their new dog will be a very lucky one to be able to join them. There has been a hole in their hearts since they lost their last dog, Murphy!

I recently had coffee at the Bridge with Lynn Nielson, Melinda Jacobson, and Linda Wylie. We are so lucky that we have the Bridge so close to home to gather and visit with one another. I am one of the few who does not drink coffee but many other drinks are offered in such an inviting place. I am always surprised by how busy it always is there. It was fun for Melinda and Linda to meet since they both do tours in Seattle. It is good to see Lynn getting stronger all the time as she recovers from her recent heart problem.

Hope you will all mark your calendars to come to our Kids' Haller Lake Community Club Halloween Party which will be held at the clubhouse again this year. We helped Northgate Elementary put one on last year at the school, but this year, they prefer to help HLCC! Sheryl Grater is spearheading this wonderful event, so please contact her if you can help. I saw Don and Debbie Thornton's two grandchildren recently who are pretty adorable, as I was told they were, but I got to see it for myself! I hope they will be able to come to the party! Those of you who have local grandchildren or neighbor children, be sure and invite them to come.

It is great news that Kendra Kelly is going to once again organize the December Holiday Fair at the clubhouse benefitting Mary's Place. Many of the same vendors, that lots of you have grown to love the last few years from their participation at this fair, will again be coming with their unique local gifts available for purchase right here at the clubhouse. Mary's place really appreciates that we as neighbors really care about them with our money donation and also the personal care items which attendees drop off at the fair too. Neighbors like Fran Joy and Ed Spiers plan on doing this every year.

Thank you. Send news to share. Marita Niemann



JOIN NORTHGATE ELEMENTARY SCHOOL &  
YOUR HALLER LAKE NEIGHBORS AT OUR

**FREE ANNUAL**

# HARVEST PARTY

**2018** SATURDAY, OCTOBER 27  
5:30 PM - 7:30PM

HOSTED BY HALLER LAKE COMMUNITY CLUB  
AT 12579 DENSMORE AVENUE NORTH

More details to come!

# Public Safety Update

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## 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 by October 20<sup>th</sup>. [PublicSafety@hallerlakecommunityclub](mailto:PublicSafety@hallerlakecommunityclub)

## Seattle Police Department (SPD) VICE Public Meeting

On September 11<sup>th</sup> SPD hosted a public meeting regarding prostitution concerns on Aurora. SPD provided an update on what the VICE unit is doing to try to combat the issue. Over 100 community members attended the meeting! In addition to work that the VICE unit is doing, the LEAD program came to N Seattle in July 2018. Law Enforcement Assisted Diversion (LEAD) is a pre-booking diversion program developed to address low-level drug and prostitution crimes. The goal of LEAD is to connect folks with services. LEAD will be working with prostitutes on Aurora to help connect them with services.

We are encouraged to continue to call 911 with prostitution concerns. Tom Umporowicz, SPD Detective Sergeant, who works with SPD said we can also call him directly with concerns: 206-707-1127. (Save his number in your phone so you can call him when you see concerns!)

## North Precinct 2018 Night Out

The North Precinct had an impressive 842 registered Night Outs in August! While the North Precinct is almost twice as large as the other precincts, the next closest precinct was Southwest with 309 Night Outs. Way to go North Precinct! It is really great how many neighbors came together to strengthen our community!

## Sharps Disposal

Many people have been asking where to dispose of sharps (syringes, needles, and lancets) they find in their yard, at the park or on the street. While finding sharps is unpleasant, luckily there are resources in Seattle. The information below is from: <http://www.seattle.gov/util/sharps>

If you are going to pick up a sharp, use glove and tongs, shovel, or broom and dustpan. If you do not have a designated sharps container, secure the sharp in a plastic bottle (juice, soda, etc.). Tape the top of the bottle shut and label the container: "SHARPS, DO NOT RECYCLE."

There are several options to dispose of sharps:

Have City of Seattle pick them up. City of Seattle provides removal of sharps from public property within 24 hours.

Call (206) 684-7587 use the "Find It Fix It app" or report Illegal Dumping online

Visit a sharps drop off location:

There are secure sharps disposal boxes located in 6 locations through the city. These are large, mailbox-sized bins available outdoors, 24/7 where you can deposit containers of up to 2 liters:

## Public Safety Update (continued)

**Mineral Springs Park (1500 North 105th St, Seattle, WA 98133)**, Fremont Canal Park (199 North Canal St, Seattle, WA 98103), Freeway Park (700 Seneca St), Intersection of Airport Way South and South Holgate Street, Intersection of 27th Avenue South and Cheasty Boulevard South (center median), , Roxhill Park (2850 SW Roxbury St, Seattle, WA 98126)

Smaller disposal bins located inside Seattle Parks Restrooms (*For disposal of single sharps only*)  
Licton Springs Park (9536 Ashworth Ave N, Seattle, 98103), Dr. José Rizal Park (1007 12th Ave S, Seattle, 98144), Westcrest Park (9000 8th Ave SW, Seattle, 98106)

3. North or South Transfer Stations

Thank you,

Karen Craddick

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### Community Service Report

On September 29<sup>th</sup>, neighbors gathered at North Acres Park for a street clean up event that traveled west along 130<sup>th</sup> Street. We will return to finish the job heading east from Aurora Avenue on October 20<sup>th</sup>. Please join us! It's a wonderful way to meet your neighbors while sprucing up our home. I'm sure there are many areas in the neighborhood that could use some of this attention. I'd like to hear from you about those as well.

Green Seattle Day is taking place on November 3<sup>rd</sup> this year. Last year, we had a great turnout at North Acres Park and many of the volunteers in attendance came from our surrounding neighborhoods. Although North Acres is not one of the many participating parks this year, I encourage you to check out this worthwhile event that supports all of our great Seattle parks. ([www.greenseattle.org](http://www.greenseattle.org))

As the weather turns and leaves fall, it is time to head indoors where, luckily, there are still plenty of volunteer opportunities. Mary's Place and the Bitter Lake Food Bank are two wonderful organizations in our area that post volunteer opportunities on their websites. I always find that hard work is easier and more fun when a group is involved, so if you are interested in participating in a group volunteer event or have ideas for such an event, email me!

I have just completed my first year as chair of this committee and have been reflecting on the things that we have accomplished as well as all the work that remains to be done. Our city is changing so fast in both exciting and challenging ways. A busy schedule can keep me from reaching out and making connections as often as I would like, yet I find that any time I devote to building and helping my community has a valuable, grounding effect. It reminds me that what matters most is the way we interact with one another. Thank you for this opportunity to serve.

**My email: [CommunityService@HallerLakeCommunityClub.org](mailto:CommunityService@HallerLakeCommunityClub.org)**

By Patricia Stordeur, Community Service Committee Chair



## **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](http://www.hallerlakecommunityclub.org)**