

March 2019



# Splashes

Haller Lake Community Club

12579 Dennsmore Ave N  
Seattle, WA 98133

## Note from the President

Marita says more about it below, but I really appreciate Jeff Wilson clearing the HLCC parking lot for us. That kind of community spirit is why I love this neighborhood!

Speaking of that, I'm delighted to welcome Anastasiya Smirnova to the HLCC board as membership chair. She has loads of good ideas for improving our member outreach; it's so fun to have that energy!

If you want to contribute to the club without the long-term commitment of a board position, how about serving on our nominating committee? We need to elect one at our next general meeting. Please [email me](#) if you're interested.

At that meeting (March 7, 7:00), we'll have all three forest stewards from Northacres Park. I've talked to them while working and they have impressive knowledge about our natural environment, and ideas for how we can improve it.

In addition to their presentation and the nominating committee election, we'll be voting on proposed by-laws changes. You can see the proposed edits [on our web site](#).

As always, we'll have games night on the third Saturday (the 16<sup>th</sup> this March), from 4:00 to 9:00 p.m.

Consider stopping by the Granite Curling Club between now and Sun., Mar. 3. They're hosting a [national championship](#).

Ethan Bradford

[President@HallerLakeCommunityClub.org](mailto:President@HallerLakeCommunityClub.org)

## Creative Dance Center – Located in the Haller Lake Community Club March Educator/Community Workshop

### BrainDance: Birth to 5-years (and Primary Grades!)

March 3, 2019

1:00-4:00

Price: \$70

\$35 for starving artists/dancers and students

Presented by CDC Director, Terry Goetz

[Register](#) – \$70 rate

[Register](#) – \$35 starving artist/dancer and student rate



BrainDance is a fast, fun, easy way to support essential movement and physical literacy, language development, and social-emotional intelligence. Learn about the important connections that movement, touch, and bonding have on the developing brains of infants and young children. The foundation for learning and school readiness is laid during these early years. Find out why floor-time is important in the first year of life and why providing a rich, multi-sensory world full of movement opportunities for infants, toddlers, and young children to explore supports brain and body development. The BrainDance is based on fundamental movement patterns infants move through in the first year of life and continue refining through childhood. Learn how to create an environment in which infants and children can move with ease through these patterns, becoming integrated, grounded, self-reliant movers and explorers ready for a lifetime of learning. The BrainDance can be done in the classroom, at home, in a childcare setting, and in dance studios. The BrainDance is a flexible movement tool that can be tailored for all abilities and disabilities. We will practice seated and standing BrainDances using rhymes, rhythmic chants, and children's songs as accompaniment. Variations will be taught that vary in length so even teachers with limited time for movement in the classroom will take away options to share with students. Be prepared to move and have fun! Wear comfy clothes, many activities take place on the floor (activities may be adapted and done seated in chairs). Daycare providers, early childhood specialists, elementary teachers, paraeducators, parents, caregivers, OTs, PTs, and dance teachers are all welcome.

Questions: email [terry@creativedance.org](mailto:terry@creativedance.org) or call (206) 363-7281.

Creative Dance Center's **10-week Spring** session of **Adult, Adaptive Dance**, and **Nurturing Baby** classes runs March 18-June 3 and is open for registration. We welcome all ages and abilities.

**Adult Spring Session** classes include *Int/Adv Modern*, *Exercise & Dance*, *Keep Dancing: Modern for 40plus* and *Cardio Dance*. 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. Register for the full 10-week session, buy a class card, or do drop-ins. Drop-in fee for Cardio Dance is \$14. Drop-in fee for Int/Adv Modern, Exercise & Dance and Keep Dancing: Modern for 40+ is \$17.

**Adaptive Dance for ages 11+.** This inclusive 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. **Adaptive Dance meets Tuesdays from 5:50-6:50pm. 10-week Spring Session: \$150. Drop-in fee, \$17. Please call one day in advance to drop-in. 206.363.7281.**



We offer **Nurturing Baby** class on **Wednesdays from 11-noon** and **Saturdays from 11:45-12:45**. 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!



**Intermediate/Advanced Modern** - We are excited to offer this modern class for adults and teens with strong dance experience in grade 10 or higher. The best of Seattle modern dance at the Creative Dance Center. **Monday evenings from 6:30-8:15pm.**

**Cardio Dance** - Join Jessica of Seattle Dance Fitness for a 60 minute cardio dance sesh! In Cardio Dance students follow along each week to original dance fitness choreography featuring Pop/Hip Hop/Dancehall and Top 40 hits. This class is high energy and will help you burn between 400-1000 calories and leave you feeling sassy, happy, confident, and empowered! Jessica welcomes everyone and anyone!

**Thursday afternoons with Jessica Gleason: 11:15-12:15.**

**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.**

**Keep 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 Anne Green Gilbert: 7:00-8:30.**

Questions? Contact Terry at [terry@creativedance.org](mailto:terry@creativedance.org) or call (206) 363-7281.

Visit [www.creativedance.org](http://www.creativedance.org) for schedules, FAQs, workshop information, and more!

# Ripples from Around the Lake

I hope you all survived the very snowy days we recently had. Kids missed lots of school and I am guessing lots of “work” work was done from home, for those lucky enough to be able to do that. Kara Dowidar and family checked on neighbors who might need help in this snowy time and lent a much appreciated hand. She said her kids were finally tired of playing in the snow. That rarely happens here since snow days are so few and far between. I know many other neighbors helped neighbors too like AJ Pogue and her husband, Brian. Marcia Kline and Rob Laing helped with grandchildren, whose regular routines were interrupted. Rob was seen pulling his granddaughters on his old radio flyer. Patricia Wolfram noted that with the lake frozen, she missed seeing the reflection of the sky in the water! John Niemann said I did not need to write this month since there were no ripples in the frozen waters of Haller Lake!

As many of you noted, the snow did not disappear easily this time. I am guessing lots of you still have some in your yards and driveways. Terry Goetz, the Creative Dance Center Director, was very concerned about the snow packed parking lot at the Haller Lake Clubhouse as she prepared to start classes up again as school resumed. She asked me to post her “Cry for help” on Nextdoor for volunteers the morning of February 13<sup>th</sup>. As soon as I posted the note, Jeff Wilson wrote that he would be right there with his tractor. He came immediately with his two young sons and began the cleanup. His wife and third son joined them shortly. They all helped and did a fantastic job. Jeff grew up here at Haller Lake and has recently moved back. His parents still live here. He is a great addition to our neighborhood. His willingness to help was much appreciated. Patricia Stordeur and her husband, Brian, also came with their shovel and helped. Dale Osterud, our club trustee in charge of the grounds, came too and was as grateful as we all were.

Shawn MacPherson, unlike the mailperson who did not always come, continued her walks around the neighborhood. She noted homes where there were no footprints or car tracks outside. She checked on those people or asked others about them. Those of us who live on the Haller Lake Circle, are lucky that Shawn patrols it often and notices anything out of the ordinary. I enjoyed seeing the tracks in the snow. Our motion lights come on at night when something crosses by and it was fun to be able to actually see the raccoon tracks that had caused it. I saw a raccoon yesterday on my walk in the late afternoon. I guess they are adjusting to the longer days now like us. I am ready!

We had a great February meeting at the clubhouse. Minh Chau Le, from the Department of Neighborhoods, spoke about how we can apply for grants for projects we are interested in doing to help our club and neighbors. She said few grants have been given out in our district, so any we would propose, would get a serious look. She and others are excited to help us make this happen. Thanks to Randy Harkness, our VP/Program Chair, for getting this speaker to come to our meeting. Randy has done a great job this year as VP and Northgate Liaison. We also had neighbor, Lisa Mcfarlane, a long time supporter of Seattle schools, speak at that same meeting on the two school levies. Thank you to Kendra Kelly, a parent at Northgate, who arranged for Lisa to come speak to us. The need is great at Northgate. We now know both levies passed, which is great news. Northgate is slated to get a new building! Kendra and her husband, Brian, have a first grader at Northgate, and they love the school as does their son.

They are active helping there. Thanks to Sheryl Grater also for all her commitment to helping Northgate PTO, even though her daughter does not go there anymore!

Thanks to Karen Craddick for her brownies and Sean McEwan for his cranberry oatmeal cookies at the meeting. Sean said he made them even though his older son is not a fan! Both are a great addition to our club, besides being great bakers, with all the work they also do on Public Safety and development. Karen keeps reminding us all to report problems we see in our neighborhood and to vote for the sidewalk improvements we favor. Jason Broad and his son stopped by on their bikes to talk one evening on garbage day eve. Jason said his son's bike had recently been stolen so he was trying out one Jason already had. It was a little big for him but he was handling it well. Jason and Jordan planned to ride their bikes on the viaduct before it was closed. Jason is very concerned about all the RVs/garbage on 128<sup>th</sup> off of Aurora. As Karen reports too, this is another serious problem area in our neighborhood. There are lots of them.

Great news that Halcyon has got a reprieve for now which will give them more time to plan a permanent solution. They are a tough group who reached out to many to help their cause even when others thought it was an impossible task.

Doris Harkness is not used to staying home much. The snow happened during her birthday and so her usual activities were curtailed. Doris attends lots of events. I was lucky enough to walk by her house before the snow, just as Barb Gross was stopping by to pick her up to take her to see the Van Gogh movie at the Crest. They invited me to come along with them. I did and it was a great movie although hard to watch the difficult life he had with few recognizing his genius. I think life is easier for those not quite a genius! Vincent knew that someday people would appreciate his paintings.

On one of my walks, I saw Dale Osterud walking his new golden retriever puppy. He and Melinda are so happy to once again have a dog! Lynn Nielsen, another retriever lover, is helping them with the dog. We all know the beginning stages of a puppy can be difficult but the hard work eventually pays off. This snow is not easy for anyone, but especially it is tough on a business like Melinda's Private Eye Tours. If you have not been on one of her tours, you should check it out sometimes. Some members of HLCC went on a tour with her once. I have been on a couple of them and enjoyed it.

Homemade Valentine cards were once again delivered to doorsteps in our snow covered neighborhood. It was a harder task than usual this year. Thanks to all who did that and brought smiles to many. Don and Debbie Thornton and others north of the Lake lost power a few times this month. Luckily they were not long power outages. Ours flickered a few times, but never went out.

Jodene Smedvig had a longer trip than planned when flights back home were canceled. I almost got in the same situation when I also was visiting our son. I left a day earlier than Jodene and made it home, although it would have been fun to have been marooned there, since time is always too short visiting.

Congratulations to Jesse and Angela Hawkins on the birth of their new daughter, who joins their very adorable twins! Congratulations to Joseph Kubick, who just built a very good looking new fence to replace the old one that rotted away.

Our sincere condolences to the family of long time neighbor, Tom Ball, who moved into his Densmore house in 1979. He grew beautiful dahlias that he joyfully shared with many. He died on Feb. 7<sup>th</sup> of pneumonia after a short illness. He will be missed.

Stay warm. Email me any news to share at [marita.niemann@comcast.net](mailto:marita.niemann@comcast.net)

# Public Safety Update

## **'Don't Hang On to Your Meds Campaign**

Wondering what to do with that old medicine in your cabinet?

The Heroin and Prescription Opiate Addiction Taskforce recommends promotion of safe storage and safe disposal of medications as one strategy to prevent opioid use and misuse. Now, King County has over 100 secure drop-boxes located throughout King County thanks to the [Secure Medicine Return](#) program where you can take old medications.

Find a drop-box near you at [MedicineReturn.org](http://MedicineReturn.org) or text MEDS to 667873. Conveniently, there is a secure-drop box located at the Northwest Prescriptions pharmacy on the Northwest Hospital campus.

## **Join the HLCC Public Safety Committee!**

The HLCC Public Safety Committee is meeting the second Tuesday of the month at 7pm in the HLCC Board Room – all are welcome to join! If you are interested in helping to tackle issues related to sidewalks, crime and theft in Haller Lake please consider joining the committee. Contact: [PublicSafety@HallerLakeCommunityClub.org](mailto:PublicSafety@HallerLakeCommunityClub.org).

The February North Precinct Advisory Council (NPAC) meeting was cancelled due to snow, no updates to share at this time.

Questions, concerns, comments? Please do not hesitate to reach out! And as always, please remember to Report any and all crime to the Seattle Police Department (SPD). Reports are needed to ensure the North Precinct is adequately staffed.

Karen Craddick

[PublicSafety@HallerLakeCommunityClub.org](mailto:PublicSafety@HallerLakeCommunityClub.org)

## **Kaleidoscope Dance Company performs with ARC Youth Dance Company - March 23 and 24**

### ***Spring Repertory Festival***

ARC Dance Space

9250 14th Ave NW Seattle, WA 98117

March 23rd and 24th at 4:00pm, 2019

\$25 Adults & \$13 Children (10 & younger): [www.arcdance.org](http://www.arcdance.org)

Combining their efforts, AYDC, Kaleidoscope, and Open Performing Group present a family-friendly show featuring youth-to-adult students in a mixed bill of choreography from classical to modern dances. Marie Chong, Director of ARC Dance, has collaborated with Anna Mansbridge, Artistic Director of Kaleidoscope, since 2010 on various projects. The festival is a new collaboration between the two artists with plans to produce similar festivals on a biennial basis.

## Haller Lake Community Club

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**Our mission is to 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)**