



Splashes

Haller Lake Community Club

Note from the President



12579 Dennsmore Ave N
Seattle, WA 98133

April 2019

I enjoyed the open house in March at Ingraham by the City of Seattle and Sound Transit. They covered plans for integrating the new light rail stations with the community and asked for input from us. If you missed that, or you just can't get enough, at our next meeting we'll have the folks at Sound Transit who are planning the Northgate station (Alexis Lair) and the 130th and 145th stations (My Nguyen). Mostly they are there to answer our questions. That will be April 4, 7:00-8:30.

At that meeting we'll also hear suggested nominees for your elected board positions.

I'm continually impressed at the variety of folks we get at games nights. Last month there were several tweens enjoying ping pong and board games. They augmented the usual roster from infants up to septuagenarian. The next one is April 20, 4:00 to 9:00 p.m.

Earlier on April 20th, bring your kids to the Easter-egg hunt; it's at 10:00 at Northacres Park. If you don't have kids, can you help stuff eggs? We'll be at the club (in the board room, on the south side downstairs) March 24 and March 31 from 10 a.m. to noon and from 3:30 p.m. to 5:30 p.m. Do you have any extra eggs or trinkets to put in eggs?

At our March meeting, I learned a lot about Northacres Park's history and how the stewards (with your help) are maintaining a varied ecosystem there. We'll announce on our web site when they host events where you can pitch in.

At the meeting before that, Minh Chau Le opened our eyes to a variety of ways the city wants to give us money to strengthen community. They match half the cost of pretty much any event or structure, with less formal smaller grants up to \$10K and larger grants up to \$25K; your half of the match can be "sweat equity"! Do you have an idea? Email me!

Ethan Bradford

President@HallerLakeCommunityClub.org

Creative Dance Center – Located in the Haller Lake Community Club

Creative Dance Center's **10-week Spring** session of **Adult, Adaptive Dance,** and **Nurturing Baby** classes is open for registration and runs through June 3. Registration is ongoing for our 16-week Winter/Spring Early Childhood, Children, and Teen classes (Jan. 28-June 3).

We welcome all ages and abilities. **Adult Spring Session** classes include *Int/Adv Modern, Exercise & Dance, Keep Dancing: Modern for 40plus,* and *Cardio Dance Party* with Seattle Dance Fitness. You can register for the full 10-week session, buy a class card, or do drop-ins.

Adaptive Dance for ages 11+. This 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. We are now contracted with DSHS to provide Community Settings Respite Care through DDA. Call 206-363-7281 with any questions.

Adaptive Dance meets Tuesdays from 5:50-6:50pm. Drop-in fee, \$17. 10-Week session, March 19-May 28. Please call one day in advance to drop-in. 206.363.7281.

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. An hour of movement, music, floor time, singing, instruments, and multi-sensory play!

Exercise & Dance - Experience improved alignment, body integration, and range of motion as you work from the inner core. 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.**

Cardio Dance - Join Jessica of Seattle Dance Fitness for a 60 minute cardio dance sesh! 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 happy, confident, and empowered!

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



Creative Dance Center – Located in the Haller Lake Community Club

SUMMER CAMPS AND CLASSES ARE OPEN FOR REGISTRATION

The Creative Dance Center's [5-week Summer Session of classes](#) runs July 1 - August 3 inside the Haller Lake Community Club. We're bringing back *Yoga Fun* for families, *Nurturing Baby*, *Parent/Toddler*, *Parent/Tot/Child*, *Parent/Child*, *Creative Dance*, *Creative Ballet*, *Pre-Ballet*, *Creative Modern*, *Intergenerational Modern*, *Int/Adv Modern*, and we're offering *Hip Hop* for ages 6-9... 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 [Summer multi-arts Camps](#) including **Ballet Stories** (create props/crafts, read stories, create ballet story dances!), **Global Dance** (explore Capoeira, Hawaiian Hula, West African Mask Dance, Japanese Geiko and more!) **Art in Motion** (be inspired by Chihuly, Matisse, Kahlo, Lawrence, Miro and more!), **EnviroDance** (discover the depths of the ocean, critters of the desert, majesty of the rainforest, mysteries of the tundra, and stories of the savanna through movement and art), **Hip Hop** (learn about the 4 pillars of Hip Hop culture, freestyle, learn street dance styles!), **Musical Theatre ~ Matilda** (dance, act, play theatre games, and learn songs and create scenes from *Matilda*), **Stories in Motion** (take the story teller off the page and into your body like a choreographer!), and **Dance & Art** (link art and dance concepts and create wonderful projects). 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@creativedance.org or call (206) 363-7281.

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

Bill Evans Somatics-Based Workshop

Held at the Creative Dance Center in North Seattle

Sunday, May 5, 2019

10:00am-5:00pm

[Register](#) – Early bird (deadline – April 21) registration fee: \$90

Register – After April 21: \$110

[Bill Evans](#)

[Don Halquist](#)

The Creative Dance Center is thrilled to present a workshop with modern dance icon Bill Evans and Bill Evans Dance Company member and pedagogy expert Don Halquist.

This is a unique opportunity to explore Evans Somatic Dance with the man himself! In a time of constant change and flux – this pedagogy is meaningful, pertinent, and relevant.

Discover and celebrate being fully alive, and dance with body, mind and soul connectivity. Over the past forty years, this movement practice and art form has positively transformed thousands of lives, inside and outside the dance studio.





Ripples from Around the Lake

I trust you are all enjoying this wonderful spring weather which so quickly came upon us after such a long cold winter. I guess it is an old joke but so true, that we might not appreciate these sunny and warm days quite so much, if they were the norm! It is always fun to see so many out and about enjoying this amazing weather. Yesterday I walked around the lake with my grandson and saw Patricia Wolfram and Jodene Smedvig out and about doing the same thing. Patricia is usually with her granddog. I stopped to visit with AJ Pogue who was enjoying working in her yard with her husband. It looked great. They transplanted a friend's tree to neighbor Monika Duncan's yard since she said she would appreciate them doing that. I continued my walk and stopped in at the Bridge for a treat and to allow my grandson to play with the toys in the kid's rooms. I am not sure if all of you know it is there. It has a great selection of toys and is a very nice place. We saw Susan Derge as she drove home to her place. She walked with us until we got to Demetra Dennis' house. We all visited and then Susan had to go home. Susan had recently visited her sister Rachel in Oregon and had had a wonderful time. Demetra and her husband Ryan went off to work in the yard of one of their rental properties. As we approached home, I saw Ann Owens whom I have not seen for a long time. She is enjoying having her son and his family living with her. We both agreed that grandchildren are the best thing ever! When I got home, my husband asked how many miles I had gone, since I was gone quite a long time! I said too many to count! I guess I should jog in place when I stop to talk to up my fitbit numbers! The point is, we live in a wonderful neighborhood, where so many know each other! Those of you who want to know more, just get out and walk and come to events at the clubhouse like the third Saturday of the month Game Night. I came late and played ping pong last Saturday against neighbor Linda who had wanted me to play with her. It was fun. Many others played board games. Linda recently came back from a trip to California visiting family including a young grandchild. It was fun to see Jesse and Angela Hawkins there with their new very cute baby, Juno.

This week I did two things that were new for me. I took my grandson, Kaden, to a toddler class at Creative Dance Center taught by the current director, Terry Goetz. I have known Terry for a long time working with her on Haller Lake Community Club business since CDC rents their space from us. We have a wonderful relationship with their group and could not have a better renter. Before CDC, Donna Wallin also taught dance classes there. It is a great use of the club for neighbors since young and old can take classes and not have to travel far. It was fun to actually be in a class Terry was teaching and to see firsthand how amazing it was for Kaden and me and all attendees. Parents/caregivers participate too. On Wednesday night, I went to an adult Modern Dance class for those 40 plus with the former director of CDC, Anne Green Gilbert. She developed BrainDance which is internationally known and its principles are incorporated into every class that is taught there. It is fascinating how the brain works and how movements can make a difference in people's lives "coordinating all

Ripples (continued)



parts of the brain and body for emotional, social and cognitive balance”! Anne passed out flyers showing how more doctors are now prescribing dance as a cure for various health problems. Neighbor Kelly Newton posted an article about that on FB too. Anne too was a great teacher and like Terry, loves what she does! I was glad I went. I am not known for my dancing skills but since people from all over the world come to participate in her summer dance camps, I thought I should take one since it is so close and she is such a great teacher. If any of you are interested in fun classes that do a body good at the same time, you should check out CDC’s list of classes. You might find some perfect ones for summer too! Martha Johnson, whose office is in the little house next to the HLCC building will be glad to tell you what is available and sign you up.

I attended the club board meeting last night and had to take notes for HLCC secretary, Shawn MacPherson, who was out to dinner celebrating her “little” brother’s birthday last night. Happy birthday to Doug! I am continually impressed with the great job all the board members do, officers and program chairs, many of whom are more recent additions to their positions. The group is all very smart and excited about being involved and working for the good of our neighborhood. The original name of the club was the Haller Lake Improvement club. I think at some point members thought community seemed like a more welcoming name but neighborhood improvement is definitely still going on with this group. Doris Harkness continues to be involved and now has the most tenure of anyone. One time we talked about a study showing community involvement keeps us young and Doris is definitely a testament to that. We hope Jo Dawson will feel up to joining us again someday soon as well as Barb Gross who has had back problems and travels a lot. Ethan Bradford, the club president has done a superb job gathering a great team, welcoming and appreciating all while organizing/updating our bylaws, procedures, job descriptions, and website and email notifications. It is all such a great benefit to our club which insures HLCC will continue to be a presence in the neighborhood for many years past its upcoming hundred year birthday in 1921.

Happy birthday to all of you who have March or April birthdays, including my husband John, on March 24th, Ethan, on March 25th, and also to Marcia Kline’s Mom. At the April meeting we will take nominations for the positions of President, Vice President and 1st trustee, whose terms expire this year. Any of you who are interested in being more involved can check out the website for jobs you might like to do, such as serving on the public service committee, planning social events, helping out at Northgate Elementary or working on a brand for the club to name only a few. Thanks to all who voted for sidewalk improvements in our area.

I am hoping to see you all at the Haller Lake Egg Hunt on April 20th, the Saturday before Easter from 10am to 11am! Sheryl Grater is once again organizing this wonderful event. You can donate goodies to stuff the 900 plus plastic eggs, signup to do the actual stuffing, come early to help setup that day, or bring treats for attendees to munch on while they visit and enjoy the hunt.

Send me news to share. Thank you. Marita marita.niemann@comcast.net

Community Service Report

This month's *Haller Lake Hero* is Brock Arnold, Volunteer Manager at Northwest Hospital. By all accounts, he is a vital member of this important organization right here in the heart of our community. Brock has held this position since 1996. While working in sales he organized blood drives, which sparked his interest in the medical care field. He finds his current position particularly gratifying because it allows him to build long-term relationships with a corps of committed volunteers. Their team spirit supports a comfortable and nurturing environment the hospital wants to provide to its patients. He warmly recognized one volunteer, Lu, who has volunteered for twenty years, a least a decade in her current position in the surgery waiting room. He recalls one extremely confident and dedicated teenaged volunteer, Theresa, who returned as a Nurse Practitioner currently on staff.

Northwest Hospital has approximately 150 volunteers right now. That might sound like a lot but Brock says that most of these are high school and college students preparing to enter the medical field upon graduation. They are excellent and motivated volunteers but their schedules fluctuate and they often need to move on to other commitments. Brock is always looking for people with roots in this community who can make a consistent, long-term time commitment to the hospital. Shifts tend to be three to four hours long, once a week, with some flexibility for vacations and other obligations. There is a firm four-month minimum commitment. He interviews each volunteer personally to make sure that it is a good match. Some positions may require vaccination updates. Here is a summary of the various positions filled by volunteers at Northwest Hospital:

- Gift Shop Volunteer** This opportunity is social and fun. Greet and assist visitors and staff making purchases in the gift shop.

- Courier/Escort** This is a good opportunity for an active individual. You will need to cover lots of ground on campus and be able to push carts and patients in wheelchairs. Must be able to maintain a professional demeanor and communication style.

- Surgery Waiting Room** This position is best for a mature individual who understands medical privacy laws. There is a high level of interaction with patients and their families at a stressful time. You must be careful with your words and diplomatic. Training provided.

- Cancer Resource Center** As a liaison with the American Cancer Society, this position distributes gifts and information to cancer patients at the hospital.

- Office work/
Short term Assignments** Fill in for assignments with a quick turnaround, such as preparing packets of materials for trainings or other functions.

Think you have what it takes to be on Brock's team? Contact Brock Arnold at arnoldb@uw.edu

-Patricia Stordeur, HLCC Community Service Chairperson

**Know someone you would like to see recognized in this column? Write to me here:
CommunityService@HallerLakeCommunityClub.org**



Public Safety Update

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. Even if you are not able to attend meetings, but would like to be kept in the loop about the committee let me know.

Contact: PublicSafety@HallerLakeCommunityClub.org

Neighborhood Streetfund Projects for Sidewalks and Crosswalks

Phase 2 community prioritization has closed. Thank you to everyone who voted! **Haller Lake has five projects in District 5 in the top 10 based off total score!** Over 40 projects were submitted in District 5. Way to go Haller Lake! Phase 3 (final voting) will occur in April and May. Stay tuned to cast your vote! I would be really surprised if at least one Haller Lake Project wasn't in the final voting.

Streak of Mailbox Theft and Car Rifling around Haller Lake:

Over the past few months there has seemingly been an uptick in the number of car prowls and mail thefts. There have also been two recent burglaries at Northwest Hospital overnight. One in a construction area and another in the outpatient pharmacy. I reached out to Officer David Gordon, our Seattle Police Department Community Policing Offer, to make sure he was aware of the streak and see if increased patrols could be made. He wrote back and said, "I have been patrolling that area frequently and yes, encourage the victims to file police reports.". Report, report, report all issues and suspicious behavior to the Seattle Police Department to ensure adequate attention and patrols are applied to Haller Lake.

March North Precinct Advisory Council (NPAC) Meeting Updates (adapted from NPAC meeting minutes)

Captain Sean O'Donnell has left the North Precinct. After 3.5 years as North Precinct's captain, he has moved to Traffic. Our new captain, Captain Eric Sano, who is coming to us from Traffic, addressed the group.

Captain Sano understands that police response times are important to us. He acknowledges that North Precinct's (NP) are higher than the city average. Staffing and the size of the NP - 40 square miles - play a role in that. Year-to-date, NP's median response time for priority 1 calls is 7.44 minutes (half are below and half are above). He gave no statistics on priority 2 & 3 calls.

Crime is trending down, but he knows that's no comfort to victims. 90% of our crimes are property crimes, and more efforts are going to be made to reduce that. One strategy will be to focus on the prolific repeat offenders and arrest them, getting them off the streets. Programs will be developed to identify these offenders, and collaborations will be made with Major Crime Task Force, the bike teams, and other units to go after them.

A lot of property crimes are due to drug problems - mail theft, car prowls. Need to work on this. LEAD (Law Enforcement Assisted Diversion), that was added to North Precinct in July, is helping to get help for low-level, non-violent offenders with drug addiction. See <http://leadkingcounty.org> for how this program works. One goal is to get high offenders into LEAD.

Due to a semi-new requirement, all city departments must do outreach to explain their uses of technology that affect privacy and take public comment. You can read more about the technologies here: <http://www.seattle.gov/tech/initiatives/privacy/surveillance-technologies>. Comments are being taken through March 26, 2019. Online, go to seattle.gov/privacy.

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

Haller Lake Community Club

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



Northgate School News

The big deal around Northgate is its position as number one for a new building. Among other things, the upcoming Seattle Schools Levy on February 12th must pass in order for Northgate to have a shot. At our next general meeting we'll hear more about the levy.

Recently, a new group has formed at Northgate. "[Friends of Northgate](#)," made up of business leaders, parents, Northgate staff and community volunteers, is tasked with improving the school. This includes raising funds, more parent involvement, and better communication with the community. Dani Forbess, pastor at Northminster church in Ballard, is leading up the group.

I'm still teaching second grade science and the current theme is "Sols." Before too long we'll be going outside to garden.

Randy Harkness, liaison to Northgate School

Thomas Ball, 1934-2019

On February 7, 2019 Tom Ball was called Home. Tom was born in Eau Claire, Wisconsin on August 8, 1934 to Joseph and Catherine Ball.

He married Twyla Cogzill on May 24, 1958 in Reno, Kansas. They were both 23 years old. Tom and Twyla were married for 51 years. Twyla preceded Tom in death, of ALS. They had no children. After losing Twyla, Tom pressed on, getting even more involved in the things they had shared together.

He was an active member of St. Matthew Parish in Seattle for 30 years. For the last sixteen years Tom dedicated his time as a Vincentian and as the Spiritual Advisor to the St. Matthew St. Vincent de Paul Conference. Tom was still making home visits last Christmas and attending weekly meetings until his passing.

Tom was very active, and much respected, in the Seattle Dahlia Society. His expertise in growing and showing flowers earned him many awards. Tom enjoyed sharing his knowledge and his beautiful flowers with his friends. Every spring for the past ten years Tom held a plant sale at St. Matthew Parish from seedlings and cuttings that he started in his own greenhouse. All proceeds from the sale benefited Saint Vincent de Paul.

Tom was proud to have served his country for 25 years as a [US Navy](#) Submariner. He would light up when regaling us with stories about being a Master Chef on a nuclear submarine. Upon retirement from the Navy he worked for Boeing for several years as the Culinary Director for all of their dining rooms.

Last call. Close all hatches. Down periscope.

Remembrances may be made to

St. Matthew's Catholic Church, Saint Vincent de Paul, or [your favorite charity](#).

Guestbook at harveyfuneral.com

Published in The Seattle Times on Mar. 10, 2019

