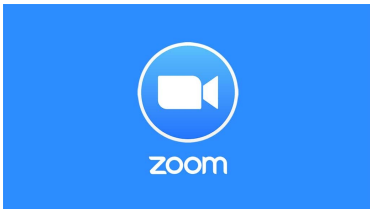


"It All Began Here!" - Wilde Lake e-News May 8, 2020

Highlights of Wilde Lake Village Board Meeting- May 4, 2020,

- *The Board appointed Bess Caplan, Steven Campbell and Jeff Friedhoffer to fill the vacancies on the 2020-21 Village Board
- *The Board approved the meeting schedule for 2020-21.
- *The Board appointed members to chair committees.
- *The Board appointed members to the Architectural Committee.
- *The Board appointed members to the Resident Architectural Committee.
- *The Board approved the FY2021 Budget
- *The Board approved changes to the Management Contract for FY2021.



May 12 RAC Virtual Meeting Notice

The May 12 RAC meeting will be held via zoom. The agenda is posted on our [website](#). If you wish to participate in the meeting, email Carl McKinney at covenants@wildelake.org. Be sure to include your name and address.

Mowing Reminder!

It's the time of year when grass starts growing quickly. And in our present situation, with Wilde Lake residents spending more time strolling the sidewalks, our lawns are definitely on display. Please make an effort to maintain your yard so your neighbors will admire it.



Let's Recognize our Great Volunteers

Wilde Lake is a diverse community full of residents who are making a difference locally and globally. We want to recognize community members of all ages who are doing great things – large or small – by sharing their stories in our newsletter and on our Facebook page. Please send a brief description of your contributions to wica@wildelake.org and encourage your neighbors to do the same. Photos are welcome.



Youth Environmental Job Opportunity

Howard EcoWorks, a Howard County based non-profit organization that focuses on stormwater management and workforce development, is offering their READY (Restoring the Environment and Developing Youth) program to individuals ages 16-25 living in Howard County this summer. This is a paid program that offers hands on learning and work opportunities across the county. The work includes building rain gardens, tree maintenance, and stream restoration projects. [A full job description is available](#)

For more information, contact Jordan Bellido de Luna, Program Assistant, Howard EcoWorks, at 443-518-7665 (o) Or 443-878-9208 (c)



CA@Home

Our doors may be closed, but our virtual doors are wide open!

CA is excited to share fitness videos from some of our awesome instructors, live-stream classes from Haven on the Lake, plus fun activities for kids and adults to do at home on our [CA@Home web page](#). Classes include yoga, Pilates, Les Mills, kickboxing and more.

New videos and activities are posted frequently, so be sure to keep checking the page for fun and fitness you and your family can do at home.

Put Your Fitness to the Test!

We miss seeing all your shining faces in the gym...but social media is the next best thing right now! CA at home is kicking off a new fitness challenge, and we'd love for you to participate. Record yourself doing 10 push-ups and 10 squats, post on Instagram or Facebook, and nominate two friends to participate! Tag us on Instagram [@ColumbiaAssn](#) or use the hashtag #CAFitChallenge.

Come Join the Fun with Mr. Jon

Did you miss the online performance by Mr. Jon? Did you see it but want to see it again?

[Click here to see the video](#)

Singer/Songwriter Jon Lewis had a decade of playing shows in coffee houses, recording CDs, and having opportunities like being on a T.V. show, being a finalist in a national songwriting competition, and having international radio play from Belize to Ireland.



May is Mental Health Awareness Month

May is Mental Health Awareness Month

Each newsletter during the month of May a practical tool that everyone can use to improve your mental health and increase resiliency regardless of the situations you are dealing with will be shared. To learn more about MH Awareness month, go to [MHA](#)

- **Allow yourself to feel.** Sometimes there are societal pressures that encourage people to shut down their emotions, often expressed through statements like, “Big girls don’t cry,” or “Man up.” These outdated ideas are harmful, not helpful. Everyone has emotions—they are part of the human experience—and you have every right to feel them.
- **Don’t ignore how you’re feeling.** Most of us have heard the term “bottling up your feelings” before. When we try to push feelings aside without addressing them, they build strength and make us more likely to “explode” at some point in the future. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can
- **Talk it out.** Find someone you trust that you can talk to about how you’re feeling. You may find that people are eager to share about similar experiences they’ve had or times that they have felt the way that you are feeling.
- **Build your emotional vocabulary.** When asked about our feelings, most people will usually use words like bad, sad, mad, good, or fine. But at the root of “good, bad, sad, mad, or fine” are many words that better describe how we feel. Try building your emotional vocabulary by writing down as many “feeling” words as you can think of and think of a time that you felt that way.
- **Try journaling.** Each night write down at least 3 feelings you had over the course of the day and what caused them. Just a few sentences or bullet points to help you practice being comfortable with identifying and expressing your emotions
- **See a mental health professional.** If you are taking steps to be more in touch with your feelings, but are having trouble dealing with them, mental health providers like counselors and therapists have been trained to help.

This information is provided by the Health and Wellness Committee. For more information, contact Laura Torres at lmt4941@yahoo.com

2020 HOWARD COUNTY FARMERS' MARKET SCHEDULE



Calvin Ball
Howard County Executive



HOWARD COUNTY
ECONOMIC
DEVELOPMENT
AUTHORITY
Great. Forward.



**Howard County Library
Charles E. Miller Branch**
9421 Frederick Road, Ellicott City
May 6 – November 4
Wednesdays | 2:00 – 6:00 PM
Drive Thru Only



**Howard County Library
East Columbia Branch**
6600 Cradlerock Way, Columbia
May 14 – November 4
Thursdays | 12:00 – 6:00 PM
Drive Thru Only



Clarksville Commons
12264-12276 Clarksville Pike, Clarksville
May 9 – November 7
Saturdays | 10:00 AM – 2:00 PM
Drive Thru Only



Farmers' Market @ Maple Lawn
7405 Maple Lawn Blvd., Fulton
May 16 – November 7
Saturdays | 9:00 AM – 1:00 PM
Drive Thru & Pick Up Booth



Oakland Mills Village Center
5851 Robert Oliver Place, Columbia
May 10 – November 8
Sundays | 9:00 AM – 1:00 PM
Pick Up Booth Only

For updates, please visit:
bit.ly/HoCoFM_2020



*Note: Pick up booths will be stationed 12 ft apart; buyers are urged to continue physical distancing by maintaining 6 ft apart while waiting in line to retrieve their order. Please remember to wear a face covering or mask.

Wilde Lake Village Center Stores Open for Business

[Click here](#) to see the list of Wilde Lake Village Center stores that are operating during the coronavirus pandemic

PLEASE NOTE: SLAYTON HOUSE WILL REMAIN CLOSED UNTIL FURTHER NOTICE. You may contact staff members by email. Please check the website for contact information.