



STAND.SPEAK.ACT

The Howard County Office of Human Rights invites you to attend a training session that will give you the tools and knowledge to be a good ally.

Learn to safely step up and be supportive when fellow community members face harassment and hate speech.

Both Sessions are Identical for Your Convenience!

VIRTUAL TRAINING: BYSTANDER INTERVENTION



Session 1
Thursday June 25, 2020
3:00pm – 6:00 pm

Zoom Meeting
<https://tinyurl.com/y8p2onvf>

Meeting ID: 875 6657 0250
Password: OHR2020

Find your local number:
<https://tinyurl.com/yb9k6mee>

Please sign in no later than 3:15 pm or you will not be admitted.

Session 2
Thursday July 9, 2020
1:00pm – 4:00 pm

Zoom Meeting
<https://tinyurl.com/yb4dx7k9>

Meeting ID: 864 1551 0202
Password: OHR2020

Find your local number:
<https://tinyurl.com/ya2jepsu>

Please sign in no later than 1:15 pm or you will not be admitted.

FOR MORE INFORMATION:
Contact Trent Day Hall
(410)313-6491
OHROutreach@HowardCountyMD.gov

**SOCIAL
MEDIA**

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Howard County Library System to Begin Contactless Pickup on June 29

On Monday, June 29, Howard County Library System (HCLS) will begin Phase 3 of its reopening plan with contactless pickup of items on hold on Monday, June 29. Contactless pickup will be available Monday through Saturday from 10 am to 6 pm at all six branches.

How will contactless pickup work?

- **Place items on hold.**
- **Wait for notification, then reserve a pickup day and time.**
- **At the scheduled date and time, pick up your holds at the designated pickup location.**

During the contactless pickup phase, HCLS branches will not be open to the public and restrooms will be unavailable. Please also note the Library cannot accept donations at this time. Drop donations in the green Better World Books donation drop-off boxes in Library branch parking lots. Please do not bring donations to Library branches or leave them by the front doors or book drops.

Visit hclibrary.org for more information.

Wilde Lake Community Association
Health and Wellness Committee presents

Mindfulness & Tools for Stress Management

FREE Presentation on how to manage stress more effectively



Tuesday, July 14, 2020 at 7pm via Zoom

- Learn about the different types of stressors and how they impact you
- Identify ways to increase mindfulness
- Develop a plan for decreasing the way you manage the stress in your life

Advanced registration is required at [EventBrite.com](https://www.eventbrite.com)

(Search for "Wilde Lake Health & Wellness Mindfulness & Stress Management")

Presentation provided by Laura Torres

Laura is a Wilde Lake Village Board member and the creator and co-chair of the Wilde Lake Health & Wellness Committee.

Questions? Contact Laura at lmt4941@yahoo.com



Harvest United Looking for Volunteers

Everybody has the opportunity to create a gardening space. As food security is threatened, it's up to us to be innovative and find ways to increase our food production in Howard County.

Harvest United is a mutual aid food-growing cooperative and community building program. Our goal is to increase the local food supply by providing plants, resources & education to Howard County residents in need and encourage a shared food cooperative. Thereby creating connections with our neighbors and helping to close local nutritious food deserts. We will be distributing plants, education, and resources on how to grow food. We are looking for volunteers to get this project rolling. Regardless of your gardening experience, you can be a part of this project.

Please email harvestuniteddmv@gmail.com to be part of this food growing movement.

Here is a link to the group's Facebook

page: <https://www.facebook.com/groups/681489449076195/>



**June Health and Wellness
Tip of the Week**

It may be difficult to feel like you can remain **SAFE** when exercising during COVID. Luckily there are a lot fitness resources that support practicing a healthy lifestyle and remaining **SAFE** & healthy.

- Why not use a fitness app such as: Runtastic, Asana Rebel: Yoga & Fitness, My Training Workout Tracker Log, Nike Training Club, Daily Workouts Fitness Trainer or Couch to 5K Runner
- Consider engaging a fitness buddy to exercise with you either in your backyard from a social distance or via an online conferencing program like Face Time, Skype, google Meets or Zoom to name a few
- If you are a member of a fitness center or gym, check to see if they are offering memberships to fitness apps or providing fitness videos to members
- Tune up your road bike or consider purchasing one
- Enjoy the lakes and pathways available throughout the Columbia area
- Take advantage of state parks in Maryland for hikes with family and pets
- For those 55+, check out virtual fitness programs offered by the Howard County Office on Aging and Independence

However you chose to keep fit and healthy, remember to be safe, smile and have fun!

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



Seeking Lawn Mowers!

Attention Wilde Lake Teens! We are gathering a list of those interested in mowing lawns in Wilde Lake. If you are interested in being included on the list, please send your name and contact information to gallery@wildelake.org. Include the neighborhood in which you live.

Here are the names and contact info of those that have signed up so far:

Brooklyn Isaacs (RB) 410-627-7971

William Looney (BW) 443-832-7242

Brianna Floyd (lives in DS but willing to travel) 410-245-6106 briz1551@gmail.com

NOTE: Please contact these lawn mowers directly. Please do not contact Slayton House. We are only providing the information.

Wilde Lake Village Board 2020-2021

Board of Directors

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klmcaliley@gmail.com

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Chair, Education Committee

Columbia Council Rep
Nancy McCord
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nsmccord@gmail.com

Village Manager
Kristin Shulder
410-730-3987
wica@wildelake.org



Slayton House Update

During the ongoing pandemic, the Slayton House staff continues to work remotely and with reduced hours. Team members can be contacted by email or voicemail - check the Contact Us page on our website (www.wildelake.org) for email addresses and phone extensions. We continue to serve Wilde Lake residents by processing applications for exterior alteration & letter of compliance requests, sending weekly e-newsletter & special notices, creating virtual events such as kids performances & art exhibits, and more. In addition, we will offer free online pop-up programming for Slayton House Theatre Camp of the Arts throughout the summer. We are working towards putting safety measures in place to protect our team members and the community and look forward to welcoming the public back to Slayton House. In the meantime, check our website and Facebook page for news and updates. Be kind. Be patient. Be well.

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