

Upcoming Virtual Meetings

Wilde Lake Village Board: Monday, July 6, 6:30pm. To view the agenda [click here](#)
If you wish to participate, email wica@wildelake.org

CA Board Work Session: July 8, 7pm
To view agenda [click here](#).

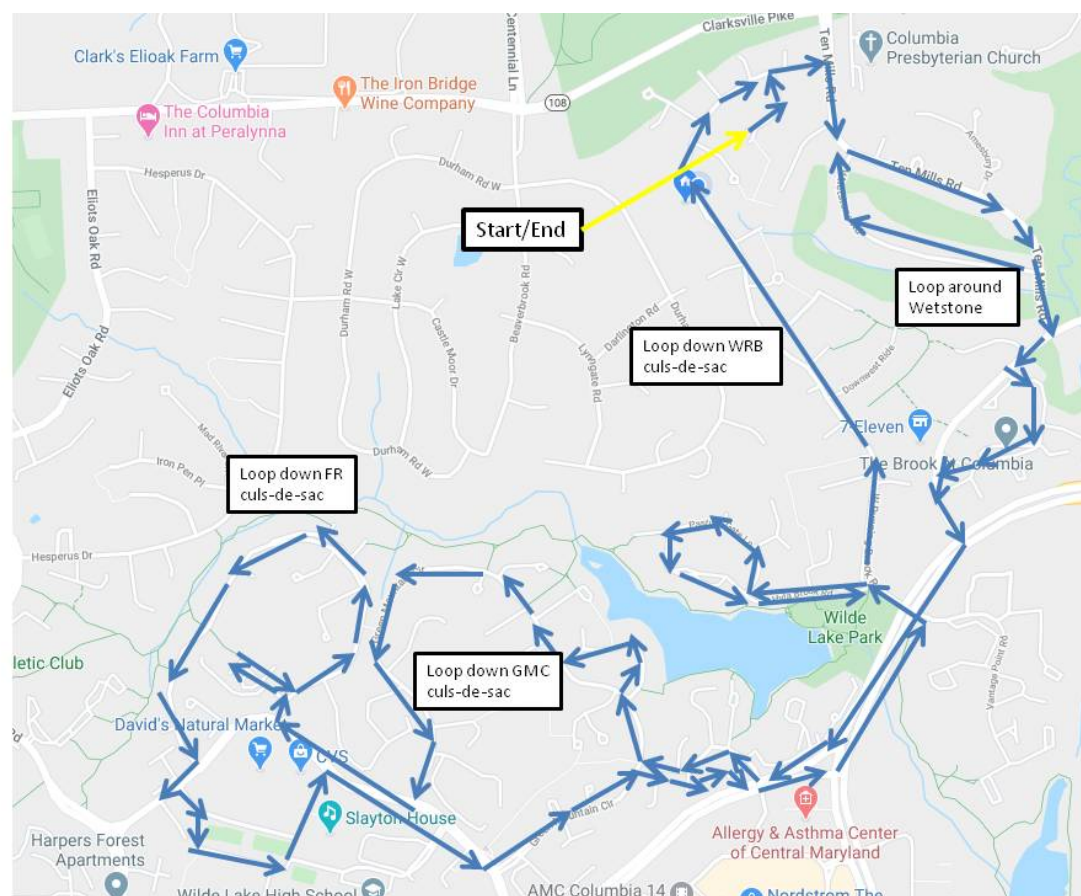


**Attention Wilde Lake Residents!
Celebrate Independence Day with the Wilde Lake Village Board!**

This Saturday, we will be celebrating the historic event of the Second Continental Congress voting to approve a resolution of independence, the birthday of our nation. This amazing event is usually celebrated by fireworks, the gathering of friends and family or other summer time events. However, this year, the COVID-19 situation has required the adoption of social distancing thus preventing most of these events from occurring.

To that end, the Wilde Lake Village Board will be caravanning through our village to celebrate the 244th Birthday to our United States. Starting at 10am on Saturday from Snowy Reach, a caravan of cars will drive through each Wilde Lake neighborhood to spread a little Independence Day cheer. So, if you are feeling good, have a mask and want to stop by the route, we would love to see you to celebrate this amazing nation we call home.

See the map below for the route.



**Howard County Public School System Grab-and-Go Meals
Available at Wilde Lake Middle School**

[Click here](#) for more information and additional locations.



Columbia Community Care Update

[Click here for information](#)

@ColumbiaCommunityCare

**OUR HOURS HAVE CHANGED.
OUR COMMITMENT HAS NOT.**

New days: Open **except** Wednesdays and Sundays
New volunteer hours: 9:30-12:30
Lines open to families: 10:30

Sites:

Swansfield Elementary School | Wilde Lake Middle School | Howard High School | Oakland Mills Middle School | Lake Elkhorn Middle School

After hours: Wilde Lake Interfaith Center and Reedy Brook Lane cul de sac (non-perishables, cleaning supplies, and personal hygiene products).

Visit **ColumbiaCare.live** or follow on Facebook **@ColumbiaCommunityCare** for details.

How to Wear a Face Mask

[Click here to access the CDC website](#)

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



**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. She is a clinical social worker who works in the field of population health with a focus on behavioral health. She is certified in Mindfulness-Based Stress Reduction and leads meditations and presentations on these topics in her work. **Questions?** Contact Laura at lmt4941@yahoo.com

5 Tips for a safe Summer Workout



Pick the right time
Exercise in the morning or evening when temperatures are usually cooler.



Wear the right clothing
Loose, breathable clothing that prevents chafing will help keep your body cool.



Avoid Extreme Temperature Change
Don't go right from the heat to a cold room. Take the time to properly cool down.



Slow Down
Extreme heat is not the time to go for your personal best. Don't push yourself.



Water, Water, Water!
Staying properly hydrated before, during and after your workout is critical to avoiding injury or heat related illness.



Always consult your doctor before exercising if you have health issues that could be complicated by heat exposure.

This information is provided by the Health and Wellness Committee. For more information, contact Laura Torres at lm4941@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 galler@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

Kevin McAliley, Chair
410-336-6593
klmcaliley@gmail.com

Laura Torres, Vice Chair
443-285-9450
lm4941@yahoo.com
Chair, Health and Wellness Committee

Steven Campbell
319-594-8867
scampbell0913@hotmail.com
Chair, Neighborhood Reps Committee

Bess Caplan
443-756-1175
besswlvb@gmail.com
Chair, Wilde Lake CARES

Jeff Friedhoffer
410-997-5366
jafried@ieee.org
Chair, Education Committee

Columbia Council Rep
Nancy McCord
443-285-9209
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