

THE WAVES of Swan Lake

APRIL 2024

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POT LUCK MURDER MYSTERY NIGHT

The "Murder Mystery" Pot Luck was held on Tuesday, February 20th at the "Full House Theatre"! The Swan Lake Players created a wonderful cast of characters who became suspects in the murder of Stan Deere. Even though the auditions were cancelled, the cast and audience enjoyed all the potluck dishes. They included a beautiful display of appetizers, main dishes and desserts. Included in the show were members of the audience adding to the suspense. Everyone became a detective for the evening, helping solve the murder! The dress and décor of the evening was roaring 20's which added to a festive atmosphere! Thanks to all who attended!

Kim Dudrich



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Personnel Directory**Swan Lake Village**

620 57th Ave. W., Bradenton, FL 34207

Office: (941) 756-5409 / Fax: (941) 753-3256**After Hours Emergency:** (941) 779-7651**Community Website:**www.swanlakemhp.net**Office Hours**

Monday, Tuesday, Thursday, Friday – 8:00 am to 5:00 pm

Closed Wednesday, Saturday and Sunday

Available by appointment on weekends

Staff**Manager:** Mary Ann Wandling**Swan Lake National Corporate Email:**onehappyresident@gmail.com**Waves of Swan Lake Newsletter****Editor:** Ric Tyrer**Editorial Staff & Contact Email:**SwanLakeVillageWaves@gmail.com**Newsletter Website:**www.ontracnewsletters.com**Swan Lake Homeowners Association, Inc.****Board of Directors:**PRESIDENT

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Term: 01/01/2024 – 12/31/2024

Contact Information:

Please go to the following website for all the latest HOA information, events and updated news

www.swanlakeresidents.net

If you can't find the information you need there then contact the HOA Board of Directors at this email address:

swanlakevillagehoaboard@gmail.com

Editor's Notes

Hi Everybody, As this edition goes to print the majority of snowbirds will be preparing to head north for the summer. Last year I asked that you send me pictures/articles on your adventures while away from Swan Lake. Unfortunately, the idea didn't seem to fly resulting in nothing being received. It's difficult during the summer to produce copy and if no response is received this summer I will consider reducing production to every other month for the summer period.

As you may be aware, I will be leaving Swan Lake later in the year. It may seem a long way off but, as we all know, time flies! I am advertising now for someone to take my place as editor of the Waves. I will continue up to and including the October edition. If you are interested please contact me.

Ric Tyrer

Please note that any of the editorial staff can be reached by email at SwanLakeVillageWaves@gmail.com



Submissions

Submissions of interesting articles are always welcome. Reports of community activities, interesting articles, pictures and reminders may be submitted via e-mail to Ric Tyrer at SwanLakeVillageWaves@gmail.com by the 10th of the month for the next issue. It is our pleasure to consider all such articles for publication.

Remember: This newsletter is also available online at www.ontracnewsletters.com. Take this web address with you when you travel so you can keep touch.

Views & Opinion Disclaimer to Residents of Swan Lake.

The views and opinions expressed in the articles printed in this newsletter are strictly those of that article's author. They may not reflect the views of the residents of Swan Lake, the H.O.A. Board of Directors, Swan Lake Management, or the staff of "The Waves". No personal attacks will be tolerated or published. While every effort is made to assure all information published is factual, an article's accuracy is the sole responsibility of the author.

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HOA President's Message

Here we are coming to the end of another season. When this issue of the Waves is available some Snow Birds will have already left and many more will be preparing to leave in coming weeks. Wishing all safe travels, happy summer, and look forward to their return.

Just a reminder for us Snow Birds to prepare our homes for hurricane season before we leave and make sure we have someone to take care of our lawns, trimming, etc. You may also ask a friend or neighbor to check on your home while you are away. And fill out the form Management requests; it's for your benefit as well.

So to all, have a safe and healthy summer season.

HOA President
Sam Dix



Book Nook The Lending Library

Books, DVDs, and puzzles are available free for all community residents to borrow.

To return borrowed articles simply place them into the Returns Basket on the table in the library area.

To donate items that are in good shape, please bring them to the library for consideration. Place them in the Returns Basket to be sorted and filed. The only books that are accepted are novels, especially those by popular authors. At this time VHS tapes and nonfiction books (cookbooks and instructional books) cannot be placed into the library. Any unaccepted donations will be taken to Goodwill for disposal.



April 6, 2024

Clubhouse

1:00 pm to 3:00 pm

Everyone Welcome

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Ladies Welcome Tea



The Ladies Welcome Tea, organized by Carole Robinson, was Saturday March 2nd this year and was a wonderful event.

She engaged a team which helped with hosting newcomers, as well as setup and buffet preparation.

Lois Hill and Carole Fitzgerald served our coffee and tea.

Everyone looks forward to this event and it is a great introduction to our new neighbors.

Thank you to all who helped.

Pam Tyrer, Co-Hostess





5 Unexpected Energy Boosts

By Sarah Caesar | www.seniorsguide.com

Whether a job, chores, or recreation, we often have more to do than energy to do it. These simple and unexpected energy boosts can help.

1. Get daytime rest

New York Times writer Jancee Dunn shared the 6-Day Energy Challenge with readers. Her first guideline was surprising: get rest during the day. We all understand the value of nighttime sleep, and possibly even naps. But daytime rest?

“Research suggests that taking short, revitalizing breaks can help you fortify yourself throughout the day,” Dundee reports. “These breaks aren’t naps, but they offer similar benefits, restoring attention, reducing fatigue and increasing vitality, and improving well-being and mood.”

Slow, deep breaths, done for five minutes, can help you feel less depleted.

2. Manage your stress

Stress is one of the biggest energy zappers, says psychologist Paul Baard, because it uses up a lot of energy.

Some great ways to diffuse stress can also add to your quality of life: talk to a friend, join a support group, practice yoga or tai chi, exercise, listen to music – whatever works for you.

3. Focus on feel-good friendships

Stressful relationships deplete our energy, too.

“Strong friendships can lower our blood pressure, protect against depression and help us live longer,” explains Dundee, “while those that we’re ambivalent about can raise our blood pressure and cause anxiety.”

While some stressful relationships may be worth discarding, some can be improved by shifting to different activities, reminding yourself of positive reasons to maintain the friendship, and decreasing time spent together.

4. Exercise, even just a little

While it may seem counterintuitive, moving more can help you have more energy, says Harvard Health. Exercise spurs cellular-level changes in your body, boosts oxygen circulation, and contributes to better sleep. Conversely, the less active we are, the more fatigued we feel.

Dundee suggests that even short bursts of movement, like a three-minute exercise, can help reduce fatigue, relieve stress, and improve mood.

Experiments at California State University found that a brisk 10-minute walk increased energy, and the positive effects lasted up to 2 hours. “When the daily 10-minute walks continued for three weeks,” reports Colette Bouchez, “overall energy levels and mood were lifted.”

5. Eat energy-supporting foods

Some foods are more likely to contribute to our energy levels and others to leave us feeling lethargic. Rather than simply memorizing lists, though, consider how you feel after each meal or snack – up to two hours afterwards. Ask yourself how the foods you ate affected your energy.

Other unexpected energy boosts in your diet

Eat foods that can boost energy, such as those rich in protein, fiber, complex carbs, and magnesium.

Drink enough water, since dehydration can make you feel tired.

Avoid foods made with refined starches, such as sweets and white bread and pasta, especially when your energy level matters. Sugar spikes your blood sugar and energy, followed by a drop in both.

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- Please be sure to obey all traffic signs throughout our community. Please also be aware of and respect pedestrians and bicyclists.
- Please walk your property to make sure it looks clean and trimmed. Be sure to inform the office who will be responsible to keep it trimmed if you are going to be away.
- Make sure management has your current phone numbers and e-mail addresses.
- Let the office know if you are leaving for an extended period of time.
- Make sure all visitors are registered with the office when they arrive and when they leave.
- If you are having work done on or around your home, make sure the contractors are qualified, bonded, licensed and insured.
- If you have concerns about safety in our community, please dial 911 for assistance from Manatee Sheriff's Patrol. Help keep our park safe.
- Please follow the Southwest Florida Management guidelines for use of lake water on your lawns. In addition, all timers on sprinkling systems must be outfitted with rain sensors to shut off the system in the event of a rain shower.
- Parking in the clubhouse parking lot requires a parking permit issued by management.
- If you have pets, they may be walked in the areas designated for this purpose. They may be walked on community streets as long as they are on a non-retractable lease no longer than 6 feet and their waste is promptly picked up and disposed of properly. Picking up after your pet is a must to keep our community clean. Do not allow your pet on other resident's yards. No pets are allowed in the clubhouse, parking lot or pool area. Visitors are not allowed to bring animals into the community.
- Please do not postdate rent checks.



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Community Activities:

FEATURED:

See Bulletin Board for details & sign-up:

MEALS OUT

- Lunch Out** April 10th 11:30am Place TBD
Requires sign-up in Clubhouse
- Breakfast Out** ... April 19th 8:30am Place TBD
Requires sign-up in Clubhouse
- Dinner Out** April 23rd 5:00pm Place TBD
Requires sign-up in Clubhouse

SPECIAL EVENTS – These may require advance ticket purchase instead of sign-up sheets. Bulletin Board will still be used for details:

- **Monday Music** April 1st, 8th, 15th, 22nd
2:00pm – Clubhouse
- **HOA Meeting** April 9th
6:30pm Coffee, 7:00pm Meeting
Clubhouse – Membership badges required
- **Pot Luck Dinner** ... April 23rd, 6:00pm
Clubhouse – Membership badges required

REGULAR:

- Monday Coffee,
Social & Info Every Monday 9:00am Clubhouse
- Sit & Be Fit Every Monday 10:00am Clubhouse
- Aqua Exercise Every Tuesday 10:30am Pool
- Knitting / Crafts Every Tuesday 10:00am Clubhouse
- Sit & Be Fit Every Wednesday ... 9:00am Clubhouse
- Games/Dominos..... Every Wednesday ... 6:00pm Clubhouse
- Euchre Every Wednesday ... 6:30pm Clubhouse
- Shuffleboard Every Thursday 7:00pm Shuffleboard Court
- Sit & Be Fit Every Friday 9:00am Clubhouse
- Poker Every Friday 6:00pm Clubhouse
- Dominos Every Friday 6:00pm Clubhouse

Meals Out

- Lunch – 2nd Wednesday – 11:30am -Volunteers
- Breakfast – 3rd Friday – 8:30am -Volunteers
- Dinner – 4th Tuesday – 5:00pm – Volunteers

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<p>1</p> <p>Monday Coffee, Social and Info 9:00am Clubhouse</p> <p>Sit & Be Fit 10:00am - Clubhouse</p> <p>Monday Music in the Clubhouse 2:00pm</p>	<p>2</p> <p>Knitting / Crafts 10:00am Clubhouse</p> <p>Aqua Exercise 10:30am - Pool</p>	<p>Sit & Be Fit</p> <p>Monday Music in the Clubhouse</p> <p>Games/Dominoes</p> <p>Euchre</p>
7	<p>8</p> <p>Monday Coffee, Social and Info 9:00am Clubhouse</p> <p>Sit & Be Fit 10:00am - Clubhouse</p> <p>Monday Music in the Clubhouse 2:00pm</p>	<p>9</p> <p>Knitting / Crafts 10:00am Clubhouse</p> <p>Aqua Exercise 10:30am - Pool</p> <p>HOA Meeting 6:30pm Coffee 7:00pm Meeting Clubhouse</p> <p>Membership badges required</p>	<p>Sit & Be Fit</p> <p>Lunch Out</p> <p>Games/Dominoes</p> <p>Euchre</p>
14	<p>15</p> <p>Monday Coffee, Social and Info 9:00am Clubhouse</p> <p>Sit & Be Fit 10:00am - Clubhouse</p> <p>Monday Music in the Clubhouse 2:00pm</p>	<p>16</p> <p>Knitting / Crafts 10:00am Clubhouse</p> <p>Aqua Exercise 10:30am - Pool</p>	<p>Sit & Be Fit</p> <p>Games/Dominoes</p> <p>Euchre</p>
21	<p>22</p> <p>Monday Coffee, Social and Info 9:00am Clubhouse</p> <p>Sit & Be Fit 10:00am - Clubhouse</p> <p>Monday Music in the Clubhouse 2:00pm</p>	<p>23</p> <p>Knitting / Crafts 10:00am Clubhouse</p> <p>Aqua Exercise 10:30am - Pool</p> <p>Dinner Out 5:00pm - Place TBD</p> <p>Pot Luck 6:00pm - Clubhouse</p> <p>Requires sign-up in Clubhouse</p>	<p>Sit & Be Fit</p> <p>Games/Dominoes</p> <p>Euchre</p>
28	<p>29</p> <p>Monday Coffee, Social and Info 9:00am Clubhouse</p> <p>Sit & Be Fit 10:00am - Clubhouse</p> <p>Monday Music in the Clubhouse 2:00pm</p>	<p>30</p> <p>Knitting / Crafts 10:00am Clubhouse</p> <p>Aqua Exercise 10:30am - Pool</p>	

APRIL 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>9:00am - Clubhouse the Clubhouse 2:00pm</p> <p>6:00pm - Clubhouse 6:30pm - Clubhouse</p>	<p>4</p> <p>Shuffleboard 7:00pm - Shuffleboard Ct</p>	<p>5</p> <p>Sit & Be Fit Poker Dominoes</p> <p>9:00am - Clubhouse 6:00pm - Clubhouse 6:00pm - Clubhouse</p>	<p>6</p>
<p>10</p> <p>9:00am - Clubhouse 11:30am - Place TBD quires sign-up in Clubhouse 6:00pm - Clubhouse 6:30pm - Clubhouse</p>	<p>11</p> <p>Shuffleboard 7:00pm - Shuffleboard Ct</p>	<p>12</p> <p>Sit & Be Fit Poker Dominoes</p> <p>9:00am - Clubhouse 6:00pm - Clubhouse 6:00pm - Clubhouse</p>	<p>13</p>
<p>17</p> <p>9:00am Clubhouse 6:00pm - Clubhouse 6:30pm - Clubhouse</p>	<p>18</p> <p>Shuffleboard 7:00pm - Shuffleboard Ct</p>	<p>19</p> <p>Breakfast Out 8:30am - TBD Requires sign-up in Clubhouse Sit & Be Fit Poker Dominoes</p> <p>9:00am - Clubhouse 6:00pm - Clubhouse 6:00pm - Clubhouse</p>	<p>20</p>
<p>24</p> <p>9:00am - Clubhouse 6:00pm - Clubhouse 6:30pm Clubhouse</p>	<p>25</p> <p>Shuffleboard 7:00pm - Shuffleboard Ct</p>	<p>26</p> <p>Sit & Be Fit Poker Dominoes</p> <p>9:00am - Clubhouse 6:00pm - Clubhouse 6:00pm - Clubhouse</p>	<p>27</p>

Event Notes:

All Meals Out – See Bulletin Board for details & sign-up sheets.

Special Events – These may require advance ticket purchase instead of sign-up sheets. The Bulletin Board will also be used for details concerning Special Events.

Please note: Coffee will now be provided at the Monday morning meetings, bring your own cup. Donuts will still be provided by management on the first Monday of each month.



April 2024 Birthdays

- | | |
|---------------------|--------------------------|
| 04 Anna Kittle | 15 Joan McPartlin |
| 04 Malcolm Ravells | 15 Ron Wimer |
| 06 Connie Berger | 16 Janythe Hall |
| 06 Carolyn Sidoti | 17 Cathy Trentzsch |
| 08 Nell Rapini | 17 Debbie Vanwely |
| 09 Michael Gallant | 19 Richard Lanza |
| 10 Bruce Shaffer | 20 Jerry Cooperrider |
| 11 Lois Sidoti | 22 Eileen Montalbano |
| 12 Jeffrey Hakamaki | 23 Barbara Guarno |
| 14 Vanessa Tesauro | 24 Sara Noes |
| 14 Esther Yeskey | 25 Rich Morris |
| 14 Harriet Morris | 27 Alan Hopkins |
| 15 Dale VanderLaan | 29 Carol Boland |
| 15 Susan Hayden | 30 Audrey Harbula-Markus |
| 15 Bob Tabor | 30 Ken Dafler |



April 2024 Anniversaries

- 05 Joseph Williams & Connie Berger
- 09 Clark & Anna Kittle
- 10 John & Patti Urbancik
- 15 James & Joan McPartlin
- 18 Dwight & Carole Robinson
- 25 Marv & Dorothy Ellis

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Pinellas County

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Tampa

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 (with approved credit)

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Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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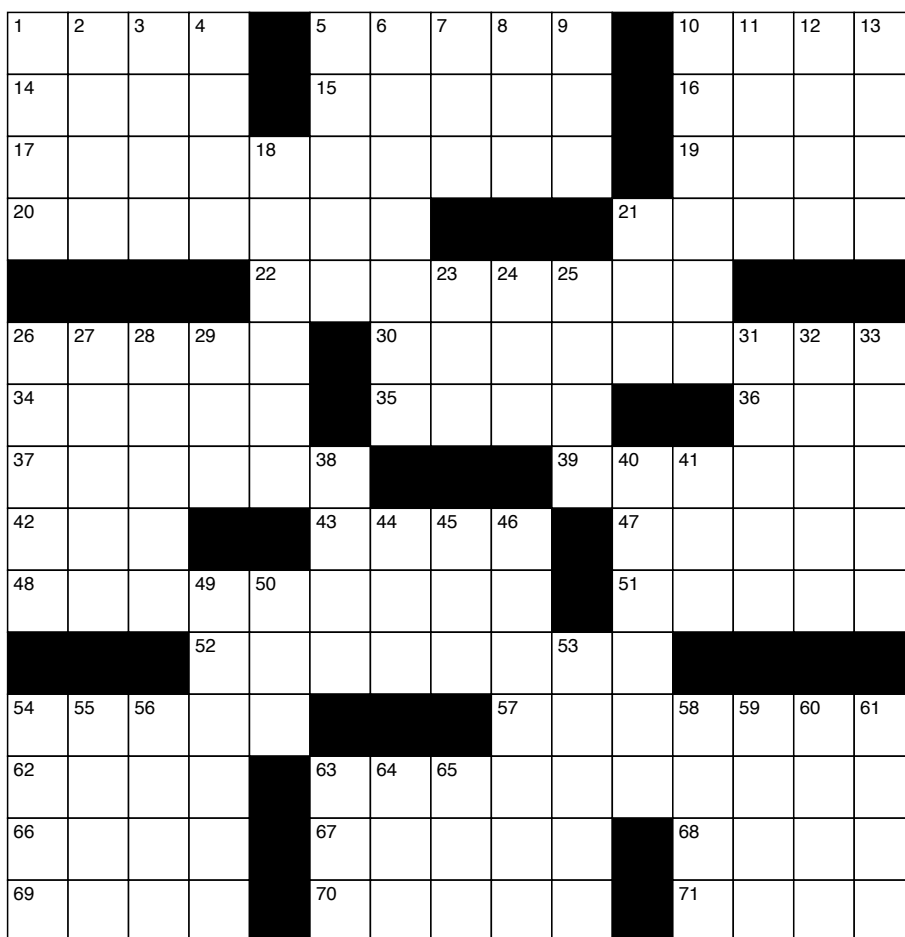
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OPERATED**



**ESTIMATES &
SMILES ALWAYS FREE**

(941) 243-7561 or (800) 377-7885

CROSSWORD



Across

1. Environmental toxins, for short
5. Character in "I, Pagliacci"
10. Rockne's star player George
14. Marsh bird
15. Beginning of the "Common Era"
16. Poetic compositions
17. Eggs on
19. Antitoxins
20. Miss Saigon's homeland
21. Pontificate
22. Where Dutch royals live
26. All fired up
30. National dish of Australia
34. Famous orca
35. Location
36. Isl. west of Naples
37. Like some plants
39. Cause of wheezing
42. ____-hoo (chocolate drink)
43. Links-governing org.
47. Food package words

48. Swaggering
51. iPods available in 1GB versions
52. Three-fingered saluter
54. Sleep phenomenon
57. The Heat or the Bulls
62. Kitten's ball
63. In a sane manner
66. Keenly eager
67. Who's the Boss? star
68. Per ____ (daily)
69. An Arnaz
70. "Full House" dad portrayer
71. Hot, like a hunk

Down

1. Before, in short
2. "____ help you?"
3. "Inside Your Heaven" singer Bo
4. Opening for a coin
5. Grammy winner Jones
6. House paint varieties
7. Ph.D., for example
8. 2000 Nobelist Kim ____ Jung
9. Paid pitches
10. Kind of truth
11. Thought prefix
12. Machu Picchu's land
13. Warm-up exam for H.S. students
18. Made up
21. Dictionary abbr.
23. Not square
24. Before now
25. Wild ruminant?
26. Sports awards
27. Give ____ (care)
28. Gainesville player
29. CPR provider
31. Ghostly pale
32. Rumba relative
33. Donkey calls
38. Tour of ____
40. Beach souvenir
41. Bag-screening gp.
44. A sibling, briefly
45. Vitamin supplements brand
46. Suffer
49. Congo border river
50. Alley prowler
53. WWII sub
54. Duet
55. See red
56. Greek god of love
58. Striplings
59. "The Forgotten" novelist Wiesel
60. Haley or Trebek
61. "Well!"
63. Blvds. and sts.
64. Towing org.
65. "Star Trek: ____"

(solution on page 21)

Information and Permission Forms

If you are new to the community (or were missed on your special day) please fill out the first form to be included on my list for recognition in The Waves and Monday Morning Coffee.

The second form is to be included in the HOA records for contact concerning important happenings in the community.

----- Birthday and Anniversary Form

- Please place my birthday and anniversary in the private records of the HOA and Waves.
- Please feel free to use this information to recognize me on my special day(s).
- No thank you.

Name _____

Birthday – Month/Day Only

Name _____

Birthday – Month/Day Only

Name _____

Anniversary – Month/Day Only

Telephone and Address Form

- Please place my telephone and address in the records of the HOA.
- Please feel free to publish this information in the Swan Lake Village resident directory.
- No thank you.

Name _____

Telephone Number _____

Name _____

Telephone Number _____

Lot Number _____

Please fill in your information and fill in the appropriate boxes.

Then tear the forms out and give to any Board member or drop in the HOA box in the vestibule at the clubhouse.

Community Security Program

In any emergency:

**CALL THE SHERIFF'S
DEPARTMENT AT:
911**

For non-emergencies such as suspicious activity:

**CALL THE SHERIFF'S
DEPARTMENT AT:
(941) 747-3011
Extension: 2260**

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CROSSWORD SOLUTION

1	P	C	B	S		N	E	D	D	A		G	I	P	P			
14	R	A	I	L		O	N	E	A	D		O	D	E	S			
17	E	N	C	O	U	R	A	G	E	S		S	E	R	A			
20	V	I	E	T	N	A	M					S	P	O	U	T		
26	E	A	G	E	R			L	E	G	O	F	L	A	M	B		
34	S	H	A	M	U			S	P	O	T			S	A	R		
37	P	O	T	T	E	D						A	S	T	H	M	A	
42	Y	O	O					U	S	G	A			U	S	E	B	Y
48	S	T	R	U	T	T	I	N	G					N	A	N	O	S
54	D	R	E	A	M							N	B	A	T	E	A	M
62	Y	A	R	N				R	A	T	I	O	N	A	L	L	Y	
66	A	G	O	G				D	A	N	Z	A			D	I	E	M
69	D	E	S	I				S	A	G	E	T			S	E	X	Y

SUDOKU SOLUTION

7	8	1	4	6	9	3	2	5
5	2	9	3	7	8	6	1	4
6	3	4	2	5	1	8	7	9
2	7	8	6	1	4	9	5	3
4	1	5	7	9	3	2	8	6
3	9	6	8	2	5	7	4	1
9	4	2	5	8	6	1	3	7
1	5	7	9	3	2	4	6	8
8	6	3	1	4	7	5	9	2

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WORDS OF WISDOM FROM SHERIFF CHRIS

Following are some safety & crime prevention tips from our friendly Sheriff Chris Ralston:

1) If you See something, Say something.

- To report emergencies, crimes or critical information call 911
- To report non-critical information call 941-747-3011 extension 2260
- To report suspected drug activity call 941-747-3011 extension 1100
- As preached so very often, do not be afraid to call the sheriff's office.

2) Lock it or lose it. Schemes by the Bad Guys

Watch out for Distractionary Burglary. Sheriff Chris states this is still a very real scam.

This is where one person claims to be a salesman or repairman to get you outside your house and distracted while another burglarizes your home. A bad guy can quickly go to the master bedroom, which is where many people keep their most valuable items such as guns, jewelry, money and prescription medicines. And anytime you leave your house, lock the door.

Be careful of numbers that show on your telephone when receiving a call. Many of them are spoofed and are not the actual number calling you. Never give any personal information to an inbound caller and do not call the number shown on your caller ID. If you suspect the caller is legitimate, hang up and call the number you have on file for that entity.

Be a wise consumer when choosing a company with which to do business. Two very valuable tools are personal referrals and online reviews.

As we approach the holidays, remember the bad guys are as anxious to have a good holiday as you are. Thus, be especially careful with your purse and wallet. If you are out shopping, put your packages in your trunk, if you can, and never leave your vehicle unlocked. As you go from one store to the next, do not leave your car in the same spot, make it look like you are leaving, then park in another spot.

Two big items seem to be popular for pilfering lately; 20-pound propane tanks and, as always, bicycles. Make sure they are secure.

Be aware that since the snowbirds are coming back and the Canadian border is open, traffic is greatly increased. Be careful when you drive. Don't use your cell phone while driving.

If your car has a fob to start it, do not leave your fob in the car. In your home, it should be far enough away from the car so it does not keep it from locking.

When making purchases in a store or online, be aware that credit cards have far more fraud protection than a debit card. This is especially important when making online purchases...

Remember, each individual is responsible for their own security. Be aware of your surroundings and your neighborhood. If something doesn't seem right, it probably isn't. Call the sheriff's department; better safe than sorry.



Gordon Food Services

When shopping at Gordon Food Services (GFS) on 14th Street, please inform the cashier that you are from Swan Lake Village, and would like the points added to that membership. They have some great products and it is open to the public. The points will help our kitchen acquire some of the supplies we need from time to time.

Thank you for your contributions.





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