

# myBonneyLake

Your guide for recreation and city news

Winter 2020 Issue:  
Recreation Guide p. 4  
City News p. 12



*The Roads family enjoying a stroll along the Fennel Creek Trail during the February 2019 snow storm.*

*Photo credit: Rachel Roads*

**BONNEY**  
*Lake*

CITY OF BONNEY LAKE  
**PARKS**  
**REC**  
SUMNER SCHOOL DISTRICT

## Mayor's Corner



As mayor, I am grateful for opportunities to partner with others on ways that give back to this incredible community. This November, I am thrilled to team up again with DM Disposal for the 6th annual Mayor's Food Drive. As we get ready to celebrate the holidays, I would like to ask for your support in serving the community by donating

nonperishable food. All of the food donated will benefit the Bonney Lake Food Bank, which serves more than 3,000 clients each month. Let's come together and exceed our goal of 6,000 pounds of food!

DM Disposal has made it simple to participate. Bonney Lake residents will receive a plastic bag in the mail to place your nonperishable food donations next to your garbage cart by 7:00 AM on your service day – Nov. 20 or 21. The most helpful foods are canned fruit and veggies; canned tuna; soups, stews and chili; peanut butter in plastic jars; canned meats; and pop-topped canned meals.

If you would like to participate but are unable to have items curbside, please consider dropping off your donation at the

Bonney Lake Food Bank located at 18409 Veterans Memorial Drive East. Or, if you have school-aged children, several of the Bonney Lake area schools will also be hosting a food drive around the same time.

Thank you for your help in making someone else's holiday a little brighter.

If you have any questions, please don't hesitate to contact me at [mayor@cobl.us](mailto:mayor@cobl.us).

On behalf of the City of Bonney Lake, happy holidays and happy New Year!

**Neil Johnson, Jr.**  
Mayor



## Meet Your City Council



**Randy McKibbin**  
Deputy Mayor  
[mckibbinr@cobl.us](mailto:mckibbinr@cobl.us)  
253-241-0472



**Michelle Keith**  
Councilmember  
[keithm@cobl.us](mailto:keithm@cobl.us)  
253-223-3208



**Terry Carter**  
Councilmember  
[cartert@cobl.us](mailto:cartert@cobl.us)  
253-347-5376



**Dan Swatman**  
Councilmember  
[swatmand@cobl.us](mailto:swatmand@cobl.us)  
253-447-4269



**Justin Evans**  
Councilmember  
[evansj@cobl.us](mailto:evansj@cobl.us)  
253-709-9199



**Tom Watson**  
Councilmember  
[watsont@cobl.us](mailto:watsont@cobl.us)  
253-348-7995

### Subscribe to City notifications

Are you up-to-date on what's happening in Bonney Lake? Subscribe to receive City news, City Council agendas, planning commission and land use notices, public safety notices, and more by visiting [www.cobl.us](http://www.cobl.us) or email the City Clerk's Office at [cityclerk@cobl.us](mailto:cityclerk@cobl.us).

**Website:** [www.cobl.us](http://www.cobl.us)  
**General Business Hours:** 8:30 AM-5:00 PM, Mon – Fri  
**City Mailing Address:** PO Box 7380, Bonney Lake, WA 98391  
**Phone:** 253-862-8602  
**Justice & Municipal Center:** 9002 Main Street East  
**Public Works Center:** 19306 Bonney Lake Boulevard  
**Public Safety Building:** 18421 Veterans Memorial Drive East  
**Senior Center:** 19304 Bonney Lake Boulevard  
**Recreation Office:** 15206 Daffodil St Ct E, Sumner, WA 98390

Council or Commission	Meeting Time
Meetings are held at the Justice & Municipal Center 9002 Main Street East	
Council Workshop	6:00 PM – 1st & 3rd Tuesday
Council Meeting	6:00 PM – 2nd & 4th Tuesday
Council Finance Committee	5:00 PM – 2nd & 4th Tuesday
Council Community Development Committee	5:00 PM – 1st & 3rd Tuesday
Council Public Safety Committee	3:30 PM – 2nd Tuesday
Arts Commission	6:00 PM – 4th Wednesday
Civil Service Commission	5:30 PM – 4th Monday
Design Commission	6:00 PM – 2nd & 4th Thursday
Park Commission	6:00 PM – 2nd Monday
Planning Commission	6:30 PM – 1st & 3rd Wednesday

## Find us on Facebook and Twitter

Follow @CityBonneyLake for general City updates and events, and follow @BLPoliceDept for notices and alerts posted directly by the Police Department.

City social media sites, including Facebook and Twitter feeds, provide another means to share information with the community. Follow us today!

[www.facebook.com/CityBonneyLake](http://www.facebook.com/CityBonneyLake)  
[www.facebook.com/BLPoliceDepartment](http://www.facebook.com/BLPoliceDepartment)  
[www.twitter.com/CityBonneyLake](http://www.twitter.com/CityBonneyLake)  
[www.twitter.com/BLPoliceDept](http://www.twitter.com/BLPoliceDept)

## Bonney Lake Receives Budget Presentation Award

The City of Bonney Lake has been awarded the Distinguished Budget Presentation Award by the Government Finance Officers Association (GFOA). This award represents significant achievement and commitment of the City Council and staff to the highest principles of governmental budgeting.



To receive this award, Bonney Lake satisfied nationally recognized guidelines for effective budget presentation. These guidelines are designed to assess how well an entity's budget serves as a policy document, financial plan, operations guide, and communications device. Budget documents must be rated "proficient" in all four categories, and in the 14 mandatory criteria within those categories, to receive the award.

The most recent Budget Award recipients, along with their corresponding budget documents, are posted on the GFOA's website at [www.gfoa.org](http://www.gfoa.org).

## City Launches New Website

The next time you visit the City's official website, you will notice a new dynamic website with a responsive design that automatically scales the site to fit users' browsers on computers, tablets, and smartphones.



The website will be much easier for City staff to maintain and upload new information, which will result in an ever-changing environment that will feature the latest news announcements and calendar events. Additional features include a language translation tool, a text sizing tool, the City's social media feeds, rotating photographs, and more. Online utility payments can continue to be made as before. Visit the website at [www.cobl.us](http://www.cobl.us).

## Indoor Play Park Ages 1-5

Toddlers rule! Everything at "Indoor Play Park" is set up with children ages 1-5 in mind. We have music and toys for a fun and safe indoor play session. A parent or guardian must be present to supervise their children at all times. A parent with 3 or more children must have an additional person to assist with supervision. Indoor Play Park runs through June 11, 2020 and is closed on all observed holidays, no school days, winter and spring breaks. Space is limited to the first 35 children.

Please call (253) 891-6500 for additional information on school closure dates.

**Days:** Tuesdays & Thursdays

**No Class:** Jan 2 & Feb 18

**Times:** 9:30 – 11:30 AM

**Cost:** By pass/punch card only: 10 visit - \$32.79, 5 visit pass \$19.13 (includes WA State sales tax)

**Site:** Robert Miller Gymnasium



## 22nd Annual Father/Daughter Valentine Dance

Join us for a night of dancing, refreshments and door prizes! Each couple will receive a complimentary photo and each daughter receives a complimentary carnation. Don't miss out on this special event! Space is limited, purchase your tickets early. Tickets will be available at the Recreation Office beginning Dec 2nd.

**Tickets are non-refundable.**

**Date:** Saturday, February 22

**Time:** 6:30 – 8:30 PM

**Cost:** \$40 per couple  
\$10 per additional child

**Site:** Lakeridge Middle School



## Off Broadway Drama Ages 6-11

### Session 1: Three of a Kind

You! You! And Me! It adds up to THREE ... bears, little pigs, blind mice, billy goats gruff, musketeers and men in a tub. But wait ... Baby Bear is missing and now it's down to two! Help arrives when a cast load of hilarious threesomes comes to the rescue! Follow the clues and discover how important it is to LISTEN!

Min. 10 Max. 20 per session.

**Days:** Mondays

**Time:** 6:30 – 8:00 PM

**Dates:** Nov. 18, 25, Dec. 2, 9, 16

**Cost:** \$75

**Site:** Victor Fall Elementary

### Session 2: Circus Circus

The circus is in town and there's excitement in the air! But wait...the Ringmaster has come down with a case of laryngitis and they need to find a substitute fast! Join the clowns, acrobats, bears, lions, elephants and a host of other performers as they help one very sad clown smile again.

**Days:** Mondays

**Time:** 6:30 – 8:00 PM

**Dates:** Feb. 24, March 2, 9, 16, 23, and 30

**Cost:** \$75

**Site:** Victor Falls Elementary



## Make a difference



Download the Land O'Frost App to score coupons and earn sponsorship money for the Bonney Lake/Sumner Recreation Program. We are proud to have one of the largest Land O'Frost pee wee programs in the state of Washington in the area south of Seattle.



<http://knoxsports.com/app>

Let's work together: Download the app! Don't forget to scan your lunchmeat!

## Kidz Love Soccer Ages 2–10

Learn the fundamentals of soccer through age appropriate play in a recreational format. Develop socialization skills and large motor skills. Please note: this is a skills class - not a league with games. Shin guards required for all classes except Mommy/Daddy & Me. Parent participation required for Mommy/Daddy & Me class ONLY. Class is indoors, please wear non-marking, white soled tennis shoes.

Taught by the Kidz Love Soccer Staff. Includes Kidz Love Soccer jersey.

Min. 5 Max. 14 per class.

**Day:** Sundays

**Dates:** Feb 2 – Mar 22 (No class Feb 16)

### Mommy/Daddy & Me Soccer

**Ages:** 2–3.5

**Time:** 2:00 – 2:30 PM

### Tot Soccer

**Ages:** 3.5–4

**Time:** 2:40 – 3:10 PM

### Pre-Soccer

**Ages:** 4–5

**Time:** 3:10 – 3:45 PM

### Soccer 1/Techniques/Team Work

**Ages:** 5–6

**Time:** 3:45 – 4:30 PM

### Soccer 2/Skillz & Scrimmages

**Ages:** 7–10

**Time:** 4:30 – 5:15 PM

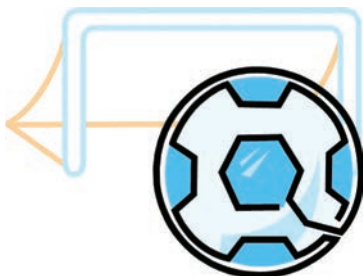
### Soccer 1/Techniques/Team Work

**Ages:** 5–6

**Time:** 5:15 – 6:00 PM

**Cost:** \$110 Includes jersey

**Site:** Robert Miller Gym



## Kids – Karate Ages 6–9

Children will learn basic punches, blocks, kicks, forms and self-defense techniques. The emphasis will be on self-discipline, focus, self-confidence and respect. We will also discuss topics like ‘stranger danger’, bullying and awareness, all in a fun and safe atmosphere. Instructor, Garrett Powers — Black Belt, Isshinryu Karate

**Days:** Mondays & Wednesdays, ongoing through school year

**Times:** 5:00 – 6:00 PM

**Cost:** \$45 per month for individual  
\$30 for each add'l family member

**Site:** Lakeridge Middle School – Gym B



## Youth & Adults Karate Ages 10+

Karate class will focus on the skills of: punches, kicks, blocks, throws, forms and self-defense techniques. Students and adults train together in a positive class setting. Students can compete in quarterly regional tournaments. This program is for all levels, beginning through advanced. Karate promotes self-confidence, discipline, goal setting and fitness. Instructor, Mike Osborn 4th degree black belt, Isshinryu Karate

**Days:** Mondays & Wednesdays, ongoing through school year

**Times:** 6:30 – 7:30 PM Beginners

6:30 – 8:00 PM Advanced

**Cost:** \$45 per month per individual  
\$30 for each add'l family member

**Site:** Lakeridge Middle School – Gym

## Home School PE Ages 4–15

This is an opportunity for home schooled students to have fun and learn basic skills in a variety of sports, games and activities including team sports and group games. Personal physical progression is encouraged along with sportsmanship. Healthy, active lifestyle choices are taught and encouraged. Min. 8 Max. 15. **Call for availability.**

**Days:** Fridays

**Dates:** Jan 10 – Mar 20  
(No class 3/13)

**Ages 4–6:** 10:00 – 10:30 AM

**Ages 7–10:** 10:30 – 11:15 AM

**Ages 11–15:** 11:15 AM – 12:15 PM

**Cost:** \$55

**Site:** Robert Miller Gym



**Thank you to our  
Volunteers & Coaches  
for your dedication  
and leadership.**

“Youth sports isn’t just about the sport. It’s about keeping the fun in the game and teaching your athletes lessons they can take with them in life.”

– Coach John Burns

## Gymnastics Classes

### Ages 1–12

We are excited to partner with Auburn Gymnastics - Sumner Coaches instruct gymnasts through various skills in a safe and fun manner. Gymnasts will also learn strength, flexibility, balance and positive self-image. Attire: flexible clothes free of zippers, buttons and snaps.

**Tiny Stars:** (Coed – Ages 1 to 3) Tiny Stars is a parent participation class designed to introduce coordination, physical development and socialization.

**Mini Stars:** (Coed – Age 4) Gymnasts are introduced to the basic concepts of gymnastics, balance and strength, in a fun filled, challenging environment.

**Mighty Stars:** (Coed – Ages 5 & 6) Mighty Stars are challenged with more advanced gymnastics concepts in a fun and positive environment.

**Girls Beginner:** (Ages 7 to 12) in our introductory school age program, gymnasts learn the basics on all four apparatus in a positive and safe environment. Gymnasts learn Level 1 routines. Please select Session when registering. **Min. 3 Max. 8**

**Days:** Saturdays

**Dates:** Session 1: Nov 30, Dec 14 & 21st - three classes  
(No class Dec 7th)  
Session 2: Dec 28 – Jan 18  
Session 3: Jan 25 – Feb 15  
Session 4: Feb 22 – Mar 14

**Tiny Stars:** 9:00 – 9:40 AM

**Mini Stars:** 9:00 – 9:45 AM

**Mighty Stars:** 9:00 – 10:00 AM

**Girls Beginner:** 9:00 – 10:00 AM

**Cost:** Tiny Stars: \$56 (Session 1 - \$42)  
Mini Stars: \$62 (Session 1 – \$47)  
Mighty Stars: \$67 (Session 1 - \$51)  
Girls Beginner: \$78 (Session 1 - \$59)

**Site:** Auburn Gymnastics Center  
1627 45th St. E, Bldg. D-103,  
Sumner

## Help Wanted: Youth Sports Officials

The Recreation Department is hiring Youth Sports Officials for our upcoming basketball season. Minimum age requirement: 14. If you are interested in joining our team, please apply online at: [www.citybonneylake.org](http://www.citybonneylake.org).

Click Employment, then the GovernmentJobs tab, scroll down to Youth Sports Official and start your online application Please call or email [zerl@cobl.us](mailto:zerl@cobl.us) to schedule an appointment to interview for this position after completing your online application. Please call (253) 891-6500 if you have any questions regarding this position.



## Pee Wee Basketball

### Ages 3–6

This fun coed program is for children ages 3-6. There are two divisions offered: 3/4 year old division and a 5/6 year old division. Score is not kept and the emphasis of the program is on fun. Practice times will be selected by the coaches at the coaches meeting held in mid-January. Practice times typically fall between 8:30 AM and 1:00 PM. Please wear non-marking, white-soled shoes.

**Registration Deadline: Dec 13** (Late fee of \$10 after deadline will apply if there is space available).

**Practices:** Saturday, Jan 18 & 25

**Games:** Saturdays, Feb 1 – Mar 21 (No games President's Weekend)

**Site:** Robert Miller or Crestwood Elementary Gymnasium

**Cost:** \$50, includes T-shirt

## Youth Basketball

### Grades 1–5

Our youth basketball program is open to Sumner-Bonney Lake and Dieringer School Districts only. Grade 1 is Coed and grades 2, 3, 4 & 5 play separately. This program is for all levels of experience. Practices and 6 games occur on Saturdays and some weeknight evenings at local school gyms. Players may play up one grade but cannot play down. Teams are grouped by school unless noted otherwise. Please indicate at the time of registration if you have a specific coach or friend request. Volunteer coaches and sponsors will be needed. Coaches need to be 1st Aid/CPR certified. **Registration Deadline was Nov 5th. A late fee of \$10 now applies if there is space available. Contact our office for availability information.**

**Cost:** \$70, includes T-shirt and late fee

**Jamboree Date:** Jan 11

**Games begin:** The week of Jan 13



## Thank you to our Sponsors!

Sponsors are part of the team. Your participation helps make our programs successful.

### Fall Sponsors

Sparkling Ice  
Spooner Farms  
The Local Store  
Cascade Orthopedics  
Legends Photography  
PMRG, Inc.  
Land O' Frost  
Sumner Veterinary Clinic

## Coed Middle School Tennis

This program is open only to Sumner-Bonney Lake School District students in grades 6-8. Competitions/tourneys will occur after school until late afternoon. Transportation is not provided. Student athletes must complete 10 practices before they are eligible for match play. Sumner-Bonney Lake School District Middle Schools will play matches within our district and in cooperation with Curtis Junior High School. Minimum and maximum registrations may be implemented. **Completed registration form signed by parent/guardian along with payment is required at the time of registration with the Recreation Department.** Additional athletic waivers and eligibility forms are required, please contact your middle school Athletic Director (listed below) or complete an online athletic waiver via FamilyID on Sumner-Bonney Lake School District website: [www.sumnersd.org](http://www.sumnersd.org)

Lakeridge Middle School  
Tim Luhring – (253) 891-5100

Mountain View Middle School  
Dave Rumpza – (253) 891-5200

Sumner Middle School  
Mike Jessee – (253) 891-5000

**Dates:** Season begins March 23rd

**Cost:** \$110 Includes T-shirt

**Registration:** Completed registration form with payment AND completed school district waivers and eligibility forms

**Site:** Lakeridge Middle School, Mountain View Middle or Sumner Middle School



## BLHS Dance & Drill Clinic

Join Coach Lisa O'Brien and Bonney Lake High School Dance & Drill team in this clinic. Learn Dance & Drill skills and techniques. Clinic participants will perform in the Downtown Sumner Santa Parade beginning at 3:00 PM (after the clinic). Coach will give details on where to meet for the parade at the clinic. Wear non-marking tennis shoes, shorts or athletic pants and hair pulled back out of face.

**Registration Deadline: Nov 27th**

**Dates:** Saturday, Dec 7

**Times:** 9:00 AM – 12:00 PM

**Grades:** K – 5 (open to boys & girls)

**Cost:** \$40, includes bow

**Site:** Bonney Lake HS – Gym



## Sumner High School Junior Cheer Clinic Grades K-8

Learn cheer fundamentals such as jumps, kicks and motions in this fun one day workshop. Under the direction of Coach Cyndee Meek and taught by the Sumner High Varsity cheerleaders, your child will learn a winter cheer routine to be performed at a Sumner High School basketball game (details will be given at clinic). Parents, please note there is an admission fee for the basketball game. Clinic participants will not have to pay an admission fee. Wear non-marking tennis shoes, shorts or athletic pants and hair pulled back out of face. Clinic is for boys and girls.

**Dates:** Saturday, Jan 11

**Times:** 9:00 AM – 12:00 PM

**Cost:** \$40, includes T-shirt

**Site:** Sumner High School Gym

## 10th Annual Coed Volleyball — "Call Your Own Violations"

All players must be 16 or older with all players under age 18 requiring parental consent. Teams will consist of 3 men and 3 women (you may have up to 12 players on your roster). High School Volleyball rules will be in effect (rally scoring, first touch, etc.) League will be played on Tuesday or Thursday evenings at local middle school or high school gymnasiums. Teams will play 14 matches (typically two per night). League play begins in late February. First place team will receive championship T-shirts.

**Registration deadline: Feb 7th**

**Cost:** \$185 (80% of team residents of Bonney Lake)

\$200 (Teams outside Bonney Lake)





## Babysitting Class Ages 11–16

Boys and girls, come for a day of fun while earning your Super Sitters certificate! This class will cover leadership and the business of babysitting, basic care of children, understanding children of different age groups, safety, and first aid. Boys can be babysitters too! Instructor, Jaquelyn Ball, has a BA in Communications with an emphasis on early childhood education, is a mother of 6, and has been teaching this class for 11 years. Bring a sack lunch and snack to class. Min. 10 Max. 30

**You must pre-register for this class, no registrations accepted at the door.**

**Date:** Saturday, Feb 1  
**Time:** 9:00 AM – 2:00 PM  
**Cost:** \$65  
**Site:** Daffodil Valley Elementary, Room 404

### Do you have a talent to teach and share with the community?

Looking to make extra money while doing it? Please contact Eena Wiest at the Recreation office 253-891-6500 to discuss a class for our Spring MyBonneyLake

## Safe at Home Class Ages 8–12

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, and phone and door safety. Learn how to be safe, comfortable and confident when staying home alone. Instructor, Jaquelyn Ball, has a BA in Communications with an emphasis on early childhood education, is a mother of 6, and has been teaching this class for 11 years. Min. 10 Max. 30

**You must pre-register for this class, no registrations accepted at the door.**

**Date:** Saturday, Feb 1  
**Time:** 2:00 – 4:00 PM  
**Cost:** \$30  
**Site:** Daffodil Valley Elementary, Room 404



## ZGiRLS Workshop Ages 11–14

Check out what ZGiRLS is all about at this one-time Confidence Building Workshop! Every girl will walk away feeling confident, empowered and courageous! Invite your friends and build healthy, positive relationships! Deadline to register is FRIDAY, JAN 10TH, 2020. Don't miss the opportunity to learn more about Zgirls. Min 5 Max 30

**Day:** Tuesday  
**Date:** Jan 14  
**Time:** 6:30 – 8:00 PM  
**Cost:** \$20  
**Site:** Lakeridge Middle School

## ZGirls Ages 11–14

For ages 11-14, ZGiRLS Circles equip active girls with the tools and perspective they need to be confident, centered, and courageous. This results-driven ZGiRLS Curriculum™ is designed by sports psychologists, professional athletes, and mental health counselors. Each ZGiRLS Circle will be led by a current/former collegiate or professional athlete who has completed the ZGiRLS training program. Every ZGiRL will walk away with a tool-belt of skills, strategies, and resources that she can use to build a life she loves. Circle meets 2 times a month for 3 months. Min 5 Max 15

### VISION:

We create a world where girls and women live with ZERO limitations.

### MISSION:

ZGiRLS equips girls with the tools and perspective they need to be CONFIDENT, CENTERED, and COURAGEOUS.\*

**You must Pre-Register for this class no registrations accepted at the door.**

**Day:** Thursday  
**Dates:** Feb 13, 27, Mar 12, 26, Apr 16, & 20th  
**Time:** 6:00 – 7:00 PM  
**Cost:** \$199 for quarter  
**Site:** Lakeridge Middle School Commons





## Winter Break Activities Camp Grades K–5

Don't want to worry about your kids while you are at work? Or maybe enjoy a day of shopping while your kids are entertained with us! Join us for activities such as contests, individual and group games, arts & crafts and much more!

Children are supervised by our Before & After School Activities Club staff. All staff are First Aid/CPR and background checked. Please send your child with a peanut-free lunch, afternoon snack and drink. No microwave or refrigerator available.

Our Winter Break Activities Camp is open to all students. Select as many days or as few days as you need. \*\*If your child has a life threatening medical condition or requires medication during camp hours, additional registration forms are required prior to your child attending.

We do not administer medication except for inhalers and Epi-pens.

**Registration Deadline: Nov 29** for the reduced rate.

**Dates:** Dec. 23, 26, 27, 30, 31 Jan 2, 3

**Time:** 6:30 AM – 6:30 PM

**Cost:** \$35 per day if registered by November 26 — \$40 per day starting Dec. 2

**Site:** Robert Miller Gymnasium



## Dog Obedience Training Ages 3 months+

Does your dog jump up on people or barge through the door before you? Doesn't come when called? Can't walk nicely without pulling on a lead? If any of these issues are true for your dog, then it is time for obedience training. Entire families are welcome to attend. Vaccination records are required. Instructor: *Jim Grasley*

**Basic Training:** We teach you techniques to get your dog to be a polite and well behaved dog. We will review household manners, management techniques and discuss common problems such as jumping on others, digging, chewing the wrong things, etc. Cues such as down, stay, come, leave it, sit and loose lead walking will be taught. Socialization with other dogs and humans will be emphasized.

**Intermediate Training:** This course is for all dogs that have completed the Basic course or have instructor's permission. We build on previous learned behaviors and develop reliable, consistent results. More socialization and introduction to off leash walking and agility is included.

**Class 1:** Jan. 4, 11, 18, 25, Feb. 1, 8

**Class 2:** Feb. 22, 29, Mar. 7, 14, 21, 28

**Time:** Basic (A) 2:00 – 3:00 PM

Basic (B) 3:00 – 4:00 PM

Intermediate (A): 4:00–5:00 PM

Intermediate (B): 5:00–6:00 PM

**Cost:** \$105 per dog, per session

**Site:** Robert Miller Gym (indoors)



## Women's Self Defense Class Age 13+

This introductory level workshop will include concepts of situational preparedness, empowerment and “redirecting the scene” Participants will learn and apply practical basic self-defense skills. Workshop is taught in a safe and friendly environment. Wear comfortable clothing such as T-shirt and sweatpants.

Instructors: *Mike Osborn and Garrett Powers* - (both are black belt instructors in Isshin-Ryu karate)

**Date:** Saturday, Feb 1

**Times:** 1:00 – 3:30 PM

**Cost:** \$20

**Site:** Donald Eismann Elementary - Gym



## Prenatal/Postnatal Yoga Classes

This class is for both pregnant and new moms with infants/crawlers. You will experience stress reduction, build muscle tone and relieve tension. What a wonderful way to prepare and/or heal your body for the upcoming changes and demands of motherhood.

**Days:** Fridays

**Dates:** Feb 21 – Mar 27

**Time:** 11:30 AM – 12:30 PM

**Cost:** \$55

**Site:** Henschell Chiropractic  
20119 South Prairie Rd E,  
Bonney Lake

## Stress Reduction Yoga

Breath work, gentle stretching and physical movement, and meditation are taught, as well as other various relaxation techniques allowing the body to begin to recharge and heal itself. These soothing postures help relieve stress and fatigue. This gentle class is for everyone from beginners to seasoned practitioners. Min 4 / Max 12

**Days:** Saturdays

**Dates:** Jan 18 – Feb 22

**Time:** 8:30 – 9:30 AM

**Cost:** \$55

**Site:** Henschell Chiropractic  
20119 South Prairie Rd E,  
Bonney Lake



## Vinyasa Flow Series – \*NEW

This is an alignment based Vinyasa class open to all levels. Flowing sequences integrate movement with breath while increasing strength and flexibility. Students will enjoy a dynamic and energetic class. Modifications will be offered for both beginners and more advanced practitioners. This is a 4 week, eight classes per session. Wear comfortable clothing.

**Days:** Tuesdays / Thursdays

**Time:** 6:30 – 7:30 PM

**Dates:** Session 1: Nov 5 – Dec 3

Session 2: Jan 14 – Feb 6

**Cost:** \$55 per 4 week session

**Site:** Henschell Chiropractic  
20119 South Prairie Rd E,  
Bonney Lake

## Drawing Class

*Ages 18+*

Instructor Betsy Ward will instruct the basics of drawing, line quality, shape and form along with drawing techniques. This class is for beginning, intermediate, and advanced students. Students have the opportunity to work with various types of paper if interested. A minimum of 10 students is required for this class to run. A supply list for this class will be made available to registrants after the class minimum has been reached.

**Days:** Fridays

**Dates:** Jan 17 – Mar 6

**Time:** 5:00 – 6:30 PM

**Cost:** \$80 per student

**Site:** Sumner Middle School  
Commons



## Watercolor Class

*Ages 18+*

Instructor Betsy Ward will instruct the basics of watercolor. This class is for beginners and those who wish to continue to further their understanding of this medium. Students will practice Watercolor techniques by painting objects from observation and through photos, looking at values and various color combinations to describe them. At least one (and possibly more) works should be completed by the end of the course. A minimum of 10 students is required for this class to run. A supply list for this class will be made available to registrants after the class minimum has been reached.

**Days:** Fridays

**Dates:** Jan 17 – Mar 6

**Time:** 6:30 – 8:00 PM

**Cost:** \$80 per student

**Site:** Sumner Middle School-  
Commons



## SpartyLax 3V3 Showdown

3V3 is a small-sided game played with 3 field players, on a “half-court” field, 3’X3’ goal, with tennis balls. The game combines aspects of field and box lacrosse while incorporating key attributes from other sports. The game helps players learn how to move efficiently and correctly on the field, offers many touches with the ball, and an opportunity to play offense, defense and goalie. Skills developed during 3V3 lacrosse help players learn the keys of the game in a fun and fast paced environment. By playing 3V3, player’s ability to rotate and communicate while playing defense will improve dramatically. Three game guarantee, Double elimination format.

**Date:** Saturday, February 1

**Time:** 2:00 – 7:00 PM

**Site:** Sunset Stadium

**Cost:** \$75 per team of 3-5 players

**Boys & Girls Grade Divisions:** 3/4, 5/6, 7/8, & 9-12

## Bonney Lake Senior Center Special Events

19304 Bonney Lake Boulevard  
253-863-7658

Hours: Monday – Friday, 8:00 AM to 4:00 PM

### Lunch Program

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Hot meals are served Monday through Friday. A complete salad bar is offered with a hot meal Monday through Thursday. Lunch ranges from \$4-\$7 and is served from 11:45 AM to 12:15 PM.

### Workshop: Long-Term Care Essentials *Tuesday, November 19, 12:30 PM*

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Local attorney, Bryana Cross Bean, will lead a discussion about the essential facts everyone needs to know about long-term care. 70% of all adults will need long-term care, and it is important to educate yourself. She'll speak about what long-term care is and how much it costs. She'll also discuss ways to afford it, including Medicaid, Medicare, and VA benefits. This will be an interactive presentation, so bring your questions!

### Wellness Workshop: Brain Booster *Monday, December 2, 10:00 – 11:00 AM*

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A healthy brain is the goal of everyone. In this Brain Booster workshop, we will discuss what it takes to renew your brain for your life. You will learn what accelerates brain aging and how to stop the progression. We will cover important lab work that can tell you critical information about your brain health.

### Emerald Hills Elementary Choir Performance *Tuesday, December 17, 11 AM*

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Let's pack the house, sing carols, and enjoy this youth choir!

### Family Bingo Night, all ages welcomed *Every Friday Night, Doors Open: 6:30 PM*

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Play for fun, cash prizes and enjoy our snack bar. Cost varies depending upon the number of games played.

For a list of additional activities, visit [www.cobl.us/government/administrative\\_services\\_department/senior\\_center](http://www.cobl.us/government/administrative_services_department/senior_center).

## Donations Sought for Senior Center Holiday Celebrations

For the past 15 years, the Bonney Lake Senior Center has offered free Thanksgiving and Christmas lunches to the seniors of the community. This is made possible because of the generosity of the community members and businesses. We are once again asking for donations to allow these meals to be offered free of charge. Monetary donations as well as donations of menu items, supplies, and decorations are gratefully accepted. This year's meals are to take place on November 21-22 and December 19-20. Your donation is tax deductible. Please contact Sue Hilberg by phone at 253-447-4327 or email at [HilbergS@cobl.us](mailto:HilbergS@cobl.us) for more information or to arrange your donation. Thank you!



## Thanksgiving Luncheon

*Thursday, November 21 and Friday, November 22*

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Enjoy live music and a traditional Thanksgiving feast on each of these days at 11:30 AM. We offer two seatings in order to serve our growing community. Please choose one to enjoy. The meal is provided free of charge by the generous donations by community members and organizations. Reserve your seat by signing up in advance in the programs binder or calling the Senior Center.

## Christmas Luncheon

*Thursday, December 19 and Friday, December 20*

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Enjoy music and an elegant holiday meal on each of these days at 11:30 AM. We offer two seatings in order to serve our growing community. Please choose one to enjoy. The meal is provided free of charge by the generous donations by community members and organizations. Reserve your seat by signing up in advance in the programs binder or calling the Senior Center.



## Are You Prepared for Seasonal Weather?



Last fall and winter seasons brought heavy wind, rain, and snow to Bonney Lake. The City is gearing up for the storm season and we encourage community members to do the same.

### Help Prevent Localized Flooding

With your assistance, we can keep streets safe and clear and can reduce property damage caused by flooding. Your help is appreciated and makes a difference!

- Check storm drain grates frequently to make sure they are free of leaves and debris.
- Rake leaves away from storm drains near your house or business.
- Do not remove the grate from the storm drain opening.
- Dispose of leaves in your yard waste container or compost bin, please don't blow or rake them into the roadway.

### Downed Power Lines – Stay Clear, Stay Safe

Heavy wind and rainfall can cause trees to fall and possible power outages. As a reminder, if you come across a downed power line, stay as far away from it as you can and call Puget Sound Energy at 1-888-225-5773. Assume it is live. Never touch a downed power line or anything near it.

In addition, do not drive over downed power lines. Should a power line fall on your car when you're driving, stay in the car until help arrives. If a person or pet comes in contact with a power line, stay clear and call 911 immediately. Do not touch the affected individual, or the wire.

If there's a power outage, remember to use alternative heat sources safely and wisely. Follow manufacturers' instructions. Adequately vent fueled space heaters (e.g., kerosene, propane, alcohol) to avoid fatal carbon monoxide gas buildup. Also, do not use outdoor grills or camp stoves indoors as they may cause carbon monoxide poisoning.

To report a power outage, call Puget Sound Energy at 1-888-225-5773. You can also use the online outage map or download the free myPSE app to track power outages in your neighborhood, report an outage and check status and restoration times.

### Snow & Ice

City Public Works crews push loose snow and built up ice to the side of roads. This will not always create bare pavement but does provide an even surface on which to drive. The most heavily traveled roads are given priority by snow plow operators. Priority roads include those around medical clinics, schools, main arterials, collector roads and roads on hills. Priority roads will be plowed continuously until snow fall stops and sanding is done. Then, other streets (residential and dead-end) will be plowed. View the snow and ice control routes procedures and map on the City's website.

If you need to drive during inclement weather, please be prepared and allow extra time to reach your destination. Practice the following:

- Drive for conditions – slower speeds, slower acceleration.
- Check to see if you have traction tires.
- Four-wheel and all-wheel vehicles do not stop or steer better on ice.
- Leave extra room between your vehicle and the vehicle in front of you.
- Slow down when approaching intersections, bridges, or shady spots.
- If you find yourself behind a snow plow, slow down and give the plow a little extra room.

### Prevent Frozen Pipes

When the temperature drops, improperly insulated water pipes can freeze and rupture. Expansion caused by freezing water is also a common cause for leaky pipes. Protect your plumbing during cold weather by taking these easy steps suggested by Tacoma Public Utilities:



1. Insulate exposed pipes, valves and hose bibs. That includes pipes that are outdoors, in attics, crawl spaces, basements and garages. Pipe insulation and insulating material for hose bibs is available at many hardware stores.
2. Shut off and drain outside faucets. If your hose bibs have individual shutoff valves, turn off the water supply for individual hose bibs and open hose bibs to drain faucets.
3. Shut off and drain your outdoor irrigation system and other water fixtures.
4. Disconnect your garden hoses from hose bibs.
5. Cover footing or foundation vents.
6. Keep heat on and set your thermostat no lower than 55° F while away from home.
7. If you are leaving your house for an extended period of time, ask someone to check it daily to ensure the heat is turning on.
8. Locate your emergency shutoff and learn how to turn off your water supply.

### To prepare for an extended freeze, you may want to:

- Let water trickle from the faucet on the outside wall furthest from your water meter.
- Open cabinet doors inside your house to allow warm air to circulate.

### Additional preparedness tips:

- Call 911 only for life-threatening emergencies.
- Do not walk or wade in flooded areas.
- Do not attempt to drive through standing water as your vehicle may stall.
- Watch for “Street Closed” signs. They are placed by crews for your safety.
- Listen to your radio or television for storm forecasts and other information.

- Check on your disaster preparedness kit to ensure it contains food, light sticks, water, flashlights, a battery-powered radio and a wind-up clock.
- Be a good neighbor. Find out if your neighbor needs any assistance with clearing storm drains or with any additional tasks.

### For Assistance and Info:

#### City of Bonney Lake Website:

[www.cobl.us/Government/Departments/Administrative/Services/Emergency Preparedness](http://www.cobl.us/Government/Departments/Administrative/Services/Emergency_Preparedness)

Visit the City of Bonney Lake website for individual and business preparedness resources, snow and ice removal plan, and additional information. “Like Us” on Facebook, [www.facebook.com/BLPoliceDepartment](http://www.facebook.com/BLPoliceDepartment) or “Follow Us” on Twitter, [www.twitter.com/BLPoliceDept](http://www.twitter.com/BLPoliceDept).

### Bonney Lake Residents: To Report Severe Flooding or Downed Trees

If localized flooding is severe and you are unable to clear the drain or to report a downed tree on City streets, please call Bonney Lake Public Works at 253-862-8602 during normal business hours (Mon-Fri, 8:30 AM – 5 PM). To report afterhours, call the dispatch center at 253-841-5431 or 1-844-821-8911.

### Pierce County ALERT

Pierce County ALERT is a free service that allows you to sign up and receive notifications about emergencies that may affect the locations you care about. This service allows fire, police and other agencies dealing with emergency response to send out accurate and up-to-date information that they feel residents should be informed on. Receive alerts on up to 10 different devices such as your cell phone, home phone, email, text messages and more. Choose up to five locations you want to be notified about such as your residence, workplace, children’s school and more. Sign up today at [www.piercecountywa.org/ALERT](http://www.piercecountywa.org/ALERT) or call 253-798-6595.

*Snow photos of Bonney Lake area shared by Toni Devaux, Brandi Osborn, Mandee Babb Cerami, and Lynae Fleck.*

## Bonney Lake Food Bank Needs Your Help

The Bonney Lake Food Bank needs hunger fighters to join our volunteer crews and we have now made it easier than ever to get involved!



Go to [www.bonneylakefoodbank.org](http://www.bonneylakefoodbank.org) and click the Sign

Up button on the top of our home page, this will send you to our new online volunteer management tool where you can view available volunteer positions and sign up for shifts that need to be filled.

Love to drive or want to help? We could really use a helping hand to go out and pick up donations from our community food partners. We are looking for folks who are interested in driving our van or helping a van driver pickup and unload food. We also have a need for experienced truck drivers for our larger refrigerated truck and helpers to ride along and assist with pickup and delivery.

Please visit our website to sign up for a shift or contact us directly at [bonneylakefb@gmail.com](mailto:bonneylakefb@gmail.com) with any questions.

We could not be possible without such an amazing and generous community. Thank you!

## Nominations Open for Medal of Arts Award

The Bonney Lake Arts Commission is now accepting nominations for its annual Medal of Arts Award. This annual award honors an individual or organization residing in Bonney Lake who has made a contribution to and/or promoted the various arts in Bonney Lake.

Nominees/organizations must reside in Bonney Lake or have a 98391 zip code. The individual or organization could be an educator or an artist who makes original art (music, visual arts, performing arts, digital, literacy, etc.) in our community.

To download the nomination form, visit the City's website at [www.cobl.us/Government/Governance/Boards/Commissions/Arts Commission](http://www.cobl.us/Government/Governance/Boards/Commissions/Arts%20Commission). All nominations are due by January 1, 2020. The Medal of Arts Award will be selected by the Bonney Lake Arts Commission.

Questions? Contact Gary Leaf at 253-447-3282 or by [LeafG@cobl.us](mailto:LeafG@cobl.us).

## Support Bonney Lake High School Students by Attending Activities

*Guest Column by Carleigh DeLapp,  
Bonney Lake High School Senior*

Dear Bonney Lake Community,

The school year is in full swing, and that means that there are countless of Bonney Lake High School events coming up. The students of the high school are working hard on both athletics and activities, and want to showcase them to the surrounding community! There are many different events to attend, such as football games and drama showcases.

Having a full stand or performing arts center is an encouragement to all students, for they feel support and valued by the members of the community. We would love to see you at our events and for you to witness the talents that Bonney Lake High School exhibits!

For a list of upcoming events, visit [www.sumnersd.org/blhs](http://www.sumnersd.org/blhs).

Thank you for your support of Bonney Lake High School and its students!



*BLHS Fall Sports Captains*

## Friends of the Bonney Lake Library Used Book Sale

Thursday, Nov. 14 10 AM – 5 PM  
Friday, Nov. 15 10 AM – 5 PM  
Saturday, Nov. 16 10 AM – 4 PM  
Sunday, Nov. 17 1 – 4 PM



Don't miss out on the used book sale at the Bonney Lake Library, 18501 90th St E. Your purchases support the Pierce County Library System. For information, call 253-548-3308 or find the Friends of the Bonney Lake Library on Facebook.

# 2020 Winter Registration Form



## Mail In

### Complete & Return To:

City of Bonney Lake  
Recreation Department  
PO Box 7380, Bonney Lake, WA 98391

## Walk In

**Robert Miller Gymnasium:**  
Located behind Daffodil Valley  
Elementary School  
Open 8:30 AM-5:00 PM Mon-Fri

## Scan/Fax In

Scan form to: [recreation@cobl.us](mailto:recreation@cobl.us)  
You can call in your Visa/MC information after  
emailing your form.  
Phone 253-891-6500 Fax 253-891-6515

Parent or Guardian Full Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Work Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail (required): \_\_\_\_\_

Reside In:  Sumner-Bonney Lake School District Boundaries  Bonney Lake City Limits  
 \*Unincorporated Pierce Co. (Add \$5)  \*Other (Add \$5)

\* \$5 must be added to each program fee for all participants who do not attend (or live within) Sumner-Bonney Lake School District boundaries or within the City of Bonney Lake.

Participant Name	Age	Grade	School	M/F	Time/Session #	Activity Description	Fee
							\$
							\$
							\$

If applicable, would you like to coach? Yes/No Coach/Friend Request: \_\_\_\_\_

Please check appropriate T-shirt size: (if applicable) NOTE: T-shirts tend to run small

Youth X-Small (2-4)  Youth Small (6-8)  Youth Medium (10-12)  Youth Large (14-16)  
 Adult Small (34-36)  Adult Medium (38-40)  Adult Large (42-44)  Adult X-Large (46-48)

<b>TOTAL</b>	\$
*Non-Resident Fee	\$
Total Amount Enclosed	\$

Payment Options: Please select one from the following

Cash  Check (Make Checks Payable to: City of Bonney Lake)  Visa/Mastercard also accepted by contacting the Recreation Office at 253-891-6500

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury, I do hereby waive all claims of legal actions, financial or otherwise, against the City of Bonney Lake or the Sumner-Bonney Lake School District. In absence of signature, payment of fee and/or participation in the program shall constitute acceptance of the conditions set forth in the release. I grant full permission to use any photographs, video tapes, motion pictures, recordings, or any other records of this program for promotional purposes. The City of Bonney Lake and Sumner-Bonney Lake School District do not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any sensory, mental or physical disability, or the use of a trained dog guide or service animal by a person with a disability in its programs and activities.

Signature of Participant or Parent/Guardian if Participant is under 18 years of age \_\_\_\_\_

## Registration Information

- Pre-registration and payment of fees in advance is required for all programs. Please put dates/times of all clinics, camps and classes on your calendar and attend as you will not receive a reminder notification. No refunds issued for missed classes, camps or clinics. League registrations will receive phone notification from the coach regarding practice schedules.
  - Register by mail, e-mail or walk in your registration. No telephone registrations accepted.
  - Confirmations and/or receipts are not sent.
  - Registrations are processed on a first-come, first-served basis. If the class is full when we receive your registration form, we will call you.
  - Please make checks payable to the City of Bonney Lake. A \$35 service fee is incurred for all checks returned NSF (non-sufficient funds).
  - Classes are subject to cancellation if minimum enrollment is not met. If class is postponed, rescheduled, or cancelled, a full refund will be made. All other refunds incur a \$15 processing fee. Late fees are not refundable. Refund requests must be in writing to: [recreation@cobl.us](mailto:recreation@cobl.us).
  - This class schedule is published for information purposes only. The Recreation Department reserves the right to make any necessary changes in the content and provision of the class descriptions or schedules without notice.
  - All program fees include applicable sales taxes.
- \*To qualify for a Resident Fee, families & youth must attend Sumner-Bonney Lake School District schools, or live within Sumner-Bonney Lake School District boundaries or within the City of Bonney Lake.

## Your Recreation Staff:

Rich Hanson, Recreation Supervisor      Laura Zerr, Recreation Coordinator  
Alex Latham, Recreation Coordinator      Eena Wiest, Recreation Coordinator

Registration/information email address:  
[recreation@cobl.us](mailto:recreation@cobl.us)

City of Bonney Lake  
PO Box 7380  
Bonney Lake, WA 98391

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# Tree Lighting Festival & Gingerbread House Contest

Saturday, December 7 • 6:00 PM

Public Safety Building

18421 Veterans Memorial Drive E

Help countdown the lighting of the tree

Santa Photos, Activities, Choir & More!

Enter the Gingerbread House Contest

*Visit the City website for details*

Nonperishable Food Drive

Thank you to our event partners: Bonney Lake Arts Commission,  
East Pierce Fire & Rescue, Bonney Lake Kiwanis,  
Bonney Lake Dog House, Snowshoe Evergreen,  
Bonney Lake Starbucks, and CJ's Deli

For details: [www.citybonneylake.org](http://www.citybonneylake.org)

