

## **Highland High Band**

July 10, 2014 Volume 2, Issue 1

## **Boosters Newsletter**

## **ALMOST THERE!**

The show this year is awesome. It is entitled "Defying Gravity". And is all about aspects of flight. The music is phenomenal. Costumes for Color guard are really fun! Drumline is practicing hard. I can hardly wait to see everything come together.

Please encourage your kids to come out to core training. It's very important. They should be checking the band Facebook page for updates on workout times.

We need lots of volunteers and general help this year. There are many small jobs that take very little time, but are very helpful. Please be prepared to do your part as a parent OR alumni so that we can continue to help the program be the most well-rounded and successful in the state.

If you own a business, or have a close friend or family member that owns a business, we would like you to please help us, by inviting them to give a charitable donation to the booster's 501 (c3) organization. 100% of that donation will go toward band expenditures. If we get enough donations, it will help us lower fees in the future and do many great things. It is important for you to know that we get almost nothing from the school district to support the program. We fund it almost entirely on our own.

If you or your business donates money or SERVICES to the band, we will do all kinds of great advertising, but you need to get it in fast! (Within two weeks) We will put your name on the season shirts, banner and trailers, not to mention in the concert programs. It's great advertising and it's a great cause to support. Please think carefully about it. We have already had a very nice donation this week. Let's keep them coming in.



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Here is the Tax Credit form you should use for your first band payment. Make Sure you circle BAND Below. Remember that you can donate up to \$400 per house hold married or \$200 single. ANYONE can donate in your child's name! You will get 100% of a tax credit donation back in your 2015 taxes. It's really just a fancy savings plan.

# Gilbert Public School District No. 41 **2011** Arizona State Tax Credit Contribution Form

I am enclosing a (Check,Money Order) payable to the public school system for extracurricular activity fees. are \$200 maximum credit. Corporate and/or business check as school sponsored activities that require enrolled students school's education program. Recreational, amusement or tout Name	Total amount canno cks are not eligible to pay a fee in order rist events and/or st	t exceed \$400 for joint tax returns. Individual returns (A.R.S. 43-1089(E) defines extracurricular activities to participate. The activities must supplement the udent trips are not eligible for tax credit.)  S.S.#  time Phone Other Phone ontribution to be used as a TAX CREDIT on your	
NO REFUNDS. The law provides for a credit on your state income tax return.  You will receive your money back after you file your state taxes.			
I would like my contribution to support the following school(s	):		
\$ASHLAND RANCH ELEMENTARY	s	SETTLERS POINT ELEMENTARY	
\$AUGUSTA RANCH ELEMENTARY	\$	SONOMA RANCH ELEMENTARY	
\$BOULDER CREEK ELEMENTARY	\$	SPECTRUM ELEMENTARY	
\$BURK ELEMENTARY	s	SUPERSTITION SPRINGS ELEM	
\$CANYON RIM ELEMENTARY		TOWNE MEADOWS ELEMENTARY	
\$CAROL RAE RANCH ELEMENTARY	s	VAL VISTA LAKES ELEMENTARY	
\$FINLEY FARMS ELEMENTARY		DESERT RIDGE JR. HIGH SCHOOL	
\$ GILBERT ELEMENTARY	\$	GILBERT JR. HIGH SCHOOL	
\$ GPS TRADITIONAL ACADEMY/Neely Campus	\$	GREENFIELD JR. HIGH SCHOOL	
\$ GREENFIELD ELEMENTARY	\$	HIGHLAND JR. HIGH SCHOOL	
\$ HARRIS ELEMENTARY	s	SOUTH VALLEY JR. HIGH SCHOOL	
\$ HOUSTON ELEMENTARY	\$	MESQUITE JR. HIGH SCHOOL	
\$ ISLANDS ELEMENTARY		DESERT RIDGE HIGH SCHOOL	
\$ MESQUITE ELEMENTARY		GILBERT HIGH SCHOOL	
\$ MERIDIAN ELEMENTARY	\$	HIGHLAND HIGH SCHOOL	
\$ OAK TREE ELEMENTARY	\$	MESQUITE HIGH SCHOOL	
\$ PATTERSON ELEMENTARY	s	G.L.C. (Gilbert Learning Center)	
\$ PIONEER ELEMENTARY	s		
\$PLAYA DEL REY ELEMENTARY	\$		
	\$	Before/After School Enrichment Class	
Please apply my contribution to the following specific EXTRACURRICULAR ACTIVITY at the school(s) that I have designated:  Circle One: BAND / ORCHESTRA / CHOIR			
Highland High School Music Student:		Student ID#:	

Please print and return with your student the FIRST day of Band Camp. We need time to prepare the orders and the food! Donations of water bottles cookies, and brownies are needed for this event.

## "Family Band Camp Picnic"

SATURDAY AUGUST 2nd

Mandatory Parent meeting 4 - 5pm,
PARENT SHOW and Family Band Camp Picnic
Fundraiser immediately following meeting.

\$6.00 PER PERSON

\$4.00 PER MARCHING BAND STUDENT

Barbeque Beef Sandwich

"VEGETARIAN OPTION"

Baked Beans, Chips, Watermelon

Dessert and Lemonade

STUDENT'S NAME:	
Regular meals: VEGETARIAN OPTION	
Marching student meal:	
Total: \$	
I Can Bring Cookies! I Can Bring Brownies!	_ (no nuts)

PLEASE PRE-PAY WITH CASH OR CHECK,

MARK ENVELOPE BAND PICNIC AND SEND WITH YOUR STUDENT TO CAMP!!

MONETARY DONATIONS TO HELP PAY FOR THE INGREDIENTS ARE ALWAYS Welcome!!!



#### **DIRECTOR'S CORNER**

From the brilliant mind of David Leh:

The colorguard is looking for more members for the fall season. Please contact David Leh at hhsgrddir1@aol.com.

Dance Camp is on Monday and Tuesday, July 21 & 22 from 6-9pm in Hawk Hall. All band members are encouraged to attend.

High school marching band is a highly rewarding activity that requires a lot of hard work. Marching band requires you to be active, social, and hard working. Joining your school's marching band can be the greatest time of your life.

Funny Definition of Colorguard: People who swing flags and toss rifles to distract the audience's attention away from the band. Makes the band seem better. Get extra credit if they hit (accidentally, of course) a band member, yet denied if they hit a field judge.

## A Quote from David, "One more time!"



#### MEET OUR DRUM MAJORS!

#### Congratulations Nick Lehnertz and Nathan Bitter!

Marching band is right around the corner! One of my favorite things about marching band is becoming a family with the other members. When a group of individuals form a bond that cannot be broken and they all have a similar mindset of what they want to accomplish, nothing can get in their way. I am looking forward to making this bond with the entire band so we can be the best that Highland has ever had! - Nick Lehnertz

"I am really looking forward to helping the band be successful next year, as well as building deeper relationships with everyone. I'm very excited about the show, and I can't wait to see where it takes us."-Nate Bitter

#### **MEET THE SECTION LEADERS!**



**Kyle Young:** Mellophone: "What I love about my instrument is that I get the opportunity to learn something new. This is my first year playing mellophone and I can' wait for the experience. Even though a lot of my section is new to the instrument, I think we can rise up, improve ourselves, and play a major part in making this band the best that it can be."



Jonny LaBarge: Drumline: Wants to remind his fellow percussionists to "Just Do It."

Jonny is a man of few words. But watch closely... follow his example, and you will always be doing the right thing!

#### YOUR SECTION LEADERS...

Piccolo: McKenna Wilson

Clarinet: Macey Jardee

Saxophone: Matthew Ambagis

Trumpet: Daniel Welsh

Mellophone: Kyle Young

Baritone: Courtney Schuelke

Tuba: Faith Christensen

Percussion: Jonny LaBarge

Front Ensemble: Abby Forcey

Color Guard: Leah Yost

## MOVING FROM JUST THE BAND-

#### TO THE BAND FAMILY.

Last year we talked a LOT about thinking of ourselves as a Band FAMILY. It was a good start. With over 60 new members to our marching band, we are very excited to widen our circle and welcome new members in! It's also a great opportunity to start fresh and make new friends, who hopefully will very quickly begin to feel like family members.

We will spend so much time together beginning mid-July with the start of Drum and Guard Camps.

Now is a good time to start teaching your child how to: Look for those kids who need a friend. How to be patient with those that think differently than they do. How to be an example and work HARD. Learning how to do your part will inspire others to do the same.

The LAST THING the parent says to the child before they leave the house can set the tone for the whole day! Say something positive.

Who cares if it's not cool? I bet you make them smile anyway.



It's time for DRUM CAMP!!!!!

 $Wednesday - 23^{\rm rd} \qquad \quad 6pm - 8pm$ 

Thursday  $-24^{th}$  9:00 -12:30, 2:30 - 6:00

Friday  $-25^{th}$  8:00 -12:00, 2:00 - 5:00, 6:30 - 9:00

Saturday – 26<sup>th</sup> 8:00 – 12:20, 2:00 – 6:30

I hope you all had a FANTASTIC summer and are ready for a GREAT season.

With the heat and humidity this time of year, staying hydrated is a must. Drink lots of water before and during camp. If you wait until you're thirsty, it's too late. Also, make sure to bring a hat, sunscreen and sunglasses. Start getting a good night's sleep NOW so you're well rested when camp starts. Most importantly, come to camp with a positive attitude and ready for some long, hard days. Be proud of the fact that you are a member of an AWESOME Drumline.

Parents – We NEED your help. There are many opportunities to help out during the season. We are hoping to see every parent volunteer at least ONCE this year. There are one-time opportunities to volunteer as well as positions to sign-up to help out at every performance. Board Members put in countless hours throughout the year; help spread the workload by signing up for one of the many opportunities. You CAN make a difference.

Looking forward to seeing you at Drum Camp and Band Camp!

## En guard!

En guard is a French term used in fencing meaning "Ready Thyself!"

Well, get ready! We are thrilled to have 17 members of the Colorguard this season! Welcome to all the incoming freshmen! It's going to be a great year!

There will be a guard parent meeting coming up soon. As the Guard Mom, I sent a welcome email to the parents shortly after try outs in April. If you didn't get it, or need information, please send me an email at saraedmunddnp@gmail.com When a meeting time is selected, I will be emailing the parents. The time will most likely be simultaneous with a practice so only one trip to the school needs to happen. Please note that director David Leh has a schedule for the summer practices, so if you need it, let me know!

If you know any student interested in Colorguard, please let them know that Colorguard is still open to new members.

Have a great summer everyone! Looking forward to seeing/meeting people at band camp!

Sara Edmund

## Drum Roll Please....

Drum Camp is
July 23-26.
Contact Dale Treciak
1hsilop@sbcglobal.net
for information on volunteering!

Guard Camp is July 21-26. We need you there!





Band Camp 2013. Notice the tanned... verging on sunburned legs!

#### **HOW TO PREPARE FOR BAND CAMP**

Band camp is an awesome experience. Awesome can mean many things to different people. The best way to make sure that it is a successful event in your child's life is to make sure they are properly prepared. Here are some things you can do to make sure they are:

- Stop drinking sugary drinks at least two weeks ahead of camp.
- Purchase good sneakers and break them in by running or walking a LOT all summer long. Don't wait. Their shoes will probably get ruined at camp. You don't want them to be new shoes. Wearing thicker comfortable socks is the way to avoid blisters!
- Purchase a LARGE insulated water jug, light clothing, SUNSCREEN, sun glasses, and a HAT!
- Send your kids with healthy snacks. Frozen grapes are great! Other
  fruits such as watermelon, cantaloupe, carrot and celery sticks are the
  best. Power bars can also be good, just be careful about their sugar
  content.
- Get them to SLEEP! Start a good sleep pattern at least a week before. It makes ALL the difference in the world.
- Send them to camp FED. But not over fed please.
- Start talking about good work ethic, following the rules, and being a great example NOW!

## MARCHING PARENT MEETING

There will be a very important meeting on Saturday, August 2 from 4-5pm in the band room. We need one parent from each child represented at this meeting!

#### **PARENT SHOW**

Immediately following the meeting, you will be able to watch your kids perform the music and drill they have learned during band camp that week. This provides great motivation for the kids to push through and do their best during camp.

## BAND FAMILY DINNER!

Following that, we will have our annual Band Family BBQ! This is our kick off fundraiser for the marching band season. More details to come in next newsletter. We are looking for cash donations to help us purchase the food for the event. If you are able to help out. Please let Jamie Wilson know. You can email her at

jeffnjamie87@gmail.com

Season shirts will also be available to order at the Dinner!

#### FUNDRAISING FOR YOUR CHILD'S BAND ACCOUNT

Throughout the year we have several fundraisers such as:

- Gold Canyon Candles
- Ear Buds
- Butter Braids
- Poinsettias
- Village Inn Pies

## WHY DO WE HAVE DINNER NIGHTS?

Dinner nights are VERY important to the General Band Fund.

This is the fund we use to purchase and repair instruments, replace uniforms, buy music and other equipment for Marching, Concert and Jazz Bands. Our first dinner night of the season will be:

BREAKFAST FOR DINNER— at the Hen House Café! Date to be released soon.

This will be a fun one!

#### FUNDRAISING THE EASY WAY!

Through our efforts to purchase Sousaphones, we realized that the GOFUNDME website provides an awesome opportunity for our kids to raise money for their individual accounts. Just go to <a href="www.gofundme.com">www.gofundme.com</a> and sign yourself up. It is very easy to create a home page of your own. ANYONE can do it. It is also easy to share your gofundme site with everyone on your email contact list as well as Facebook and Twitter.

The site tracks how much money is donated and holds it in their account. Once you are ready, it only takes a few clicks to transfer the money from their account to your personal bank account. Just a day or two later and few more clicks, you can have all of your band fees paid! Just think... the target for marching fees this year is over \$600. (more if we include a trip to CA) How many contacts do you have? Even just a \$5 donation can go a long way. If you start NOW, you can easily have your band account paid in full by the start of band camp.

#### WHAT ARE TAX CREDIT DONATIONS?

Tax credit donations are the best way for you to pay your band fees. A husband and wife filing jointly can pay up to \$400 in tax credit donations per year. Filing singly, it is \$200 each. The benefits are, you receive EVERY penny of that donation back in your tax return the following year. So are there really band fees? I don't know... it depends on how you look at it.

Let's say your child is involved in EVERYTHING band. Don't worry. If you have grandparents living in state, they can make a tax credit donation too! (just make sure it's in your child's name) So far, best case scenario, that could be up to \$1,200 where you will get every penny back! Still not enough? Your friends can also make a tax credit donation in your child's name. Still not enough? Well... don't worry. We still have a LOT of tricks up our sleeve. Go to www.highlandhighband.org to download a copy of the tax credit donation form. If you can't find it, or have any additional questions, please contact our Treasurer, Eldon Forcey hhsbandtreasurer1@gmail.com.

Please submit your tax credit donation to the mail slot in the band room or you can mail over the summer to: Highland Band Boosters P.O. Box 2414 Gilbert, AZ 85299. The Check must be made out to Gilbert Public Schools! By sending it in with us, we can make SURE that your account is credited properly.

#### VOLUNTEERS MAKE ALL THE DIFFERENCE!

There are several volunteer opportunities we need you to sign up for. Go to Charms and click on Volunteers to sign up! Please make sure to enter in ALL the information.

We are ESPECIALLY looking for help with Uniform fittings: Saturday, July 19, Monday July 21 and Tuesday July 22. Sign up right away!

We also need volunteers for:

Band Camp and our Fundraising team. Now is the time to add your name to our list of distinguished parent helpers! Don't worry if you can only help a little. It goes a very long way.

**HEADS UP!** 

WE ARE ASKING THAT ALL BAND FAMILIES DONATE ONE EVENT OF SERVICE PER SEASON. Lot's of sports organizations require this as mandatory participation. One event is easy. We have plenty of families involved that this is all we will need.



"The best way to find yourself is to loose yourself in the service of others"

#### IMPORTANT DATES TO REMEMBER!

JULY 18: ADVISORY AND EXECUTIVE BOARD MEETING:

7:00PM BAND ROOM

JULY 23-26: DRUMLINE CAMP!

JULY 21-22 GUARD DANCE CAMP 6-9PM

JULY 24 & 26: GUARD REHEARSAL 6-9PM

JULY 28-AUG 2: BAND CAMP!

AUG 2: 4:00 (BAND ROOM) MARCHING BAND PARENT

**MEETING** 

5:00 END OF BAND CAMP PARENT SHOW AND BBQ!

AUG 5: NO REHEARSALS

AUG 6: FIRST DAY OF SCHOOL



#### **UNIFORMS AND UNIFORM FITTINGS!**



Uniform fittings: Saturday July 19, Monday July 21 and Tuesday July 22 SIGN UP ASAP

We could still use some volunteer moms to help those three days.

As of this morning there were only 20 slots filled for fitting times. Please help us by signing up and not asking to be the exception. Click on the following link!

https://docs.google.com/spreadsheet/ccc?

key=0AuTHynSXOneRdFZCek1oek96WUxsOHNvR1lLTi1XTXc&usp=drive web#gid=0

**NOTE:** If you are a TALL or LARGE band member PLEASE sign up ASAP. These are the hardest uniforms to come by. If you want to look your best you need to be at the front of the line to be fitted.

I recognize there are conflicts but fittings MUST occur during these three days if at all possible. The process is time consuming and fussy if we have to keep coming back for individuals.

**Uniform pieces:** (we take care of all the dry cleaning) These remain at the school with the exception of personal items such as: gloves, shoes, socks, hair nets (for long haired boys) etc.

Where: Fittings will be in the room upstairs inside the band/orchestra room. Plan on about 15 to 30 minutes.

<u>Wear</u>: Tight fitting/wicking fabric like you would march in. Underarmor works fabulously. There are several knock-off brands that are more than adequate.

<u>Mandatory Practice tees (gray ones):</u>

- **New students** receive ONE included in their band fee. Extra (highly recommend extra) tees are available for purchase for the cost of printing (\$6). *If you have connections to a tee shirt printer and think you can get us a better deal we are thrilled to entertain the possibility.* 

<u>Shoes</u>: - New students: Shoe fees (one pair) are included in your band fee YOUR FIRST YEAR. Your student will NOT come home with their shoes. They will be fitted next week but will not be delivered for several weeks. **Vets:** TRY ON YOUR OLD SHOES to make sure they still fit. Ordering individual pairs is expensive and you'll have to pay shipping.

#### Gloves:

- ALL students receive one pair included in band fees. These are sized at fittings. Extras can be purchased throughout the year. Regular \$3 and Sticky (for new silver instruments) are \$4 each.

#### Shakos: (hats)

- Sized at fittings. Even those who think they know their size.

#### **Garment bag**

- The student fee also includes a uniform which remains at the school. Upon Graduation we make sure each Senior has a new bag (not the used ones) to take with them. Sort of a memento.

In the past we have sold shoe bags but their use has become somewhat superfluous. If you are highly interested in purchasing a shoe bag I can probably scare up a few. They are \$10. Because kids come to practice with shoes ON the need for a bag has faded into the past.

Thank you!!

Please direct your questions to Lorell Morrell (cell) 480-560-6508 or lorellmorrell@qmail.com

# PLEASE COME TO THE PARENT MEETING AUGUST 2nd at 4:00PM in the Band Room!

There will be critical information for all parents who have kids involved in Marching Band.

The Parent show and dinner will be immediately following

#### From the Booster President:

I have had many, many emails and other communications from families concerned about the fees and schedule for next year. We totally understand how very anxious you are to find out. We only just received the information from district about the budget three days ago. It will take us a little while to put together the numbers. Please continue to be patient. We totally understand how frustrating it is not knowing. We are with you, but we are finally almost there. You will receive a separate email about that information. The news will not be bad for you. Don't worry. Best thing you can do is be prepared to make your first payment.

So in the mean time, please seriously consider using GOFUNDME to begin raising money for your account. You can always adjust your goal.

We will have individual account fundraisers almost as soon as camp is over. Remember that through our individual account fundraisers, GOFUNDME, Grocery Card Programs and tax credits, you really don't have to pay a dime for band. There are many options at your disposal.

The show is coming along great. The brand new band council has an incredible work ethic and attitude. We've already had a lot of great parents offering to help. I'm thinking this will be a fantastic year. We've had a lot of changes, but that doesn't mean things have to be bad. Change is simply an opportunity to grow and do something different. Sometimes that leads to things better than you can even imagine!

I am very excited to have one more year to do all that I can to support the finest music program in the state. I believe in Mr. Bennett and his staff. I believe in the parents who support this program and most importantly I believe in the KIDS!

See you all very soon!

Cami Jaworski

hhsbbpresident@gmail.com

#### HIGHLAND BAND BOOSTERS

The mission of the Highland Band Boosters is to provide musical educational opportunities for youth who are enrolled in Highland High School Music Programs. As a non -profit organization, we will do our best to help supplement funds to provide the best musical opportunities. We also provide support by means of volunteer service. We also fulfill a supportive role to the band program and provide any assistance deemed necessary by the HHS Band Director. The **Highland Band Boosters** are proud to provide such a service to what we be-

#### **BOOSTER CONTACT INFORMATION**

President: Cami Jaworski hhsbbpresident@gmail.com
Past President: Jamie Wilson jeffnjamie87@gmail.com
Vice-President: Joy Ramsey hhsbandboosterjoy@gmail.com
Vice-President: Jodi Robinson robinsonfam@cox.net

Secretary: Shannon Howard highlandbandsecretary@gmail.com

Treasurer: Eldon Forcey hhstreasurer1@gmail.com
Fundraising Chair: Andrea Owen hhsbandfundraiser@gmail.com
Grocery Cards: Kris Dolezal hhsbandgrocery@gmail.com
Uniform Coordinator: Lorell Morrell lorellmorrell@gmail.com

Publicity Chair: Tammi Lehnertz bruingal@cox.net

Equipment: Mark LaBarge mark@labargeco.com

Food Coordinator: Lori LaBarge labfamaz@cox.net

Guard Liaison: Sara Edmund saraedmunddnp@gmail.com

Percussion Liaison: Dale Trzeciak 1hsilop@sbcglobal.net Photographer: Joe Zollner gcnphkr@gmail.com Medical Coordinator: Anne Welsh majorwelsh@hotmail.com Web Designer: Chris Page az944racer@gmail.com Jazz Board President: Paul Marchant pmvgamundo@gmail.com Vice-President Joe Zollner gcnphkr@gmail.com

Secretary: Shannon Howard highlandbandsecretary@gmail.com

Treasurer: Kris Dolezal krisdolezal@cox.net

#### **Directors Contact Info:**

**Director:** Kevin Bennett Kevin.bennett@gilbertschools.net

**Percussion:** Wardell King kingpercussion@cox.net

**Guard:** David Leh hhsgrddir1@aol.com



### How to get information:

Visit the following websites for INDEPTH information and see fun videos and pictures of your kids!

www.highlandhighband.org Www.highlandjazz.com

Pay your Band Fees and check the Calendar on CHARMS!

Www.charmsoffice.com

(School Code: HighlandHighBands) (Student ID: Your childs ID number)

#### LOST AND FOUND

#### LOST!

Lorell Morrell is missing her CUTCO knife! It was most likely lost during Jazz Festival. It is very dear to her. If you have a semi-long serrated knife that says CUTCO and it does not belong to you, please contact Lorell @ lorellmorrell@cox.net

#### FOUND!

Students and Parents can have something posted here on Lost and Found! Email Cami Jaworski to get it in before the 25th of every month.

hhsbbpresident@gmail.com

#### YOUR BUSINESS AD HERE!!!

Another space to put an ad!

I can build as many spaces distributed throughout the newsletter as we need in future editions. There will even be a Front Page ad space!

#### YOUR BUSINESS AD HERE!!!

Brand new this year... we will offer ad space in our newsletter. We will also do a better job of selling ads in the Concert/Jazz Programs.

We also have ad space available on our websites, season T-shirts, season banner, and band trailer. If you own a business, and would like to advertise with us, please contact Andrea Owen IMMEDIATELY. It takes time to get these things set for printing. hhsbandfundraiser@gmail.com

We have package deals that will get you set for the entire year or you can choose "al a Cart"!

Please tell your friends. Thousands of people see our season during marching season, and around 500 people see our newsletter. It's a good investment.

Call Andrea Owen for pricing (which is incredibly

#### **FACEBOOK!**

#### ARE YOU CONNECTED?

Join the following groups to get up to the minute information about student activities, competitions and events on Facebook.

"Current Highland High School Band Members"

"Friends and Alumni of Highland Bands"

"Highland High School Drumline. Gilbert, AZ"

Please be careful about what you post on Facebook! We closely monitor everything that goes on these pages. If there are any violations of our policies, we will remove you from the group and if necessary, disciplinary action will be taken.

#### Here are some rules:

The purpose of these pages are for INFORMATION.

Nothing personal of any kind should be posted

Always check your facts before you post! (dates/times/etc.)

If you wonder even for a minute if you will get in trouble if you post something... just don't do it.