

Incline Village General Improvement District Vol 10 Num 3

IVGID

Magazine

FALL/WINTER 2024



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"I work at Diamond Peak in the winter and at the boat ramp in the summer. I like helping people enjoy the seasons, sports, and keeping them safe on the water and on the snow. My office view at the boat ramp is like no other and the views at Diamond Peak are pretty stunning too!" - Peter Price



"Working both seasons with IVGID gave me the opportunity to meet people from various departments and build relationships throughout the whole District. Having cross-department knowledge also gave me an advantage in bringing new ideas to each season. I love seeing all my peers returning each season, and working alongside them through various seasons really brings us all together." - Adia Van Peborgh



Volume 10, Number 3

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IVGID FACILITIES & CONTACT INFO

Aspen Grove Community Center	960 Lakeshore Blvd.	775.832.1240
Burnt Cedar Beach	665 Lakeshore Blvd.	775.832.1232
Championship Golf Course	955 Fairway Blvd.	775.832.1146
Diamond Peak Ski Resort	1210 Ski Way	775.832.1177
Disc Golf Course	980 Incline Way	775.832.1310
Incline Beach	967 Lakeshore Blvd.	775.832.1233
Incline Bike Park	980 Incline Way	775.832.1310
Ridgeline Park Fields	939 Southwood Blvd.	775.832.1310
Incline Skate Park	Tahoe Blvd. & Southwood	775.832.1310
IVGID Administration	893 Southwood Blvd.	775.832.1100
Mountain Golf Course	690 Wilson Way	775.832.1150
Preston Field	700 Tahoe Blvd.	775.832.1310
Public Works	1220 Sweetwater Rd.	775.832.1203
Recreation Center	980 Incline Way	775.832.1310
Ski Beach	967 Lakeshore Blvd.	775.832.1156
Tennis & Pickleball Center	964 Incline Way	775.832.1235
The Chateau at Incline Village	955 Fairway Blvd.	775.832.1240
The Grille at the Chateau	955 Fairway Blvd.	775.832.1178
Village Green	960 Lakeshore Blvd.	775.832.1310

WELCOME TO PARKS & RECREATION DIRECTOR KAREN CROCKER



The Incline Village General Improvement District (IVGID) is pleased to announce that Karen Crocker was hired as the District's new Director of Parks & Recreation.

Crocker comes to the

District with a lifetime's worth of experience in parks and recreation management, having worked in various roles since the age of 15, when she got her first job as a junior camp counselor with the Saddleback Valley YMCA in southern California. Crocker went on to graduate from San Diego State University with a degree in physical education and an emphasis on adapted physical education for special needs children, and spent most of her career in southern California.

Crocker has been a recreation director for the past 20 years and brings extensive experience in grant writing to her new role, having received two California Parks & Recreation

Society Healthy Play Initiative grants and awards for newly-constructed playgrounds. She and her husband Randy have owned a home in Incline Village since 2018, and she is looking forward to being able to contribute to the health and wellbeing of the local community.

"I am excited and humbled to serve the residents of Incline Village and Crystal Bay, and I look forward to embracing the community," Crocker said. "It is an honor to be able to work with the incredible and dedicated staff and organization at IVGID."

In her role, Crocker will oversee the Incline Village Recreation Center, the Incline Village Tennis & Pickleball Center, the IVGID-managed restricted-access beaches, the District's parks maintenance department, and all Parks & Recreation department programming and services.

"I am very excited to take the job," Crocker said. "This is my opportunity to continue my career in recreation as well as permanently move here. So I am thrilled."

As of press time, Crocker was also serving as the District's Acting General Manager.

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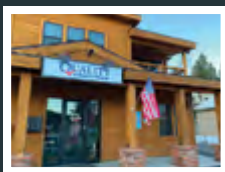


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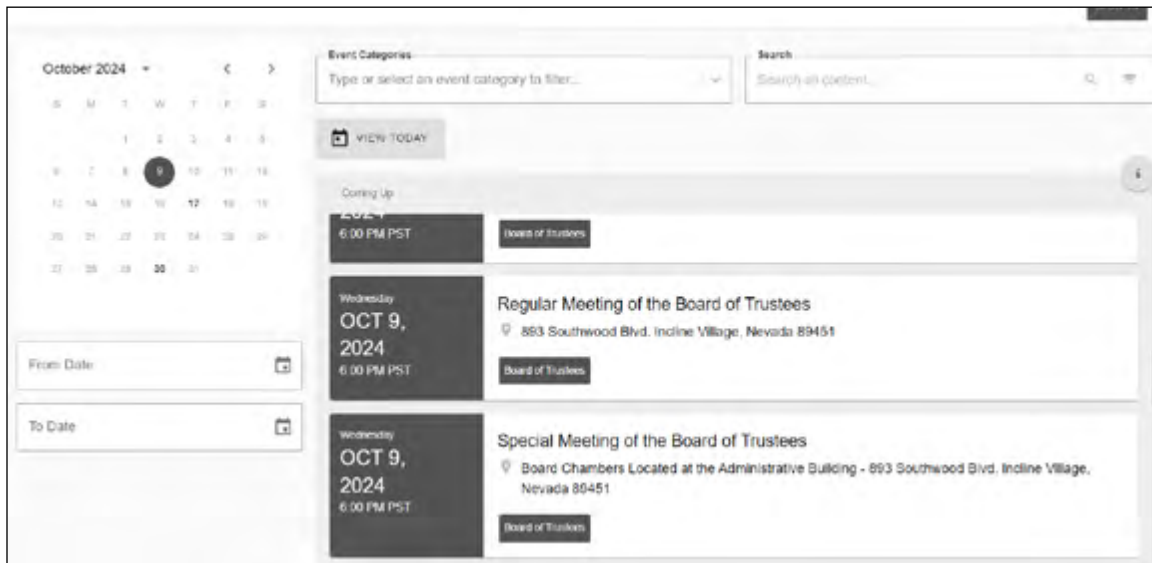
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NEW CIVIC PLUS PORTAL FOR MEETINGS MATERIALS

Community members interested in keeping up with everything going on at our Board of Trustees meetings and board-appointed committee meetings have a new tool available that makes it easy to stay engaged - IVGID's online Civic Plus portal.

You can dive directly into the Civic Plus portal at <https://ivgid.portal.civicclerk.com/>, or access it through the Meetings & Agendas page on the YourTahoePlace.com website. Either way, the Civic Plus portal is the new Board of Trustees' and Board-appointed committees' meeting materials repository, and it comes with a slate of great tools that will make meeting materials more accessible to the community.

Click into any upcoming meeting to find the meeting agenda and packet materials (including links to individual items and approved meeting minutes from prior meetings). Click into

past meetings to find all of the above, plus the video recording of the meeting (including links to the specific portion of the video where each item/topic was discussed).

Looking to subscribe to updates about Board of Trustees meetings and/or specific committee meetings? Create an account by clicking the "Sign In" button in the top right corner, then look for the "Subscriptions" button to manage the email notifications you'd like to receive.

The new Civic Plus portal will eventually replace the current online pages of Board meeting agendas and packet materials, so we encourage everyone in the community to start getting used to the new tools and functionality now, and send any user feedback in to info@ivgid.org with "Civic Plus feedback" in the subject line.



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—Navit Yehuda, Powder Mountain, UT

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AQUATICS

Monster Mile Recap by Claire Harmon

The 2nd Annual Monster Mile was held on August 2 challenging 9-15 year old Incline Village athletes with a one-mile run followed by a one-mile swim. Starting from Incline Beach, the team ran to Burnt Cedar Beach and then entered the beautiful waters of Lake Tahoe for the one-mile swim back to Incline Beach.

This year, 14 athletes participated in the event following week four of IVGID's Junior Lifeguard training program.

The event was fully supported by IVGID's aquatics coaches, lifeguards, the North Lake Tahoe Fire Protection District, parents and friends. We thank all those in kayaks, on paddle boards and jet skis ensuring the swimmers were safe during the swim.

Open water swimming is a unique aquatics skill that requires training and skill development throughout the summer. We couldn't be prouder of each and every individual that voluntarily challenged themselves and successfully completed the Monster Mile.

INCLINE VILLAGE RECREATION CENTER

The Incline Village Recreation Center is Lake Tahoe's finest fitness and recreation center: a 37,000 square foot facility offering activities for all ages. We are open to members and the public; proudly serving our community 363 days a year!

Whether using the facility for the day or the year, your membership includes 40 group and aqua fitness classes and access to the cardio/ strength conditioning room; plus limited hours of lap swimming and use of the sports gymnasium. Visit the website for membership options and pricing. Discounts are available for IVGID Recreation Pass holders, couples, families, seniors, students and businesses.



Swim Around Tahoe

Complete this program by swimming in the pool, the lake, or whatever facility you desire. Just record your yardage and we will track your progress. Upon completion of the 71-mile journey you will receive a T-shirt and your name on the plaque at the Recreation Center pool. This is an ongoing program for all ages with annual registration.

Fee: \$52, \$39 w/ IVGID Pass

Youth Group Swim Lessons (English or Spanish)

Various two-week group youth swim lesson sessions will be offered during the week throughout the fall. Spanish group youth swim lesson sessions are offered on select Saturdays.

Scan this QR code or visit the aquatics page at InclineRecreation.com for details.



JOSH WOLF

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Comedian, actor, and writer Josh Wolf has become one of the most sought-after personalities in comedy today. From adding his quick-witted commentary on comedy round tables, to becoming a New York Times Bestselling Author, writing on hit television shows, and headlining stand-up comedy tours across the nation, he has proved to be one of the most dynamic comedians in the entertainment business.

To purchase tickets visit **atlantiscasino.com/josh**

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Youth Swim Clinics

Youth Swim Clinic will focus on stroke development and overall swimming endurance. Coaches will work with kids to foster a sense of team building and camaraderie through creating a fun and motivating experience.

Ages: 5 - 10 years old

Location: Incline Village Recreation Center Pool

Sessions:

Session 1 (Mon/Wed): Sept. 9 - Oct. 2

Session 2 (Mon/Wed): Oct. 14 - Nov. 26

Times: 4:45 - 5:30pm

Fees: \$160, \$120 w/ IVGID Pass

Pre-Swim Team/Northern Nevada Aquatics Swim Team (NNA)

Come join Incline's premier swim team for both competitive and novice swimmers. Our USA Swimming certified coaches will evaluate appropriate levels and practice times for each participant. For those who are participating in USA Swimming, the opportunity to travel to USA Swim meets is available. Swim team fees are due monthly. Please refer to the swim team level descriptions on the website. Ages 6+.

Splashes and Glasses

Swim, connect and indulge with other women on Wednesday evenings. The program is focused on beginner, intermediate and advanced skills. Swim and then join the group for an optional après swim outing at various locations around town. The first Wednesday of each month is designated for beginner swimmers (participants should at least be comfortable in chest deep water), and the remainder of the Wednesdays each month are focused on intermediate and advanced skills.

Days: Wednesdays

Time: 6 - 6:45pm (optional après swim outing follows)

Location: Incline Village Recreation Center Pool

Fee: \$16, \$12 w/ IVGID Pass



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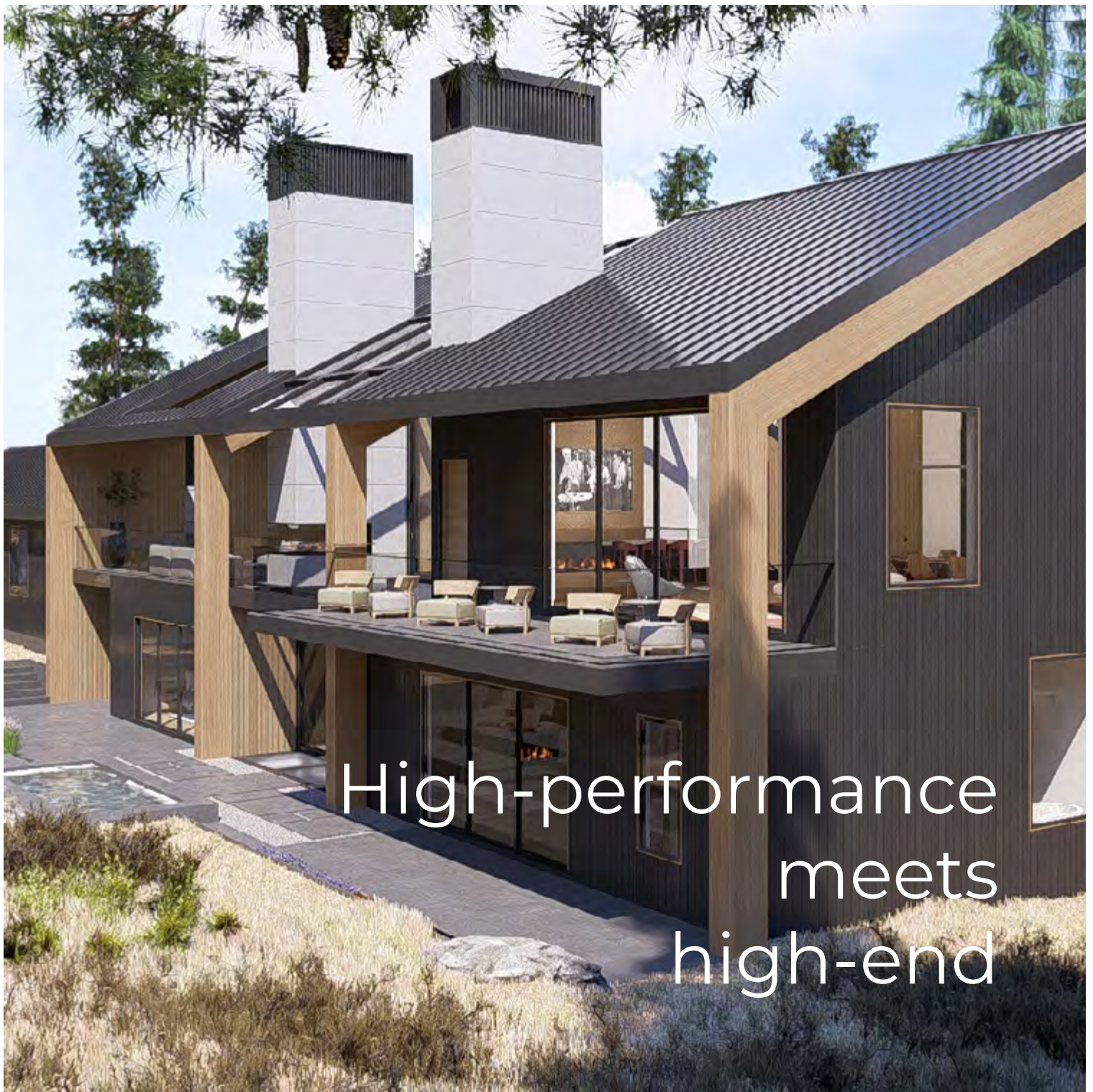


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ACTIVE ADULT/SENIOR PROGRAMS



It's been a fun summer of activities for the Active Adults/Senior programs community, and we have a lot of great programs and trips planned for the fall.

Fall Hiking Series

Join the group every Tuesday for guided hikes to beautiful Lake Tahoe locations. Meet in the Recreation Center Lobby. Schedules available online.

Dates: Tuesdays through Oct. 29

Time: 8:30am – 3pm*

Fee: \$15, \$12 w/ IVGID Pass

* some hikes require more/less time

Active Adventures are open to all! While we prioritize seniors ages 55+ for the following adventures, these programs are open to anyone 21+ who would like to join if space is available! Visit InclineSeniors.com for details and schedules for these programs.



Mountain/E-Biking

Explore bike paths and off-road trails throughout the Lake Tahoe Basin and Truckee. After the ride, enjoy an optional, no-host lunch with your fellow riders. This program welcomes riders of all abilities from beginning levels to moderate intermediates. Schedules available online.

Dates: Wednesdays, through Oct. 25

Time: 9am - 12pm

Fee: \$15, \$12 w/ IVGID Pass

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Popular Line Dancing

The latest popular line dancing style is a great way to get some exercise, step to a wide variety of music, and have a great time. No partners necessary, no experience required. The instructor will incorporate pop, rock, oldies, and western music selections to accompany dance steps. Class is held in the group fitness room in the Recreation Center. Register at the Recreation Counter by calling in, walking in, or online.

Dates: Wednesdays, Oct. 9 - Nov. 13

Time: 5:45 - 6:45pm

Fee: \$70, \$55 w/ IVGID pass per session



Jabber Walkies

Walk and talk at a leisurely pace on these 3-5 mile treks with gentle elevation gain. Enjoy the greater Tahoe area, meet new people, and keep moving. Meet at the Recreation Center.

Dates: Mondays through Oct. 28

Time: 8:30am - 1pm*

Fee: \$15, \$12 w/ IVGID Pass

* some walks may take more or less time

Moonlight Hike with Wine & Cheese Social

These mile-long, paved road hikes to the Crystal Bay lookout site, sponsored in collaboration with the National Forest Service, usually include a spectacular sunset and ensuing moonrise. The outing includes transportation, wine, cheese and snacks. If you would like to participate, but are unable to hike either or both ways, you may ride in the van to join the group at the top.

Date: Friday, Sept. 29 - Harvest Moon

Time: Meet at the Recreation Center at 5:45pm for a prompt departure at 6pm.

Fee: \$25, \$20 w/ IVGID Pass.

Tai Chi for Health

Improve joint health, gain balance and coordination, learn about Chi, and enjoy friends. Try this program as a special introduction to Tai Chi! Meet at Aspen Grove (960 Lakeshore Drive, Incline Village) each Thursday at 11:30am following Conversation Cafe.

Contact instructor Pegi Feyge at pegifeyge@gmail.com for more information.

THE LAKE TAHOE SCHOOL SPEAKER SERIES *presents*

NeuroTeach: Brain Science and the Future of Education

THURSDAY, SEPTEMBER 19TH AT 9:00 AM



Learn important lessons from cognitive psychology and neuroscience to clarify what educators and parents can do to aid in a child's learning process. Presented by author Glenn Whitman, Director of The Center for Transformative Teaching and Learning at St. Andrew's Episcopal School.

Scan the QR code for more information.



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Trips, Tours & Adventures

Plan to get out of town for outings, adventures, and other excursions.

Reno Hot Air Balloon Races

Witness the magnificent sight of a sky filled with colorful hot air balloons! This annual Reno event is a must-see, unique experience and inspiring music. Bring a friend and stroll through the balloons before take-off and watch the

spectacular ascent!

Date: Sept. 6

Time: 4am - 11am

Amador Winery Trip

Enjoy the vineyards and tastings at four Amador County wineries. Bring a picnic lunch.

Date: TBD

Time: 7:30am - 6pm

Fee: \$40, \$33 w/ IVGID Pass (no host lunch cost and tasting fees not included).

Apple Hill

Enjoy vendors, holiday shopping, apple products, and food items in the beautiful Sierra foothills. Bring a lunch or purchase at one of the sites.

Date: Wednesday, Nov. 20

Time: 9am - 4pm

Fee: \$40, \$33 w/ IVGID Pass (+ no host lunch)

Victorian Christmas in Nevada City

Welcome the holiday season in the historic Nevada City. The picturesque downtown transforms into a genuine Christmas card come to life. There are carriage rides, live entertainment, savory yuletide treats and drinks, and of course, Father Christmas.

Date: Sunday, Dec. 8

Time: 11am - 5pm

Fee: \$40, \$33 w/ IVGID pass

Incliners

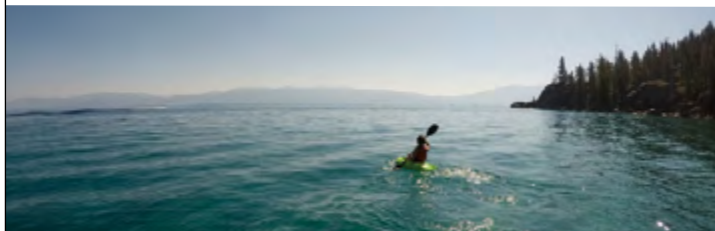
The Incliners host a year-round calendar of social, recreational, and educational events for the 49+ active adult and senior community. Club activities include happy hours, game nights, potlucks, dancing, themed dinners, and more. Visit Incliners.org for membership information.

Senior Transportation (55+)

The Senior Transportation Program is a collaborative effort provided by IVGID Senior Programs, Washoe County, NDOT and RTC. Services include regular transportation opportunities for shopping, errands, outings, and medical or personal appointments. This door-to-door, reliable, affordable service provides local seniors a way to get around, run errands, make appointments, and take care of business. Reservations are required. Please call the Senior Transportation Hotline at 775-886-1020 and leave the requested information for local errands at least 24 hours in advance for the Tuesday, Wednesday and Friday services. The fee for regular Tuesday runs is \$10, with Wednesday or Friday weekly local transportation at \$5. "On Demand" transportation is available



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for other individual needs. Cost is \$45 per person, which includes a same-day round trip for errands, appointments, personal services, etc. (additional fees apply after 3 hours). Airport transportation services, (drop-off or pick up), are \$60 per person. Book "On Demand" transportation services AT LEAST 72 business hours in advance at 775.886.1020. Transportation services may be subject to alteration or cancellation in extreme weather and are subject to driver and vehicle availability. Requested destinations are limited to Washoe County and adjacent communities (i.e. Carson City Stateline, Truckee, and Kings Beach).

Schedule:

Tuesdays - Carson City & Reno (alternating)
Wednesdays & Fridays - Local (IV/CB/KB)

Conversation Café

Conversation Café is a drop-in forum hosted by the Senior Programs staff. Interact with people, share diverse views and a passion for engaging with others over interesting topics, local issues, and world news items. Candid discussions about selected topics elicit frank comments, and the dissemination of information, often with humorous anecdotes and interjections.

Location: Aspen Grove

Days: Thursdays (year-round except holidays)

Time: 10 - 11:30am

Fee: FREE (donations accepted for coffee and snacks)

IV/CB Veterans Club

Join this dynamic group for monthly lunch meetings with featured guest speakers. Veterans, supporters and community members are always welcome to attend the meetings. Participants enjoy involvement with special events and unique opportunities to honor and support local veterans, military service agencies, and special veteran support operations in the community, state, country and world. Meet on the last Thursday of each month, 12 - 2pm, from January through October at the Chateau at Incline Village. There are no meetings in November and December. The IV/CB Veterans Club Mission is: To promote the welfare of all veterans and their families.

Fee: Annual dues are \$30 and includes monthly meeting lunches.

NORTH LAKE TAHOE COMMUNITY HEALTH CARE AUXILIARY



SEPT. 22

1:45pm - 7:45pm

**Incline Village Championship
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\$10,000 HOLE IN ONE CONTEST

Proceeds from Golf from the Heart will go directly to the **North Lake Tahoe Community Health Care Auxiliary**, a 501(c)(3) nonprofit organization, which supports Incline Village Community Hospital and sponsors scholarships for aspiring healthcare students in our community.

UPCOMING WINTER ACTIVITIES

Registration for winter activities typically opens in early December. Details and registration will be posted at InclineSeniors.com.

21+ Snowshoe Hikes & Lunch

Trekkers of all abilities are welcome to join IVGID Senior Programs for weekly light to moderate level snowshoe hikes at various locations throughout the beautiful North Tahoe area. Following the hikes, relax and socialize with fellow snowshoers and enjoy a delicious lunch at a local eating establishment.

Dates: Dec. 3 – March 25

Days/Times: Tuesdays, 10am - 2pm

Fee: \$25, \$20 w/ IVGID pass * Fee includes staff guides, transportation & lunch.

55+ Ski Clinics at Diamond Peak

Skiers ages 55+, don't miss this great opportunity to hone your skills, master safe skiing and meet other skiers at Diamond Peak this winter. Clinics are typically held Wednesday mornings starting in January. Details coming soon. Instruction is designed to help skiers improve, adjust, or modify techniques and encourage skills and habits that support lifelong skiing. Re-entry skiers are welcome. Learn about the latest equipment and skiing technology. Skiers must have a day pass or season pass for Diamond Peak. Bring your own equipment, or rental equipment is available for a fee.

Dates: TBD (typically Wednesdays Jan. - April; no clinics peak/ holiday periods)

55+ Cross Country Skiing

Learn or improve your cross-country skiing skills, including striding and skating techniques. Beginner to intermediate levels welcome. Details coming soon.



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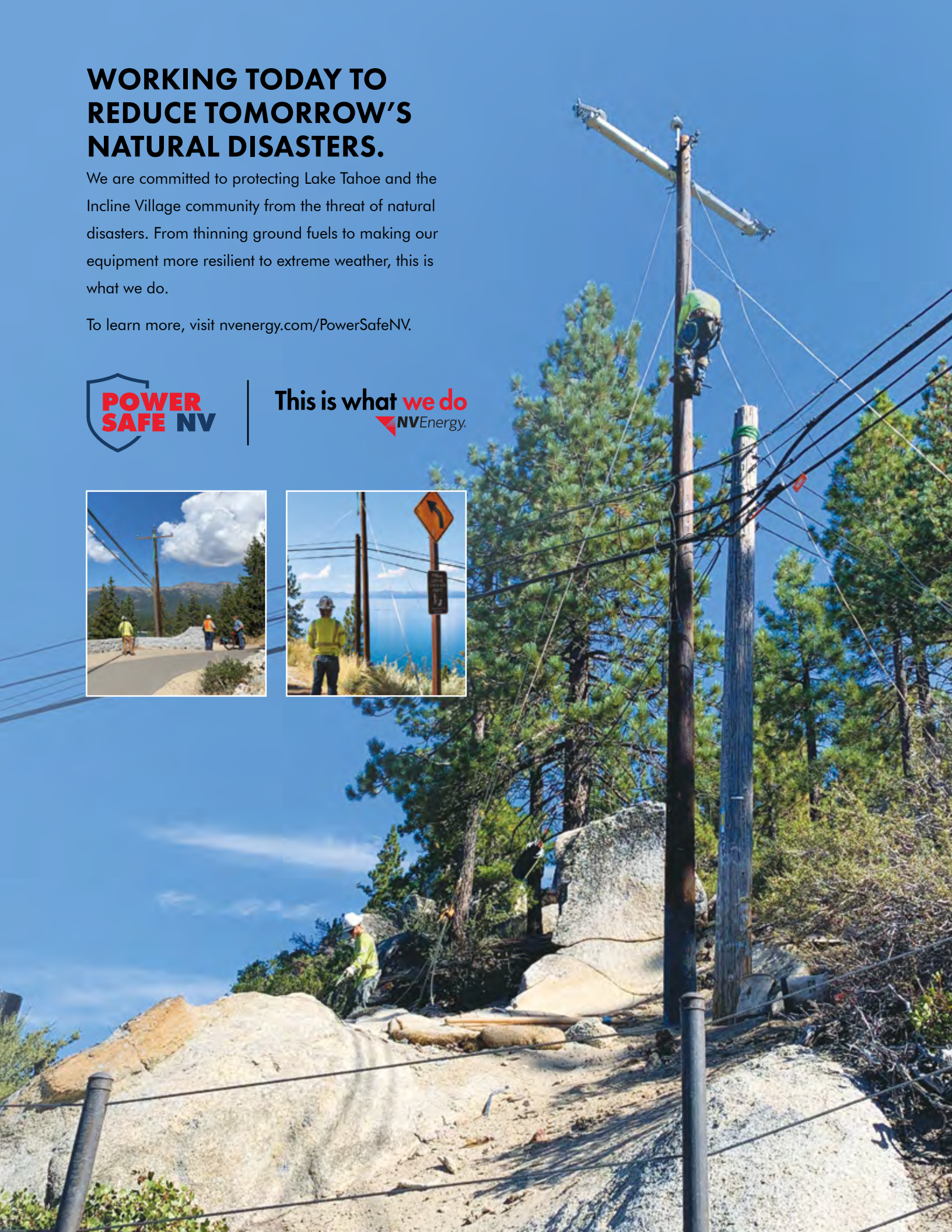
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Preschool Playground

A fun, indoor play area for parents/guardians to play with their children and socialize with other parents. Your littles will love playing on the bounce houses, slides, tunnels, self-movement vehicles, and more!

Days/Time: Tuesdays & Fridays, 9:30am - 11am

Location: Recreation Center Gymnasium

Fee: Drop-In (18mo - 5yrs): \$6, \$5 w/ IVGID Pass

Drop-Off (3 - 5yrs): \$17, \$15 w/ IVGID Pass

*Drop-off option open to Recreation Center Members only. Potty-trained children 3 to 5 years old can be dropped off while the parent or guardian exercises at the Recreation Center.

Incline Ninjas

Learn the basics of tumbling and body control in a fun atmosphere.

Mini Ninjas (ages 3-4)

Day/Time: Thursday 4pm - 4:45pm

Dates: Sept. 5 - Nov. 7*

*No class Oct. 10, 31

Fee: \$336, \$252 w/ IVGID pass

Super Ninjas (ages 5-8)

It's time to somersault, flip & play.

Day/Times: Tuesday 4pm - 4:45pm

Sept. 3 - Oct. 29*

*No Class Oct. 8

Fee: \$336, \$252 w/ IVGID pass

Youth Dance

Check website for dates and registration information.

Tumblers Programs

Various girls' tumbling and gymnastic Programs (girls ages 3-12)

Tiny Tumblers (girls ages 3-4)

Tumbling fun and basics for the little ones.

Days/Time: Thursday 4:45pm - 5:30pm

Dates: Sept. 5 - Nov. 7

*No Class Oct. 10, 31

Fee: \$504, \$378 w/ IVGID pass

Beginner Gymnastics

(girls ages 5-12)

It's time to jump, cartwheel, and have fun!

Day/Times: Tuesday 4:45pm - 5:45pm

Dates: Sept. 3 - Oct. 29

*No class Oct. 8

Fee: \$432, \$324 w/ IVGID pass

Intermediate Gymnastics

(girls 6-12yrs)

Prerequisite skills required must contact Coach Jazz to join advanced gymnastics.

Days/Times: Tuesdays & Thursdays 5:45pm - 7:15pm

Dates: Sept. 5 - Nov. 7

*No class Oct. 8, 10, 31

Fee: \$680, \$510 w/ IVGID pass



SAVE THE DATE

Trail of Treats and Terror

Annual family trick or treating event at the Village Green and Incline Village Fit Trail.

Date: Thursday, Oct. 24

Time: 3:30pm - 5:30pm

Location: Village Green & Fitness Trails (960 Lakeshore)

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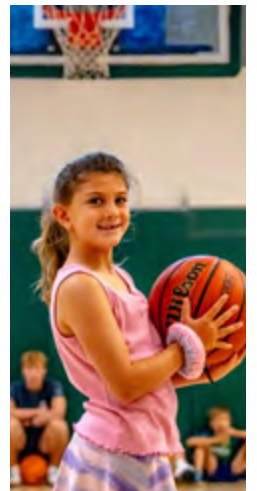
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SUMMER CAMP RECAP

IVGID's youth camps offered a multitude of fun activities from beach days to skateboarding, pickleball, golf, water safety and more. Thank you to all of the camp leaders, and to the parents who signed your kids up for summer camps this year!





Winter Indoor Pickleball

Come get out of the cold weather and join us for indoor pickleball at the Rec Center beginning November 6.

Days/Times: Wednesdays & Fridays, 11:30am – 2pm;
Sundays, 10am – 1pm

No indoor pickleball Nov. 27-Dec. 1; Dec. 22 - Jan. 5;
Feb. 16 - 23, 2025; April 5 - 13, 2025.

Fee: Free for Recreation Center Members. Drop-ins welcome with daily fee to the Rec Center.

Pickleball Skills & Drills

Improve your pickleball game with fundamental skills and specific drills. A focus on footwork for better positioning and agility on the court combined with a dynamic warm up, the shot of the day and a variety of drills will take your game to the next level. See inclinerecreation.com for dates and details. See inclinerecreation.com for dates/details.

Winter Sports Conditioning

This class will focus on winter sports specific strength, flexibility, balance, endurance, agility and coordination. Each class will include a warmup, group drills, stretching, 10-station circuit, and sports specific tips targeted towards winter sports training such as skiing, snowboarding, ice skating and snowshoeing.

Days/Dates: Wednesdays, Saturdays and Sundays,
Oct. 16 - Dec. 15

Time: 9 - 10am

Fee: Free for Recreation Center Members. Drop-ins welcome with admission fee to the Rec Center.

Adult Ballet

This class is for beginner & intermediate levels. Begin or continue your ballet journey as an adult at a gentle pace. Check inclinerecreation.com for details.


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Health & Wellness tip

As the weather begins to cool off, consider taking your routine outdoors. Spending time in nature can boost your mood and reduce your stress levels. Check out Tai Chi or Sound Bath Meditation as an outdoor option.



Sound Bath Meditation

Immerse yourself in the soothing tones of a sound bath. A practice that transcends time and culture to offer profound relaxation and healing. The Sound Healer creates a symphony of vibrations using various instruments such as singing bowls, gongs, chimes and drums to help deepen your relaxation and enhance your overall sense of wellness. Check online for next workshop.

Functional Movement Screen

This screen identifies any weak links in your movement pattern and assigns exercises to correct it. When this is accomplished, you gain greater movement efficiency, leading to improved performance and a decrease in injury potential. Email Kimberly at ksm@ivgid.org to find out more and book your screening.

Tai Chi Chuan

Maintain strength, flexibility, balance, and many other benefits with Tai Chi. Tai Chi Chuan continues with Dave Norehad at Aspen Grove through October.

Dates: Various dates (see website)

Time: 9:00am - 10:00am

Fee: \$22, \$17 w/ IVGID Pass

Location: Aspen Grove



Give the Gift of the Mountain

New scents by local artisans evoke the atmosphere of your mountain home.

You love the fresh mountain air and the scent of the North Shore forest (it's why you have a house here, after all!). Reno/Tahoe-based artisans Outlaw Soaps have released two scents (available in soap, lotion, body wash, cologne, and room spray) that capture our Incline Village scent just *perfectly*.

With special pricing for volume purchases like corporate gifts, wedding favors, and hospitality (your Air BNB guests will rave!), they're a natural choice.

Buy direct at LiveOutlaw.com or inquire about volume pricing or custom blends from Danielle@LiveOutlaw.com

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Interview with Nikki Dean, Mindfulness Coach

What is a Mindfulness Coach? A mindfulness coach is a transformative guide who helps you cultivate greater awareness, resilience, and balance in your daily life. Providing you with tools and techniques to assist you in

navigating life's challenges with more calm, clarity, and intention, working with a mindfulness coach fosters personal, professional, and spiritual growth.

How long have you been a Mindfulness Coach? I have been in the wellness industry for over 20 years, first becoming a yoga & meditation teacher in 2003. I began coaching for Tahoe Forest Hospital in 2011, creating and executing community/employee wellness challenges, providing stress management for cancer patients and corporate clients, mindfulness strategies for weight loss and motivational speaking for optimal health. Last year, I expanded into online group coaching courses teaching people all over the world how to use your thoughts to consciously create your reality.

What made you decide to become a Mindfulness Coach? I am my own best client! I used to put so much pressure on myself and as a result, suffered from anxiety and even panic attacks. The tools I learned have been life changing for me and my clients - I rarely worry and am constantly amazed at how much easier, more joyful and more abundant my life is now that I understand how my mind impacts my daily experiences. I couldn't help but share what I learned as I studied both science (positive psychology, mindfulness) and spirituality (Law of Attraction, yogic philosophy) to experience true freedom.

What do you enjoy about being a Mindfulness Coach? I love witnessing my clients making connections that shift their perspective, then seeing them take inspired action that gets them the results they've been dreaming about. Hearing their stories about how they continue to use the tools

I've shared to steady themselves and move through life's challenges with grace and sometimes even excitement - that's everything to me! Change your thoughts, change your life; it's simple, but not always easy.

Describe some of your healthy mindfulness habits? By far the most important and impactful practice that I have is meditation, which is proven to create structural changes in your brain. I meditate first thing every morning - before there are any other voices in my head - to quiet my mind and center myself for the day. After five years of daily practice, my mind still wanders, but getting a few seconds of quiet is enough to experience profound benefits. Starting your day by prioritizing your mental health in this way improves your sleep, energy levels, pain response, concentration, emotional regulation and more.

What suggestions can you provide to help people stay motivated toward their goals? Get into alignment before you take action. Think about how it will feel when you achieve your goals - will you feel lighter, happier, more confident, more abundant? Try to conjure up that feeling in your body and visualize yourself in as much detail as possible. Once you have activated the feeling that you want to have, move! Make a "To Do" list, look for the most fun-feeling thing on it to do, and take inspired action. Focus on things that are in your control, like how, when and where you will show up, and keep coming back to how you want to feel. Not only will you stay motivated, but you'll have more fun pursuing your goals!



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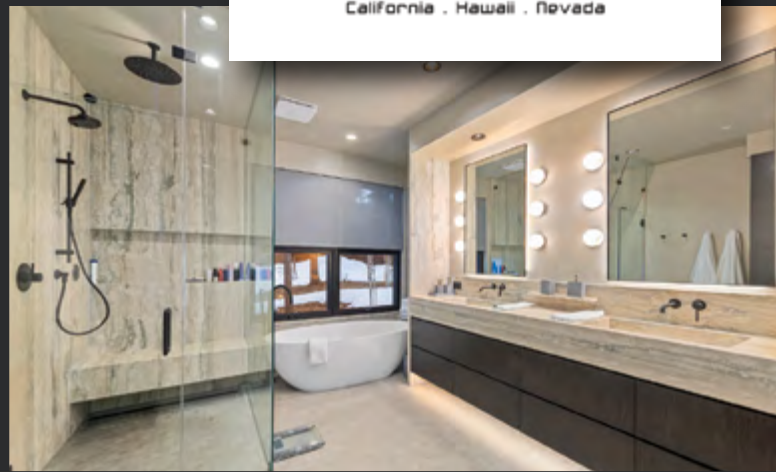
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SUMMER RECAP

It seems appropriate for a late-season note of gratitude and celebration to those who have contributed to a successful, competitive and fun-filled season of tennis and pickleball. When everything is moving along fantastically, it is easy to overlook the personal commitments and elegant choreography that takes place behind the scenes. Our facility, as beautiful as it is, simply provides the blank canvas for all of us to create something extraordinary. It takes a respectful collaboration among long-term residents, vacationing visitors, seasonal employees, facility managers, maintenance oversight, tournament planning, after-

hour mixers to melt together for the wonderful spirit we have all created for ourselves.

Helping to foster that community is a great group of teaching pros including longtime returners Billy Knight, Deanne Larsell, and Dominic Morelli, as well as our new staffers Alan Guthrie and Gabe Galvez. And while the pros are our representatives out on the courts, we'd like to give a shout out to our dedicated front desk staffers, Nigel, Kelly, Karen, Amy, Lisa, Colleen, Tristan, Jake and Ross, who help ensure the operations of the center run smoothly and get folks checked in and ready to play on a daily basis.

This additional level of staffing has enabled us to offer more fun clinics and youth camps this year, bringing back our High School Training Camp offering as well as the youth Silver and Blue Academy clinics. And we've added Youth Pickleball Camp to our lineup this year as well - providing the little pickleballers an option to improve their skills and understanding of the game.

We also saw incredible growth and success this year with our Incline Open Tennis and Pickleball tournaments. When all the matches were played we had over 500 competitors take part across both tournaments, with some very competitive tennis and pickleball action out on the courts. Thank you to all of our competitors! We're already looking ahead to next year's tournaments and how we can keep up with the momentum behind these great events.

We also hosted a late-season Endless Summer Pickleball Smash round-robin tournament/fundraiser this year, presented by Pet Network that really got folks mixing and matching with new playing partners.

As the days get shorter and the temperatures get colder, come spend a second perusing the logowear options available in our Pro Shop. We've got some nice long-sleeve performance apparel and some end-of-season sales coming up soon.

And don't put your rackets/paddles away just yet! We've got our Daily Adult Tennis Clinics continuing through October 11 and organized drop-in pickleball play going on throughout the fall.

Hope to see you on the courts this fall,

Basia Phillips

Basia Phillips, Tennis & Pickleball Center Supervisor

Sylvain Malroux
Sylvain Malroux, Head Pro



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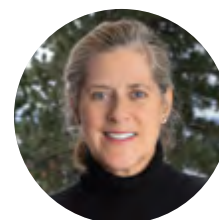
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*Tennis & Pickleball
Center*



Daily Adult Morning Tennis Clinics

Practice different aspects of your game every day of the week with our morning Adult Tennis Clinics. Designed for tennis players levels 3.5+.

Dates: through Oct. 11

Times: 9 - 10am

Fee: \$27, \$22 w/ IVGID Pass

Beginner Adult Tennis Clinics

Everything you need to know to begin enjoying the game of tennis with our USTA certified pros. Appropriate for first timers and those just learning the game of tennis.

Dates: Mondays & Saturdays, through Sept. 30

Times: 11am - 12pm

Fee: \$30, \$25 w/ IVGID Pass



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TOURNAMENT HIGHLIGHTS

The Incline Open Tennis & Pickleball tournaments are the competitive highlight of the year at the Incline Village Tennis & Pickleball Center. This year was the biggest and best so far, with over 500 competitors challenging for the title of Incline Village & Crystal Bay Champion across multiple divisions. Congratulations to all of our winners and competitors!



Incline Open Tournament Results

For a list of Incline Open Tournament winners, please scan the QR codes below and scroll down to the links at the bottom of the pages.



Tennis



Pickleball



*Tennis & Pickleball
Center*





We hope you have enjoyed playing at the golf courses this season. This year the Mountain Course is scheduled to close on October 13, and the Championship Course is scheduled to close on October 20. As in the past several years, we will start working on some projects and maintenance procedures before closing to be able to properly finish in time for winter. Here is the tentative maintenance schedule of major maintenance activities for the rest of the playing season:

Championship Course

Week of Sept. 16: Aerate, amend, seed and topdress tees

Week of Sept. 23: Aerate, amend, seed and topdress tees

Week of Sept. 30: Aerate approaches

Week of Oct. 7: Aerate fairways

Week of Oct. 14: Aerate fairways

Mountain Course

Week of Sept. 2: Aerate, amend, seed and topdress tees

Week of Sept. 9: Aerate, amend, seed and topdress tees

Week of Sept. 16: Aerate fairways/approaches

Week of Sept. 23: Aerate fairways/approaches

After the golf courses close, all greens are aerated twice, amended, and heavily topdressed with sand. Tees, fairways and roughs are aerated, and tees and fairways are topdressed with sand. Irrigation systems are drained and blown out, tree removal and pruning begins, and preventative plant protectants are applied to protect against winter diseases such as snow mold. As long as the weather allows, we will be on the course working on these procedures or other improvement projects.

Thank you for your patience and understanding as we work to improve the golf courses and prepare them for winter!

Jeff Clouthier

Jeff Clouthier, CGCS
Grounds Superintendent

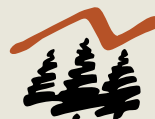
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GOLF SHOP UPDATES

The Incline Village Golf Shops have been getting rave reviews from both residents and visitors from far and near. I am continually getting reports that people are loving how the golf shops look and the products we offer. As with any successful endeavor, it is always a team effort and no one individual is responsible for the success. I am grateful for all our hard working golf shop staff that continue to offer genuine product knowledge and a helping hand to everyone entering the golf shops.

We are adding new late summer “drops” for existing apparel lines and have recently added new golf shoes at the Championship Course Golf Shop. Therefore, stop by regularly if you enjoy the latest in golf fashion. Alternatively, head up to the Mountain Course Golf Shop to see what we have moved there to offer at a discounted price. We look forward to seeing you soon at either or both locations.

Gregory Merritt

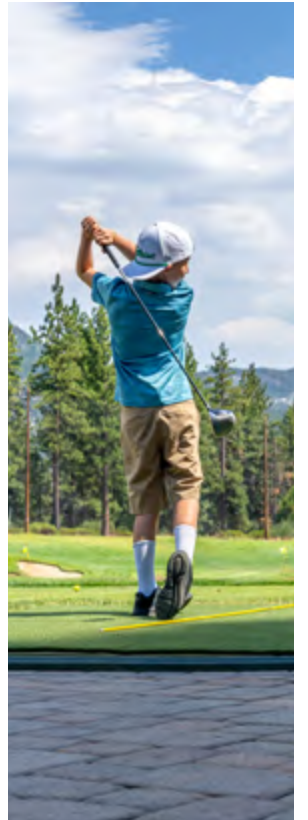
District Merchandiser,
The Golf Courses at Incline Village



SUMMER GOLF REVIEW

It's been a busy summer at the Golf Courses at Incline Village® with some great course conditions provided by our talented golf maintenance staff along with plenty of fun special events, clinics, fit days, youth programs and golf social events. Fall is a great time to get out and play more golf now that the temperatures are cooling off mid-day and the tee sheets generally have a bit more availability.







CELEBRATE THE FLAVORS OF FALL AT THE GRILLE

Summer may be winding down, but there is still some great late-summer/early-fall produce coming in, and our talented back-of-the-house team is always looking to take advantage of the seasonal flavors available. So even if you're not planning on a round of golf, we'd love to see you come in for lunch or an early dinner at The Grille this fall.

We've had a great reception to our new menu items this season, all of which will evolve a bit as the seasons change.

Evan Carsman

Evan Carsman, Executive Chef



HAPPY HOUR AT THE GRILLE

Sit inside or on the deck to enjoy the views and happy hour drink specials daily from 4-6pm at The Grille. Daily happy hour specials include a \$7 craft cocktail of the day, \$7 daily draft or house wine and \$6 canned Coors Light beer. The full food and drink menus are also available during happy hour.

FALL HOURS

(October 1 - 13)

Wednesday - Sunday: 11am - 6pm

(closed Mon/Tues)



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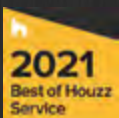
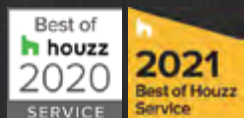


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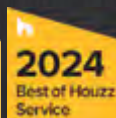
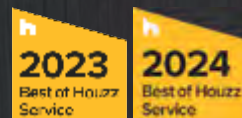
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PRESEASON SEASON PASS SALE

Fall is in the air, and for die-hard skiers and riders (and everybody looking for deals), that means it's time to secure your 2024-25 winter season pass to Diamond Peak while the Preseason Sale is going on.

All Diamond Peak season passes are unrestricted, meaning you don't have to worry about being blacked out over the weekends or holidays if there's a great powder day or your family comes up to visit you. Plus, Diamond Peak passes come with all sorts of bonus perks listed below.

2024-25 Preseason Sale Pricing

Buy Now! Scan the QR code with your phone to purchase or renew your season pass today. Don't delay - pass prices go up on November 1!



Adult (ages 24-64)	\$560
Youth (ages 13-23)	\$472
Child (ages 7-12)	\$268
Senior (ages 65-69)	\$494
Super Senior (ages 70-79)	\$268
Transferable Pass	\$1,209
Ages 6 & Under/80+	Free

Prices valid through October 31, 2024. View IVGID Pass Holder rates at DiamondPeak.com.

Peak Pledge easy refund policy

2024-25 Season Pass holders are eligible for a refund on unused passes if requested by January 15, 2025. (Note: a \$25 processing fee will be applied for each season pass refunded.) No insurance needed. No doctor's note needed. Just contact Guest Services by January 15 if you have not used your pass and would like a refund. Any refunds after this date will only be permitted with a doctor's note, and will be subject to proration.

Bonus Tickets To Partner Resorts

Show your 2024-25 Diamond Peak Season Pass to receive 33+ free bonus lift tickets at 11+ partner resorts during the 2024-25 ski season. Partner resorts are still being finalized but the up-to-date list can be found on the Diamond Peak website.

Transferable Season Passes

Diamond Peak's Transferable Season Pass is unrestricted and fully transferable, which means you can share it with your family, employees, customers or anyone you choose. Limited quantities are available.



On-Mountain Discounts

Diamond Peak Season Pass holders get discounts on the mountain during the ski season when you show your season pass.

- Diamond Peak Rental & Repair Shop: 20% off equipment tuning
- Diamond Peak Base Lodge Outlets & Snowflake Lodge: 10% off food and nonalcoholic beverages
- Discounts on Diamond Peak Last Tracks event tickets (subject to availability)

Note: Transferable Season Passes have additional restrictions. Customers who wish to upgrade to a transferable pass can do so by paying the difference in cost; please call 775.832.1177 to arrange for the upgrade.

FANTASTIC BIG ISLAND HAWAII VACATION AWAITS!

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4 Discounted Bring-A-Friend Tickets

Get your friends on the mountain for a discounted rate of \$30 off the adult full-mountain rate for lift tickets. Pass holder and friend(s) must be present to

redeem. Pass holders can redeem up to four discounted Bring-A-Friend tickets during the 2024-25 season. (Not valid for discount on Beginner, Youth, Senior, Child tickets.)

Appreciation Events

We host fun Season Pass Holder Appreciation events and giveaways to show some extra love to the people who support us year after year. Details will be posted on the events calendar as well as emailed.

Stored Value (aka PassCash)

Load funds onto your Diamond Peak season pass to use at the resort. PassCash is a convenient option for children or those who don't like to carry their credit card with them on the slopes.



Summer Project: Red Fox Haul Rope Replacement

In June, the Red Fox chairlift haul rope (aka the wire cable that the chairlifts are attached to) was replaced with a brand-new haul rope supplied by Tokyo Rope MFG. CO., LTD. - a specialty steel wire rope manufacturer based in Japan. The process of replacing the haul rope is a complicated one, requiring an all-hands-on-deck approach from the resort's summer maintenance staff, as well as expert outside consultants.

First the chairlift carriers - what skiers/riders sit on - must be removed. Then the old rope is detensioned and taken off a number of lift towers so it can be accessed. The

new rope is then temporarily spliced into the old, and a special system is rigged on the ground to pull the new rope around all of the lift towers, using the old rope as a guide. Finally, the temporary splice is undone, and the new rope is permanently spliced together, rehung on the lift towers, and retensioned to its operating tension.

Extensive testing is conducted throughout the process and after to ensure the new rope is functioning properly before the chairlift carriers are reattached and the chairlift is fully load tested and certified as ready for passengers for next winter season.

MAJOR CAPITAL IMPROVEMENT PROJECT UPDATES



Effluent Pipeline

Work continued throughout the summer on the effluent pipeline with crews working 24-hours per day Sunday night through Friday at noon. IVGID are pleased to report the award of \$4.3M in Army Corps reimbursement funds through the Section 595 Water Resources Development Act program AND that the project is currently tracking ahead of schedule. Approximately 7,400 linear feet of new pipeline was put into operation in July 2024 bringing the total replacement for the project to over 12,000 feet to date.

IVGID Staff and the Construction Manager At Risk, Granite Construction, will continue to press ahead with a target of exceeding the originally scheduled production total for 2024 with hopes of reducing the overall project duration. Construction is currently scheduled to continue until November 1, 2024 this year and into the summer season of 2026.

IVGID understands there have been significant delays at times on SR28 although, most importantly, all members of the public and construction staff have been kept safe with no major safety incidents observed or reported. Thank you for your continued patience!



Mountain Golf Course Cart Path Rehabilitation

Phase II of the Mountain Golf Cart Path Replacement project, started in September 2023, was completed in May 2024. Approximately 12,000 square feet of cart path was fully replaced and the project included filling cracks throughout the entirety of the path where full replacement was not warranted. To ensure maximum longevity of the newly replaced and crack-filled sections, approximately 86,000 square feet of the path was slurry sealed to help preserve the useful life of the pavement.

In addition, an area of embankment failure at the creek crossing adjacent to Hole 10 and a deteriorating retaining wall along Hole 13 were rehabbed to support the new cart path improvements and to provide long term erosion protection in sensitive areas. Fore!



Effluent Storage Tank

The Effluent Storage Tank is currently on schedule. Initial delays due to another large May snowfall and unsuitable ground conditions were overcome and site grading – including 9,000 cubic yards of cut-to-fill balance and the removal of the 1960 Mill Pond Dam #2 - was completed in June 2024. Concurrently, precast of the reinforced concrete panels for the tank dome and walls were successfully completed at the Diamond Peak parking lot.

The close of July 2024 saw all the panels masterfully erected in place on site. Continued work includes several large, on-site concrete pours to complete the structural and waterproofing elements and comprehensive site work to install the permanent BMPs across the new site. The tank, also funded by the Section 595 Army Corps Program, is scheduled to be placed into operation in October 2024.



Alder Ave Watermain Replacement

The replacement project consisted of the installation of approximately 900 linear feet (LF) of new water main, isolation valves and new fire hydrants within the Alder Avenue right-of-way. This new section of water main replaced a failing steel pipeline located within a private parcel and increased water system redundancy by connecting two separate areas of distribution piping that includes the Incline Village hospital. The work started in mid-July and was fully completed and repaved in early August.

As is typical but never welcome, the excavation was slowed by the removal of countless large boulders up to the size of a minivan to accommodate the new pipeline alignment. IVGID appreciates all the support and coordination to minimize impacts to the farmers market and local businesses.



Household Hazardous Waste/Electronic Waste Program

The Waste Not team is updating the community hazardous waste program with extended appointment availability during a condensed season. Incline Village and Crystal Bay residents with valid identification can drop off up to 50 pounds of household hazardous waste and electronics by pre-booked appointment. Visit our website ivgidhww.com for information or contact staff at wastenot@ivgid.org or by call 775.832.1284.

Yard Waste/Needle Recycling

Waste Management (WM) is offering Incline Village and Crystal Bay residents free, curbside yard waste recycling collection for 16 weeks in 2024. Residents can set yard waste for curbside collection on their regular pickup days free of charge from September 30 to November 1, 2024. Yard waste left curbside outside of this time frame is considered trash and subject to excess bag charges.

WM mailed in the spring (to the billing address), ninety-six (96) yard debris collection stickers that should be used whenever you dispose of yard waste. Accepted yard debris includes:

pine needles, pine cones, garden waste, small bushes, small twigs, small branches, wood chip, bark, and lawn trimmings. No dirt, rocks, pet waste.

Instructions:

- Place vegetative waste in heavy-duty bags and securely tie each bag.
- Please ensure that each bag does not exceed 40 pounds.
- Attached current sticker to each bag.
- Place bags curbside for collection on your regular service day.

You can also drop off loose or bagged yard debris using the stickers at Incline Village Transfer Station. Loose drop-off is encouraged and reduces plastic bag contamination.

For more information, visit the Incline Village Waste Management website at: www.wm.com.

Large Wood Debris Disposal

North Lake Tahoe Fire Protection District (NLTFPD) offers free chipping for residents with larger wood materials (dead trees, branches, limbs under 6" diameter). Visit nltpd.org/curbside-chipping to request chipping service.

Community Clean Ups

IVGID Waste Not organizes and promotes community cleanups in conjunction with The League to Save Lake Tahoe (Tahoe Blue Crew) and other local organizations. The next event is September 21, 9am-12pm at two locations. Waste Not will be at the Incline Village Recreation Center and Diamond Peak Ski Team's Blue Crew will be at Diamond Peak Ski Resort.



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STAFF SPOTLIGHTS

New & Promoted Staff

IVGID would like to welcome these new staff members who've recently joined our team or returned to it, and congratulate those existing team members who have recently been promoted into new positions within the District. If you see any of these staff members' smiling faces around the District, please say hello and/or congratulations!

New Hires

Welcome! We're excited to have you a part of our team.

Karen Crocker
Director of Parks & Recreation

Kurt Fritz
SCADA Electrician

Luke Potter
IT Technician

Promotions

Congratulations on your promotion and continued contribution to our community.

Kate Nelson
Director of Public Works

Jacob Hebert
Lift Operations Supervisor

DISCOVER YOUR TRUE TAHOE JOB THIS WINTER!

Diamond Peak Ski Resort

- Ski Patrol Assistant Director
- Rental Shop Supervisor
- Cashier/Tickets
- Food & Beverage (Cook, Cashier)
- Lift Operator
- Parking Attendant/Property

Operations

- Rental Shop
- Shuttle Driver (CDL)/Tram Driver
- Ski/Snowboard Instructor
- Ski Patrol
- Snowmaking/Grooming

Diamond Peak Job Fairs

Diamond Peak offers a huge range of fun jobs this winter, whether you want to work outside on the mountain, inside the lodge, in the parking lot, or acting as a host helping our guests wherever they might be. We've got great options for full-time, part-time, weekend-only jobs, plus great perks and a community oriented vibe that can't be beat.

Explore your options and speak directly with hiring managers at these upcoming job fairs at Diamond Peak:

- Wednesday September 18, 2024
3 - 5pm
- Saturday, October 19, 2024
10am - 12pm

Job opportunities for ages 14+!

INCLINE VILLAGE LIBRARY EVENTS



Most events require registration. To register for library events visit: events.washoecountylibrary.us

Recurring Events

Family Story Time – For children of all ages, with a focus on enjoying literacy and language as a family. Every Tuesday and Thursday, 10:30 am.

PJ Story Time – Family Story Time with a bedtime theme. Come in your pajamas and slippers!

Book a Librarian – Get 50 minutes of one-on-one assistance from a librarian on things such as creating a resume, downloading ebooks, setting up an email account, etc. Reservations are required at least 24 hours in advance of your appointment. Every Tuesday, Wednesday, Thursday, and Friday from 11am-5pm.

Write Your Life – A memoir writing workshop meets the 2nd and 4th Mondays of the month from 2 - 4pm.

Teen Tuesdays – Fun and engaging programs designed just for teens. Join fellow teens every Tuesday at 4pm. The month of October we'll be celebrating TeenTober, focusing programs on everything Halloween! Snacks always provided.

Wind-Down Wednesdays for Adults – Join us for a variety of events that will allow you to connect and relax! View

the library's online calendar for a list of specific activities happening. Best for ages 55+ 2nd and 4th Wednesdays at 3:30pm.

Facts & Snacks – Come on over to the library to learn about interesting topics that potentially affect us personally, our community, and our nation. Light snacks provided! 3rd Wednesdays in September, October and November at 2pm.

Sept. topic: Challenged/Banned Books. Speaker: Washoe County Library Collection Manager, Debi Stears

Oct. topic: Your Vote Counts! Speaker: Washoe County Interim Registrar of Voters, Cari-Ann Burgess

Nov. topic: Vulnerable Adult Abuse Prevention. Speaker: Sierra Community House representative

SaturYay! – Family fun on a Saturday! Every 3rd Saturday of the month, 1pm

Sept.: Tye Die

Oct.: Dark due to early voting

Nov.: Air Dry Clay Seed Mosaic

Tahoe Talks: Civic Engagement series, Voting Access – Join guest experts as we learn and discuss this important topic. Tuesday, Oct. 8, 6:30pm.

Family Estate Planning - presented by the Community Foundation and PBS Reno. Free in-person workshop features local experts on topics that include differences and benefits of wills and trusts, health care directives, roles of probate, duties of executors and successor trustees, and much more. Advance registration is required. Please email programs@nevadafund.org to sign up. Saturday, Oct. 12, 10am - 12pm.

Tahoe Talks: Civic Engagement series, Voter education & requirements – Join

guest experts as we learn and discuss this important topic. Tuesday, Nov. 12, 6:30pm.

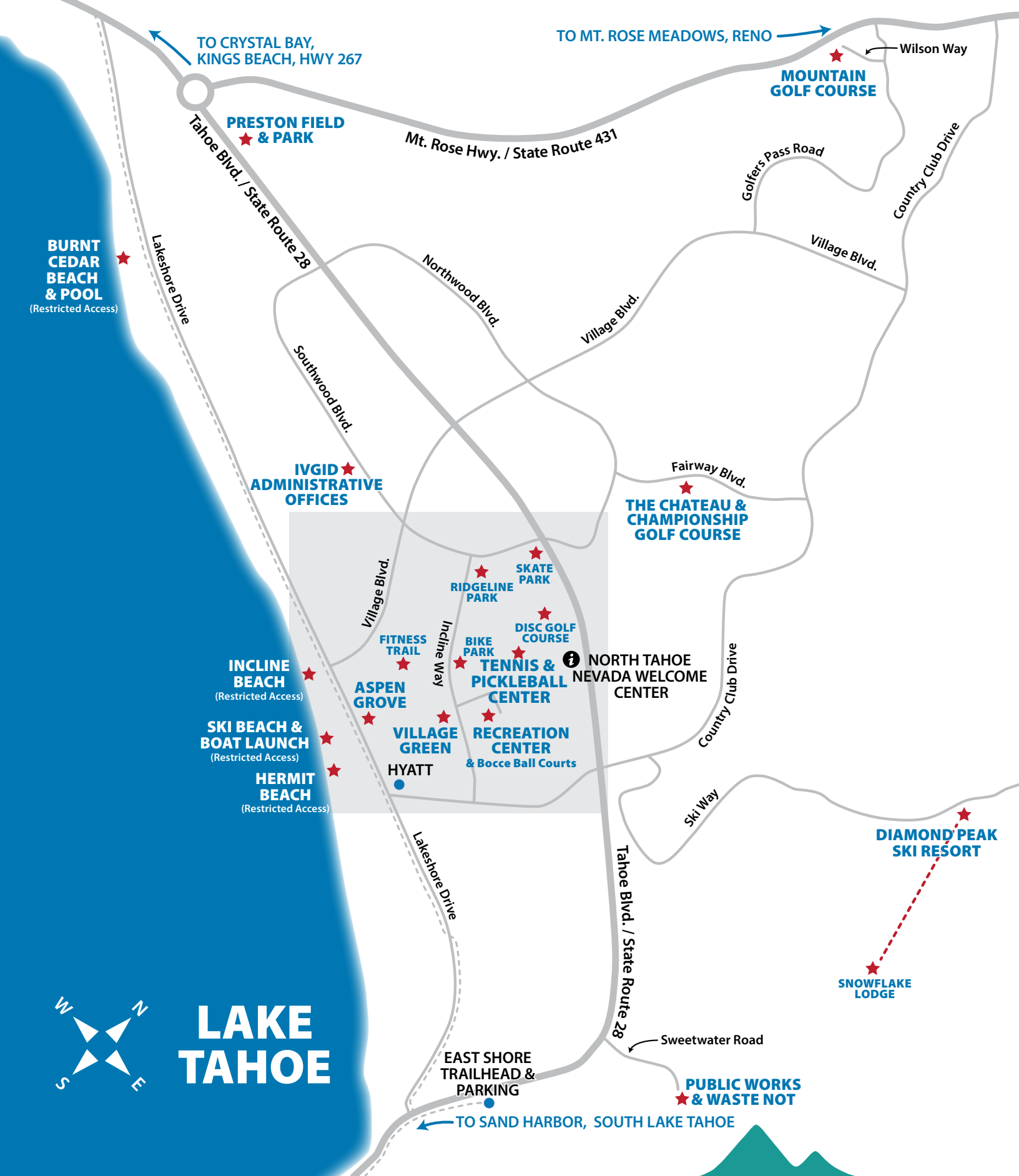
Lifelong Learning: Mad About Mah Jongg – In this four week course, Mah Jongg expert, Millie Szerman, will teach the fundamentals of Mah Jongg. Registration is required and spots are limited. Best for ages 65+. Wednesdays, Oct. 16, 23, 30, and Nov. 6, 1 - 2:30pm.

Spellbinders 2024, the World's Largest FREE International Festival of Magic - featuring World Champions of Magic from around the globe. All performances are free to the public. (30-minute performance). Friday, Nov. 15, 3:30pm.

Lifelong Learning: Watercolor Card mini workshop - In this friendly and relaxed setting, you'll learn to create festive watercolor cards that are perfect for the winter season. Whether you're a beginner or have some experience, we'll guide you through easy-to-follow techniques to paint winter-themed designs. Best for ages 65+. Registration requires and spots are limited. Tuesday, Dec. 3 and Wednesday, Dec. 4, 3 - 5pm.

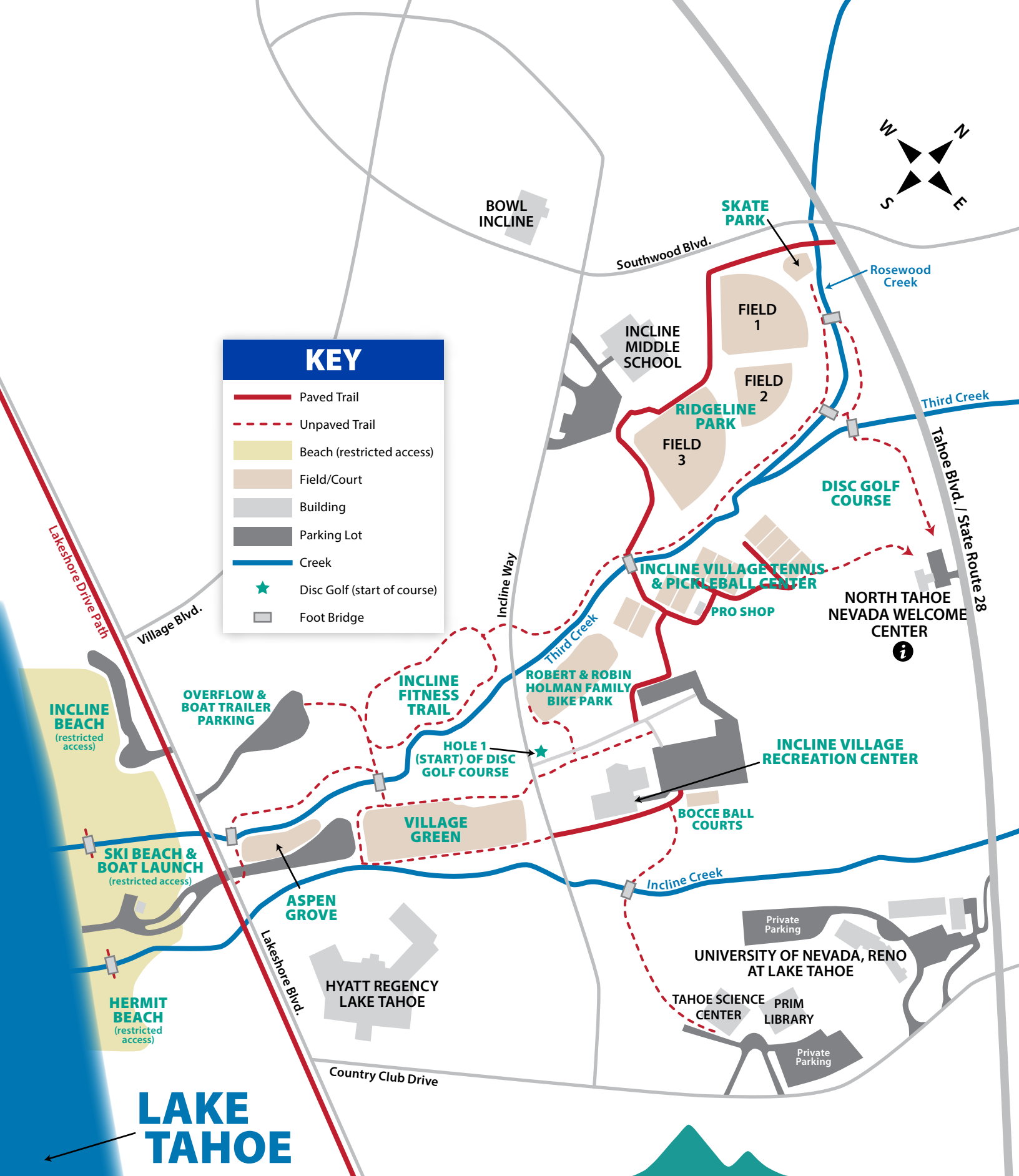
Holiday Party w/Santa - Stop by the library to visit with Santa before he heads off to the North Pole to get ready for Christmas morning deliveries! Enjoy crafts, letter writing to Santa, music, hot cocoa bar while you wait for Santa. Wednesday, Dec. 11, 4pm.

Never Felt Better - Learn how fun and easy wool felting can be during this casual drop-in program. Find a new project for inspiration each week or bring your own. All supplies provided and all skill levels are welcome. Beginning in December every 2nd and 4th Thursday, 3 - 5pm.



Access to IVGID Beaches (Ski Beach, Incline Beach, Hermit Beach and Burnt Cedar) is restricted to IVGID Recreation Pass holders, their guests, and Recreation Punch Card holders with beach access.

LEARN MORE ABOUT IVGID PASSES AT INCLINERECREATION.COM



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LEARN MORE ABOUT IVGID PASSES AT INCLINERECREATION.COM



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