

Incline Village General Improvement District Vol 10 Num 5

IVGID

Magazine

WINTER 2024/25





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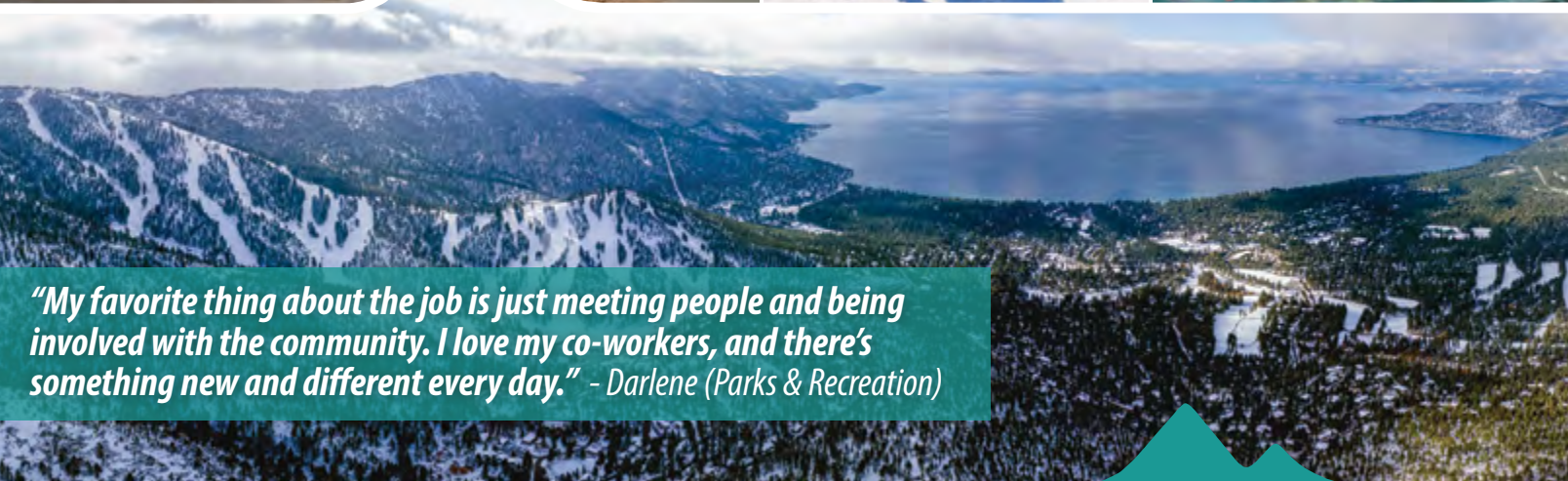
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"Not only do we get to work in a beautiful place but we get to ski and have fun! Also, there are so many good learning takeaways from working here."

- Diamond Peak Employee Survey Response



"My favorite thing about the job is just meeting people and being involved with the community. I love my co-workers, and there's something new and different every day." - Darlene (Parks & Recreation)

FULL-TIME, PART-TIME, SEASONAL AND ON CALL POSITIONS AVAILABLE

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WELCOME MESSAGE FROM INTERIM GM KAREN CROCKER



I hope this message finds you well. As we welcome the winter season, I am excited to announce that Diamond Peak operations are officially open. At the Recreation Center, staff has made some changes to our indoor programming that I believe will greatly enhance our offerings.

As of press time, a new District General Manager

is coming on board. As I transition out of my role as Interim General Manager, I find it important to take a moment to express my gratitude to each of you. Serving in this capacity has been an incredible honor and an enriching experience, one that I will cherish as I continue to serve the community in

the Parks & Recreation Director capacity.

I want to extend my sincerest thanks to the staff, whose dedication and hard work are the pillars of our organization. Your commitment to excellence and collaboration has made my short journey as Interim GM manageable and genuinely enjoyable.

I am also grateful to the Board of Trustees for your guidance and support throughout my term.

Lastly, to the community we serve, thank you for embracing me during this transition. Your feedback and involvement have helped shape our priorities, and your passion fuels our work. As I step aside for our new General Manager, I look forward to the exciting developments ahead.

Thank you once more for the opportunity to serve.

Sincerely,

Karen Crocker

Karen Crocker,
Interim IVGID General Manager

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WHAT'S NEW THIS SKI SEASON

Diamond Peak is excited to welcome back our skiers and riders for another great season on the slopes of Tahoe's "hidden gem." Whether this is your first season at DP or your 59th, we hope you take advantage of everything our community-owned resort offers from great deals to enhancements to our snowmaking system. Here's a quick look at what's new this winter...

Diamond Peak is Going Cashless: New for 2024-25, Diamond Peak is totally cashless throughout the resort. Customers can pay via credit card resort wide, add Pass Cash stored value to any season pass, or purchase gift cards to give to kids who may be skiing independently. (Note: The Village Ski Loft ski shop in the Base Lodge is operated by the Village Ski Loft and Diamond Peak gift cards and pass cash do not work for retail purchases in their store.)

Save with a 3-Day Flex Pass: This "mini pass" comes loaded with three lift tickets that are valid any three days during the 2024-25 ski season with no blackouts. Flex Passes are perfect for those planning to ski or ride multiple days, but not quite enough to justify a season pass. 3-Day Flex Passes offer discounted rates as low as \$128 per day for adults, \$117 per day for youth and seniors, and \$60 per day for children.

Pass Holder Early Ups Event: Diamond Peak season pass holders are invited to join their fellow pass holders for an hour of early access to freshly groomed slopes (or fresh powder, depending on Mother Nature) and a complimentary continental breakfast on Saturday, February 22, 2025.

New Summit Backcountry Gate: This winter Diamond Peak will offer backcountry skiers and snowboarders access to the backcountry surrounding the resort via a dedicated backcountry access gate located near the top of the Crystal Express Chairlift. Users must have a valid Diamond Peak lift ticket or season pass to ride the Crystal Express Chairlift to the summit of the resort and must exit and/or enter the resort's boundaries via the designated gate. The opening of the new backcountry access gate allows access to multiple backcountry zones in and around the resort, from the backside facing east into the Eagle Valley, to the west-facing slopes south of the resort that face Lake Tahoe.

The area beyond the ski resort boundaries is in a natural state, and skiers/riders who choose to access the backcountry do so at their own risk and should be prepared for any and all hazards they may encounter including deep snow, avalanches, steep terrain, tree wells, cliffs, cornices and unpredictable terrain and conditions. Diamond Peak's ski patrol does not

Continued on page 8



For the nomad owner.

Vacation
Xperience





perform avalanche mitigation work in the backcountry, nor do they patrol outside of the resort's boundaries. All backcountry users must be self-sufficient, carry the proper backcountry equipment, and have the proper training to ensure their safety and the safety of their party. Backcountry users are also expected to respect the private lands that exist outside of Diamond Peak's boundary and stay on National Forest lands when recreating in the backcountry.

New PistenBully 600 Polar Park Groomer: Diamond Peak has once again invested in a new snowcat/groomer to stay at the forefront of slope maintenance in the Lake Tahoe Basin. The resort's new PistenBully 600 Polar Park grooming machine incorporates all the latest grooming and shaping technology that PistenBully has to offer, in a comfortable package that reduces emissions, increases efficiency, and provides Diamond Peak's slope maintenance staff with even more tools to lay down perfect corduroy all over the mountain.

The 600 Polar Park model comes equipped with terrain park specific features that will come into play in the Village Terrain Park and throughout the resort including the Child Ski and

Ride Center learning area and School Yard bunny slope. The 600 Polar Park also features PistenBully's newest diesel engine technology which reduces noise, fuel consumption and particulate emissions, while delivering increased torque and power.

All the groomers in Diamond Peak's fleet also include PistenBully's SNOWsat snow depth monitoring system, which allows the resort's snow surfaces team to more accurately monitor snow depths on the ski runs and see where additional snowmaking is needed throughout the season. The SNOWsat system also tracks all aspects of Diamond Peak's snowcats operations including run time, diesel consumption, GPS tracking on the mountain, and service maintenance, and communicates directly with the resort's automated snow guns when applicable.

Snowmaking upgrades: While invisible to the skiing public, the upgrades made to the Diamond Peak snowmaking pump house (IVGID Snowmaking Infrastructure Replacement Project - CIP project # 3464SI1002) is already showing a return on investment with the early-season snowmaking operations the resort has done since late October.



Snowmaking operations at Diamond Peak have been in place since the ski area began operations in 1966 - making Diamond Peak the first ski resort in the West to have snowmaking. The upgrades made during the 2024 offseason are related to the snowmaking water pump house facility located at mid-mountain that was constructed in 1999 to consolidate various pump houses throughout the mountain into one location.

Off-season improvements include upgrades to piping, valves and sensors within the snowmaking pump house, as well as new control software that allows our snowmaking team to operate the system more efficiently. While not exactly "sexy" in terms of new ski area infrastructure, these upgrades serve to ensure Diamond Peak's snowmaking system operates more efficiently and can continue to churn out man-made snow, thus ensuring on-time or early opening dates and consistent early-season conditions for our skiers and riders.



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WHY DIAMOND PEAK IS GREAT FOR LOCALS (PRO TIPS FOR NEW COMMUNITY MEMBERS)

Community-owned, fiercely independent and community-driven – those are the key differentiating factors that make Diamond Peak distinct in the crowded Lake Tahoe ski resort scene. “Small but thrilling” would be another apt description, because with 1,840 vertical feet of skiable terrain packed into 655 acres, Diamond Peak

offers the 4th most skiable vertical in the Tahoe Basin. Add in panoramic Tahoe views from nearly every run on the mountain, incredible glades for tree skiing/riding, and one of Tahoe’s most progressive terrain parks (The Village), and it’s no wonder locals know Diamond Peak to be “Tahoe’s hidden gem.”

As a community-owned ski resort, Diamond Peak stands out in the Tahoe Basin and greater U.S. ski industry as a beacon to skiers and riders looking for a friendly, non-corporate vibe.

If you’re new to our community here in Incline Village & Crystal Bay - welcome! We hope to see you on the slopes this season.

If you’re not (yet) a skier or snowboarder, we’ve got some great lesson programs that can get you out on snow with confidence, along with all of the rental equipment you’ll need to get started. All at some of the most affordable prices in the Tahoe Basin.

If you moved to Tahoe for the snow, make sure to spend some time at your local resort here in Incline Village! Yes, we realize there are plenty of other great ski resorts around the region to choose from - many of them boasting big names and big crowds - and many of our locals have season passes to multiple resorts. But don’t think that just because Diamond Peak is a bit smaller than the regional mega-resorts that it’s not worth checking out.

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Here are 7 great reasons why...

Terrain for all abilities: Diamond Peak offers gentle beginner slopes that are perfect if you are just getting into the sport. Our Ski & Ride Center offers private as well as group lessons to give you a solid foundation or to help get you to the next level. Diamond Peak's more advanced terrain offers challenging trails, tree skiing, open bowls, and glades for the more advanced skiers and riders. Since all runs funnel down to the base area, you can all have fun separately and then meet up at lunch or at the end of the day without fear of getting lost. This layout makes Diamond Peak the perfect place for families and folks with varying ski or board abilities.

Vertical Drop: Ours is 1,840 feet (561 meters) – those are big-mountain numbers and more than many resorts that you'd think of as "bigger" than Diamond Peak.

Runs Per Hour: If you want to spend more time making laps and less time waiting in lift lines, the Crystal Express chair might just be your ticket to heaven. Responsible for 1,475ft (450m) of that 1,840 vertical feet total, the

high-speed Crystal Express quad offers access to steep groomers like Lightning, Diamondback, Battle Born and Luggi's, gladed tree runs off Crystal Ridge, and the chance to explore Solitude Canyon. And even on the busiest days, you'll never find more than a short lineup at the bottom.

Gladed Tree Skiing/Riding: The best tree runs in Tahoe. That's a big claim, but it's one we're sticking to. Diamond Peak offers 655 skiable acres, and almost 500 acres of that is gladed tree runs. These glade zones, the areas of tree skiing off the main trails, are the place to be on storm days and when you want to escape into your own winter world. This winter, see if you can explore all of the glade zones when conditions are right and let us know which is your favorite. Just be safe, ski/ride with a friend, and observe all posted closures.

Free Parking: Most of our parking is free with no reservations needed. We do offer paid premium slope-side parking during busy weekends and peak periods, while supplies last. View preferred parking rates and other parking tips on the Getting Here page of our website.

Storm Day Operations: Ask locals who know the Tahoe ski scene well and they'll tell you that stormy conditions and moderate winds at lake level often translate into gale-force winds on top of other Tahoe ski resorts - often shutting down operations. Diamond Peak's naturally wind-protected slopes offer a storm-day sanctuary and we are often able to run all of our lifts, even on days when other resorts are closed.

Minutes From Home: Finally, there's just the simple fact that if you own/rent a home here in Incline Village or Crystal Bay, Diamond Peak is minutes from your door. Whereas the commute to any other resort is going to take 20 minutes to 2+ hours depending on traffic and road conditions.

So come on up and experience the Diamond Peak difference this winter! We look forward to welcoming you into the Diamond Peak family. (Just don't tell too many other people ;)

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TOP 10 REASONS TO BUY A SEASON PASS THIS WINTER

No waiting in ticket lines Why wait in the lift ticket lines when there's fresh powder/corduroy on the slopes? Don't miss out on first tracks this winter! A season pass allows you to go directly to the lifts without waiting. And it also gives you the opportunity to come take a few runs at lunch or after work, without worrying about the expense.

Do the math and save some cash

If you plan to ski/ride throughout the winter, a season pass will likely pay for itself in as few as four to five visits.

No commitment needed Diamond Peak offers our Peak Pledge - our no-hassle refund policy on unused passes. If you don't use your pass for any reason, simply request a refund by January 15, 2025 and you'll get your money

back - no questions asked (note: a \$25 processing fee will be applied for each pass refunded).

Tahoe's favorite terrain park

The Village Terrain Park has fresh new ideas to keep things progressing and is always open to input from our fans. Why drive all the way to Donner Summit or Truckee to ride park when you've got The Village right here in Incline?

Support local ownership Diamond Peak Resort is the only community-owned ski resort in the Tahoe Basin. Keep your dollars in our community this winter and ski/ride DP.

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 & Wild Bill's at Snowflake Lodge: 10% off food and non-alcoholic beverages

Bonus lift tickets for season pass holders Diamond Peak's 2024-25 season pass holders will enjoy 36 complimentary lift tickets at 12 partner resorts across the country this winter - generally three days at each resort. Participating resorts include Beech Mountain (NC), Bogus Basin (ID), Cooper (CO), Eaglecrest Ski Area (AK), Loup Loup Ski Bowl (WA), Loveland Ski Area (CO), Monarch Mountain (CO), Mt. Shasta Ski Park (CA), Plattekill Mountain (NY), Red River Ski Area (NM), Tahoe Donner XC & Downhill (CA), and Wachusett Mountain (MA).

4 Discounted Bring-A-Friend Tickets Get your friends on the mountain for a discounted rate of \$30 off the adult window 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.

PassCash gives kids an easy way to buy lunch 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.

How to add PassCash: Login to the estore using the same account you used to purchase your season pass. Click "My Account" in the top right then select "Stored Value." Type in the amount you want to add to each family member and then click "Add to Cart" to proceed to the checkout process.

How to use PassCash: Just let our cashiers know that you would like to use your PassCash when you are paying for food, drinks and other products at the resort. You will have to scan your pass at the register so make sure you have it handy at checkout.

Pass Holder Events

It's an annual tradition - our complimentary Pass Holder Lunch is scheduled for March 9, 2025 and is our way of saying "thank you" for being part of the Diamond Peak family. There is also an exclusive first tracks breakfast for pass holders on Saturday, February 22, 2025 at Snowflake Lodge.

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HEALTH SYSTEM



BUILD THE ULTIMATE DUMMY DOWNHILL DUMMY

The Dummy Downhill has been a tradition at Diamond Peak for over 20 years and is a blast for skiers and non-skiers alike. Participants build a dummy on skis or snowboards that gets launched off of a huge jump, while spectators get to watch as unique characters fly down the hill or crash hard. The resort invites the public to build dummies which makes for a great winter project or team building activity for classes, clubs, businesses, families and groups of friends. We reached out to some of our former dummy captains to share their pro tips and lessons learned from past dummy builds and this is what they had to say:

"It's all about speed, pazazz, and the crash! This will be our 2nd year but we understand that people want to see the dummy go high and crash hard. It's also important to stand out, as creativity will go a long way! The cherry on top is a fun cohesive team costume. We'll see you on the hill!" - [Eric Roe \(Captain of Gambler's Run by Crystal Bay Club Casino\)](#)

"Building something for the Dummy Downhill is always something I look forward to, I always start thinking about the next dummy as soon as I push off the dummy of the year. Usually we build around current events or poplar movies, we actually built the Cyber Sled a year before the cyber truck was

out on the market. Make a good solid base and work your way up, get your used skis or boards from a thrift shop or garage sale. Do not use water skis, keep the center of gravity low, more weight is not always better." - [Jay Neely \(Captain of Cyber Sled by Crystal Bay Marine\)](#)

"I've tried a handful of different designs over the years and it is important to have the right weight. Too heavy and unbalanced won't make it down the run. We tried to create a low center of gravity and to balance it evenly between the skis. One year at a different resort we made a stack of concrete pancakes and it was too heavy so the front skis dug in to the slushy snow and it wouldn't ski. The theme of Disco Glitter Squinks, that won Best Overall for 2024, was decided by the Incline Village Nursery School (IVNS) kids. First they wanted a snow person, then they wanted to paint it and dress it like a disco ball. Then they all got dressed up too and it was a party! I suggest to start with the structure that has a solid foundation and then put the design onto that. Don't get so hung up on the design that the structure is not the focus of your plan. Pro tip- wax those skis!!!! See you in April as we plan on defending our title!" - [Jeffrey Unverferth \(Captain of Disco Glitter Squinks by IVNS\)](#)



PRO TIP *by Frank Dressel*

Dummy - April Fool Sleigh (2023) and so many other dummies throughout the years

I have participated in many Dummy Downhill events throughout various Lake Tahoe ski resorts, and no other ski resort can compare to the success and longevity of Diamond Peak's Dummy Downhill. I have been a regular (for the most part) since I attended the third Diamond Peak Dummy downhill and seen it grow bigger and better every year.

Tips to a successful Dummy Downhill

Dummy: A theme is always helpful and through the years I have seen some good ones. One memory is the year the Mom delivered 8 babies, someone designed an octopus holding a baby in each arm. Our team actually won people's choice with our entry of a Minion the year Despicable Me came out.

The biggest success is creating a Dummy that the kids enjoy. Two years ago the event was held on April 1st, so I entered April Fool Sleigh. I designed him hoping his head would fly off into the air, and he did not disappoint, and the kids and adults enjoyed it.

I would like to thank Diamond Peak and their wonderful staff for all the great memories you have provided me and my family throughout the years with this unique, fun, family event. Here's to many more successful Dummy Downhill events in the future.

If you haven't witnessed this madness, definitely put it on your bucket list for this winter and plan on joining in on the fun at the 23rd annual Dummy Downhill on Saturday, April 5, 2025 at Diamond Peak.



2024 - 25 DIAMOND PEAK SIGNATURE EVENTS

December 24-25: Santa & Penguin Pete visit Every year, Santa Claus and his trusty sidekick Penguin Pete (Diamond Peak's official mascot) greet kids of all ages on the slopes of Diamond Peak. Catch these two lovable characters in and around the Base Area as well as on the slopes.

January 27 - February 2: IVGID Community Appreciation Week As a community-owned resort, Diamond Peak Ski Resort will show its appreciation to the residents of Incline Village and Crystal Bay by offering free lift tickets to people with a valid IVGID Recreation Pass (aka Picture Pass) or Recreation Punch Card during IVGID Community Appreciation Week. Diamond Peak season pass holders with a valid IVGID Recreation Pass or Punch Card will be provided free demo equipment rentals.

Jan. 31: Annual Ullr Fest Party The 15th annual Ullr Fest, raises funds for the Diamond Peak Ski Team. The action-packed evening includes a LED torchlight parade, bonfire, music, and more. Come dressed in your Ullr attire as prizes are be given for best costumes.

Feb. 1: Ullr Cup Community Fun Race All are invited to participate in this Community Fun Race, hosted by the Diamond Peak Ski Team. Racers and wannabe-racers can ski or snowboard through a hybrid ski racecourse set on Diamond Peak's Show Off run. Parents can race with or against their kids, friends can race friends, and there is even a category for snowboarders!



Select Wednesdays, February - April: Last Tracks Wine Tastings

On select Wednesdays beginning in February, enjoy beautiful views of Lake Tahoe from Snowflake Lodge while tasting fine wines paired with tasty appetizers. At the end of the event, ski or snowboard down a freshly groomed run at sunset. Participants must be 21 years old to attend and ski or snowboard at an intermediate level. Tickets go on sale in January and space is limited.

Last Tracks Lottery

Diamond Peak will continue to hold a Last Tracks Ticket Lottery during the IVGID Pass holder presale period in January. IVGID Pass holders can enter the lottery online from the Last Tracks page on the Diamond Peak website..

Evening Snowshoe Hikes to Snowflake Lodge

Join guides from the Incline Village Parks & Recreation Department on select Fridays for evening Snowshoe Hikes to Diamond Peak's Snowflake Lodge. The snowshoe hikes offer non-skiers the chance to enjoy the slopes of Diamond Peak in wintertime and encourage exercising in a social setting. The 1.5-mile (3 miles round trip) hikes include guides and exclusive after-hours access to Diamond Peak and Snowflake Lodge, and more.

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March 22-23: Luggi Foeger Uphill/Downhill Festival

The Lake Tahoe Basin's premier SkiMo competition and an incredibly family-friendly event - race to the top of the mountain using whatever human-powered method you prefer - skins, snowshoes, running shoes, etc. - then ski, snowboard, snowshoe, or run back down to the finish line. For those of a less competitive nature, a recreational course will be available. The event will also include fun activities in the base area, including music, an awards ceremony, and more! The fun continues with a winter-wildlife snowshoe hike Sunday morning.

April 5: Dummy Downhill

Participants build a dummy on skis or snowboards and launch them off a big jump, while spectators watch as unique characters fly and crash hard. This is Diamond Peak's signature spring event, the biggest party of the year, and the perfect way to celebrate the final days of the ski season. Even non-skiers will want to come to watch the madness! A panel of celebrity judges evaluate dummies on the snow by the Base Lodge, followed by the dummy launch and an awards ceremony. Prizes



and certificates are awarded for creativity, best crash, furthest distance, and more.

[View the full list of events and details at **DiamondPeak.com/Events**.](https://www.diamondpeak.com/Events)



INCLINE HIGH SCHOOL INTERNSHIPS AT DIAMOND PEAK

The Diamond Peak Work Experience Program (Incline High School internship) is a partnership between Diamond Peak, Incline High School, and the students who sign up to participate in the internship program. This program allows students to get high school credit for working at Diamond Peak, while also earning a paycheck.

High school students work weekends, holidays and on early release on Wednesday afternoons. We utilize these Junior Instructors to assist with the Boys & Girls Club multi-week program we offer to kids who are often too small to ride the chairlift unattended (due to the height requirements of our Kids on Lifts program). The Incline High students are dismissed early from their advisory period on Wednesdays and head over to Diamond Peak, where they clock in and work their assigned shift.

Each student must complete 180 hours of work as well as required assignments given to them by their Advisor. The program is full for the 2024-25 season, but check back in the fall of 2025, if your high schooler is interested in participating next season.



Scan the QR code to watch a quick video of Lila at the Recreation Center.



ON A QUEST FOR CORTINA

With some big moves made during the offseason, Diamond Peak's homegrown World Cup ski racer Lila Lapanja has her sights firmly set on qualification for the 2026 Winter Olympics in Cortina, Italy, while at the same time trying to compete with the world's best ski racers all over Europe and North America this winter.

Lila made her first turns right here at Diamond Peak, and grew up racing on the Diamond Peak Ski Team as a youth. She is now the proud owner of four U.S. National Championship titles (the 2021 U.S. National Champion in both Giant Slalom and Alpine Combined disciplines, and the U.S. National Champion in Slalom in both 2023 and 2024), as well as a four-time North American "NorAm" Cup Slalom champion.

Lila was able to spend a good amount of time this summer here in Incline Village, and even used the facilities at the Incline Village Recreation Center to maintain her fitness and strength during the offseason.

We caught up with Lila via email to ask a couple questions about the upcoming winter season.

Q: You recently switched from representing the USA to Slovenia on the international stage. What inspired the switch and what are you looking forward to this winter?

A: After many years of competing independently for the USA, I was ready for a fresh start. I have a genuine connection to the home country of my father and there's a strong culture of sport in Slovenia. I was excited about how this switch could expand my opportunities and help me grow. My Incline roots are a source of inspiration as I branch out internationally and I am looking forward to racing and representing both of my countries on the global stage!

Q: Anything else new for you this year that you're excited about? Sponsors? Equipment?

A: I am excited to continue racing for Stöckli because I really believe they are providing me with the best skis on the market. I recently switched to SHRED this season so look for a new helmet! I'm also proud to introduce Ridgeline (founded in Incline Village) as one of my new sponsors and am excited to continue to form new partnerships with companies who believe in my ambitions.

Q: What's involved in qualification for the 2026 Winter Olympics and what do you need to do to get there?

A: The official Olympic qualification period has begun. For





EARLY-SEASON TIP

by Jon Tekulve, Director of Skier Services

The winter season is here and we are looking forward to skiing with you and enjoying powder days in the near future. Here's six tips to help you start off your season strong:

Make sure you are in good physical shape to help prevent injury and perhaps take a winter conditioning class at the Recreation Center before the season starts.

Review the Your Responsibility Code, it was recently updated and there are now 10 points. This list, a video and other safety tips can be found online at SkiSafety.us.

Make sure your equipment is properly tuned and in good working order to help protect yourself while you enjoy your time on the hill.

Take a lesson at the beginning of the season. Even if you are an experienced skier, it has probably been several months since you've been on the slopes and a quick refresher lesson can help you start off with the season confidence.

Start on groomers or easy terrain to get your winter legs back. With limited snow and more obstacles in the off-piste areas, groomers provide an excellent early-season training ground. If groomers typically are not your preferred style, you may be surprised how fun it can be to practice your carving skills and really power through your turns. It will also give you a chance to finetune your technical skills before the snow really begins to fly.

Consider upgrading your ride. Come on into the Diamond Peak Rental Shop and try out all of the new Demo skis and snowboards we have in stock. You can try multiple pairs of skis or snowboards in one day and get a sense for what brands and models fit your skiing/riding style.

We look forward to seeing you up at Diamond Peak this winter!

the Olympic Games (in Cortina Italy, February of 2026) a maximum of four (4) women per country can qualify for each discipline of Alpine Skiing. My main event will be slalom, and to qualify for the Olympic team I must showcase strong results on the World Cup tour through the next two winters. Next season, through January of 2026, consistent Top-30 World Cup results will put me in a great qualifying position for the Olympics. Tahoe to Cortina - send good vibes!

Q: It seems like you've taken on even more of a mentorship role within the Diamond Peak Ski Team (when you're in town). Tell us a little more about how you'd like to be remembered locally?

A: I really feel like I am coming full circle with Diamond Peak - this is my home ski club, where I learned how to ski, where I built my skills, and the mountain I call home. I want the athletes, parents and coaches to see me as a source of inspiration and someone who can offer advice and perspective from all of my years of experience at the most elite level.

Incline is my hometown and I love Tahoe. I want to continue to work with

IVGID as an ambassador for our town and ensure we have a sustainable and beautiful place to live and help build a culture of honor and pride for local athletes (that arise from any sport!). Hopefully, people will remember me as not only one of the best athletes to come out of our town but how this place shaped my values, recognize how amazing of a feat that is in such a small place, and be proud that we live in an area with the resources to raise champions of all kinds.

Q: You obviously spend a lot of time racing in Europe. If you had to recommend one or two ski resorts for local recreational skiers to check out in Europe, which would you recommend and why?

A: Go to Austria or Italy! The conditions mid-winter are usually great. Kitzbühel will give you a classic Austrian experience. In Italy, I recommend Dolomiti Superski for endless skiing. Have fun!

Find out more about Lila Lapanja and follow her journey virtually by visiting LilaLapanja.com.



UPHILL ACCESS AT DIAMOND PEAK

Uphill access by self-powered means of skinning, snowshoeing and hiking has gained popularity at Diamond Peak in recent years and we welcome and support individuals seeking to exercise and enjoy the quiet mountain setting during designated hours (see below). To ensure the safety of everyone on the mountain, individuals who choose to skin, snowshoe and hike must have a valid 2024-25 Diamond Peak season pass OR a valid IVGID Recreation Pass, AND must purchase a 2024-25 Uphill Access Pass, available from the Diamond Peak Ticket Windows daily between 12pm and 4pm.

Updated Uphill Access information may be obtained on the Diamond Peak website and on the reader board located near the main lodge on the left side of Lodgepole trail looking up. Email updates may be sent out to Uphill Pass holders periodically so make sure we have your current email and confirm you are receiving updates. Email info@diamondpeak.com if you need to update your email address on file or are not receiving email updates.

For additional information about hazards, what to do in case of emergency, and how to purchase an uphill pass, please see www.diamondpeak.com/the-mountain/uphilling/

Get text updates when uphill access is closed due to snowfall or other reasons and avoid a trip to the mountain. Scan the QR code to subscribe to Uphill Text Alerts.



SNOWSPORTS EQUIPMENT CHECK FOR SAFETY WITH KARI B

*By Kari Brandt,
Diamond Peak Patrol Director*

It's time to get your skis and snowboards ready for fun on the mountain. There are certain things you should do with your equipment at the beginning and throughout the season for your safety and enjoyment of the sport.

Tuning: It is important to have your equipment tuned and a fresh layer of wax before hitting the slopes for the first time and throughout the season. Having your bases waxed improves your equipment's performance and allows you to control the equipment better. On top of waxing, have your equipment tuned including an edge sharpening. Sharp edges make your equipment more responsive and safer on the slopes. Tuning your equipment should occur throughout the season. The rental shop at Diamond Peak offers this service as well as the Village Ski Loft in town.

Inspection: Inspect your gear before the start of the season and at the beginning of each day of sliding on snow. For skis and snowboards, inspect the integrity of the ski or board, check the bindings for any damage that compromises the proper use of the binding and check the bases for significant damage. For skis, make sure your DIN (release setting) is set to the proper number. If you are unsure of your release setting, look up "DIN Calculator" online to find the number that is correct for you. You can also bring your skis and boots to the Diamond Peak Rental Shop for DIN setting and testing.

Don't forget to also inspect your helmet! If you had a big fall or damaged your helmet, it's time for a new one. While a helmet does not eliminate the risk of a head injury, studies show that a helmet can reduce the risk of head injury in an accident.

Ski Boot/Binding Compatibility: Not all ski boots and bindings are designed to work together. If you use boots and bindings that are not compatible, it can increase the risk that your bindings will not release the way they are designed. While bindings release under certain forces, they will not release in every fall. There are a few different types of ski boot soles that are only compatible with certain bindings. With the increase in popularity of Alpine Touring ski boots, know that those boots should only be used with a compatible binding. Using touring boots in a non-touring binding significantly increases the risk of the skis not releasing, thus increasing the risk of injury in a fall.

Boots Sole Types

Binding Types	Alpine Boots ISO 5355	WTR/WTR+ Boots ISO 9523	Grip Walk Boots ISO 23223	Touring Boots ISO 9523	Touring Boots not compliant with ISO 9523
Alpine Bindings (ISO 9462)	✓	✗	✗	✗	✗
WTR (Walk to Ride) Bindings ISO 9462 or ISO 13992	✓	✓	✓	✗	✗
Grip Walk Bindings ISO 9462 or ISO 13992	✓	✗	✓	✗	✗
MNC (Multi-Norm Compatible) Bindings ISO 9462 or ISO 13992	✓	✓	✓	✓	✗
Pin Bindings (Touring) Non-certified with ISO (Must be used with pin insert boots)	✗	⚠ With Pin Inserts	⚠ With Pin Inserts	⚠ With Pin Inserts	⚠ With Pin Inserts



The chart above shows the compatibility of different ski boots and bindings. You will notice in the chart the letters ISO with numbers behind them. This stamp means a boot meets the international standard. You will find this stamp on your

ski boots and your bindings. If you are unsure about your boots and binding compatibility, take them to a shop for a professional to determine.







GOODBYE SUMMER...
Hellooo WINTER!

Shop winter gear, snow removal supplies, and seasonal decor at any of our stores in **INCLINE VILLAGE**, **TRUCKEE**, or **BLAIRSDEN!**

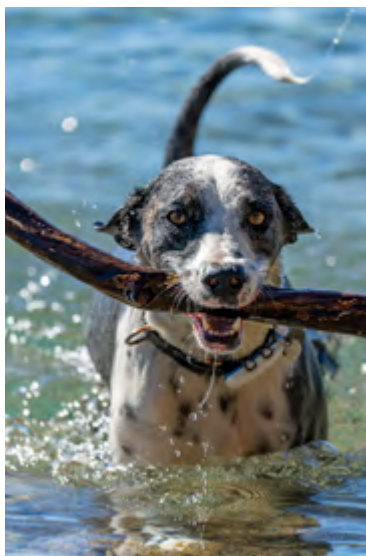
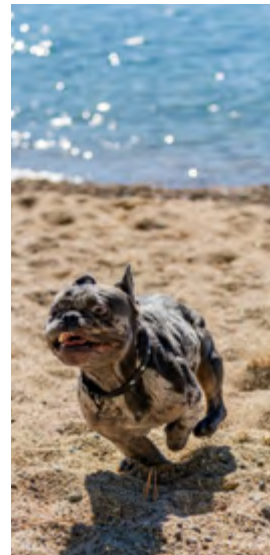
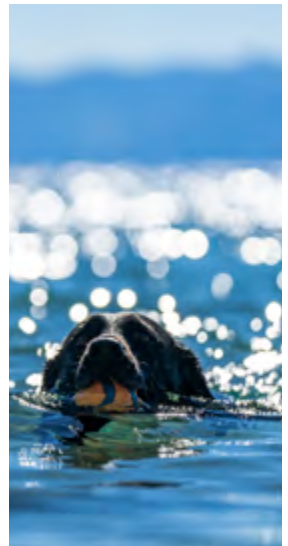
mountainhardwareandsports.com



PUPPY PLUNGE

2024 PUPPY PLUNGE RECAP

On October 19, dogs of all breeds and sizes joined their local resident owners on Ski Beach for the 3rd annual Puppy Plunge event, hosted in partnership with the Pet Network Humane Society and Pet Station. Thank you to all of our event sponsors and dog owners who came out to let their pups take the plunge! Enjoy these puppy pics.



Off-season Dog Policy

Dogs are only allowed on Ski Beach after the beaches close for the season, typically October 15 through mid-April, and only when accompanied by an owner with beach access. We greatly appreciate your efforts to keep Ski Beach and Lake Tahoe as clean and pristine as possible so be sure to clean up after your pooch.

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TRAIL OF TREATS & TERROR

TRAIL OF TREATS & TERROR RECAP

On October 24, over 1,200 characters and ghouls converged on the haunted forest surrounding the Incline Village Fit Trail for the annual Trail of Treats and Terror. IVGID would like to thank all of the community partners who took part in this annual tradition. Interested in getting involved with the event? Check the website next summer.

A special thank you to Incline Tahoe Foundation and our other community partners:

American Association of University Women (AAUW)

Boys & Girls Club of North Lake Tahoe

Cornerstone Community Church

Daisy Trails Forest Preschool and Childcare

Dayle Hoevel Photography

Diamond Peak Ski Education Foundation

Diamond Peak Ski Resort

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North Lake Tahoe Fire Protection District

Pet Network

Ridgeline Apps

Rotary Club of Tahoe-Incline

SOS Outreach

State Farm Incline Village

Tahoe's Connection for Families

Tahoe Tutoring

The Incline Lodge

The Village Church/Village Christian Academy & Preschool

UNR at Lake Tahoe

Washoe County Sheriff's Office/Incline Substation





Parks & Rec



AQUATICS

Youth Swim Lessons (English or Spanish)

Group swim lessons will take place indoors at the Recreation Center pool. If your child is between two levels, please register for the lower level (the instructor can give them more advanced skills to work on if needed).

Ages: 3 - 12

Winter Sessions from

Jan. 6 - April 3:

Monday & Wednesday
OR Tuesday & Thursdays

Times:

Level 1: 4 - 4:30pm

Level 2: 4:30 - 5pm

Level 3: 5 - 5:30pm

Level 4: 5:30 - 6pm

Fee: \$67, \$50 w/IVGID Pass

Spanish Swim Lessons

Ages: 3 - 12

Winter Sessions:

Session 4

Day/Date: Saturdays Jan. 18 - Feb. 8

Registration Opens Dec. 17

Session 5

Day/Date: Saturdays March 1 - 22

Registration opens Feb. 11

Times:

Level 1: 5 - 5:30pm

Level 2: 5:30 - 6pm

Level 3: 6 - 6:30pm

Fee: \$67, \$50 w/IVGID Pass

Youth Swim Clinics

Youth Swim Clinics 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. See inclinerecreation.com for prerequisites.

Ages: 5 - 10

Sessions:

Session 4: Jan. 6 - Feb. 3

Registration opens Dec. 17

Session 5: Feb. 24 - March 19

Registration opens Feb. 11

Session 6: March 24 - April 23

Registration opens March 11

Session 7: April 28 - May 21

Registration opens April 15

Fee: \$165, \$124 w/IVGID Pass

Pre-Swim Team

Improve your swimming skills year round! Goals include stroke improvement/development, endurance and the opportunity to sign up for swim team, instruction, and motivating experience.

Ages: 6+.

Fee: \$105, \$79 w/IVGID Pass

Northern Nevada Aquatics Swim Team

Northern Nevada Aquatics provides the opportunity for athletes to compete at the highest levels. Our year-round competitive swim team offers high quality professional coaching and technique instruction, and motivating experience.

Fee: \$121, \$91 w/IVGID Pass

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 "Finisher's Plaque" at the Recreation Center pool. This is an ongoing program for all ages with annual registration.

Fee: \$54 \$41 w/IVGID Pass

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Youth Basketball League

Volunteer Coaches and Referees are needed to make this program a success! Please visit bit.ly/ivgid-registration or email Meagan at Mab2@ivgid.org to register to become a Coach for this coming Basketball Season. Team practices are set by coaches.

Athlete registration begins December 10 for our Co-Ed Youth Basketball League. This league is suitable for all boys and girls from 1st to 8th grade. The league will teach fundamentals and teamwork on the court with games at various gymnasiums throughout the community. All games are played in Incline Village.

Divisions: grades 1-2, 3-4, 5-6 & 7-8

Dates: Feb. 3 – March 28

Days & times: TBA

Locations: Various Gymnasiums in Incline Village

Fee: \$150, \$113 w/IVGID Pass

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: Tuesdays & Fridays

Time: 9:30am - 11am

Location: Recreation Center Gym

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

Led by Coach Kristopher Lance, our Incline Ninjas fly around doing tricks and having a great time. This program is great for all kids to learn the basics of tumbling and body control while pushing themselves with exciting tricks in a fun atmosphere. This program is run at the Incline Village Recreation Center in the back half of the gym.

Ninjas will develop listening skills, coordination, body awareness, and fine and gross motor development.

Open to boys & girls.

Ages: 3-8

Day/Date: Thursday, Dec. 5 - Feb. 6

Time: 4- 4:45pm

Fee: \$336, \$252 W/IVGID Pass



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

YOUTH PROGRAMS

Gymnastics

Gymnastics with Coach Jazz

Tiny Tumblers (Ages 3- 5)

Days/Dates: Tuesday, Dec. 10 - Feb. 11

Time: 4 - 4:45pm

Fee: \$375, \$282 w/IVGID Pass

Beginner/Intermediate Gymnastics (Aged 5+)

Days/Dates: Tuesdays & Thursdays,
Dec. 10 - Feb. 13

Time: 5 - 5:45pm

Fee: \$615, \$462 w/IVGID Pass

Session: 16 total classes

Advanced Gymnastics

Days/Dates: Tuesdays & Thursdays
Dec. 10 - Feb. 13

Time: 5:45 - 7:15pm

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

Session: 16 Classes total

*Prerequisite skills required

(Must be previously enrolled.

For permission to join, please email
jasminelance727@gmail.com).

Youth Dance

Dancers enjoy the introduction to movement through ballet fundamentals. They will learn how to move on stage and will perform in a recital at the conclusion of the session.

Days/Dates: Fridays,
Jan. 10 - April 25

Tiny Tutus

Ages: 3 - 4

Time: 2:45 - 3:30pm

Fee: \$400, \$300 w/IVGID Pass

Fairytale Ballet

Ages: 5 - 7

Time: 3:45 - 4:30pm

Coed Dancers learn ballet fundamentals while reenacting their favorite fairytales and will perform in a recital at the conclusion of the session.

Fee: \$400, \$300 w/IVGID Pass

Jazz/Hop

Ages: 8 - 10

Time: 4:45 - 5:30pm

Dancers are taught warm-up, flexibility, isolation methods and simple jazz and hip-hop movement to energetic, upbeat music. Emphasis is placed on rhythm, basic technique, movement combinations, locomotor skills and coordination within an atmosphere of joyful creativity! Dancers will perform



Recreation Center Hours

Monday - Friday
6am - 8pm

Saturday
7am - 7pm

Sunday
7am - 5pm

in a recital at the conclusion of the session.

Fee: \$400, \$300 w/IVGID Pass

Dance Solos

A semi-private dance class for students who want to be pushed beyond their current dance level and learn to dance a solo. Dancers are taught to create a routine, combine dance moves for smooth transitions, and how to choose the right music. Students will strengthen their jazz skills and perform in a recital. (Must have approval from the instructor before registering.)

Time: 5:30 - 6:30pm

Fee: \$575, \$430 w/IVGID Pass

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Adult Indoor Volleyball League

An Incline favorite, the Co-Ed 6v6 Indoor Volleyball League at the Recreation Center returns for another winter of friendly competition and fun.

Dates: Wednesdays, Jan. 21 – April 2

Time: 5:30 - 7:50pm

Registration begins on Dec. 17 (first 8 teams)

Fee: \$270 team registration

Skisters- Women's Ski Clinic

Looking to improve your skiing in a supportive female-led clinic setting? Join other women on the slopes of Diamond Peak, along with our fabulous instructors. Program does not include equipment or lift ticket.

Dates: Tuesdays, Jan. 21 - March 4

Time: 9:30am Warm-up & Gather
10am- 12pm Clinic

Fee: \$554, \$415 w/IVGID Pass

Registration opens Dec. 17. No clinics Feb. 18

Winter Indoor Pickleball

Winter Indoor Pickleball is in full swing. The rec center offers drop in play on 3 courts. Indoor pickleball is recreation play only. Courts are open to all levels of play on all courts. This is a wonderful opportunity to get some movement, have fun and socialize with others. There is one paddle rotation system for all three courts.

Days: Wednesdays & Fridays

Time: 11:30am - 2pm

Day: Sunday

Time: 10am - 1pm



Adult Ballet

Private and semi-private lessons are available from instructor Danielle Pearson. Danielle's instruction began in 2009 and she offers lessons for all levels, ages 7 and up. Danielle's professional dance experience includes the Oakland Ballet, Peninsula Ballet Theater, AVA Ballet Theatre, Reno Dance Company, the Nevada Opera, and Karen Burns Productions. Contact the Recreation Counter at the Recreation Center for more information.

Dates: Thursdays, Jan. 9 – March 27

Time: 5:15 - 6:30pm

Bootcamp

Fire up your fitness with a six-week bootcamp style workout. This is a high-intensity, full body workout that combines cardio and strength training. Class takes place in the gym using a circuit training style with a variety of exercises that target all major muscle groups. After a dynamic warm up, intense workout and recovery stretching you will leave feeling strong and energized.

Dates: Wednesdays, Jan. 8 - Feb. 12

Time: 9 - 10am

Fee:

Session Rate: \$53, \$40 w/IVGID Pass

Drop-In Rate: \$13, \$10 w/IVGID Pass

Annual Fitness Challenge - Twisted Triathlon

Transform your fitness level in the Twisted Triathlon! Tackle workouts solo or team up with friends in this crazy and

fun triathlon. Participate as an individual or as a team of two or three (creative team name required). Pick your three areas of activity and complete the mileage for the week. You can choose from swimming, biking, running/walking, downhill skiing or snowboarding, snow travel (xc skiing-snowshoeing-hiking), stair climbing or the fitness class sampler. You have a week to complete the mileage for each activity and will be sent a new challenge each week. You do the same three activities for the entire six-week challenge and watch how you progress! Each registered participant will receive two daily Rec Center passes, presentations from personal trainers, dietitian Jill Whisler and mindfulness coach Nikki Dean, a t-shirt and entry into the drawings for fabulous prizes.

Dates: Feb. 19 – March 26

Fee: \$33, \$25 w/IVGID Pass

Aqua Sound Bath Meditation

Indulge in the ultimate relaxation with our floating sound bath experience. Set in our tranquil pool, you'll recline on a floating mat while immersive sounds from crystal singing bowls, harp, drum, chimes, and gong, and more washes over you. As tension melts away, you'll enter a state of deep relaxation, promoting mental clarity, better sleep, and overall well-being. Let go and relax!

Date: Feb. 2

Time: 3 - 4pm

Fee: \$65, \$50 w/IVGID Pass

"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!

Dates: Wednesdays, Jan. 15 - Feb. 19

Time: 5:45 - 6:45pm

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

Drop-in Fee: \$19, \$15 w/IVGID



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ACTIVE ADULT & SENIOR ACTIVITIES



Active Adult Snowshoe Hikes & Lunch

Join IVGID Senior Programs for weekly light to moderate level snowshoe hikes at various locations throughout the beautiful North Tahoe area. Follow the hikes with a delicious lunch at a local eating establishment. Hikes are subject to snow conditions. Bring your own gear.

Dates: Dec. 10 – March 26 (weather permitting)

Day: Tuesdays

Time: 10am – 2pm

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

Fee includes staff guides, transportation, & lunch.

Active Adult Cross Country Skiing

Learn to love a new way to ski! Join others in cross country ski instruction and weekly outings. Discover local groomed trails and enjoy the exercise and beautiful snowy landscape! Beginner – Intermediate levels welcome!

Dates: Jan. 15 – March 25

Days: Mondays

Time: 10am – 1pm

Fee: \$20, \$15 w/IVGID pass

55+ Ski Clinics at Diamond Peak

Don't miss this great opportunity to hone your skills, master safe skiing, and meet other skiers at Diamond Peak this winter. Clinics are held Wednesday mornings starting January 8, 2025. Instruction for various levels is designed to help skiers improve, adjust, or modify techniques and encourage skills and habits that support lifelong skiing. Skiers must have a season pass OR day passes for each day of attendance. Participants provide their own equipment. Rental equipment is available for additional fees. Registration is 9am on December 9.

Dates: Jan. 8 – April 9 (depending on snow conditions)

Day: Wednesdays

Fee: \$250 for 10 weeks, \$200 w/IVGID pass; \$150 for 5 weeks, \$125 w/IVGID pass

No drop-in single day attendance option available.

**Dates may adjust depending on snow conditions. YOU choose which days to attend in your 5 or 10 week package! Please notify staff of your intent to attend each week so a sufficient number of instructors can be scheduled accordingly!*



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Senior Transportation

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. 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 Reno/Carson runs is \$10, Wednesday or Friday weekly local transportation is \$5.

“On Demand” transportation is available for other individual needs. \$45. 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.

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

Conversation Café

Conversation Café is a drop-in forum hosted by the IVGID Senior Programs staff. Participate with people sharing diverse views and a passion for engaging with others over interesting topics and news items. A continental breakfast is provided for a small donation.

Day: Thursdays, 10am - 11:30am (excluding 12/26), at Aspen Grove Community Center.

IVCB Veterans Club

Veterans, supporters and community members are always welcome to attend the meetings! Join this dynamic group for monthly lunch meetings with featured guest speakers. 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. General meetings are held the last Thursday of each month, 12 - 2pm, January - October at the Chateau at Incline Village.

Trips, Tours & Adventures!

Join us for holiday fun at Victorian Christmas in Nevada City.

Day/Date: Sunday, Dec. 8

Time: 11am - 5pm

Fee: \$40, \$33 W/IVGID Pass



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INTERVIEW WITH JILL WHISLER, RDN

What is a Registered Dietitian and how is it different from a nutritionist?

JW: The main difference between a Registered Dietitian (RD) and a nutritionist is the level of training and licensing. A Registered Dietitian goes through rigorous education and training. They must complete an accredited bachelor's degree, then a Master's in Dietetics or a Doctorate. They also need to obtain supervised proactive, pass a national credentialing exam, and follow a professional code of ethics. Registered Dietitians in some states, like Nevada, need to obtain a license as a nutritionist, becoming a Registered Dietitian Nutritionist (RDN). RDN's are qualified to work with both healthy and sick patients, and can assess, diagnose, and treat dietary problems. Whereas, "nutritionists" have no education requirements or consistencies. Anyone can call themselves a "nutritionist".

How long have you been a RDN?

JW: Over 20 years.

What made you decide to become a RDN?

JW: After navigating the pressures of elite sports and weight concerns in high school, I was fortunate to

receive guidance from an Exercise Physiologist and a Registered Dietitian. This supportive team empowered me to prioritize my health and well-being. My journey took a pivotal turn in college, where I initially pursued a degree in travel and tourism. However, after discovering my passion for health through a nutrition class, I shifted my focus. I embraced the challenge of majoring in chemistry, ultimately earning my bachelor's degree in food science.

For three years, I proudly represented Team USA at the World Triathlon Championships, achieving remarkable results: I placed 19th in my first triathlon in London, followed by 9th in Canada, and concluding my journey with a 12th place finish in the world on U.S. soil! I am dedicated to promoting a balanced approach to health and nutrition, drawing on my personal and athletic experiences to inspire others.

What do you enjoy about being a RDN?

JW: I love enjoying your victories! I truly care about your success and making you feel good.

Describe some of your healthy habits around eating?

JW: I believe that moderation is key when it comes to nutrition. There are no "good" or "bad" foods; rather, it's about timing, quantity, and quality that truly make a difference.

Give us the top 6 reasons for seeing a Registered Dietitian Nutritionist?

JW: Weight! If you want to sift through all the weight loss information out there, learn more about weight loss medication, or maybe even build muscle mass and change body composition... you NEED to see a RDN.

Manage or Prevent Diseases- Food is medicine! It can heal our bodies or hurt. Learn the small steps you can take to reduce your risk of diabetes, cancer, or heart disease. A RDN can work with you to learn how to read a label, meal plan, and identify foods that may improve your health and meet your goals.

Sports Nutrition- Explore how to get stronger, fitter, and faster with your food.

Vegetarian or more plant based- Learn how to eat more sustainably and more plant based.

Allergies, intolerances, sensitivities, or even picky eaters- Trying to determine your stomach issues and navigating how to eat with certain foods out of your diet or help work with your health care team to determine specifics in your food regimes.

Healthy Eating- You might feel like you know nutrition basics and should be able to figure out healthy eating on your own. Sure, you can do it by yourself. But if you're stuck, it never hurts to take a helping hand. A RDN can give you practical ideas to work on your specific health goals and food preferences.

COCKTAILS VS MOCKTAILS

By Jill Whisler, RDN

Fa la la la la... 'Tis the season for cocktails and many social events. We know that excessive alcohol intake can contribute to a variety of diseases, including liver and kidney problems, and short-term effects, including dehydration, headache, nausea, dizziness, and increased risk of falls, accidents, and injury. I get asked this all the time. What are the best drinks to have?

Here are a couple of ideas.

Non-alcoholic Options: Athletic lite beer, 25 calories with 0.5% ABV and so many of the local brewing companies now have a hoppy non-alcoholic version with less than 100 calories.



Seasonal Spritzer: the combination of juice from any seasonal fruit like blood orange, grapefruit, lemon, pineapple, or even cherry juice, added to any plain or flavored seltzer water can be a hit. Don't forget the garnish to get some fresh fruit or add an herb like mint or basil during the holidays.

I also want to encourage a "mocktail." You can swap out spirits for zero-proof (non-alcoholic) options or skip the alcohol altogether with a mocktail using seltzer water.

Some of the lowest-calorie alcoholic drink options include:

Light Beer: Very-low-alcohol beers (2% to 3% alcohol) like Miller 64 start at around 60 calories in 12 oz. Most lights (4% alcohol) have about 100 calories.

Wine: Red or white, expect roughly 150 calories for 6 ounces, the amount in a restaurant pour. A 9 oz. glass reaches 220 calories. Even many higher-sugar whites (like Moscato or Riesling) are in the same ballpark. White Wine Spritzer (75 calories, 6-8% Alcohol by Volume) Prosecco (100 calories, 12% ABV)

Hard Seltzers: Most have half a teaspoon of sugar, max, and no more calories than light beer. But high-alcohol hard seltzers (like Truly Extra) can have twice the calories of regulars.

Hard kombucha: Hard kombucha has a healthy halo, but most have as many calories as beer.

Canned Cocktails: Check the percent alcohol (ABV) of canned cocktails like June Shine, Cutwater, etc. Some cocktails hit double-digit ABVs, pushing the calories per can past 300. On the low end: Like a vodka soda, "ranch water" (tequila, seltzer, and lime) is lower in sugar and calories. Both hover around 100 calories and half a teaspoon or less of sugar. Ranch Water (131 calories, 6.9% ABV).

Rule of Thumb: any gin, rum, tequila, vodka, or whiskey has 100 to 120 calories per 1.5 oz. shot, before you add any mixers. That's because all of the liquor's calories come from its alcohol (40% to 50%). Vodka Martini (120 calories, 40% ABV) or Tequila with Fresh Citrus Juice (128 calories, 38% ABV)

STAY HEALTHY THIS WINTER

By Kimberly Monte

Taking a holistic approach to health is essential during winter, as the season can bring unique challenges like shorter days, colder temperatures, and increased exposure to viruses. Here's a breakdown of some effective strategies to address your physical, mental, and emotional well-being this winter:

Physical Health

Stay Active: It's tempting to stay cozy inside, but regular physical activity keeps your immune system strong,

improves mood, and helps with circulation. Try indoor workouts, winter sports, or simple stretching routines.

Eat Seasonal Nutrients: Winter vegetables like carrots, sweet potatoes, and leafy greens are full of essential nutrients that support immune health. Incorporate foods rich in vitamins C and D, such as citrus fruits, fish, and fortified cereals.

Stay Hydrated: Colder temperatures can make us forget about drinking water, but staying hydrated is just as important in winter. Warm herbal teas are a good option to stay hydrated while keeping warm.

Get Enough Sleep: Quality sleep is critical for immunity and recovery. Stick to a consistent sleep schedule, aiming for 7-8 hours per night, as winter's shorter days can sometimes disrupt sleep patterns.

Take Preventative Measures: Wash your hands regularly, keep surfaces clean, and consider getting a flu vaccine if it's recommended for your area. Small habits help protect against seasonal illnesses.

Mental Health

Embrace Natural Light: With shorter days, it's easy to miss sunlight. Spend time outside during the brightest part of the day, or use a light therapy lamp.

Practice Mindfulness and Meditation: Mindfulness can reduce stress and improve mood, especially when dealing with winter blues. Consider adding a few minutes of meditation or breathing exercises to your daily routine.

Stay Socially Connected: Social interactions boost mood and mental health. Schedule virtual or in-person meet-ups with friends and family to stay connected.

Engage in Winter Hobbies: Try something new or creative, like knitting, painting, or cooking. These activities can be relaxing, mentally stimulating, and add a sense of accomplishment.

Emotional Health

Acknowledge Seasonal Feelings: Winter can bring seasonal affective disorder (SAD) or feelings of isolation. Recognizing these feelings and practicing self-compassion can help. Reach out for support if needed.

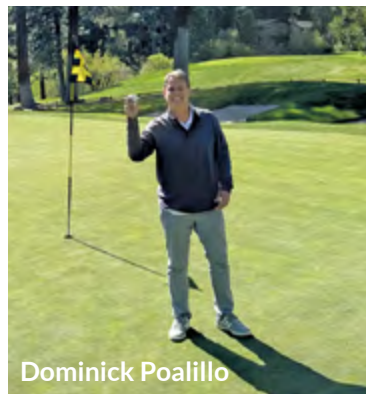
A holistic approach to winter health means nurturing each part of yourself. Whether it's eating well, moving your body, practicing gratitude, or spending time with loved ones, these small acts contribute to keeping you balanced, healthy, and happy all season long.



INCLINE VILLAGE GOLF

Hole in One Club 2024

Every year we like to celebrate that rarest of thrills a golfer can experience on the course - a hole-in-one! The 2024 golf season did not disappoint, with six golfers reporting aces at the Championship Course, and 13 getting that amazing feeling up at the Mountain Course. Congratulations to all of this year's golfers, and remember, the best way to increase your odds of hitting a hole-in-one is to play more golf!



Dominick Poalillo



Marc Sondheimer



Cameron Seher



Elizabeth Finden



Chip Higgins



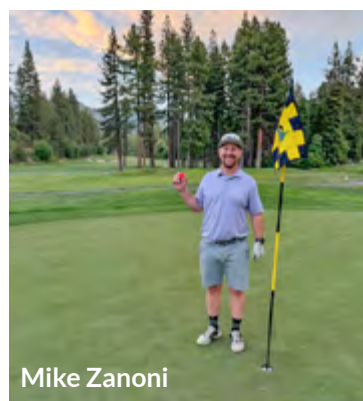
Heidi Hittner



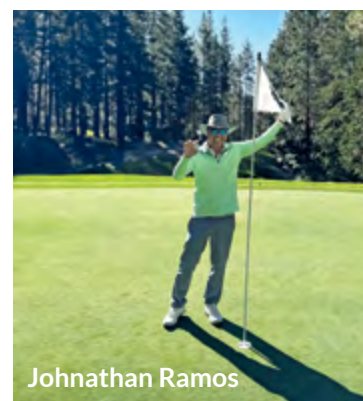
Kari Hawkins



Michelle Torres



Mike Zanoni



Johnathan Ramos

GOLF SHOP UPDATE

The Incline Village Championship Golf Shop is open year-round and is stocked with apparel and a variety of Incline Village souvenir and gift items. Stop by this winter to play a virtual round, take a lesson, or do some shopping. During the offseason, the golf shop is open Tuesday through Saturday from 10am - 4pm (closed December 22 - January 1.).

Virtual Golf Play from a selection of about 100 different golf courses

using our virtual golf simulator. Courses include Bay Hill, Bandon Dunes, Kapalua, Torrey Pines and more. Rates are charged by the hour for up to four golfers. 18 holes about one hour for one player.

Indoor Lessons & Club Fitting

Don't let your swing get rusty during the offseason. Our pros are available for lessons inside the golf shop with the FlightScope Mevo+ launch monitor and hitting net during the colder months. Looking for new equipment?

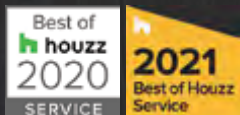
We can also fit you for new clubs with the simulator. Book private and semi-private lessons and fittings by filling out the lesson inquiry form on the Golf Academy Page.

Holiday Shopping Promo Stop by to shop and purchase gifts for special occasions and holidays this winter. Receive one complimentary hour of virtual golf for every \$250 spent on merchandise in one transaction through March.

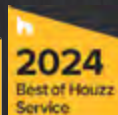
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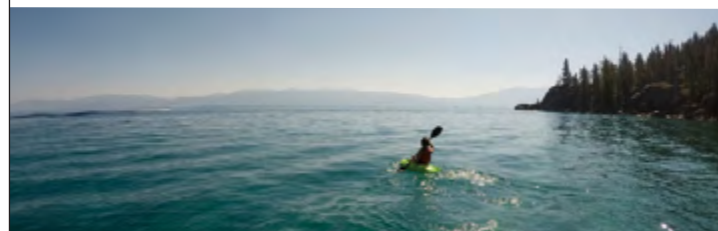
Curbside Tree Collection Jan. 13 - 17

Waste Management will collect clean trees for recycling curbside on your normal trash service day, for free, only during the week of January 13-17, 2025. Trees must be cut down into segments no longer than three (3) feet. Trees must be clean of all decorations, nails, and tree stands. Curbside collection is only available to Incline Village and Crystal Bay residents. Trees placed curbside any other time are considered excess trash and will be subject to extra charges/ violations.



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Drop Off Dec. 26 - Jan. 31

Drop off holiday trees at the Overflow Parking Lot (958 Lakeshore Blvd.) across from Incline Beach. Trees can be any size, but must be clean of all decorations, nails and tree stands.

All trees are chipped by the North Lake Tahoe Fire Protection District for local erosion control projects.

Household Hazardous Waste Updates

The IVGID HHW program is closed for the season. The anticipated HHW collection season for 2025 will be Memorial Day – Labor Day. Battery recycling bins are available year-round at the Rec Center, the Incline Village Library, Mountain Hardware and Sports (ACE), and the IVGID Public Works Office. For those who cannot wait to dispose of their Household Hazardous Waste or E-waste, there are multiple businesses in Reno that charge for disposal including: Graymar Environmental 775.384.1181 for HHW, Intelligent Lifecycle Solutions 775.690.9348 for E-waste, and HERO Environmental 775.900.4376 for both HHW & E-waste.

Service Line Inventory Project Completed With Community Support

Over the past year, the IVGID Public Works Department successfully completed a comprehensive inventory of water service lines, thanks to the invaluable participation of our community members and the dedicated efforts of our employees. This initiative was crucial in response to the revised Lead and Copper Rule mandated by the United States Environmental Protection Agency (EPA), which required all community water systems, including IVGID, to inventory their water service lines to determine material composition.

Our project began with a call for public assistance, inviting residents to check their private service lines and complete an online survey detailing their findings. For those who were unsure about the material of their pipes, our employees provided personalized support by visiting customers' properties to identify the materials directly. This hands-on assistance was instrumental in ensuring everyone had the opportunity to participate, regardless of their knowledge of plumbing materials.

We are grateful to our residents for their engagement and to our employees for their commitment to serving the community. Together, we successfully gathered the necessary data and met federal submission requirements on time, reinforcing our mission to maintain a reliable and safe water system for all. Thank you for your support in helping us comply with this important initiative!

SAFETY IS A SHARED RESPONSIBILITY

Explore the Mountain Safety Guide to learn
everything you need to stay safe on the slopes



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Diamond Peak Jobs

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Ski Ride Center Instructor (Ski & Snowboard)
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Shuttle Driver (CDL)
Food & Beverage

STAFF SPOTLIGHTS

New & Promoted Staff

IVGID would like to welcome these new staff members who've recently joined our team, 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.

Tyler Anderson- Rental Shop Manager- Seasonal Manager

Promotions

Congratulations on your promotion and continued contribution to our community.

Chad Smith to Diamond Peak Base Operations Manager



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Term expires 2026

Beginning in January 2025, incoming Trustees Mick Homan and Michelle Jezycki will begin their four-year terms on the Board. Contact them at homan_trustee@ivgid.org and jezycki_trustee@ivgid.org respectively.



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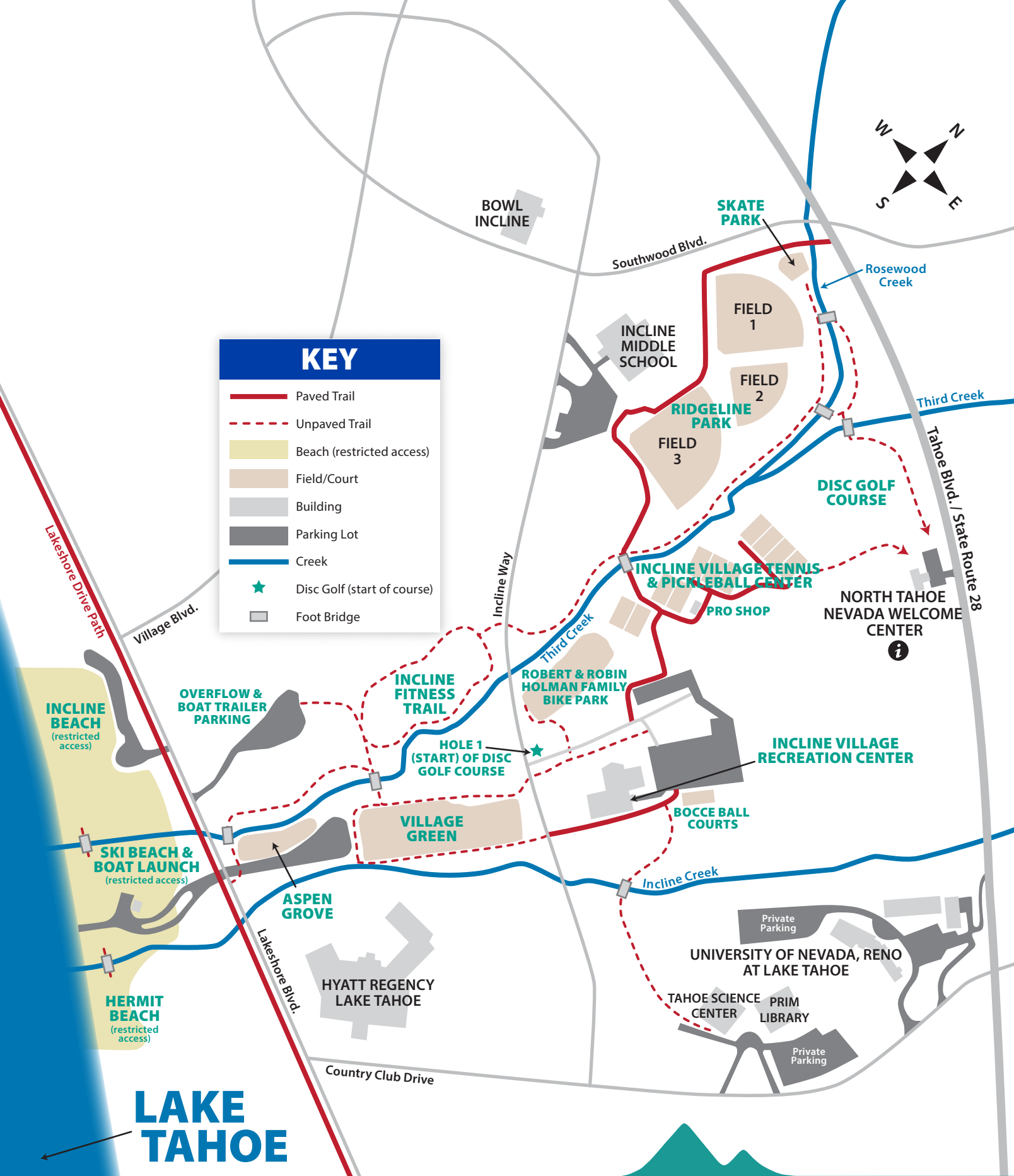




LAKE TAHOE

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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