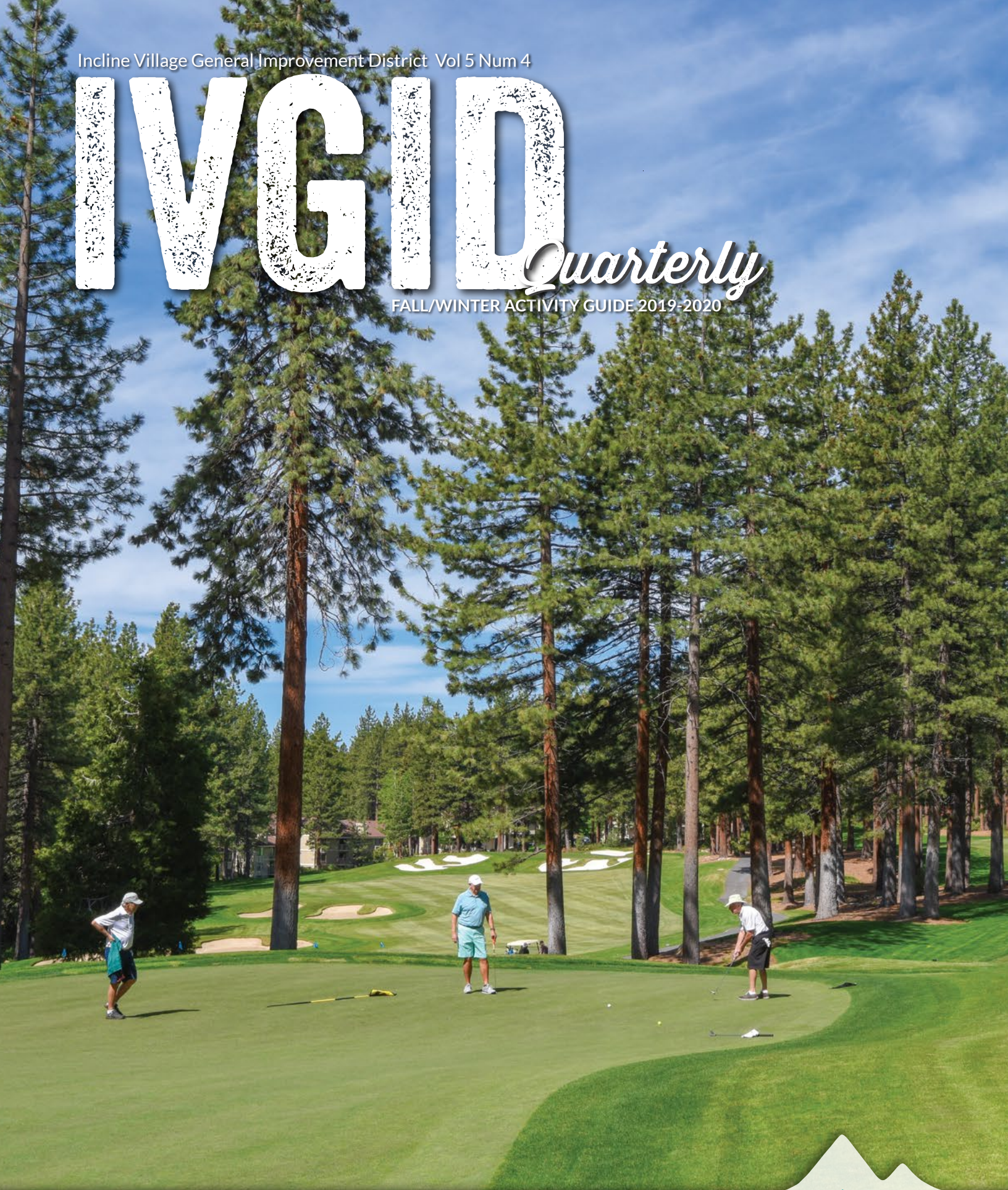


Incline Village General Improvement District Vol 5 Num 4

IVGID *Quarterly*

FALL/WINTER ACTIVITY GUIDE 2019-2020



GENERAL IMPROVEMENT DISTRICT
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www.yourtahoeplace.com

INCLINE VILLAGE GOLF COURSES

Championship Course

955 Fairway Blvd • 775-832-1146

A classic 18-hole public Lake Tahoe golf course featuring a Robert Trent Jones Sr. design and lake views. This par-72 course was listed "Best in State" 2012 - 2015 by Golf Digest magazine and ranked #9 in Nevada on Golfweek's "Best Courses You Can Play 2018" list.

Mountain Course

690 Wilson Way • 775-832-1150

Our 18-hole, par-58 course is fun, affordable, & quick to play with special 9-hole and twilight rates. Bring the family out for fun programs and events like golf leagues, Nine & Wine and Sunday Family Fun Days.



Doug Miranda Photography



INCLINE VILLAGE PARKS & RECREATION

980 Incline Way • 775-832-1300

Community members and visitors can enjoy our beautiful parks, athletic fields, trails, and a wide range of outdoor/indoor activities. Our public Recreation Center includes an indoor pool, sauna, group & water fitness classes, a cardiovascular room, gymnasium, childcare and a variety of programs and services.

Skip the line and register for programs online at register.yourtahoeplace.com.

THE GRILLE AT THE CHATEAU

955 Fairway Blvd • 775-832-1178

Located on The Championship Golf Course, The Grille is open to the public and offers a beautiful view of the 18th green, mountains, trees and Lake Tahoe from the dining room and our outdoor seating area. The Grille serves quality, fresh, wholesome ingredients with thoughtful service every day during the golf season (May through October).

The lunch menu features favorites including the Ahi Poketini, Fish Tacos, Classic Cheeseburger and the Sunset Salad. The extended happy hour menu is served 3pm-7pm daily which features drink specials, delicious appetizers, and salads.

INCLINE VILLAGE WEDDINGS & EVENTS

955 Fairway Blvd • 775-832-1240

Create an unforgettable experience for your Lake Tahoe wedding, meeting, celebration or golf event. Our facilities include The Chateau at Incline Village™, Aspen Grove, The Championship and Mountain Golf Courses, and Diamond Peak Ski Resort.

The Chateau features a 5,200 sq. ft. ballroom that can be divided for large or small meetings and events. Aspen Grove is the perfect outdoor venue for up to 150 people.

INCLINE VILLAGE TENNIS CENTER

964 Incline Way • 775-832-1235

The Incline Village Tennis Center is located in a picturesque alpine setting along a year-round creek. Our club-like facilities are open to the public with daily court fees or seasonal memberships. The Tennis Center offers ten courts, eight pickleball courts, and a pro shop with demo rackets. Lessons, socials, tournaments and camps are offered during the summer.

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WHAT'S INSIDE

- 06 Parks & Recreation Counter
- 08 IVGID Recreation Center
- 10 Aqua & Fitness Class Schedule
- 11 Membership Rates
- 12 Fitness, Health & Wellness
- 20 Tennis Center
- 24 Aquatics
- 26 Preschool, Youth & Family Programs and Events
- 29 Youth, Teen & Adult Sports
- 32 Senior Programs
- 35 Incline Village Championship Course
- 38 Diamond Peak Ski Resort
- 39 Waste Management 2019 Yard Debris & Pine Needle Composting Program
- 40 Ordinance 7 Update
- 42 Incline Village Facilities
- 45 Incline Village/Crystal Bay Neighborhood Map
- 46 Fall Event Calendar

IVGID FACILITIES 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
Incline Beach	967 Lakeshore Blvd.	775.832.1233
Incline Elementary School	915 Northwood Blvd.	775.832.4250
Incline High School	499 Village Blvd.	775.832.4260
Incline Middle School	931 Southwood Blvd.	775.832.4220
Incline Park	939 Southwood Blvd.	775.832.1310
Incline Skate Park	Tahoe Blvd. & Southwood	775.832.1310
IVGID Administration	893 Southwood Blvd.	775.832.1100
Lake Tahoe School	995 Tahoe Blvd.	775.831.5828
Mountain Golf Course	687 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
Sierra Nevada College	999 Tahoe Blvd.	775.831.1314
Ski Beach	967 Lakeshore Blvd.	775.832.1156
Tennis 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



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Parks & Rec Counter Hours

Monday - Friday
8:30am to 5:30pm
Saturdays 8:30am to 5pm
Sundays 9am to 5pm

Contact us for holiday hours
775.832.1310
775.832.1380 Fax
parksandrec@ivgid.org

Located inside the Rec Center 980 Incline Way.

Have you moved?
Update your contact information with us!



Parks & Rec

PARKS & RECREATION COUNTER

The Parks & Recreation Counter staff issues IVGID Picture Passes and Punch Cards, maintains kayak and paddleboard storage facilities, arranges group picnic rentals (select locations) and completes registrations for activities and programs. For information on Ordinance 7 and the Recreation Pass Policy, visit www.inclinerecreation.com/reccounter/id_cards

Program Registration

Walk-in, phone-in, and online registrations are available. Fees can be charged to your Visa, Mastercard, American Express and Discover. All applicable waivers, releases and/or forms must be completed prior to registration. Forms are available on our website (under Programs>Registration) or by fax and email. Programs will be canceled if minimum pre-registration numbers are not met.

Customer Satisfaction

We guarantee your satisfaction with all of our programs, and we strive to provide top quality activities that meet all of your needs. If you are unsatisfied with a program or have extenuating circumstances that is keeping you from attending the program, the program supervisor will be happy to assist with a refund or credit within 30 days of the first class or program meeting.

Incline Village Parks & Rec Offers Online Registration! It's Quick, Safe & Easy!

Go to: register.yourtahoeplace.com

Complete the initial login and account creation by following these simple steps:

- ① Enter the primary household member's email address on file. This email address will be both the username and password on the first login.
- ② Once logged in, you will be prompted to change your username and password. The new password must be a minimum of 8 characters in length, contain a minimum of 1 numeric character, and a minimum of 1 special character.
- ③ Once this process has been completed, your account has been created, and you are free to register online. Please contact the Parks & Recreation Counter at 775.832.1310 for any assistance. Don't wait in line! Take advantage of this convenient opportunity TODAY!

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955 4TH GREEN DRIVE, INCLINE VILLAGE

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480 PAHUTE ROAD, INCLINE VILLAGE

Panoramic Lake Views | 5 BD • 4 BA • 3,176 SF



969 PYRITE COURT, INCLINE VILLAGE

Tahoe Fortress | 5 BD • 4 BA • 4,614 SF

433 AMAGOSA ROAD, INCLINE VILLAGE

Custom Lake View Home | 3 BD • 2 1/2 BA • 2,500 SF



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WELCOME TO INCLINE VILLAGE REC CENTER

Lake Tahoe’s finest fitness and recreation center for you and your family: a 37,000 square foot, first rate complex offering activities for all ages. Check out the complete selection of activities, classes and equipment in the following pages. We are open to members and the public; proudly serving our community 364 days a year.

What We Have To Offer

Your membership includes:

Cardiovascular Room

We offer 30 industry recognized cardiovascular machines including: LifeFitness Powermill, Matrix Climbmill, cross-trainers and upright bikes, Precor elliptical cross-trainers, treadmills and recumbent bikes; StarTrac stepper and bikes, Cybex Arc Trainers, SciFit upper body ergometer and recumbent elliptical; and a Versaclimber and Concept II Rower. Most of the cardiovascular machines have personal televisions or are connected to the Broadcast Vision Group Cardio Theater System.

Strength Area

Includes a mixture of 12 individual circuit machines from Cybex Eagle Strength and Matrix, a LifeFitness Dual Pulley System, Cybex Modular Strength System with six strength stations, Free Motion Squat Machine, dumbbells up to 100 pounds, several fixed barbells, and four flat bench stations. Fitness equipment is maintained and serviced regularly.

Group Fitness Classes

50 Group and Aqua Fitness Classes including: Cardio Cycle, Yoga, HIIT, Zumba, Cardio/Strength, Strength Conditioning, Sports Conditioning, Flexibility/Core/Balance, TRX Body Blast, 55+ Fitness; Combo Aqua Fitness, H2O Basic, Liquid Cardio and Power H2O. See the Group Fitness/ Aqua Fitness Class Schedule on page 10.

Rec Center Tours & Fitness Room Orientation

Let one of our Fitness Attendants provide you with an overview of all the Rec Center has to offer during a free 30-minute Recreation Center Orientation Tour. To learn how you can maximize your workouts and improve your health and wellness, make an appointment by calling 775.832.1330.

Corporate Membership Program

A Corporate Membership Program is available to keep your company’s greatest assets happy and healthy. Research proves a healthy employee is a more productive employee. Check it out online at Inclinerecreation.com, stop by the Host Desk, or call 775.832.1300.

Flex Pass

Recreation Center Daily Use Flex Pass 11 visits are available for the price of 10! Inquire at the Host Desk or call 775.832.1300 for details.

All fees, times and dates are subject to change at the discretion of the Incline Village General Improvement District Board of Trustees and the Parks & Recreation Department.

Additional Rec Center Amenities

Snack Bar/ Pro Shop

Located in the main lobby, the Snack Bar and Pro Shop are your stops for disc golf sets, yoga mats, “Reach Your Peak” logo wear, seasonal clothing, headphones, swimwear, goggles, energy bars, snacks, sports drinks, on-the-go meals, coffee, soda, juices and other items.

Massage Therapy (18+)

Massage is a recognized, effective treatment for many health conditions, muscle stress and relaxation. We offer Integrated Therapeutic Massage by appointment. Please call 775.832.1300. On-Site Massage can be arranged for your group at the office or a special event. Please call 775.832.1350.





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Rituparna Das, MD
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Dr. Das offers a comprehensive approach to neurological disorders of the head and spine that addresses treatments, prevention, and intervention.

Dr. Das provides care for neurological disorders including tremors, memory disorders, migraines, traumatic brain injury, and other neurological conditions.

Ritu Das, MD comes to Barton Health from Paradise, CA and leads Barton Neurology.



1139 Third Street
South Lake Tahoe, CA 96150
530.539.6047
bartonhealth.org/neurology

FITNESS & AQUA CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	HIIT 'til 7am		Cardio Cycle 'til 7am				
6:30-7:30am		Cardio Cycle		Cardio Cycle			
7:15am	Liquid Cardio		Liquid Cardio		Liquid Cardio		
7:45-8:45am	TRX Body Blast		TRX Body Blast		Cycle & Strength	Cardio Cycle	
8am		Yoga		Yoga			
9am-10am	Zumba		Get On The Ball		Cardio Cycle 'til 9:50am	Strength Conditioning	Sports Conditioning*
9:10-10am		Flexibility, Core, & Balance		Flexibility, Core, & Balance			
9:30am	AquaCombo	AquaCombo	AquaCombo	Power H2O	AquaCombo	AquaCombo	
10:10-11am	Cardio/Strength Conditioning	Cardio/Strength Conditioning	Cardio/Strength Conditioning	Cardio/Strength Conditioning	Strength Conditioning	Zumba 'til 11:10am	Yoga 'til 11:10am
10:45am		Flexibility, Core, & Balance		Flexibility, Core, & Balance			
11:10am-12pm	Yoga 'til 12:10pm	55+ Fitness	55+ Yoga	55+Fitness	Yoga 'til 12:10pm		
12:15-1:05pm		Gentle Yoga	Flexibility, Core, & Balance	Zumba			
5-6pm	Yoga						
5:10-6pm		Flexibility, Core, & Balance	Cardio Cycle	Cardio Cycle			
6:10-7pm	Cardio Cycle 'til 7:10pm	Cardio/Strength Conditioning	Strength Conditioning	Yoga 'til 7:10pm			

Sports Conditioning* held in the group fitness room meets year-round; some blackout dates. School holidays apply.

55+ Fitness & Yoga

Classes are ongoing 50-minute classes, held three times per week. Designed to increase muscle strength, and blood circulation, enhance range of motion, realign & define body shape, improve posture, flexibility & balance. Pre-registration is not necessary.

Tuesdays & Thursdays - Fitness 11:10 am - 12pm

Wednesdays - Yoga 11:10 am - 12pm

Free to Rec Center members.

Fee: \$10, \$5 w/ IVGID Pass

Kid Zone (Infant - 10 years)

Drop-in childcare services are available for members and guests to use while working out or playing tennis. Licensed childcare service is offered through the Washoe County

Department of Social Services. Current shot records are required to attend. Monday - Saturday: 9am - 12pm* Tuesdays: 5pm - 7pm* *Hours subject to change.

Totally Active (Ages 6-17)

Youth can swim, shoot hoops and work out in the gym during limited hours. Youth ages 6-10 must be supervised. Any child under the age of 11 must be in childcare, with a supervising adult/teenager 14 & up. Fitness Room is available only to trained youth 14 years and older. 12pm - 5:30 pm Daily \$4 / person.

[Download current schedule with instructors at InclineRecreation.com](http://InclineRecreation.com)

Recreation Center Membership Rates

Monthly Dues	Rate	w/IVGID Pass	Annual Dues	Rate	w/IVGID Pass
Single	\$68	\$49	Single	\$689	\$517
Couple	\$107	\$79	Couple	\$1086	\$815
Family	\$122	\$92	Family	\$1294	\$970
Senior Single	\$58	\$43	Senior Single	\$656	\$482
Senior Couple	\$93	\$69	Senior Couple	\$937	\$719
Senior Family	\$114	\$85	Senior Family	\$1016	\$933
Student (6-23)	\$40	\$30	Student (6-23)	\$389	\$292

Temporary or Special Use Rates

	1 Week	2 Weeks	1 Month	2 Months	3 Months	6 Months
Single	\$40	\$60	\$90	\$179	\$261	\$367
Couple	\$60	\$95	\$142	\$284	\$414	\$578
Family	\$72	\$108	\$163	\$325	\$474	\$659
Senior Single	\$38	\$58	\$86	\$173	\$252	\$335
Senior Couple	\$59	\$89	\$133	\$266	\$387	\$502
Student (6-23)	\$30	\$45	\$68	\$136	\$198	\$216

IVGID Passholder Temporary or Special Use Rates

	1 Week	2 Weeks	1 Month	2 Months	3 Months	6 Months
Single	\$30	\$45	\$67	\$134	\$195	\$275
Couple	\$49	\$71	\$106	\$212	\$310	\$433
Family	\$54	\$81	\$122	\$244	\$356	\$494
Senior Single	\$28	\$43	\$64	\$130	\$189	\$251
Senior Couple	\$44	\$67	\$100	\$199	\$290	\$377
Student (6-23)	\$22	\$34	\$51	\$102	\$149	\$162

Daily Rates

	IVGID Passholder	Rate
Adult (19-59)	\$12	\$16
Senior	\$10	\$13
Student (6-23)	\$6	\$8
Totally Active	\$4	\$4

Recreation Center Hours

Monday - Friday
 6am to 9pm
Saturday & Sunday
 7am to 8pm
 Holiday hours vary.
 Please call 775.832.1300



FITNESS, HEALTH & WELLNESS

Personal Training

Affordable, effective personal training is available at the Incline Village Rec Center. Our certified, trained professionals will evaluate your individual fitness needs, design a plan of action and motivate you to reach your fitness goals. A personalized program emphasizes correct form, helps with recovery from injury, or enhances training for a specific sport. Call 775.832.1330 for more information.

Small Group Personal Training

The Incline Village Recreation Center offers cost effective options to traditional Personal Training. Call 775.832.1330 for more information.

- **Small Group Personal Training**
Provides an affordable alternative to traditional personal training sessions. Working in a small group of 4 to 6 people provides comradery, accountability and motivation!
- **TRX Suspension Small Group Training** Private or Small Group TRX Suspension Training builds total body strength, balance, flexibility, and core stability for people of all fitness levels. TRX training will develop a leaner more athletic body, improve your balance and flexibility, and reduce over-use injuries. Ask about our General Goal online TRX program. Minimum of 4 participants.

Sports Specific and Elite Personal Training Options

In addition to traditional, Small Group, Personal Training, the Incline Village Recreation Center offers elite, sports specific training opportunities for focused fitness enthusiast. Services and programs that were once thought to be reserved for professional athletes are now available for all at the Incline Village Recreation Center.

MetaboliQ™ Resting Metabolic Rate Assessments and VO2 Max

Testing your RMR and VO2 Max provides important information about the calories your body requires each day and how those calories are broken down during exercise. With this knowledge your nutritionist, personal trainer or coach can tailor a plan that will specifically help you reach the goals you've set for yourself. This caliber of metabolic testing was formerly only available in expensive laboratories or hospital settings. Now, through a partnership with MetaboliQ™ the Incline Village Recreation Center can offer this effective testing to you at reasonable pricing in the comfort of your gym! To make an appointment, call 775.832.1330

- **Resting Metabolic Rate** (also called RMR) is the rate at which your body burns energy when it is at complete rest. By calculating your resting metabolic rate, you discover how many calories your body requires to perform basic bodily functions like breathing and blood circulation. This number will account for nearly 75% of your daily caloric needs and, when added to your lifestyle and exercise needs, you will understand what to aim for to either lose or gain the weight you've set your goals toward.

- **VO2 max testing** measures your metabolic rate during different stages of exercise. Also called an aerobic capacity test or a VO2 max (maximum volume of oxygen) test this exercise test gives you information about the intensity levels at which your body uses oxygen and burns fat more or less efficiently. This test provides the personalized information vital for every individual from those recovering from injury or illness to those looking to reach your optimum fitness performance.

Fees:

Single RMR Test	\$115
Single VO2 Test	\$175
Single Combination Testing	\$265
Bi-annual RMR	\$200
Bi-Annual VO2 Test	\$310
Bi-Annual Combination Testing	\$460

Foam Rolling, Myofascial and Flexibility Release

Join certified Personal Trainer Trish McKowen in the Rec Center Gym on Tuesdays and Thursdays for a bi-weekly class learning how to “roll” to a better you! Foam rolling is a form of self-myofascial release, or self-massage, that gets rid of adhesions in your muscles and connective tissue. Foam rolling also increases blood flow to your muscles and creates better mobility, helping with recovery and improving performance.

Location: The Rec Center Gym

Date/Time: Tuesdays & Thursdays beginning October 15, 8:30 - 9:30am

Per Session: \$18 or \$15 w/IVGID Pass or Rec Membership

Punch Card: 11 sessions for \$180 or \$150 w/ IVGID Picture Pass or Rec Center Membership

Functional Movement Screenings

Schedule a Functional Movement Screening™ with Trish McKowen to assess how well your muscles work together. By assessing your ability to use various muscles in the upper and lower body at the same time, a functional movement screening will determine your core stability, balance and level of fitness. This information provides you and your trainer with valuable information in setting realistic goals for your specific fitness needs.

Aqua Fitness Personal Training

Training in the water provides a three dimensional variable resistance environment to strengthen the body and can accommodate any fitness level and most injury limitations. Strength, muscle endurance, cardiovascular endurance, range of motion and fat-burning elements of fitness can

be achieved simultaneously in the water with very little impact. Call 775.832.1330 for more information.

The Nutrition Corner

Whether it is weight management, the desire to lead a healthier life, or reach your optimum fitness levels, let our Registered Dietitian, Jill Whisler be your partner in health. To make an appointment and for more information call 775.832.1330.

Stress Reduction & Success Motivation

De-stress your life and strive for success with Nikki Dean. Nikki provides instruction in Yoga Nidra (yogic sleep) proven to improve sleep. Nikki is a Cancer Exercise Specialist able to share tools that can guide you through life altering illnesses. To make an appointment and for more information call 775.832.1330.

Sports Specific Assessments, Coaching and Training

GolFit

Healthy athletes make better golfers! Ward off stiffness, inflexibility, lack of motion, fatigue and possible injury in the off-season. PGA Golf Professional and NASM Certified Personal Trainer Ashley Wood has created a program designed to increase your overall mobility, strength, flexibility, core stability coordination, cardiovascular health and balance. The GolFit program will keep your golf game up to par and on the course for years to come. Private or Small Group (4 participant minimum) trainings are available. Call 775.832.1330 to make a required appointment or for more information.

Continued on page 14



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but there is a big world
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Game Changer - TPI and K-Motion 3D Technology

Titleist Performance Institute (TPI) is the world’s leading educational organization dedicated to the study of the how the human body functions in relation to the golf swing.

K-Motion 3D is game changing data collected with the use of a K-Vest that translates the information into easy-to-understand scores and visuals.

Combine these two state-of-the-art techniques under the guidance of NSCA certified Personal Trainer and avid golfer Trish McKowen and you have Game Changer! TPI Assessment and K-Vest Assessments are available at the Rec Center by appointment only. Call 775.832.1330 for more information.

One-on-One Soccer Coaching

Local Peter Salazar is an alumnus of multiple Incline Village Soccer Programs. Peter’s passion for soccer began at the age of six where you would find him playing a neighborhood pick-up game, on an AYSO team or on a traveling club team. Peter represented Incline High School as Captain of the 2010 State Championship Team with Peter recognized as First Team, All-State, All-League and MVP Center-Mid. Peter continues to improve his skills while bringing leadership and excellence to the elite men’s league in which he currently participates. Peter is available for one on one and small group private soccer coaching. For more information, call 775.832.1330.

Private Volleyball Coaching

Up your volley and drive your spike with Coach Tony Graeber. Tony moved from Santa Barbara, California to the north shore of Lake Tahoe 22 years ago and fell in love with the area and its outdoor lifestyle. An avid athlete as a volleyball player for many years, Tony has served his community as the Incline Middle School’s 8th Grade Volleyball coach for the past five years, is involved with youth sports at the Incline Village Recreation Center and recently accepted the Head Volleyball coaching position with Incline High School. Tony will work to up your game by instilling the skills needed to excel at the sport. As a parent, he is keenly aware of the value of passing on positive traits and qualities while enjoying competitive sports. For more information on camps, private coaching and training call 775.832.1330.

Private Basketball Coaching with TK

Get your game on with 2019 Coach of the Year, Tim Kelly (TK)! TK is a former college assistant coach at NCAA division one Cal State Fullerton University & Pepperdine University, post college professional basketball player in Australia and the current Incline High School Head Boys’ Basketball Coach, leading the Incline High School Highlanders to win the Nevada

State Championship in 2019. Prior to coaching, TK was a college standout at Pacific Lutheran University in Tacoma, WA. He was the NCAA Division 3 National Assist Leader in 1999 and he still holds every assist record at PLU today. Upon returning to Incline Village, he started the TK Basketball Club, which has been mentoring and leading basketball players of all abilities and ages since 2002. For more information on camps, private coaching and training call 775.832.1330.

Peaceful, Centered, Balanced Programs

Deepen your awareness of how gentle movement and meditation classes and workshops designed for participants of all ages can lead you to the experiential path to wellness.

Tai Chi Chuan I Chi Gung Training

Join instructor Dave Norehad for Tai Chi at the Rec Center! A study at Emory University found that those who practice Tai Chi maintain strength, flexibility & balance and reduce fall rates by 40%. Harvard Medical School refers to Tai Chi as “Medication in Motion” due to its value in treating many

Continued on page 16

40th Anniversary
of serving our community

**PROUD TO CELEBRATE
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health issues related to aging. Those who practice Tai Chi show a healthier response to the stressful demands of everyday life, business and interpersonal relationships. Private classes are available.

Location: The Rec Center Backyard (weather permitting) or front half of Gym

Date/Time: Ongoing, Mondays and Wednesdays, 10 - 11am

Fee Per Session: \$18 or \$15 w/IVGID Pass or Rec Membership

Punch Card: 11 sessions for \$180 or \$150 w/ IVGID Picture Pass or Rec Center Membership

New Moon Sound Healing Gong Immersion

Gong workshops offer a relaxing and blissful experience known to relieve pain, stress or emotional imbalance. During a one-hour Gong Immersion session, you will relax on a mat, head on a pillow, wrapped in a blanket while being bathed in soothing sound waves. Drift into a deep meditative state as you focus on the Gong vibrations. The calming effects of Gong can last for many days. Every session is different. Join instructor Suzy Hustedt for this unique wellness experience. Private sound and yoga classes are available.

Location: Aspen Grove
960 Lakeshore Blvd, 89451

Date: Saturday, September 28
Celebrate & Create Bounty with the September Harvest Moon

Saturday, October 26
Restore & Recharge with the October Hunters Moon

Time: 3-4pm

Fee Per Session: \$30, \$25 w/IVGID Picture Pass or Rec Center Membership, \$20 for 55+ or SNC & High School Students w/ valid Student ID \$35 Day of Drop-In.

Introduction to Meaningful Mantra Meditation

Join Chopra Certified Vedic Educator Dolores Holets for an Introduction to Meaningful Mantra Meditation. Meditation is a tool for rediscovering the body's own inner intelligence. Practiced for thousands of years, it is not about forcing the mind to be quiet; it is finding the silence that is already there and making it a part of your life. Silence is the birthplace of happiness, creativity and infinite possibilities. From this field of pure potentiality, we get our bursts of inspiration, our most intuitive thoughts, and our deepest sense of connections. Practicing meditation on a daily basis allows you to weave silence and stillness into your mind and body to create a life of greater compassion and fulfillment. A minimum of 10 participants required. Two sessions are available.

Meditation is a journey to the center of our very being; a journey to emotional freedom; and a journey to the reawakening of our unconditioned self. Practicing meditation on a daily basis can help you to:

- Manage stress
- Reduce anxiety
- Turn back the hands of time
- Improve your relationships
- Create inner peace
- Awaken your intuition
- Enhance your sleep patterns

- Lower your blood pressure
- Become less judgmental
- Connect to spirit

Location: Aspen Grove
960 Lakeshore Blvd, 89451

Date: Session I, Wednesday, Oct. 16
Session II, Wednesday, Oct. 23

Time: 10:30am - 12 noon

Fee: \$35, \$30 w/ IVGID Picture Pass or Rec Center Membership \$25 for 55+ or SNC & High School Students w/ valid Student ID \$40 Day of Drop-In

Wellness Through The Arts

Dancing Through the Ages

What discipline improves grace, coordination, flexibility, and cardiovascular health while reducing stress, volume loss in the hippocampus, (the part of the brain that controls our memory), joint pain and post exercise soreness? Dancing!

Continued on page 18



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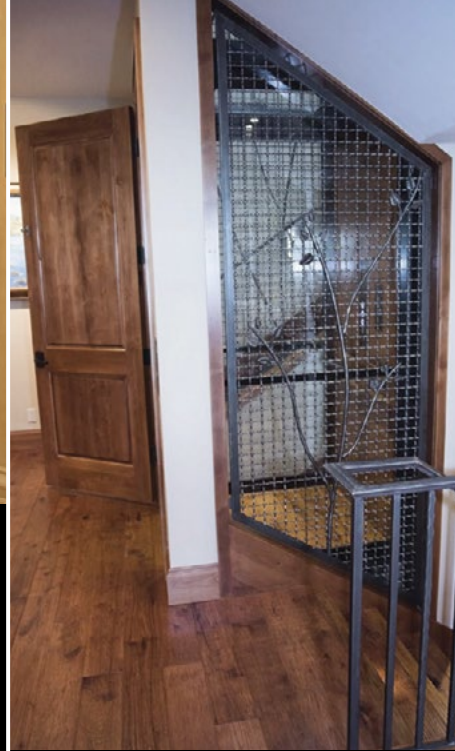
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Adult Ballet

Beginning, intermediate and advanced ages 18+ (participants under the age of 18 are welcome with instructor’s approval). Ballet flats are required. Comfortable clothing suggested. Private lessons available

Location: The Incline Village Recreation Center Group Fitness Room
980 Incline Way, 89451

Date/Time: Ongoing, Saturdays, 11:30am – 1pm

Drop-in: \$16 or \$13 per class w/IVGID Pass or Rec. Center Membership

Punch Card: 6 classes \$85 or \$70 w/ IVGID Picture Pass or Rec Center Membership

Ballroom Dance

This enjoyable class, taught by instructor Judy Lee, is open to all dancers age 18– 99! Statistics show dancing not only benefits your body but also improves state of mind and social connections. Dancing is uplifting and fun, burns fat, improves muscle tone, flexibility, conditioning and endurance, strengthens bones and joints, stimulates the brain and provides a creative and social outlet. Previous dance experience is not necessary. Wear comfortable, easy-to-move-in clothing and appropriate dance shoes. Couples private lessons are available.

Location: Incline Village Recreation Center 980 Incline Way, 89451

Date/Time: Ongoing, Friday Evenings, 6–7pm

Fee: Per person/per class \$18/\$15 w/ IVGID Picture Pass or Rec Center Membership

Art Classes

From finger-painting to intricate landscapes or portraits, art promotes wellness. You do not have to possess artistic ability to benefit from art. Research proves that there are physical, mental and emotional benefits from creating art and expressing yourself in a tangible way. Join one of the social, artistic classes and uncover your hidden artist.

Painting with Watercolor

Join local watercolor artist Ronnie Rector for a fun, no pressure class where you will learn (or relearn!) basic watercolor washes, layering for values, controlling water and pigment, ways to create texture, and how to save those whites. Work on small sample pieces for each technique, with room for your notes and experimentation, while progressing through an 11 x

15” painting of your own. Ronnie will provide gentle guidance and suggestions for improving your work, and answer your questions with honesty and humor. This is a great class for all skill levels.

Location: Incline Village Recreation Center 980 Incline Way, 89451


Date/Time: 5 Wednesdays, beginning October 9 through November 6, 2019, 6 – 7:30pm

Fee: \$125 or \$100 w/ IVGID Picture Pass or Rec Center Membership

Supplies List: Call email sal@IVGID.org or call 775.832.1330 for a list of supplies and vendors

More Art Programs coming January 2020!


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TENNIS CENTER

We hope you have had a great summer, and we look forward to hitting the courts with you this fall. Summer may be winding down, but our tennis center is in full swing! Our USPTA certified teaching Pros are available for private, semiprivate and group lessons.

The Incline Village Tennis Center, located next to the Recreation Center, offers eleven courts in a picturesque alpine setting along a year-round creek. Available in the Pro Shop is a full line of Wilson rackets and tennis products. The Tennis Center offers racket stringing along with a wide variety of synthetic and natural gut string.

The Pro Shop

The Pro Shop will close in early October.

Call 775.832.1235 or stop by the Tennis Center to reserve your time.

6-Pack court fee punch cards are available for both peak and afternoon times.

Ball Machine Rental Hourly: \$13, \$10 w/IVGID Pass;
Membership Pass: \$125, \$100 w/IVGID Pass

Private & Group Lesson Rates

Private, semi-private, group and clinic lessons are available seven days a week. All teaching professionals are USPTA certified. Please call the Pro Shop at 775.832.1235 for appointments, pricing, and information.

Daily Clinics

Days & times are subject to change. Please call the Pro Shop at 775.832.1235 to confirm days/ times. Reservations recommended.

Adult Clinics

Monday - Saturday, 10am - 11am (Sept. 30 - Close) Monday - Saturday, 9am - 10am (September)

Fee: \$25, \$20 w/IVGID Pass or Membership

Beginners Tennis Clinics

Have you always wanted to play but don't know where to begin? We can help you with the basics to get you started. Monday/Saturdays, 10am - 11am (time begins at 11am Sept. 30-close)

Fee: \$25, \$20 w/IVGID Pass or Membership

Extreme Drill and Play 3.5 and up

High-paced drill for the top player, conditioning drills and points, serve and return practice and match play.

Fridays, 10am - 12pm

Fee: \$40/person, \$35 IVGID Passholder or Membership Passholders

Continued on page 22



Left to Right: Melissa Goodman, CSR; Tracie Chambers, CSR; Heather Shook, CSR; Larry Peyton, Agent; Michael Peyton, Agent; Stephanie Howat, CSR; Sarah Shulman, CSR/ Office Manager; Tracy Peters, Administrative Assistant

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nvenergy.com/psom



Ladies’ Day & Round Robin

This long-standing Incline tradition has proven to be the most popular of the Tennis Center activities. Both members and guests meet for a morning of well-matched doubles play, refreshments and socializing. Reservations are recommended a week in advance by calling the Tennis Center Pro Shop at 775.832.1235. Level 3.0 and up.

Date/Time: Tuesdays, 10am - 12pm

Fee: \$16, \$14 w/IVGID Pass; Free for Membership Passholders

Men’s Day Doubles Round Robin

This program is designed to bring members and guests together in a competitive and social session of round robin doubles play. All levels of play are welcome. Refreshments are provided. Level 3.0 and up.

Date/Time: Thursdays, 10am - 12pm

Fee: \$16, \$14 w/IVGID Pass; Free for Membership Passholders

Wednesday Night Mixed Doubles

Come play a friendly round robin with a different partner every time you switch. Stay after the game for an evening potluck social. Reservations required.

Date/Time: Wednesdays, 5pm - 7pm, with a potluck following

Court Fee: \$10, \$8 w/IVGID Pass; Free for Membership Pass Holders

Ladies’ Night Doubles 3.0 and up

Come out for clinic and match plays with coaching and finish up with a beverage and good conversation. Reservations required.

Date/Time: Mondays, 5pm

Fee: \$25, \$20 w/IVGID Pass or Membership

Pickleball At the Tennis Center

Dedicated pickleball courts are available for drop-in play, lessons, programs, tournaments and social events. During the summer, equipment rentals and sales are available in our Pro Shop including demo paddles, court shoes and apparel.

Daily Pickleball Court Fee: \$6, \$4 w/IVGID Pass

Pickleball Group Drop-In

Drop-in to rotate into games with new and experienced players. First time players must take an Introduction to Pickleball Clinic before attending drop-in play. View the current schedule online or at the pro shop.

Pickleball Clinics

Date/Time: Tuesdays & Thursdays 11am - 12pm with Bill Hub

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

More information at InclinePickleball.com

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Give us a call to set up an appointment:

800.373.0817

Contact Jay or Krista
288 Village Blvd, Suite 2
Incline Village, NV 89451
www.cal-nevada.com



AQUATICS

Swim Lessons are offered for all ages and abilities. Programs follow the American Red Cross Learn-to-Swim guidelines and all instructors are Water Safety Instructor certified. Class maximum is four. Please refer to the Swim Lesson level descriptions online: inclinerecreation.com. 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). Registration can be done online, in person at the Recreation Center counter or by calling 775.832.1310. To register online visit register.yourtahoeplace.com. If you have any questions or comments about swim lessons, please feel free to contact the Aquatics Office at 775.832.1321.

Youth Swim Lesson Registration Opens

Session I: September 23
Session II: October 28
Session III: January 6
Session IV: February 17
Session V: March 16
Session VI: April 27
Fee: \$71, w/IVGID Pass \$57
 (Same day registration: add \$10)

Youth Swim Lesson - Afternoons

(4 Weeks)
 Monday & Wednesday OR
 Tuesday & Thursday

Session I: Sept 30 - Oct 31;
 (no class 10/7-10/10)

Session II: Nov 4 - Dec 9
 (no class 11/11, 11/25-28)

Session III: Jan 13 - Feb 10
 (no class 1/20)

Session IV: Feb 24 - March 19

Session V: March 23 - April 23
 (no class 4/6-4/9)

Session VI: May 4 - June 1
 (no class 5/25)

Monday & Wednesday

3:35pm - 4:05pm Level 1, 2 & 3

4:10pm - 4:40pm Parent Tot, Preschool,
 Level 1

4:45pm - 5:15pm Preschool, Level 4 & 5

Tuesday & Thursday

3:35 - 4:05pm Preschool, Level 1 & 2

4:10 - 4:40pm Parent Tot, Preschool,
 Level 3

4:45 - 5:15pm Level 1, 4 & 5

Youth & Adult Private, Semi-Private Swim Lessons, Dive Lessons, all ages

Private lessons are available with

certified Water Safety Instructors, as well as stroke clinics with our swim coaches. To make a private lesson request, please call the Aquatics Office at 775.832.1321. All private lessons are subject to availability of instructor staff. Lessons must be paid for in advance; payment must be made at the Recreation Center Counter.

Pre-Swim Team/Incline Aquatics 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 will be available. Swim team fees are due monthly. Please refer to the Swim Team level descriptions on the website. Ages 6+.

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 Incline Recreation Center pool. This is an ongoing program for all ages with annual registration.

Fee: \$35, \$28 w/IVGID Pass.

Master Swim Program

This free program will allow you to meet fellow swimmers and teammates who will help with exercise accountability. Also available for a fee: monthly clinics and a competitive team option. All swim level workouts are created by a USA Coach, Personal Trainer or Water Safety Instructor. Call the Aquatics office for more information at 775.832.1321.

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PRESCHOOL, YOUTH, & FAMILY PROGRAMS AND EVENTS

Preschool Sports Program coming to the gym this Fall... check out our website.

Tahoe Tiny Timbers Gym Time

Tahoe Tiny Timbers Gym Time is designed to give children (ages 0-5) an opportunity to socialize and use their gross motor skills. This is an open gym for parents and/or caregivers to play with their children in a stimulating environment. Caregiver must be present during the entire playtime.

Location: Incline Village Recreation Center Gymnasium

Date/Time: Tuesdays & Fridays (Begins October 15 through May 15, 2019), 9:30am - 11am

No Class: 10/25, 11/29, 12/24, 12/31 and 2/18

Fee: \$6/child, \$5 w/IVGID Pass/child Tiny Timber Punch Cards available

Teen Dances

The Parks & Recreation Department sponsors teen dances every school year for grades 6- 8th. We have a great DJ that plays all the latest music. All Incline, Lake Tahoe School, and TEA middle school students are welcome to attend! Fridays, Time: TBD. \$8/person at the door. Must show student ID.

Shotokan Karate (All Ages)

This class is designed for anyone interested in learning the art of Karate. Beginner and advanced students will be able to make great progress in self-defense and benefit from improved physical and mental health, self-discipline and self-confidence.

Date/Time: Tuesdays & Thursdays (on-going) 7:10pm - 8:40pm

Fee: 10 Class Flex Pass: \$79, \$64 w/ IVGID Pass; Drop-In \$10, \$7.50 w/IVGID Pass

Kids Dance Classes

Throughout the school year, Instructor Miss Brittnee Brame offers children's dance programs at the Rec Center on Friday afternoons. At the end of each session, a dance recital will be held and the performance pieces dancers have learned will be featured. Fees include 10 classes and dress rehearsal, a costume (to keep), the performance and after party.

Fairytale Ballet – The perfect first time dance experience for children 3 -5! Dancers will learn the fundamentals and terminology of ballet. Classes will include basic ballet dance, free-dance, and storytelling. Ballet Flats required.

Date/Time: Fridays, 3:30 – 4:15pm.

Kid's Jazz – Children 6-10 will enjoy an introductory jazz course that incorporates simple jazz moves that kids can successfully execute.

Dancers are taught warm-up, stretching and isolation methods all to the beat of energetic playful music. Jazz shoes required.

Date/Time: Fridays, 4:15pm – 5pm

HipHop – Children 9-11 will be introduced to the elements of Hip Hop. Dancers focus on rhythm, syncopation and stage presence while enjoying expression through this relevant dance style derived from a combination of jazz, funk and street jazz. Hip Hop requires high energy, attention to detail and an awareness of complex rhythms. Jazz shoes required.

Date/Time: Fridays, 5pm – 5:45pm

Middle School Modern Contemporary Dance – designed exclusively for Middle School kids, dancers will experience the eclectic, versatile dance form that is relevant to the pop culture of today. Middle School Modern Contemporary Dance incorporates jazz, ballet, modern and some Hip Hop elements. Dancers will build upon techniques that encourage the personal expression of movement. Jazz shoes required.

Date/Time: Fridays, 2:45 – 3:30pm

Classes & Dress Rehearsal: Fridays beginning September 6, 2019 (no class September 27, October 4, October 25, and November 22) at Incline Village Recreation Center.

Performance: December 13, 2019

Location: Incline High School Theater; 499 Village Blvd, 89451

Fee: \$275, \$235 w/ IVGID Picture Pass or Rec Center Membership

Continued on page 28



Lara Ritchie

Picking Your Pan

When It Comes To Choosing Cookware, Look For The 3 Cs

One of the questions I'm asked most is, "What's best for cooking: gas or electric?" But to me, it doesn't matter. The more critical question is, what cookware should you be using? Because that's what's distributing the heat to properly cook your food. Look for the three Cs: conductivity, or how heat is conducted throughout the pan; cooking surface; and construction. Today's cookware is made of a wide variety of materials, but here I'll take a look at the most common options and what makes the best all-purpose pan for most recipes.

Conduction of Heat

Copper is the best conductor of heat, bar none, so it cooks most efficiently. Plus, it looks gorgeous. But it's also heavy and expensive. It's also a reactive metal, meaning that it can leach copper into your recipe. The second best conductor is aluminum, and although, like copper, it's a reactive metal, its benefits over copper are that it's incredibly light and pretty inexpensive. Next is stainless steel, which is a lousy heat conductor—heat literally goes straight through an all-stainless pan rather than being distributed evenly around it. Stainless steel is affordable, retains its shape, and won't discolor easily, which is why many people have it. But you want a stainless pan with an aluminum core, to distribute that heat evenly throughout the pan.

Cooking Surface

For most people, ease of use and cleanup are just as important as how a pan cooks. That's why choosing the right cooking surface is important. Fortunately, there are some great manufacturers out there producing pans with efficient heat-conducting cores, clad in easy-to-clean cooking surfaces. For all-purpose cooking, I recommend either a stainless steel or enamel cooking surface. At Nothing to It, we use two pans daily—Cristel Casteline (stainless surface, aluminum core and diffuser base, France) and Chantal Copper Fusion (enamel surface with copper core, Germany). Both are like my children, but if I had to have one go-to pan, it would be the Cristel Casteline 6 qt. sauté pan. The cooking results are amazing and it comes with nifty removable & interchangeable handles.

Construction

For your cooking, think about how to add flavor through fats and seasonings. When a pan is constructed well and distributes heat efficiently, it gives you a lot of flavor and technique options. The Cristel Casteline pans, for instance, are constructed so well, and distribute the heat so nicely; you can literally sear meats and vegetables without any fats. Of course, we know that fats add flavor and help conduct heat to the food, but in this pan, it becomes a choice you can make, rather than a necessity to douse the food in oil. But when the pan isn't made well, your work increases because you're overcoming additional challenges like uneven heat distribution, warping that keeps the pan from sitting flat on the heating surface, hot spots, and more. That's why it's worth it to spend a bit more money on a good-quality pan that's constructed well and can withstand whatever you throw at it, so you won't have to work so hard in the kitchen. Of course, there are a million options out there for cookware, so we're always happy to have you stop by the kitchen store at Nothing To It! for a little advice and to take a pan on a test drive.



Serving Lunch
11am – 2pm, Mon – Fri
11:30am – 1:30pm, Sat



COOKING CLASSES

- | | |
|-----------------------------------|---------------------------------|
| Sept. 4 Kids Cook! | Sept. 26 Sausage Making |
| Sept. 10 Taste of the Southwest | Sept. 27 Fish & Seafood |
| Sept. 11 Thailand | Sept. 30 Kids Cook! |
| Sept. 12 Modern Pressure Cooker | Oct. 1 Teens Cook! |
| Sept. 13 Girls' Night Out | Oct. 8 Techniques 1 |
| Sept. 17 Beginner's Kitchen | Oct. 11 Date Night- Oktoberfest |
| Sept. 18 Chinese Takeout | Oct. 12 Autumn Soups & Breads |
| Sept. 19 Gluten Free/Quick & Easy | Oct. 16 Knife Skills Workshop |
| Sept. 24 Techniques 1 | Oct. 18 Kids Cook! |
| Sept. 25 Taste of Greece | |

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Upcoming Special Events

Community BBQ at Diamond Peak

Join your fellow Incline Village and Crystal Bay Community Members for an expo and free barbecue at Diamond Peak. Enjoy barbecue fare by Wild Bill's BBQ on the Base Lodge deck, then head down to the ticket plaza and main parking lot for activities and information from the Washoe County Sheriff's Office and other community agencies.

Date/Time: September 8, 11am-2pm

Babysitter Academy

Are you interested in earning money by babysitting? Join us for a hands on babysitting workshop at the Rec Center. Get CPR and First Aid certification, child care training and learn the ins and outs of the babysitting business. Workshop dates will be released in October.

Trail of Treats and Terror

Join us for ghoulish games, terrifying treats, shake your booty with daring dancing, and capture a fun and whacky family portrait by Dayle Hoevel of Picture This Photography. All Incline Trick-or-Treaters and their families are welcome to this FREE event. Don't miss the fun! Thursday, October 24, 4 - 7pm Donald W. Reynolds Community Non-Profit Center Recreation Center Lobby, Lake Tahoe School & SNC

Brunch with Santa Claus!

Join in the fun on Saturday, December 14th for a festive Brunch with Santa, Mrs. Claus, and his elves. Held at the Chateau at Incline Village, this family event features many fun activities including a delicious brunch, a magic show, arts and crafts, raffle prizes, a photo with Santa and Mrs. Claus and much more! We offer three seatings. This community event is presented by the Tahoe Family Solutions in collaboration with IVGID. For ticket sales and information, please call 775.298.0004. This event sells out. Tickets go on sale November 23, 2019.

Community Tree Lighting

Join us for a family fun event! There will be creative crafts for kids, story time, sleigh rides, live music, caroling, and Santa & Mrs. Claus. This is a free event; food, beverages, and sleigh rides will be available for purchase. Sleigh rides reservations are limited. The Pro Shop will be open for holiday shopping!

Location: The Chateau, 955 Fairway Blvd.

Date/Time: Friday, December 6, 2019, 4-6pm.

Community Snowshoe full Moon Hikes to Diamond Peak's Snowflake Lodge

This award-winning event encourages exercising in an intergenerational social setting for ages 9+ and is part of the Community Health and Wellness Outreach Initiative. There will be light fare available for those who would like to purchase dinner at the top. Check our website for hike fees at inclinerecreation.com. We will return around 9pm. Visit our website or call 775.832.1310 for information. Pre-registration is required.

Location: Meet at Diamond Peak's upper parking lot at 5pm.

Date/Time: Fridays, January 10, February 7, and March 6

Spring Events Sneak Peek

Underwater Egg Hunt

Come join us for some underwater egg hunt fun. Every child gets a prize. Children can participate in a series of hunts. The Big Bunny will also make an early appearance! To volunteer or donate to this event or for more information, please call 775.832.1310. Check website for fees and more information.

Location: Incline Recreation Center

Date/Time: Saturday, April 4 at 12pm - 1:30pm

Spring Eggstravaganza Community Egg Hunt

Come at 10:30am for a picture with the Easter Bunny! Ages infant - 11 years old are invited to hunt! To volunteer/donate to this event or for more information, please call 775.832.1310

Location: Creekside Forest near the Recreation Center

Date/Time: Saturday, April 11 at 11am SHARP

Fee: Free event!



YOUTH, TEEN & ADULT SPORTS

“Saturday Night Lights” Youth Flag Football League

A first year program open to all boys and girls in the 3rd – 8th grades. Players will learn and develop fundamental skills of football in a fun and non-contact way. In partnership with NFL Flag Leagues nationally, our league focuses on proper attitude, work ethic, teamwork and sportsmanship. Every player will receive an official NFL reversible jersey and their own set of flags.

Location: All games will be played at Preston Field
Date/Time: Saturdays from September 14 – November 9
Fee: \$150, \$125 w/IVGID Pass

Play like A Champion NEW 3 vs. 3 Youth League!

Youth 3 vs. 3 basketball League and skills training for Grades K-8. This league provides a fun and affordable opportunity for youth to get quality basketball instruction, scrimmage/ game experience and valuable gym time during the off season. This league will enhance the player’s existing basketball skills as well as help to develop new skills! This league is run by TK Basketball.

Location: Incline Recreation Center
Date/Time: October 18 – December 6 (No games on Oct. 25 & Nov. 29) Fridays, 3:30pm – 5:30pm
Fee: \$125, \$100 w/IVGID Pass; fee includes court time and instruction.

Youth Indoor Soccer League

Youth Indoor Soccer league for grades 3rd – 8th. Continue playing the “world’s game” after the fall outdoor season ends.
Location: All games at Incline Village Rec Center.
Date/Time: Tuesdays from October 22 – December 17 (no games on Nov. 26), 3:30 – 5:30pm.
Fee: \$110, \$90 w/IVGID Pass

Continued on page 30



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Mention this ad for 15% discount - 3 room minimum



Youth Volleyball Clinics

Grades 5th – 9th. Prepare for the upcoming middle school season. This clinic consists of seven 1-hour sessions open to boys and girls in grades 5th - 9th, will cover individual skills such as passing, setting, blocking and attacking. Offensive & defensive formation and team strategies will also be taught.

Location: Incline Recreation Center Gymnasium (if registration is low both age groups will be at the same time TBD)

Date/Time: Mondays & Wednesdays November 4- November 25. Registration deadline November 4th 3:30pm - 4:30pm / 5th-7th grades 4:30pm - 5:30pm / 8th-9th grades

Fee: \$100, \$80 w/IVGID Pass

Youth Basketball League

Grades 1st - 8th grade. This popular Incline Village/North Lake Tahoe/Truckee basketball league is open to players of all abilities in the 1st - 8th grades. Players will learn and develop fundamentals of the game, rules and teamwork and sportsmanship; winning is de-emphasized. Teams are coached by community volunteers. There are coed leagues for 1st - 4th graders; boy's leagues for 5th - 6th and 7th - 8th graders, and girl's leagues for 5th - 6th and 7th - 8th graders. Each participant will receive a team jersey and photo. A skills day will be held dependent on the number of players registered for each specific age group.

Location: Incline Recreation Center and gyms in Truckee & Tahoe City

Date: Weekdays & Saturdays. Early December through mid-March

Fee: \$110, \$90 w/IVGID Pass

Teen Indoor Soccer League

Grades 8th – 12th. This fast paced indoor soccer league is for upper middle school and high school players. Push your skills to prepare for the upcoming club spring season. This 5 vs. 5 league will help players compete and get into playing shape for the spring outdoor season.

Location: Rec Center Gym

Date/Time: TBD; Early January – Early March

Fee: \$110, \$90 w/IVGID Pass

Youth Volleyball League

Grades 4th – 8th. This coed 4 vs. 4 league is for players of all abilities.

Location: Rec Center Gym

Date/Time: TBA; Late February – Late March (Post February break – Spring Break)

Fee: \$110, \$90 w/IVGID Pass

Adult Sports

Adult sports leagues and programs are open to those who are age 18+. For more information, please call the Sports Office at 775.832.1322.

Adult Basketball Open Gym Hours*

Date/Time: Tuesdays & Thursdays, 12 – 2pm

*Gym schedule is subject to change. Please call the Host Desk at 775.832.1300 to verify open gym hours.

Adult Volleyball Leagues Ages 18+

Our recreational coed 6 on 6 league offers social opportunities and challenging competition for players of all abilities. These leagues are supervised and are self-officiated. All teams will play up to ten league games with the top four teams in each league advancing to the season ending playoffs.

Location: Rec Center Gym

Date/Time: Tuesdays, 6pm - 9pm; Fall Dates: October 1- December 3; Winter Dates: Early February – late April

Fee: \$250/team Recreation Center Gym

3 vs. 3 Adult Basketball league

The newest Olympic sport starting in 2020, this fast paced ½ court game will be a fan and player favorite for men and women. We will play with the FIBA Olympic rules where the action is nonstop. Four (4) players on each team, three (3) on the court and one (1) substitute. The 9-week league will have eight (8) weeks of regular season and one end of the season Championship tournament. The league is supervised and self-officiated.

Date/Time: Wednesday Nights, 6-8pm; September 25 – November 20, 2019

Fee: \$200/team and all games played at the Rec Center.

Adult Cornhole League Ages 18+

Have a blast throwing some bags with your friends and have the time of your life. From beginners to advanced players, this league is for everyone.

Location: TBD

Date/Time: Thursday nights. Sept. 12 – Nov. 21 (No matches 10/26 & 10/31). 6:30pm – 8pm

Adult Indoor Soccer Ages 18+

This old time favorite will be played on Saturday evenings at the Incline Village Recreation Center. This coed 5 vs. 5 league will run early January – mid March. **Fee:** \$250/team and all games played at the Rec Center

Free Agent List

Anyone interested in participating in any of our adult sports programs should call the Parks & Recreation Department Sports Department at 775.832.1322. Contact information will be given to managers seeking players.



EDDY ♥ HOUSE

Since 2011, Eddy House has provided resources towards stabilizing youth who are considered high risk. Those who have experienced homelessness, been in the foster care system, and/or who have runaway typify the types of youth Eddy House is trying to reach. Eddy House continues to provide services to those youth who find themselves in these situations in Northern Nevada.

The Future at Eddy House

Eddy House is moving into 2019 with plans for a 24-hour homeless youth drop-in center. The new facility will have:

- 50 overnight beds (cots)
- a commercial kitchen
- laundry facilities
- lockers
- a classroom/therapy space
- showers/bathrooms
- a clothing closet
- a technology space
- a private space for medical testing/first aid

This facility will continue to serve as the central intake and assessment facility for all homeless youth in northern Nevada. This project will address the immediate overnight and emergency needs of Eddy House's extremely marginalized, non-system population of high-risk youth, ages 12-24.

Ways You Can Help Eddy House Youth

Many have reached out to us and want to know "how can they help?" They've seen the work at Eddy House, they are aware of the needs of the growing homeless

population and that they understand our approach toward help and hope will help create stability and the necessary hand up towards becoming a productive member of society. We appreciate the support and partnership we have with the many individuals and organizations who are committed to the mission and work of Eddy House.

Ways to Join Us in Our Work

- One-time Donations
- Sustaining Donations--- be a part of the solution through monthly on-going donations
- Current List of Needs- Both in Goods and Skill Groups
- Personal or Corporate Match Donations or Fundraisers
- Legacy Giving
- Donations from our Amazon Wish List or Designating Eddy House Through Amazon Smiles and Other Outlets
- Devante's Gift (\$1,000 Donation per Year)

Please visit our website www.eddy-house.org for details and updates or send your donation directly to us:

P.O Box 6207, Reno, NV 89503

Or in person: 423 East 6th Street, Reno, NV 89512. If you'd like to volunteer, please email meredith.tanzer@eddyhouse.org

Stay up-to-date with all that is happening with Eddy House through our Facebook page. <https://facebook.com/eddyhouse>

If you'd like more info. Please contact: kelly@eddyhouse.org

Eddy House has helped me to get back on my feet. Supplied me with food when I didn't have any. They helped me to get my birth certificate and essential documents so I could get a job.

—Nicole (Age 20)

LIST OF NEEDS:

NECESSITIES

- Men's Boxers/Socks
- Women's Undergarments/Socks
- Men's/Women's Undershirts
- Backpacks
- Tents/Sleeping Bags
- New Athletic Shoes/Winter Boots

SELF CARE

- Hair Picks
- Wide Mouth Combs/Hair Brushes
- African American Styling Products
- Nail Clippers/Nail Files
- Mesh Laundry bags
- Razors (Triple Blade)
- Deodorant
- Shaving Cream
- Sunscreen, Lip Balm
- Moisturizer

HOUSE CARE

- Printer Paper & Printer Ink
- Security Cameras
- Cleaning Supplies
- File Folders
- Sharpies



The way we treat our most vulnerables is a reflection on who we are as a community. These are the community's kids. We can't ignore it. These kids are in a constant state of crisis and it's a public health issue. —Lynette Eddy





SENIOR PROGRAMS

“Incliners” is a community social group for locals aged 49+ years. Two monthly dinner events, held the 1st & 3rd Tuesdays of each month, include potlucks, themed dinners, and special events. Dinners include a no-host, 5:30 pm happy hour with the meal served at 6:30pm. Reservations are required for catered dinners. Visit www.inclinerstahoe.com for current meeting themes and special event information.

Incline Village/Crystal Bay 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.

Location: The Chateau at Incline Village.

Date/Time: Last Thursday of each month, 12 - 2pm, January – October*

Annual Dues: \$30 and includes all lunches. *Exceptions – The August meeting is a BBQ in the backyard of Aspen Grove and the September meeting is the Community Ball. There are no meetings in November and

December. Meetings resume the last Thursday of January. The IV/CB Veterans Club Mission: To promote the welfare of all veterans and their families.

5th Annual Community Ball Hosted by the IV/CB Veterans Club

Join community members in support of the heroes of US military endeavors at this very special event. All are welcome to attend and enjoy this fancy, fun, commemorative dinner-dance event. The theme selected for this year is “Honoring Women in the Military”. Music, food, and décor will be reflective of the theme being observed. No host cocktails, dinner, dancing, and entertainment are included in the ticket price. Raffle tickets are available for \$10 each with special prizes to be announced in advance! Buy tickets early, seats are limited! Ball and raffle tickets are available through IVGID Senior Programs at the Recreation Center. Don’t miss out on this extraordinary community event.

Location: The Chateau at Incline Village

Date/Time: September 26, 2019, 5 – 10pm,

Tickets: \$60 each.

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. Candid discussions about pre-determined topics elicit frank, factual dissemination of information, often with humorous anecdotes and interjections. A continental breakfast is provided for a small donation.

Location: Aspen Grove Community Center.

Date/Time: Thursdays, 10am - 11:15am (excluding 11/28 & 12/26)

Senior Transportation

The Senior Transportation Program is co-sponsored by IVGID, 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 alternating trips to Reno and Carson City on Tuesdays, and to local destinations in Incline Village, Crystal Bay, and Kings Beach on Wednesdays and Fridays. Truckee is an option for the local run on the 2nd Friday of each month. Reservations are required at least 24 hours in advance. Reserve a seat by calling the Transportation Hotline at 775.886.1020 and leave your request for Senior Transportation staff. Fee for Tuesday, Wednesday and Friday transportation is \$5 with no additional charges per stop.

“On Demand” transportation is available for individual needs and other appointments that may not be accommodated within the Tuesday/Wednesday/Friday schedules. The On Demand fee of \$35 per person includes a same day round trip and (up to) 60 minutes wait time. At least 72 hours advanced notice is required. “On Demand” services are subject to driver and vehicle availability and requested destinations are limited to Washoe County and adjacent communities (i.e. Carson City, Stateline, Truckee, Kings Beach).

55+ Take A Hike

Keep hiking through September and October (maybe November!) and stay in shape for upcoming snowshoe treks when the weather changes! Hike locations are outlined on line and on flyers located in the foyer of the Recreation Center. Bring a lunch, water and sunscreen. (Hikes are weather dependent).

Location: Meet at the Rec Center

Date/Time: Tuesdays, 8:30 am – 3pm*

Fee: \$14, \$10 w/IVGID pass *Some hikes may take extra time depending on location and traffic.

Dashing Through the Snow 55+ 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. Hikes are subject to snow conditions, and are weather dependent. Bring your own gear.

Date/Time: Tuesdays, 10am – 2pm (November* – March)

Fee: \$18, \$15 w/IVGID pass. Fee includes staff guides, transportation & lunch. *November dates are weather dependent and may actually be snowshoe dates!

55+ Ski/Snowboard Clinics at Diamond Peak

Don't miss this great opportunity to hone your skills, master safe skiing, and meet fellow skiers at Diamond Peak! Diamond Peak's PSIA Certified Instructors provide intermediate (Lakeview), and advanced (Crystal) level instruction in these weekly ski clinics. Novice skiers are welcome to attend, but need to start with a lesson from Diamond Peak Ski School (group or private lessons) until they can comfortably tackle intermediate

terrain to join the program. 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. Meet upstairs in the Loft Bar at Diamond Peak Main Lodge. Skiers must have a day pass or season pass for Diamond Peak. Bring your own equipment, or rental equipment is available for a fee.

Date/Time: Wednesdays, 9:30am - 12pm January 8 - April 8 (No clinic Feb 19)*

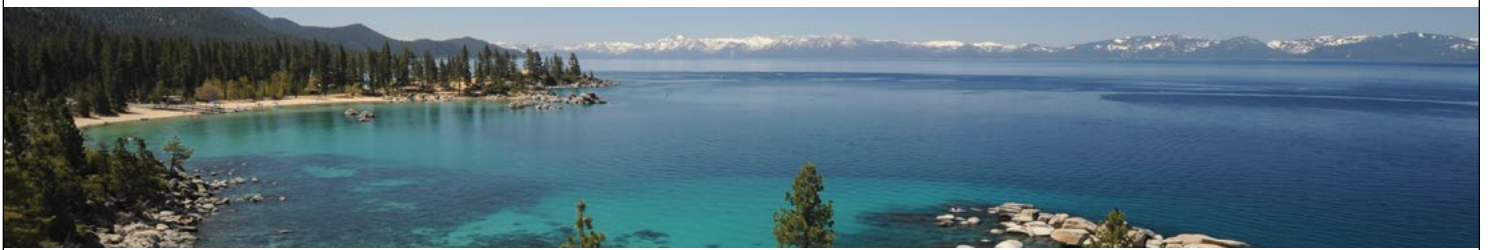
Fees: \$250/10 weeks, \$200/10 weeks w/ IVGID pass; \$150/5 weeks, \$125/5 weeks w/ IVGID pass; Drop-in rate \$45/day, \$35 w/ IVGID pass *Dates may be adjusted depending on snow conditions. YOU choose which 5 or 10 weeks to attend!

Continued on page 34



800.948.7311 | 775.832.4646
GoldfishProperties.com

920 Incline Way, Suite A
Incline Village, NV 89451



When it comes to your vacation on the North Shore of the iconic "Jewel of the Sierra Nevada," every guest and homeowner should be treated like gold! That's why you deserve, what we call, the Goldfish Standard!

The premier home and condominium vacation management company in Incline Village, Goldfish Properties has been in business for nearly two decades and has set itself apart from all other rental options by offering guests and homeowners top-notch 24/7 service.

Did you know that most vacation-rental companies aren't even in the area? Let alone in town? Many rely on third-party partners, who may be uninformed and unreliable. With an unrivaled

knowledge of the area and a brick-and-mortar presence, full-service office ideally situated in Incline, we are 100% in-the-know and in-town!

Good things come when you partner with a well-known, experienced company that has been in the vacation business for so long like we have. Not only has our website been around for 16 years, but we have partnerships with all major rental sites, such as VRBO, HomeAway, and Airbnb, so you are assured your home gets maximum exposure.

While we all work to Keep Tahoe Blue, we at Goldfish want to also make sure your next vacation is Gold!



AARP Safe Driving Class

Lower insurance rates and prepare yourself for a safer driving experience.

Location: Aspen Grove

Date/Time: September 25, from 9am-1pm

Fee: \$20/\$15 for AARP members, payable to the instructor on the class date. Please register in advance at the Recreation Center to avoid a class cancellation.

Trips, Tours & Adventures

Join the fall fun and venture out! Travel to various destinations around Lake Tahoe and the surrounding areas. Visit places

you've always wanted to see or see again! Check with IVGID Senior Programs for last minute trip additions. Trip ideas and requests are always welcome!

Amador Winery Trip

Visit 4-5 different wineries! Enjoy the vineyards and tasting of a sampling from the 40+ wineries in the region. Additional tasting fees may apply at some venues – plus we'll grab a no host lunch for a picnic at one of the sites).

Date/Time: Friday, October 18, 9am - 6pm

Fee: \$39, \$32 w/IVGID Pass

Apple Hill

Join us for pre-holiday fun! Enjoy vendors, holiday shopping, apple products, and great food. Wednesday, November 20, 9am - 4pm **Fee:** \$39, \$32 w/IVGID Pass (+ no host lunch).

Nevada City Victorian Christmas

Victorian Christmas: Take part in this Nevada City holiday tradition! Carols, gift shopping, vendors, and plenty of cheer!

Date/Time: Sunday, December 8, 11am - 6pm

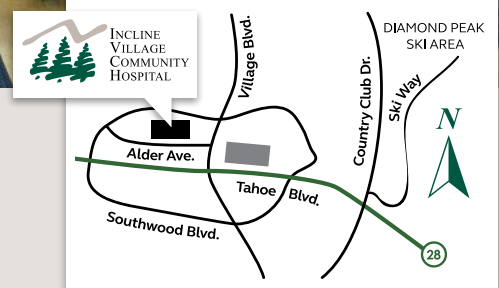
Fee: \$39, \$32 w/IVGID Pass (+ no host lunch)



Open **7 Days a Week, 24 Hours a Day**

Located in the heart of Incline Village, **Incline Village Community Hospital** offers year-round, 24/7 emergency care to the North Lake Tahoe area and a wide range of high-quality healthcare services.

- 24-Hour Emergency Care with Board Certified Physicians, Registered Nurses, and Medical Technicians
- Outpatient Surgery
- Diagnostic Imaging and X-Ray, with state-of-the-art CT Scanner
- Incline Village Health Center, offering primary, pediatric, orthopedic, cardiology, and ear nose and throat specialties. Monday through Friday, 9 am to 5 pm. Walk-ins accepted based on provider availability.
- Laboratory Services
- Physical Therapy and Medical Fitness
- Sleep Disorder Center
- Health, Wellness, and Community Education Programs
- Hospice and Home Health Services
- Charitable giving and volunteer opportunities available through the IVCH Foundation and Hospital Auxiliary



Your Community.
Your Hospital. **INCLINE VILLAGE COMMUNITY HOSPITAL**



INCLINE VILLAGE GOLF COURSES

Championship Course

The Championship Course was built in 1964 by Designer Robert Trent Jones Sr. who called the course “the ideal mountain layout” with “views you will never forget.” This challenging par-72 course offers towering trees, elevation changes, and natural water features in picturesque setting.

The Grille at The Chateau

Enjoy the one-of-a-kind view of the 18th green, snow-capped mountains, majestic pines and Lake Tahoe from the dining room or outdoor seating area. The Grille serves quality, fresh, wholesome ingredients with thoughtful service every day during the golf season (May - October). The Grille is open for lunch and happy hour from 11am to 7pm.

Practice Facilities & Golf Shop

The Championship Course offers excellent facilities to refine your game or warm up prior to your round. The 26-stall driving range offers five target greens ranging from 40 to 200 yards, with top-of-the-line hitting mats and the option of inserting your own tees. The Championship Course also has a large putting green and chipping green with a bunker.

The Golf Shop at the Championship Course has the region’s best selection of golf equipment, apparel and accessories. We showcase the innovative golf club technology from companies such as Callaway, Titleist, Ping, Cobra and TaylorMade, and our PGA golf staff is qualified to provide custom club fitting and to help you get the most out of your equipment.

Incline Village Golf Academy

The Incline Village Golf Academy, headquartered at the Incline Village Championship Course, is a cooperative approach to golf instruction that offers a wide range of private and semi-private lesson options, golf clinics, junior golf programs and custom club fitting services. Our PGA Certified instructors are equipped with FlightScope™, a state of the art golf ball flight launch monitor, for precision instruction and club fitting.

Virtual Golf at the Championship Golf Shop (Nov-Apr)

Our FlightScope X2 Elite launch monitor and indoor hitting net are set up in the Championship Golf Shop during the off-season. Choose from a selection of twenty different golf courses using our virtual golf simulator. Transport yourself to a tropical course and play 18 holes in about an hour. Call 775.832.1146 for tee times or lessons.

Incline Village Mountain Course

Nestled amid towering pines on the North Shore of Lake Tahoe, this 18-hole, par-58 course is fun and affordable. Beginners will enjoy the shorter format, while those looking for a challenge can work on beating the 6-under par course record or hitting that elusive hole-in-one. Special events like our Nine and Wine or Family Fun Days are a non-intimidating way to play the course and make some new friends in the process.

Practice Facilities & Golf Shop

The Mountain Course offers a large practice green where golfers can work on their short game and putting before heading out on the course as well as a large hitting bay to warm up your swing. The golf shop at the Mountain Course is stocked with golf apparel, souvenirs, golf balls, clubs and other essentials.

Mountain Course Closing September 15th For Construction

The Mountain Course will be closing early to repair damages from the 2018 fire. The final day for golfing at the Mountain Course for the 2019 season is Sunday, September 15th. At the end of the 2018 season, the Clubhouse sustained major fire damage from a fire that broke out in the kitchen in the middle of the night. The interior was painted and the floors were carpeted to get the course open for the 2019 season but there is major work needed to restore the kitchen and make upgrades for ADA accessibility. Visit GolfIncline.com for updates about the exciting improvements.

Continued on page 36



Golf Tip: Putting Stroke

Every swing in golf requires a smooth acceleration through the ball. The putting stroke is no different. To ensure the stroke is accelerating, follow this one, two, three count that will help you improve your rhythm. A decelerating stroke becomes tight, jerky and ineffective.

1. Starting with the putter in the address position, take it back to the end of the backswing. Be careful that the size of the backswing allows an accelerating stroke. That is the one count.
2. The putter should now accelerate through the ball to the end of the stroke. This is count two. Notice the ball has covered twice the distance in the same amount of time as the backstroke, thus we have the putter accelerating forward.

3. Now that the putter has reached the end of the stroke, turn your eyes to follow the ball. Do not turn your body to follow the ball only your eyes. Your eyes remain down until the end of the stroke, helping the face of the putter stay square to the target. This is the third count.

You can work on this most effectively with a metronome, which you can download as an app on your phone, and start improving your putting immediately.

This tip was provided by Neil Gunn, PGA Teaching Professional at the Incline Village Golf Courses. Visit the Golfing Tips page on GolfIncline.com for more tips.

Lake Tahoe Watersports

Lake Tahoe Watersports, a division of Sand Harbor Watersports, is pleased to announce premium stand up paddle board and kayak service to IVGID Picture Pass passholders and their guests.

The owner/operator has 30+ years' experience as a watersport provider in Lake Tahoe. Given the extensive background and hands-on customer service experience; George, Sandra, and their staff are uniquely positioned to provide a safe and memorable aquatic experience.

Lake Tahoe Watersports offers a full line of paddle-board and kayak rentals. All of our rental equipment is very stable, user-friendly, and the perfect source to explore Tahoe's hidden coves. As you paddle onto Lake Tahoe's crystal-clear waters, prepare for the experience of a lifetime.



Incline Beach and Burnt Cedar Beach 9am - 6pm, May 25 - September 15, weather permitting.

Diamond Peak 2019 WINTER JOB FAIRS

Join the Diamond Peak family this winter! Full time, part time and junior positions (ages 14+) are available. Meet managers and interview:

Sun. September 8th 11AM-2PM

Wed. October 16th 3:30-5:30PM

Sat. November 2nd 9AM-12PM

BASE LODGE • 1210 SKI WAY

INSIDE, OUTSIDE & ON-SNOW POSITIONS AVAILABLE INCLUDING:

Ski & Snowboard Instructors, Rental Technicians, Ski Patrol, Lift Operators/Ticket Checkers, Cashiers, Groomers, Hosts, Parking Attendants and more! Hiring 14 year olds for select positions.

\$13/HR for most entry-level positions
(\$10.50 for Junior positions)

EMPLOYEE PRIVILEGES INCLUDE*:

- Free season pass & free employee ski days at partner resorts
- Free ski/snowboard lessons & standard rentals
- Discounted or free season pass for spouse & dependents
- Discounts on food and non-alcoholic beverages
- Discounts at the Incline Village Recreation Center
- Longevity Incentive Pay for working the full season & returning

* Depending on employment status



Apply for multiple jobs online:

YOURTAHOEPLACE.COM/JOBS

Or apply at IVGID • 893 Southwood Blvd • 775-832-1100





Since 1966, Diamond Peak Ski Resort has been North Lake Tahoe's hidden gem. Located in Incline Village, Nevada, the affordable, family-friendly resort offers 655 acres and 1,840 vertical feet of skiing and snowboarding, with incredible views of Lake Tahoe, terrain for all levels, and some of the best tree skiing in the Tahoe Basin. For more information, visit DiamondPeak.com

Season Passholder Perks

This winter, Diamond Peak Ski Resort season passholders

can receive 63 complimentary bonus days at partner resorts – up to four days at most partner resorts including:

Arizona Snowbowl, Beaver Mountain, Beech Mountain, Bogus Basin, Brundage, Cooper, Hesperus, Homewood, Lee Canyon, Pajarito, Purgatory, Red Lodge, Sipapu, Snow King, Tahoe Donner, and Whitefish. Special discounts and privileges on the mountain are also available to Diamond Peak season passholders. Visit the Season Passes

Save the date!
 '19-'20 Kickoff Party & Season Passholder Appreciation event is Friday, December 13

SEASON PASS RATES

	REGULAR		IVGID PICTURE PASSHOLDER	
	Pre-Season	Regular	Pre-Season	Regular
FULL PASS – No Blackouts				
Adult (24-64)	\$454	\$489	\$319	\$349
Youth (13-23)	\$254	\$269	\$159	\$189
Child (7-12) & Senior (65-69)	\$184	\$209	\$129	\$149
Super Sr. (70-79)	\$154	\$179	\$39	\$49
6 & under / 80+	Free	Free	Free	Free
Midweek Pass - Blackouts apply				
Adult (24-64)	\$324	\$349	\$249	\$299
Youth (13-23)	\$214	\$229	\$129	\$149
Senior (65-69)	\$154	\$179	\$99	\$119
Super Sr. (70-79)	\$134	\$159	\$30	\$40

Preseason rates valid through Oct. 31, 2019. Midweek Passes not valid during the holiday periods (Dec. 21 - Jan. 5; Jan. 17-20; Feb. 14-23) but valid on weekends starting March 1st.

page at DiamondPeak.com for details and full description of perks.

Winter Jobs

Be a part of a terrific team this ski season. We are looking for people who enjoy customer service as well as working in a dynamic environment. Inside, outside, and on-snow positions available. You do not need to be able to ski or snowboard for many positions, but if you want to learn we do offer free lessons for employees.

“I love the community vibe, you feel like family here. And getting on the hill for some laps on my lunch break” –Adam

Meet the managers and interview at one of our job fairs at Diamond Peak this fall: September 8, October 16, and November 2. View jobs at yourtahoepace.com/jobs



IVGID PUBLIC WORKS LAUNCHES WATER EFFICIENT APPLIANCE REBATE PROGRAM ON JULY 1, 2019

Incline Village General Improvement District (IVGID) Public Works will be offering the residents of Incline Village and Crystal Bay, Nevada, an inaugural Water Efficient Appliance Rebate began on July 1, 2019. The rebate will apply to USEPA WaterSense certified toilets and USEPA Energy Star certified clothes washing machines purchased and installed within IVGID’s service area between July 1, 2019 and June 30, 2020.

The first 100 applications for high efficiency appliances are eligible for one rebate per parcel, up to \$100 credit towards their IVGID utility bill. High-efficiency appliances eligible for the rebate include WaterSense toilets using 1.28 gallons of water per flush, or Energy Star washing machines that have a water factor of 3.7 or less.

High-Efficiency Toilets: Recent advancement have allowed toilets to use 1.28 gallons per flush or less while still providing equal or superior performance. Replacing older

toilets with WaterSense models, the average family can reduce water used for toilets by 20-60%.

High-Efficiency Washers: utilize technological advances to deliver excellent wash performance while saving both water and energy. Resource efficient models use 35-50% less water and approximately 50% less energy. The water efficiency of clothes washers is rated using the term "water factor" to describe and compare its water use.

Program details, including a full list of applicable appliances, can be found on the IVGID Public Works website under Water Conservation. (<https://www.yourtahoeplace.com/public-works/water/water-conservation>). The rebate application are available on our website: ivgid.org

Applicants must fill out and submit to IVGID Waste Not:

- 1) the High-Efficiency Appliance application
- 2) a copy of the original receipt (dated on/after July 1, 2019 and before June 30, 2020)
- 3) a photo of the installed appliance with model number.

All applications will be reviewed on a first come, first serve and checked for completeness before rebate is processed. Please contact IVGID Waste Not with any questions via email to WasteNot@IVGID.org or by phone 775-832-1284. Applications will be accepted July 1, 2019 or later, not before. Program will be active until the maximum of 100 rebates are processed, or until June 30, 2020, whichever comes first.

2019 YARD DEBRIS/PINE NEEDLE COMPOSTING PROGRAM

HOURS OF OPERATION

Office: 1076 Tahoe Boulevard
Monday - Friday 8 a.m. to 4:30 p.m.
(Closed 1:00-1:30 for lunch. Closed Holidays)

Transfer Station: 1200 Sweetwater Road
Monday-Friday: 8 a.m. to 4:30 p.m.
Saturday & Sunday: 8 a.m. to 4 p.m.

CONTACT INFORMATION

Website: InclineVillage.WM.com
Email: InclineVillage@wm.com
Phone: 775-831-2971



ACCEPTABLE:

- Pine needles
- Pine cones
- Garden waste
- Small bushes
- Small twigs
- Small branches
- Wood chips
- Bark
- Lawn trimmings

UNACCEPTABLE:

- Large branches (anything over 3' wide or 3' tall)
- Food waste
- Trash
- Rocks
- Dirt
- Construction waste
- Recyclables
- Pet waste



Our team at Waste Management is proud to provide quality service to our customers throughout Incline Village and Crystal Bay.



Photo by Samantha Gough

ORDINANCE 7 UPDATE

On July 24, IVGID hosted a workshop on Ordinance 7, the ordinance that establishes rates, rules, and regulations for Incline Village General Improvement District’s Recreation Punch Cards and Picture Passes. The goal of the workshop was to provide the history, purpose, and education regarding the governance and policies of Ordinance 7. Additionally, Assistant General Manager, Indra Winquest, reviewed potential next steps for revising the Ordinance.

Recommended Next Steps

1. Administrative modifications/updates (Fall 2019)

Examples: minimal or zero impact to Recreation Privileges

- No expiration date for an adult Picture Pass Card, and require minors only to get to get a new card at age 18
- Refer to the “Punch Card” value as expiring annually as designated in the adopted budget and potentially change the name to “Guest Access Card”
- Refer all rates or charges to the Key Rates adopted in conjunction with the annual budget

2. Separation/Re-Structure of Ordinance 7 – (Winter 2019):

- Beaches
- Other Recreation
- Recreation Punch Cards

3. Community engagement & possible changes (Spring/ Summer 2020)

- Recreation Privileges & Access - Redefining “Guests”
- Commercial Activities
- Recreation Punch Cards
- Beach Access
- Supporting Policies, Procedures, and Definitions

The full workshop presentation is available online: www.yourtahoepace.com/ivgid/resources/ivgid-community-forum

Ordinance 7 can be reviewed on our website: www.yourtahoepace.com/ivgid/resources/ivgid-ordinances

If you have questions, suggestions, or comments regarding Ordinance 7, please email us at info@ivgid.org or call 775.832.1100.



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Chairwoman

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Term expires
2022



Philip Horan
Vice Chairman

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Term expires
2020



Tim Callicrate
Secretary

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Term expires
2022



Peter Morris
Treasurer

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Term expires
2020



Matthew Dent
Trustee

774 Mays Blvd.
#10-573,
Incline Village,
Nevada 89451

775.298.1005
dent_trustee@
ivgid.org

Term expires
2020

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GROUP RENTAL FACILITIES

Recreation Center, Beach Picnic Areas and Fields

980 Incline Way,
Incline Village, NV 89451
775.832.1310
inclinerecreation.com

If you are looking for a place to hold a social, sporting or special event in Incline Village, we have several venues available. The Recreation Center offers year round facilities for indoor events with amenities that include a lobby for birthday parties, indoor gymnasium and indoor pool. Incline and Burnt Cedar beaches have several Group Picnic areas available to beach access pass holders to reserve for spring or summer events. The designated beach sites include barbecue grills and tables offering you and your friends an area to picnic and enjoy the beach. Two sites are available at Burnt Cedar and two at Incline Beach. These sites can only be reserved with a valid IVGID Picture Pass with beach access. Each guest is still responsible for beach access fees. There is one site available at Preston Park which is perfect for a family gathering or your child's birthday party and can be reserved by both IVGID pass holders & non pass holders

In addition, Village Green, Preston Field and Incline Park offer wide open spaces for activities and have multi-use fields for your soccer, softball and baseball needs. These sites are available to both IVGID pass holders & non pass holders. Reservations for all sites are taken on a first-come, first-served basis at the Parks & Recreation Department Counter. Payment is required with your application.

DISC GOLF COURSE

The North Tahoe Lions Club Disc Golf course includes 18 par 3 holes in a picturesque setting located within Incline Park adjacent to the Tennis Center, Recreation Center, Skateboard Park and the Ball Fields. This is a free multi-use area to be enjoyed by all ages. The Disc Golf Course was created through a partnership between the Incline Village Parks & Recreation Department and the Incline Tahoe Foundation with generous community donations. Parking is available at the Recreation Center at 980 Incline Way. Parking is not permitted at the Tennis Center. The 1st hole is located on the west side of the Recreation Center entrance road. Discs are available for purchase or rent at the Recreation Center.

SKATE PARK

Hwy 28 & Southwood Blvd., Incline Village, NV 89451
775.832.1310

Incline Skate Park, centrally located on the corner of Tahoe Blvd (Hwy 28) and Southwood Blvd. in Incline Park, has something to offer everyone. There is an intermediate/advanced section of the park consisting of two 5-foot side-by-side bowls connected with a spine. In the middle of the park is a 3-foot tall fun box, and the entire right side of the small end is a 2.5-foot tall bowl for beginners. The street course is laid out on top, flowing in a circle with an 8-foot long flat rail, 6-foot long down rail, a set of 4 stairs, and a 10-foot long downward ramp leading into the bowls.

FITNESS TRAIL

The Incline Village Fitness Trail (previously known as the Exercourse) is an 18-station exercise course adjacent to the Village Green. The .8 mile course winds through the forest next to Incline Creek. The course contains accessible walking, running, snowshoeing, biking and exercise trails, and is used by many residents and visitors year-round. The Fitness Trail was updated in partnership with the Incline Tahoe Foundation and community funds.



TENNIS CENTER

964 Incline Way,
Incline Village, NV 89451
775.832.1235
inclinetennis.com

The Incline Village Tennis Center, located next to the Recreation Center, offers 10 tennis and 8 pickleball courts in a picturesque alpine setting along a year-round creek. Available in the pro shop is a full line of Wilson rackets, pickleball paddles, other tennis products, as well as the newest apparel and shoes from Nike. Racket stringing is available by our staff. A wide variety of synthetic and natural gut string is available.



CHAMPIONSHIP & MOUNTAIN GOLF COURSES

955 Fairway Blvd. & 690 Wilson Way,
Incline Village, NV 89451
775.832.1146
golfIncline.com

The Incline Village Golf Courses offer complete facilities to meet your golfing needs. Our facilities include two 18-hole golf courses, driving range, putting and chipping greens, food and beverage and special event facilities. The golf shops are stocked with full lines of men's, ladies' and kids' apparel as well as the top club, golf ball products and shoes. PGA teaching professionals are available for private and group instruction. Incline Village and Crystal Bay Residents with a valid IVGID Picture Pass can receive a discount on green fees, passes and most merchandise at the golf shop.



Photo By Ciprian Photography

THE CHATEAU AT INCLINE VILLAGE™

955 Fairway Blvd.,
Incline Village, NV 89451
775.832.1240
inclineweddings.com

The Chateau at Incline Village™ features classic Tahoe stone and timber construction with a modern edge. This 13,500 square foot venue has vaulted timber ceilings, massive stone pillars, a spacious covered deck and offers expansive views of the mountains, the Championship Golf Course and Lake Tahoe. It is beautiful, multi-functional and flexible. It is the perfect venue for large or small wedding ceremonies, receptions, meetings, golf events, and parties. You dream up the event and we'll make it happen! Our professional Food & Beverage team provides great food, outstanding service and a wonderful experience.



Join Our Team!

Make a "Splash"

As a Swim Instructor at the Incline Recreation Center's indoor pool! Teach water safety and swimming techniques to both children and adults.

Love Kids?

Join us as a Childcare Leader or Assistant Parks & Recreation Clerk at the Incline Recreation Center?

Interested? Visit www.ivgid.org or call 775.832.1100



ASPEN GROVE

960 Lakeshore Drive,
Incline Village, NV 89451
775.832.1240
inclineweddings.com

Named for its beautiful location, Aspen Grove is located across the street from the stunning Lake Tahoe beaches and nestled among the Aspen trees next to tranquil Third Creek. Outdoor amenities include picnic tables and a huge barbeque grill. The outdoor area can accommodate up to 150 guests; inside can comfortably seat up to 50 guests.

Catering and bartending services are available through our outstanding professional food service team for your convenience. With its stunning mountain and forest views, Aspen Grove is one of the most affordable venues on the North Shore and perfect location for spring, summer and fall events.



DIAMOND PEAK SKI RESORT

1210 Ski Way,
Incline Village, NV 89451
775.832.1177
diamondpeak.com

Diamond Peak is the ultimate family and kid-friendly ski resort featuring spectacular Lake Tahoe views, uncrowded terrain and affordable lift tickets with a laid-back atmosphere. Learn to ski or snowboard or improve by taking a group or private lesson. The Child Ski Center (ages 3-6) offers both one-on-one private instruction and small group lessons (ages 4-6) with no more than five children per instructor. The Ski and Snowboard School is known for the popular Sierra Scout All day Adventure Package for ages 7-14 that includes morning and afternoon group lessons, rental equipment, lift ticket and a supervised lunch. Families can also take a Private "Family and Friends" Lesson special if they want to learn together.

Group rates are available for lift tickets and you can rent the Fireside Room or book a private Last Tracks for parties or corporate events.



THE ROBERT & ROBIN HOLMAN FAMILY BIKE PARK

980 Incline Way
Incline Village, NV 89451
inclinerecreation.com

The Incline Village Parks & Recreation, the Incline Tahoe Foundation, and Incline Bike Project collaborated to develop and maintain the Robert & Robin Holman Family Community Bike Park. This park offers a pump track; beginner and intermediate flow lines, and was funded through generous donations by community members and in large part by a grant from the Holman Family Philanthropies Fund held at Parasol Tahoe Community Foundation.

The Incline Bike Park Project's mission is to provide a free-to-use bike park facility that welcomes all ages and skill levels to a safe, outdoor, healthy, family friendly community-gathering venue.

For more information, check out www.facebook.com/InclineBikeProject/



Incline Village

Lake Tahoe, Nevada

GENERAL IMPROVEMENT DISTRICT
ONE DISTRICT - ONE TEAM

Unofficial District Map



Crystal Bay

Lake TAHOE

CALIFORNIA NEVADA

CALIFORNIA NEVADA

CALENDAR

ONGOING

- IVGID Board of Trustees monthly board meetings meet 2nd & 4th Wednesdays, 6pm at the Chateau.
- Tai Chi Chuan every Monday and Wednesday
- Incline Village/Crystal Bay Veterans Club meets last Thursdays
- Shotokan Karate for all ages every Tuesday & Thursday
- 55+ Hiking Series every Tuesday thru October (or November)
- 55+ Snowshoe Hikes & Lunch - Tuesdays through March
- Beginners Tennis Clinics - Monday/Saturdays
- Tennis Extreme Drill and Play 3.5 and up - Fridays
- Pickleball Clinics, Tuesdays & Thursdays
- Tennis Ladies' Day & Round Robin - Tuesdays
- Tennis Mens' Day Doubles Round Robin - Thursdays
- Tennis Mixed Doubles every Wednesday night
- Tennis Ladies' Night doubles 3.0 and up on Mondays
- Sunday Family Fun Day at the Mountain Course
- Adult Tennis Clinics, Monday - Saturdays
- Incliners social club meets 1st & 3rd Tuesdays
- Conversation Café every Thursday

SEPTEMBER 2019

- 9/6 | Dance classes begin
- 9/8 | Community BBQ at Diamond Peak
- 9/8 | Winter Job Fair
- 9/12 | Adult Cornhole League begins
- 9/12 | Summer Moonlight Hikes with Wine & Cheese
- 9/14 | Youth Flag Football League begins
- 9/15 | Mountain Golf Course Closing Day
- 9/23 | Fall rates at the Championship Course
- 9/25 | 3 vs. 3 Adult Basketball League begins
- 9/25 | AARP Safe Driving Class
- 9/26 | Incline Village/Crystal Bay Community Ball
- 9/28 | New Moon Sound Healing Gong Immersion
- 9/30 | Fall/Winter Youth Swim Lesson Session I begins




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