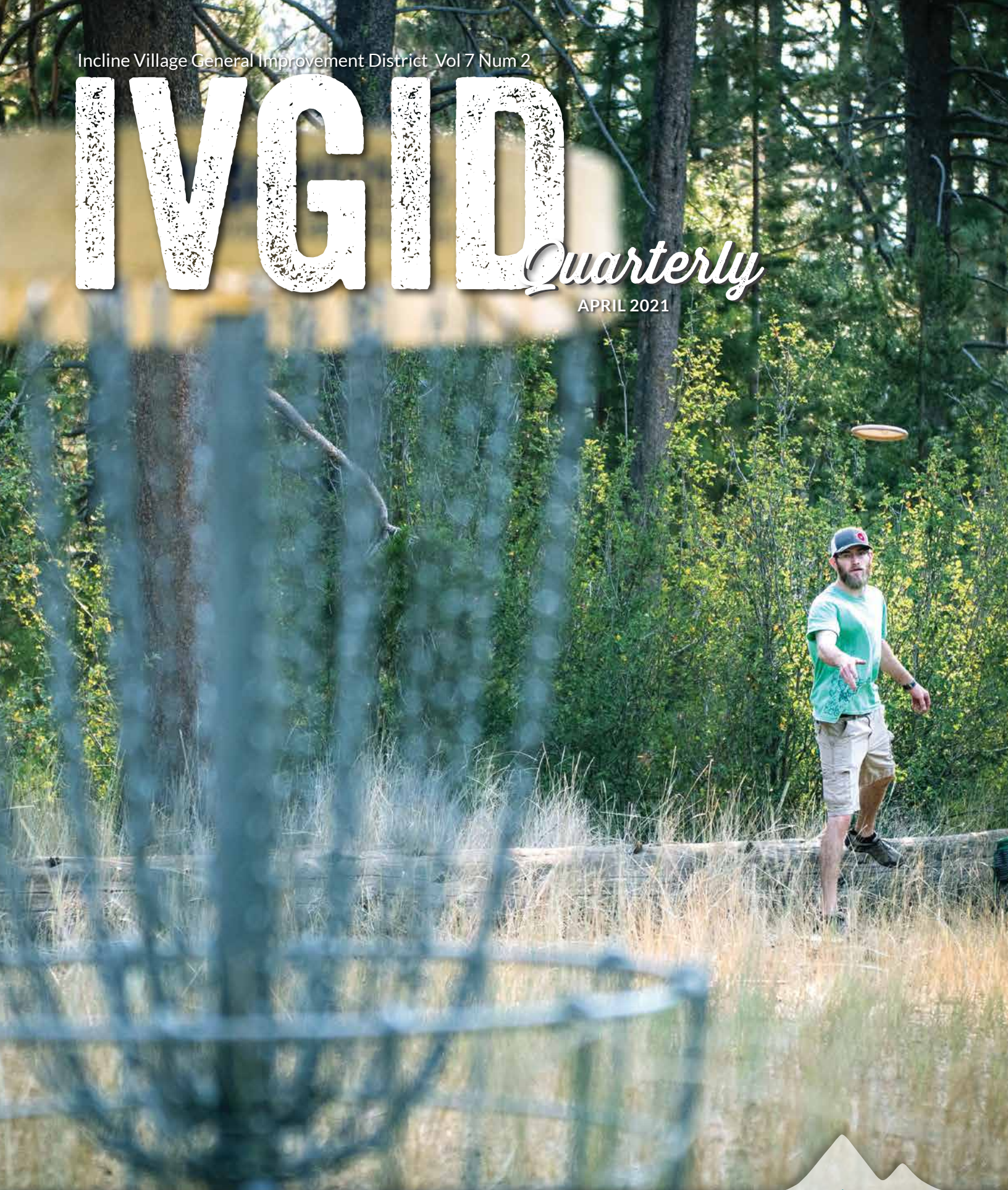


Incline Village General Improvement District Vol 7 Num 2

# IVGID

*Quarterly*

APRIL 2021



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1508 Tirol Drive, Incline Village  
6 BD | 6 BA | 3,892 SQ FT  
**Represented the Buyer & Seller  
SOLD FOR \$2,100,000**

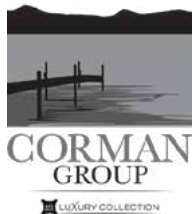
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Visit [InclineRecreation.com](http://InclineRecreation.com) for details about Recreation Center memberships and Parks & Recreation camps, programs and activities.



## INCLINE VILLAGE TENNIS & PICKLEBALL CENTER

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The Incline Village Tennis & Pickleball 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 center features tennis courts, pickleball courts, and a pro shop with demo rackets and paddles. Lessons, socials, tournaments and camps are offered during the summer. Find out more at [InclineTennis.com](http://InclineTennis.com).

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*Doug Miranda Photography*

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Measures have been implemented to reduce touchpoints and adhere to state and local regulations. Please visit the COVID-19 news pages on our website prior to planning your visit to any IVGID venue so we can remain open and operate safely for our community. [YourTahoePlace.com/News](http://YourTahoePlace.com/News)

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Each Incline Village/Crystal

Bay parcel owner receives one

subscription to a domestic address.

## ADVERTISING SALES

CCMedia

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P | 775.327.4200

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## COVER PHOTO

Photo by Jake Pollock

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## IVGID FACILITIES & COMMUNITY 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	690 Wilson Way	775.832.1150
Preston Field	700 Tahoe Blvd.	775.832.1310
Public Works	1220 Sweetwater Rd	775.832.1203
Recreation Center	980 Incline Way	775.832.1310
Sierra Nevada University	999 Tahoe Blvd.	775.831.1314
Ski Beach	967 Lakeshore Blvd.	775.832.1156
Tennis Center	964 Incline Way	775.832.1235
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Hi neighbors,

We can ALMOST claim, with a sigh of relief, that we see the craziness of 2020 in our rearview mirror. Spring is here. It is time to step outdoors, take a deep breath and remember that living in Lake Tahoe is a pleasure, in and of itself. As the saying goes: If you're lucky enough to live in Incline Village/Crystal Bay, you're lucky enough.

Perhaps this year more than ever, spring will be the time to GET OUTSIDE, rekindle warm-weather traditions and try something new! To meet that end, the Incline Village General Improvement District (IVGID) offers a plethora of activities that are world class and, quite literally, right here in our backyard. Whether you opt to up your health & wellness game at the Incline Village Recreation Center, play nine or 18 holes at one of two incredibly scenic golf courses, or soak up the sun indulging in endless water sports at one of Incline Village's restricted-access beaches, you cannot go wrong.

If tennis or pickleball are your pleasure, check out IVGID's newly-renovated Tennis & Pickleball Center. To top off the list, clinics, camps and program offerings for all ages have been created and await your enjoyment and pleasure.

In addition to these traditional pastimes, check out the activities housed in Incline's Recreation Corridor. Boasting acres of open space for you and your family to enjoy, many of these family-friendly facilities have been sponsored through private/public partnerships and are maintained by IVGID's Parks team. They include:

- 18-station Fit Trail
- The Robert & Robin Holman Family Bike Park
- The Lyons Club Disc Golf Course
- The Earth Walk Interpretive Creek Trail
- A 5k run/walk weaving through the creeks and adjacent forest
- The Village Green
- The Incline Village Skate Park
- Four regulation bocce ball courts
- Ridgeline Field and Incline Parks fields 1 & 2

In my new role as the Superintendent of Parks & Recreation, I look forward to working with an incredible team of engaged, passionate professionals. From Public Works to Finance, IT to Community Services, we are "One District, One Team," working with the goal of ensuring the District's assets are managed and maintained in the best interest of community stakeholders.

As the warmth of spring settles you into nature, I encourage all of you to reflect on the reasons you made Incline Village/Crystal Bay home. While you're out enjoying all the District has to offer, remember to drink Tahoe Tap – some of the cleanest, purest water in the world.

As we round the corner to summer, don't let 2021-22 winter fun slip your mind. Hop online and purchase your Diamond Peak season pass now during the Early-Bird sale (through April 30).

The more we become involved with and celebrate the positive aspects of our community, the more we come to appreciate this place we call "Tahome."

Sincerely,

A handwritten signature in cursive script that reads 'Shelia Leijon'.

Shelia Leijon  
IVGID Superintendent of Parks & Recreation

Visit: [Inclinetahoe.org](http://Inclinetahoe.org) for information on supporting community events, programs and facilities through Private/Public Partnerships.



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"I like that there are no blackouts during holidays."



# Diamond Peak

## 2021-2022 SEASON PASSES ON SALE NOW

Diamond Peak season passes for the 2021-22 season are currently on sale and include access for the remainder of the current ski season. Season passes come with plenty of perks like, on-mountain discounts, discounts on lift tickets for friends, bonus tickets to partner resorts and more. If you plan to ski multiple times (and don't want to wait in the ticket line), a season pass is the way to go.

Don't just take our word for it though, ask your friends and other locals who choose to support their community-owned resort and make Diamond Peak their home mountain.

**Don't just take our word for it...**  
The following are just some of the reasons our pass holders choose to buy

a Diamond Peak season pass (taken from our 2020-21 Guest Satisfaction Survey)

*"A few years ago I had a season pass with Homewood. I tried a guest pass at Diamond Peak and then got hooked."*

*"We used to buy season passes at all the ski resorts around the lake one every year but now that I'm older and watching my finances the ski rates have gone up and your rates are the best...."*

*"We bought a season pass. And since then several families have decided to buy also. I am looking forward to seeing you many more times this season."*

*"Just bought a house here and immediately got our season passes!"*

*"I'll continue to buy a season pass as long as I can still ski (73 now and aiming to ski into my 80s)."*

*"We really appreciate that my husband, who turned 82 yesterday, is able to ski for free at Diamond Peak. He's been on the ski patrol at Alpine Meadows since they opened but he's not patrolling this year due to Covid. He has his lifetime pass there so would have been reluctant to pay to ski elsewhere. Me? I'd rather ski*

*at Diamond Peak. Easier to get to, less crowded, a terrific ski experience in all."*

*"My favorite place to ski and a season pass is quite affordable."*

*"Bought a season pass with 2.5 year old grandson in mind for safe, enjoyable, first snow experience"*

*"I like how DP doesn't have the corporate feel that other resorts in Tahoe have, yet it still delivers an exceptional experience."*

*"We love skiing at Diamond Peak and our kids are just getting started and it's a great place for our whole family to enjoy."*

If you have not already hopped online to purchase a new 2021-22 season pass or renew your existing pass for next season, we hope you do so soon. The best pricing is only available through April 30, 2021. Full 2020-21 pass holders who renew by April 30 also receive a complimentary Loyalty Buddy Ticket. We always look forward to welcoming back our loyal pass holders and inviting new members to the pass holder tribe next winter.

**Purchase 2021-22 season passes online at [DiamondPeak.com](https://www.diamondpeak.com).**





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## **DIAMONDS IN THE ROUGH** **Q&A WITH DIAMOND PEAK'S FEMALE PATROLLERS**

Diamond Peak's Patrol is comprised of diverse and dedicated individuals - both men and women, skiers and snowboarders - who are passionate about the mountains and safety. In a profession that has typically been dominated by men, the industry as a whole has seen an increase in female patrollers in recent years. Kari Brandt, Diamond Peak Patrol Director/ Safety Coordinator and founder of Women of Patrol has played an integral part in inspiring and empowering other women patrollers on and off the clock. We caught up with Kari and her female counterparts - Camille Samuels, Claire Johnson and Taylor Parsons, to learn more about what it's like being a woman on patrol.

### **What enticed you about pursuing a career in patrol?**

**Camille Samuels:** *I've loved the mountains and snow since I can remember. Being a first responder in an outdoor setting became appealing to me when I moved to the mountains four years ago. I also decided I wanted to pursue a career in medicine about the same time I got my Wilderness First Responder (WFR) and Emergency Medical Technician (EMT) certifications to be a patroller. The combination of skiing, applying emergency medicine skills in the field, and working as a first responder was right up my alley. Ski patrol combines all of these and also brings in great people.*

**Claire Johnson:** *It combines snowboarding, skiing with medical. I love being an EMT, the environment being in the alpine climate. I get to do everything I love. I go home sometimes thinking I can't believe I get paid to do this. Ski patrol has been a huge part of my life. I love it, it's a huge passion of mine.*

**Kari Brandt:** *It combines all of my passions into one job. Skiing, caring for others, being physically active, rope rescue, problem solving, high stress situations and a close community amongst co-workers and other patrollers.*

**Taylor Parsons:** *I always wanted to do ski patrol but I thought you had to be a paramedic or an EMT but then my friend did ski patrol and said that all I needed was my WFR, so I took that through Sierra Nevada University and applied at DP.*

### **Are there challenges to being a female patroller and how have you overcome these challenges?**

**Camille:** *I don't think there is anything I can't do that a male patroller can do in their job. I do not have the same physical strength as some of the male patrollers, so that can make some things more challenging. But you learn how to work around it. If you need an extra hand lifting a patient or something heavy, it is easy to get another patroller to help. I feel confident in my skiing ability with a loaded toboggan. I may not be as fast getting down the mountain as some of the guy patrollers, but I get the patient down safe and sound, and that is what matters.*

**Claire:** *It's always a team with ski patrol. We have a daily brief and debrief to talk about what challenged us that day, what happened and other options. There are several ways to accomplish the same thing. There's always new tricks to learn. If I hit a challenge I have a fellow patroller there that might have experience with something that I don't, we're stronger together.*



**Kari:** Many times people doubt a female's ability to do the job as well as a male. Some guests specifically ask for a male when a female shows up with a toboggan to an accident. Proving you can do the job just as well as any male is sometimes the hardest thing to do.

**Taylor:** This is my first year as a patroller and the director is a female, so I have not yet faced any challenges by being a female patroller. If anything I feel empowered to be a female in the patrol field.

### How do you think having women on the team benefits the patrol?

**Camille:** I think it makes the team more diverse, which is always a good thing. I think sometimes women and men think a little differently, so having different perspectives and thought processes brings strength to the team. It also helps for female patients from time to time. Depending on the injury, a female patient/skier may be more comfortable having a female patroller as the responder to their injury. The same thing goes for males. A male patient could very well prefer having a male patroller as the first line of care depending on the situation. I also think it is great for kids to see female patrollers on the mountains. It is still a male dominated profession. I don't remember seeing females in red jackets on the

mountain as a kid. I only remember ski patrollers being men. It's just what I saw. It is especially good for little girls to see women working as patrollers because it opens their mind to a career they may want to pursue in their future, and see that it is not uncommon for a woman to be in a red jacket with a medical cross.

**Claire:** There's something subtly different when you're in a mixed group. If it's all guys, it changes the dynamic; and if you throw a girl in there, the vibe changes again - it gets friendlier and more fun. It levels things out and keeps it balanced.

**Kari:** Any diversity amongst a team makes a team better. A patrol team is best with a variety of people with different strengths. Having women on a team brings a more open environment. In regards to the physical aspects of the job, a woman tends to perform those tasks with more finesse rather than muscling their way through the tasks.

**Taylor:** I think by being a woman of patrol it inspires other women to be more confident and become patrollers themselves.

Continued on page 12

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## What do you like about working at Diamond Peak?

**Camille:** *Diamond Peak is the only resort I have worked for. Kari has created a culture of inclusiveness for both women and men. She keeps her team diverse. Everyone works together to get the job done despite personality differences, as well as strengths and weaknesses amongst the patrollers. The patrollers here are not in a competition with each other. Everyone is humble enough to work together to do the right thing. It is a very welcoming environment to work in. I imagine that it may not be that way at other resorts depending on the leadership.*

**Claire:** *The views are unbelievable. I feel at home here, it's a beautiful peaceful place. The people here are really exceptional as far as other experiences I've had in Tahoe. Seems like there's more humble people which is really great. It's a great team and Kari is really good at creating a fair work environment. I've been around long enough to be in the "good old boys club" - it's a saying, an unspoken kind of hierarchy. It's the culture of ski patrol and Kari is stripping down that culture. It's not going to happen in a season, it's going to take time but so far it's been really great. If I've felt like I didn't like what's going on in a situation she's been really great. That makes me want to be here, it's refreshing.*

**Kari:** *Diamond Peak is a hidden gem. The skiing is great and it truly is a family environment. The management team at Diamond Peak is unlike any other I have worked on. Each department is always happy to help another and the support is amazing. We have some of the most skilled managers in the industry who all choose to work at Diamond Peak because of the positive and supportive work environment it provides.*

**Taylor:** *I grew up in Incline, so it is my home mountain and so being able to patrol here is an honor and it makes me more comfortable because I know it so well.*

## What kind of activities do you do in the off-season to further your skills and stay in shape for ski season?

**Camille:** *I spend most of my off time trail running and rock climbing in the summer. Those activities seem to keep me strong enough for ski season. I also work as an EMT to keep learning and improving my basic medical skills.*

**Claire:** *I go nuts if I don't get my blood pumping. Finding other outdoor things to do, climbing is really helpful because it has rope systems and that is part of ski patrol. If you don't do these knots you forget. Staying active, slacklining is really good for balance and core. It's easy to do, you only need a slackline. I've also been an EMT for 12 years. I work for a company who does music festivals and sporting events, supervising a team.*

**Kari:** *I do a lot of trail running and mountain biking in the off-season. These activities are not specifically to keep me in shape for ski season, but they definitely do. I just enjoy moving my body in the mountains so I spend a lot of hours doing exactly that.*

**Taylor:** *I consider myself a very active person so I hike, run, workout, paddle board and wake surf during the summer to stay active.*

## Do you have any advice or words of encouragement for other women thinking about working or volunteering in Patrol (or other male-dominated industries)?

**Camille:** *Be confident in yourself and your abilities. There's no reason why you can't keep up with the boys. Everyone has strengths and weaknesses. Use your strengths to shine. Figure out your weaknesses and turn them into strengths; this takes time and that is okay.*

**Claire:** *If you've been thinking about it at all or thought "I would like to at least try that" come into the First Aid/Patrol Office to talk to one of us or Kari especially and get advice. See if you can come out and shadow us, take a ride in the toboggan when we're not too busy. Don't be afraid, we're friendly people.*

**Kari:** *Most of all, believe in yourself and your abilities to do the job! Often we are our own worst critics. Also, find the people who support and encourage you. Mentorship and a supportive team will make your experience so much more positive! Lastly, speak up if you are not being treated as an equal. If we don't raise awareness to being treated differently, we can never expect it to change.*

**Taylor:** *My advice for women joining ski patrol would be to not give up, give it your all and pursue your passions.*

**IVGID COMMUNITY APPRECIATION WEEK**  
 PHOTO RECAP OF THE WEEK'S EVENTS (FEB. 1-7, 2021)





# SPECIALTY SKI CLINICS

## PHOTO RECAP & TESTIMONIAL

“I didn’t grow up skiing, so a few years ago I took a day class to get started. I have been skiing ever since but I’m really not advancing or pushing myself to try new things. After the first M.O.M class I had already learned so much. The best part is that it’s a class for moms who want to keep up with their kids and socially ski with their friends. It’s a super patient no pressure environment that caters to all ski levels. I’m so glad I did this for myself!”

— Deanna B.



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## BACKCOUNTRY SAFETY TIPS

Venturing outdoors into the backcountry is one of the great perks of living in the Lake Tahoe region. Getting away from the crowds and into nature comes with many rewards, and a few risks as well. Keep these tips in mind before your next backcountry adventure and you'll have a better chance of enjoying nature without running into trouble.

### What to Pack:

There are a few different variations on the standard "backcountry essentials" packing list based upon where you will go, what time of year it is, what the weather is going to be, and how many people will be in your group; but these items are generally included:

- Map & compass, or GPS/trails app
- Whistle (& mirror in deserts)
- Flashlight (with extra batteries)
- Water filter or chemical water treatment
- Food
- Extra clothing (rain gear)
- Sunglasses (sun hat & sunscreen)
- Multi-tool pocket knife
- Waterproof matches & fire starter
- First aid kit

Drinking water isn't usually listed as one of the ten essentials, but nothing is more important to wilderness survival than water. Plan ahead and always keep your water bottles full, and know where your next water source is located, even if you are only planning a short hike..

### Don't Go Solo

It's always best to have support in the backcountry if possible. Whenever possible, always hike with at least two other participants. If you leave your group for any reason, make sure someone knows where you will be. In the event of an accident, one person can remain to care for the injured hiker while the other person goes for help. This is common sense in remote areas where you aren't familiar with the terrain and the weather can change without warning.

### Injuries

Most injuries can be prevented. The most common hiking injuries are blisters, lower leg injuries (sprained ankles, torn muscles) and dehydration. Prevent these problems by physically conditioning yourself so that you are strong well in advance of a hike, make sure your boots are well broken in, and take care of your feet. Listen to your body and





maintain your mental acuity. Keep your energy levels up by snacking frequently and drinking plenty of water; this will help you keep from stumbling on the trail. Take breaks when you need to, and know your limits. Stop for the day when you are getting tired. Plan for adverse weather by carrying appropriate gear.

## Cold Weather

Becoming too cold can rob you of the ability to make rational decisions. Signs of hypothermia are: loss of motor coordination and the person begins to stumble; fingers and toes lose feeling and the person can't use zippers and buttons; the person shivers uncontrollably. Wear clothing that retains body heat even when wet (not cotton). Prevent getting too cold by having layers to add. Wear a hat. Stay dry by removing layers before you start sweating and adding them back before you start chilling. If you don't have enough layers to stay warm, it's time to retreat to your sleeping bag inside your tent. Drink lots of water; eat snacks.

## Altitude Sickness

When you go to an area of higher altitude, the amount of oxygen in the air decreases. If you go too high too fast, problems can occur. Wilderness Volunteers recommends that you arrive early so that you can become acclimated before doing strenuous work at altitudes above 8,000 feet. Drink plenty of water and eat carbohydrate-rich foods.

Signs of mild altitude sickness include headache, fatigue, nausea, loss of appetite, difficulty sleeping and shortness of breath. The best treatment if you have these symptoms is to rest and not go any higher. If the symptoms don't resolve in 24 hours, the person should go down the mountain. If the symptoms progress to loss of coordination, wheezing or severe headache, the person should descend immediately.

## Allergic Reactions

You should always bring an antihistamine when going into a new area because it isn't unusual for something to be blooming that causes an allergic reaction. Benadryl is available over the counter.

## Blisters

Those fluid-filled bubbles on your feet are friction burns. The friction causes a separation of the outer layer of skin from the sensitive inner layer. This only happens where there is hardened skin - heels, toes, soles, palms. Other skin just rubs away leaving an abrasion. Blisters can be painful, but they aren't a serious problem unless they become infected.

How should you treat them? Common advice is to leave them alone and pad the areas around them unless they are really painful. If you do drain them to lessen the pain, use a sterile needle, massage the fluid out and leave the roof of the blister intact to protect the tender skin underneath. If the roof has been rubbed away, treat as you would any other wound with a triple antibiotic ointment and bandage. Pad the area around the blister to keep the pressure off while it heals.

Blisters can be prevented by wearing boots that fit and are broken in, wearing a sock liner, treating hot spots with tape or moleskin before they become blisters and by taking off your shoes and letting your feet dry when you take a break from hiking. Some hikers lubricate their feet with petroleum jelly to decrease friction.

## Lightning

Know the local area weather patterns. Lightning storms tend to roll in quickly in the afternoon summer months. Pay attention to storms: when the flash of lightning precedes the boom of thunder by five seconds, the storm is approximately one mile away and you should have already found a safe place to wait out the storm. Find a safe spot. Avoid high places, high objects, lone trees, metal objects, open places and open bodies of water. Seek uniform cover, i.e. trees of the same height, deep caves, buildings, cars with the window rolled up. If you are caught out in the open, assume a safe position. Squat or sit in a tight position on insulating material (your pack will work). Groups should spread out, but keep everyone in sight.



## ***THE INCLINE VILLAGE RECREATION CENTER***

Lake Tahoe's finest fitness and recreation center for you and your family, the Incline Village Recreation Center is a 37,000-square-foot, first rate complex offering activities for all ages. At this time the Recreation Center is open to members only due to COVID-19 restrictions, and masks/face coverings are required everywhere in the facility, except while using the pool.

During current COVID-19 restrictions, use of the Recreation Center requires a 3-month or greater membership, or a Flex Pass for daily use (which offers 11 visits for the price of 10). The Flex Pass is tied to one individual user and their reservations; it is not interchangeable. Inquire at the Parks and Recreation Counter or call 775.832.1300 for details. Membership rates can be found on the Recreation Center website at [www.InclineRecreation.com](http://www.InclineRecreation.com). 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.

At this time your membership includes (5) one-hour workouts per 7-day period. Reservations are required. Once you obtain a membership you can make reservations online at [www.InclineRecreation.com](http://www.InclineRecreation.com), by calling 775.832.1300, or by emailing [parksandrec@ivgid.org](mailto:parksandrec@ivgid.org).

Your membership includes lap swim, group and aqua fitness classes, limited gymnasium use, and use of the cardiovascular/strength conditioning room by reservation.

### **Cardiovascular Area**

We offer 30 popular 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. Currently every other machine is closed to maintain social distancing. Masks and reservations are required.

### **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. Masks and reservations are required.

### **Group Fitness Classes**

Group and Aqua Fitness Classes are included in your membership. We offer: Cardio Cycle, Yoga, HIIT, Zumba, Cardio/Strength, Strength Conditioning, Sports Conditioning, Flexibility/Core/Balance, 55+ Fitness, Combo Aqua Fitness, and Liquid Cardio. See the Group Fitness/Aqua Fitness Class



Schedule at [InclineRecreation.com](http://InclineRecreation.com). Currently classes are limited to 10 participants. Reservations are required and masks must be worn at all times during group fitness classes.

### Recreation Center Tours & Fitness Room Orientation

Are unavailable at this time; however, you can take a virtual tour of the Recreation Center at [www.yourtahoeplace.com/parks-recreation/rec-center/services-amenities](http://www.yourtahoeplace.com/parks-recreation/rec-center/services-amenities). If you are interested in a membership you may come to the Recreation Center and observe several areas from our viewing balcony or windows.

### 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. Find details online at [www.InclineRecreation.com](http://www.InclineRecreation.com), stop by the Parks & Recreation Counter, or call 775.832.1300.

### Snack Bar/ Pro Shop

Located in the main lobby, the Snack Bar and Pro Shop are your stops for disc golf sets, yoga mats, logo wear, seasonal

clothing, headphones, swimwear, goggles, energy bars, nuts, sports drinks, on-the-go meals, coffee, soda, juices and other items.

### Membership Rates

The Recreation Center offers a variety of different membership plans, with discounts available for annual memberships, couples, families, seniors, and students. Please see [www.yourtahoeplace.com/parks-recreation/rec-center/hours-rates](http://www.yourtahoeplace.com/parks-recreation/rec-center/hours-rates) for a full list of rates and options.

### 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  
[parksandrec@ivgid.org](mailto:parksandrec@ivgid.org)  
Located inside the Rec Center, 980 Incline Way



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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## ***FITNESS, HEALTH & WELLNESS***

### **Spring Cleaning**

Spring is the season of new beginnings and the perfect time to restore order and clean your wellness house! The Incline Village Recreation Department has everything you need to maintain or begin your new wellness story. While today's fitness apps and videos can prove to be convenient and motivating, they are designed to train the masses and are, therefore, limited to a "one size fits all" approach to fitness. There is nothing like the motivation gained from personal interaction and a wellness routine custom made for you!

### **A Holistic Approach To Fitness, Health & Wellness**

By adopting a holistic approach to wellness, Incline Village Fitness, Health & Wellness intends to take you on the journey to reach YOUR ultimate wellness destination. Complete wellness is more than counting calories, logging hours on the treadmill or monitoring daily steps. It involves mindful activities and actions that provide the balance needed for you to prosper in every area of your life.

Through our specialty wellness services, we can create a plan to achieve your fitness, health and wellness goals. Our qualified coaches and trainers will introduce you to healthy, informed lifestyle choices that support overall wellbeing. Up your wellness game and begin or continue to stay the course of a lifetime journey of personal wellness and prosperity.

### **One-on-One Personal Training**

Currently offered at Aspen Grove, personal trainers provide a safe environment to help you reach or maintain your fitness goals. 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 or goal. Call 775.832.1330 for more information.

### **Your Social Bubble Small Group Personal Training**

Personal Training in your personal social bubble provides an affordable, effective and social option for personal training. Limited to 4 bubble mates.

### **Registered Dietitian Nutrition Counseling**

Between what you see and hear on TV and read in the news, eating right can seem like a challenge but it doesn't have to be. Add a comprehensive nutrition plan to your wellness journey by scheduling counseling sessions with our on-staff Registered Dietitian (RD). Develop mindful eating habits and a safe and realistic eating plan to address your specific wellness needs.

### **Wellness Coaching**

Become more self-aware, empowered, confident, and accountable. Facilitate positive change by meeting with a Wellness Coach. A Wellness Coach helps you discover and remove the barriers that are preventing you from losing weight, getting in shape or changing your life. Wellness coaching is a process that promotes a healthy lifestyle through individual empowerment and motivation. A Wellness Coach partners with you to identify your health and wellness goals and helps you achieve sustainable behavior changes by: uncovering your motivation, identifying your goals, discovering mindsets, emotion and triggers that act as obstacles keeping you from reaching your potential.

### **Guided 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. 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.

All specialty wellness services are available by appointment only. Appointments can be made by calling 775.832.1310. Specialty service packages are available.

# SENIOR PROGRAMS

## 55+ Hiking Series

Join IVGID Senior Programs every Tuesday for guided hikes to beautiful Lake Tahoe locations. Meet in the back of the Recreation Center parking lot. Bring water, lunch and sunscreen (camera and hiking poles optional). Wear appropriate shoes and clothing. Masks and social distancing will be expected in compliance with state mandated guidelines and restrictions.

**Dates:** May 4 – October 26

**Time:** 8:30am – 3:30pm\*

**Fee:** \$13, \$10 w/IVGID Pass

Schedule & details: Check [InclineRecreation.com](http://InclineRecreation.com) for details  
\*some hikes require more/less time

## Conversation Café

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



information, often with humorous anecdotes and interjections. Masks and social distancing are practiced in compliance with state mandated guidelines and restrictions.

**Location:** The Chateau (955 Fairway Blvd., Incline Village) to accommodate social distancing.

**Dates:** Thursdays (except holidays)

**Time:** 10am - 11:15am

**Fee:** FREE! Donations accepted for coffee and snacks.

*Continued on page 22*



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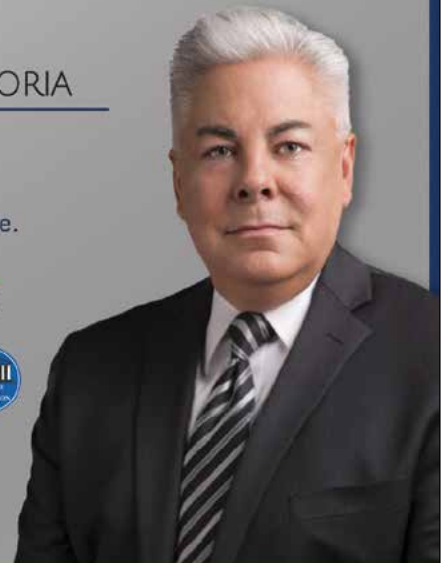
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**Senior Transportation**

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

“On Demand” transportation is also available for other individual needs. \$35 per person includes a same-day round trip for errands, appointments, personal services, etc. (additional fees apply after 3 hours). Airport transportation services (drop-off or pick up) are \$45 per person.

Book “On Demand” transportation services AT LEAST 72 business hours in advance at 775-886-1020. Transportation services may be subject to alteration or cancellation in extreme weather and are subject to driver and vehicle availability. Requested destinations are limited to Washoe County and adjacent communities (i.e. Carson City, Stateline, Truckee, and Kings Beach).

**Incline Village/Crystal Bay Veterans Club**

Veterans, supporters and community members are always welcome to join the Veterans Club and the monthly lunchtime meetings! Meetings are compliant with COVID-19 mandates including masks & social distancing. General Membership meetings are held the last Thursday of the month, January through October, from 12pm - 2pm at The Chateau (955 Fairway Blvd., Incline Village). Join this dynamic group and be involved 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. Lunches are free for dues-paying members. Fee: \$30 Annual Membership; \$7 lunch fee for non-members and guests.

**Incliners**

Incliners hopes to resume the regular monthly Tuesday dinners in late spring or early summer. Any dues payments made in 2020 will be carried over and valid for 2021. Please encourage any friends to join the group! Fun times and social gatherings will be here again soon!

**Trips, Tours and Adventures!**

A summer lineup of programs, activities and outings will be published if COVID-19 mandates are lifted sufficiently to allow for safe group transportation, activities with groups in numbers, socializing, and mingling at scheduled destinations. Check for updates at the Parks & Recreation Counter or online at [InclineRecreation.com](http://InclineRecreation.com).

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## ADULT SPORTS

The Incline Village Parks & Recreation department offers a variety of Adult Sports programs throughout the spring, summer and fall. An abbreviated list is below, but you can find more details on all of these programs online at [InclineRecreation.com](http://InclineRecreation.com).

### Coed Soccer League

Come kick it with us in outdoor adult coed soccer! Teams play a total of 8-10 league games. The top four teams from each division qualify for playoffs.

**Ages:** 18+

**Days:** Wednesdays, early June through late August

**Time:** 6pm - 10pm.

### Men's Soccer League

Looking for more soccer time? Join us for our debut Men's Soccer League! Teams play a total of 8-10 league games. The top teams from each division qualify for playoffs.

**Ages:** 18+

**Days:** Mondays, early June through late August

**Time:** 6pm - 10pm

### Coed Softball Leagues

Teams play a total of 8-10 league games. The top four teams from each division qualify for playoffs. Games will be played at Incline Park and Preston Field.

**Ages:** 18+

**Days:** Coed "D" & "E" - Wednesdays & Thursdays, early June through late August,

**Time:** 6pm - 10pm

### Men's Softball League

Teams play a total of 8-10 league games. The top four teams from each division qualify for playoffs. Games will be played at Incline Park.

**Ages:** 18+

**Days:** Tuesdays, early June through late August

**Time:** 6pm - 10pm

### Spikeball League

Grab a partner and get in on the sport that is sweeping the nation! The sport of roundnet, aka "that yellow trampoline game" aka "if volleyball and foursquare had a baby," is played 2 vs. 2. The league will culminate in a tournament hosted by the Utah Roundnet Association.



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## AQUATICS

The Incline Village Parks & Recreation department offers a great variety of swim lessons, water safety and lifeguard training classes, and other fun aquatics programs. For more information on all of these programs, please see [www.yourtahoeplace.com/parks-recreation/programs/aquatics](http://www.yourtahoeplace.com/parks-recreation/programs/aquatics).

### Youth & Adult Private, Semi-Private Swim Lessons, Dive Lessons

Private lessons are available for all ages with certified Water Safety Instructors, as well as stroke clinics with our swim coaches.

### Pre-Swim Team and Northern Nevada Aquatics Swim Team

Come join Incline's premier swim team for both competitive and novice swimmers, coached by USA Swimming certified coaches.

### Swim Around Tahoe

Complete this program by swimming in the pool, the lake, or whatever facility you desire! Upon completion of the 71-mile journey, you will receive a t-shirt and your name on the finisher's plaque at the pool.

### American Red Cross Lifeguard Training Class

This course includes Lifeguarding, CPR/AED and First Aid certifications. All applicants must be able to pass a skills prerequisite swim test. Must attend all classes and complete all online course work to be eligible for the final exam.

**Ages:** 15+ years

**Dates:** Saturdays, May 29, June 5 and June 12,

**Time:** 1 pm - 7pm

**Location:** Recreation Center Pool

**Fee:** \$205, \$165 w/IVGID Pass.

**Deadline to register:** May 28, 2021

### American Red Cross Water Safety Instructor Class

Learn to be a Water Safety Instructor and teach swim lessons. This class breaks down each stroke and trains you to teach swimming to all ages by incorporating creative teaching methods and covering basic water safety techniques.

**Ages:** 16+ years

**Dates:** Sundays, May 23, June 6 and June 13

**Time:** 1pm - 7pm

**Location:** Recreation Center Pool

**Fee:** \$205, \$165 w/IVGID Pass

**Deadline to register:** May 21, 2021

### Junior Aid Training Class

This course will teach you everything you need to know to be an assistant in swim lessons. We will train you to work alongside our swim instructors. Junior Aids may also receive perks for helping with our swim lessons.

**Ages:** 13 - 15 years

**Date & Time:** Saturday, June 19, 2021, 11am - 2pm

**Location:** Recreation Center Pool

**Fee:** \$31, \$25 w/IVGID Pass

**Deadline to register:** June 18, 2021.

## COMING THIS SUMMER!

### Group Swim Lessons

Join us for afternoon Group Swim Lessons at the Recreation Center this summer.

**Ages:** 6 months - 17 years

**Dates:** June 21 - August 19

**Location:** Recreation Center Pool.



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**- Kelly K., Incline Village, Lake Tahoe, NV**



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## YOUTH SPECIALTY SUMMER CAMPS

Specialty enrichment camps provide campers with an opportunity for hands-on, in-depth exploration and fun. We are working on exciting specialty camp offerings. Early camp registration will take place in mid-April. Please check our website [InclineRecreation.com](http://InclineRecreation.com) or [bit.ly/ivgidcamps21](http://bit.ly/ivgidcamps21) for more details.

### Summer Paddle Camp

Participants will engage in both land and water-based games and exercises that increase stand-up paddleboarding (SUP) knowledge and skills to improve overall fitness level. Learn the proper fundamentals of paddle boarding, prone paddling and surfing, all while emphasizing water safety awareness. Participants must be able to swim! SUP board, paddle, Personal Flotation Device (PFD) and leash all provided. This camp is for IVGID Picture Pass holders with beach access.

**Ages:** 8 - 14 years

**Sessions Run:** July 12 - July 30

**Location:** Ski Beach

### Junior Lifeguard Training Program

The Junior Lifeguard Program is offered to IVGID Picture Pass holders with beach access. This program provides instruction in beach safety, swimming, paddling and encourages teamwork, safety and leadership. Students will have the opportunity to swim, paddle and run, and will also have the opportunity to shadow a lifeguard on the beach.

**Ages:** 9 - 14 years

**Sessions Run:** July 12 - August 19

**Location:** Incline Beach

### Lake Tahoe Science Camp

Join U.C. Davis at the Tahoe Environmental Research Center to learn science-based information about the Lake Tahoe region. This camp is designed to increase student excitement and interest in science through interactive, hand-on activities, games, and demonstrations.

**Ages:** 3rd - 8th grade

**Location:** Sierra Nevada University

### Mini Guard Camp

An introduction to aquatic safety through discovery and play both in and out of the water. This camp is offered to IVGID Picture Pass holders with beach access.

**Ages:** 6 - 8 years

**Sessions Run:** July 12 - August 19

**Location:** Burnt Cedar Beach

### Girls Volleyball Skills Camp

Camp is designed to teach players the overall basics of volleyball, (passing, serving, attacking, blocking and defense) and how those skills relate to team volleyball. Instructor: Tony Graeber.

**Dates:** June 21 - June 24

**Time:** 10am - 2pm

**Location:** Incline Village Recreation Center



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### Summer Youth Skateboarding Camp with Village Skate School

The Incline Village Parks & Rec is excited to start our Summer Youth Skateboarding Camps. Led by Village Skate School directors; Cedar Gateley and Clayton Green, we will have 3 amazing skateboarding sessions this Summer. Held at the Incline Skate Park, these camps are for skaters of all abilities. Whether you want to learn how to skate or you want to improve your skills these camps are for you!

**Ages:** 6 - 14 years

**Session I:** June 21 - June 25

**Time:** 8:30am - 11:30am

### Mountain Bike Camp

Join Scott and Michelle Vaughan for a week-long camp of bike handling skills. Campers/Riders must have a mountain bike (can rent one from Village Ski Loft), bike helmet, and water bottle. Participants will ride the Robert & Robin Holman Family Bike Park as well as local trails.

**Ages:** 10 - 17 years

### TK Basketball Camps

The youth basketball camp at the Incline Village Recreation Center is designed to teach the skills needed to become an all-around basketball player. Coached by Incline High School's Varsity Boy's Head Coach, Tim Kelly.

**Ages:** 8 - 14 years

**Session I:** June 28 - July 2

**Time:** 1pm - 4pm

### Invasion Soccer Camp

Expert coaching by Peter Salazar & summer fun by the lake. A top-class camp in beautiful Lake Tahoe, focusing on technical skills development for all levels, along with a fun and accepting atmosphere. Hablamos español.

**Ages:** 8 - 17 years

**Session I:** June 28 - July 2

**Location:** Incline Park 1

**Time:** 8:30am - 12:30pm

### Boys & Girls Club Of North Lake Tahoe

#### Duffield Youth Program Summer Day Camp

#### In Partnership with IVGID

The Boys & Girls Club of North Lake Tahoe, Duffield Youth Program and Incline Village Parks & Recreation have teamed up to bring an amazing summer camp program to the Boys & Girls Club Incline Village site. Participants must be Boys & Girls Club of North Lake Tahoe members. For more information or to register for camp visit [www.bgcnl.org](http://www.bgcnl.org).

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## CLEANING THE CLUTTER FROM YOUR MIND

For most people, “yoga” is defined by the postures that are done in a class or at home following the routines on a DVD or streaming service. But did you know that postures are only one “limb” within the eightfold path (called ashtanga, which literally means “eight limbs”) of yoga?

The other limbs cover everything from the rules of personal and social behavior, breathing and physical exercises, spiritual studies, and focused attention. Ultimately, the goal of yoga is to reach a deep state of meditation called samadhi.

The eight limbs of yoga can seem esoteric and certainly not easy to integrate into one’s life. However, when we learn to consciously ask questions of ourselves before we speak or act, live in the present moment, take care of our bodies by getting enough rest, exercise, and nourishing food, spend a few minutes each day in quiet reflection and meditation, we are well on our way to embracing the holistic practice of yoga.

The starting point is cleaning the clutter from your mind. Quieting the 60,000 - 80,000 thoughts we have per day and coming to a place of silence helps us remember that we are

spirits having a human experience, not humans having a spiritual experience.

There are numerous scientific studies that validate the benefits of incorporating a daily meditation practice into your life. The physical benefits include:

- Stimulating the body’s self-repair mechanisms.
- Lowering blood pressure.
- Decreasing inflammation.
- Increasing levels of the enzyme telomerase, which slows the aging process.
- Turning off genes that contribute to diseases.
- Turning on genes that are responsible for good health.
- Reversal of aging at the cellular level.

From a psychological standpoint, meditation offers reduced feelings of stress, expanded experiences of positive emotions, and decreased experiences of painful emotions. We learn to respond from a place of love versus react from a place of fear.

There are many types of meditation practices. You may have been introduced to meditation through Deepak Chopra’s and Oprah’s 21-day meditation series. These are guided meditations that provide mantras with meanings – intention-based meditations. There are other practices that provide mantras with no meanings, that help you reach the silence within, the space between thoughts, also known as the “gap” or field of infinite possibilities.

Whatever type of meditation resonates with you, having a daily practice of silencing your mind can be one of the best things you can do for your overall health and well-being. As it says in the Vedic text, The Bhagavad Gita, “The practice of meditation frees one from all affliction. Follow it with determination and sustained enthusiasm.”



Dolores Holets is a Chopra Global certified Vedic Educator, certified in Primordial Sound Meditation, Ayurveda, and the Seven Spiritual Laws of Yoga, and is a member of the Chopra Global Certifications teaching faculty. She received her 500-hour yoga certification from the American Yoga Academy in New Jersey, and currently works with the academy providing Ayurveda consulting to students taking advanced yoga training. Dolores is also a fitness and personal training instructor for the Incline Village Recreation Center. She is a board member of the Incline Tahoe Foundation, which brings healthy lifestyle programs to Incline Village.

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## INCLINE VILLAGE GOLF

The golf season is almost upon us and we're all excited to get out and enjoy some green grass, sun and fun on the golf course. I hope everyone stayed safe and enjoyed their winter, but now it's almost time to enjoy the outdoors by playing some tennis, taking a hike, walking the dog, playing basketball and of course, golf!

The opening plan for the Championship Course is on target for mid-May, as usual, and current plans are to open with little to no restrictions. We will resume shotgun starts, two riders per cart (all carts now have dividers installed), 12-minute tee time intervals, full range capacity and outside services available with our highest service levels.

Tee times will be available for booking 2 weeks in advance with no pre-booking fee. Any tee times booked outside of the 2-week mark incur the pre-booking fees.

The Mountain course is also scheduled to open at the usual time of around Memorial Day, with tee time intervals remaining at 15 minutes and all other operations back to normal.

Food and Beverage is on schedule to reopen in mid-May and as of this writing, we think capacity levels for the Grille will be back to normal capacity. Banquets limits should be up to around 250 people and weddings also at that same capacity.

All of our staff is looking forward to the return of our community and seeing you enjoy the facilities. Please check out our website at [www.GolfIncline.com](http://www.GolfIncline.com) to review updated pricing and any restrictions we may still be under as some things may have changed after this has been published. Stay safe and we look forward to your return and utilization of all IVGID facilities this summer.

Keep it Simple,



*Darren Howard*

Darren Howard,  
Director of Golf/Community Services



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## WINTER GOLF MAINTENANCE UPDATE

It has been a challenging winter season for the golf course maintenance staff. We always hope that the first heavy snow will be cold and dry so a good insulation blanket forms over the turf. Unfortunately, this year as in many of the recent years, the first snows were a very wet mixture of rain and snow. With temperatures warm enough to create freeze/thaw situations and water moving through the snow profile, we ended up with our least desirable scenario of ice layers up to 4" thick forming on almost all greens on the Championship Course. Ice encasement will eventually cause suffocation and death of most turf species if left for an extended period of time.

We have been removing the snow from the greens to get to the ice layers since early December. Removing ice is a very labor intensive task of chipping and peeling with shovels on warmer days, along with spreading black sand to melt the ice with the help of the sun. Due to the location of many greens and the extensive tree cover, and the angle of the sun during the winter, several greens don't see much sun at all during this time. Despite these challenges, we feel confident we've been able to

address most greens in a timely manner to minimize or prevent damage.

Other areas of the Championship Course, mainly low spots in fairways but also tee surfaces, also have extensive ice cover. Since we need to focus on the greens, these other areas have had ice for quite some time and as a result we are expecting fairly significant damage on portions of the fairways in particular. The good news at this time is that the Mountain Course has kept a good clean snowpack all winter, and signs of ice on those greens is very minimal. It is amazing how such a small difference in elevation can have such a big impact on whether storms are rain or a rain/snow mix vs. all snow.

As we get closer to spring, we will start cleaning up all the debris that litters the courses throughout the winter. Spreading of black mulch and sand will help melt the snow, and before we know it we will be mowing and grooming the turf in preparation for the golf season. We look forward to seeing everyone out on the courses once they're open!

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## TENNIS & PICKLEBALL CENTER

Located along a year-round babbling creek, the Incline Village Tennis and Pickleball Center offers nine tennis courts, eight permanent pickleball courts, and a fully-stocked Pro Shop. The center is located adjacent to the Recreation Center at 964 Incline Way.

Clinics, socials, mixers, tournaments, and youth camps are offered throughout the summer months, welcoming locals and visitors alike. Our professional and friendly staff is available to arrange your next game, find you a perfect hitting partner, or answer any racket, stringing or tennis/pickleball gear questions that you may have. We look forward to hitting the courts with you this season!

**Opening Date:** Monday, May 10 (weather dependent)

### Season-Long Tennis & Pickleball Membership Passes

Season-long Tennis and Pickleball Membership Passes are available. Special tennis rates are available for Juniors (ages 13-17), Adults (18-59), Adult Couples, Seniors (60-79), Senior Couples (both partners must be 60-79), and Families. Players ages 80+ are free.

Afternoon Tennis Membership Passes are limited to play Monday- Saturday after 12pm and Sundays for play anytime. Membership passes are available for purchase at the Tennis & Pickleball Center or Recreation Center. Call the Pro Shop at 775.832.1235 or visit [InclineTennis.com](http://InclineTennis.com) for more information (before May 10, please call the Recreation Center at 775.832.1310).

## SPRING OFFERINGS

### Court Reservations:

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

### Private & Group Lessons

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

### Daily Adult Tennis Clinics

**Dates:** May 17 - May 30: Monday - Saturday 10 - 11am  
May 31 - September: Monday - Saturday 9 - 10am

### Beginner Pickleball Clinic

**Dates:** Mondays and Fridays 11:15am - 12:15pm  
starting May 31

### Adult Pick-Up Pickleball Play

**Dates:** May - Early June: Tuesdays, Thursdays, Saturdays and Sundays at 10am.

The Tennis & Pickleball Center also offers additional clinics as we move into summer including Ladies' Day, Mixed Doubles, Mens' Day, Extreme Drill, Cardio, and many more! These clinics begin in early June. Please check our website [InclineTennis.com](http://InclineTennis.com) for more information.

**Note:** There are days the courts will be limited or unavailable due to tournaments and other events. Please take that into consideration when purchasing your membership pass. All membership passes include Pickleball play.





# Tennis & Pickleball Center

## YOUTH TENNIS & PICKLEBALL PROGRAMS

Please check our website at [InclineTennis.com](http://InclineTennis.com) (or see [bit.ly/ivgidcamps21](https://bit.ly/ivgidcamps21)) for more details as they become available.

### Ice Cream Social (Free)

Come out to the Tennis & Pickleball Center, enjoy some ice cream, and learn about our youth programs happening this summer! Please bring a facemask and follow social distancing protocols.

**Dates:** June 2 at 3pm

### Junior Afternoon Tennis Clinics

A perfect opportunity to develop the aspiring tennis player! Check our website for session dates. Enrollment is available in monthly sessions.

### Mini-Munchkins

**Ages:** 4 - 6 years

**Days:** Monday & Thursday, 3 - 3:30pm or 3:30 - 4pm

### Munchkins

**Ages:** 6 - 7 years

**Days:** Monday & Thursday, 4:15 - 5pm

### USTA Quick Start Youth Tennis Camp

Weekly tennis camps focus on stroke production, techniques, match play and tennis rules through specialized activities and drills. The camp also promotes teamwork, sportsmanship and a high emphasis on fun!

**Ages:** 6 - 12 years

### Competitive Junior Tennis Academy

This high powered, intense program is designed for the athlete looking to take their game to the next level. Players seeking to compete in tournaments as well as high school and college tennis will find this program is exactly what they need!

**Ages:** 8 - 11 years



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### ***DISTRICT'S CAFR IS COMPLETE***

The District's Comprehensive Annual Financial Report (CAFR) for the fiscal year that ended June 30, 2020 was completed and filed with the State of Nevada, Department of Taxation on February 15, 2021. The report includes the independent auditor's report which provided an "unmodified" opinion, as well as the Auditor's Report on Internal Controls that identified two finding of material weaknesses.

District management will be working with the Board-appointed Audit Committee to address the auditor's findings as well as continue to implement recommendations to improve the District's financial reporting, with an emphasis on enhancing transparency and understanding of the District's financial position.

The following are selected highlights from the CAFR for the year ended June 30, 2020:

- The District's net position as of June 30, 2020 was \$158.37 million and reflects an increase in net position of \$5.41 million over the prior year. Of this amount, a total of \$36.63 million (unrestricted net position) is available to meet the District's future obligations, including future planned capital projects.
- The net position of the District's governmental activities increased by \$4.02 million (to \$79.67 million) and the net position of the District's business-type activities increased by \$1.39 million (to \$78.70 million).

- The District's General Fund reported an ending fund balance, as of June 30, 2020, of \$4.63 million, representing an increase of \$0.86 million over the prior year. Of this amount, a total \$3.11 million represents the unassigned fund balance.
- The District's Community Services Special Revenue Fund ended the year with a fund balance of \$15.28 million, reflecting an increase of \$1.95 million from the prior year; the Beach Special Revenue Fund ended the year with a fund balance of \$2.59 million, reflecting an increase of \$0.78 million from the prior year. The entire fund balance within the District's Community Services and Beach Special Revenue funds are either restricted or assigned for future use to support the District's recreational programs and facility improvements.
- As of June 30, 2020 the District had total bond debt outstanding of \$5.22 million including Utility Revenue Bonds outstanding of \$4.08 million and Recreation Bonds outstanding totaling \$1.14 million. The District retired \$0.89 million in bond principal during the fiscal year.

In February, management also provided the Board of Trustees with a Mid-Year Budget Update which included financial results through December 31, 2020 – the first six months of the current fiscal year. Overall, despite the ongoing impacts from reduced access to selected venues and programming, the District financial results reflect favorable variances relative to the approved budget.

District Revenues & Expenditures Through December 31, 2020:

- District revenues totaling \$22,354,923 were recorded through the second quarter of FY 2020/2021. Total revenues collected represent 41.1% of the total revenues of \$54,382,650 included in the District's approved budget for FY 2020/2021. Total sources for through the second quarter are reported as falling \$3.17 million under the year-to-date budget through December 31, 2020; however, this variance includes \$1,516,393 in sources of funds that represent planned use of fund balance for selected capital projects.
- The District's approved budget for FY 2020/2021 includes expenditure appropriations totaling \$51,393,708 across all funds, including operations, capital and debt. Overall, District expenditures recorded through the second quarter ending December 31, 2020, total \$21,197,289 which represents 41.2% of the approved fiscal year budget. Expenditures through the second quarter are \$7.9 million under the year-to-date expenditure budget through December 31, 2020 and is largely attributable to timing of

capital project expenditures within the District's Utility and Community Services capital project funds.

- Overall, financial results through the second quarter of FY 2020/2021 reflect revenues exceeding expenditures by \$1,157,634, which represents a favorable variance relative to the year-to-date budget through the first six months of the fiscal year which assumed expenditures exceeding revenues by \$3,602,055.

A specific area of emphasis for the Board of Trustees has been ensuring that fund balances within the District's Utility and Community Services Funds are identified and committed to specific long-term capital projects that have been identified as Board priorities supporting the Community Services, and Beach Master Plans. These include the completion of the Tennis Center Renovation Project, reconstruction of the Burnt Cedar Pool, and replacement of the Effluent Export Pipeline. Projects identified by the Board as capital project priorities not yet included in the District's five-year capital plan include renovation of the Incline Beach House and construction of a new dog park.



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# PROGRESS ON MAJOR CAPITAL IMPROVEMENT PROJECTS

IVGID's Engineering and Public Works team is making progress on a number of major capital improvement projects throughout the District including...



## Incline Creek Restoration Phase V

Incline Village General Improvement District wins the TRPA's Best in Basin award again! This project is a capstone of four restoration projects on Third and Incline Creeks in Incline Village. The project reduces erosion from stream banks with willow and alder revegetation and rock stabilization, and improves the water quality of Lake Tahoe by reducing fine sediment transport and restoring floodplain terraces. Perhaps most notable is the return of spawning fish to the creek, including sightings of native Lahontan cutthroat trout that are being reintroduced to Lake Tahoe.



## Burnt Cedar Swimming Pool Improvement Project

IVGID has retained TSK Architects to design and permit the Burnt Cedar Swimming Pool Improvement Project, which is in the final stages of design and is scheduled to start construction the first week of May 2021. The project includes full lap and kiddie pool replacement as well as a new pool deck and walking path to connect the east and west sides of the site. Through extensive collaboration with a community working



group, the new design will provide amenities for all to enjoy. The construction will require the pool to be closed the entire 2021 summer, but the beach areas will remain open to IVGID residents.



## Tennis & Pickleball Center Remodel

Construction at the Tennis & Pickleball Center is well underway. Daniel Fraiman Construction has made significant progress towards completion and the project is on schedule to open to users this spring. Project improvements include new siding, stone wainscoting, circulation enhancements, an expanded deck, and renovations to the bathrooms, pro-shop, and self-serve kitchenette areas. Undergrounding the water service line and adding heat to the restrooms will allow operations to continue well into the fall season provided early season snowfall does not prevent play.

## Recreation Center Upstairs Lobby Restroom Remodel

A 2021 Capital Improvement Project to remodel the upstairs men's and women's restrooms at the Recreation Center. Proposed improvements will include new tile, fixtures and partitions, as well as minor modifications to comply with modern ADA building codes. Ward-Young Architecture has been hired to complete the design and permitting. The project is scheduled to be publicly bid in March 2021 and constructed in late spring 2021.

## Slott Peak Court - Water Main Replacement

A 2022 Capital Improvement Project, this project includes replacing aging steel water main in Slott Peak Court and miscellaneous water system improvements. IVGID Engineering

staff is completing the design and is on schedule to bid in spring 2021 and construction in summer/fall 2021.

### Recreation Center Locker Room Improvements

A 2021 Capital Improvement Project to remodel the men's and women's locker rooms at the Recreation Center. Proposed improvements will include new tile, fixtures, partitions and lockers, as well as minor modifications to comply with modern ADA building codes. Ward-Young Architecture has been hired to complete the design and permitting. The project is scheduled to be publicly bid in spring 2021 and constructed in summer/fall 2021.

### Mountain Golf Cart Path Replacement

A carryforward 2020 Capital Improvement Project to reconstruct the cart paths at Mountain Golf Course. Lumos and Associates, Inc. has been hired to complete a pathway evaluation, structural bridge evaluation, a geotechnical investigation, and prepare a Design Memorandum with recommendations and preliminary cost estimates. The design memorandum and a scope of work to complete the final design was approved by the Board of Trustees on March 10. We are currently working with Lumos & Associates, Inc. to design and

bid the first phase of cart path replacement this spring and summer. Construction of Phase 1, which will require a partial course closure, is tentatively scheduled to begin after Labor Day 2021 and continue until October 15, 2021.



### Championship Course Maintenance Building Drainage & Washpad Improvements

A 2020 Capital Improvement Project, this project will improve surface and sub-surface drainage, construct a modern wash pad facility (photo), and spot-treat pavement failures at the Championship Golf Maintenance Building, adjacent to the chipping green. This project addresses health and safety issues and will prevent future water damage to this facility. Wash pad will be commissioned this spring.

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IVGID Public Works offices (1220 Sweetwater Road, Incline Village). Pre-registration will be available online at [www.yourtahoeplace.com/public-works/waste-not](http://www.yourtahoeplace.com/public-works/waste-not).

Social distancing protocols will be required on-site. Waivers are required for formal participation in these events. All children must be accompanied by an adult.

Tools, bags, buckets, safety vests, disposable masks and gloves will be available. Please wear sturdy shoes, work clothes, a long-sleeved shirt, wide-brimmed hat and work gloves. Volunteers receive cool swag! Dates and details are tentative and subject to change. For more information call 775.832.1284 or email [wastenot@ivgid.org](mailto:wastenot@ivgid.org).

## WASTE NOT PROGRAMS

Join the Tahoe Blue Crew and help keep Lake Tahoe clean- volunteers are needed to pick up litter in our community. There are a number of upcoming cleanup events you can help out with including:

- Earth Day Cleanup - Friday, April 23
- Independence Day Cleanup - Monday, July 5
- Tahoe Trash Challenge - Multiple dates in September

Check-in location for all 2021 Incline Village/Crystal Bay cleanups is the

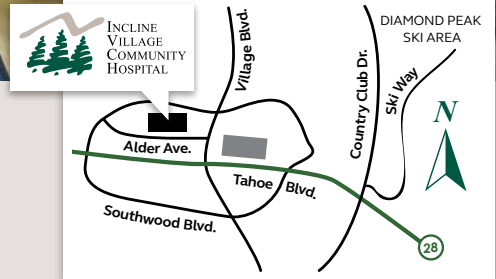


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Photo by Bourdon and Co. Photography

A gorgeous and on-trend Aspen Grove wedding ceremony.

## LOOKING AHEAD—A PEEK INTO 2021 WEDDING TRENDS

If 2020 has taught us anything, it's taught us to appreciate our friends and family and the special moments we have together. Today's couple is focused on creating the ultimate wedding experience for their guest. Below are trends identified by some of our favorite wedding media...

### The Wedding Weekend

One consistently growing trend has to be more extended wedding celebrations. I mean, let's be honest, who wants to enjoy their wedding for just a day when you could opt for a long weekend or even a week! Gatherings set over longer periods are increasingly becoming the go-to for many couples and we certainly don't see this slowing down into 2021 and beyond. Couples are looking for extra ways to impress and spoil their guest list and what better way than celebrating for longer in beautiful North Lake Tahoe.

- *Wedinspire.com*

### The Welcome Box

The Welcome Box is the experiential alternative to the welcome bag. After all, who doesn't like an unboxing? The concept behind these boxes is to safely house all event necessities in one place, including personalized hand sanitizers, masks, programs and details and even take-home favors, allowing guests to experience the warmth of being welcomed into the wedding weekend - a gift for all involved.

- *Theknot.com*

### Giving Rather than Receiving

If you haven't gotten the gist just yet, 2021's wedding trends are all a result of the pandemic's reframing of our priorities. And with that new look on things, registries and

wedding gifts are sure to shift as well. We've already seen couples change course on the traditional and are gifting organizations in their guests' honor, rather than accepting gifts. We expect to see more couples following suit, opting for charitable registries and donation campaigns that give back to the organizations and missions close to their families and their hearts as individuals, and as a couple.

- *Harpersbazaar.com*

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## FIND A FUN SUMMER JOB

IVGID summer venues are hiring for a variety of part-time and full time seasonal positions at the Championship and Mountain Golf Courses, The Grille at The Chateau, IVGID Beaches, Tennis Center, Recreation Center and Parks Departments. Training and

personal protective equipment (PPE) is provided to help ensure a safe and fun work environment for our staff and community. Besides being able to live, work and play in one of the most beautiful places in the world, IVGID employees may be eligible for free

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## NORTH LAKE TAHOE FIRE PROTECTION DISTRICT 2020 FUELS MANAGEMENT PROGRESS REPORT

In addition to first rate emergency and rescue services, the North Lake Tahoe Fire Protection District also employs an active Fuels Management Division comprised of two 20-person Wildland Fire Hand Crews, three Type 6 Brush Truck Engine Crews, and additional staff that provide wildland fire response, fire prevention, fuels reduction, and forest health services to the community.

### Community Chipping & Defensible Space

Through the fire district’s curbside chipping program a total of 346 homeowner piles were chipped in 2020 resulting in 17,367 cubic yards of flammable material removed, creating better defensible space on many parcels throughout town. Chipping is available during the summer months to all Incline Village and Crystal Bay residents. Sign up at [nltfpd.org/curbside-chipping](http://nltfpd.org/curbside-chipping).

To promote defensible space in 2020, NLTFPD worked extensively in the Second Creek Neighborhood, focusing specifically in the upper part of the neighborhood to include the Saddlehorn Drive area. Early in the year each homeowner in the area received a curbside inspection and a letter advising if they passed their inspection, the reasons they may have not passed their inspection, and to contact the fire district for a full walk-through with one of our inspectors. When a neighborhood is selected for this effort, residents qualify for a cost-share rebate to help with defensible space costs, and a block party takes place to bring people together to promote and create neighborhood-wide defensible space and evacuation preparedness.

As safety is everyone’s responsibility, fire knows no bounds, and even one home without adequate defensible

space threatens many others, it is imperative that everyone takes an active role. This year, for everyone’s safety and to comply with COVID-19 restrictions, a block party was held on Zoom and approximately 30 residents Zoomed in. Those in attendance were eligible to receive free assistance from wildland firefighters in reducing shrub density and ladder fuels at their residence to better comply with defensible space guidance.

During the latter part of the summer, curbside inspections were also performed in the Upper Tyner Neighborhood. A block party or two will be held in this neighborhood in summer 2021, however it is undecided if the events will be held virtually or in person. In 2020, a total of 1,520 properties were inspected for defensible space by either a curbside or walk through inspection. Of those, 506 were found to be compliant and fire district personnel continue to work with many homeowners to become compliant for everyone’s safety and peace of mind. Defensible space inspections are available in the summer months, and all residents are required to meet the intent of the code and maintain their defensible space. For an evaluation of your property visit [nltfpd.org/defensible-space](http://nltfpd.org/defensible-space).

### Active Fuels Management in the Community

In January and February of 2020 pile burning efforts took place in several areas throughout Incline Village. This began with 17 acres of private property on the southern side of Incline Village, 27 acres of shrubby slopes in the 2nd Creek Drainage, and throughout several parcels managed by the USFS, northeast of Fairview Drive, and southwest of the overlook on Mt. Rose Highway.

*Continued on page 44*

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Fuels reduction hand thinning work took place on private property in the Mill Creek drainage and reached 30 acres before crews became busy with a particularly active wildfire season. Upon returning from wildfire assignments, hand thinning commenced along the ridge at Diamond Peak on both IVGID and private property, addressing another 25 acres. Then work continued closer to Mill Creek treating another 22 acres. The fire district's wildland fire hand crews were also funded to work at the North Tahoe Regional Park in Tahoe Vista, completing 54 acres of hand thinning in heavy use areas of the park.

Several of IVGID's smaller parcels were also treated for fuels reduction including four pump station properties, another water tank parcel, the Loma Ct. property, and a 2.2 acre area near the Mountain Golf Course facilities building, addressing just over 10 acres in total. Many hazard trees were also felled to address homeowner concerns.

Next year work will continue in the Mill Creek Drainage and in upper portions of Diamond Peak.

Due to extremely dry conditions, fuels management staff was not able to conduct understory prescribed fire in fall 2020, however early snows allowed for pile burning to commence at Diamond Peak, and 52 acres were burned by mid-November. December allowed for an additional 14.5 acres to be treated with pile burning on IVGID owned land near Wood Creek and 2nd Creek, four of IVGID's pump stations and smaller properties, and on two urban lots owned by Washoe County. Early in 2021, additional pile burning took place on 42 acres around IVGID's Public Works facilities, 11 acres at a private HOA, and on remaining acres owned by the USFS to complete pile burning on 200 acres. If weather conditions allow, the fire district's fuels management staff will carry out its first

understory prescribed fire this spring (2021) on IVGID property between Public Works and Snowflake Lodge.

Also this year, funding was secured to reduce fuels along the upper portion of the ridge at Diamond Peak, and implement secondary treatments elsewhere within the upper part of the ski area. This is planned to begin next year. Two additional sources of funding were proposed to federal grantors and it is looking favorable that that funding will be secured for those projects. Annual funding from the residents of Incline Village is made available to the fire district's fuels management program. This funding provides critical matching dollars that allow fuels management staff to bring additional grant dollars to the community to reduce the community's wildfire risk and improve forest health.

*April Shackelford is the Forester for the NLTFPD*

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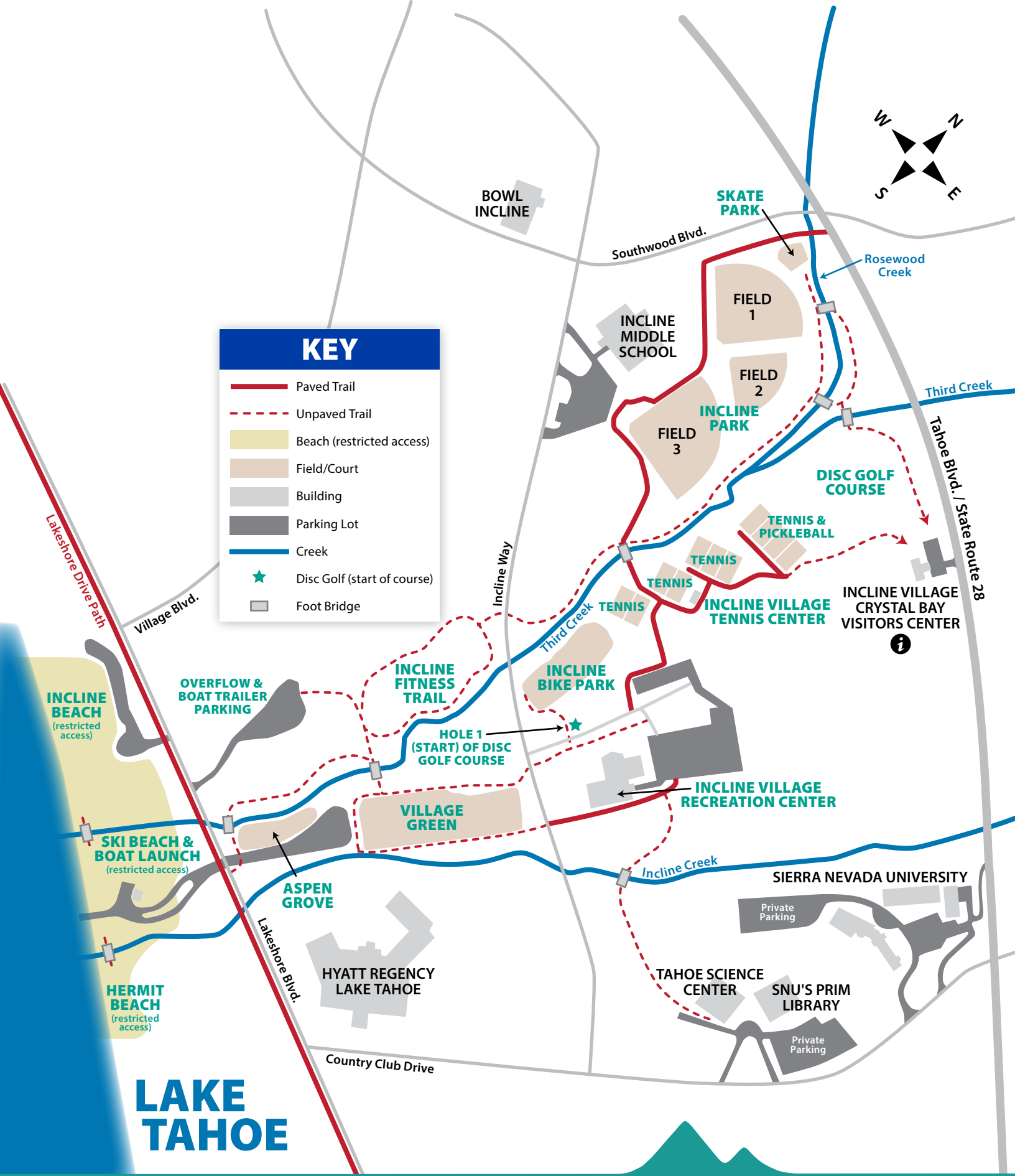


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