




APRIL 2025

# *Let's* **CONNECT**

April is a month of renewal and fresh beginnings! The days grow longer, the air feels warmer, and nature bursts into bloom with vibrant flowers and lush greenery. It's a time to embrace new opportunities, set exciting goals, and enjoy the beauty of the world coming back to life. The month is often marked by seasonal showers, which help nourish the earth and bring forth new life. April is also home to various holidays and observances, such as April Fools' Day, Earth Day, and Easter. It's a time of rejuvenation, where people embrace outdoor activities, enjoy nature's beauty, and look forward to the upcoming summer months. April brings a sense of optimism and energy. Let the month inspire you to grow, explore, and celebrate all the wonderful moments ahead!



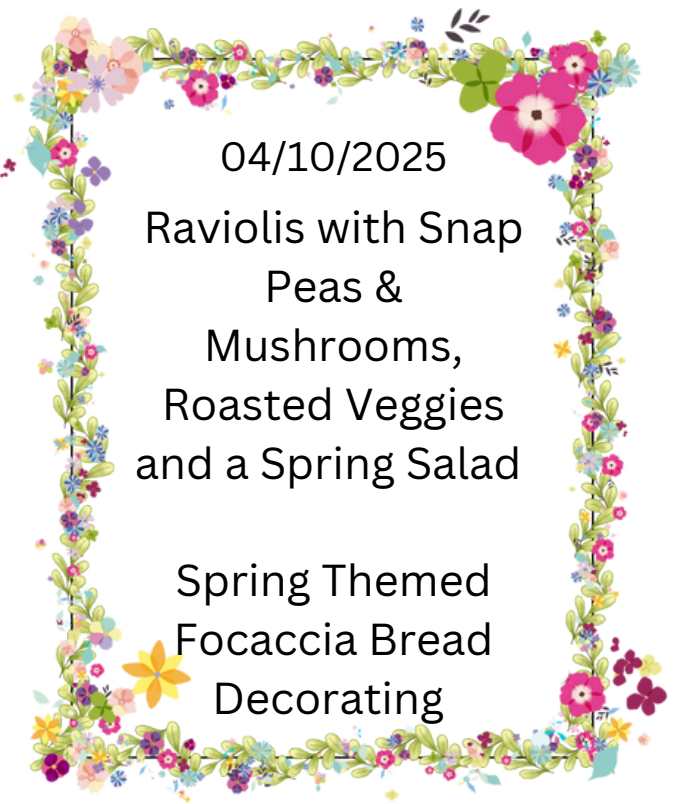
Create the Good Lunch  
Hung-A-Lel-Ti Firehouse  
Friday's from 12:00-2:00 pm



04/04/2025

Chicken Piccata  
with Angel Hair  
Pasta, and a  
Cesar Salad.


Spring DIY  
Crochet Kit for  
Beginners



04/10/2025

Raviolis with Snap  
Peas &  
Mushrooms,  
Roasted Veggies  
and a Spring Salad


Spring Themed  
Focaccia Bread  
Decorating



04/17/2025

Balsamic Chicken,  
Roasted Asparagus  
and a Caprese  
Salad

DIY Easter Basket  
Activity



04/25/2025

Arbor Day Tree  
Planting at Curtz  
Lake and lunch  
provided  
afterwards at  
Turtle Rock Park

# Coffee

## VETERAN'S COFFEE MEET UP

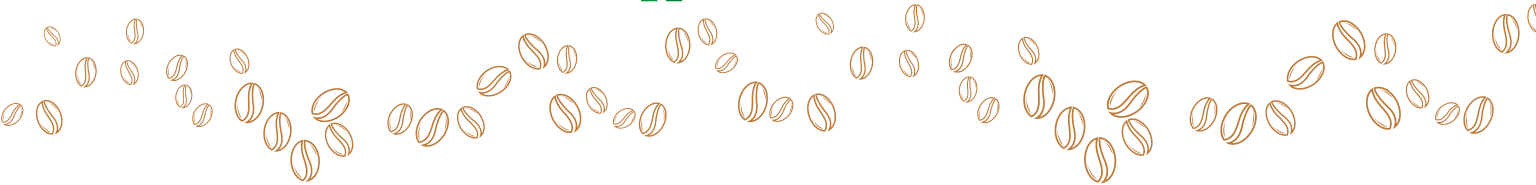
**EVERY WEDNESDAY 9:00 am-10:00am**

Location: DST Coffee, 1411 HWY 395. Gardnerville, Nevada 89410

All Veterans are welcome to come join us for coffee and conversation.  
A great way to hear about upcoming events for Veterans.

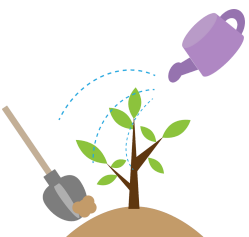


Suicide  
Prevention  
Network



Friday, April 25th Tree planting at  
Curtz Lake Trailhead  
on 1 mile up Airport Rd. from Highway 88

**See Page 13 for Details.**



# Alpine County Senior Programs



## Senior Program Changes!!

### 1. Senior Soak and Outdoor Wellness.

Thursday's at 9:30–11:00 am  
Grover State Park, Parking Pass valid All Day

**Senior Soak only available Thursday, April 3rd  
and  
Thursday, April 10th**

**April 3<sup>rd</sup> and April 10<sup>th</sup> will be the last two days of  
Senior Soak**

### 2. The Carson Valley Swim Center passses and renewals have been suspended.

**You are able to use the remainder punches of your swim  
passes.**

For more information call Alpine County  
Behavioral Health at 530-694-1816



# HELLO SPRING

## *50 Plus Club Luncheon*

Thursday, April 10th. 12:00-2:00 pm at BHS

Join the 50 Plus Club and Alpine County Behavioral Health for an Easter Luncheon. Lunch will include a Spiral-Cut Ham Provided by 50 Plus.

Please bring a side or salad to share.

After lunch, we will be doing a coffee tasting activity.

For information call BHS 530-694-1816



Suicide  
Prevention  
Network



# YOGA CLASSES

## **Bear Valley: Monday & Wednesday 5-6 pm**

With Alex Mannos: IN PERSON LIBRARY CONFERENCE ROOM AND ON ZOOM.

Join Zoom:

<https://us06web.zoom.us/j/81837132484pwd=ZDNqMWd5U3ZjeEZFcVJsU09BT3p2QT09>

Meeting ID: 818 3713 2484 Passcode: 278663

## **ONLINE HOLISTIC HEALTH CLASSES**

### **Tuesday & Thursday 11am-Noon with Cheryl Morris**

You need a computer or laptop with a camera, a firm, upright chair with no arms, and room to move your arms and legs. This class focuses on improving joint range of motion, balance, and strength-building through breath work, imagery, and self-care.

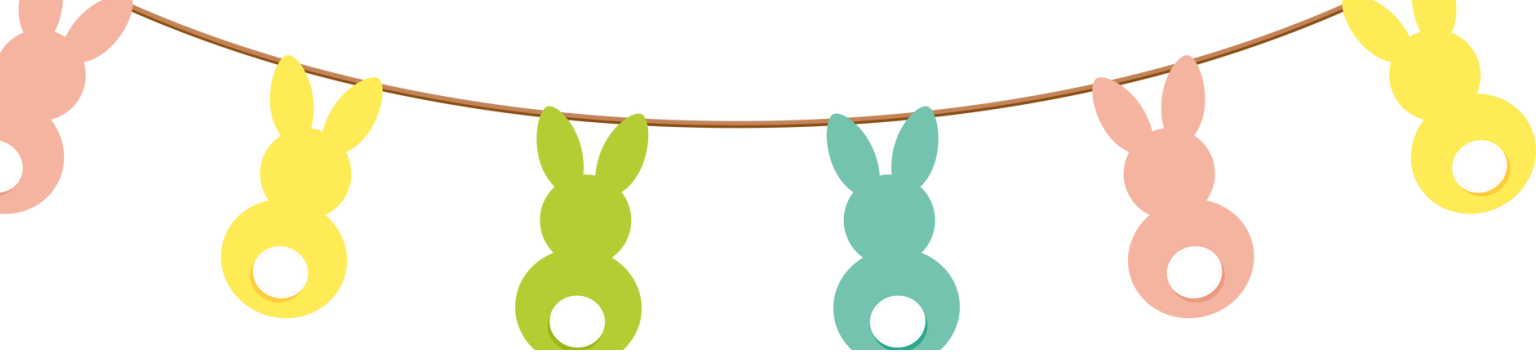
The program's foundation has ties to Yoga and Qigong/Tai Chi.

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISlFlcmpVSE5lWG5aOURKbGVLUT09>

Meeting ID: 827 2872 2590 Passcode: 064928





## Makers Space

Looking for the perfect space to bring your craft ideas to life? Whether you're starting a new project, finishing an old one, or exploring a brand-new craft. With ample workspace, tools, and a supportive community of fellow makers, you'll have everything you need to turn your vision into reality. Join Kari and Jackie at the Hung-A-Lel-Ti Firehouse on Wednesdays and let your creativity flourish!

**April 2nd, 1:00-3:00 pm**

**April 9th, 1:00-3:00 pm**

**April 16th, 10:00 am-1:00pm**

**NO MAKER SPACE on April 23rd**

**April 30th, 10:00 am-1:00 pm**



## *Bear Valley* **HAPPENINGS**

For information on Bear Valley happenings,  
reach out to Nathan Granados at:  
[ngrandos@alpinecountyca.gov](mailto:ngrandos@alpinecountyca.gov)





For Alpine County Youth ages  
10 years old-17 years old.

Join Alpine County Behavioral Health for a field  
trip to the Kimmie Candy Factory for a tour of  
the factory!

**Tuesday, April 22nd. Leave Markleeville at 8:45 am**  
**Tour is at 10:00 am, lunch is provided afterwards.**  
**Return back to Markleeville around 1:30-2:00 pm**

KIMMIE CANDY IS A SMALL FAMILY OWNED CANDY  
MANUFACTURING COMPANY BASED IN RENO, NEVADA. WE CREATE  
MANY UNIQUE SHAPED CANDIES THAT EVERYONE CAN ENJOY!  
KIMMIE CANDY IS PROUD TO BE KOSHER CERTIFIED, GLUTEN FREE,  
PEANUT FREE, AND NON-GMO!

Space is limited, to reserve your child(ren)'s spot, please contact  
Jackie Springer at  
530-721-6358 or by email at [jspringer@alpinecountycyca.gov](mailto:jspringer@alpinecountycyca.gov)  
Transportation provided.



**Permission slip is on the back page.**

Please turn in by 04/18/2025, Spots are limited.







## NATIONAL CHILD ABUSE PREVENTION MONTH

NATIONAL CHILD ABUSE PREVENTION MONTH IS OBSERVED ANNUALLY IN APRIL IN THE UNITED STATES TO RAISE AWARENESS ABOUT CHILD ABUSE AND NEGLECT AND TO PROMOTE STRATEGIES FOR PREVENTION. ESTABLISHED IN 1983, THIS OBSERVANCE EMPHASIZES THE IMPORTANCE OF FAMILIES AND COMMUNITIES WORKING TOGETHER TO CREATE SAFE, STABLE, AND NURTURING ENVIRONMENTS FOR CHILDREN.

THE OBSERVANCE ALSO SERVES AS A REMINDER OF THE CRITICAL NEED FOR SUPPORT SYSTEMS THAT STRENGTHEN FAMILIES AND PROTECT CHILDREN FROM HARM. BY FOSTERING AWARENESS AND ENCOURAGING PROACTIVE MEASURES, NATIONAL CHILD ABUSE PREVENTION MONTH AIMS TO REDUCE THE INCIDENCE OF CHILD ABUSE AND ENSURE THE WELL-BEING OF CHILDREN ACROSS THE NATION.



# AUTISM

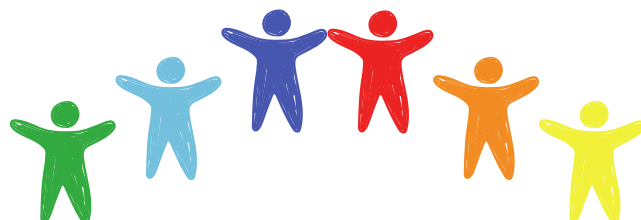
## Awareness Month

National Autism Awareness Month, observed every April, is an important time to promote understanding, acceptance, and support for individuals with autism spectrum disorder (ASD). National Autism Awareness Month aims to educate the public about autism, which affects millions of people worldwide, and highlight the diverse experiences and strengths of those with ASD. Through various campaigns, events, and educational activities, the month aims to foster understanding and acceptance of neurodiversity, encouraging communities to embrace autistic individuals as equal members of society.

Throughout the month, advocacy organizations, families, and communities come together to spread knowledge about autism and support inclusive policies. Initiatives such as "Light It Up Blue," a campaign launched by Autism Speaks, help bring attention to the cause by illuminating landmarks in blue. Schools, workplaces, and local communities often organize events that showcase the talents, contributions, and potential of people with autism.

National Autism Awareness Month is also an opportunity to celebrate the unique abilities and perspectives of individuals with autism. People on the spectrum often have exceptional skills in areas like mathematics, music, art, and technology. This month serves as a reminder of the importance of focusing on strengths, providing support, and creating environments that allow individuals with autism to thrive and succeed.

By coming together to learn, support, and celebrate, we can make lasting strides in ensuring that individuals with autism have the opportunities and resources they need to lead fulfilling, meaningful lives.





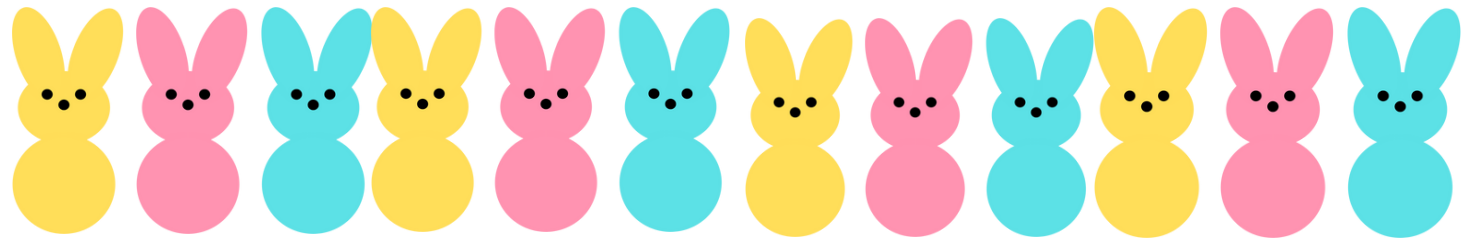


No Judgement -No Shaming -No  
Preaching- JUST LOVE!

Call if you're going to use when you're alone. An operator will  
ask for your first name, EXACT location, and where you're  
calling from. If you stop responding after using, we will notify  
EMS of location, and possible overdose,

1-877-696-1996

[www.NeverUseAlone.com](http://www.NeverUseAlone.com)



## *First Two Weeks of May Activities*





# ALPINE COUNTY BEAR BOX GRANT PROGRAM

ALPINE COUNTY, IN PARTNERSHIP WITH THE CALIFORNIA DEPARTMENT OF FISH AND WILDLIFE, IS OFFERING A BEAR BOX GRANT PROGRAM FOR HOMEOWNERS LOCATED ON THE EAST SLOPE OF ALPINE COUNTY.



## PROGRAM DETAILS:

UP TO \$2,200 AVAILABLE  
PER RESIDENCE FOR  
BOXES INSTALLED BEFORE  
MAY 31, 2025.

- APPLY ONLINE
- CHOOSE AN APPROVED CONTRACTOR
- INSTALL A BEAR BOX
- RECEIVE UP TO \$2,200 REIMBURSEMENT

CONTACT THE  
COMMUNITY  
DEVELOPMENT  
DEPARTMENT AT:

OUR WEBSITE  
[WWW.ALPINECOUNTYCA.GOV/738/  
BEAR-BOX-GRANT-PROGRAM](http://WWW.ALPINECOUNTYCA.GOV/738/BEAR-BOX-GRANT-PROGRAM)

OUR EMAIL  
[PLANNING@ALPINECOUNTYCA.GOV](mailto:PLANNING@ALPINECOUNTYCA.GOV)



# ALPINE COUNTY THIRD ANNUAL ARBOR DAY TREE PLANTING

Hosted by the  
Forest Health Community Working Group  
in partnership with Liberty Utilities



ALPINE  
BIOMASS  
COLLABORATIVE



**FRIDAY, APRIL 25**

**10:00 a.m. Tree Planting**  
CURTZ LAKE TRAILHEAD

1 mile up Airport Road from Highway 89

**12:00 p.m. FREE Lunch**  
TURTLE ROCK PARK COMMUNITY CENTER

**RSVP required!**

**Please contact [alpinewatershed@gmail.com](mailto:alpinewatershed@gmail.com) to RSVP**



Pinyon seeds provided by  
Washoe Environmental Protection Department

Trees provided by  
The Sugar Pine Foundation



*Bring a water bottle (water station will be provided), and wear sun protection and close-toed shoes. Gloves and tools will be provided.*

Alpine County Liberty Utilities Customers:  
**Sign up here to reserve a fire-resistant shrub to take home!**

[www.arboday.org/libertyca](http://www.arboday.org/libertyca)



**Bear Valley  
Library Building**

# **AA 12-Step Meeting**

**Recovery group**

The Bear Valley recovery community  
is hosting a 12-Step meeting for  
people in need of support with  
addiction.

**Saturdays  
6PM**



**Wellbriety Talking  
Circle  
Hung-A-Lel-Ti  
Firehouse  
Monday's at 6:00 pm**





## STRESS AWARENESS

April is Stress Awareness month and as we approach the Spring season it is good to reflect on stress and how it impacts our daily lives. Stress affects everyone, but it is important in how we deal with stress to ensure a positive outcome. We all experience stress in one way or another. The most common explanation of stress is physical, mental, or emotional strain or tension. Having feelings of stress is normal when you are experiencing life changes. We can manage stressful symptoms and feelings by learning healthy ways to cope with stress.

Some common reactions to stressful events can include:

- Feeling sad, frustrated, and helpless
- Difficulty making decisions and concentrating
- Headaches, body aches, and stomach problems

Understanding stress and how to deal with it is important. According to the Centers for Disease Control and Prevention, some healthy ways to deal with stress include:

- Taking a break, taking deep breaths and relaxing.
- Being active is important, you can take walks, stretch, or any physical activity that works for you.
- Connect with others by reaching out to family and friends.
- Daily routine that includes plenty of rest, exercise, and eating a healthy diet is key to overall health and relieving daily stress.
- Seeking help from a Professional if needed.

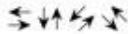
It is normal to feel stress from time to time but understanding how to manage it will help a person feel less stressed and more at ease with anything that comes our way.





# Hello Spring

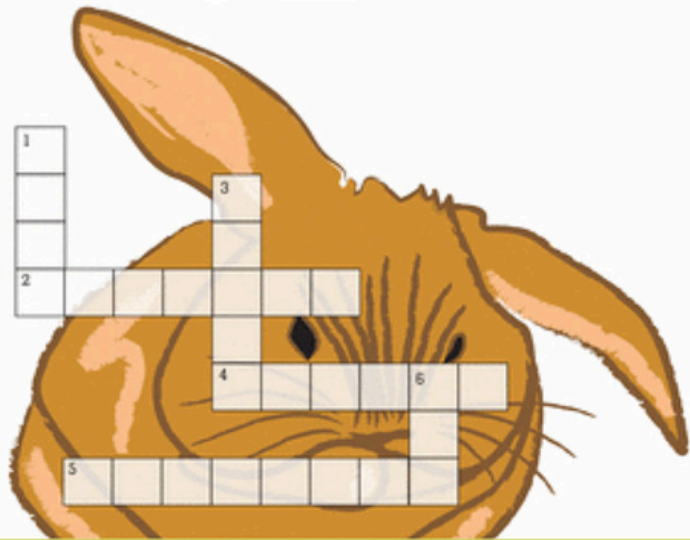
P S M R A B B I T F B A U K  
J A A T A P R I L F L E R Z  
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S M E O K H Y E U T U A N N  
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Z O P K W O M I I D C U S P  
Y Y R R A I N B O W T D S S  
K S L Q P B B L O S S O M W



APRIL	RAIN	CROCUS	GRASS
UMBRELLA	SPRING	RABBIT	BUTTERFLY
BLOSSOM	SEASON	GREEN	RAINBOW
ROBIN	SUN	BUD	MELT



## spring crossword baby animals



### Across

3. Baby rabbits
4. A young cat
5. A baby duck

### Down

1. Young sheep
3. A chicken hatchling
6. A bird hatches from this

### Word Bank

Egg Duckling Chick Kitten Lamb Bunnies



brunell  
HELLO



Standard Rate  
U.S. Postage Paid  
Permit No. 3  
Markleeville, CA 96120



**“Let’s Connect” Newsletter**

**April 2025**



Postal Customer  
Markleeville, CA 96120