

WHEN MARCH
COMES IN
LIKE A LION
IT GOES OUT
LIKE A LAMB.

FILLINGTHEJARS.COM

No matter
how long
the winter,
springtime
is sure to
follow.

www.KinneyChaos.com

"Let's Connect"

MARCH 2023

Spring is Coming, Alpine County Family!

Wow, what a winter it has been! Just a little further to go!

March is Irish-American Heritage Month & Women's History Month. You'll find Irish themes at some Create the good lunches to celebrate Celtic culture. You will also find an interesting article on Irish & Native American solidarity in this issue. 50+ Potluck will feature Alpine County resident, Dale Bennett, discussing her newly published book. Her book describes her history in the Foster Care System.

Markleeville Create the Good lunches, education & conversations will be alternating between the BHS Building & the Hung A Lele Ti Firehouse. Join us before Create the Good on the morning of the 17th for our Mental Health Services Act (MHSA) 3-year plan focus group, specific to our Markleeville, Woodfords & Kirkwood communities. Bear Valley Create the Good will also host an MHSA 3-year plan focus group meeting, specific to their community. Your voice matters, so please be there! There will be an evening focus group for the Hung A Lele Ti Community at the Firehouse on 3/16/23. There will be a Kirkwood specific community focus group 3/14/23 5:30-7:00pm on Zoom.

World Teen Mental Wellness Day is March 2nd. Find some tips for stress reduction in this issue, as well as information about young women and men's traditions in the Washoe Tribe.

Join us for Higher Education Night on the evening of March 14th at the Hung A Lele Ti Gym. Details in this issue! DHS Alpine County students are invited to join BHS for a Taco Bar in the counseling conference room on Tuesday, March 28th.

Diamond Valley girls, grades 3-6, are invited to participate in the program "Girls on the Run". This program teaches girls to celebrate being girls, boosts their self-esteem, helps them gain confidence and improve their emotional & physical health.

Meet Colin Croughan on our Dare to Share page this month.

Come out and have some fun on Family Dinner & Movie Night, March 23rd for Indian Tacos and "Words on Bathroom Walls".

Yoga classes M-Th will remain on Zoom Only through March 15th. We will update you on the status of in person classes at that time. Don't forget to "Spring Forward" on March 12th!

Alpine County Behavioral Health Services

Your Voice Matters

Join Our MHSA Stakeholder Focus Groups

We want to hear your ideas on current and future Mental Health Services Act (MHSA) programs and funding.

We are seeking input from community members throughout the county by holding a number of community stakeholder groups.

We want to hear your ideas for what is currently working, where there are opportunities for improvement, and suggestions for innovative new ideas.

Attendance to all four (4) meetings is NOT required in order to participate. Please choose the meeting date and time that best fits your schedule.

Four focus groups have been scheduled in March 2023.
All community members are welcome to attend!

Monday, March 13 • 5:30 PM – 7:00 PM • On Zoom

Kirkwood Focus •

Zoom Link: <https://us02web.zoom.us/j/89542797675pwd=aWJzMlEVENG1YQU9kcINqakV0KzJFQT09>
Dial-in: 1-669-900-9128 Meeting ID: 895 4279 7675 Password: 139410



Thursday, March 16 • 5:30 PM – 7:00 PM • In Person

Hung-A-Lel-Ti Focus

Meeting at: 60 Washo Blvd, Markleeville, CA 96120

**Dinner will be provided

Friday, March 17 • 10:30 AM – 12:00 PM • In Person

Markleeville/Woodfords/Kirkwood Focus

Meeting at Markleeville Behavioral Health: 40 Diamond Valley Road, Markleeville, CA 96120

Wednesday, March 22 • 5:00 PM – 7:00 PM • In Person

Bear Valley Focus

Meeting at Perry Walther Community Center: 325 Creekside Dr, Bear Valley, CA 95223

**Dinner will be provided

Behavioral health consumers and family members are encouraged to attend.

For more information, contact Dawn Riddle: (530) 694-1816 ext. 259
driddle@alpinecountyca.gov

Create the Good

Lunch • Presentations • Creations • Conversations

Every Friday 12-2pm

MARCH 3RD

MENU: BAKED POTATOE
AND SWEET POTATOE BAR

PRESENTATION:
NUTRITION WITH
CRYSTAL of CSS
& WINTER WELLNESS WITH
CRYSTAL of BHS

LOCATION: BHS

MARCH 10TH

MENU: IRISH STEW AND
SALAD

PRESENTATION: PUBLIC
HEALTH WITH JACKIE
FROM HEALTH AND
HUMAN SERVICES

LOCATION: FIREHOUSE

MARCH 17TH

**SPECIAL EVENT BEFORE
THE LUNCH:** 10:30 – 12

MENTAL HEALTH
SERVICES ACT
STAKEHOLDER MEETING

MENU: IRISH
SHEPHERD'S PIE AND
SALAD

PRESENTATION:
"STORIES OF HOPE"
SERIES WITH EWA
FROM SUICIDE
PREVENTION NETWORK

LOCATION: BHS

MARCH 24TH

MENU: CHINESE
CHICKEN SALAD AND
SPRING ROLLS

PRESENTATION: PUBLIC
HEALTH WITH JACKIE
FROM HEALTH AND
HUMAN SERVICES

LOCATION: FIREHOUSE

MARCH 31ST

MENU: SPAGHETTI
SQUASH AND
MEATBALLS WITH
MARINARA AND ITALIAN
SALAD

PRESENTATION:
NUTRITION EDUCATION
WITH DAWN

LOCATION: BHS

You're invited!

50+ POTLUCK

Chicken piccata with steamed asparagus will be served.

**MARCH
9TH,
12-2PM
BHS
BUILDING**

**Join us for a conversation with
Dale Bennett about her new book
"Together We Endured.
Washo Memoir of Foster Homes
And Family."**



WASHOE TRIBE HISTORY



Hunga mi' heshi! (Hello!) March 2nd is World Teen Mental Wellness Day. Let's celebrate our Alpine teens by learning about their history! Here you can find out about two very important events in young Washoe people's lives.

"Girl's Rite-of-passage. One of the most important ceremonies was the "girls dance", the celebration of when a girl became a woman. This ceremony is still practiced today as it has been for thousands of years. Gifts were thrown into the crowd who attended. At the end of four days of ritual she was recognized as an adult. Feasting took place.

Boy's Rite-of-passage. A boy became a man when he killed his first full-grown buck. From an early age his father, uncles and grandfather taught him the ways of hunting. The hunter is required to follow traditions that insure good hunting and unselfish sharing of the harvest."



The Washoe Cultural Resources Office



**Suicide
Prevention
Network**

**WASHOE TRIBE EDUCATION
DEPARTMENT PRESENTS:**



HUNG-A-LEL-TI HIGHER EDUCATION NIGHT TUESDAY MARCH 14TH, 2023



5:00-7:00 PM

HUNG-A-LEL-TI GYM

INFO OFFERED:

- ✓ **Talk directly to
Education staff**
- ✓ **Connect with
community supports**
- ✓ **Discover potential in
various fields**
- ✓ **Scholarship
information**

MORE INFORMATION

 **775-782-6320**

Please join us for an evening of information from different schools and trades as well as hearing with tribal and non tribal community supports. Dinner will be provided!



**HUNG-A-LEL-TI GYM
96 A WASHOE BLVD.
MARKLEEVILLE, CA 96120**

Melanie Smokey

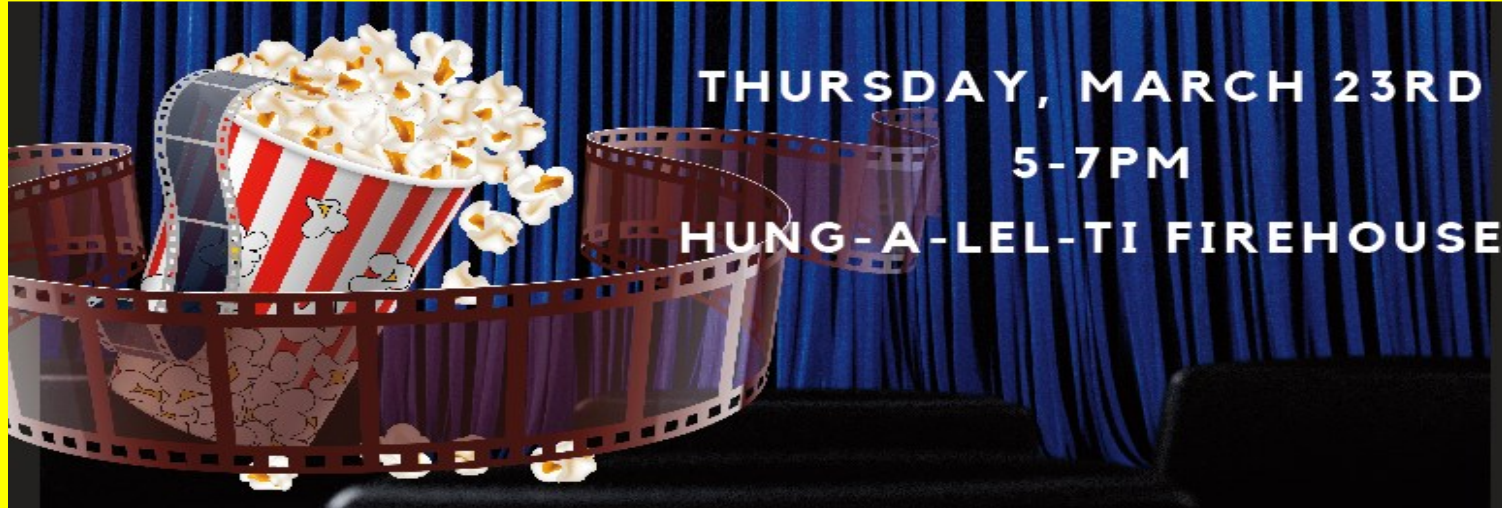
Brittany Bill



msmokey@washoetanf.org



bbill@washoetanf.org



THURSDAY, MARCH 23RD
5-7PM
HUNG-A-LEL-TI FIREHOUSE

YOU ARE INVITED!

MOVIE, INDIAN TACOS AND DESSERT



FOR MORE INFORMATION
CALL/TEXT DAWN (530) 721-1261



ALPINE DHS STUDENTS! IT'S TIME FOR TACOS

DELICIOUS • JUICY • TASTY



JOIN DAWN AND EWA
FOR LUNCH IN THE DHS
CONFERENCE ROOM

TUESDAY,
MARCH 28TH





Girls on the Run are coming to Alpine! Register today!




To learn more visit: girlsontherun.org

What? A fun, life-changing after school program for girls, grades 3-6. No running experience necessary! Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The 10-week program focuses on building self-esteem and improving emotional and physical health. The girls are empowered with a greater sense of self-awareness, a sense of achievement and a foundation in team building to help them become strong, content and self-confident women. **When?** Program starts on March 28th with practices on Tuesdays and Thursdays from 2:30 to 4pm. It ends with a 5k celebratory run in June! **Where?** Diamond Valley School. **How to register?** Contact Casey Donahue at (530) 721-9328 or cdonahue@alpinestudents.org



Suicide
Prevention
Network

Did you misplace your copy of the "Let's Connect" Newsletter? Did your wife need kindling to start the fireplace? No need to despair! You can always find an updated copy of our Newsletter on Suicide Prevention Network's website. Simply go to spnawareness.org, tap "Alpine County" and then "Newsletters". We're looking forward to seeing you soon!



**Suicide
Prevention
Network**

Contact Us: 775.783.1510
1625 State Route 88, Suite 101
Minden, NV 89423

SPN is not a 24-hour Crisis Center.

If you, or someone you know is in crisis, you can call the **NEW** Suicide and Crisis Hotline at: **988** (call, text or chat) OR our office during regular hours.

Office hours: 8:00 am - 5:00 pm Monday - Thursday

**Suicide Awareness, Prevention and Support Services
Through Education, Advocacy & Intervention**

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[ACTIVITIES](#)

[NEWSLETTERS](#)

Alpine County

SPN supports Alpine County Behavioral Health Services in five distinct communities: Hung A, Iel Ti, Bear Valley, Woodfords, Markleeville, and Kirkwood. By organizing and/or participating in many wonderful activities and events, SPN helps reduce the stigma around mental health.

NEWSLETTERS

Flyers & Resources

[CLICK HERE for Alpine County Resources](#)

[CLICK HERE for an](#)

February BV Create the Good

Dinner + Mental Health Services Act (MHSA) Stakeholder Meeting

DATE: Wednesday, March 22nd, 2023

TIME: 5:00-7:00 PM

WHERE: PERRY WALTHER COMMUNITY CENTER



Dinner Catered by Blue Bear Café: Lemon Herb Roasted Chicken, Green Beans & Carrots, Potatoes, Fresh Garden Salad, Rolls & Dessert

BEHAVIORAL HEALTH SERVICES WILL HOST DINNER & DESSERT

MHSA Stakeholder Meeting facilitated by Nancy Callahan of IDEA Consulting. Bring your comments, concerns and ideas!



Grade ONEderful DESIGNS

YOGA Classes will be on Zoom only through March 16th

Monday & Wednesday 5-6pm with Alex Mannos

Join Zoom Meeting:

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

Meeting ID: 818 3713 2484

Passcode: 278663



Tuesday & Thursday 5:30-6:30pm with Brent Greuter

Join Zoom Meeting:

<https://us06web.zoom.us/j/82946740034?pwd=Z1V5c3JXOUT1TWFaSE1MZkR1MkFyQT09>

Meeting ID: 829 4674 0034

Passcode: 291216



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. The focus of this class is improving joint range of motion, balance and strength-building combined with breath work, imagery and self-care. The foundation of the program has ties in both Yoga and Qigong/Tai Chi.

For required forms please call or text Dawn at 694-1314 or email: driddle@alpinecountyca.gov

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISlFicmpVSE5IWG5aOURKbGVLU09>

Meeting ID: 827 2872 2590 Passcode: 064928



Guided Meditation Classes for Health & Wellness

Now Monday, Wednesday & Friday!
Drop-In Guided Meditation 8:00-9:00am

Join Zoom Meeting:

<https://us06web.zoom.us/j/7453118727?pwd=YVJhRXZjbVFIUG1lYytDRnpRNkF4Zz09>

Meeting ID: 745 311 8727 Passcode: 11111

"Gratitude for the present moment and the fullness of life now is the true prosperity."
– Eckhart Tolle

March Meditations

- Vagus Nerve Activation continued
- "Kind"fulness Practices
- More ACT Metaphor Practices
- Self-Inquiry Writing Meditations
- Exploring Kundalini Meditation

Meditation Practices with Dawn

Certified Sura Flow Meditation Coach

Beginners & all levels are encouraged to come to learn or deepen a practice.

Abundance comes from within. It comes from thought, intention, attention, and expectation.

Deepak Chopra





Alpine Senior Soak Program at Carson Valley Swim Center!



Start the New Year out right and attain your fitness goals!

BHS is providing Alpine County residents 50 years and older a 15 swim session membership pass to Carson Valley Swim Center so our Senior Exercise and Socialization Program will remain active during the closure of Grover's Hot Springs for repairs of damage from the Tamarack Fire.

Who: Alpine County residents 50 years and older

What: A 15-session swim pass for your choice of free use of open pools & hot pool OR Senior Water Aerobics Class

When: Classes are Tuesdays & Thursdays 9:45-10:45am; Free Swimming any day

Where: Carson Valley Swim Center, 1600 SR-88, Minden, NV 89423

Register for your swim pass at the Behavioral Health Services Office
at 40 Diamond Valley Road Monday-Friday 8am-5pm.
Bring proof of Alpine County residency and your ID.

For more information email driddle@alpinecountycal.gov or call 694-1816 ext. 259

March 2nd: World Teen Mental Wellness Day

5 tips that will help teens cope with stress

1. Zzz Time. You need 8-10hrs every night to make sure you develop normally. Getting enough sleep will help you pay attention throughout the day and enhance your overall health.

3. Talk Less... Move more!

Exercise will take your mind off stress and release chemicals in your brain that make you feel better. Bike ride anyone?

5. Find Your Strengths. Take some time to think about what you're good at. Then find ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.

2. Doing what you ♥ Find activities or hobbies that make you happy and incorporate them into your daily life. This might be a physical sport, an artistic outlet or spending time with family and friends.

4. Move Less... Talk More!

It can be very hard to manage stress alone. Talk to a trusted adult about your problems. Your parents, other family members, or a favorite teacher may be able to help you find new ways to manage your stress.



DARE TO SHARE! Alpine County residents and employees share about their mental health challenges and ways to cope with them.



Suicide Survivor Mental Health

I don't often talk about my relationship to suicide, despite how much it has colored my early adult life.

On January 14th of 2010, my father jumped off the Tappan Zee Bridge. It was my senior year of High School and I had just come out as gay. His suicide definitively shattered our family unit, affecting each of us so differently, and without our realizing it, thrust us all into a survivor mode spiral for the next 10+ years.

There is no instruction manual to coping with the grief of a suicide - we sought out therapy, medication, even mediums and spiritual healers.



13 years later, I am still unpacking & unlearning behaviors acquired in survival mode, and settling into my survivor identity. But I can share what has helped me survive and thrive...

- Prioritize self-care rituals and indulge your inner child. Finding levity in the chaos is crucial and you can't pour from an empty cup.
- Reconnect and redefine family, friends, and relationships. Seek out community that understands you, and helps you understand yourself.
- Talk about it! Advocating, mentoring, and helping others to cope has in turn helped me to cope. To teach is to learn twice.

Colin J Croughan
Director of Development + Outreach
Live Violence Free



Kindred spirits: Irish-Native American solidarity

A fundraiser for two Native American tribes hard hit by the pandemic received tens of thousands of dollars from donors in Ireland. Conor Donnan looks at the Irish diaspora (spread of a people from their original homeland) in the United States and at the transatlantic solidarity between Ireland and Native nations.

A fundraiser for two Native American tribes hard hit by the coronavirus pandemic has received tens of thousands of dollars from donors in Ireland, which many say is payback for tribal support during the Great Famine.

Hundreds of comments on the [GoFundMe](#) page raising money to help the Navajo and Hopi nations cite a donation by the Choctaw tribe to Ireland in 1847 as the inspiration for their donation, which has collected over \$4 million so far.

“The Choctaw Nation sent the Irish monetary aid during the Irish Potato Famine. During this dark period in Irish history over 1 million Irish died while they were abandoned by their British rulers. But the Irish never forget, and we are repaying the generosity of the Choctaw Nation now in 2020, not forgetting that they, too, were suffering greatly under British rule during this period also,” reads one comment from late May.

“Thank you for the help that Native American people showed to Irish people at our time of struggle. It is fitting that their descendants can return that wonderful act of good will and kindness,” reads another.

The Irish/Native American connection might seem like an unlikely alliance to the casual observer, but not to history doctoral candidate [Conor Donnan](#). He has spent his academic career looking at the Irish diaspora in the United States, and in the process uncovered stories highlighting the transatlantic solidarity between Ireland and Native nations dating back to the 1800s.

“The Choctaw donating to Irish was not just philanthropic, but it was also a critique of imperialism in the United States,” he says. “These were nations that were victims of the Anglo-Protestant imperial project.”

Donnan's current research at Penn focuses on labor and immigration in 19th and 20th-century America. His dissertation reconstructs the interactions of Irish Catholics and Native Americans against the backdrop of American imperial expansion, industrialization, and questions of citizenship in the trans-Mississippi West from 1841 to 1924.

And he's uncovered a number of surprises, both good and bad, during his research, he says.

For instance, the lore of the Choctaw donation is that the tribe donated \$170 to Ireland not long after the Trail of Tears, when they were forcibly relocated to Oklahoma. But it turns out the Choctaw of Skullyville, Oklahoma, donated \$170, while the Choctaw of Doaksville sent \$150, and the Cherokee Nation raised \$200 for the Irish.

"It wasn't a one-time donation," he says. "Here were multiple Indigenous communities imagining they're in the same colonial sphere as the Irish, both oppressed by imperialism. It was super fascinating to find this out."



The "Kindred Spirits" sculpture was unveiled in County Cork, Ireland, in 2017 to honor the Choctaw donation to help Irish famine victims.

A stainless steel, outdoor sculpture was dedicated in County Cork in 2017 as a memorial to the Choctaw donation during the famine.

But the connection didn't stop there. During Ireland's War of Independence, the nation's president Eamon de Valera traveled to the U.S. in 1919 to drum up support for the cause. He ended up going all the way to Wisconsin to meet with the Lac Court Oreille band of the Ojibwe.

"He was made an honorary chief in front of 3,000 members of the Ojibwe" Donnan says.

Tribal Chief Joe Kingfisher told De Valera he wished he could give him "the prettiest blossom of the fairest flower on earth, for you come to us as a representative of one oppressed nation to another," Donnan says.

During his speech, De Valera spoke in Gaelic and English to highlight both the cultural oppression of both groups, explaining how like the Ojibwe, the Irish have suffered under English oppression.

"They gave him a headdress, and he gave them bunch of .38 caliber guns, and the Ojibwe still has them today," Donnan says.

The flip side of this are the tales of Irish exploiting Indigenous lands and people, Donnan says. "It's a part of Irish history we don't talk about at all," he says.

"One of the first people to find oil in Los Angeles was Edward Doheny, who made his money as an 'Indian killer,'" he says. "The movie 'There Will be Blood' is based on his life."

When Donnan approached his advisor, Walter Licht, with the premise of his dissertation, he says Licht's only concern was the potential lack of historical sources on the topic.

"A lot of it was being inventive, looking at sources academic historians don't always consider historical," Donnan says. That included examining objects like the Lakota Winter Counts pictographs—animal hides on which the tribe draws one key event of the year—and emailing current tribal leaders to ask about artifacts and historical documents.

"In the end, I had 50 boxes of sources," he says.

graduate or graduate students enrolled in any school whose research focuses on social science approaches to race, ethnicity or immigration in the United States or in other countries are eligible to apply for CSERI's [Turner-Shulman Fellowships](#).

Donnan is also a graduate fellow at Perry World House and the Collegium Institute in Philadelphia. He is an active public historian and a board member of the [Irish Railroad Workers Museum](#).

He also works at a nonprofit called [Someone to Tell It To](#), which offers listening services to anyone who calls or texts and wants to talk about their problems, he says. It's an extension of his commitment to community engagement that started for him after peace and reconciliation at home.

Donnan entered the doctoral program in history intent on studying U.S. labor history in general but with a focus on the Irish-immigrant experience and attention to issues of race, gender, and political ideology, Licht says.

“It was interesting to watch Conor switch the geographical point of view of his studies from the common scholarly look at Irish immigrants in urban industrial centers of the Northeast to the American frontier during the period of U.S. imperial expansion in the West,” Licht says. “The question of the Irish immigrant role in the process became central to him, especially with regard to Native Americans and their conquest. It has been fun to be part of his scholarly journey as his dissertation advisor and a pleasure to work with him.”

Part of Donnan's research was funded by a [research grant](#) from the Center for the Study of Ethnicity, Race, and Immigration (CSERI). All full-time Penn undergraduate or graduate students enrolled in any school whose research focuses on social science approaches to race, ethnicity or immigration in the United States or in other countries are eligible to apply for CSERI's [Turner-Shulman Fellowships](#).

Donnan is also a graduate fellow at Perry World House and the Collegium Institute in Philadelphia. He is an active public historian and a board member of the [Irish Railroad Workers Museum](#).

He also works at a nonprofit called [Someone to Tell It To](#), which offers listening services to anyone who calls or texts and wants to talk about their problems, he says. It's an extension of his commitment to community engagement that started for him after peace and reconciliation at home.

As for the GoFundMe raising money for the Navajo and Hopi tribes, which had the highest rates of COVID-19 infection outside of New York and New Jersey, Donnan has spoken to people who organized it and who donated.

“There are so many cool things about it. There are over 73,000 donors and most of the donations are \$10, \$20, \$30. It's a grassroots movement,” he says.

The people of Ireland became very aware of the Choctaw donation after the sculpture installation in 2017 and when the Prime Minister Leo Varadkar visited the nation in 2018.

“

It became a story of transatlantic solidarity that took the hearts of a lot of Irish people, and when they heard about the Navajo and Hopi plight, they thought, "This is our time to give back," he says.

He says he hopes something g productive will come from the renewed attention. The Irish prime minister has said he wants the Choctaw to come to Ireland for university and will give free tuition. Donnan says maybe Irish politicians could create stronger transnational links with Native American businesses or work to help tribe members get room and board as well at Irish universities.

Source:

<https://penntoday.upenn.edu/news/kindred-spirits-irish-native-american-solidarity>

March Recipe

Lamb Stew (Irish Stew)

6 Servings

Lamb stew is an Irish staple during the month of March, but it's so delicious, you'll want to enjoy it all year long!

Ingredients:

- 2 pounds lamb shoulder cut into 1 ½" pieces
- salt & pepper
- 2 tablespoons vegetable oil divided
- 1 large onion sliced
- 4 cups beef broth divided
- 2 tablespoons butter
- 2 tablespoons flour
- 1 bottle root beer (12 ounces)
- 2 bay leaves
- 3 carrots chopped into 3" pieces
- 2 large potatoes about 1 ½ pounds
- 2 sprigs thyme or ½ teaspoon dried
- ¼ cup parsley chopped

Instructions:

Season lamb with salt & pepper. Heat 1 tbsp oil over medium heat & brown lamb in small batches.

Add 2 tbsp of broth to deglaze & scrape any brown bits off the bottom. Cook until broth evaporates.

Set lamb aside & add onions to the pot with remaining oil. Cook until tender, about 5 minutes.

Add lamb back and bay leaves into the pot and simmer for 90 minutes or until and thyme and simmer for 25 minutes or until tender.

Stir in parsley and serve with Irish Soda Bread.

Distinguishing Characteristics

of Women Throughout History

ACCEPTING
 ACCOMPLISH
 ACHIEVE
 ACKNOWLEDGE
 ACTIVE
 ASPIRE
 ASSET
 BOLD
 BRAVE
 COLLABORATE
 CONFIDENT
 CONTRIBUTION
 COURAGE
 CREATIVE
 CURIOSITY
 DARE
 DETERMINED
 DEVOTED
 DILIGENT
 DISCOVER
 DREAM
 DYNAMIC
 EXPERIENCE
 FAMOUS
 FLEXIBLE
 FOCUSED
 FORTITUDE
 HARD WORKER
 HONESTY
 IMAGINATIVE
 INNOVATIVE
 INSIGHTFUL
 INSPIRATIONAL
 INTEGRITY
 INTELLIGENT
 KIND
 MOTIVATION
 OPEN-MINDED
 OUTSPOKEN
 PASSION
 PERCEPTIVE
 PERSEVERANCE
 PERSISTENCE
 PHILANTHROPIC
 POWERFUL
 SKILLED
 SMART

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

STRONG
 STUDY
 SUCCESS
 SUFFRAGE
 TENACIOUS
 TOLERANT
 TRAILBLAZER
 UNITY
 UPRIGHT

UPSTANDING
 VALUES
 VERACITY
 VIGILANT
 VISION
 VISIONARY
 VOCAL
 WISDOM
 WORTHY



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March 2023



DEVELOPMENTAL HEALTH SERVICES						
	Mon	Tue	Wed	Thu	Fri	Sat
Sun						
5	6 Meditation 8-9am Yoga with Alex 5-6pm	7 Holistic Health w/ Cheryl 11am-noon Yoga with Brent 5:30-6:30pm	8 Meditation 8-9am Yoga with Alex 5-6pm	2 Holistic Health w/ Cheryl 11am-noon Yoga with Brent 5:30-6:30pm	3 Meditation 8-9am Create the Good 12-2p Bhs BUILDING	4
12	13 Meditation 8-9am Yoga with Alex 5-6pm Stakeholder Meeting 5:30P ON ZOOM	14 Holistic Health w/ Cheryl 11am-noon Higher Ed. Night 5pm Yoga with Brent 5:30-6:30pm	15 Meditation 8-9am Yoga with Alex 5-6pm	16 Holistic Health w/ Cheryl 11am-noon Yoga with Brent 5:30-6:30pm Stakeholder Meeting 5p	10 Meditation 8-9am Create the Good 12-2p Firehouse	11
19	20 Meditation 8-9am Yoga with Alex 5-6pm	21 Holistic Health w/ Cheryl 11am-noon Yoga with Brent 5:30-6:30pm	22 Meditation 8-9am Yoga with Alex 5-6pm BV Create the Good	23 Holistic Health w/ Cheryl 11am-noon Family Movie/Dinner 5p Yoga with Brent 5:30-6:30pm	24 Meditation 8-9am Create the Good 12-2p Firehouse	18
26	27 Meditation 8-9am Yoga with Alex 5-6pm	28 Holistic Health w/ Cheryl 11am-noon DHS Lunch 11:30am Yoga with Brent 5:30-6:30pm	29 Meditation 8-9am Yoga with Alex 5-6pm	30 Holistic Health w/ Cheryl 11am-noon Yoga with Brent 5:30-6:30pm	31 Meditation 8-9am Create the Good 12-2p BHS Building	
<div>Alpine County Behavioral Health Services</div> <div>40 Diamond Road, Markleeville, CA 96120</div> <div>For more Information on any of our programs, please call 694-1816 or email driddle@alpinecountycalifornia.gov</div>						



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MARCH 2023

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