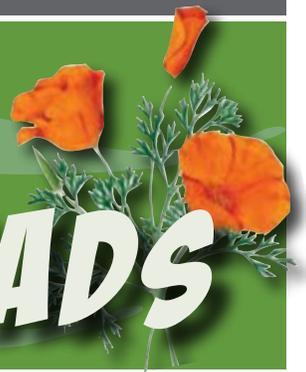




ALPINE THREADS



Community and Family Life in the California Alps

Summer 2022

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.....
*Masthead photo courtesy of
 Alpine County photographer
 Todd Branscombe.*



Congratulations to our Class of 2022 Alpine County Graduates!

8TH GRADE

Hailey Aros
 Kaden Hill
 Nick Marchut
 Marissa McLelland
 Jaden Schumacher
 Jesse Silva

DOUGLAS HIGH SCHOOL

Martin Luna-Arcos
 Mia Bertolone
 Christopher Smalley
 Kathryn Easton
 Alyssa Mortimer
 Lauren Ellis
 Aiden Vann

ASPIRE HIGH SCHOOL

Kaiden Frank
 Konnor Frank
 Justin Vroom

SOUTH TAHOE HIGH SCHOOL

Anthony Brooks
 Antonia Burt
 Raymond Charley



Making a Career of Environmental Stewardship

By Kimra McAfee, Executive Director



I'm not saying Baby Boomers or Gen Xers became adults and magically found their career paths, but I do think it has become increasingly hard over the last 20 years to find a career niche. As the executive director of small watershed group nonprofits for the last 13 years, I have seen high school as well as college graduates struggling to find unpaid internships. One of the goals of my organizations has been to let young folks know about the opportunities to spend their work-life helping the environment.

I am not saying that it is lucrative to serve a nonprofit organization. I am extremely fortunate that it has worked for my family, because this sector is where I want to be. But there are many environmental jobs in the civil service and private sector that also support environmental health with higher pay and better benefits.

Alpine Watershed Group (AWG) provides volunteer opportunities for young people (or mature adults!) to get your hands dirty and your feet wet. These explorations into environmental stewardship might help you learn if you enjoy the work, or they could be resume-building to get your foot in a door.



From an 11-month AmeriCorps term with AWG, Sierra is hoping to refine what specific area of environmental work most inspires them and gain experience to help them find their dream job.

River Monitoring Program – March through September

AWG's river monitors collect water quality data four times a year in the Upper Carson River watershed, data that then contributes to the state-wide database and influences water quality standards and policies. We are happy to train interested newbies and pair them with experienced volunteers. These same skills can also be used to volunteer with AWG on harmful algal bloom (HAB) monitoring.



Rachel served four different AmeriCorps terms, learning field methods and leadership skills, and making her an ideal AWG Watershed Coordinator when Mo Loden moved on to an environmental scientist position at the Lahontan Regional Water Quality Board last year.

Tour the West Fork Carson River Fuels Reduction, Aspen, and Meadow Restoration Project on Tuesday, July 12, 5:30 p.m.

Learn about the sort of restoration and monitoring projects that Alpine Watershed Group works on, as well as about the partnerships that make these projects possible; our partners here are the National Forest Foundation (a national nonprofit) and the US Forest Service.

Markleeville Creek Day on Saturday, September 17

At this annual AWG community workday, you can choose from several sites with different hands-on restoration activities, working alongside people from a variety of partner agencies.

Alpine Trails Association (ATA) Workdays

ATA hosts workdays every Tuesday and some Saturdays as long as weather permits. You will get great experience with trail maintenance and provide much needed help. Contact Andy Lovell to volunteer at ata.andyl@gmail.com.

Looking for an environmental job?

The Sierra Nevada Alliance is a hub for stewardship throughout the Sierra Nevada range. Their regional job board is a great place to find out about work available in the region: <https://sierranevadaalliance.org/jobs/>

Details on all AWG events will be on our website when available: www.alpinewatershedgroup.org

We AWG staff are happy to share about our environmental journeys, so please don't hesitate to contact us at AWG's office, (530) 694-2327, or via email below.

Kimra McAfee, Executive Director – awg.kimra@gmail.com

Rachel Kieffer, Watershed Coordinator – awg.rachel@gmail.com

Sierra Riker, AmeriCorps Member, Monitoring & Outreach Specialist – awg.sierra.snap@gmail.com



A Creek Day 2021 volunteer plants sod plugs to revegetate bare spots in the latest Hope Valley restoration project area.

Alpine Kids' Ministry Family Outings

Sunday, June 26:

Carson Valley Swim Center (11-2).

We have both the inside and outside pools. We will barbecue hot dogs and hamburgers. Please bring a side dish to share. If there isn't a breaking news story during this time, KOLO's news anchor Noah Bond and his camera crew will be joining us for their KOLO Cares, which tells the public about nonprofits. If you do not want your image shown on television, let me know, and I will notify the camera crew.

Saturday, July 30:

Antelope Pack Station.

A fire destroyed the horse trails and much of the landscape around the area. The firefighters were able to save the camp. Since the fire, Joe has not had any clients at the camp. He had to sell some of his horses and lay off his employees. Alpine Kids has enjoyed the pack station for 14 years and will be there in July. We will need to help make lunch and get people on horses. If you have horses and wish to bring them, feel free to do so.

Alpine Kids' Ministry has 120 members and keeps growing. About half of the members live in Alpine County. The other half live in Douglas County, South Lake Tahoe, and Carson City. You do not have to be a member of the Carson Valley United Methodist Church or any church to belong to Alpine Kids. The cost is still \$40 a year (January-December). Families can make \$5 a month payments. Check out our website and see pictures of our families enjoying the monthly outings: <https://carsonvalleyumc.com/alpine-kids-ministry>.



CVUMC/Alpine Kids Ministry

1375 Centerville Lane, Gardnerville, NV 89410
Contact Edie (775) 781-1416



Cultural Corner

~ JEDEDIAH STRONG SMITH ~

By Erica Forzley

Jedediah Smith was born in 1799 in Jericho, New York. At 23 years old, Jedediah replied to a fur company's newspaper recruitment for men to trap beavers on the Missouri River. A beaver hat fashion trend caused a demand for beaver fur, which motivated fur companies to send men into the wilderness on expeditions. Jedediah's literary ability and courage led him to success; he made a trail from Utah to California while looking for rivers to trap beavers. Spaniards, Russians, British, and Americans were taking over California. While Native Americans were familiar with the land, white people did not know what lay West of the Rockies and East of the California Coast.



Early drawing, ca. 1835.
This portrait is the only known with any claim to authenticity. It is said to have been done from memory by a friend after Jed died.

In 1827, Jedediah and his crew went from Utah to the California coast and back, running into many challenges. Native Americans helped them find their way, and sea captains of a trading triangle convinced the governor of California, who wanted them gone, not to arrest Jedediah. The governor of California asked him to leave twice, and his insistence on staying inspired Native Americans to disobey Spaniards. Jedediah and his crew underestimated how difficult crossing the Sierra Mountain range would be, mistaking the mountain range for one mountain. They were the first white people to cross the Sierra Range.



Sketch of Jed Smith escaping from the Mojaves on returning to California in 1827.

Jedediah wrote journal entries documenting their crew camping along the Stanislaus River, waiting for the Sierra snow to melt. He and his group were guided by phrases, "Head for daylight" and "Hold your elevation," which, coupled with journal entries, leads people to believe that they followed the Stanislaus River from Melones up to Arnold, Big Meadow, and then through Bear Valley. They continued through the Markleeville area and then to Topaz Lake in Nevada. After returning to Utah and then making another trip to California, Jedediah was eventually killed in New Mexico, where he was confronted by a Native American tribe at a waterhole. Wagon traders ultimately followed Jedediah's route across the Rockies.

This summarizes what Eric Jung writes in his book, Bulls, Bears, and Highway Fares, and what he told me over the phone on May 19th, 2022.



Keeping Kids Physically Active Can Be Simple and Fun!

Simple activities with your baby can help develop motor skills, muscle strength, social and emotional growth, and more.

Teachable moments are everywhere, like doing something as simple as building a fort together out of everyday objects. Crawling around together is a great way to bond. It can also help your baby learn balance and motor skills. The more physically active they are today, the healthier they'll grow.

Doing the little things means everything, like turning physical activity into fun, valuable, teachable moments. Check out more parent tips at first5california.com/parents.

You can join us for summer playgroups in Alpine County: June 22, July 13, & August 11, 2022, 10 am-12 pm at the Woodfords Indian Education Center.



For more information, call Amy Broadhurst at First 5 Alpine 530.694.1334 or email abroadhurst@alpinecountyca.gov.



Praising Your Child | Tips on increasing self-esteem through praise.

Praise is just as critical as providing food and shelter for a child. Praise is an essential aspect of raising a confident child. When you praise a child, not only do you boost their self-esteem and self-concept, but you increase their overall self-worth.



Steps for praising:

- Focus your attention on the child and the situation
- Move close to the child, if possible
- Make eye contact
- Look pleasant
- When possible, use gentle, positive touch, i.e. arm around the shoulder, pat on the back, high five, squeeze their hand



Describe what you see:

- "That was a great catch. I bet you felt pretty good!"
- "Thanks for cleaning up the kitchen. That was a big help."
- "You are so patient. That means a lot to your little brother."

Praise ANY TIME you can!

For more information, visit thecapcenter.org or call Alpine CAPC 530.694.2235



Sources: Nurturing Parenting Program

LIBRARY HAPPENINGS



Successful Teddy Bear Parades in 2022 Celebrating Family, Fun, Fitness & Connectedness!

Alpine County Libraries and Child Abuse Prevention Council hosted Teddy Bear Parades on April 29th in Bear Valley and April 30th in Markleeville.

Many local partners, including county departments, individuals in the community, law enforcement & fire, local musicians, partner agencies, and volunteer groups, collaborated to host this fun, family-friendly event outside our library's doors. Alpine County recognizes April as Child Abuse Prevention month. These events are all about celebrating children, keeping them safe, playing together, and sharing the bounty of resources available to Alpine's families.



Many thanks to all the partners, businesses, and individuals who donated their time, prizes and participated by leading an activity. Combined, the two events drew in over 250 people! Looking forward to 2023, save the date for Markleeville Teddy Bear Parade on Saturday, April 29, 2023. The Bear Valley date will be scheduled as we get closer.

The Library is looking for New Friends!

On December 31, 2022, after decades of outstanding, dedicated service to the Library

Community, our current Friends of the Library officers are headed for much-deserved retirement. That means we will be without a Friends group, and without that, our services will be significantly reduced. If you enjoy our many events, such as Music in the Park, Teddy Bear Parade, author visits, storytimes, artist receptions, etc., and would like to see them continue, please contact the library for more information on how you can help. Friends typically meet once a month in the Library to help plan events and discuss ways to meet other Library needs, such as new furniture, books, etc. We hope to hear from you soon!



Coming soon:

Music in the Park

Markleeville Park, (next to the library). Bring a picnic, blanket, lawn chair and the family!

Saturday, June 25, 5pm, BUFFALO GALS, acoustic eclectic string band

Saturday, July 30, 5pm, OLD SOLES, moonshine flavored americana

Saturday, August 13, 5pm, DIRTY CELLO, blues, bluegrass, world music

Saturday, August 27, 5pm, MISS T and the BOYS, nostalgic music that will make you groove

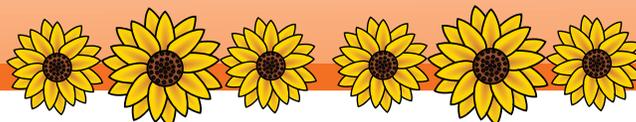
Saturday, September 10, 4pm, DEAR RADIO, harmonious alt-country

Wine in the Garden

Saturday, July 9, 4:00-8:00pm, Markleeville Park (next to the library).



The 2022 Teddy Bear Parades in Bear Valley and Markleeville were a huge success!



ALPINE COUNTY PUBLIC HEALTH IS NOW ON FACEBOOK & TWITTER

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!



Meth and the Brain

Taking meth repeatedly can build up a tolerance to the drug that will then require a person to take higher doses more often to feel the same effects as before. It may become difficult to feel happy without meth, and withdrawal symptoms like anxiety, insomnia, fatigue, increased appetite, depression, and even psychosis can occur when it wears off. This is called drug dependence, which can form rather quickly with chronic meth abuse and even faster with binge use and escalating dosages.

Once dependence forms, changes are made in how the brain functions and to its chemical makeup and circuitry. Compulsive drug-seeking behaviors and a loss of the ability to control how much and how often meth is taken can occur. This inability to control meth use coupled with the changes made in the brain are some of the primary hallmarks of addiction.

Addiction can create a myriad of social, emotional, physical, and behavioral issues. When someone suffers from addiction to meth, getting the drug, using it, and recovering from it can consume them, and other activities take a backseat. Interpersonal relationships suffer as mood swings can be unpredictable, and the person may consistently shirk regular responsibilities and obligations. Grades and work output drop, and unemployment, financial strain, and homelessness can be the result of meth addiction. Meth abuse also leads to lowered inhibitions and an increase in risk-taking and possible suicidal behaviors.

Health problems generally crop up too. The Drug Abuse Warning Network (DAWN) publishes that over 100,000 people received medical treatment in an emergency department (ED) for meth abuse in 2011.

Short-term side effects of meth abuse and addiction also include the potential for a life-threatening overdose. The effects on the heart and central nervous system can overwhelm the system and lead to seizures, heart attack, stroke, dangerously high body temperature, agitation, irregular heart rate, difficulties breathing, kidney failure, coma, and even death. When meth is mixed with other drugs, the likelihood of an adverse reaction and possible overdose increases greatly.

If you or a loved one is battling with an addiction, please contact Alpine County BHS 530-694-1816



COMMUNITY WILDFIRE SAFETY Public Safety Power Shutoff

A Message from Liberty

To mitigate the risk of wildfires in the communities we serve, Liberty is implementing Public Safety Power Shutoffs (PSPS) to temporarily turn off power when weather conditions present an increased fire risk.

We understand power outages are never convenient, and our customers can rest assured knowing Liberty will only proactively turn off power in the interest of safety.

PSPS Notification Process

In the event that a PSPS is a possibility, Liberty will alert customers, local government, and safety agencies of the potential need to shut off power and will keep the community apprised as weather conditions evolve.

Timing of Notifications (when possible)

- Approximately 48 hours before power is shut off
- Approximately 24 hours before power is shut off
- Just before power is shut off
- During the PSPS
- Once power has safely been restored

How We Will Notify Customers

Liberty will attempt to contact customers through calls, texts, and emails using the contact information on file. Call 1-800-782-2506 to confirm your contact information is up-to-date and to receive alerts. We will also post notices on our website, Facebook and Twitter accounts.

Alpine County Public Health currently offers at no charge:

- **Moderna vaccine** for all 18 years of age and older
- **Home antigen tests** for pick up between 8 a.m.-12 and 1-5 p.m. Monday through Friday
- **Professional antigen tests** performed in our clinic or PCR tests after consultation with us
- **Paxlovid oral antiviral pills** for treatment of mild-to-moderate cases following consultation and testing with us (known as Test2Treat)
- **A Warm Line**, 530-694-2146, Option 1, for consultation with Dr. Johnson within 24 hours, seven days a week.

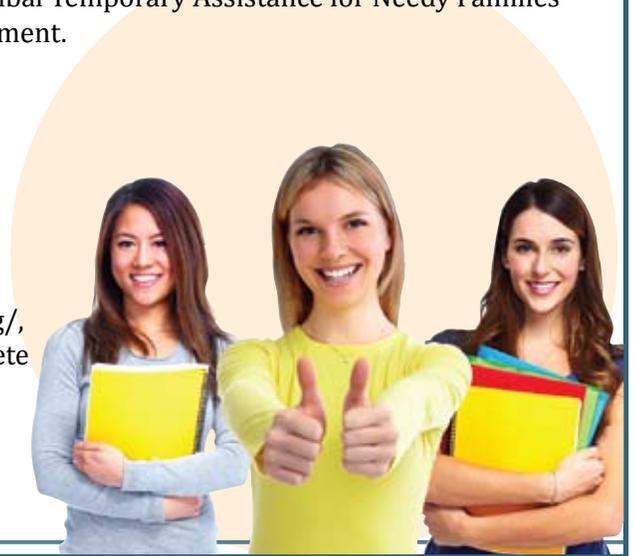
Start or Enhance Your Career

ADVANCE works with adults in South Lake Tahoe and Alpine County and supports them with their career and education goals. A staff person used to be based out of the Health and Human Services (HHS) office in Woodfords who now comes to Alpine HHS and Native Tribal Temporary Assistance for Needy Families (TANF) office by appointment.

The first step is to think about what you are looking for:

- Support with finishing high school
- Support with entering college
- Support with connecting to job training
- Support with career exploration and planning
- Employment support

Then, either go to their website, <https://advance-learnearnrow.org/>, or call (530) 541-4660 x685. Click on "Get Started Now" and complete a short informational form on the home page. After that, someone from ADVANCE will be in touch to schedule an appointment to get started. Lastly, the individual will be connected to the appropriate navigator to support their career and education goals.



JOB BOARD

COMMUNITY JOBS

Cutthroat Brewery: Line Cook, Dishwasher, and Busser.

Lake Alpine Lodge: Kitchen Lead, Line/Prep Cook, Bartender/ Dining Room Attendant/Cashier, Cleaning Staff, Store Clerk, Boats Attendant, and Camp Host.

Visit www.coolworks.com/lake-alpine-lodge/profile or contact Abbott Valenti at info@lakealpinelodge.com or (209) 753-6350.

Bear Valley Lodge: Bartender, Food Prep/Dishwasher, Front of House Manager, Housekeeper, Line Cook, and Server.

Bear Valley Mountain: Accounts Payable/ Cash Room Auditor, Cashier, IT Manager, Lift Mechanic, Mountain Bike Guide, Mountain Bike Rental Technician, Mountain Bike Trail Crew, Payroll Officer, Retail Associate, Shuttle Bus Driver, and Glampground Night Host. Visit: www.bearvalley.com/careers

Bear Valley Adventure Company: Store and Retail Manager
Call (209) 753- 2834

Kirkwood Mountain: Food and Beverage Team Lead, Building Maintenance Tech, Mechanic, Bartender, IT Coordinator, Prep Cook, Server, Restaurant Support, Cashier, and more!

Visit: <https://jobs.vailresortscareers.com> Choose "Show more options" and "location: Kirkwood."

ALPINE UNIFIED SCHOOL DISTRICT JOBS

Visit www.edjoin.org/AlpineCountyUSD to apply. Please direct questions to Lia Story, (530) 694-2230.

- Manager of Maintenance, Operations, and Transportation
- Fiscal Analyst - Grants

- School Year Custodian
- Paraprofessional
- Substitute Bus Driver
- Substitute Cook
- Substitute Paraprofessional (Diamond Valley, Early Learning Center, Afterschool Program, and Bear Valley)
- Substitute Teachers (Diamond Valley and Bear Valley)
- Substitute Preschool or Infant Teacher

ALPINE COUNTY JOBS

Visit www.alpinecountyca.gov/jobs to apply. There is no deadline on applications, positions are open until filled. Please direct questions to Sarah Simis, ssimis@alpinecountyca.gov.

- Administrative Assistant I/II/III-Behavioral Health Services X 2
- Bear Valley Building Maintenance Worker
- Bear Valley Support Services Assistant
- Chief Deputy Auditor/Controller-Finance
- Clinical Coordinator – Behavioral Health Services
- EMS/Fire Administrator
- Fiscal and Administrative Supervisor-Community Development
- Fiscal and Technical Specialist-Community Development
- Public Health Nurse
- Public Health Program Coordinator
- Road Maintenance Worker I/II/III
- Social Worker III or IV-Merit Services

Alpine Threads Editorial Board

First 5 Alpine

75 Diamond Valley Road
PH: 530-694-2235 ext. 227
www.alpinecountyca.gov/523/First-5-Alpine

Alpine County Health and Human Services

75 B Diamond Valley Rd.
PH: 530-694-2146
FAX: 530-694-2252

The Learning Center and Local Child Care Planning Council

100 Foothill Rd.
PH: 530-694-1148

Website Links

- www.alpinecountyca.gov/calendar
- www.alpinecountyca.gov/523/First-5-Alpine
- www.alpinecounty.com
- www.alpinewatershedgroup.org
- www.alpinebiomasscommittee.wordpress.com
- www.spnawareness.org/

ATTENTION LOCAL ORGANIZATIONS & AGENCIES

If you'd like to share your website link send it to Gina at gina@originalmatteoni.com and we'll add it to our column.

Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.



ALPINE THREADS

75 B Diamond Valley Rd.
Markleeville, CA 96120
Phone: (530) 694-2146

Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

Pico de Gallo Fruit Salad

~ Servings: 4 ~

Ingredients

- 1 cup Mangos: fresh, peeled, and chopped
- 1 cup Watermelon: fresh, chopped
- 1 cup Pineapple: fresh, chopped (or canned pineapple in 100% juice)
- 1 cup Papaya: fresh, peeled, and chopped
- 1 cup Jicama: peeled and chopped
- 1 Lime: juiced
- 1 teaspoon Chili Powder



Directions

1. Mix together all the fruit in a medium bowl
2. Sprinkle with lime juice and chili powder
3. Serve immediately

For more recipes, borrow SNAP-Ed cookbooks from the Library and the Woodfords Indian Education Center.

Have a fun and safe Summer!

Standard Rate
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Markleeville, CA 96120

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