

DECEMBER 2024

“Let’s Connect”



Welcome December

New month, new chapter,
new page & new wishes.

May the month give you courage,
strength, Confidence, patience,
self-love & inner peace.
May everyday in December fill
your days with Hope, love,
sunshine and energy.

Let there be Joy, Fun and
Laughter. NaijaGists.com

Welcome to the last month of 2024 Alpine County!

As the year winds down and the winter season blankets our beautiful community, we invite you to slow down, reflect, and connect with the many opportunities available through Behavioral Health Services. December is a time of celebration, creativity, and togetherness, and we’re excited to offer a variety of events, workshops, and resources designed to uplift your spirit and nurture your well-being.

This month, our *Create the Good* lunches and holiday creation workshops will spark your creativity and provide space for sharing meals and holiday creations. For those seeking support, our groups for family and friends of individuals struggling with addiction continue to offer a compassionate and understanding environment.

If crafting is your way of unwinding, we have something for everyone—*Sew It Off* sewing and craft classes, ongoing beading workshops, and a Bear Valley crochet class. Join us for the *Bear Valley Movie Night & Dinner on December 4th*, or the *50+ Club Lunch*, featuring a delightful holiday program with our local preschoolers. For those in Bear Valley, our *Create the Good Dinner* and holiday craft activity will be a special evening of creativity and connection.

We’re also offering holistic health, yoga, and guided meditation classes to help you manage stress during the holiday season. For a healing experience, take advantage of neighborhood camaraderie at Sr. Soak, the perfect way to relax and recharge or join our Carson Valley Swim Center Swim Club releasing stress with every stroke in the water.

This month’s articles explore the rich history of the Washoe Tribe during the winter season and offer guidance on blending mainstream American and Native American traditions to manage holiday stress with balance and grace. Plus, don’t miss our fun coloring page and word search to add a little joy to your quiet moments.

We hope you’ll take advantage of these opportunities to connect with others, care for yourself, and celebrate the season.

Wishing you a peaceful and fulfilling December!



Create the Good

Lunch, Presentations, Creations, Conversations

Hung A LeI Ti Firehouse Noon –2pm (no luncheon on Nov. 29th)

Friday, December 6th

Chicken Cordon Bleu

Golden Broccoli Soup

French Bistro Salad

Nutrition Education:

Sadie & Marissa with CSS

Creations: Holiday Wreaths

Friday, December 13th

Pulled Pork Sandwiches

Winter Greens w/potatoes

Corn on the Cob

Jackie with Public Health

Seasonal Affective Disorder

Creations: Holiday Gift

Basket Workshop

Friday, December 20th

Meatloaf/ Gravy

Mashed Cauli Potatoes

Roasted Broccoli & Carrots

Creations: Holiday Gift

Wrapping Workshop

Bring your gifts to wrap

Friday, December 27th

Bagel Bar

Chicken Matzo Ball Soup

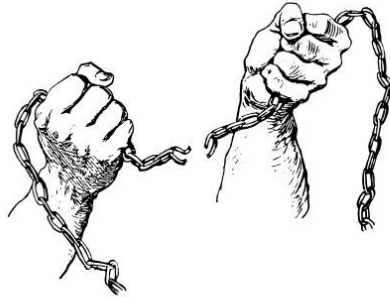
Sufganiyot (Jelly Donuts)

Celebration: Nat'l Card Game

Day- "Go Fish" card game

tournament with prizes!

YOU ARE NOT ALONE



A support group for those who love someone battling with substance abuse

**Open discussion about addiction crisis
Share your story, listen to others,
gain resources, and support one another**



**In partnership with
Alpine Behavioral Health**

Next groups:

**December 3rd, 2024 @5:30 pm
December 12th, 2024 @11:00 am
December 17th, 2024 @5:30 pm
Hung-A-lal-Ti Fire house**

**FOR MORE INFORMATION PLEASE CONTACT CAMIELL SIMPSON:
CELL: (775) 781-9840 EMAIL: CAMIELL.SIMPSON@WASHOETRIBE.US
FACEBOOK: WASHOE TRIBAL HEALING CENTER**

This is a drug and alcohol free event!

SEW IT OFF SCHEDULE

DECEMBER

**TUE
3**

**SEWING CLASS
CHANGING PONCHO**

**HOLIDAY CRAFT
COOKIES IN A JAR**

**TUE
10**

**TUE
17**

**CROCHET CLASS
WINTER HAT**

**AT THE BHS WELLNESS
CENTER IN THE
HUNG-A-LE-TI FIREHOUSE**

**CONTACT KARI TO
RESERVE YOUR SPOT**

kmoore@alpinecountycal.gov
or 530.721.6041

Beading Class

CONTINUED



With Dale & Patti Bennett

Wednesdays in December

12/4, 12,11 and 12/18

From 10am-1pm

At the BHS Wellness Center in

Class Details

Choose between beading a small bottle or working on a loom.

All supplies will be included. Class limited to 8 students.

Beginners welcome! All Alpine County residents are invited.

Instruction & supplies are sponsored by Alpine County Behavioral Health Services.

RSVP to Dawn Riddle-MHSA Programs by phone/text or email

530-721-1261 or driddle@alpinecountyca.gov





BEAR VALLEY

MOVIE AND DINNER NIGHT

SHOWING **ELF**

DECEMBER,
4TH 2024

~~DECEMBER 5TH, 2024~~
AT THE PERRY WALTHER BUILDING

Dinner served 5:00-6:00, movie from
5:30-7:00

Subject to change due to weather



*December 50+ Club Lunch
& Early Learning Center
Preschool Holiday Program
Thurs, December 19th 12-2p*



Join us for a catered lunch
and a priceless show!
Alpine Early Learning Center
100 Foothill Road
Hosted by Alpine County
Behaviora Health & Suicide
Prevention Network



Suicide
Prevention
Network

We invite you to join us for lunch, as we celebrate bringing all generations together to watch our “littles” perform in their annual Early Learning Center Holiday Program!

Bear Valley December 2024

Create the Good

Date: Wednesday, December 18th, 2024

Time: 5:30-7:00pm Location: Perry Walther Bldg.

Holiday Dinner and Craft Activity



**FOR OTHER BV NOVEMBER ACTIVITIES SPONSORED BY ALPINE COUNTY
BEHAVIORAL HEALTH SERVICES, EMAIL NATHAN GRANADOS AT
NGRANADOS@ALPINECOUNTYCA.GOV & LOOK FOR FLYERS AROUND TOWN.**

Bear Valley Crochet Class

December 5th, 9am -12pm Bear Valley Library

Come learn the basics of crochet!

Reach out to Kari - kmoore@alpinecountyca.gov or 530.721.6041
to reserve your spot - All supplies provided



DECEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Do something you're good at	2 Run or walk for 30min	3 Have a good laugh!	4 Help someone	5 Go cloud watching	6 Mute/delete negative people from your social media	7 Get out of your comfort zone
8 Recycle 3 things from your closet that you don't love	9 Fix a small annoyance at home that's been nagging you	10 Make a decision with your heart	11 Make a decision with your head	12 Write nice things people say about you to read later	13 Pay attention to something you usually do on autopilot	14 Dance to your fav music to shake away stress
15 Eat a healthy lunch	16 Ask a good friend what they love about you	17 Call someone you haven't talked to in a while	18 Sit quietly, name what you're feeling without judgement	19 Help someone	20 Get 15 minutes of sunlight	21 Tell yourself what your best friend would tell you
22 Drink an extra glass of water for the rest of the week	23 Ask for help- big or small	24 Enjoy your Christmas Eve traditions!	25 Happy Holidays! Merry Christmas!	26 Do one thing today just because it makes you happy	27 Be still and quiet for a few minutes	28 Meditate or pray
29 Write about something that's bothering you. Let it go as you burn the paper	30 Spend 1 hr alone doing something that nourishes you	31 Enjoy making or not making New Year's resolutions	Happy New Year!			

Notes

Feeling stressed, lonely or overwhelmed before this Holiday Season? Have this calendar of December self-care ideas handy to invite calmness, joy and hope, and to boost your well-being!

We wish you a peaceful time preparing for this special time of the year!

Be safe and cheerful during New Year's!
May all your dreams come true in 2025!



Suicide Prevention Network

**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

MONDAYS AT 5:30PM



Guided Meditation

Now Monday, Wednesday & Friday

8:00-8:45am

Join Zoom Meeting:

<https://us06web.zoom.us/j/83717964547?pwd=LkJsJxLrIkYzuvBMZhGvHyPnKtEltD.1>

Meeting ID: 837 1796 4547 Passcode: 570024

December Meditations

- Embracing the Gifts of December
- Generosity of Spirit: Giving & Receiving
- December Full Moon Meditation
- Turning Point: Winter Solstice as a Gateway
- Preparing for a new Year: Clearing the Way
- Breathwork and EFT tapping continued

Meditation Practices with Dawn
Certified Meditation Teacher

BEING
GENEROUS
OF SPIRIT
IS A
WONDERFUL
WAY TO LIVE.
- PETE SEEGER



Alpine County Behavioral Health presents



Alpine County Senior Soak & Outdoor Wellness Program

SENIOR SOAK EVERY THURSDAY 9:30-11:00AM

GROVER STATE PARK PARKING PASS VALID ALL DAY

NO SENIOR SOAK THURSDAY 12/26/24

Free for Alpine County residents 50+ years old

Availability is limited to 10 spaces only

**and allocation will be based on a first-come,
first-served basis.**

Email driddle@alpinecountyca.gov to reserve your card

YOGA Classes

Bear Valley: [Monday & Wednesday 5-6pm](#)

with Alex Mannos

IN PERSON LIBRARY CONFERENCE ROOM AND ON ZOOM.

Join Zoom Meeting:

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

Meeting ID: 818 3713 2484 Passcode: 278663

NO YOGA 12/25/24 CHRISTMAS DAY

YOGA Classes

Woodfords/Markleeville: [Tuesday & Thursday 5:30-6:30pm](#)

with Aimee Scherbak

**IN PERSON AT Behavioral Health building
40 Diamond Valley Road**

NO YOGA 12/24/24 or 12/26/24 County Holiday Days

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.

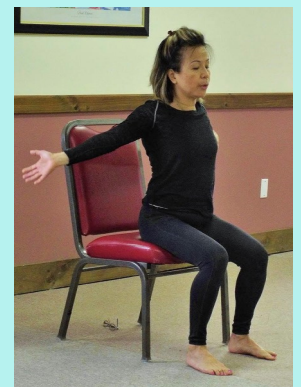
For required forms please call or text Dawn at 694-1314

or email: driddle@alpincountyca.gov

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISlFlcmpVSE5lWG5aOURKbGVlUT09>

Meeting ID: 827 2872 2590 Passcode: 064928





Alpine Senior Swim Program at Carson Valley Swim Center!

Swimming for fitness, socialization & fun!

***BHS is providing Alpine County residents 50 years and older a renewable
15 swim session membership pass to Carson Valley Swim Center***

Who: Alpine County residents 50 years and older

What: a 15 session swim pass: free use of open pools, therapy pool & Water Aerobics class

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

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 call 694-1816 ext. 259



**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 the # you're calling from. If you stop responding after using, we will notify EMS of your location, & possible overdose.

**1(877)696-1996
www.NeverUseAlone.com**

Finding Balance During the Holidays: A Blend of Traditions and Practices for Managing Stress ¹⁵

The holiday season is a time of celebration, connection, and reflection. Yet for many, it also brings stress—whether it's from managing busy schedules, navigating family dynamics, or meeting societal expectations. While each culture brings its own traditions to the season, there are universal practices we can adopt to foster peace and balance.

In this article, we'll explore ways to manage holiday stress by blending insights from both mainstream American and Native American traditions. Together, they offer a rich tapestry of wisdom that can help us navigate the season with grace and resilience.

1. Embrace the Power of Gratitude and Storytelling

Mainstream American tradition: Many American households celebrate Thanksgiving and other holiday gatherings by sharing what they are grateful for. This simple act of reflecting on blessings can shift the focus from stress to abundance.

Native American tradition: Gratitude is deeply woven into Indigenous cultures, where giving thanks extends beyond human relationships to include the earth, animals, and ancestors. The Haudenosaunee Thanksgiving Address, for example, expresses gratitude for the natural world.

Practice:

Begin your holiday gatherings by inviting everyone to share one thing they are grateful for—not just about the season but about the earth or community. You might also incorporate storytelling, a sacred practice in Native cultures, to share personal or ancestral stories that connect past and present.

2. Connect with Nature

Mainstream American tradition: A walk after a holiday meal or a visit to a snowy park is a common way to unwind and connect with the season's beauty.

Native American tradition: Indigenous wisdom teaches that humans are part of nature, not separate from it. Spending time outdoors is seen as a way to restore balance and harmony with the world.

Practice:

When holiday stress feels overwhelming, step outside. Feel the crisp air, listen to the wind, or observe the trees and sky. Even a few moments can ground you. If possible, incorporate natural elements into your celebrations—such as decorating with pinecones, cedar, or sage, which hold special significance in many Indigenous traditions.

3. Honor Silence and Reflection

Mainstream American tradition: The holidays can be filled with music, conversation, and festivities, often leaving little room for quiet. Yet many people find peace in moments of stillness, whether through meditation, prayer, or sitting by a fire.

Native American tradition: Silence is often considered a powerful teacher in Indigenous cultures. It offers space to listen deeply—to others, to oneself, and to the natural world.

Practice:

Create intentional moments of silence during the holidays. This could be a quiet morning ritual, a brief meditation before a meal, or a reflective walk in nature. Use this time to check in with yourself: How are you feeling? What do you need to feel balanced today?

4. Focus on Generosity of Spirit

Mainstream American tradition: The holidays often emphasize gift-giving as a way to show love and appreciation. While gifts can be meaningful, they can also contribute to financial and emotional stress.

Native American tradition: In many Indigenous cultures, generosity is not measured by material wealth but by the sharing of time, wisdom, and presence. The concept of “giveaway” ceremonies highlights the importance of giving from the heart, without expectation of return.

Practice:

Shift your focus from material gifts to acts of kindness. Offer a listening ear, volunteer your time, or share a meal with someone in need. By giving in ways that nurture relationships, you can cultivate a sense of connection and purpose.

5. Create a Sacred Space for Ceremony

Mainstream American tradition: Many families have rituals—such as lighting candles, decorating a tree, or baking together—that bring them closer during the holidays.

Native American tradition: Ceremony is central to Indigenous life, marking important transitions and fostering communal harmony. Smudging with sage or sweetgrass, dancing, and singing are all ways to invite sacredness into daily life.

Practice:

Designate a special space in your home for a personal or family ceremony. It could be as simple as lighting a candle each evening, offering a prayer, or setting intentions for the season. Consider incorporating elements from nature or symbolic objects that hold meaning for you.

A Season of Balance and Connection

Ultimately, the holidays are about connection—to loved ones, to community, and to the world around us. By blending practices from different traditions, we can create a season that honors both joy and rest, excitement and reflection.

Whether your holiday rituals are rooted in long-standing traditions or evolving with time, remember that balance is key. Take moments to pause, breathe, and reconnect with what truly matters. In doing so, you can transform holiday stress into an opportunity for growth, gratitude, and peace.

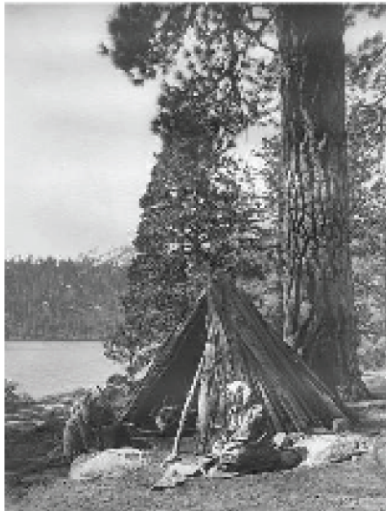
May this season bring you harmony, and may your heart
be light and your spirit grounded.

WASHOE TRIBE HISTORY

The Washoe Cultural Resources Office

húna ʔumhámuhé-ši? (How are you?) Today let's learn about Galais (winter).

In the winter little food could be gathered and the Washoe ate mostly what they had stored earlier in the year. Sometimes ice on lakes or streams would be broken and fish could be caught with a bone hook.



A Washoe galais dungal in the early 1900s.

Photo: North Lake Tahoe Historical Society

Galais dungal (winter houses) took considerably longer to build than the summer house. Winter houses were conical shaped. They contained a sturdy frame in which several layers of bark, poles and brush created insulation from the cold. A fire was built inside in a pit enclosed with rocks in the center of the house. A hole was left in the roof for the smoke to escape. A large pile of fire wood, sometimes taller than the house itself, was gathered and stacked next to the dwelling. The door always faced to the east to receive the first light of the day.

Winter camps were often located close to one of the many hot springs that occur in a chain on the east side of the Sierra Mountains.

During the long winter months the Washoe would sit around the fire and tell stories and pass on knowledge and traditions. Winter was a time for building and repairing tools such as hunting and fishing devices and clothing.

Washoe clothing was mostly made of buckskin. They wore moccasins or sandals. In the winter they kept warm with a rabbit skin blanket and snowshoes so as not to sink into deep snow. The Washoe tattooed themselves with familial marks on their faces and arms using acorn juice and burnt rabbit brush mixed with water.



Rabbit skin blankets





KWANZAA

Solve the following puzzle by finding all the hidden words!

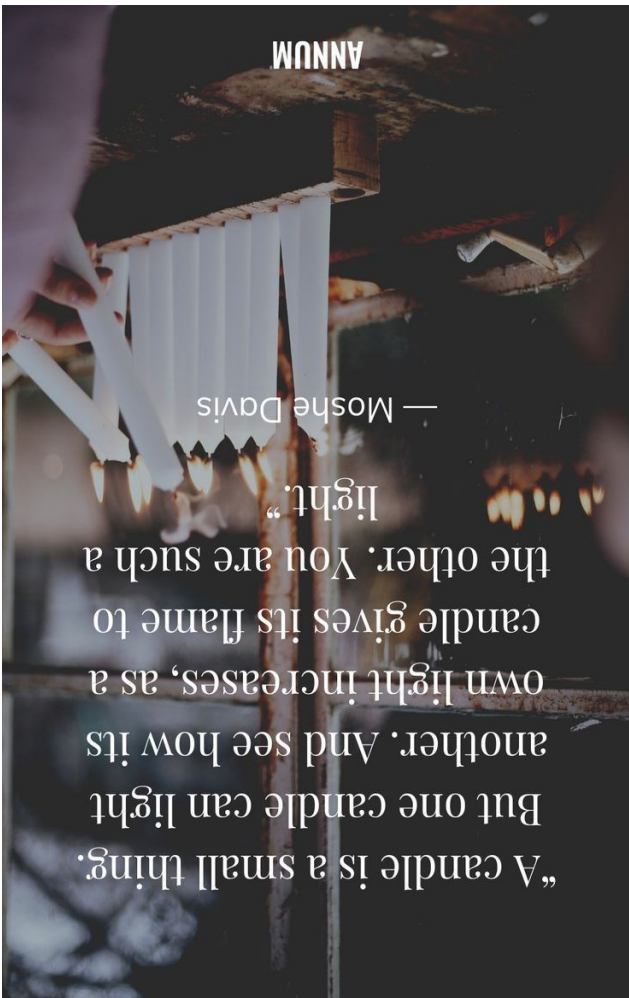


CANDLES
FAMILY
MAT
GIFTS

CORN
COLORS
FAITH
GREEN

FEAST
KINARA
UNITY
RED

SEVEN
PURPOSE
KWANZAA
DECEMBER



ANNUUM

— Moshe Davis

“A candle is a small thing. But one candle can light another. And see how its own light increases, as a candle gives its flame to the other. You are such a light.”



40 Diamond Valley Road
Markleeville, Ca 96120

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“Let’s Connect” newsletter
DECEMBER 2024



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