

3-day Sustainable Tahoe expo

The basin-wide Tahoe Expo put on by Sustainable Tahoe will showcase possibilities in sustainability for the Lake Tahoe region, with focus on Mobility, Green Commerce, Health and Fitness, and Conservation – spanning three fun and educational days Sept. 9-11.

The weekend will be packed with a diverse activities for individuals and families. Friday includes panel discussions and workshops for business and community leaders, as well as students. Saturday begins basinwide activities (Art & Culture, Water, Meadow, Urban), Water & Rim trail “hikes,” and green building tours. Sunday will spotlight the Tour de Tahoe, various electric vehicle and boat demonstrations, and additional activities around the basin (Forest, Maritime, History, River).

Although activities will take place around the entire Tahoe basin, two main stages are planned at the north and south ends of the lake with space to see what’s possible, learn how everything works, and experience it for yourself. A number of topics will be discussed by a variety of industry thought leaders, and demonstration tables will be used to help bring these topics to life.

In an effort to reduce the impact on the environment, we commit to making this a zero-waste event. All materials used will be made from recycled and compostable resources, and recycling will be plentiful. In addition, we’ll work with local ski resorts to encourage parking outside of the basin, with full alternative transit support to get you where you want to go.

Go to the website’s contact page, to get involved and for more information.

Crime prevention conference

Douglas County Sheriff's Department and Reno Police Department are partnering to support the Crime Prevention Conference for area property owners, managers, and law enforcement officials.

This is an innovative, law enforcement based crime prevention solution designed to help "Keep Illegal Activity out of Rental Property".

The free conference is Jan. 13 from 8am-5pm at the Carson Valley Inn, 1627 Highway 395, Minden.

The program was developed in 1992 by Tim Zehring, a retired 22-year veteran of the Mesa (Ariz.) Police Department.

The program consists of three phases that must be completed under the supervision of your local law enforcement agency. Property managers can become individually certified after completing training in each phase and the property becomes certified upon successful completion of all three phases.

The anticipated benefits are reduced law enforcement calls for service, a more stable resident base, and reduced exposure to civil liability.

When drug criminals and other destructive tenants operate out of rental property, neighborhoods suffer and owners and landlords pay a high price. That price may include:

- Decline in property values – particularly when the activity begins affecting the reputation of the neighborhood.
- Property damage arising from abuse, retaliation, or neglect; property damage from police raids.

- Fire resulting from manufacturing or growing operations. Civil penalties, including temporary closure of the property – or even property seizure. Loss of rent during the eviction and repair periods.
- Fear and frustration when dealing with dangerous and threatening tenants. Increased resentment and anger between neighbors and property managers.
- The loss of other valued tenants.

To reserve a spot, call Melanie Arnold at (775) 790.6694.

Labor law seminar

The North Lake Tahoe Chamber of Commerce and the Truckee Donner Chamber of Commerce in partnership with the Sierra Human Resources Association are offering 2011 Labor Law Update and Wide-Open Q&A on Jan. 20 from 8:30am to noon at Cedar House Sports Hotel, 10918 Brockway Road in Truckee.

This employment law seminar includes updated information, new laws and best employment practices managers and business professionals need to know for 2011. Also covered will be medical conditions, including FMLA and ADA obligations; wage and hour update, as well as exemptions for meal and rest breaks; social media and related technology; medical marijuana, organ donation leaves and other trends; 2011 notice and posting requirements; and recommended 2011 handbook updates. Attendees may submit specific questions confidentially in advance to laura@tahoetrainingpartners.com so they can be addressed at the seminar.

The seminar speaker is Julie A. Vogelzang, an employment law

attorney and partner at Duane Morris LLP in San Diego. She has successfully defended large, medium and small companies sued in cases including those alleging wage and hour, wrongful termination, sexual harassment, discrimination, retaliation and breach of contract claims.

Registration is \$55 for North Lake Tahoe Chamber of Commerce and SHRA members and \$65 for non-members if registered before Jan. 13. Last-minute registration runs \$60 for North Lake Tahoe Chamber of Commerce and SHRA members and \$70 for non-members. Seating is limited.

To register and for more information about the workshop, call Laura Moriarty, of SHRA, at (530) 573.0224 or North Lake Tahoe Chamber of Commerce Manager Kym Fabel at (530) 581.8764. Attendees can also register online at www.sierrahra.com.

Invasive weed workshop

Yellow Starthistle Control and Preventing the Spread of Invasive Weeds workshop in El Dorado County.

Date: Jan. 28

Time: 1:30-3pm

Location: Planning Commission Room – Building C, El Dorado County Administrative Offices, 2850 Fairlane Court, Placerville.

Register online at <http://ucanr.org/ystworkshop1-28-11> or contact Nancy Starr at (530) 621.5503 or njstarr@ucdavis.edu. Walk-in registration available at the event if space allows.

Tasting at Apres Wine Co.

Bad Ass Blends – Reds & Whites on Jan. 25, 6pm, at Apres Wine Co. at 3668 Lake Tahoe Blvd., Ste. G, South Lake Tahoe.

Cost: \$25 advance, \$30 at door.

Live music at Apres Wine Co.

Hear singer/songwriter Dorsey Williamson play his original tunes Jan. 15 from 6-9pm at Apres Wine Co. at 3668 Lake Tahoe Blvd., Ste. G, South Lake Tahoe.

No Cover, no RSVP necessary.

Rebelution at MontBleu

Reggae-rock artist Rebelution will be at MontBleu in Stateline on Jan. 16 at 8pm.

Tickets are \$18.50 in advance, \$23.50 that day. Doors open at 7pm.

Iration will be opening.

Winter sports nutrition lecture

Performance Nutrition for Winter Sports is the title of Dana Lis' program. The registered dietitian will speak Jan. 11 at 6pm at Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village.

A no-host bar opens at 5:30pm.

A \$5 donation is requested. With valid student ID it's free.

Whether training for The Great Race or looking to maximize your ski pass, what you feed your body before, during and after exercise in cold environments can have a huge impact on your energy levels, hydration, performance and safety. This workshop will provide you specifics for fueling in cold, high and dry environments to optimize your winter sport performance.

Working in sport, Lis recognizes the individual and specialized nutrition needs of every athlete and ensures that her practice is based on leading edge, reliable research. Whether recreation, high performance or somewhere in between, what you feed your body plays an invaluable role in realizing your full potential as an athlete and healthy individual.

V-Day meeting

2011 will be the eighth year South Lake Tahoe will have a V-Day celebration.

This year our community has once again been granted the privilege of producing an Eve Ensler production. It's especially exciting because after a two-year break, local organizers are bringing back "The Vagina Monologues", after a successful two years of "A Memory, A Monologue, A Rant and Prayer". This community event raises money for local organizations: The South Lake Tahoe Women's Center, Tahoe Youth & Family Services, and Court Appointed Special Advocates.

The fundraising is important, but even more so is the awareness and message that V-Day brings.

A casting call and volunteer meeting for all men and women interested in participating will be Jan. 7 at 6pm. For those who are interested, call or email nategoddess@yahoo.com or (775) 843.7142 for more information about the meeting location and details. V-Day is a worldwide organization spreading awareness, raising money for local organizations, and fighting violence against women and girls.

V-Day's three core beliefs are:

Art has the power to reach, transform, and inspire to act.

Empowered women are unstoppable leaders and lasting social and cultural change is spread through their experience.

You cannot end violence against women without looking at the intersection of poverty, racism, the environment and war.

V-Day dreams of a world in which women and girls will be free to thrive, rather than merely survive.

Caregiving support group

Caregiving is a difficult and often challenging role that one can undertake, and taking the opportunity to share information and feel connected to others who are providing care is a vital step to perform this task to the best of your ability.

Take the opportunity on Jan. 13 from 5:30 to 7:30pm at the South Lake Tahoe Senior Center, 3050 Highway 50, South Lake Tahoe to become connected and rejuvenated at your local support group.

Refreshments will be served.

Free respite care is available to qualified caregivers. Pre-authorization is required for respite services. Questions? Contact the Family Caregiver Support Program at (530) 621.6151.