

Caregiving support class

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 June 9 from 5:30-7:30pm 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.

Carson Valley Trails Association project day

Carson Valley Trails Association is planning a Genoa Foothill Trail Project kick-off celebration and trail building day June 5 at the Eagle Ridge Trailhead, located 1.8 miles north of Genoa off of Jacks Valley Road on Adams Ranch Road.

An information booth will be set up from 9am-5pm to learn more about the Genoa Foothill Trail Project and pick up a copy of CVTA' Local Trails Guide map.

Trail building volunteers will meet at the Eagle Ridge Trailhead at 9am. Volunteers should bring lunch and water, wear long pants, long-sleeved shirt, sturdy shoes, work gloves

and sunglasses. Tools and hard hats will be provided.

For more information, go online or call (775) 722.8784.

Hyatt Tahoe wine fundraiser

Hyatt Lake Tahoe and Lone Eagle Grille present the second annual Wine on the Water Event on Aug. 21 from 1-5pm.

Experience some of the regions finest food and wines right along the pristine shores of Lake Tahoe. Featuring 25 celebrated wineries and more than a dozen local restaurants, the annual event will include eclectic live music from Jeff Jones & Friends, a noteworthy silent auction.

All proceeds generated from ticket sales and silent auction sales at the event will be donated directly to the Boys & Girls Club. Tickets to the event are \$65 per person in advance, \$75 at the door. Tickets can also be purchased online.

Cooking classes in Truckee

There will be cooking demonstrations on July 23 and Aug. 20 at the Cedar House in Truckee.

Summer Canapés and Appetizers on July 23 features the basic composition of bite-sized hors d'oeuvres, garnish and plating with four wines from California. Learn how to design canapés and plan wine pairings during this class. Chef Jacob explains,

“Utilize summer’s abundant produce with a lesson on appetizers and their little cousin, canapés. With a focus on flavor structure, textures and presentation, leave with the tools to truly impress at your next gathering or dinner party.”

During the Composed Salads Demonstration on Aug. 20, learn to mix flavorful vinaigrettes and select specialty greens for an exceptional salad mix. Techniques for proper storage of salad greens will be discussed and the class features four wines from four continents. Learn to choose the right green for the job, techniques for washing and storing greens for maximum flavor retention and modern techniques to enhance texture, flavor and visual appeal. Recipes for Stella Classics like butter lettuce, mixed greens, duck confit and heirloom tomato salads will be explored.

Each cooking demonstration includes wine, taste and lunch. The classes take place at Stella from 11am to 1:30pm and each class is \$55 plus tax.

Call (530) 582.5655 to reserve a spot.

The Forgotten Feast with Hank Shaw

Cedar House’s summer calendar kicks off with a celebration of wild plants and mushrooms, game and seafood. Indulge in The Forgotten Feast with Hank Shaw author of “Hunt, Gather, Cook: Finding the Forgotten Feast” on July 16. Shaw spends his days thinking and writing about ways to cook and enjoy anything that walks, flies, swims or crawls.

The Forgotten Feast begins with cocktails and a book signing

by Shaw at 5:30pm and is followed by a five-course tasting menu inspired by Shaw's book.

Cost is \$75 plus tax and service includes cocktails and wine.

For more information about this event in Truckee, call (530) 582.5655.

Lecture about heart disease

Steve Brooks, doctor with Barton Family Practice, will talk about heart disease on Sept. 21 from 6-7pm at Kahle Community Center in Stateline.

For more information, call (530) 543.5656.

Lecture about children's health

Jennifer Ehmann, doctor with Barton Pediatrics, will be talking about children's health on Aug. 23 from 6:30-7:30pm at Kahle Community Center in Stateline.

For more information, call (530) 543.5656.

Barton Foundation wine auction

Barton Foundation's 8th Annual Wine Tasting Auction is Aug. 17 at 5:30pm at Edgewood Tahoe Clubhouse, 100 Lake Parkway, Stateline.

Admission to the auction is a donation of a bottle of wine (valued at \$75 or more) or \$85. All proceeds help build Barton Foundation's Community Health Endowment. The auction will include the donated wine and wine-related gifts, such as wine tasting excursions, over night stays at exclusive wineries, wine tours, gift baskets and much more.

To RSVP or become a sponsor of the event, email foundation@bartonhealth.org or call (530) 543.5614.

Barton Foundation Golf Tournament

Barton Foundation's 17th Annual Golf Tournament is July 22, with a 9am shotgun start.

Lunch and awards ceremony is 2pm.

This scramble golf tournament at Genoa Lakes Resort – Lakes Course give golfers the chance to take home special prizes. As the golfing ends, guests join the awards party, barbecue and announcement of raffle prize winners.

The entry fee is \$175 per person, of which \$100 is tax deductible, includes green fees, cart, golfer amenity package,

a barbecue lunch and no host bar.

All proceeds help build Barton Foundation's Community Health Endowment. Endowment investment earnings have allowed the Barton Foundation to fund various hospital projects including construction of the Helipad in 2001, the Hospice program and Health Resource Center, purchase automated external defibrillators for El Dorado and Douglas counties, pay for Life-Line units for Hospice and fund the hospital's Healing Design program.

To register, go online or call (530) 543.5614.

STHS graduation

South Tahoe High School's graduation is June 10 at 4pm on the football field.