

Washoe Tribe festival

The Washoe Tribe's 21st annual Wa She Shu It Deh Native American Arts Festival is July 23-24 at the Tallac Historic Site on the South Shore

The festival features a basket weaving competition, native dancers, music, and arts and crafts.

Admission is free.

For more information, call 800.792.2746.

USFS Wild Tahoe Weekend

The U.S. Forest Service Lake Tahoe Basin Management Unit and its partners invite residents and visitors to the first Wild Tahoe Weekend with fun, free events for the whole family.

Based at the Forest Service's Taylor Creek Visitor Center, located three miles north of the Hwy 89/50 junction in South Lake Tahoe, this "wild weekend" offers the opportunity to experience Lake Tahoe's natural world.

The weekend kicks off June 4 with the second annual Lake Tahoe Bird Festival, sponsored by Forest Service and the Tahoe Institute for Natural Science. Learn about migratory birds and how local scientists are working to protect them.

Bring children to the special "Kids' Zone" where they can learn to hoot like an owl, find out why birds have so many feathers, make bird "feeding sticks" out of peanut butter and birdseed and create bird nests.

Adults can find out how proper feeding and landscaping can attract desirable bird species, and learn from Cabela's about binoculars and spotting scopes to make bird watching more enjoyable. Visitors of all ages can learn through talks about owls and migration, including a presentation by a falconer with live birds of prey.

Bird walks will take place every hour from 10:30am until 1:30pm at Taylor Creek. Bird walks are also scheduled for other locations around the lake. All walks are free, but space for the off-site walks is limited and preregistration is required.

To register, call Will Richardson at (530) 587.6895 or email will@tinsweb.org. To join a walk at Taylor Creek, just show up.

June 5 will mark the debut of the Festival of Native Species. Events will include planting native Tahoe yellow cress, a native fish release, a play and parade by the Lake Tahoe Environmental Science Magnet School, nature walks, games and crafts.

Events both days will run from 10am-4pm. Food will be available for purchase.

For a complete list of activities (all free), go online.

EFT class to help children with stress

Children experience more stress today than ever before, living in a world that often seems to move at a dizzying pace. Does

your child experience:

- *fears

- *shyness

- *test anxiety

- *difficulty dealing with change

- *sadness

- *negative effects from being bullied.

If you answered yes, then consider learning practical coping strategies and the method Emotional Freedom Technique.

The class will cover:

- *how EFT works

- *the best language to use with children

- *when to use EFT

- *using EFT when everything is going great – to make things even greater

- *using EFT with children of all ages.

Two workshops are offered May 22 – 9am-noon and 1-4pm.

Both are Balance Body Fitness Studio, 276 Kingsbury Grade, Ste. 107 (next to the 7-Eleven), Stateline.

Cost is \$20 per person or \$30 per family (two adult family members). It includes a workbook.

Register by going online or call Balance Fitness (775) 580.7267.

Pre-registration ends May 20 at 5pm. If space is available, registrations will be taken at the door.

Free childcare available on site as this is a workshop for adults only.

The workshop will be taught by South Shore mind-body therapist Rosemary Manning.

Loving solutions seminar

Setting Boundaries and Strengthening Self-Esteem and Confidence is a class facilitated by Dana McKnight Flentroy on June 13 from 5:30-8:30pm.

Research has provided insight to a child's development and the influence of positive parenting, particularly for children with early "rough" starts.

The class will draw from the curriculum of Love & Logic, Positive Parenting and Beyond Consequences.

The class is at Lake Tahoe Community College, 1 College Drive, Aspen Room, South Lake Tahoe.

RSVP to Dana at (530) 541.4660 x528 or mcknight@ltcc.edu.

Vacation Bible School

All children ages 2-11 are invited to the Hope Lutheran Church for Beach Blast Vacation Bible School June 26-30 from 6pm-8pm.

Stories, songtime, crafts, snacks and recreation will be provided. Families join the group for the Beach Blast

Barbecue from 6pm-8pm on July 1 at Pope Beach. No Cost. For more information, call (530) 541.1975 or email hopelutheransierra@pacbell.net.

BMX skills exhibition

On Course Events presents BMX skills exhibition featuring 2008 Olympic BMX racing medalists Donny Robinson (bronze) and Mike Day (silver).

Along with Olympic athlete trainer Greg Romero, the riders will demonstrate what it takes to be an Olympic bike racer.

This will be May 15 at approximately 11:30am at the Y in South Lake Tahoe after the Amgen road bike racers make the first pass at highway 50 and 89.

The event is free.

Police memorial parade

The Silver State National Peace Officers Museum's Second Annual Police Memorial Week Parade in historic Virginia City is May 14 at noon.

This parade is held in honor of law enforcement officers killed in the line of duty throughout history as well as for those who currently serve and have served their communities in the law enforcement profession.

The Silver State National Peace Officers Museum features historical artifacts from the law enforcement profession dating to the 1780s from all across America and is located within the 1876 Storey County Jail inside the courthouse.

The parade is in conjunction with a Restored Emergency Vehicle Show and Collectors Show which run from 9am to 4pm.

For more information, call the museum at (775) 847.7800.

Day of the sheriff in El Dorado County

El Dorado County Sheriff John D'Agostini is having the inaugural Sheriff's Day on June 11. For more details click on sheriff invite.

Lake Valley Firefighters Ball

The 49th annual Lake Valley Firefighters Ball is June 18 at 8pm at MontBleu in Stateline.

Pop Fiction is the band for the night.

Tickets are \$25 in advance, \$30 at the door. They are available from a firefighter or at stations 6 or 7.

Proceeds go to the volunteer association to be spent on a scholarship for a local person going to the LTCC fire academy,

training volunteers, equipment needs not budgeted through the district, the Christmas fire engine and other things.

K9 Trials

South Lake Tahoe Police K9 Trials are Sept. 23-24 at South Tahoe Middle School.

Go online for more information.