

TAHOE WOMEN'S COMMUNITY FUND

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A Fund of the El Dorado Community Foundation

www.tahoewomenscommunityfund.org

Giving Together for our Community

For 2024, \$100,000 in Grants, up to \$10,000 each, will be awarded in the following areas:

- **\$40,000 in grants for Poverty, Housing, & Basic Needs**
- **\$30,000 in grants for Youth & Education**
- **\$10,000 in grants for Wellbeing: Physical & Mental**
- **\$10,000 in grants for Community, Arts, & Culture**
- **\$10,000 in grants for Environment & Animals**

Project summaries for consideration by our membership during voting from 3/28 - 4/3 are below.

Grant Proposal Summaries (6): Poverty, Housing, & Basic Needs

Emergency Food Assistance to the South Lake Tahoe Region

Amount Requested: \$10,000

The Food Bank of El Dorado County is dedicated to expanding its impact in the South Lake Tahoe area and addressing the crucial need for accessible food resources in the community. If granted, the funds would be transformative, enabling the organization to significantly enhance its services and support for those in need. While the Food Bank's current efforts in providing food resources to various pantries in the Tahoe region have been impactful, the additional funding will allow them to elevate their support to new heights. By leveraging these funds, the Food Bank aims to increase the quantity and variety of food resources available while also improving the quality of the food provided. This means that individuals facing food insecurity will have access to nutritious and wholesome options on a regular basis, promoting overall health and well-being. Additionally, this grant will be allocated to optimizing transportation services, which will allow the Food Bank to expand its reach and deliver food resources more efficiently to those in need. This investment will enable the Food Bank to increase the frequency of deliveries to a monthly basis, ensuring that individuals in South Lake Tahoe have consistent access to much-needed food resources. This enhanced transportation capacity will empower the Food Bank to better serve the South Lake Tahoe community by ensuring timely and reliable delivery of food resources. By strategically investing in transportation, the organization will be able to reach more individuals in need on a regular basis, making a significant impact in alleviating hunger and food insecurity in the area while improving the lives of individuals and families in the community. In conclusion, the Food Bank of El Dorado County is requesting \$10,000 for the Emergency Food Assistance Network, specifically the South Lake Tahoe region, which will provide food assistance on a monthly basis to better serve those in need.

Bread & Broth 4 Kids "Push for Protein" Initiative

Amount Requested: \$10,000

Bread & Broth is requesting \$10,000 for its B&B 4 Kids food programs and its "Push for Protein" Initiative. 100% of grant money received will be spent on the purchase of food.

The B&B 4 Kids Program supports four separate programs for children in our community:

- 1) The B&B 4 Kids Weekend Food Program provides weekend food bags to children at all seven K-12 Lake Tahoe Unified School District schools. Each Friday, these food bags are distributed to an average of 177 participating students at all LTUSD schools. Each bag contains 7 single-serving, kid-friendly meals (3 dinners, 2 lunches, 2 breakfasts), nutritious snacks, and fresh fruits.
- 2) The B&B 4 Kids School Healthy Snack Program provides over 500 nutrition bars to LTUSD sites each week to feed children who come to school hungry or become hungry during the school day.
- 3.) The B&B 4 Kids Summer Food Program provides a food pantry and food bags for approximately 170 children each Wednesday during the summer break from school.
- 4) A new program this year, the B&B 4 Tots Weekend Program serves 90 children at five childcare centers serving low income families. These weekend food bags contain items specific to the dietary needs of children ages 18 months-5 years.

With the "Push for Protein" Initiative, Bread & Broth has replaced some of the less nutritional food items with high-protein food choices- items such as protein bars, fortified milk, cheese, canned meats, nuts, healthy trail mix, low-sodium soups and yogurt covered pretzels and raisins.

Currently, over 50% or 1,845 students in the LTUSD are eligible for free or reduced breakfasts and lunches at school. Although these children are fed twice daily at school Monday-Friday, they often have limited access to nutritional food over the weekend and during the summer.

In conclusion, Bread & Broth is requesting \$10,000 for its B&B 4 Kids "Push for Protein" Initiative which will provide nutritious food for children facing food insecurity ages 18 months to 18 years of age in the Lake Tahoe South Shore community.

Bringing Basic Needs Beyond Food: Supporting Our Community's Hygiene and Oral Health

Amount Requested: \$9,984

Every family deserves the dignity and health benefits of adequate resources for personal hygiene and oral health care. The South Lake Tahoe Family Resource Center (FRC) seeks to address a pressing need in our community with the provision of personal hygiene, oral health, and menstrual products to financially challenged individuals and families. Every dollar requested will go directly to the purchase of these resources, which include toothbrushes, toothpaste, floss, shampoo, conditioner, soap, and menstrual products. While the FRC provides fresh and packaged food to clients of all ages five days a week, requests from community members brought to light the dire need to expand our support to include these basic wellness and personal care products. This project allows us to add full-size hygiene products to larger food distribution events throughout the year,

with the goal of serving up to 150 individuals at four events, for a total of 600 individuals, as well as their family members. The supplies allow for larger products to serve the entire family while providing additional individual toiletries for family members. As the FRC turns no one away, individuals and families may access one or all of the events.

The impact of this project will be compounded through a significant donation of dental services for children including initial exam, needed treatment, and ongoing follow-up care, continuing beyond the scope of the project. An additional contribution of services provides educational community forums on oral health from infancy to adulthood. Finally, increased staffing for project outreach and implementation is supported through existing grant funding specifically provided for the expansion of FRC programs. This project directly addresses an expressed need from our financially challenged working families, and also supports improved wellness and lifelong oral health.

In conclusion, the FRC is requesting \$9,984.00 for its Bringing Basic Needs Beyond Food: Supporting Our Community's Hygiene and Oral Health project, which will support members of our community who face significant challenges in providing basic needs for themselves and their families, by extending our current provision of food resources to include much needed resources for basic self-care and oral health.

South Shore Workforce Housing

Amount Requested: \$10,000

The South Shore Workforce Housing project works toward increasing housing for local residents that working class individuals and families can actually afford. Aside from luxury housing, the South Shore is in dire need of housing units of all levels. Lack of moderate income housing pushes those households into housing designed for lower incomes and that process continues down the spectrum and our most vulnerable, (the 13.3% of the community that lives in poverty according to the American Community Survey,) get hurt the most.

Through this project, we will bring together local residents, advocates, affordable housing developers, government officials, and non-profit leaders to identify locally driven solutions. We will conduct outreach to engage developers, property managers/owners, major employers and others that can directly improve local housing supply. In the area of housing in particular, it is critical to earn strong community support. To accomplish this, we will coordinate and conduct public outreach, input and advertising to generate community feedback for housing solutions.

If funded, this grant will: Direct community engagement for the South Shore Workforce Housing program. Staff will recruit housing leaders and residents for a committee first. TPC will ask committee members to review local initiatives and proposals, host public forums, coordinate public input as well as prioritize the most feasible local solutions to build more housing. Staff will create a final report with housing solutions derived from committee/community input. We anticipate this process to last 4-6 months so we can accurately review current housing proposals with the committee members, discuss new local housing ideas, interview large local employers and affordable housing developers and then prioritize the most viable solutions with the committee.

Event expenses will cover venue rental and non-alcoholic beverages and/or snacks. Digital content will be used to create ads and other promotional materials and to engage local residents in housing events.

In conclusion, the Tahoe Prosperity Center is requesting \$10,000 for its South Shore Workforce Housing program which will create a local community-led group to build more housing that South Shore working families need.

Transitional Living Program for Youth

Amount Requested: \$10,000

Tahoe Youth and Family Services (TYFS) is seeking \$10,000 in funding to support transitional-aged youth experiencing homelessness and living in poverty by providing them with long-term housing, support services, and access to basic needs. This area's service industry and economy primarily support many young people based on seasonal low-wage jobs, along with a lack of affordable housing, limited social service and support resources to combat the issues that often cause youth to run away or become homeless, and even fewer resources to support youth that are already experiencing homelessness on any level.

TYFS operates a Transitional Living Program (TLP) for youth aged 16 to 24 who are experiencing homelessness and, if applicable, their dependent child(ren). The program master leases four apartments and one host home to provide youth with safe, stable living accommodations. Not only does TYFS provide housing for youth in the program, but we also provide basic needs such as food, clothing, and hygiene supplies, as many youth enter with literally just the clothes on their backs. As we all know, the cost of living has increased dramatically in the past few years. Food prices have risen to an all-time high, Liberty and Southwest Gas have increased their utility service fees by 35%, and rent prices in SLT are 49% higher than the national median. In addition, each year, our property managers raise our rents by the allowable 10%, and the cost of required insurance for liability coverage has increased by 10%. Due to these price increases, TYFS has sought out additional funding instead of reducing the number of apartments (rooms) we can provide to ensure we can house as many youths as possible so young people in our community can continue to live where they call home.

In conclusion, TYFS is requesting \$10,000 to help support the TLP Project and support young people who are experiencing homelessness and successfully transition each youth to self-sufficiency. Investing in the prevention of youth homelessness in our community will ensure these youth do not become our adult homeless population, therefore reducing the future burden on limited city and county resources.

Assisting Those in the Middle

Amount Requested: \$10,000

Growth of those over age 65 is estimated to increase 84% in the coming years. For those 85+, the growth estimate is 400% from 2010-2050. Many older adults are retired with their only source of income being social security. These individuals often have very limited means but, may be considered "over income" for low income resources. All too often we hear of individuals who don't qualify for any program. They don't have funds to pay privately for services, yet they are not "poor enough" to fit into a low income program. Each year they become older, have increased health & mobility issues, and are truly "those in the middle". If funded, this grant would provide Home Care services to include meal preparation, bathing/personal care, laundry, errands, groceries, etc. Recipients of the grant would not be eligible for any other entitlement programs at the same time as grant funds, although the assigned Care Manager will assist the client in securing any/all assistance available to them for future care. Each client will have an assigned Care Manager who will make an initial home visit, monthly check in calls, and a client/family meeting to discuss future planning. Total Care Management Hours Per Client= 3. Total Home Care Hours Per Client= 16 (1x week 3 hour shifts for a total of 5 weeks) The assigned CM will follow the client, prior, during, & after home care provision to explore future options. A portion of the funds granted would be set aside to help with snow removal costs for the upcoming winter season, as this can be an added expense to the individual. Home care staffing/administration, Care Manager initial home visit, clinical supervision, mileage costs, and administrative/managerial time all to be provided pro bono. Care Management & Home Care rates are also discounted to serve the maximum number of clients under this grant.

In conclusion, the Elders Community Fund, is requesting \$10,000 for "Assisting Those in the Middle", which will provide services and supports to those that are not "poor enough" for low income programs but, do not have enough to successfully age in place.

Grant Proposal Summaries (10): Youth & Education

Operation School Bell: Providing New Clothes to Underserved South Lake Tahoe Public School Student

Amount Requested: \$10,000

Assistance League Sierra Foothills' signature program, Operation School Bell®, puts new clothes and shoes into the hands of South Lake Tahoe youth that need it the most. At The National Center for Children in Poverty, educators and child advocates are concerned that "Attending school in ragged clothes is often embarrassing and can hinder education." Public school personnel identify South Lake Tahoe students in need whose school attendance and performance will benefit from the opportunity to purchase new school clothes and shoes. With help from J. C. Penney, and other community partners such as Kiwanis Club of Lake Tahoe, identified K-12 students receive an invitation to shop for new, warm, winter school clothes of their choosing in 2024, thus bolstering children's confidence as they move through the next school year. With credits worth \$80.00 (K-5 pupils), \$100 (middle school pupils) or \$125 (high school pupils), students can select from a variety of school-related clothing and are always eager to get their first new coat or pair of shoes. Fortunately, in 2023, warm winter clothing was provided to students prior to this year's harsh winter weather. Approximately \$32,000 has been designated to pay for the new school clothing chosen by students and their guardians from South Lake Tahoe schools. Our dedicated volunteers facilitate online shopping by sorting, packing, and then delivering individual clothing orders to Tahoe area schools so students can pick them up from school personnel. By partnering with civic minded community groups like the Tahoe Women's Community Fund, Assistance League Sierra Foothills, an all-volunteer charity, has grown this program from a total of 86 El Dorado County students in 2010, to 983 students served in 2023. In 2024 we plan to invite more than 300 students exclusively from South Lake Tahoe schools to shop for new clothes--a substantial increase from the past. In conclusion, Assistance League Sierra Foothills is requesting \$10,000 for its Operation School Bell Project which will provide approximately 31% of the money needed to provide new school clothing for identified South Lake Tahoe public school students in need.

Let the Kids Play

Amount Requested: \$10,000

The Boys & Girls Club of Lake Tahoe is raising funds to renovate the Al Tahoe playground. The playground has fallen into serious disrepair and no longer offers a safe or fun experience for Clubs kids, Al Tahoe students, or the wider community. The Club plans to completely renovate the playground to offer a range of play and recreational opportunities that support social and emotional well-being, health and wellness, and fun and enjoyment for all users. It will include play structures that are accessible to children with reduced mobility and neuro-diversity, and spaces and activities for older teens. Al Tahoe is the home to the Club's Angel of Tahoe building, Tallac Continuation

School, Elevated School, and a number of pre-schools. It is also the location for the special needs summer school. In addition, the playground and fields are extensively used by Little League, AYSO and a variety of youth sporting events. With an estimated 2000 children a year utilizing the playground, it is an opportunity to create a space that is welcoming to all, safe, unique, and focal point for the community. The Club staff and members have put considerable thought into designing a playground that is exciting and accessible. The Club initially set a fundraising goal of \$350,000, but the addition of the adaptive features, and our desire to 'build it once and built it right' has increased the price tag to \$450,000 and additional support is needed to ensure we can reach our goal.

In conclusion, the Boys & Girls Club of Lake Tahoe is requesting \$10,000 for its Let the Kids Play project which will purchase two specialist pieces of play equipment called a 'Saucer'. It is a safe and fun swing that multiple children can use together. It is accessible to children with reduced mobility, and promotes collaboration and socialization as the children have to work together to make it move. As we emerge from the pandemic years, a play feature such as this will not only be inclusive, but also help all children to communicate, collaborate and play together.

Court Appointed Special Advocates for South Lake Tahoe

Amount Requested: \$10,000

The South Lake Tahoe region Community Health Needs Assessment shows that our community is above the national average in these categories:

- Poor overall mental health

- Depression

- Suicide rates

- Personally impacted by substance abuse

A \$10,000 grant to support our program will address these core areas of need, as these are traits that are likely to appear throughout the lives of children who are placed in foster care due to abuse and neglect suffered in their homes. Research over the past 30 years shows that this abuse and neglect, known as Adverse Childhood Experiences, results in trauma that is compounded by removal from their family. This trauma, in turn, affects brain development. The result is that these children are more prone to anger and behavioral problems, self-harming tendencies, substance abuse, homelessness, depression, and a host of mental and physical illnesses throughout their lives.

CASA El Dorado recruits, trains, and supervises volunteers from our community who work directly with these children to mitigate the trauma that they have suffered. Upon completion of their training, a volunteer becomes a sworn officer of the court, a Court Appointed Special Advocate, or CASA, who is paired with a child in foster care by the family court judge. The CASA visits with the child regularly and establishes a nonjudgmental relationship with the child based on trust, and communicates with the child's family, teachers, therapists, and others. The CASA then prepares a written report for the judge that advocates in the child's best interests.

The CASAs themselves are recruited, trained, and managed and supported by our program staff, who guide them through the complexities of the family court system and coordinate with the various agencies involved in child welfare. This grant will support their work.

In conclusion, CASA El Dorado is requesting \$10,000 for its Court Appointed Special Advocates for South Lake Tahoe Project which provides trained community volunteers who will advocate in court for the best interests of the abused, neglected, and at-risk children in the foster care system.

Drug Store Project

Amount Requested: \$6,000

The Drug Store Project (DSP) is a drug prevention event for 6th grade youth in our community. Since 2003, a collaborative of agencies have worked together to prevent drug use and provide education to our youth through a day-long event. Since its inception, the format by which we pay for this program has remained consistent: we would raise funds from the community to cover all capital outlay expenses and we would seek in-kind donations from our partners for the remaining needs. Annually we raise approximately \$23,000 to provide for: Food- lunch and snacks for all youth and volunteers(\$2,000), student community bags(\$1,400), drug prevention brochures and educational material(\$100), rental equipment(\$1,500), Program Coordinators(\$14,000), EDCF administrative fees(\$400), office, supplies(\$300), communication newsletter(\$300), student survey subscriptions(\$380), website maintenance-domain(\$1,100), event insurance(\$100), LiveScan Fees(\$660) and misc.(\$600).We also have in-kind support from LTCC, Harrah's Lake Tahoe, and Margaretville Resort Lake Tahoe in the amount of \$25,000 annually. The year-long planning and implementation for DSP begins in July of each year. The Drug Store Project is asking for \$6,000 to specifically cover the cost of some new educational materials and harm reduction tools for the community bags. These items include: Educational follow-up materials for teachers-\$1,000, Drug education materials for parents- \$1,000, 400 Deterra Deactivation Pouches for student community bags and volunteers - \$1,900, and Printed Medical Lock Bags- \$2,100.

In conclusion, the Drug Store Project is requesting \$6,000 for educational materials and harm reduction tools which will reach all the 6th grade students and their families.

The Great Library Refresh Project of SLT

Amount Requested: \$10,000

Imagine, you are an 8 year-old scared new student in South Lake Tahoe entering your elementary school library for the first time. Then you find a book in your native language, Spanish, and at your reading level! You are so excited! Imagine... you are in 6th grade at South Tahoe Middle School and you are tasked with a report and you enter the library and there are up-to-date copies of books supporting your research in your reading level!

Our Lake Tahoe Unified School libraries are in desperate need of a facelift. We have begun our journey in updating the books in our libraries, but we need help! We have partnered with Cuppa Tahoe and, with their help, we have begun ordering updated, fun books to keep students interested

in reading. But, if we are truly serious in updating our LTUSD libraries, it is time to step up and commit! It is now time to order higher level non-fiction books and books in English and Spanish for all of our libraries. We have a significant percentage of Spanish speaking students in our district. Bijou Community school is now a two-way immersion school. The library books are in dire need of upgrades. The current Bijou library is still filled with more than 80% of out-dated English books. Our schools are expected to raise their own funds to update their library catalogs. We have books in our libraries dating back to the 1980's and before. Our students are bored and need new books to keep their enthusiasm for reading and learning fresh. We have a team of librarians as well as volunteers who are anxious to make this happen.

In conclusion, Lift Literature is requesting \$10,000 for The Great Library Refresh Project of SLT with all funds going to purchase books for LTUSD school libraries based on the wish list of each school librarian.

One-the-Water, Hands-on

Amount Requested: \$3,500

Marine Research and Education provides the only hands-on place-based learning experience in the Lake Tahoe region that is on a boat on the Lake. This experience and educational material aligns with the 3rd grade science curriculum and is offered to all 3rd grade students in the Lake Tahoe Unified School District. The program consists of one hour on the boat with students performing age-specific scientific testing similar to the testing routinely conducted by scientists from UC Davis Tahoe Environmental Research Center. The students compare their test result to the results obtained by UC Davis scientists and we explain why they don't always match. Measuring Lake clarity is one of the tests the students perform. Additionally, the students perform other water quality testing and we explain the relationship between test results (the quality of Lake Tahoe waters) to that needed by species inhabiting the Lake. The students learn about the importance of the food chain specific to the Lake Tahoe Basin and about native and non-native species existing in the Lake. Our program stresses interactive learning rather than lectures. The second hour of our program is on-shore and is focused on the geology and hydrology of the Lake Tahoe Basin using a model of the Basin. This portion of the program exposes students to the specific stressors to the health of the Lake, actions being taken by entities to control these stressors and actions the students can take to minimize their impact on the Lake quality. Our program also creates a spill-over effect in that many students tell their families about their experiences including what they learned. This magnifies the effect of our program on the local community. Marine Research and Education is requesting \$3500 to fund a portion of the cost of our "On-the-Water, Hands-on" program for the 3rd grade students from the Lake Tahoe Unified School District.

Soroptimist Stadium: Home of Girls Softball

Amount Requested: \$8,043

Soroptimist International of South Lake Tahoe (SISLT) requests \$8,043 to purchase equipment for a warm-up area at Soroptimist Stadium: Home of Girls Softball located at the South Tahoe Middle School. The batting cages, pitcher's mats and batter's boxes are necessary features for Title IX equitable field conditions for girls as are currently available at the adjacent boys Babe Ruth Baseball Field. Title IX (federal civil rights law) prohibits sex-based discrimination in any school or educational program that receives funding from the federal government. Although required, adherence is not always provided and funds are not always available.

The women volunteer members of SISLT saved \$325,000 over ten years for the softball field renovation, and have since raised an additional \$70,892 for the upgrades. Although that is a considerable sum, the budgeted funds do not cover the cost for a warmup area. SISLT is working in partnership with the Lake Tahoe Unified School District (LTUSD) to bring the district into compliance with federal law. Before SISLT began this softball renovation project, our local girls were subjected to inferior recreational facilities and the implied community message that they are less valued than boys.

Soroptimist Stadium: Home of Girls Softball hopes to achieve the following objectives:

- Create gender equality
- Provide a physical outlet to improve mental and emotional well-being that will also allow girls to perform better academically
- Teach self-reliance in conjunction with collaboration to foster leadership skills applicable to any future career
- Provide a forum that instills discipline and responsible behavior
- Educate young women how to lose, yet persevere to build future successes
- Prevent obesity and physical illness
- Provide opportunity to apply for softball college scholarships
- Build self-confidence and mutually supportive long-term female relationships

Upon completion of the renovations, SISLT hopes to offer mentoring opportunities and continue to fund softball scholarships to create a vibrant and popular athletic program. In conclusion, SISLT is requesting \$8,043 for equipment for the warm-up area at Soroptimist Stadium: Home of Girls Softball to provide Title IX equitable facilities that will help young women acquire the needed skills to empower them to succeed in any future career.

SOS Outreach Mentor Program Scholarships for South Lake Youth

Amount Requested: \$10,000

SOS Outreach (SOS) requests \$10,000 to provide program scholarships to high needs local kids (from the South Shore) to participate in the SOS Mentor Program. SOS removes financial barriers for youth (ages 8 - 18) to access costly outdoor activities and diversifies participation in the community.

While outdoor access is the initial point of entry, youth progress from the Learn-to-Ride (5-day introductory program) to the Mentor Program where they work with dedicated mentors, peer groups, and community leaders over five years. Funding will specifically support SOS' highest-need youth to ensure progression from the introductory Learn-to-Ride program to the Mentor Program. The cost to SOS Outreach per participant for the Mentor Program is \$1,875, and families are charged a \$150 fee-for-service. The difference of \$1,725 per participant is fundraised from SOS' local communities of operation. With \$10,000 of support, 6 local kids ($\$1,725 \times 6$) will be able to transition from the introductory program to the long-term Mentor Program. This investment will directly impact low-income youths' ability to participate in programs by enabling SOS to provide a low-cost fee for service to local families and provide additional scholarships to families with greater needs. For South Lake programs, over 67% of families report low income.

Beyond financial challenges, youth present risks and challenges as part of a pre-program risk assessment. These risks encompass social, physical, emotional, and familial challenges. Local youth most commonly report qualification for free or reduced lunch, English as a second language, challenges setting academic goals, being victims of bullying, and having little to no interest in school. These risks are indicative of social isolation in youth. SOS' Mentor Program uses an intentional curriculum that connects youth with a positive, social peer group and integrates youth into the overall community through service projects, leadership panels, and skill development workshops.

In conclusion, SOS Outreach is requesting \$10,000 for its financial support of youth progressing from the introductory program through to the Mentor Program, removing financial challenges for families.

Tahoe Learning Haven's Monthly Forum Expert Stipends & Supplies

Amount Requested: \$7,000

Tahoe Learning Haven is a small, non-profit with an all-volunteer board that is creating novel educational experiences for our community through FREE, monthly forums, approximately 1.5-2 hours in length, on a variety topics: student job fair (work experience/interview coaching/resume building), higher education options after high school, how to pay for higher learning, athletics after high school, and navigating California A-G requirements to allow all our students access to higher learning. For more specifics, please visit www.tahoelearninghaven.org. Tahoe Learning Haven serves all interested students on the South Shore of Lake Tahoe, their families and any interested community members. Strengthening a child's love for learning and ensuring our families are well-equipped with knowledge about our educational system and community resources benefits the whole community. We are requesting \$7,000 to fund expert speaker stipends and supplies (printouts, snacks, drinks, markers, pencils, etc) for the monthly forums. In conclusion, Tahoe Learning Haven is requesting \$7000 for its monthly Forum Speaker Stipends & Supplies which will serve to run the forums efficiently and obtain speakers that are experts in their field that will help to educate students, parents, families and community members on a variety of topics.

Youth Backcountry Camp

Amount Requested: \$5,000

The Tahoe Rim Trail Association's (TRTA) Youth Backcountry Camp (YBCC) program is a fully outfitted, four-day, technology-free, guided backpacking trip that uses wilderness education, team building, personal reflection, and nature-based play to provide positive mental and physical health benefits to regional teens. There is increasing evidence of associations between nature exposure and improved cognitive function, brain activity, blood pressure, mental health, physical activity, and sleep. These health outcomes are especially beneficial for the 150 teens who take part in the Youth Backcountry Camp program each year. The TRTA is proud to say that 70% of campers will attend the program at no cost, ensuring that program cost isn't a barrier for any youth who wants to join. YBCC will challenge campers to hike for miles with 30lb packs, swim in alpine lakes, and climb steep summits. Youth will meet new people and form relationships, work together to accomplish camp responsibilities, and practice mindfulness during nature-based reflections. The well-rounded curriculum will bring great rewards for teens, with 80% reporting an increase in their social-emotional wellness, including their confidence, resiliency, and sense of self. Through partnerships with community organizations such as Nevada Urban Indians and Latino Outdoors, these campers will have the support of familiar and representative adult chaperones in addition to TRTA staff trained in trauma-informed care, Youth Mental Health First Aid, and social-emotional learning. Grant support from the Tahoe Women's Community Fund would provide program supplies and gear such as backpacks, water filters, and life-saving Epinephrine auto-injectors. Any remaining funds would be used to support the wages of our well-trained instructors to ensure the safety and quality of the YBCC experience. In conclusion, the Tahoe Rim Trail Association is requesting \$5,000 for its Youth Backcountry Camp Project which will provide mental and physical health benefits for regional teens by combining physical activity, face-to-face social interactions, and an immersive wilderness experience.

Grant Proposal Summaries (3): Wellbeing: Physical & Mental

After school program

Amount Requested: \$10,000

Girls on the Run-Sierras offers two types of programming for youth in our community. We offer an after-school program that works with 47 local area schools and meets for 90 minutes, twice a week after school for a period of 10 weeks. We also offer a summer camp that combines social emotional learning, physical activity, and STEM math and science. Our participants are girls, and children who identify as girls ages 8-13, and our focus is social emotional learning and physical activity. We have never turned a participant away from our programming due to her family's inability to pay, and we subsidize over half of our participants into our program and ask them to pay only \$35 or \$90 dollars with us covering the rest. We are asking for \$10,000 to help cover 50 of our lowest income participants, and some of our participants who can contribute \$90 (approx. 6 additional participants). In 2023, we subsidized almost 430 girls on our lowest income scale, so we are very appreciative of any funding we earn as well as any earned income we generate to sponsor children into our programming. In conclusion, Girls on the Run-Sierras is requesting \$10,000 for its after school project which will help over 50 girls participate into our social/emotional learning and physical activity curriculum that is clinically shown (U of Minneosta study) to help young girls navigate thier worlds with more happiness and confidence during our program, and for years after they leave our programming.

WayMakers Social Connections

Amount Requested: \$3,000

The Pandemic completely decimated all established Day Programs in SLT designed for people with Intellectual/Developmental Disability (I/DD). NOTHING has come to fill this void. Many adult residents are isolated and alone, living strictly on SSI and/or in the home of their aging parents. They cannot pay to go to events, activites, classes, movies, or enjoy social interactions with typical residents, as they simply are unable to afford or access it. Their mental and physical well being has taken a huge hit and there is nothing on the horizon that will change this situation. As the mother of a 33 year old developmentally disabled son, born and raised in SLT, I can attest to the impact of this isolation. sadness, resignation and loneliness that has crept in to these lives. We cannot dig out of this by ourselves. HOPE is needed. This is why we started Waymakers in January 2023. With donated space, an aching heart and volunteer instructors, we provided ball room dancing lessons, cooking and an art classes. These few offerings brought several residents out on Monday mornings to laugh, dance, create, and learn how to cook something to enjoy together. Unfortunately, we had to discontinue the art class as it was unaffordable for most. With no budget, even purchasing groceries became unaffordable. These participants would greatly benefit from professional discussion groups as they have frustrations and confusion about where they are going in life. The only people they

have to talk to are their parents, and that does not lend itself to openness and the feeling of autonomy. In the future, we plan to continue to offer art and culturally rich learning opportunities as well as discussion groups, all of which will promote their mental and physical health. In conclusion, Lake Tahoe Christian Fellowship is requesting \$3000 for its WayMakers Project, which will provide recreational/educational trips on Lake Tahoe, Music Therapy events provided by professionals, and a mini golf tournament.

NAMI KIOSK and PROGRAM DEVELOPMENT

Amount Requested: \$2,000

NAMI, National Alliance on Mental Illness, provides support, education, awareness, advocacy and resources for families whose lives have been impacted by mental illness. Through community collaboration and education we advocate for a life of quality, purpose, and dignity - one without discrimination - for all people affected by these challenges. Mental Illnesses are neurobiological disorders that disrupt a person's thinking, feeling, ability to relate to others and daily functioning, often resulting in diminished capacity for coping with ordinary life demands. This grant award will allow us to proactively provide NAMI brochures and educational materials for use in South Lake Tahoe. All NAMI classes, support and educational materials are free of charge. While www.nami.org provides excellent resource information online many individuals benefit from the brochures we provide to South Lake Tahoe area schools, jail, hospital ER, counselors, and at various outreach presentations. The brochures are an excellent help in the journey to understanding symptoms and facts about mental illnesses. In conclusion, NAMI El Dorado County Western Slope and South Lake Tahoe is requesting \$2000 for its outreach and education project which will help community members understand mental illness and will encourage a stigma free community that seeks treatment earlier.

Grant Proposal Summaries (3): Community, Arts, & Culture

Chance to Dance Scholarship Fund

Amount Requested: \$7,500

Our Chance to Dance Scholarship Fund spends 100% of all money received to assist dancers and their families with tuition and costume expenses associated with dance classes at The Studio in South Lake Tahoe. Each student receives \$450.00 per year for dance classes and \$50-\$150 for costumes for their end of year recital. In conclusion, Lake Tahoe's Shining Stars is requesting \$7500 for its Chance to Dance Scholarship Fund. The project is designed to help school age children in South Lake Tahoe attend after school dance classes at a minimal charge.

Tahoe Art League Community Murals

Amount Requested: \$5,500

Building on the success of last summer's mural projects, Tahoe Art League (TAL) requests \$5,500 to install another community mural by a local artist this summer. If awarded this grant, we will combine this money with other existing contributions and additional fundraising with the objective of installing another 3 to 4 new murals along US50 this summer.

We have a thriving local art community here in South Lake Tahoe and we want to promote, celebrate, and share it. We are targeting high-visibility walls along US50 from the Y to Ski Run in order to transform and beautify this core artery through town, support our local artists, deepen community pride, and promote year-around diversified tourism.

The theme for the murals this year will be "We Belong". Artists can interpret as they like, but we envision them showcasing the cultural, social and economic diversity of our community -- past, present and into the future -- as well as highlighting the importance of protecting the splendor and richness of our native wildlife and natural surroundings.

In conclusion, TAL is requesting \$5,500 for a Community Mural Project which we'll match with \$5,500 in existing funds and hopefully up to another additional \$11,000 in fundraising. Funds will be spent on artist stipends, supplies, scaffolding, and advertising and will enable us to install 3-4 new murals total this summer. Finally, we would also like to thank TWCF for providing seed funding 2 years ago, which enabled us to help fund Annie Walker's Sierra Juniper mural that kicked off this whole mural campaign. Thank you for all you do for our community.

Lake Tahoe Documentary Film Festival- Youth Lens Program

Amount Requested: \$10,000

The Lake Tahoe Documentary Film Festival proudly presents the "Youth Lens" initiative, a pioneering program designed to introduce underserved youth to the art of documentary filmmaking. Targeting a cohort of 25 students aged 14-18 from socioeconomically disadvantaged

backgrounds, "Youth Lens" serves as a bridge to the arts and media sectors, fostering educational development, empathy, and creative expression.

Participants will receive all-access passes to the film festival, revealing the world through documentaries that span diverse cultures, perspectives, and global issues. Exclusive filmmaker lounges and meet-and-greet events provide direct mentorship opportunities, inspiring potential career paths in filmmaking. The program includes transportation, meals, and three youth-focused workshops on filmmaking careers, personal storytelling, and using film for social change, enhancing their skills and broadening their horizons.

The grant from the Tahoe Women's Fund will support transportation, daily meals, workshop materials, lodging and honorariums for workshop leaders, and Spanish translation services, ensuring an inclusive and accessible experience for all participants.

By immersing the participants in global narratives, "Youth Lens" strives to cultivate empathy, understanding, and a deep appreciation for diverse stories. This not only educates but empowers participants to craft their own documentaries, contributing vibrant new voices to our community and beyond.

This journey will culminate in the cohort embarking on a year-long youth production program, where they will develop and produce their own documentary. Over the course of the year, with continuous mentorship and support, these young filmmakers will prepare their work for presentation at next year's festival, showcasing their growth, insights, and creativity to the wider community.

In conclusion, The Lake Tahoe Documentary Film Festival seeks \$10,000 for the "Youth Lens" initiative. This funding will enable us to provide underserved youth with the opportunity to delve into documentary filmmaking, equipping them with the necessary resources and platforms to discover new perspectives, share their narratives, and drive transformative change.

Grant Proposal Summaries (5): Poverty, Housing, & Basic Needs

Emerald Bay Deep Dive Pilot Project

Amount Requested: \$9,974

CUTL's previous SCUBA cleanups of Lake Tahoe, that have removed over 33,000 pounds of litter, have primarily focused on depths of 0-25 feet. But, during our recent litter hot-spot monitoring on the west shore, we executed exploratory deep dives (from 35' to 70') to investigate litter accumulations at depth. These dives found an alarming amount of litter between 35' and 55'. This led us to conclude that a more extensive pilot project exploring litter accumulations at these depths is necessary. As such we want to execute a deep-dive pilot project that would focus on removing litter from 35' to 55', as well as conducting an aquatic invasive species (AIS) survey. We will be working at four locations within the El Dorado County shoreline limits. During this work, some divers will be utilizing diver propulsion vehicles (DPV) to help us understand how much quicker we could potentially move if we performed an entire circumnavigation of the lake at these depths. All litter removed during these dives will be categorized, counted, and weighed so that it can be added to our litter database that we use to record how much, what types, and where litter is found. We share this data set with scientists, local governments, and businesses owners, so that we can all work together to prevent litter. We will also use this data to determine if a full circumference deep dive project is necessary in Lake Tahoe to remove litter. Any potential AIS will be documented, and the TRPA will be notified so that further analysis can take place. This is especially important now that the New Zealand mudsnail has been found along the south shore of Lake Tahoe.

In conclusion, Clean Up The Lake is requesting \$9,974 for its Lake Tahoe SCUBA Cleanup and Aquatic Invasive Species Surveys at 35' – 55' at four locations along the El Dorado County Shoreline which will remove litter between 35' and 55', survey for AIS, and help determine the need for more geographically extensive cleanup at these depths.

Core Community Support Programs

Amount Requested: \$10,000

To help guardians keep their companion animals, we offer programs designed to fill gaps in funding to limited-income, elderly, and disabled pet caretakers in Eastern El Dorado County, specifically South Lake Tahoe from Glenbrook to Meyers. By providing support to local pet owners through our Community Spay/Neuter programs, Community Pet Pantry, Community Pet Medical Grants, and Community Pet Wellness Clinics, we aim to keep pets in their responsible homes with people who consider them part of the family. Additionally, with each fire season more severe and closer to home, we must prepare for the worst-case scenario. In case of evacuation where sheltering of animals is necessary, upon admission, it's required that pets be vaccinated to mitigate disease transmission and microchips for identification. Our Wellness Clinics, which provide both for free, are critical in

preparing our community's pets for an emergency. In conclusion, the Humane Society of Truckee-Tahoe is requesting \$10,000 for its Core Community Support Programs, which will:

- improve the overall health of pets owned by limited-income residents of Eastern Placer County and South Lake Tahoe from Glenbrook to Meyers
- defer costs of pet ownership through low-cost spay/neuter surgeries
- provide access to free vaccinations and microchips to license pets more easily, and prepare them should the need for emergency sheltering arise
- fill a gap by supplying in-need pet owners with food and supplies through our Pet Pantry program
- help animals receive necessary/urgent care through our Community Pet Medical grants

Community Dig Days and Women's Mountain Biking Clinics

Amount Requested: \$10,000

Our project, Community Dig Days and Women's Mountain Biking Clinics aims to address barriers in mountain biking and trail maintenance activities around Lake Tahoe. As part of the Tahoe Area Mountain Biking Association (TAMBA), we recognize the importance of inclusive and accessible outdoor recreation opportunities. However, we've identified several challenges hindering participation, particularly among women and marginalized communities.

To tackle these issues, our project will implement a series of Community Dig Days and Women's Clinics. These events will provide hands-on trail maintenance training, bike repair workshops, and guided rides tailored to beginners and intermediate riders. By offering these resources, we aim to empower individuals with the skills and confidence needed to fully engage in mountain biking and trail stewardship. TAMBA is dedicated to ten events focusing on building community and breaking down barriers for women in mountain biking.

The Community Dig Days will focus on trail maintenance and construction, allowing participants to contribute directly to the upkeep of local trails. Through hands-on activities supervised by experienced volunteers, attendees will learn essential techniques for sustainable trail building while fostering a sense of ownership and pride in their outdoor spaces. Each Community Dig Day as a work plan to accommodate families with kids who come to volunteer.

Simultaneously, the Women's Clinics will provide a supportive environment for female riders to develop their biking skills and confidence on the trails. Led by skilled instructors, these clinics will cover topics such as bike handling, trail etiquette, and basic maintenance, catering to riders of all levels. By creating a welcoming and inclusive space, we hope to encourage more women to embrace mountain biking as a recreational activity and form lasting connections within the outdoor community.

In conclusion, TAMBA is requesting \$10,000 for its Community Dig Days and Women's Clinics Project, which will reduce barriers in mountain biking and trail work days around Lake Tahoe.

Tahoe Composts

Amount Requested: \$10,000

The number one thing Americans throw away is food; almost 40% of our food ends up in landfills. Despite the recent passing of California law SB1383 that mandates curbside composting be offered by incorporated cities, South Lake Tahoe, like 143 other cities and jurisdictions in California received a waiver that allows them to forego doing so, claiming such a program would be prohibitively difficult and expensive. Tahoe Composts provides equitable and accessible curbside compost pickup services to local residences, businesses, and event centers, and acts as a model for other high-elevation communities. By 2030, we aim to serve 33% of South Lake Tahoe, diverting 1,238 short tons of food waste from landfills yearly.

Tahoe Composts is a 501(c)(3) non-profit organization with a mission to educate and empower residents and tourists of mountain communities to reduce the amount of food sent to landfills. With 19 residences participating in our pilot program in 2023, we executed 161 residential pickups and collected and diverted over 3,600 pounds of food scraps from the landfill. These food scraps are collected from bear safe compost buckets, dropped at the local waste management company, South Tahoe Refuse, and sent to Full Circle Compost to be properly broken down into soil for beautification projects and residential gardening. Curbside composting keeps food, and therefore wildlife, out of the trash thereby mitigating Tahoe's overall contribution to landfills and greenhouse gas production while also decreasing human food available to wildlife.

This grant money will enable Tahoe Composts to scale-up our pick-up program from 19 to 55 households, and fund free curbside composting for 14 low-income households. Our budget's top four most expensive categories are employee wages, workers compensation insurance, telephone and internet, and a subscription to a composting software.

In conclusion, Tahoe Composts is requesting \$10,000 for its residential composting service which will educate and pick-up food scraps from 55 residences, diverting 8.25 short tons of food scrap from landfills in 2024. Our past data indicate that 300 pounds of food waste are diverted from landfills by curbside composting per household per year.

Tahoe PAWS Program Support

Amount Requested: \$9,979

Since 2020, the Tahoe PAWS organization has been providing support to Lake Tahoe residents and visitors in the following areas: missing pet search and rescue, promotion and education regarding pet evacuation preparedness, and a community response team for emergencies/disasters. Each year Tahoe PAWS receives an increased number of requests for guidance and assistance in locating peoples' beloved pets when they've gone missing - last year's requests totaled 744 with an over 90% success rate. These search and rescue efforts can involve a significant amount of time and equipment, and often include constant communication with the pet owner, printing and hanging of flyers, social media posts, tracking, setting and monitoring trail cameras and traps, etc. An important aspect of our services is to educate the pet owner on 'survival mode' - where pets revert to primal instincts and perceive everyone as a threat. Volunteer staff members spend hundreds of hours annually providing educational programs for organizations and information booths at events. Trained and certified volunteers dedicated to the greater Tahoe communities staffed the evacuation pet shelter for the Caldor Fire in 2021, and are prepared for future emergency response.

To effectively handle the needs for pet rescues (averaging two calls per day), a range of resources are needed. Required equipment includes trail cameras and supplies, day and night vision binoculars, and live animal traps. Educational supplies are needed for programs and information booths, including evacuation planning cards, program brochures, and a PowerPoint projector. Evacuation shelter needs include outdoor collapsable kennels and crates. Our organization relies on grants and donations for all funding, and all staffing is volunteer.

In conclusion, Tahoe PAWS is requesting \$9,979 for its Tahoe PAWS Program Support which will provide necessary equipment/supplies to further enable the organization to support our community with missing pet search and rescue efforts, educational programs, and emergency/disaster response.
