

Winter Newsletter



Welcome one, welcome all, to our Winter Edition.

Time to grab your cup of hot chocolate, cozy jammies, oh-so-soft socks, and sit down by the fire in your big warm chair to read this issue.

Well, we have arrived to our final seasonal shout-out; it's time to take a moment to reflect on 2021. True, it wasn't all shiny and bright and everything nice, though there were many moments, small successes, that were achieved here at LDF. So, let's dive in:

This year we made it our focal point to get out in the community and volunteer—and we finally purchased matching T-shirts to make a grand slam entrance! LDF was out at Casa de Luz playing dodgeball, passing out uniforms and making cookies with Global Community High, dancing and distributing food and hygiene kits at the Feel Good Friday event with NPHY, and participating with friends and family at Just One Project's food drive.

Whew! We need to take a breath and pause. Are you still sitting in that cozy chair of yours...?

LDF attended the groundbreaking ceremony for Global's new building, hosted a massive book drive for Spread the Word Nevada, clothing drive for Project 150, and toy drive for Foster Kinship while partnering with Beer Park and FSJ Fitness (thank you partners so very much). We had a big presence this year at community fundraisers, galas, and silent auctions.

New in 2021 was a partnership with Leverage Las Vegas, a beyond incredible consulting company who supports our local charities with fundraising solutions, hands on project management, and strategic collaborations. We adore you Melanie and Vivian!

As we close this year, we want to thank you all for the love and support of our community and hope you all have a safe and beautiful holiday season.

Annual Grant Update

All of us at LDF are honored to learn more about the projects from each non-profit that are moving forward in our grant process. Please note that RFPs are due no later than Friday, December 31st.

Submit applications to kat@lincolndynamic.org.

If you have any questions during this process, please reach out by email or phone.

We are here to help!



LDF TEAM AT GRANT & GIFT GALA

Local Holiday Events:



Glittering Lights at the Las Vegas Motor Speedway

November - January 2

A drive-through holiday light experience on the 2.5 mile track

Area 15 Wanderland

November 27 – January 3

An unusual winter wonderland full of holiday surprises at Area 15

The Ice Rink at Cosmopolitan

December 18 - January 2

December 24 & 25

Skate across 4,200 square feet of real ice and roast s'mores by the fire

Lee Canyon

Opens December 10

Get outside of Las Vegas for the day and head towards Mt. Charleston for tubing (on and off the resort), along with skiing, snowboarding, and all things snow

Magical Forest

at Opportunity Village

November 26th - January 2nd

Millions of sparkling lights, exciting rides, and holiday cheer

Enchant Christmas Las Vegas

November 26 – January 2nd

A new attraction located at the Las Vegas Ballpark

Bass Pro Shop

November 6 – December 24

Write letters to Santa and take your picture with him. Reservations recommended.

Summerlin's Rock Rink

November 12 – January 20

Located at The Lawn in Summerlin

Holiday Cactus Garden

November 5 – January 2

Stroll through a 3-acre cactus garden lights twinkling & making spirits bright



Holiday Celebrations Around the World

Insight into popular winter holiday observances

We brightly say many times around this season “Happy Holidays”, but what does it really mean to people around us? To some, it may mean Merry Christmas or Happy Hanukkah, to others it might just be more of a feeling than a specific celebration, and to more in our community and the surrounding world, the winter holidays have another meaning. So... what are the different winter holidays celebrated around the world and when are they?

Hanukkah

November 28–December 6th, 2021

Hanukkah, known as the Festival of Lights, is an 8-day celebration that begins on the 25th day of Kislev on the Hebrew calendar and falls anywhere from late November to December.

Las Posadas

December 16–24th, 2021

Las Posadas is a 9-day celebration that is dedicated to Mary and Joseph’s trek from Nazareth to Bethlehem prior to the birth of Jesus. Las Posadas is primarily celebrated in Mexico, Guatemala and in some Southwestern parts of the U.S.

Yule/Christmastide

December 25–January 5th, 2022

Yule is one of the earliest recorded celebrations during the winter holiday seasons, and is a celebration of rebirth and the longer days of sunshine ahead.

Soyal

begins December 21st, 2021

A winter solstice ceremony of the Zuni and Hopi peoples, beginning on the shortest day of the year and lasts up to 16 days. Native tribes celebrate the new life and new beginnings that will come in the new year.

Christmas

December 25th

Christmas is a winter holiday that celebrates the birth of Jesus Christ on Dec. 25. The holiday is celebrated worldwide, including countries where Christianity isn’t widely practiced.

Boxing Day

December 26th, 2021

Boxing Day is a charitable winter holiday that is recognized in many commonwealth countries such as Australia, Britain and Canada. It is celebrated as a day of giving back.

Kwanzaa

December 26–January 1st, 2022

Kwanzaa is a relatively new winter holiday. In 1966, Kwanzaa meant to unify African Americans by honoring African heritage.

Chinese New Year

February 1–15th, 2022

Also called the Spring Festival, the Chinese New Year celebrates the beginning of the Chinese year based on the traditional lunisolar calendar and officially ends 14 days later with the Lantern Festival.

There are so many ways to celebrate the holiday traditions of different cultures this holiday season, and the key is to approach with care, respect and curiosity. Hopefully now when you murmur “Happy Holidays” this year, you can lead with love and admiration. Happy Holidays Las Vegas!

COOKIES!!!



Winter might just be our favorite time of year. Reason why? The cookies, of course! Baking, sharing, & eating these treats are sure to spread holiday cheer whilst adding a delicious aroma to your home. Try making these 2 recipes this season:

CHOCOLATE COCONUT COOKIE BARS

Gluten Free, Dairy Free, and Nut Free

Ingredients:

- ½ cup of vegan butter
- ½ cup of brown sugar or coconut sugar
- 3 tablespoons of ground golden flaxseed
- 2 teaspoons of vanilla
- ¾ cup gluten free oatmeal
- ¾ cup of sorghum flour
- Dash of salt
- 8 ounces of allergy friendly chocolate chips
- 1 teaspoon of coconut oil
- ¼ cup unsweetened shredded coconut



Directions:

Preheat oven to 350 degrees and line an 8x8 inch baking pan with parchment paper. Put aside. In a medium bowl, beat together butter, sugar, flaxseed, & vanilla until mixed well. Add the oats, flour and salt to the medium bowl and blend well until a thick dough forms. Now evenly spread the cookie dough into the bottom of your 8X8 pan. Bake for 20-25 minutes. Let the pan cool for at least 15 minutes. Once cooled, gently press down on the cookie base evenly with a spatula (this helps it stay together better and not crumble later when the bars are cut). Melt the chocolate chips and the coconut oil in a small microwavable bowl (check every 30 seconds) or over the stovetop. Spread the chocolate evenly over the cookie base and sprinkle coconut on top. Allow the bars to cool completely & let the chocolate completely set. We prefer to cut the cookies into 16 bars. Nom nom!



SPICY GINGERBREAD MEN

Ingredients:

- ½ cup butter or oil substitute
- ½ cup of coconut sugar
- ½ cup of molasses
- 1 egg yolk
- 2 cups of flour
- ½ teaspoon of salt
- ½ teaspoon of baking powder
- ½ teaspoon of ground cinnamon
- 1 teaspoon of ground cloves
- 1 teaspoon of ground ginger
- ½ teaspoon of ground nutmeg

Directions:

In a large bowl, mix together the butter (or oil) and sugar until smooth. Stir in molasses and egg yolk. Combine the flour, salt, baking powder, baking soda, cinnamon, cloves, ginger, and nutmeg, blend into the molasses mixture until smooth. Cover, and chill for one hour or more.

Preheat the oven to 350 degrees F. On a lightly floured surface, roll the dough out to 1/4-inch thickness. Cut into desired shapes with cookie cutters. We prefer a combination of human shapes and holiday shapes. Place cookies 2 inches apart on ungreased cookie sheets.

Bake for 8 to 10 minutes in the preheated oven, until firm. Remove from cookie sheets to cool on wire racks. Frost or decorate as you please once cooled. Enjoy!





Manifest The S**t Out Of 2022

How you can use science to manifest what you want

Manifestation, which means turning an idea into reality, has become a trendy topic over the years. Generally, we want to manifest things that improve health and happiness. This wellness intervention technique has been written in many books (think *The Secret* and *The Law of Attraction*), and researchers are proving that this idea is the real deal.

Dr. Carol Dweck, a professor at Stanford University, has proven that by believing you can do something, you are more likely to have success at that set goal (“growth mindset”). This research suggests that if we truly believe we can achieve something, we are willing to do the hard work to make it reality. Amazing, right?

Further, being optimistic has been linked to manifestation success. Dr. Sonja Lyubomirsky has shown through her work at UC Riverside that happiness leads to success; people who are generally happy and positive attract more opportunities, have better relationships, and seem to be able to manifest more effortlessly.

So how can we use this science to manifest what we want?

- Be clear on what you want to illuminate in your life.
- Manifest what matters to you. Ask yourself: Will this fulfill me, and does this feel right?
- Use visualization techniques to radiate positive emotions. Close your eyes, take a deep inhale and exhale, and imagine a scene from your future with your goal manifested. What does this look like, feel like? What do you see and how do you feel?

Kat Klehm, our very own foundation manager, suggests grabbing a journal and writing your goals. Some topics she proposes are Health & Wellness, Love & Relationships, Career, and Quality of Life.

Through science, your own efforts, and the above examples from Kat, it is time to set off the internal fireworks and spark the universe in your favor. Let’s turn our ideas into our 2022 reality!



Bye-Bye, For Now



And we made it: to the close of our winter newsletter, and the close of 2021. We end this chapter of celebrating our community, our passion for giving, and our quest in well-rounded health.

So, what's the future going to hold? Well, we don't know, but we can now use the tools of getting outside to local festive events, cookie making (and eating) and manifesting to become more positive humans.

Join LDF in taking this time, this opportunity, to pause, take a few deep breaths, and reflect. Breathing in light, breathing out judgments. Breathing in peace, breathing out inner criticism. Breathing in new beginnings...

Let us welcome in 2022: a new year full of things that have never been. Happy Everything: Happy Hanukkah, Happy Las Posadas, Happy Christmastide, Happy Soyal, Merry Christmas, Happy Boxing Day, Happy Kwanzaa, Happy 2022 and Happy Chinese New Year. Let's chat soon.

