**WELCOME TO OUR** 

# Monthly Newsletter we're so glad you're here!



#### WHO IS CANYON COMMUNITY ALLIANCE?

#### Our Mission

ccA's mission is to cultivate an alliance to provide education, resources, and opportunities for the community to improve the quality of life while building a sustainable environment, utilizing the 9 Pillars of Self-Love: intellect, occupation, environment, community, physicality, adventure, spirituality & creativity.

#### **Pillar 6: Occupation**

Occupation as a pillar of self-love. Embracing a fulfilling career enriches our sense of purpose and personal growth. By aligning our work with our passions, we nurture self-worth, inspire confidence, and contribute positively to our community. Cultivate your professional journey with love and intention.

## Created To Inspire A Harmonious Community

Canyon Community Alliance is a registered 501(c)3 nonprofit corporation in the State of Arizona.

Donations to CCA are tax deductible to the extent allowed under the Internal Revenue Code of the Untied States.

EIN # 88-1901692

DONATE | 💙

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### CCA Projects



First Come First Serve







We had a fantastic experience at the Grow Your Food Workshop with Ida Rose! During the workshop, we gained valuable insights into watering techniques and seed planting. A big thank you to Ida Rose for generously sharing her knowledge & time with the community.



## Community Endeavors



#### COMMUNITY FRIDGE

Food waste is a significant issue, contributing to environmental problems and food insecurity. Community fridges, or "freedges," offer a grassroots solution by reducing food waste, supporting those in need, fostering community, and raising awareness about these issues. These fridges are publicly accessible, volunteer-managed spaces where surplus food can be shared rather than discarded, making a positive impact on local food systems.









## Upcoming Events

### **VALLE EVENTS**

## CELEBRATE THE 4TH OF JULY IN VALLE!





## GRAND CANYON VILLAGE EVENTS

#### **GRAND CANYON FOOD PANTRY**

Monday's 11:00am-1:00pm Wednesday's 5:30pm-7:30pm Saturday's 2:00pm-4:00pm

87 Sunset Drive, Grand Canyon Village

#### TUSAYAN EVENTS

## TOWN OF TUSAYAN SUMMER YOUTH PROGRAM

July 9th-25th
Tues, Wednes, Thurs 11:00am-1:00pm
Tusayan Sports Complex

**CLICK HERE FOR DETAILS & WAIVER** 







## Upcoming Events

#### FLAGSTAFF EVENTS



Click HERE for a lineup of all events!



#### FLAGSTAFF ART IN THE PARK

Friday, July 5th - Sunday, July 7th 9:00am-4:00pm Wheeler Park





If you would like to add events to the newsletter please contact us.

Click here to contact us!



May - Oct 2024 8:00AM-12:00PM City Hall 211 W Aspen Ave Sorry, No Dogs Allowed

#### WILLIAMS EVENTS



## HABITAT FOR HUMANITY GRAND OPRY

Saturday, July 6th
12:30pm - 5pm
300 W Railroad Ave.
Live music, Food, Beer Tent,
Carnival Games, Cake Walk,
Auction, Arts & Crafts Show,
Surprises!

## Sustainable Living

## Five inexpensive, DIY ways to filter Rainwater

Collecting and filtering rainwater is a sustainable practice that can significantly reduce your dependence on external water sources. Here are some cost-effective, DIY methods to filter rainwater effectively:

<u>First Flush Diverters</u> - Purpose: Redirects the initial rainwater, which is likely to contain roof contaminants.

#### How-To:

- o Install a T-junction in your downspout.
- Attach a vertical pipe with a removable end cap or ball valve.
- As the pipe fills, the ball rises and seals it, allowing cleaner water to enter your storage tank.

Sand and Gravel Filter - Purpose: Removes larger particles and sediments.

#### How-To:

- Use a large container.
- o Layer coarse gravel at the bottom, fine gravel in the middle, and sand at the top.
- Pour rainwater through this layered filter before storing it.

**Charcoal Filter** - Purpose: Adsorbs odors, chemicals, and impurities.

#### How-To:

- Use activated charcoal or make your own by heating regular charcoal.
- Place the charcoal in a container with a mesh bottom.
- Filter the rainwater through the charcoal to improve taste and remove contaminants.

Simple Solar Still - Purpose: Uses solar energy to distill water, removing impurities and pathogens.

#### • How-To:

- Dig a pit and place a container at the center.
- Cover the pit with clear plastic, sloping towards the container.
- Place a small rock on the plastic above the container to create a drip point for condensation.

**<u>Ceramic Filters</u>** - Purpose: Filters out bacteria and fine particles.

#### How-To:

- Use a ceramic filter in a bucket or container.
- Pour rainwater through the filter, allowing it to pass slowly.

**Rainwater Storage** - Prevents contamination maintains quality.

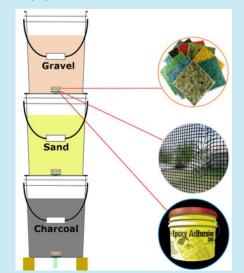
#### How-To:

- Use food-grade barrels or tanks.
- Keep the container covered and clean.
- Use a mesh screen to prevent debris and insects from entering.

#### **Maintenance Tips:**

- Regularly clean gutters and downspouts.
- Replace filter materials periodically.
- Test water quality occasionally.

Implementing these simple and inexpensive methods can ensure a clean and reliable water supply on your homestead, enhancing your self-sufficiency and sustainability.



# D

# Natural Living



**Prickly Pear** 

The prickly pear cactus (*Opuntia*), known for its vibrant fruit and remarkable health benefits, is a nutritious powerhouse. Revered for its ability to lower blood sugar and combat inflammation, it also boasts a wealth of vitamins and minerals.

Explore innovative ways to harness the tasty, healing properties of prickly pear in your everyday life by reading the article below.

Click here for the full article



## Recipe of the Month

#### **Prickly Pear Fruit Juice**



#### Click here to share your favorite recipe.

#### **Ingredients**

- Prickly pear fruit (Approximately 12 fruits will make 1 cup of juice.)
- · Water to cover
- Citric acid or lime juice, to taste
- · Sugar or honey, to taste

#### **Directions**

#### Selecting & Harvesting the Fruit

Select fruit that is at the peak of ripeness for the best quality and sweetness. Unlike many other fruits, prickly pear fruit will not continue to ripen once it has been picked. Mature fruit will be darker in color, such as dark red or purple, and will be firm while also giving gentle pressure. They should have a high percentage of pulp, low seed content, and a peel that's easy to remove.

When harvesting fruit, always use tongs and thick gloves to avoid contact with large spines and tiny glochids on the pads and fruit. Twist rather than pull the fruit from the pad to avoid tearing.

**Preparation Method 1:** Glochids are removed from the whole fruit before the juice is extracted.

- 1. Rinse fruit.
- 2. Remove all glochids as described in the "Preparing the Prickly Pear Fruit" section on the linked article (page 5).
- 3. Once the glochids are removed, cut the fruit into halves or quarters.
- 4. Place the fruit into a blender or food processor and blend until the fruit is liquefied.
- 5. Remove the fruit from the blender by placing it in a fine mesh strainer or strain with cheesecloth over a large bowl.
- $6. \, \text{Strain}$  the fruit, pressing it on the side of the strainer to get as much juice as possible.

**Preparation Method 2:** Fruit is cooked to extract juice and glochids are removed through straining juice.

- 1. Rinse fruit and then use tongs to place it on a clean cutting board.
- 2. Remove any damaged spots. (It's not necessary to remove the glochids
- as you would when preparing raw or sliced fruit.)
- 3. Wash the fruit with a hard water spray and cut it into halves.
- 4. Place washed, cut fruit in a large pan and cover with water.
- 5. Cook the fruit for 10 minutes, then mash with a potato masher & cook another 10 minutes.
- 6. Strain the slurry through a very fine mesh strainer or a colander lined with cheesecloth or coffee filter.
- 7. Use a spoon to press the juice from the seeds and skin.

#### WHAT'S HAPPENING IN

# Coconino County

## Current stage updated June 28, 2024: Stage 1 Fire Restrictions for Coconino County

Disclaimer: The information found on this page is for general information purposes only. While we strive to provide the most up-to-date content, Canyon Community Alliance assumes no responsibility for errors or omissions in the content for entities outside of Coconino County. Changes to fire stages may occur at any time and without notice to us. Please consult directly with each jurisdiction to confirm the most current information.

Please click the link to see the most updated Fire Restrictions:

#### https://coconino.az.gov/2595/Fire-Restriction-Information









#### **Voice of Valle**

## Building a Strong Community in Valle, Arizona

#### My Journey to Valle, Arizona

On July 4th, 2021, I arrived in Valle, Arizona, for my two children, embarking on an off-grid living journey that marked a significant shift from my previous life in corporate America. This new lifestyle brought challenges and opportunities, as I sought to adapt to the rules and norms of a more disconnected, self-sufficient existence. This transition allowed me to reevaluate what it means to truly live and contribute to a community.

Since my arrival, I have been deeply involved in various facets of the Valle community. One of my key roles is serving as the treasurer of the nonprofit organization Canyon Community Alliance (CCA), a position I have held since 2022. The CCA is dedicated to enhancing the quality of life in our community through various initiatives, and it has been an honor to manage its financial health and support its mission.

Beyond my role in the CCA, I have worked with numerous local businesses and residents, including Raptor Ranch, Robbco, Valle Hardware, S & J Cafe, Stoney, AirBnB operators, and many community members. Each of these roles has taught me the importance of community involvement and the power of collective effort.

#### The Importance of Community Contributions

Our community thrives because of the productive contributions of each member. Whether it's a local business providing essential services or a neighbor lending a helping hand, every action counts. These contributions create a strong, prosperous community where our voices are heard, and our concerns are addressed. The collaborative spirit in Valle is a testament to what can be achieved when we work together toward common goals.

#### Lessons Learned from My BA Psychology Degree

Throughout my journey, I pursued a BA in Psychology, which has profoundly shaped my understanding of human behavior and community dynamics. This degree has equipped me with tools to foster better communication, conflict resolution, and empathy. Understanding the psychological principles behind community engagement has allowed me to apply these insights to my work with the CCA and other local initiatives.

One key lesson from my studies is the importance of emotional intelligence in building and sustaining relationships. This has helped me navigate the complexities of community interactions and foster a supportive and inclusive environment. Additionally, learning about the growth mindset has encouraged me to view challenges as opportunities for growth, a perspective that has been invaluable in my off-grid living experience and community work.

#### **Looking Ahead: Expanding Impact**

With my newly achieved knowledge and experiences, I am eager to expand my impact on those in need within our community. I hope to use my psychology background to offer support and resources to individuals seeking to improve their lives. This might include counseling, workshops on personal development, and initiatives aimed at mental health and well-being.

My vision for the future is a community where everyone feels empowered to contribute and where we continue to support each other in meaningful ways. By leveraging the insights gained from my psychology degree, I aim to foster a community that is resilient, empathetic, and forward-thinking.

In conclusion, my journey in Valle, Arizona, has been transformative, both personally and professionally. The lessons I have learned and the relationships I have built underscore the importance of community and the potential we have to create positive change together. I look forward to continuing this journey with all of you, working towards a brighter and more connected future.

Thank you for your ongoing support and dedication to making Valle a wonderful place to live.

Warm regards,

Ben Holladav

Treasurer, Canyon Community Alliance, and Avid community member!!!



# Thank you to all the businesses and individuals who support the alliance!

~If you wish to collaborate with CCA~ Please email us

info@canyoncommunityalliance.org

Thank you Teresa and Michael for your help in building shelving and organzing the connex.

**Pink Jeep Tours Grand Canyon Towing Dan Duke Body Piercer Steady Harvest** Flagstaff Foodlink **Valle Mini Storage Collins Investment LLC** Miranda Baldosky Realtor **Wise Choice Alternatives** Valle Hardware Flagstaff Foodlink **S&J Mobile Cafe Central Creative** Valle Dirt Works LLC **Raptor Ranch Grand Canyon Inn Clear Sky Resorts Outdoor News AZ** 

Thank you to ALL the volunteers! We appreciate you. The events and programs would not be possible without you.

WE HRE EMPOWERING COMMUNITIES THROUGH RECIPROCITY, GENEROSITY HND PHILANTHROPY. WE HRE MAKING A DIFFERENCE TOGETHER!

