

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 5: Physicality

This pillar is all about cherishing our bodies and recognizing that movement is essential to our well-being. We're designed to move, and by embracing activities like sports, exercise, and outdoor adventures, we not only strengthen our bodies but also uplift our spirits. Let's create spaces and opportunities that inspire everyone to enjoy the gift of movement for a healthier, happier community.

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 United States.

EIN # 88-1901692

www.canyonconcommunityalliance.org

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CCA Projects

DONATE



Your thoughtful donation will enable us to cover essential expenses such as website maintenance, zoom meetings, property and liability insurance, phone service, CRM programs, grant writing applications, office supplies, and the POS system (Square). These operational elements are the backbone of our day-to-day activities, ensuring we can continue making a positive impact.



We are thrilled to share a major development in our youth microfarm program. As part of our commitment to fostering sustainable practices and empowering young minds, we are excited to announce the completion of the Steady Harvest greenhouse to our micro-farm facilities.

At our youth micro farm program, we believe in cultivating not just crops but also lifelong skills in sustainability and self-sufficiency. With this new greenhouse, our young participants will have the opportunity to immerse themselves in hands-on learning and nurturing experiences right here in our community.

The greenhouse will serve as a hub of innovation and growth, allowing kids to explore the wonders of plant cultivation, environmental stewardship, and food production. Through this initiative, we aim to inspire a new generation of environmental leaders who are equipped with the knowledge and passion to thrive in a rapidly changing world. Stay tuned for more updates and exciting events as we continue to nurture young minds and cultivate a sustainable future together.

Community Hub

Share presentations, research studies, and more to showcase work in the community, fostering knowledge sharing and growth among members.

CLICK HERE

Community Endeavors

Saturday

Community Market



Where our town's spirit shines bright at every stand and in every conversation. Farmers and artisans gather here, showing off their best with passion in every item. It's not just a market – it's a heartwarming get-together, a shout-out to skill, and a big nod to community support. Join us, and you'll find treasures made with love – each one a story of hard work and talent.

Every Saturday in the Raptor Ranch

Parking lot - 7:00 am-11:00 am

All are welcome. If interested in participating please reach out to Sarah or Jacob at S&J Cafe.

- **Antioinques** - Homemade candles & resin designs
- **Dirt Road Designs** - Custom laser cut designs
- **Arizona Baker** - Homemade baked goodies
- **Gypsy Links Jewelry** - Handmade chain maille jewelry & accessories
- **Galaxy View Farms** - Picked veggies, farm fresh eggs, handmade tie-dye (proceeds help support their animal rescue)
- **The Muffin Man** - Baked goods, custom Salts, natural ginger, probiotic Sodas
- **Music by** Adrienne and the Hus-band

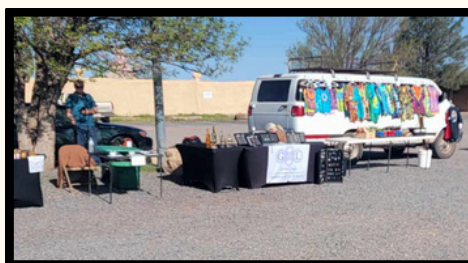


S & J Mobile Cafe



Exciting announcement! S&J Mobile Cafe is now extending their hours to Sundays, from Noon until Sunset at the Chevron station! Indulge in their mouthwatering Smash-burgers, Cheesesteaks, Garlic Truffle fries, and an irresistible selection of sweets.

Plus, don't forget to start your day right with their delicious coffee and breakfast offerings available daily from 6:00am to 11:00am at The Raptor Ranch parking lot. Come try your local food truck!



DONATE | ❤️

[Click here to contact us!](#)



*CLICK IMAGES FOR LINKS!

Upcoming Events

LOCAL EVENTS



ST. MARY'S FOOD DISTRIBUTION
LOCATION: GRAND CANYON INN MOTEL
THURS, MAY 9TH, 10:30AM-12:30 PM
EVERY 2ND THURSDAY OF THE MONTH

First Come First Serve



LOCATION: RAPTOR RANCH PARKING LOT
FARMERS AND ARTISANS WELCOME!
EVERY SATURDAY
7 AM-11 AM



Growing Food Workshop
 Stay tuned for more details.

GRAND CANYON VILLAGE EVENTS

FLAGSTAFF EVENTS



May - October 2024
8-Noon
City Hall 211 W Aspen Ave
 Sorry, No Dogs Allowed



At Fix-it Clinics, we support sustainable consumption and divert waste from landfills by fixing items that usually end up in the trash. Our incredible team of volunteers can help you fix almost anything, including electronics, jewelry, clothing, bicycles, and more!
Saturday, May 18, 2024
10:00am-2:00pm
[Click to schedule your spot!](#)

WILLIAMS EVENTS

May 12th - 14th
Road Rash Rodeo, American Legion
928-864-7044

May 24th - 26th
Jack Fuller Roping Rodeo Grounds
Fuller Productions, 928-692-8465

GRAND CANYON REC CENTER 928-638-3389
 Hours: 6:30am-10pm

COMMUNITY EVENTS & PROGRAMS

- GC School Phantom Arts Fest**: Student Exhibits, Enchilada Fundraiser, Live Music! Fri, May 3rd Ramada 4-7pm
- Community Craft Night**: Every 1st Tue of the Month. Piano 7p
- Canyon Community Yoga & Wellness**: Yoga Mon & Wed: 6:30pm SPR; Circuit Training Sun 9:00am Ramada; Strength Training Thu 6:00pm Ramada; Core Strength Thu 6:00pm Ramada. canyoncommunityyoga.com Code: GCLOCALS
- Grand Canyon Food Pantry**: 87 Sunset Dr. Mon: 11am-1pm; Wed: 5:30pm-7:30pm; Sat: 2pm-4pm
- Colors of the Canyon**: Monthly Pride Meeting Every 2nd Mon of the Month. Green 6-30pm
- Grappelling Club**: Gracie Combettes Every Mon & Thu 7:00 am
- Join or Start a Club!**: D&D, Book, Hiking, Music, Bike, and more! Talk to Chuck (CA) for more info!

MEET THE REC CREW!

Indoor Open Gym (AA) May 19th 4:00 - 8:00 pm

3x3 Basketball Tournament May 26th - TBA

Community Softball League Season Starts June 3, 2024

Summer Weekly Schedule

- Sunday 9:00-10:00am**: Circuit Training (Fitness) - Ramada
- Monday 6:30-7:30pm**: Relax & Unwind Yoga - SPR
- Tuesday 6:00-7:00pm**: Strength Training (Fitness) - Ramada
- Wednesday 6:30-7:30pm**: Slow Flow Yoga - SPR
- Thursday 6:00-7:00pm**: Core Strength (Fitness) - Ramada

All classes are located at the Rec Center

- Pre-register to reserve your spot at canyoncommunityyoga.com
- Use coupon code GCLOCALS for a single class, or purchase a membership/package for the best value!
- Summer Schedule (May & June)

SCAN ME



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

DONATE ❤️

[Click here to contact us!](#)

Sustainable Living

6 Ways to Make Compost: Find Techniques to Fit Your Style

While composting is more than just tossing food scraps into a bin, crossing your fingers, and waiting a while, it's still a pretty simple process to turn organic waste into nutrient-rich soil wealth. And there's more than one way to do it, too, with different methods to suit various lifestyles and amounts of compostable material. Here are six techniques to kickstart your composting:

1. Traditional Backyard Composting: Have some outdoor space? Perfect. Set up a compost bin, be it a [homemade tumbler](#), [repurposed pallet bin](#), or [a simple wire fence container](#), or designate an area in your yard for the compost pile. Layer kitchen scraps, yard waste, and shredded paper or cardboard—nitrogen-rich “greens” and carbon-rich “browns”—for optimal decomp. Keep the pile happy by giving it a regular turn to speed up the process.

2. Vermicomposting: It's like having a little army of nature's recyclers right in your home. Red wigglers or European nightcrawlers work their magic on kitchen scraps, churning out nutrient-rich castings. Set them up in a cozy container with the right bedding and voilà! Odor-free worm bin bliss awaits with a bit of regular TLC.

3. Bokashi Composting: Fancy fermenting your kitchen scraps? Bokashi's got your back. Fill up an airtight container with scraps and [bokashi bran](#), letting those beneficial microbes work their magic. What's cool with this method is that you can toss in meat, dairy, and cooked foods that traditional composting might turn up its nose at. Later, add this fermented goodness to the soil or your regular compost pile.

4. Trench Composting: Sometimes, you just have to bury it. Dig a trench, drop in your compostable materials, and cover them up with soil. Let the anaerobic bacteria take the wheel as they break down the organic matter. This is a great way to give your garden beds a boost or prep planting holes for future greenery.

5. Hot Composting: Need results fast? Get ready to fire up the heat. Layer your greens and browns with care, and keep things moist and airy. Regularly turn the pile, follow a few other hot-composting rules of thumb, and watch those organic materials cook up into compost goodness. It's like a gourmet meal for your garden, served up in record time.

6. Aerated Static Pile Composting: Ready to scale things up? This method is for the big leagues. Use aeration to supercharge your composting game and keep those odors in check. With the right setup and a watchful eye, you'll be churning out high-quality compost fit for the pros.

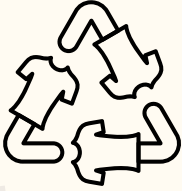
Each method has its perks and quirks, but they're all part of the composting journey. Whether you're a seasoned green thumb or just dipping your toes into the composting world, there's a technique waiting to suit your style.

For a deeper dive into these composting methods and a look at both DIY and ready-made composting setups, check out the [full article here](#).

[Click here for the full article and more details!](#)



Natural Living



UPCYCLING: TURNING TRASH INTO TREASURE

The core of upcycling is the process of converting old materials into new creations that have higher quality or value than the original one.

When spring cleaning, let's consider what items can be reused or repurposed instead of being thrown away.

[Click For Full Article](#)

[Click here for the full article](#)



Click the pictures for the link

Recipe of the Month

GINGER SHOT IMMUNITY BOOSTER



Ingredients

- 1.5 cups ginger root
- 6 Green Apples
- 1 Lime

Directions

- Assemble and weigh out ingredients.
- Wash the ginger, apple and lime.
- Peel the green skin from the lime.
- Cut the apple, ginger and lime into pieces small enough to fit into the juicer.
- Put all ingredients through the juicer.
- Stir and enjoy.
- Store in a glass bottle in the fridge for up to 3 days.
- Enjoy a shot a day first thing in the morning or in between meals.

[Click here to share your favorite recipe.](#)

WHAT'S HAPPENING IN

Coconino County

Overwhelmed?

Anxious?

Need a Reset?

May serves as a vital reminder that taking care of our mental health is just as important as looking after our physical well-being. In a world that often feels overwhelming, recognizing and addressing the spectrum of emotions we experience is crucial.

Mental health challenges, from stress and anxiety to more severe conditions, can significantly impact every facet of our lives. Thankfully, help is available.

Coconino County Health and Human Services offers a comprehensive Recovery and Resiliency program designed to support individuals through various services, including mind-body reset exercises, substance abuse recovery programs, and suicide prevention resources. These tools are a testament to the fact that no one has to face their struggles alone.

Accessing the right support can be a pivotal step towards healing and resilience. Remember, prioritizing your mental health is a sign of strength, and numerous resources are at your disposal to help navigate these challenges.

[Click here for the article](#)



Voice of Valle

Building Off-Grid: Navigating the Owner-Builder Journey with the Coconino County Sustainable Building Program BY Deb Kingsbury

Winnie-the-Pooh had Hundred-Acre Wood—we have thirty-six. Pooh's home was in the dense beechwood "Forest"—ours is in the land of scattered piñon and juniper. Like ours, Winnie-the-Pooh's house was off-grid, but his abode was in a tree—we live in a passive solar home made of EF ("earth-friendly") Block composed of 87% recycled expanded polystyrene. And instead of heffalumps and woozles roaming around, we have coyotes and bunnies, deer and elk, bobcats, a plethora of pack rats, and various other high-desert critters as our wild companions.

Our sustainable building project and lifestyle change started in 2018 when we purchased these acres and planned our move from the not-so-big (but growing a bit too much for us) City of Flagstaff to have more room to roam between us and our neighbors. A year later, we officially became owner-builders and, with lots of skilled help, both from paid subcontractors and the generous helping hands of new neighbors, first built our garage/workshop and then our solar plant, [rainwater harvesting system](#), and house, all completed in 2022.

Working with the Coconino County Sustainable Building Program

Our first step in the building adventure was to connect with the [Coconino County Sustainable Building Program](#) (CCSBP). This free resource is available to all County residents wanting to increase the sustainability of their homes or other construction projects, whether new or renovations, and whether you want to be an owner-builder or work with a general contractor.

The CCSBP's core values—community focus, affordability, natural systems, and optimal lifecycle performance—aligned perfectly with our vision for 36-Acre Wood (aka "36-Aker" if you spell it like Pooh). As our primary building material of choice changed along the way, the CCSBP provided guidance, educational opportunities, and code support for building with alternative methods and materials.

The Ups and Downs of Being an Off-Grid Owner-Builder

And what an adventure it was. Thanks in part to CCSBP's help, we got through it and now have a very comfortable, sustainable home on the range (free-range cattle, that is). Here are some of the benefits and drawbacks of the owner-builder experience:

Pros of Being an Owner-Builder

- **Control:** As an owner-builder, you have complete oversight over every aspect of the project, from design to material selection and subcontractor hiring. You get to make decisions directly.
- **Cost Savings:** Eliminating the general contractor's markup can potentially lower overall project costs. These savings can be substantial, especially for major projects.
- **Flexibility:** You have at least some flexibility to adjust plans and make real-time decisions without intermediaries. This means more adaptability during construction.

Cons of Being an Owner-Builder:

- **Significant Learning Curve:** Managing a construction project involves various trades, legal requirements, and logistics, not to mention learning a lot more about building codes, permits, and scheduling than you would if you hired a general contractor.
- **No Network of Connections:** Unlike general contractors with established networks of subcontractors, you'll need to build these connections from scratch. Finding reliable tradespeople can be time-consuming (emphasis on "reliable").
- **Stress:** Coordinating multiple tasks, handling unexpected issues, and ensuring quality can be stressful. As an owner-builder, the responsibility falls squarely on your shoulders.
- **Time Management Challenges:** Balancing construction tasks with daily life can be tough. Time management becomes crucial to keeping the project on track. You need to be on-site during construction, much more so than if a general contractor were handling the project.

On the journey of sustainability and self-reliance, our collaboration with the Coconino County Sustainable Building Program was invaluable. While being owner-builders presented significant challenges, the freedom, cost savings, and control over our new off-grid home ultimately made all those hurdles worthwhile.

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

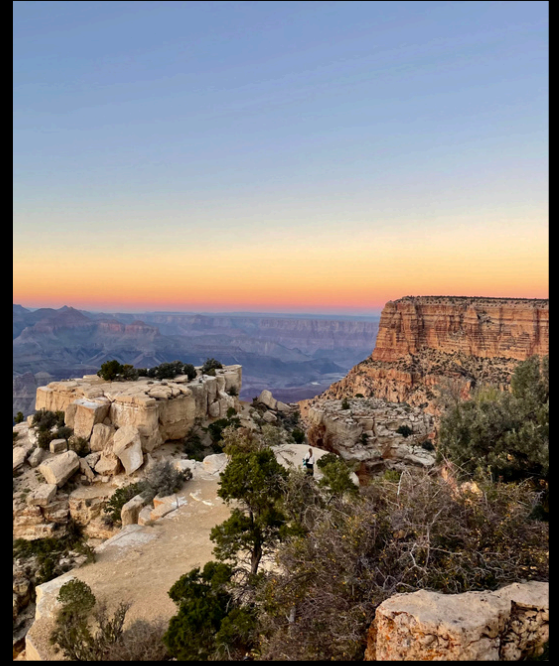
**Pink Jeep Tours
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Flagstaff Foodlink
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Central Creative
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Thank you to ALL the volunteers! We appreciate you. The events and programs would not be possible without you.

WE ARE EMPOWERING COMMUNITIES THROUGH RECIPROCITY, GENEROSITY AND PHILANTHROPY. WE ARE MAKING A DIFFERENCE TOGETHER!

DONATE | 

Grand Canyon Trails: Bright Angel, Kaibab, and Grand View



Red Butte Trail



Red Mountain Trail



Arizona National Scenic Trail



Hiking Spots Near Us!

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