

# COMMUNITY

## Mountain Biking Club at Yavapai-Apache Nation to be organized soon

By Dr. Monte Anderson, church volunteer

A group of individuals including Don Decker and Dr. Monte Anderson are seeking adults to supervise boys and girls, ages 9 to 19, to participate in classes emphasizing riding safety and care of mountain bikes. The introductory classes will be followed by supervised trail rides in the area.

We will start riding easy routes along the Verde River and move on to more difficult trails as riders develop their skills.

(Monica Marquez, new coordinator of the

Wilderness Program for the Nation is enthusiastic about the prospects of taking her youth participants on a bike trail around Granite Dells dirt trails north of Prescott.)\*

Mountain biking has overcome road biking as the most popular cycling activity and there are competitions throughout Arizona.

Most importantly, group mountain biking builds comradery and friendships as well as providing wonderful outdoor exercise. We have no doubt that we find very strong riders in each age group.

We will assist any

rider who needs help to have access to a mountain bike.

At the end of each class or ride, refreshments will be served.

For more information contact Monica Marquez @928-202-8638

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*\*Editor's note: Dr. Monte Anderson is connected with the St. Luke's Episcopal Church of Prescott. "Monte" as he likes to be called, is a retired Mayo Clinic physician who lives in Prescott.*

*He is a dedicated layperson for the Episcopal Church and has a commitment to working closely with the*



Dr. Monte Anderson, (4th from left) joins local bike riders from Prescott.

Yavapai-Apache Nation community. The weekly Sunday program dedicates the service to YAN: "We acknowledge the living culture of the

Yavapai-Apache Nation, the traditional custodians of the land we stand on, and the pay tribute to the role they play in the life of this region"

-Church Resolution #20163 the 56th Diocesan Convention.

Don Decker, Editor of Gahnavah-Yati News

## Yavapai Culture department teaches frybread making

BY DON DECKER, YAN News 09/24/18

As part of honoring the past and present during Indian Week (September 24-28), YAN youth were taught how to make frybread at YAN recreation center the week before on September 17.

Reba Franco and Jordan Lewis, both Yavapai culture assistants, set up the activity. The activity was based on a book "My Mother's

Frybread" written by Frieda Eswonia, Yavapai culture specialist with art illustrations by Ron Juan, Middle Verde artist. The Yavapai culture department adapted the book and used the translation to follow the recipe according to Mrs. Franco. "Jordan read the recipe in Yavapai," said Mrs. Franco.

Each of the children were given a plastic bowl and mixed the ingredients while being supervised by the

instructors Mr. Lewis and Mrs. Franco.

"They did great. Most of them were 10 years old or younger. They rolled the dough into tiny balls - rolled them out and took them to the kitchen where it was cooked by an adult," added Mrs. Franco. Mrs. Franco said that she motivated the children by telling them to pretend that they were "playing with mudballs."



Frybread Academy



Reward of cooking your own food.



Frybread trophies



Prized frybread

## Takin' care of the River (tunlii).



The clean up crew at the river

BY DON DECKER, YAN News

The Nation conducted a river clean up on September 21, Friday under the auspices of the Nation's EPA office Laura Clark and Vivian Stevens.

Councilwoman Thomasene Cardona lent a hand with supervising the youngsters.

Even Day Care students arrived at the river's edge to clean up.

As evidenced by the clean-up crew, the Nation's members still need educating in NOT discarding trash on the Nation's lands.

Photos by Thomasene Cardona, Councilmember



Councilwoman Cardona pitches in for clean with kids.



A hot day to collect trash on the river