

COMMUNITY

Chin'koh'zheh'-Sour berry picking

BY DON DECKER,
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Each year elder Elizabeth Rocha (Smith) gathers her grandkids and niece Darlene Smith Rubio and head for the mountains skirting the reservation south of Highway 260 near the county jail (across the highway from the Tunlii community).

It's a dirt road that ascends Mingus Mountain into Cherry



Jessica Hernandez and baby.

Creek and eventually reaches the small settlement of Cherry on top

of Mingus mountain 9 miles directly south of Middle Verde.

The wild berry patches begin appearing as soon as you start to climb Mingus Mountain along Cherry Creek.

The Apaches pick their spot and begin handpicking the tiny small berries the size of a match head that come in small bunches.

The Chin'koh'zheh' only comes out a certain time of the year and on schedule. With just about a window of 2 weeks before the berries start dropping to the ground, the berry pickers go from bush to bush slowly picking the bunches of berries.

The berries are never picked off the ground as other varmints can get to them including resting rattlers under the shaded berry bushes waiting for a desert bird to flit upon a branch to grab a berry for a treat. The rattlers are keen on this opportunity but berry pickers also are aware of reaching for



Mrs. Rocha picking sour berries.

berries that may have a rattler laying obscured by the low-laying branches.

It's not an easy task since the berries, if bunched up, can start to feel sticky under the palm of one's hand. According to Barbara McCabe, Apache traditionalist at the Apache culture department, to solve the sticky berries,

just wash the berries and wipe off the water. Next, spread the berries out on the table and let the berries dry up. After this grind up the berries and completely pulverize it (you can also use a traditional grinding stone), place it in a cloth sack and soak it in water being careful not to add too much water. Let the ground-up pulp dilute

in the container of water for a time. The juice can be tart so add some sweetener to the mix for flavoring.

You feel thirsty out there while picking? Just grab some berries and chew them carefully and not to swallow the seeds. Swallowing the seeds can cause severe stomach pain.

"This was a blessed morning with the family on this beautiful day that God created for berry picking", said Ms. Rubio who serves on the tribal council for YAN.

According to Barbara McCabe who works at the Apache culture office for the Nation, the old people talk about saying a prayer before leaving for the berry



Alejandro Rubio, daughter of Darlene Rubio picks the berries. picking areas.

Courtesy photos by Darlene Rubio: Aunt Elizabeth Rocha, Alejandra Rubio, Jessica Hernandez and baby Ailani Begay-Hernandez (Apache name "Cedar-berry").

Making Red Berry Juice...

English Words	Yavape	Dilzhe'e
red Berries	gith-eh	chinkosé
Gather berries.	Gith-eh Yahtcha.	chinkosé nahigrá.
Wash berries.	Gith-eh jithuullii.	chinkosé tanagis.
Remove sticks and leaves (clean).	Gith-eh thamií.	chinkosé chidilkooh.
Grind berries.	Gith-eh taa.	chinkosé nk'aa.
Mix with water.	Aha nul m'jah m'tyevi.	tu bihin ziid.
Stir.	Sqwaddi.	bi'ndn che'/nadngod
Pour into glass.	Kwasolsola m'chaa.	dolyene'beyeya nin ziid.
Drink!	Thii!	nqlaah!
Yum!	Hani-gm	Yum! i'ikaah!

Wilderness Program goes hiking, boating and camping Wilderness Program travels to northern Arizona

Submitted BY CODELL NORMAN
06/05/19
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Editor's note: The Wilderness Program will be traveling to Pagosa Springs, Colorado east of Durango in mid-July for an outdoor experience.

Following that, a costal excursion to California into the city of Los Angeles on Wilshire Boulevard to visit the La Brea Tar Pits. This unique geographical location is an ancient site of fossilized tar that captured the ancient bones of pre-historic animals thousands of years old.

Twenty-two YAN youth and 8 YAN adults ventured to the sandy flats of Lone Rock Beach on Lake Powell. The 4 days were filled with lots of relaxing, free time to play in the water, a day of fun with a pontoon boat to pull a tube, a mesmerizing tour of Antelope Canyon, and a short hike to the seeping spring of Hanging Gardens near the Glen Canyon Dam.

All photos by Codell Norman
Wilderness Field Coordinator
Yavapai-Apache Nation
c n o r m a n @ y a n - t r i b e . o r g



A Lake Powell boat excursion on a pontoon boat with extra passengers on a tube 50 yards back being pulled by the boat.



Looning south toward the camping area from a boat.



Happy campers on a hike.

Saleana Garner is new Admin-assistant in Public Defender Office

BY DON DECKER,
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oldest who is 17 years old.

Saleana Garner came on board May 28 with an introduction by her supervisor/manager Nadine Espinoza in the Public Defender's office.

Ms. Garner, along with Office Manager/Mediator Lisa De La Torre will be fulfilling their roles as team members to assist the general public with legal matters.

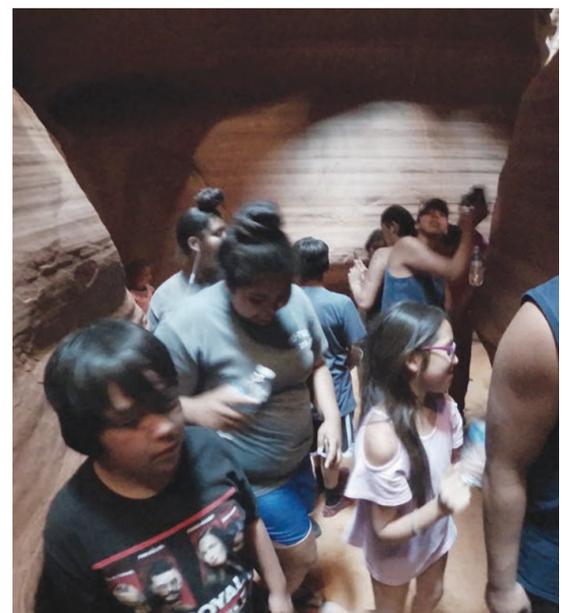
Saleana is the daughter of Robin Hazelwood of Middle Verde and Frank Garner. She has four children with the

She was formerly with the Montessori School in Middle Verde as Teacher Assistant. Ms. Garner also attended the College of America in Flagstaff where she studied to be a medical phlebotomist (drawing blood from patients) and was employed at the Nation's casino for a year as well.

"I enjoy hiking in nearby Sedona and connecting with our people on our ancestor's lands," she said about her free time.



Saleana Garner joins YAN Public Defenider's Office



A walk inside of Antelope Canyon is packed with a sandy floor with natural skylights at the time lighting up the dry wash with sandstone formations.