

July 2017



## Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

22302 S. Hwy 89, PO Box 641

Yarnell, Arizona, 85362

928-427-6347

[www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org)

The Yarnell Regional Community Center hosts local events, regular activities, serves weekday lunches, operates a thrift store, promotes fun and quality of life for our neighbors and manages programs to aid the food insecure in our area. **Sign up for e-news at [yarnellcommunitycenter.org/newsletter](http://yarnellcommunitycenter.org/newsletter)**

### The Dog Days of Summer

It's the 11<sup>th</sup> hour as I write this month's article, and it's a strange mix of feelings I'm experiencing. Fires are burning around the state, and our neighbors in Mayer, Dewey and surrounding areas have had to evacuate. This brings back not just memories, but also visceral reactions to the tragedies that we suffered four years ago. It also triggers empathy for what our neighbors are now going through. It will be a time for compassion, patience, hope. Gentleness with each other – and ourselves. And a time of gratitude for the work that firefighters from all over are doing.

Dog days of summers refer to the sultry days from early July to early September. The Yarnell Regional Community Center (YRCC) gave new meaning to this phrase with its June 24 workshop on "What is My Dog Telling Me?" This Club Yarnell workshop attracted 14 participants on a VERY hot day – and that doesn't include the dogs who will benefit from the session! Since December of 2016, Club Yarnell has attracted almost 600 participants – triple the number we projected in one of many grants submitted this year. This month's Club Yarnell activities – and Mayoral Campaign events – offer great ways to beat the heat during the dog days of summer!

This month we have hit a new milestone. It was not long ago that we had 5 Yarnell/ Peoples Valley Clients. We served many more in our outlying areas of Congress, North Ranch and Wilhoit but locally the need was small. Our current local client list has ballooned to 22. Last month alone we delivered 426 hot meals to our clients in Yarnell and Peoples Valley. Northern Arizona Council of Governments subsidizes 319 meals per month. On a monthly basis we dip into our general budget to pay for over 100 meals. It translates to about a \$750 a month shortfall to bring one hot meal per day to our needy seniors. Many centers only serve to the ceiling and then operate a waiting list. We feel that if someone is hungry we have an obligation to make sure they get food.

We are thrilled that Steve Spence has come forward as an Honorary Mayor's candidate to help us raise funds to cover the Meals on Wheels shortfall. \$4500 will fund the extra meals for 6 months. \$9,000 for the whole year. We have so many things planned for the race. If you cannot attend the events you can donate on our website [www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org) and mention in the notes that is for the Mayor's race. Thank you in advance for supporting Steve and our local seniors. **See page 2 for July CAMPAIGN EVENTS.**

See the July Lunch Menu on page 4 for **CLUB YARNELL EVENTS.**

*Kim*

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### Banana Pancakes with Apple Topping

Serves 6|Calories 330|Fat 10g|Protein 9g|Carbohydrate 55g|Sodium 220mg

For complete nutrition information and additional SNAP recipes visit [snaped.fns.usda.gov](http://snaped.fns.usda.gov)

2 eggs	1 ½ cups milk (1%)	1 tsp cinnamon
1 T honey	¾ cup flour (all purpose)	¼ cup water
3 T oil	2tsp baking powder	3 apples
¾ cup whole wheat flour	2 bananas	3 T sugar



Beat eggs. Beat in milk, honey and oil. Add flours and baking powder. Slice bananas and add to mixture. Coat a large, non-stick frying pan or griddle with not-stick cooking spray. Warm the pan over medium heat for 2 minutes. Spoon ¼ cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size.) Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed. Wash apples, remove cores, and slice thinly with peel still on. Combine apples with the sugar, cinnamon, and water. Cook in skillet for 10 minutes and spoon on top of pancakes.

**We currently have 3 openings for volunteers:** Front desk in the dining room, thrift store and one MOW driver. Each of these positions offers a rewarding way to make a difference in our community. Please call Kim Lytle 928-427-6347 for more information and to offer your services.

**THANK  
YOU**

**Wist Office Products** in Tempe who generously donated a cash register and thermal paper rolls for use in the thrift shop.

#### July Honorary Mayor Campaign Events

Saturday, July 15, Crepe Suzette Brunch and Fashion Show at the YRCC, showcasing stunning fashions from the Thrift Store, modeled by our local talent. 11am – 1pm.

Saturday, July 22, Iris Sale at Dan's Garden 9am – 2pm. 17618 Foothills Rd. in Glen Ilah  
This builds on the hugely popular Iris Workshop Dan hosted in April.



#### THRIFT STORE

Mon-Fri 9am-2pm and Sat 9am-1pm

**BAG DAYS – July 21&22**

**New items arrive every day. Shop often and come early.**

We are now part of <http://www.thriftstores.net/store/11714/yarnell-community-center/>

Love to shop Amazon? You can help the YRCC with every purchase, at no cost to you, by signing up at <https://smile.amazon.com/>

Shop our Ebay page <http://www.ebay.com/usr/seniorsplus-22302?trksid=p2047675.i2559>

One of the many benefits of being a YRCC Member is the **50% discount** at the Thrift Store 4 times a year!

**Please Remember** – When you are donating a high-end expensive item to the Thrift Store to mention this to the staff so your item can be priced, and placed, appropriately. **Do not leave outside after hours.**

**Free Blood Pressure Checks Every Tuesday 11am-12 Noon  
Provided by the Yarnell Fire Department**