

S	M	T	W	T	F	S
August						
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

CALENDAR EVENTS

August 1

Neighborhood Council
Great Hall
7pm

August 7

National Night Out
Codman Square Park
4:30-7:30pm

August 8

CSNDC Board Meeting
CSNDC Office
5-7pm

August 9

Jerk Food Fest
Codman Square Park
6-8pm

August 22

Together We Stand
The Box Theater
Codman Square Health Center
14 Epping Street
Dorchester, MA 02124
6:30-8:30pm

August 24

Family Movie Night
Cornerstone Four Corners
7pm

August 28

Talbot Norfolk Triangle (TNT)
15 Elmhurst Street
6:45pm

Building Art

Funded in part through an anticipated grant, Codman Square NDC is planning on installing artistic nature scenes and other art in our buildings. We will focus our resources first on getting art for the entries then individual hallways. Nature landscapes will predominate as research has shown them to have the most beneficial health impacts for resident and occupants. Some of these health effects include reduction in depression, healing faster, brain rest, refocus, immune system boost, improvement to mood, pain perception reduction, stress reduction, and relaxation. This project is part of CSNDC's goals toward green and healthy buildings. To contribute art for consideration or for more information email Drew@csndc.com or call 617-825-4224 ext. 128

Dare to Own The Dream (DOTD)

DOTD is an initiative of Codman Square Neighborhood Development Corporation (CSNDC) to put aspiring homeowners on a successful pathway to sustainable and affordable homeownership. This workshop will outline:

- An overview of the home buying process
- The role of budget and credit
- The mortgage application process
- Top ten questions you should ask your home inspector
- Why work with a real estate agent
- Why you need your own real estate attorney
- How to shop for home insurance
- The responsibilities of homeownership

Cost: \$30 for individuals and \$50 for couples.

Save the September dates and register in August. Registration for workshop closes a week prior to first session.

Schedule: **Tuesday, September 11, 18, and 25** • Time: 6:00-9:00 p.m.

Location: The Talbot Bernard Community Room
193 Talbot Ave., Dorchester, MA 02124

To register: www.csndc.com or in person at our office. For more information email or call Carolyn@csndc.com or (617) 825-4224 Ext. 127

The Resident Leadership Institute (RLI)

CSNDC's Community Organizing Resident Resources department is currently recruiting residents to participate in our RLI training program. RLI aims to strengthen the voices and skills of community, resident, and volunteer leaders. This training will provide existing, emerging, and potential resident leaders with a working knowledge of local government and city agencies as well as provide the skills and confidence to advocate on behalf of the community.

Participants will also be introduced to community organizing curriculum that will allow them to efficiently work with neighbors and community stakeholders to organize and convene community building projects. Participants will create an action plan for making positive change in their community as part of the multi-week workshop series.

Lunch and all course materials provided by CSNDC. For more information regarding participating and the schedule contact: Marilyn Forman 617.825.4224 ext. 148 or Marilyn@csndc.com

Congratulations to the graduates of the Resident Leadership Institute Course! Next session begins in September.

JADA BONE • JANICE BACON • TAKIYA WHITE
DARLENE HARRISON • JUDY DAMS

August 2018

CODMAN SQUARE NDC
Owner's Office Hours
Weekdays 8:30am - 5:00pm
702 Washington Street
Dorchester, MA 02124
617-825-4224

Homeownership Classes
Carolyn McGehee at Ext. 127

Financial Coaching
Keyna Samuel at Ext. 134

Business Technical Assistance
Charles Vlahakis at Ext. 124

Building My Future - Credit Building
Marilyn Forman at Ext. 148

Fairness and Jobs Network
Janet Doyle at Ext. 140

Computer Learning Center
106 Olinde Road
Dorchester, MA 02121
Prince Charles at 617-606-7078

WINN RESIDENTIAL
Management Office Hours
Weekdays 9:00am - 4:00pm

702 Washington Street
Dorchester, MA 02124
617-825-8888

958 Washington Street
Dorchester, MA 02121
617-445-1422

178 Columbia Road
Dorchester, MA 02121
617-287-9580

193 Talbot Avenue
Dorchester, MA 02124
617-265-3200

232 Seaver Street
Dorchester, MA 02121
617-427-4278



National Night Out

"America's Night Out Against Crime" sponsored by Codman Square NDC will be **Tuesday, August 7** from 4:30-7:30 p.m. This nationwide crime and safety event was first introduced in 1984 on the first Tuesday in August. It was created to heighten public awareness and strengthen participation in local anti-crime and drug efforts. Our community believes that a strong partnership between the police and community will only make our neighborhood better. We plan to be a part of National Night Out by organizing free food, music, games, voter registration and more.

Location and Information: Codman Square Park at the corner of Talbot Avenue and Washington Street. For more information or to volunteer, please contact Marilyn@csndc.com or (617) 825-4224 ext. 148. Please join us in this national stand against crime. Together we can make a difference!

3rd Annual Codman Square Caribbean Jerk Festival

event from Codman Commons next door to the larger church yard. Just \$10 gets you access to all the food! Come out and support local Codman Square businesses while having a great time.

Codman Square Caribbean Jerk Festival
Thursday, August 9 • 5:30-8:00 p.m.

Second Church in Dorchester Yard
600 Washington St., Dorchester, MA 02124
Contact Charles Vlahakis for more information by email, Charles@csndc.com or phone 617 825 4224 ext. 124

Codman Square NDC Presents: TOGETHER WE STAND 3.0 Community Series

Please come for an engaging discussion on "Place and Race."
Let our voices be heard! Refreshments will be served.

Wednesday, August 22 • 6:30-8:30 p.m.

The Box Theater of the Codman Square Health Center, 14 Epping Street, Dorchester, MA 02124

WinnResidential

NeighborWorks
CHARTERED MEMBER

United Way
OF DORCHESTER COUNTY



Sunflowers

- Sunflowers are native to the Americas.
- As young blossoms, they follow the sun as the earth moves throughout the day.
- They can remove toxins from contaminated soil and have been used at some of the world's biggest environmental disasters.
- The world's tallest sunflower reaches 30 feet and 1 inch.
- It is the only flower with the word "flower" in its name.

Love to Read

Celebrate Book Lover's Day on August 9 by reading one of your favorites or a brand new book.

Go to the library, check out a book, find a comfy chair, sit and read! Or spend the evening at the library with your children, looking through books and reading to them.

Your library may be part of an online program where you can check books out to read for a set time. Try some of their audio books as well!

Google "free ebooks" or try Bookbub.com.



HAMBURGER PIE

- 2 lbs. hamburger meat
- 1 large can (28 oz.) of green beans
- 2 cans tomato soup
- 2-1/2 lb. potatoes
- 1 onion chopped
- Salt and pepper to taste

Preheat oven to 350 degrees. Brown the hamburger meat with the chopped onion. Cook thoroughly and drain. Drain and add the green beans and tomato soup. Let this all cook together on low until all ingredients are beginning to bubble. While this is cooking together, separately cook the potatoes and mash. Add butter, milk, salt and pepper to the potatoes as if this was going to be a dish by itself. Spray a large casserole dish. Place the hamburger/green bean/tomato soup mixture into casserole dish. Spread evenly. Top with the mashed potatoes, then top with sharp cheddar cheese. Put in a hot oven and heat just until the cheese is melted. All you need with this is a salad and you have a complete meal.



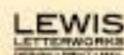
PREPARING FOR BACK TO SCHOOL

Whether we want to believe it or not, school is gearing up to start back! Here are some easy steps to get your family ready.

- Go through clothes and either save, sell or donate. Jazz it up by having a fashion show to see what still fits! Make a list of needed school clothes and begin shopping now. If your child wears uniforms, go online or check with families who have older children.
- Even though you may not have an official "supply list," you know the basics your child needs: backpack, lunchbox, pencils, pens, crayons. Purchase what you can now.
- Gently ease your children back into a nightly school routine. Teach them to pack their own lunches – you provide the food!
- No matter the age of your children, you can volunteer in the classroom. It's a great way to meet the kids, other parents and to help the teacher. Child in high school? Volunteer to be a test proctor or assist their homeroom teacher with various tasks.
- Share your passion for learning with them – daily!



Check out our Pinterest page, Hassle Free Newsletter



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By the Numbers BRAIN TEASE

36

			7	6	33
		6			28
	4	10	9	7	38
2	9	10	10		32
	5	8	7	6	29
22	35	42	41	20	37

Try to fill in the missing numbers.

The missing numbers are integers between 0 and 10.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

SOLUTION: ROW 1: 3,9,8,7,6 ROW 2: 6,8,6,8,0 ROW 3: 8,4,10,9,7 ROW 4: 2,9,10,10,1 ROW 5: 3,5,8,7,6

Simplify Your Life Week

The first week of August is "National Simplify Your Life Week." Let's take up the challenge and tackle what we bring into our house every day. Check our Pinterest page, [Hassle Free Newsletter](#) for ideas!

- 1 Bags, keys, purses, school bags, lunch bags – designate a landing station, whether it's a closet, a hang-up or in individual rooms. Do this immediately when you get home. Keys, wallets, etc. can go into a pretty decorative bowl by the front door or kitchen counter.
- 2 Mail can be overwhelming! Opt out of what you can, but go through each piece before the day is over. Have a recycle, shred, and a DO IT / FILE IT place. Then once weekly (establish a certain time/day) recycle and pay bills. Shred at work if you can.
- 3 Start a menu plan and you'll save time (and money) by knowing what you will have for dinner every night. Cook big meals for the weekend and prepare extra for leftovers during the week. Choose a night during the week to go out for "kids eat free" nights!
- 4 Have a nightly schedule – dinner, homework, family play, limited TV or video time.

Practice these tips for 21 days until it becomes a habit.



Mosquito Proof

It's been a tough year for those pesky mosquitos! Try these on your balcony or patio.

Plant citronella, rosemary, catnip, mint, marigolds, basil, lemongrass and garlic. They hate those smells and will naturally want to stay away. Citronella candles work good too.

Make sure you dump any sitting water. Keep birdbaths clean.

Make your own spray concoction combining equal parts water and witch hazel and essential oils (about 40 drops per 2 oz spray bottle) of rosemary, clove or eucalyptus.