

Flagstaff Cohousing

June 2018 Newsletter

No. 4

WHY ARE WONDERFUL PEOPLE JOINING US? WHAT'S SO GREAT ABOUT LIVING IN FLAGSTAFF?



A Consistent Thread

We've noticed that all of the people who've joined Flagstaff cohousing as members and explorers share an important characteristic: we take action on our values and work to make our community and our world better. When you meet us, you'll find that volunteering is a joyful part of all of our lives -- in areas ranging from sustainable farming to family violence prevention, arts and music, advocacy for people with disabilities, historic preservation, mental health and many others. The size and community character of Flagstaff make this not only possible but relatively simple.

Only one of our Flagstaff Cohousing members grew up here -- the rest of us chose to move to Flagstaff between 12 and 32 years ago. Here are some aspects of Flagstaff life we'd like to share with you:

Ease of Engagement

Flagstaff is small enough that you can make a difference by devoting your time and energy to organizations as varied as the Flagstaff Symphony, the Museum of Northern Arizona, Lowell Observatory, the local women and children's shelter, the Flagstaff Downtown Business Alliance, and dozens of organizations that address food insecurity, mental health, cultural diversity and children's issues. All of our members are engaged in the larger community and sharing their talents and gifts.

Access to the Beauty of Nature

At 7,000 feet in elevation, Flagstaff has four seasons and offers an incredible range of outdoor activities. Whether it's an easy walk in Buffalo Park or biking, running, hiking, skiing, snowboarding or snowshoeing, the Coconino National Forest surrounds us. Sedona's red rocks are only 50 minutes South, and the Grand Canyon is less than a 2-hour drive away.

Cultural Richness

Flagstaff and the wider Colorado Plateau area is home to diverse cultures. Ten Native American tribes (the Acoma, Zuni, Hopi, Havasupai, Hualapai, Yavapai, Apache, Navajo, Southern Ute and Southern Paiute) continue to reside here, as they have for centuries, even thousands of years. Throw in the Spanish, Mexican, and Euro-American influences, and you have an exciting, culturally diverse place to be! Flagstaff is also the

home of Northern Arizona University and Coconino Community College, the Flagstaff Symphony Orchestra and the Flagstaff Arts Council, so there are endless opportunities for life-long learning, entertainment, and creativity.

Weather

Where else can you enjoy summers that reach 90 degrees only a few days a year, where monsoon rains bring moisture and wildflowers in summertime, and where blue skies follow winter snowstorms? Our predictably clear skies helped Flagstaff to become the first Dark Sky City in the U.S. and are the reason that three major observatories (and a lot of amateur astronomers) are located here.

Member Spotlight: Carol Scholing -- Docent, Hostess, and Quiet Treasure

If you're invited to Carol's home for Halloween, be sure you say YES! Carol loves Halloween, and she is a fabulous hostess! That's her on the far left, in the photo taken at our Halloween party last year. Not pictured are her two cats, Major Powell and Little Cat.



Whether it's for Flagstaff Cohousing, the Museum of Northern Arizona, the Flagstaff Peace Pole Project, or the National Alliance on Mental Illness, Carol is there to help!

Want to go on a road trip? Just ask Carol! She loves visiting new places and learning all about the culture and history of the area and its people. An astute observer, Carol keeps a detailed log of where she's been and the experiences she's had.

If you haven't had a chance to meet Carol, please join us at one of our upcoming gatherings, or learn more about her at <https://flagstaffcohousing.org/about-us>.

June, July & August Gatherings -- Join us for Wine, Coffee or Margaritas -- or all three!



Please join us to get acquainted for:

- Wine at Cuvee 928 Wine Bar, 6 E. Aspen Avenue, on Wednesday, June 20th at 6 pm
- Coffee and Conversation, Brandy's, 1500 E. Cedar Ave. #40, on Sunday, July 1st at 1:30 pm
- Global beverages at Nomads Global Lounge, 19 W. Phoenix Ave., on Wednesday, July 18th at 6 pm
- Coffee and Conversation, Campus Coffee Bean, 1800 S. Milton #24, on Sunday, August 5th at 2 pm
- Margaritas at MartAnne's Burrito Palace, 112 Route 66, on Wednesday, August 22nd at 6 pm

We'd love to hear your questions and what YOU would like to see in Flagstaff's first cohousing project. You can also "meet" our members online at <https://flagstaffcohousing.org/about-us>.

Living Lighter on the Land -- and Living Longer -- in Cohousing

Two of our members visited Harmony Village in Golden, Colorado last month. Living lighter on the land is one of the goals we share for our Flagstaff community. This 15-minute video demonstrates some of the ways in which Harmony's residents work to reduce their impact on the earth.

<https://youtu.be/wUeXsJHRyGo>

In this TED talk, Grace Kim focuses on how social connection enriches our lives, and how Cohousing provides rich opportunities for those connections.

https://www.ted.com/talks/grace_kim_how_cohousing_can_make_us_happier_and_live_longer/transcript?language=en#t-15600

Interested in learning more about Flagstaff Cohousing?

Email us at cohoflagstaff@gmail.com, visit us on facebook, or at flagstaffcohousing.org. We look forward to meeting you!