



Reaching out to the community: How one of our members, Carol T., found her community through volunteer gardening!



A visit to Manzanita Cohousing in Prescott, AZ. Here's what we learned about their innovative, integrative community!



All about hummingbirds! Another of our members is an avid birdwatcher -- and her piece on local hummingbird migrations isn't one to miss!

Flagstaff COHOUSING

OUR COMMUNITY COMMITMENT

"WE ARE COMMITTED TO DOING OUR SHARE FOR OUR COMMUNITY

..."... AND REACHING OUT TO THE WIDER COMMUNITY." This part of the Flagstaff Cohousing mission statement says how deeply we value engaging in community activities, cross-culturally, and even extending overseas. One of the many ways members reach out is participating in the Museum of Northern Arizona, steeped rich in the cultures of the Colorado Plateau, with research in anthropology/archeology, ecology, paleontology, geology and the fine arts. A member of Flagstaff Cohousing is on the board of directors; others work as docents or dig in the soil as volunteers.



The Colton Community Garden at the Museum is a center of community work and education about regional botany, focusing on native and heritage crops viable in the 7,000-foot altitude and micro-climates of Flagstaff, where our storms can transform dry washes into flood plains. Comprised of many different spaces, leadership for the various activities comes from a top native plant horticulturalist, herbal specialists, Master gardeners, and many more.

The garden is also a model of successful outreach to diverse groups within the Flagstaff community. The core of the garden is filled with demonstration beds—using recycled materials from pallets to ice coolers to snow skis—of local food crops from kale to squash to potatoes. The food will be harvested by university students in the fall term and sold in the local farmers' market, as part of a class on sustainable communities. A new project is a medicinal herb garden, grown with the advice of Navajo and Hopi healers. There are so many critters abounding just off the slopes of The Peaks that each plant must be caged, underneath from prairie dogs



and above ground from rabbits and deer. Intercropping species (different fragrances attracting different insects) will help them be on their own to resist the grasshoppers.

These gardens bring us all together, from summer 'discovery camps' for young children, to university students to elders. Residents of The Peaks, a senior living community, collect compost for the garden. A universal access pathway through a 'five senses' garden will be ready next spring.

Intentional community in Flagstaff Cohousing advances this cultivation and sharing. Please ask us about other engagements that interest you!

MANZANITA COHOUSING VISIT

COHOUSING IS AN INNOVATIVE, ENGAGING, AND TRULY BEAUTIFUL THING!

Eight of us visited an established cohousing community in Prescott, Arizona, in July and had a chance to see how their members share resources and engage one another. Sharing an electric car that can be used by all community members, walking to Prescott's downtown, and carpooling keep members active and reduce their carbon footprint. Garden spaces, fruit trees, and greenhouses tucked into spaces throughout the community provide produce that's shared at community meals. We appreciate Abe taking the time to guide us!



Upcoming GATHERINGS

Summer's beautiful here – please join us at one of our upcoming get-togethers!

*Margaritas at MartAnne's Burrito Palace, 112 E Route 66, on **Wednesday, August 22nd at 6 pm***

*Coffee and Conversation at Campus Coffee Bean on **Sunday, September 2nd at 2pm***

*Drinks and Snacks at Nomad's Global Lounge, 19 W Phoenix Ave, on **Wednesday, September 19th at 6pm***

Each time we meet, we grow in community. Check out our online calendar for more info!



AN ANECDOTE

The world's first cohousing community was established in Denmark. Nick Henley visited Saettedammen on June 20th 2017 with his son Joseph (18), and wrote a detailed retelling for Cohabitas.com.

CHECK IT OUT!

AN INTERVIEW

This PBS Newshour video starts with Saettedammen and the benefits residents have enjoyed for almost 60 years, and follows the movement to the U.S.! Photographs and an interview with architect Laura Fitch compliment the piece.

WATCH IT HERE!

HUMMINGBIRDS IN FLAGSTAFF

MEMBER BEA COOLEY EDUCATES AND ENCHANTS WITH TALES OF LOCAL BIRDS

Right on Time! The first Rufous Hummingbird of summer arrived at my feeders in Timberline on June 30. This pugnacious little bird is the sound of summer for me, with its voice even sounding argumentative as it defends each and every feeder. And its brilliant orange plumage makes it unmistakable.

A few *Selasphorus Rufus* literally “buzz through Arizona” (wings on the male make a shrill metallic whine – females and juveniles do not make significant sounds and none of them sing) on their way north in April, but go largely unnoticed. However, the males arrive back here in late June/early July after breeding in the Pacific Northwest and up through Southeast Alaska. Females follow after a couple of weeks and then the juveniles (ditched by their parents?) show up. They all seem to enjoy the Flagstaff environment, staying until late September and apparently taking their time traveling back to their wintering locations in Mexico. It isn't really clear whether we have a constant stream through Flagstaff or if they stay for a while, but because individuals select the same perch again and again, it would seem that some like to linger for a time.

I like to put out extra feeders to accommodate both the larger numbers and to allow for our locally breeding species (Broad-tailed Hummingbird and Black-chinned Hummingbird in the main) to have a chance at the sugar water. All hummingbirds feed on nectar sources and on insects, but they make good use of artificial nectar in our clean feeders filled with $\frac{1}{4}$ cup sugar dissolved in 1 cup water. Red food coloring is unnecessary and undesirable, maybe even harmful to the birds.

Nothing beats these little guys for pure enjoyment. A summer afternoon in the backyard as the monsoon rains have finished for the day, hummingbirds zooming from feeder to feeder, Green-tailed towhees and Lesser Goldfinches singing in the shrubbery, Red-tailed Hawks sailing overhead – life is beautiful and I can hardly contain myself, imagining how wonderful it will be to share the spectacle with my eventual Flagstaff Cohousing neighbors.

Meet our members at a gathering or online at <https://flagstaffcohousing.org/about-us!>

