



That national reality is reflected in Dorchester—where 53 percent of residents are female and 43 percent are black. A 2013 report by the Codman Square Health Center said the top health issues encountered by its staff are diabetes, mental health challenges and obesity. The city has an obesity rate of 32 percent, with Codman Square scoring among the top 10 areas of the state for obesity. Recognizing that state of the neighborhood, the M10 plan called for the creation of an intentional health/well-being agenda, with at least 50 residents participating in organized walking, biking and other healthy activities.

Walking improves public safety too

However, physical health is not all that GirlTrek is about. Walking, Garrison said in a recent TED talk, also promotes mental and emotional healing, and can help residents “re-claim” neighborhoods. “Once walking, women get to organizing – first their families, then their communities – to walk and talk and solve problems together. They walk and notice the abandoned building. They walk and notice the lack of sidewalks, the lack of green space, and they say, ‘No more.’”

Dixon added, “I can’t help but wonder what would have happened if there had been groups of women walking on Trayvon

[Martin]’s block that day [when the adolescent was shot], or what would happen in the South Side of Chicago every day if there were groups of women and mothers and aunts and cousins walking, or along the polluted rivers of Flint, Michigan. I believe walking can transform our communities, because it’s already starting to.”

CSNDC indeed has found that dynamic to be at work in Dorchester. Its GirlTrek team calls itself “Daughters of the Dust” (inspired by the film and novel by the same name, which tells the story of a family of complex, independent African-American women). A local health center offers child care while the participating women take time out for themselves and walk the streets. Wearing their GirlTrek shirts, the women sing and chant. The young men who had previously harassed them move out of the way, shouting “All right, sisters” and “Love your shirts!”

The walkers include at least eight to 10 women every week and range in age from teens to mid-50s. One woman walked to lose weight before knee surgery and lost 50 pounds. Another woman is the mother of a son who was killed in random violence; she walks in his honor and has become the group’s “pacer.” If you can keep up with her, “you’re good,” says Modestin.

The key to keeping a GirlTrek group going, she says, is to organize other activities during the winter months, such as talks about sexual assault and the legacy of Harriet Tubman. Currently, the women walk on **Wednesdays at 5:30 p.m.**, but a new group for Saturday and/or an evening for those who work is in the works.

Exercise - No Matter Your Age!

Everyone needs to exercise, and you can do these simple steps to get into better shape:

- **Stretching exercises** should be done before any exercise to help prevent injuries from falls and muscle strains.
- **Balance exercises** help to strengthen a person’s core muscles. This includes your stomach, lower back and sides and also includes leg muscles.
- **Endurance exercises** increase your heart rate and breathing rate. Activities such as walking, swimming, riding a bike and water aerobics build endurance. Start slowly and work up.
- **Strengthening exercises** increase your body’s metabolism, muscle strength and flexibility. They allow you to do more on your own, which increases your independence.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>August</i>		National Night Out Codmon Commons 5-7:30pm	GirlTrek Group Walk Codmon Commons 5:30pm			Social Saturday & MEN and Families Fair Codman Commons 11am-2pm
		1	2	3	4	5
6	7		CSNDC Board Mtg. CSNDC Office, 5-7pm GirlTrek Group Walk Codmon Commons 5:30pm	10	11	Social Saturday & Farmers Market Codman Commons 11am-2pm
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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

Homeownership Classes
 Carolyn McGee at Ext. 127

Financial Coaching
 Keyna Samuel at Ext. 134

Business Technical Assistance
 Charlie Vlahakis at Ext. 124

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

Fairmount Jobs Network
 Jason Boyd at Ext. 140

Computer Learning Center
 108 Columbia 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

95B Washington Street
 Dorchester, MA 02121
 617-445-1412

173 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



Black Women Walk to Reclaim Health and Streets

by Pam Bailey, NeighborWorks America blogger

The “Daughters of the Dust” GirlTrek team

When members of the community-building team for the Codman Square Neighborhood Development Corp. (CSNDC) in Dorchester, Massachusetts, organized a series of community dialogue sessions, it was pretty clear what issue inspired the most passion: public safety on the streets and sidewalks of town.



“We focused on a lot of issues in our series, ranging from the local economy to resident displacement,” recalls Yvette Modestin, Community Organizer for the nonprofit. “Out of all the talks, the one that engaged the most participants was public safety, followed closely by their health and well-being. The two are connected: Again and again, residents spoke of not feeling safe when they walked in the community. Women felt like they just couldn’t walk in their own neighborhood without being subjected to catcalling and other types of harassment. I knew what they meant. I had experienced it myself.”

One of the responses of the CSNDC team was to invite police officers in, using a “theater of the oppressed” type of approach, in which the audience is an active part of the “performance” – as “spectators” they explore, analyze and transform the reality in which they are living. The participating police officers joined the dialogue circle out of uniform, sharing their stories of how they experienced the community as they grew up and today as a member of law enforcement.

“The officers knew how they are seen by many people in the community, and were very willing to engage with others in the audience, including a musician activist from Black Lives Matter, for instance. At one point, we brought a female police officer into the center of the circle along with that activist for an intergenerational conversation,” says Jarred Johnson, coordinator for CSNDC’s Millennium Ten – the name given to the third “generation” of the organization’s community-planning process. The M10 “contract” with the community was forged in 2013; the dialogue series grew out of that ongoing initiative.

Another response of the CSNDC team was inspired when Modestin attended an event in Boston funded by NeighborWorks America to familiarize members with an organization called GirlTrek. Founded by two black women—Vanessa Garrison and Morgan Dixon—the impetus for GirlTrek, which encourages women to walk as a practical first step to healthy lives and communities, was the fact that “black women are dying faster and at higher rates from preventable, obesity-related diseases than any other group of people in America.”

continued on back page



BY THE NUMBERS

Let's Fly!

In honor of National Aviation Day, August 19th, enjoy these fun facts about flying!

1919 - KLM was established, making it the world's oldest airline.

Every **37** seconds a plane takes off or lands at Chicago O'Hare's International Airport.

In 2011, it is estimated that **1,000,000** bags worldwide were never re-united with their owners.

The electrical capacity of a 747-8 can power up to **480,000** 32-inch flat screen TVs.

The Wednesday before & the Sunday after Thanksgiving are the **two** most expensive days to fly of the entire year.

In the US, over **2,000,000** passengers board over 30,000 flights each day.

Luggage is officially lost if it has not been returned to its owner within **21** days.

In 1987 American Airlines saved \$40,000 by removing **one** olive from each salad served in first class.

SCHOOL SUPPLIES Savings

SHOPPING FOR SCHOOL SUPPLIES?

CHECK OUT THESE TIPS FOR SAVINGS!

Do a sweep of your house and last year's backpacks. Bring all supplies (new & used) together. Store in a central location and see if anything can be reused. Make a list of what you have.

Take a look at your budget and know what you can spend.

Garage sales and consignment shops may have backpacks and school clothes that you need. If not, consider holding a back to school clothes swap in your neighborhood or with friends.

If your state offers a tax-free holiday, save all your shopping until then.

Consider buying some supplies in bulk. Go with a friend and divvy up those 100 pack of pens.

Use twitter and facebook to save! Follow your favorite stores on Twitter. Here are a few:

- Staples: @StaplesTweets
- Office Max: @OfficeMax @OfficeMaxDeal
- TJ Maxx: @tjmaxx
- Marshalls: @marshalls
- Best Buy: @twelpforce

If you have money leftover, buy some of next year's school supplies when prices are slashed! Shopping for college textbooks? Check out: tun.com for the cheapest new, used, rental or e-books. Also try campusbooks.com.

- Butter Pecan
- Cake Batter
- Chocolate
- Coffee
- Cookies and Cream
- Cookie Dough
- Mint
- Neapolitan
- Pistachio
- Rocky Road
- Strawberry
- Vanilla

Flavor Find



J	W	Z	D	Z	O	M	J	S	P	F	C	N	A	T	I	L	O	P	A	E	N	T	W	P
E	E	R	B	Z	Z	Y	Q	L	H	D	H	A	A	A	X	L	H	U	C	M	N	M	I	N
A	X	G	R	P	Y	V	B	G	X	K	O	E	K	D	L	A	W	W	X	I	M	S	M	I
S	T	R	A	W	B	E	R	R	Y	W	C	E	P	E	D	L	P	L	M	Y	T	K	D	E
E	Q	X	U	T	V	X	D	U	V	T	O	F	I	K	B	S	I	I	K	A	B	I	A	A
T	H	Z	N	Y	E	T	E	H	T	B	L	F	P	J	R	A	V	N	C	R	A	M	S	M
N	A	C	E	P	R	E	T	T	U	B	A	O	L	P	K	R	T	H	A	N	U	Q	D	U
H	A	W	F	O	Q	W	S	R	T	R	T	C	B	P	X	M	I	T	Q	V	E	Q	G	V
D	A	O	R	Y	K	C	O	R	L	M	E	X	Q	C	O	O	K	I	E	D	O	U	G	H
C	O	O	K	I	E	S	A	N	D	C	R	E	A	M	B	X	A	D	F	R	P	W	J	N

LINEN CLOSET CHAOS



This is one closet (or cabinet) that becomes the catchall for anything related to bed and bath! The key to using your closet is to have daily linens on hand, while moving less needed items elsewhere.

Start by emptying the area completely. Then sort into categories. Keep towels and bedsheets front and center.

Store sheets in a matching pillowcase. A good rule of thumb is two sets of sheets for each bed. If you get a new set, retire one.

Store seasonal or occasional items in the back or top of the closet.

Customize your space with baskets and shelf dividers and label them if needed.

To keep out the mustiness, place a box of baking soda or sachet bags in the closet or a softener sheet on the door.

Don't forget to use your door to hang robes, or over-the-door hangers for smaller items.

1-12 oz. can sliced peaches (IN 100% FRUIT JUICE)

1-12 oz. can evaporated milk (NOT CONDENSED)

2/3 C. white sugar | 2/3 C. peach juice

The evaporated milk must be VERY COLD. Measure out the 2/3 cup of peach juice from the can of peaches you are going to use. In a medium size bowl, put in the peach juice and sugar, stirring until sugar is dissolved. Stir in 6 oz. of the 12 oz. can of cold evaporated milk mixing until thoroughly combined. Pour into a shallow dish and freeze until very firm. When frozen, break frozen mixture into chunks and beat with an electric mixer until smooth. Chop the sliced peaches into pieces and add, beating with the mixer until all are folded together. In a separate large bowl whip the remaining 6 oz. of cold evaporated milk until peaks form. Fold into the frozen mixture and pour into a large flat container and freeze again until firm. Crushed pineapple and pineapple juice may be substituted for the peaches for a variation.



Creamy PEACH SHERBET

THE DAILY SCOOP



<http://www.1000ideas.com>

WHAT ARE SOME OF YOUR FAVORITE WEBSITES THAT YOU GO TO EVERY DAY? TRY THESE:

- thetoptens.com | inbound.com | todayifoundout.com
- apod.nasa.gov | wallhalla.com | getpocket.com
- nationalgeographic.com/photo-of-the-day | slideshare.com
- stumbleupon.com | attackofthecute.com

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