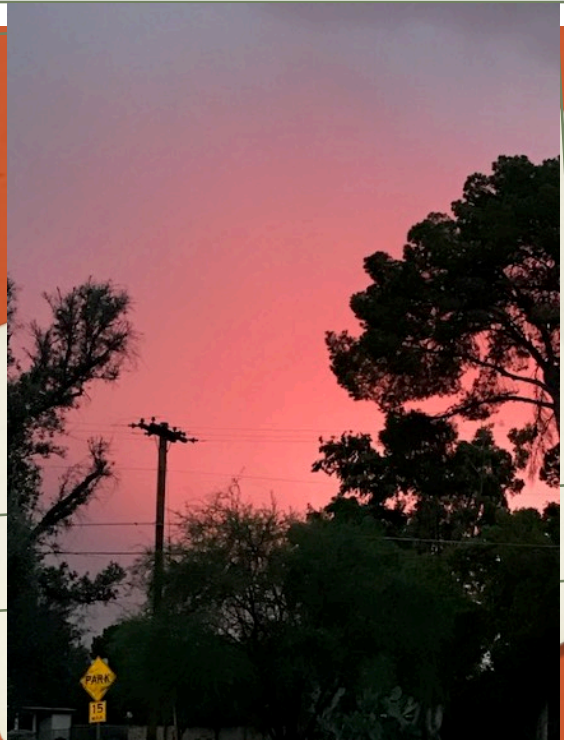


CAMPBELL/GRANT TOWN CRIER



Sunset at the Park

Quarterly Events

September

- Sept. 15th - Freecycle, Himmel Park
- Sept. 17th - Garden Club Meeting
- Sept. 24th - CGNE meeting, 6-7 PM
- Sept. 24th-30th - watch for your door hanger
- September 29th - Dog Swap in the Park

October

- Declutter Month
- October 15th - Garden Club Meeting
- Oct. 20th - Freecycle, Himmel Park, 9AM
- October 22nd - CGNE meeting, 6-7 PM

November

- Nov 12th - Trash Day moved to Tuesday
- Nov. 11th - Friendsgiving in the Park
- November 26th -CGNE meeting at Ward 3, 6-7 PM. Elections

Homes For Sale

2721 Plumer - pending offer
\$279,900

2050 E Water Street
\$215,000

2004 Spring Street
\$349,900

2102 E Glenn
\$288,888

2020 Copper
\$215,000

NOTE FROM THE PRESIDENT

I hope that you are all having a great summer and I want to make sure that you are all aware that we need all neighbors to come and participate in the many activities that we will be conducting when the temperatures cool down this fall. I hope many of you will be able to help us get started by coming to the Neighborhood Association meeting on September 24th. Just a reminder: we will have a meeting at 6:00, the fourth Monday of each month, August through November. The November meeting will be the annual, election of officers, meeting. This year we absolutely need to have

some additional people step in to help as an officer or active volunteer. The more we have the better the neighborhood functions!

A final note: the city has started a program that they call Brush and Bulky Plus. Carlos from Environmental Services came to our August meeting and told us how they want to do more to help us keep the neighborhood cleaner and healthier. Check August minutes or the neighborhood bulletin board for more information. There is a downloadable app.

Bill Halverson

CGNE and the New Season

Dear Neighbors,

CGNE has been quite active for the last two years. The association has presented opportunities for fun activities year round. Our main events this last year were The Parkfest, Christmas Potluck, Caroling in the Park, Christmas Bazaar and the Valentines Brunch, as well as many other small activities (rock painting, garden club, free library etc.). This coming season we will be having a turnover in officers because several of our officers are moving. We are very sad to see them go, but hopefully that will open up an opportunity for new people to step up and get involved. The more people involved, the lighter the load. We will need to fill the position of President, Treasurer and possibly a shared Secretary position. There are also several other opportunities for specific rolls that won't take much time, but would be of great help.

Stay Social for Life

I love our neighborhood, and feel very fortunate to have such a nice little park as part of it. I drive by it all the time and it makes me smile to see children on the playground, people and their dogs gathering and chatting, college students playing frisbee, or someone looking through the books in the little library. This is what a social neighborhood looks like.

I teach a variety of classes at the YMCA. Daily, I meet active older adults that are healthy, happy and living a fulfilling life that includes family, friends and a multiple of other social gatherings. Most of us are aware of the importance of socializing our children and even our pets, but do we forget that socialization is as important, if not more important, to us as we age.

Research has shown that staying active and social can lower your chance of getting Alzheimer's disease, improve osteoporosis, help with depression, and reduce stress and anxiety. The more contact you have with people in a social context the slower your decline in cognitive abilities. It may even improve your memory. Isolation is a major risk factor for morbidity (disease) and many other health issues. Lonely people also frequently have high blood pressure, and it has been shown that through activities and positive interactions individuals outlook improves.

We all need to feel loved and needed. Make socializing a priority. Put "getting together with friends" at the top of your "to do" list. CGNE, our neighborhood organization, is an excellent place to get involved, volunteer or to just be social. We have events throughout the year, open to everyone, you are sure to find something that interests you.

How do you start??? Attend a neighborhood meeting; volunteer to help with an event; support the free little libraries or maybe even as an officer in our organization. If you don't have a lot of time there are still small things you can do. So, for your health, for your loved ones, get involved, get social, take a walk.....

Gardening Corner

This summer was a little tough on our garden. We chose to let everything in the vegetable gardens die before we left town this summer because we would be gone for a lot of the summer. This is the first season the garden has been empty in a long time. Monsoons this year have been very unique and have kept us from planting early. We are planning on checking all the drip systems this week and replacing any that are not working well. We are also going to turn over our soil preparing for our cool season crop. My husband adds; compost, earth worm castings, coconut husks (we buy by the block) and vermiculite. Once the drip system is functioning well and the soil looks and feels awesome we will plant our seeds.



This year we will be planting: **CHARD, KALE, CARROTS, ARUGULA and BROCCOLI** first. I personally find these to be a little more hardy during the often, hot weeks of September.

Later in September we then plant numerous varieties of **LETTUCE, SPINACH, PEAS** as the weather cools some. I also plant a variety of herbs including; **DILL, CILANTRO, OREGANO, ROSEMARY, GARLIC CHIVES , SAGE AND THYME.**

Through classes the we have taken at the Cooperative Extension office on 4210 N. Campbell we have learned about companion planting. Below are a few easy companions to work with.

Vegetable

Companion Plants

Beets
Carrots
Marigold

Lettuce and Onions
Chives, rosemary, sage, lettuce,
All through your garden



Join the Gardening
Club and find your
green thumb

Pet Accessory Swap in the Park



When: Saturday, September 29th

Where: Conner Park

Time: 8:30-10 AM (come early to set up if you are trading or selling)

What: Gently used pet toys, crates, dog beds, feeding bowls, can food you bought - but your pet didn't like, collars, leashes, etc. Everything will need to be clean before you bring it.



What Else??? Free Coffee and Donuts

Dog Trainer



Upcoming Events

Reminder

Please pick up after your dogs!

Don't leave the house without a plastic bag.

We have plastic bags available on the free little library in the park and on a tree on the Southwest end of the park. (Soon we will have an additional one on the library on Plumer)

CGNE Neighborhood Meeting at Ward 3

Next meeting is
September 24th,
Monday at Ward 3

6PM

1510 E Grant Road

Gardening Club

Our next meeting topic will be
Flowers and Companion Planting

Where - 2022 E Towner

RSVP - Mo @ mo3333@gmail.com

When - Monday, September 17th

Time - 5:30PM

FALL EVENTS

(Mark your calendar)

October - Declutter Month

November - Craft Fair/Sabuku T-shirt sale at the International School

**November 11th - Friendsgiving Potluck
Turkey provided**

December 1st - Holiday Bazaar

Ward 3, 1510 E Grant

December 15th - Caroling in the Park



**February 16th -
Valentine Brunch**

Declutter Month

When: October

Why: Research shows that.....

1. Clutter makes you feel stressed out
2. It causes you to overeat and maybe gain weight
3. It is why you always feel so tired
4. It negatively impacts your decision-making skills
5. It's probably costing you money, you could sell some stuff and make money
6. It's fostering an environment for germs and pests
7. It's the reason you are always late
8. It's physically dangerous (watch your step)!
9. You will have more space (to think, to dance, etc.)
10. Decluttering forces you to decide what is really important
11. Decluttering makes cleaning easier
12. Decluttering gives you freedom

How: Declutter Bingo

We will be sending out a declutter bingo board. You can print it out, and when you have decluttered five areas in a row on your bingo board, contact us for your consumable prize.

Each weekend you can send an email to me with any item that you want to sell or give away, with a description and picture, and I will compile a neighborhood ad.

You can donate unwanted items to a neighborhood fund raiser garage sale for CGNE at the end of October.

Check out this article too -

The Benefits of Minimalism: 7 Reasons to Declutter Your Life -
The Tiny Buddha

**Send your ads by Oct. 4th, 11th, 18th or 25th to
cmavender@gmail.com**

**Let us know if there are things you would like
to donate to a neighborhood garage sale.
Profits go to CGNE**

The Town Crier is a quarterly paper. If you would like to be a contributing writer please let Colleen (below) know. The deadline for the next newsletter is October 15th, 2018. We would like this to be a paper by and for the neighborhood. Please share this newsletter with your neighbors and make sure they are on the neighborhood email list.

Campbell Grant Town Crier Contacts

Editor - Colleen Collen -
cmavender@gmail.com
Asst. - Steve Collen
stephen.collen@gmail.com

CGNE Officers

- President – [Bill Halvorson](#)
- Vice-president – Steve Collen
- Secretary –
- Treasurer – [Jana Guymon](#)
- Corresponding Sec. - Chris Janton

www.cgne-tucson.org

[Membership - Help
Support Your
Neighborhood](#)

We can only conduct activities of the Neighborhood Association with people and money. We invite you to join with us by joining the email list, proposing activities, volunteering for activities, and by donating to off-set some of the costs of doing business. \$15 per family is suggested, but if you would and could do more it would be most welcome and put to good use. Please make your check out to CGNE and send to Jana Guyman, 2010 E Connor Stravenue, Tucson, AZ