

Sanctuary One at Double Oak Farm

by Robert Casserly

First, the bad news: According to the State of Oregon's latest Census of Agriculture, the number of farms in Oregon is down to approximately 38,000, the lowest it has been in several years, and the average age of Oregon farmers has increased to nearly 60 years old. The



Intern brushing a horse and goats.

corporate agribusinesses gobbling up failing family farms have been widely shown to damage the environment, treat animals inhumanely, and, in the long run, take more out of a community than they give back.

Now, the good news: While Oregon is at a critical juncture for transferring our agricultural land, knowledge, and skills to a new generation of farmers, luckily there are lots of young people ready to get their hands dirty and take on the job. In fact, they are moving here from all over the U.S. and points abroad to learn from Oregon's farmers, especially those of us that practice organic agriculture.

According to World Wide Opportunities on Organic Farms, a nonprofit group that connects people who want to learn how to farm with farmers who need their help, 66 organic farms in Oregon offer internships and other learning opportunities for budding young farmers. Many of these farms, including Sanctuary One, are located in the Applegate Valley. Others include Barking Moon Farm, Boone's Farm, Blue Fox Farm, Dancing Bear Farm, Earth & Sky Family Farm, Yale Creek Ranch, and several more. The Applegate Valley is a veritable hotbed for the kind of farmer who merrily sings along with Joni Mitchell every time he or she hears the lyrics from *Big Yellow Taxi* that go:

*Hey farmer farmer
Put away the D.D.T. now
Give me spots on my apples
But leave me the birds and the bees
Please!*

Our care farm's current interns, Matti Graves and Samantha Pennington, hail from Michigan. After completing a thorough selection process, Samantha and Matti drove more than 2,300 miles to come live at the Sanctuary and learn more about biology, zoology, permaculture,

and organic farming. On any given day, Samantha and Matti might study and practice things as diverse as advanced composting, straw-bale construction techniques, planting garlic, herding a gaggle of geese, conducting an educational farm tour, and trimming the hooves of a recalcitrant pig. And that's just before lunch!

Previous Sanctuary interns have come from places a far away as Russia, Canada, New York, Massachusetts, Florida, Nebraska, and Hawaii. The common thread for all of them has been a desire to learn about a more conscious way of living in harmony with people, animals, and the earth. Usually they are young adults who have not quite figured out what to do with their lives, but they know they want to do something meaningful, something that makes a difference.

Sanctuary interns who enjoy working hard, learning a lot, being of service to the community, and exploring the metaphysical mysteries of life usually fit in well. The Sanctuary's staff and volunteers hearken back to old-fashioned farming that multiplies and increases life by paying attention to the connection between living things. We care for more than just the physical health of crops, fields, and animals; we farm for mental and spiritual health, too. To us, nursing the overall health of people, animals, and the land is a daily chore just as important as bucking hay or mucking out the barn.



Current interns Matti Graves (L) and Samantha Pennington (R).

The Sanctuary is currently accepting applications for our 2011 internship opportunities. Our farm interns work 40 hours a week and don't get paid for it, but the educational, personal development, and job training value of the experience makes it well worth it for people looking for the kind of hands-on learning that no book or university can provide. For every intern position that comes open, we typically receive five or more applications from people from all over the world.

For more information, visit us on the Web at www.SanctuaryOne.org or call 541.899.8627.



Diabetes Dialog

by Carol Jo Pettit

Thank You Jacksonville!

The waning economy hit many non-profits really hard, including the American Diabetes Association. At some point, running small walks in smaller areas is unprofitable, and a poor use of donors' dollars. Oregon's ADA walks have diminished from six just five years ago to now only one—Portland.

No one can say our wonderful committee didn't give it our all, and I am so proud of the people involved in making sure the Jacksonville Walk will be remembered as a beautiful, exciting event. *The Jacksonville Review* and Whit Parker truly stepped up by sponsoring this column every month and by running ads to promote the walk. The City of Jacksonville worked with us every year to provide Doc Griffin Park and Jacksonville Elementary, and the

fine folks there gave us such friendly, expert support. The Jacksonville Inn, Bella Union, Jacksonville Chamber of Commerce, and Jacksonville Woodlands Association also donated items and services for our raffles and auctions.

But, it was the walkers who really made the event exciting. We who stayed behind to man the event watched an impressive group of hundreds of walkers take a first lap around the field, led by our Red Striders in red caps. They are the ones who live with diabetes day in and day out. There were few of us watching that didn't tear up looking at all that bravery and support.

Thank you, Jacksonville, and everyone who participated in the American Diabetes Association's Step-Out Walks to Cure Diabetes. Perhaps we will be back in the future. Yours in the CURE!



Joyfull Living

by Louise Lavergne

A Happy Heart is a Healthier Heart

Valentine's Day is not just a good occasion to eat chocolates; it also offers us the opportunity to think about the connection between our emotional hearts and our physical hearts.

People who are usually happy and enthusiastic are less likely to develop heart disease than those who tend to be glum, scientists say... and boosting positive emotions could help cut heart health risks. (As reported by Kate Kelland; London; 2010.)

Karina Davidson, PhD of Columbia University Medical Center led this research. Her findings suggested it might be possible to help prevent and decrease the risk of heart disease by enhancing people's positive emotions. "Participants with no positive affect were at a 22 percent higher risk of... heart attack or angina ...," Davidson wrote in the *European Heart Journal*.

Over 10 year period, Davidson and her team followed 1,739 men and women who were taking part in a large health survey in Canada. "Trained nurses assessed the participants' heart disease risk and measured negative emotions like depression, hostility and anxiety, as well as positive emotions like joy, happiness, excitement, enthusiasm and contentment, collectively known as a "positive affect," she explained. Those with "positive effect" had lowered their risk by 22%.

One of the reasons for this is that positive emotions help lower stress levels. Stress is one of the major causes of heart disease. Practicing positive thinking with affirmations such as "Every day in every way I am better and better" and taking time for self-care routines like yoga, walking and meditation are great ways to keep your heart both happy and healthy.

For Valentine's Day, why not share a JoyFull yoga class with a friend or partner. The class offers tools to cross over the turbulent waters of stress to arrive together at the end of a class to a peaceful, joyful inner place.

Here is a simple and effective yoga exercise to practice at home with a partner to improve communication and ease tension:

- Start by sitting back to back, if using chairs sit sideways with the back of the chair at your side, so your backs can lean on each other. You can also hold hands to deepen the exercise if that feels comfortable.
- Begin taking slow deep breaths as you lean on each other. You may find that after a short time your breathing is synchronized.
- After a few moments, if it feels good to you, take turns leaning back and forth very slowly, giving each other a chance to stretch forward a little more each time.

This month our Sound Healing and Guided Relaxation class (Feb 11 at 9:30 am and Feb 21 at 6 pm) will offer you an opportunity to awaken more joy & peace for a happy heart and to feel more enthusiasm for your life. (Call or email for more info and/or to RSVP).

Remember to take time to breathe and say I love you, from the heart.

© Louise Lavergne 2001-2009 www.joyfull-yoga.com; 899-0707 Louise is the owner of JoyFull Yoga LLC in Jacksonville where she offers group and private sessions. She is the yoga provider for Triune Integrative Medicine in Medford where she works with patients of Dr. Robin Miller. She is also a Motivational speaker. She has been practicing and teaching yoga and meditation for over 20 years.

2011 Master Recycler Program Now Accepting Applications

Now in its fourth year, Jackson County residents and business representatives are sought for participation in waste reduction service program:

Applications due Friday, February 4.

The Jackson County Master Recycler program educates citizen volunteers to serve as waste prevention ambassadors in their homes, workplaces, schools and community.

A 12-week Spring training course will educate 40 Jackson County residents and business representatives on topics of recycling, waste prevention, composting, and the local solid waste infrastructure. The course includes an extensive training manual, discussion based classes, and presentations from local and regional experts. Field trips will include visits to Dry Creek landfill, composting facilities, waste-to-energy plant and the Medford wastewater treatment plant.

To fulfill program commitments, Master Recyclers are required to give 40 service hours to support and expand local waste diversion programs and projects.

Jackson County Recycling Partnership funds and directs the program, which is housed at OSU Extension Service. The 2008-2010 classes were both highly

successful. To date, 95 Jackson County residents have become certified Master Recyclers.

In 2010, Master Recyclers supported recycling efforts at 39 community events, such as Pear Blossom Festival, Jackson County Fair, Talent Harvest Festival and Eagle Point July 4th, and helped to host the Jackson County Plastic Round-up. Volunteers contribute to a wide variety of service activities, including assistance with tabling at events, development of displays and informational brochures, presentations to student groups, and technical support of commercial waste reduction programs. Participants also offer their personal and professional skills, such as graphic design, construction, editing, sewing, hospitality, event planning and much more.

Master Recyclers are required to give 40 service hours to support and expand local waste diversion programs and projects. Weekly classes will take place on Thursday evenings, March 3 – May 12, 5:30–8:30pm at the OSU Extension auditorium, 569 Hanley Road. Applications are due Friday, February 4, 2011 and are available online at www.jcrecycle.org. For more information, contact OSU Extension Service at 541-776-7371. Applications due Friday, February 4.

Jackson County Library Adult Winter Reads Program

Jackson County Library Services' Winter Reads program will run from **January 10 through February 19, 2011**, at your local branch library. This is a fun program for adults to encourage more reading during the winter months. Just drop in to the library and pick up a Reading Log (or print one from the link on www.jcls.org), take it home, and write down five books as you read them. Listening to an audiobook also counts. After you have read five books and filled

out the log, drop it by the library, and get another reading log.

Each week, at each branch, a drawing is held. The winning reader gets to choose either a gently-used book or book bucks for the Friends of the Library book sales. After February 19, everyone who has returned reading logs will have their names put into a drawing for a grand prize for a dinner certificate.

For additional information, please call your local branch library or 541-774-6996.