

A male cat does not have a heat cycle. While a female cat can have up to three litters a year, an active male cat can be responsible for hundreds of offspring per year.

Reduce spraying, cat fights, injuries, and most of all save lives. Cat neuter certificates on sale in July for just \$10.

Only in July



Certificates can be purchased at:

Pet Country, Medford, Central Point,
White City and Ashland
Grange Co-Op stores,
and Mini Pet Mart on Stewart.

Visit spayneuter.org or call 541-858-3325 for details.

Another lifesaving program by SNYP with support by FOTAS.

WWOOFing

by Robert Casserly, Executive Director Sanctuary One at Double Oak Farm

In 1971, Sue Coppard, a woman working as a secretary in London, had an inspiration that was so simple, it was brilliant. She decided to form a group that connected organic farmers who could use a little extra help with city dwellers who were looking for a way to reconnect with nature.

For years Coppard struggled to find even one farm willing to try out her scheme. But luckily for the world she persisted, and eventually one farm agreed to open their gates to 15 volunteers recruited by Coppard. From these humble beginnings, a global phenomenon called Worldwide Opportunities on Organic Farms (WWOOF) was born.

42 years later, there are WWOOF hosts located in 99 countries around the world. This is a win-win proposition on a truly massive scale. Thousands of organic farmers are growing and prospering with help from WWOOFers, while tens of thousands of volunteers receive a hands-on education, a chance to meet new and interesting people, and the physical, emotional, and spiritual health benefits of living on a farm.

In a recent interview, Sarah Potenza, Executive Director of WWOOF-USA, the San Francisco-based nonprofit that coordinates WWOOF activities in the U.S., said "WWOOF-USA has 14,000 members and 1,600 hosts in all 50 states, the U.S. Virgin Islands, and Puerto Rico. We are now the second-largest WWOOF group in the world."

"We organized and hosted an international WWOOF conference in San Francisco last year," Potenza said. "More than 25 WWOOF coordinators attended, from places as far away as the United Kingdom, Ireland, Australia, New Zealand, Nepal, Sierra Leone, Chile, Uganda and more. We work with other WWOOF groups around the world to

help promote our mission of connecting visitors with organic farms, creating an educational exchange, and building a global community conscious of ecological farming practices."

Of the 1,600 American farms registered with WWOOF-USA, 96 of them are in Oregon. A third of those farms are in southern Oregon, including Sanctuary One. Over the past five years, the Sanctuary has hosted 22 interns, and all of them have been smart, caring, hardworking people. They have come from places as far away as Russia, Canada, Washington State, Nebraska, Michigan, Illinois, Missouri, Massachusetts, New York, Virginia, Florida, and Hawaii.

The average length of stay for Sanctuary interns is four months. We provide hands-on care farming and permaculture education, while the interns help us with routine chores, special projects, and hopefully teach us something in return, too.

The Sanctuary is currently accepting applications from people interested in becoming a WWOOFer. The ideal applicant will be self-motivated, dependable, a team player, and flexible about what kind of volunteer work he or she is assigned to perform on a daily basis. Sometimes it's hard, physical volunteer work, and thus only suitable for people who are physically fit and able to work outdoors in all sorts of weather conditions. As is the case at most WWOOF host farms, farming experience is a plus, but not required.

If you or someone you know is interested in WWOOFing at the Sanctuary, please contact us. We look forward to hearing from you.

For more information, please visit the Sanctuary website at www.SanctuaryOne.org or call 541-899-8627.







Rogue Rewards redeemable at Central Point Carnival of Savings
Tent Sale on July 5-7!



Grange Co-op Carnival of Savings Tent Sale

July 5, 6 & 7, 8 a.m. to 7 p.m. Central Point Grange Co-op

Enjoy a family-friendly event with 10,000+ items priced to move, lots of fun, plus a live and silent auction benefitting FFA County Fair livestock purchases.

- 10,000 items being sold at this event
- Name brand, scratch & dent, and other customer favorites
- Silent auction starts Saturday at 10 a.m.;
 Live auction starts at Noon
- New items added each day
- Hot Dogs
- Face painting and balloons

Disclaimer: REDEMPTION VALID ONLY AT CENTRAL POINT GRANGE CO-OP STORE DURING THE DATES FROM JULY 5-7, and on merchandise items located outside of the store in the tent area. Rogue Rewards can be used to purchase live auction items and silent auction items. Rogue Rewards have no cash value, will not be applied to dividend rewards, cannot be exchanged for cash or credit, and this offer cannot be combined with other coupon offers. Grange Co-op has the right to change, alter, or update the terms and conditions of this offer.



