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Sanctuary One Comes Clean... One Cup of Vinegar at a Time

by Becky Owston, Volunteer
Sanctuary One at Double Oak Farm

To say that the folks at Sanctuary One are committed to caring for the earth is a bit of an understatement. On any given afternoon, a stroll around the property reveals stewardship at every level: a corps of sun-hatted volunteers lovingly tending to permaculture-inspired gardens; interns diligently adding vegetable scraps, manure and other organics to compost piles, working to create healthy usable soil from materials that would otherwise be turned into waste; groups of visiting school kids enjoying up-close encounters with rescued pets and farm animals. A cistern catches rainwater for use in the garden, while a drip irrigation system throughout the property conserves as much water as possible. The streetside co-mingle recycling bin is filled with cans, glass jars and empty cereal boxes, while two newly-installed 30-gallon tubs contain items—from baling twine to plastic feed bags—slated for the Plastic Roundup in the fall.

And starting this month, volunteers are taking Sanctuary One's sustainability efforts to the next level by creating homemade cleaning products for use at the farm. From herbal disinfectant to laundry powder to sink and tile cleanser, the possibilities for DIY'ing safe, highly-effective cleaners are practically endless. And the benefits are myriad: it's yet another hands-on opportunity at Sanctuary One, and a great way for staff,

interns and volunteers to take ownership of one more important aspect of farm duties. Because all of the ingredients can be purchased in bulk, fewer trips to the store are required. And the cost? A fraction of what you'd pay for a comparable product at the supermarket.

Of course, special consideration is required when using certain natural ingredients in proximity to animals. "Tea tree and some cedar essential oils, for example," says Dr. Jeff Judkins of Animalkind Veterinary Clinic, "are toxic to cats and should always be avoided." As for the efficacy of natural cleaning products in an animal boarding facility? "The goal

is not to sterilize (it can't be done), but to sanitize," says Judkins. "Lemon balm and lavender oil have antiviral and antibacterial properties and can be used just as effectively as conventional disinfectants."

The concept of homemade cleaning products is nothing new. Folks have been making their own cleaning supplies since, well, the beginning of dirt. As we become increasingly conscious of what goes into our bodies, as well as the impact we have on the planet, it's good to know we've got options.

Becky Owston is a volunteer at Sanctuary One and is a 2012 graduate of the Jackson County Master Recyclers program.



Guilt-Free Summer Fun Starts with Getting Organized!

by Christin Sherbourne, Efficiency by Design

Summer is upon us, and the call of BBQ's, Britt concerts, family vacations and home projects are quickly filling up our calendar. It can be a challenge to fit it all in. As a professional organizer, the tools that I use to stay sane and organized, is to utilize time management. Time management is an important component to getting organized and staying organized. As Wikipedia states, "it is the act or process of planning and exercising conscious control over the amount of time spent on specific activities, especially to increase effectiveness, efficiency, or productivity."

I have coached various clients on the value of time management. A key is to schedule your projects into your calendar

just as you would an appointment or an event. Time will slip away if you wait for "spare time" to complete it. I also suggest scheduling a "chore" each day to keep on top of your "To Do" list. For example, dust on Monday, trash on Tuesday, vacuum on Wednesday and so on!

The joy of time management is, that when the chores are done, the fun stuff is that much more fun! So after you schedule that pesky home project and cross it off your list, go ahead and truly enjoy that concert, BBQ, vacation or other family-fun event!

Christin Sherbourne is a professional organizer and the owner of Efficiency by Design. She can be reached at 541-973-7678 or christin.sherbourne@charter.net. See ad this page.

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