

SECOND WIND COTTAGES

SUSTAINABLE DEVELOPMENT PLAN





ABOUT SECOND WIND COTTAGES

Founded in 2012, Second Wind Cottages is a not-for-profit organization based in Newfield, NY that provides a place where homeless men can find a safe home in a beautiful setting with a supportive environment and they can learn the life skills necessary to reintegrate into society. Second Wind Cottages provides the time, space, and most importantly relationships to mend broken lives.

***“THE MISSION OF SECOND WIND COTTAGES IS TO HOUSE
AND WALK WITH PEOPLE TOWARD RESTORED LIVES.”***





NEWFIELD, NY

7

ACRE SITE



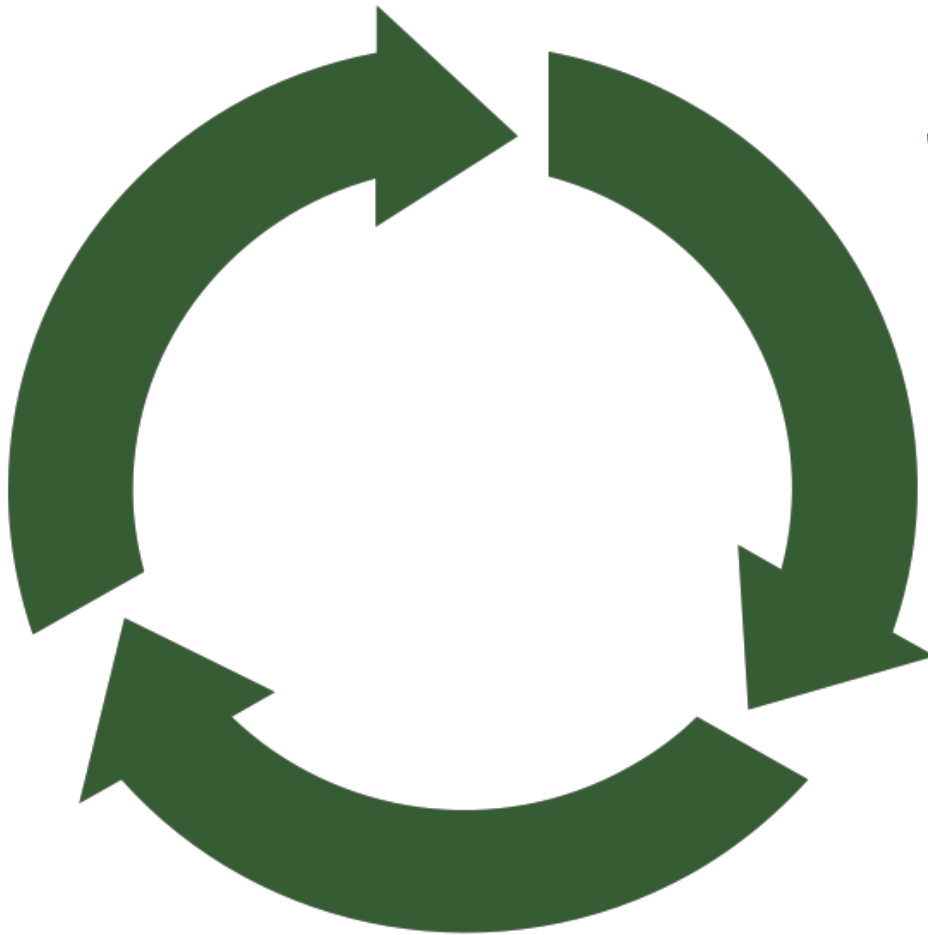
18 COTTAGES



ONE COMMUNITY



VOLUNTEER-RUN



SUSTAINABILITY AT SECOND WIND

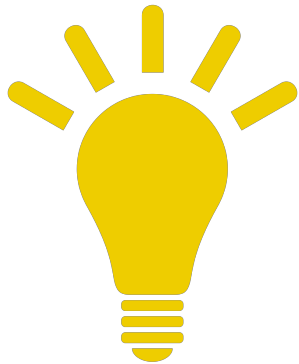
Sustainability is not only about protecting the environment, but improving quality of human life. It includes social sustainability of building healthy relationships and economic sustainability as a non-profit organization and community.

This sustainable development plan is a guide with suggestions for projects and ideas to be potentially implemented by Second Wind Cottages and friends.



INDOOR ENVIRONMENT

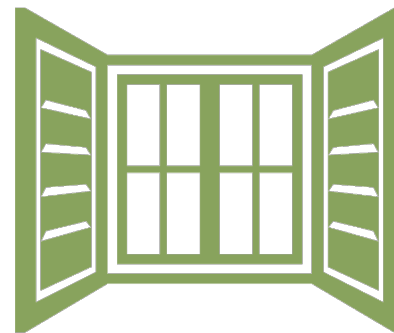
The majority of our time is spent indoors. In addition to saving costs from reduced consumption of electricity and water, improving air quality is also linked to quality of life. In fact, indoor air quality should not be overlooked as it can be more polluted than outside air.



switch off unused lights



avoid smoking indoors



be aware of ventilation



reduce water consumption



consider green products



adopt a pet plant



sort recyclables from trash



dust, vacuum regularly



COMMUNITY COMPOSTING

A community composting system not only provides nutrient-rich material to help plants grow, it is also an environmentally-friendly way to prevent unnecessary waste from ending up in landfills! By composting, one man's trash can also become the same man's treasure.



"BROWN" MATERIAL

dead leaves, branches, twigs, sawdust, wood chips, coffee filters, cotton, wool, paper, cardboard, tissues, nut shells, corks



"GREEN" MATERIAL

grass, leaves, egg shells, fruit and vegetable scraps, hair, lint, tea bags, beer, coffee grounds, weeds, manure



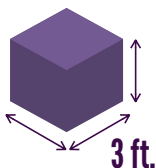
WATER

1



Pick a dry and shady spot that is not too far from a water source.

2



Isolate a 1 cubic yard area. A bin or chicken wire may be used.

3



Chop or shred larger pieces, alternate brown and green material using a 3:1 ratio.

4



Keep compost moist (like a wrung-out sponge) to help break down organic matter.

5



Turn compost with a shovel to occasionally aerate the mixture, reducing its smell.

6



Eventually the pile will get warmer and darker with no more remnants of food waste. Your compost is ready!

FATS, OILS AND GREASES (FOG)

cannot be composted, but the Tompkins County Solid Waste and Recycling Center collects them for biodiesel conversion!



An alternative to building a community composting system at Second Wind is to arrange a weekly compost bin pick-up service from Cayuga Compost (under P&S Excavating). This may require a monthly fee, but may be waived if negotiated.



SOLID WASTE AUDITING

After the establishment of the common building, a solid waste audit can help Second Wind Cottages to better understand how much waste is produced and disposed by the community. During the audit, an independent group will examine the sources, composition, waste, volume and end location of refuse from Second Wind Cottages. This will help identify the primary sources of waste generated, as well as provide suggestions for effective measures to reduce the overall amount disposed.

1



Identify firms or governmental bodies that offer solid waste auditing service, in particular, those that provide sponsored or subsidized services for non-profit organizations in Tompkins County or New York State.

2



The Tompkins County Department of Recycling and Materials Management has a Re-Business Partners Program which helps organizations reduce waste, increase recycling and composting, and adopt green purchasing.

3



This program includes free recycling bins and decals, a **free waste assessment**, free compost, recycling and trash signage, reduced fees for food scraps recycling service and public recognition from the Tompkins community.



REDUCE

TRASH SENT TO LANDFILLS



SAVE

ENERGY AND RESOURCES



PROFIT

FROM BOTTOM LINE SAVINGS



COMMUNITY GARDENING

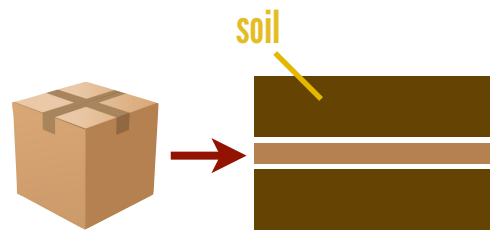
Community gardening can help bring together people, as well as provide sustainable, locally-grown food. The Ithaca Community Gardens has partnered with multiple local non-profits in the past, and would be a helpful resource if this project is to be pursued.

1



Pick a location that maximizes sun exposure, but is also not too far from the community building. This will make watering and weed maintenance a lot easier if it is closer to your water source!

2



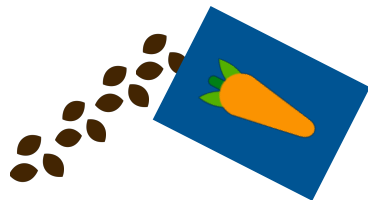
Inset a physical barrier to protect your plants by placing a layer of cardboard or newspaper under the first layer of dirt. This prevents unwanted plants from growing instead.

3



Create high-quality soil for healthier plants and higher yields. Aim for a half-and-half mix of soil and rich compost if existing soil is good and drains well. If not, fill with topsoil and compost.

5



Choose a couple varieties of vegetables and/or herbs that are known to grow well in the area. Some examples include tomatoes, beets, carrots, cucumbers and lettuce for harvest in September.

6



Maintain the garden with nutrient levels in soil by adding mulch, such as decaying leaves and compost. This prevents weeds from growing. Consider natural pest control as well for bugs.

7



Harvest times vary from vegetable to vegetable, but most beans, peas and potatoes can be picked young. For lettuce, the same plant will grow if an inch of the bottom of a leaf is left in the soil.