

DBC Eco Church Newsletter

June 2021

Welcome to our monthly Newsletter.

Firstly, if you haven't seen the programmes 'Greta Thunberg - A Year to Change the World', I highly recommend you watch it. Very revealing.

Well we are already half-way through the year – where has time gone. It's not been much like spring and, if you are like me, not yet had inspiration to do some spring cleaning, here are some eco tips using items you probably already have in your store cupboard. These can be used as regular cleaning aids too.

Bicarbonate of Soda – great for getting rid of stains and blockages, its good for tackling lots of other cleaning tasks too.

Wipe away dirt and grease from worktops using a damp cloth sprinkled with bicarb. For a quick air freshener, mix 1 cup of bicarb with 3 drops of your favourite oil scent and put in a bowl.

Use the toilet brush and a thick paste of bicarb and white vinegar to scrub inside the toilet bowl, including under the rim.

Scrub bathroom tiles and discoloured grout with an old toothbrush and a thick paste of bicarb and water.

When machine-washing your shower curtain, add a cup each of vinegar and bicarb.

Lemon Juice – a mild, fresh, yet effective cleaner. It can be used for non-toxic house cleaning as a de-greaser and whitener, and its acid content is also a good antibacterial for helping to eliminate household germs.



Make a gentle disinfectant cleaner for the kitchen and bathroom by mixing equal parts of lemon juice and water in a spray bottle.

It's also great for shining windows and mirrors.

Neutralise the smell of vinegar in your home-made, vinegar-based household cleaners, by adding a small amount of lemon.

Rub a slice of lemon over your chopping board to disinfect and deodorize it.

Freshen and deodorize your microwave with lemon – place a few slices in a bowl of water, heat it on HIGH for 30-45 seconds then wipe the interior of the microwave down.

Clean your drains with lemon juice. Pour ½ cup bicarb down the drain, followed by hot lemon juice.

Salt – dissolved in water, salt can be mixed with several other natural cleaners, such as vinegar and lemon juice to tackle various cleaning tasks.



Glass and tiles will gleam if you wash with a salt and vinegar solution.

If you run out of washing-up liquid, just sprinkle salt into the water and wash as usual. Rinse items well.

Remove stains in glass vases and Thermos flasks with a mixture of crushed ice and salt. This is very useful for slim-necked items, which are hard to access.

White Vinegar – highly acidic, this is effective for killing mould, bacteria and a multitude of germs.

Renew sponges and cloths by placing them in just enough water to cover, adding ¼ cup white distilled vinegar and leaving to soak overnight.

To remove soap build-up from a washing machine, pour a cup of white distilled vinegar into the empty machine and run a hot cycle.

Spray shower doors with full-strength white distilled vinegar, either after you've squeegeed the glass or before you step in and turn on the water. It will help release the hard-water deposits so they don't remain on the glass.

As a FAIRTRADE Church I would encourage you all to remember to purchase FAIRTRADE items wherever possible.

Cocoa Is Their Hope

Introducing Ngoleagorbu – The guardians of the Rainforest.

In 2019 Ngoleagorbu became Fairtrade certified and now sell some of their cocoa on Fairtrade terms to the UK, which means they can receive the Fairtrade Minimum Price and Fairtrade Premium.

Together they have created a buffer zone of cocoa farms around the forest edge, where they can farm cocoa sustainably and live in harmony with nature, including chimpanzees, hundreds of rare bird species and the elusive pygmy hippo, of which only 3,000 remain.

Keenly aware of the importance of the rainforest – not just locally but to the world – the farmers of the Macafa, Tunkocfa and Gacfa co-operatives came together in 2016 to form the Ngoleagorbu Cocoa Farmers Union. Their name means 'we who live by the forest edge'.

Your support by purchasing FAIRTRADE chocolate has made a tangible difference to these farmers. It means they now have their own weighing scales and finance records, giving greater transparency when they sell their cocoa. Looking ahead, they plan to use the Fairtrade Premium to build a rice mill for the wider community, helping to cut time and reduce the physical demands in producing this staple food. They're also keen to set up a marketplace with toilet facilities and a water pump, as well as clean drinking water for the nearby villages.



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DBC Freecycle

Remember, if you have something you no longer use/want advertise it here and maybe it's just what someone else is looking for. Email details and photo if possible plus your contact details to margaret.keen@talk21.com

For more information about DBC Eco Church Group contact Margaret Keen at margaret.keen@talk21.com
