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Kickoff "Get Organized Week" in one clean sweep

Away with clutter



By Dana Korey

We are all familiar with the top 10 national holidays,... while some like Secretary's Day, National Boss Day, and Grandparents Day are not the first to come to mind, there is another holiday that deserves attention and it will

change your life! It is "Get Organized Week."

Get Organized Week was created in 1992 to focus on the benefits of getting organized and the techniques necessary to achieve that goal. October 5th -11th is an opportunity to streamline your life, create more time, lower your stress and increase your profits! Events will be hosted nationwide during this time to bring awareness to GO Week. Recently the Today Show with Katie Couric did a week long segment on getting organized and its benefits.

This year Away With Clutter will be sponsoring GO Week by donating time to the woman at YWCA Becky's House. Becky's House is a residential program for survivors of domestic violence. "We want to help these woman by teaching them the skills they will need when they are out on their own" says Michaela Kuechenhoff, Away With Clutter, Vice President.

Becky's House was built in collaboration with the City of San Diego, Tim Golba Architect, Star 100.7-FM radio and Barnhart Construction. They have all selflessly given their time and support for this worthwhile cause. Additional funding and assistance is desperately needed to help meet the needs for transitional housing for woman escaping from domestic violence. Judy Case DiPasquale, YWCA executive director, estimates it will cost a million to build a second much needed Becky's House II.

Last week I was talking about Becky's House with David Greenspan, COO of the

Deepak Chopra Center in Carlsbad. He shared with me his desire to take the mind-body-spirit balance that flows so effortlessly for guest of the Chopra Center and integrate it into the community. "local residents of San Diego County - from our backyard in La Costa to the woman of Becky's House need to feel the energy, compassion, and healing power of the Chopra Center" says Greenspan. Dr. David Simon, CEO of Chopra Center has specific plans bring the Emotional Freedom program designed to quell emotional turbulence and raise self esteem to the woman of Becky's House.

By working together as a community we can not only raise the awareness of domestic abuse but we can transform our world from one of social injustice, pain and violence to one of compassion, healing and harmony.

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