



Sustainable
CREDITON

Newsletter

March 2011

Please only print this newsletter if necessary.

**Sustainable CREDITON
(formerly CREDITON Climate
Action) is part of the
Transition Town movement.**

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www.sustainablecrediton.org.uk

Hi Everyone

Welcome to the March 2011 edition of the Sustainable Crediton Newsletter.

As you will see below it is a bumper edition which I think reflects on the upsurge of energy and enthusiasm everyone feels at this time of year as the days grow longer and the gardens and countryside begin to come back to life around us. This month we have some important Sustainable Crediton events coming up, including our Clothes Swap and Eco Fashion Day on March 12th and the Annual General Meeting on March 23rd. Details of both are below as well as a number of other events and activities you might like to join in with. So clear out those cobwebs, enjoy the emergence of spring and join us in creating a more sustainable community.

Paula Mossman Editor.

Thought for the month:

The line between failure and success is so fine that we are often on the line and do not know it. How many a man has thrown up his hands at a time when a little more effort, a little more patience, would have achieved success.

Elbert Hubbard

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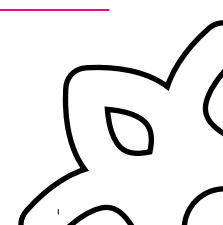
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1. Dates for Your Diary

Tuesday 1st March 8pm Food Group Planning meeting. Woolfardisworthy, directions from Anne 01363 866

Wed 2nd March 7.30pm Core Group Meeting contact Gerald Conyngham 01363 773000 for location

Sat 5th March 6.30pm to 9pm Fairtrade CREDITON 'Cotton On' at Arts Centre CREDITON, contact Laura Conyngham - details below

Mon March 7th 6pm 'Education for Sustainability' Exeter Uni, Poldhu Rm, Kay Building, joint meeting with Trans Exeter and Sustainable Ottery

Thurs 10th March 2pm WEN International Womens Day informal chat and discussion, Boniface Diner, CREDITON - contact Kate Povey, details below

Fri 11th March 10 am -12.30pm Self Help Workshop: Herbs for Your Skin with Anne Stobart Medical herbalist - details see below

Sat 12th March 2011 11am to 3.30pm Waste Action Group, Eco Fashion and Clothes Swap Day at Boniface Centre, CREDITON, Paula Mossman - details below

Thurs March 17th 1pm 'A High Well Being Low Carbon Economy' talk at Poldhu Rm, Kay Building, Exeter Uni by Tony Greenham from New Economics Foundation

Thurs March 17th 7.30pm Tony Greenham NEF at Real Food Store 11-13 Paris St. Exeter, admission free, contact 01647 24789 - see poster

Mon 21st March 7.30pm Transport Group Meeting, 26 Old Tiverton Rd CREDITON contact Laura Conyngham - details below

Wed 23rd March 7pm Sustainable CREDITON AGM, CREDITON Congregational Church, High St, CREDITON contact Gerald Conyngham- details below

Sat 26th March 10am to 12noon WEN Kiddies Clothes Swap and Coffee Morning at Black Dog nr Kennerleigh contact Kate Povey - details below

March 25th to 27th Natural Bee Keeping Course (Intermediate level) Embercombe, S. Devon - details below

Mon 4th April 10am Food Group Planning Meeting Sandford contact Linda 01363 777624 for location

Tues 5th April Core Group Meeting contact Gerald Conyngham 01363 773000 for location

Sat 14th May Community Market CREDITON Town Square - details to follow

May 20th - 22nd, Natural Beekeeping Course (beginners level), Embercombe S. Devon - details see below

Sun 5th June Big Sunday Lunch, CREDITON Town Square featuring Food & Farming Group's Local Salad Bar- more details later

June 10th - 12th, Natural Beekeeping Course - details as May 20th to 22nd

July 22nd - 24th, Natural Beekeeping Course - details as May 20th to 22nd



invites you to:

The Great Transition:

A High Well-Being, Low Carbon Economy

with

Tony Greenham,
New Economics Foundation,
Head of Finance and Business



**Tuesday March 17th
7.30 pm**

at the newly opened
Real Food Store

11-13 Paris Street, EX1 2JB
Admission Free – All Welcome



Tony Greenham heads a programme of research into reforming the financial sector and aligning the interests of society and business. He brings to this role his experience as a corporate stockbroker, commercial accountant and sustainability consultant.

The New Economics publication "The Great Transition" (subtitled: *A Tale of How It Turned Out Right*) sets out the economic and financial policies needed to move to a resilient, low carbon economy. We will be asking, what role can local authorities and community groups play in developing these?

FFI: admin@transitionexeter.org.uk or 01647 24789
Transition Exeter is a grassroots response to the twin challenges of climate change and peak oil and seeks to build resilient localised communities.
www.transitionexeter.org.uk

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2. News From the Action Groups

2.1 Waste Action Group

Clothes Swap and Eco Fashion Day Sat March 12th

Would you like some new clothes at little to no cost? Or perhaps you would enjoy taking part in a Gok Wan style work shop on how to update your existing wardrobe?

If so why not come along to the Eco Fashion and Clothes Swap Day being organised at the Boniface Centre in CREDITON on Sat March 12th. It is a first of its kind in the town and promises to be a really fun event.

Paula Mossman, the event co-ordinator, explains: 'On March 12th we would encourage anyone to come along from 10am to 11am with items of clothing, jewellery, shoes and bags that are in good repair but that they no longer use. It is a real opportunity to hunt out all those things you never use from the back of the wardrobe! Our helpers will sort the contributions whilst you have a coffee or attend a free fashion demonstration and then at noon the fun begins. You will be able to browse the rails and tables, try clothes on, and for every item you have brought along you can take away another for no charge.'

Anne Tucker, a member of the organising group added: 'As well as the clothes swap we have a young fashion designer, Lucie Ponsford, coming. Lucie will run two short workshops at 10.30am and 1.30pm on how to update your clothing and create your own unique look using a little imagination only. These workshops will run alongside the clothes swap. You do not need sewing experience to take part. Booking for the workshops on 01363 866106 is essential as we only have 10 places available in each.'

Charles Mossman, Sustainable CREDITON's Vice Chair, commented: 'Every year in the UK alone 144,000 tonnes of clothing end up in landfill. This is a truly shocking statistic as much of it is still perfectly wearable. This event aims to help people save money in these tough economic times and at the same time cut down on the amount of good clothing that gets discarded.'

Admission to the event is just £2.50 and there will be drinks and homemade food served by the Food & Farming Group available all day. For more information or to book onto one of our workshops

please contact Paula Mossman paula.mossman@lineone.net or call 01363 866106

2.2 Women's Environmental Network

The New Home Front Report commissioned by Green MP Caroline Lucas and launched last month, draws parallels between where we are now and the late 1930s. Today, many groups across the UK, including WEN are leading the way to a new Home Front.

Download the WEN Three Tonne Club handbook from here <http://www.wen.org.uk/wp-content/uploads/3TC-Handbook1.pdf>

It is the **100th International Women's Day** on Tuesday 8th March. A great time to celebrate the achievements of women all over the world – what we have done, what we are currently doing and feeling hope for what future generations will accomplish. CREDITON WEN would like to mark International Women's Day with a discussion afternoon on Thursday 10 March from 2pm at the Boniface Diner (formerly Richie's Bistro, children welcome). Please come and collect your free copy of the Three Tonne Club Handbook (or download it) and discuss the New Home Front Report. I will have one paper copy of the Report but it is free to download.

Saturday 26 March – Kiddies Clothes Swap and Coffee

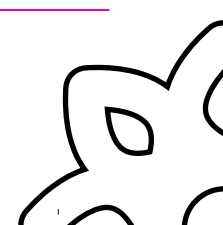
Morning. From 10am until 12noon at Kate Povey's (Little Emlett – between Black Dog and Kennerleigh). A great opportunity to swap or drop off or load up with items from clothes, baby equipment, toys, books to buggies, cots and baby baths. Don't worry if you don't have anything to swap – the main point of the morning is to re-use what we all already have between us and share it. Some items may be loaned and borrowed. Any items can be dropped off at Sandford Toddlers (every Wednesday 9.45am to 11.30am at the Village Hall) or at my place. Please label items clearly esp if they are for loan only. Everyone is welcome including children and fathers and grandparents but space is limited so please please rsvp in good time. We are only looking for things for babies and children up to 5 years of age. If there is demand we could do an older children's toys, books and clothes swap – let me know!

Growing Together – Former WEN HQ Local Food Project Coordinator is now working in Norfolk and still involved in growing food. Please follow the link to the Growing Together film showcasing her project. It's 14 brilliant minutes: <http://www.youtube.com/watch?v=eNwkpuoEq-8>

If you are interested in anything above, have any suggestions, need directions please contact me – Kate Povey, 01363 860208, kate@littleemlett.co.uk.

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www.sustainablecrediton.org.uk



2.3 Transport Group

Discussions this month: Opportunities for improvement for Devon County Councillor funding and Mid Devon Green Infrastructure Strategy.

Transport Group meets Mon 21 March at 7.30pm at 26 Old Tiverton Road, CREDITON.

New members always welcome. Contact Laura Conyngham laurac@eclipse.co.uk

2.4 Energy Group

Sandford/Crediton Solar Energy Project

We are making good progress with our project to gain group installation of photovoltaics at a reduced price. There are currently 24 people on the 'seriously interested' list and others who are pretty interested or definitely want to go ahead later.

Tender documents were issued in January to five companies and we have received submissions back from three. We are busy evaluating the offers and feel confident that we will be able to set up a "Buying Group" for Sustainable Crediton supporters living in and a few miles around Crediton by the end of March. Essentially what we are aiming to set up is a Buying Group whereby Sustainable Crediton and the Solar Panel Installer agree a set of prices for solar PV panels and a set of discounts depending on the number of supporters who buy through the scheme. The more supporters who purchase through the scheme then the greater the eventual discount obtainable for the Buying Group. The actual contract for an individual installation will be between the Installer and the supporter, not Sustainable Crediton.

Sustainable Crediton supporters will have to join the Buying Group in order to benefit from the scheme. We haven't yet determined if there will be a cost to joining the Buying Group. However much volunteer work has gone into getting this far and some on-going costs have been expended. In order to be sustainable, so that we can do other projects in the future, we may charge a nominal amount for people to join the scheme. More information will be given once we have selected our Installer and agreed all the details.

We will be holding an open meeting in Sandford Village Hall at 7:30 pm on the 10th March to discuss progress made to date and hear from our shortlisted installers. Anyone interested in joining the Buying Group is most welcome to attend.

If you are interested, but don't feel you know enough about the project, please contact Linda Lever on lindaandcolin@phonecoop.coop or 01363 777 624 for a copy of our information leaflet.

Test Drive of the Nissan Leaf; a family size electric car

When Paula received an invitation to test drive the new electric vehicle, the Nissan Leaf, I jumped at the chance! So I rolled up at the Nissan dealership at Marsh Barton and joined the queue of people waiting to have a go. Whilst I waited, I was shown the showroom model and given all the usual statistics. The Leaf is a "real" car. Top speed 90 mph, carries 5 passengers in comfort and safety, offers a level of performance similar to other cars of its size, but with no exhaust pipe emissions. A full charge of its 48 module lithium ion battery gives it a range of about 100 miles. A full charge expends 24 KWh (units) of electricity and costs about £3 at today's electricity costs, far cheaper per mile than a petrol or diesel car. A full charge takes 8 hours and so needs to be carried out whilst the car is parked at work or at home overnight. It can be charged to 80% capacity in less than 30 minutes using a special 50KW DC quick charger, but few of these facilities exist at the moment. Nissan is working with Renault in an alliance to develop partnerships with governments, both national and local, and businesses to develop a comprehensive battery charging infrastructure through public and private investment. However until that battery charging infrastructure is in place this car will only be useful for local journeys. I asked how the car coped with hills and whether the range was impacted by hilly terrain. Apparently the range is not impacted as energy is reclaimed when the car is braking or coasting on downhill runs. In fact a careful eco-driver can extend the car's range to 120 miles. Anyway enough of the stats as I finally got my turn at the wheel.



On getting into the car I was impressed by its comfort and roominess. I was joined by a Nissan employee whose job it is to demonstrate the car around the UK. The car is an automatic, start the engine, press the accelerator to go, press the brake to stop, simple stuff. So I started the engine and there was silence. You hardly knew the car was idling. The noise levels were no higher as I manoeuvred carefully out of the car chocked dealership forecourt. Now on the road we drove through some roundabouts and made it to the A30 where I was allowed to put my foot down, briefly. The car accelerated well, certainly as well as our Citroen Picasso. You could notice some noise now as at 50mph there was some wind noise, but still the relative silence was impressive. Round another roundabout and back along the dual carriage way back to Marsh Barton and into the forecourt where using the rear view video camera I reversed into the parking space reserved for the Leaf. I was very impressed and if I could have afforded the £23,000 price tag, would have put my name down on the waiting list there and then.

Charles Mossman

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2.5 Food Group

Local Produce Website

Don't forget to consult www.creditonlocalproduce.co.uk to find out how to access yummy and healthy local food and other produce. The site is evolving all the time - it's now easier to locate individual items. You can sign up for email notice of monthly special offers too.

Seasonal Suppers

We had another successful supper at the end of January with over 20 people attending and some delicious food including steamed jam sponge! We hope to be planning another one soon - look out for news next time.

Linda Lever 01363 777 624 lindaandcolin@phonecoop.

2.6 The Core Group meet with our MP

Two members of the Core Group met with Mel Stride MP on Friday 11 February. We handed over two petitions – one 'Save our Forests' and the other to support Hugh Fearnley- Whittingstall's fish discards campaign [perfectly good fish thrown back in the sea because of stupid regulations]. 100 signatures had been collected in under two hours in Crediton High Street, showing the strength of feeling on these issues.

We also spoke about our dismay at cuts to rural buses, especially in Cheriton Fitzpaine, and handed Mel a letter on this.

In the ten minutes allowed we managed to follow up previous questions about proper funding for a Green Bank and Government support for renewable energy. We expressed concerns about the threatened review of FITs payments for larger and community projects and the lack of research into potential demand for electricity and reduction of demand by energy conservation. We were asked to send a letter about this which has now been done.

Mel said he would look into all these matters and ask questions of the relevant ministers. He did say that he had defied the whip to abstain from supporting the Government on the forest sell-off, so let's hope he will be equally supportive of our views on other issues.

3.0 Sustainable Crediton AGM Wednesday March 23rd 7pm

We have fixed the Sustainable Crediton AGM for Wednesday March 23rd at 7pm in the Congregational Church on the High Street in Crediton. Please put the dates in your diaries.

After the official part of the evening, when we briefly agree last years' activities and accounts and elect a Core Group for 2011/12, we will have a discussion about the what everyone

feels should be the future direction of the group. This will then be followed by refreshments and a DVD on a current sustainability issue.

Everyone is welcome to attend. Due to work and family commitments some members of the Core Group have had to stand down for the next year and we would welcome new people to join the Core Group. No special skills are necessary, just an interest in sustainability issues and in helping to advance them locally.

Please contact Gerald Conyngham, 01363 773000 if you are unsure whether this might be for you to find out more about what is involved.

4.0 FairTrade In Crediton

Cotton On at Crediton Arts Centre Sat 5 March 6.30 - 9pm

Show off your Label - whatever FT you bring / wear. Shared food and drinks, then Abdoulaye Diakite's presentation about cotton in Mali. Free admission. Donations welcome

The Great Cotton Stitch Up on www.fairtrade.org.uk is a useful U tube briefing.

5.0 Workshop : Self-Help Herbs for Your Skin Friday 11th March 2011, 10 – 12.30.

Join Anne Stobart, MNIMH, medical herbalist at her cottage practice in Crediton where you will also be able to see a working herbal dispensary. You will learn about a range of suitable plants and their uses alongside how to make several herbal preparations. You will be able to take away a handmade ointment.

Your skin says a lot about your state of health. Learn about medicinal plants, based on both tradition and research, which can help improve skin. Externally, herbs provide the basis for many applications to soften, clear and nourish the skin. Herbs can be used internally in many ways to boost nutrition for the skin and help to reduce toxic residues.

ADVANCE REGISTRATION REQUIRED. Cost £8.00 (£5.00 concessions). Refreshments will be provided. Ground floor access is available and there is limited parking nearby. Due to space, places are limited to 12 individuals. To book your place send a cheque with your details to Herbaid, 21 Dean Street, Crediton, Devon EX17 3EN and confirmation will be sent to you. Contact Anne if you would like details of further workshops in 2011.

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6.0 Book Review:

Waste: Uncovering the Global Food Scandal by Tristram Stuart

Published by Penguin in 2009 ISBN No:978-0-141-03634-2

This is a truly eye opening book that deals with the subject of food wastage both in the UK and worldwide. It looks at food waste at many levels; at source or in other words at the farming and fishery level, at the intermediary level of food product manufacture, at the retail level by supermarkets, small shops, restaurants and takeaways and also at the final user level by us as consumers in our homes. The results for the amount of food wasted when you add all these together are astounding: the author estimates that conservatively up to 50% of all food grown, raised and caught is thrown away uneaten!

The implications of this are dealt with in detail and are well worth reading. The author shows not only how we have created this scandalous amount of waste but also the relatively simple ideas that can fix it and how we can feed all the world's hungry including the anticipated 3 billion increase in world population whilst at the same time restoring our natural environment and protecting our rainforests and other vulnerable habitats.

The book is well researched, in a very readable format and endorses the concept of localisation. It is essential reading if you are interested in reducing waste or in how we are going to feed the world over the coming decades.

7.0 Campaigns of the Month

7.1 In support of Knobbly Veg

"We Love Knobbly Veg" campaign is being supported by the National Trust and Delicious magazine. They have teamed up to front a national campaign that aims to get supermarkets selling fruit and veg in all shapes and sizes. To lobby your MEP to change the present EU grading system see:

<http://www.deliciousmagazine.co.uk/knobbly-veg>

7.2 Support the Renewable Heat Incentive

38 Degrees, the campaigning organisation who famously organised the successful petition to save our forests, is running a campaign to Back Renewable Heat. Currently only 1% of our heat energy comes from renewable sources, but 47% of UK greenhouse gas emissions come from heating. That means half the problem of climate change is about how we heat our homes and workplaces.

The new Renewable Heat Incentive Scheme was supposed to start in April 2011, but the Coalition Government has not committed to stick with it. But if this plan is dropped, the UK

won't be able to achieve the "low carbon economy" or the "green recovery" that was promised by George Osborne before he was elected. The Spending Review will decide whether the government will stick with its commitments or stop investing properly in renewable heat. Sign the petition now to Danny Alexander, Chief Secretary to the Treasury, calling on him to continue to support the initiative and the tell your friends. <http://www.38degrees.org.uk/page/s/heat-initiative>

8.0 Exeter University Research Project into values within Transition Towns

Along with Transition Exeter and Ottery St Mary, we have been invited to take part in a research project looking at values in transition groups.

The second meeting will take place on Mon March 7th at 6pm in the Poldhu Room, Kay Building, Exeter Uni, Dr. John Blewitt, Aston University: 'I say, I say, I say. What has eight wheels and flies?' A talk on 'Education for Sustainability'.

The third meeting will take place on Thursday March 17th at 1pm at the same venue with the title 'A High Well Being, Low Carbon Economy'. Tony Greenham from the New Economics Foundation will be the guest speaker. The same talk will be given at the Real Food Store 11-13 Paris Street, Exeter at 7:30pm, admission free, contact 01647 24789.

Do come. They should be fascinating meetings. If you want to share lifts, contact me. gerald@eclipse.co.uk

9.0 Creating a 'Green Home' from an old cob cottage

See how Sustainable Crediton supporter David Walker has converted a run down cob cottage to a warm and cosy home using sustainable principles.

View a series of slides with explanations at the following link www.greenthehouse.co.uk.

You can contact David if you have any questions or want to know more at walkerdgr@yahoo.com

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www.sustainablecrediton.org.uk



10.0 Willow Available

We have been cutting willow on Sandford Millennium Green. It's suitable for making baskets, structures, simple fences, etc. There are piles of various colours [and also bunches of 'pussy willow'] by some of the paths for people to take.

No charge, but, if you want to make a donation for the upkeep of the Green, leave it in an envelope at Sandford Stores addressed to Linda Lever [cheques to Sandford Millennium Green Trust].

We hope to cut and leave some hazel too – suitable for bean poles, pea sticks, etc. Linda Lever 01363 777 624 lindaandcolinl@phonecoop.coop

11.0 Natural Beekeeping Courses at Embercombe, Devon

www.embercombe.co.uk/bees

Come and stay at Embercombe in Devon for an inspiring weekend learning about 'natural beekeeping' in top-bar hives - a bee friendly way to have bees in your garden with the possibility of your own honey harvest, but without the expense and complications associated with commercial beekeeping equipment. The course is facilitated by Phil Chandler the author of 'The Barefoot Beekeeper' (www.biobees.com) and is hands-on and as experiential as the weather allows.



This course is suitable for novice to advanced beekeepers - whatever your level of experience this course will give you the confidence to build and manage your own top-bar hive following the principles of natural beekeeping.

There is the option to take away, in kit form, all the materials cut to size, for you to build your own top bar hive (this will have a separate cost of £175). We have also arranged a discount on beekeeping clothing with a local supplier.

Dates for 2011: March 25th - 27th (Intermediate), May 20th - 22nd, June 10th - 12th, July 22nd - 24th £150 - cost includes facilitation, camping in the garden and all meals from Friday night to Sunday lunchtime.

For more information contact clare@embercombe.co.uk or call 01647 252 983

12.0 Are you Supporting the Wrong Bank?

It would be good to think that all members of Sustainable Crediton were banking ethically. However, I suspect that a lot of you may still be banking with the big banks - those 'too big to fail' which received our money to keep afloat and are still receiving hidden subsidies. Time to move your money!

According to New Economics Foundation [nef] analysts, there is a range of hidden subsidies that dwarf the Treasury's bank levy and the £300 million put aside for the 'Big Society' bank. They assert that the public is supporting the banks to the tune of at least £32 billion a year, outstripping Cameron's 'Big Society' bank by a factor of 100:1.

In addition to this, banks, including HSBC and Barclays, are among the companies stashing money away overseas to avoid tax. Apparently the actions of these companies amounts to about £25bn in lost revenue each year. All this money at the rich end of society and the poor are having to suffer cuts in essential services.

To quote from nef "We don't have to keep our money in the coffers of the big banks. In the USA, the Move Your Money campaign, launched by the influential online news source the Huffington Post, has inspired Americans to move all or some of their money into accounts with alternative institutions."

Here the good alternative places to hold your money are: Triodos and Co-operative Banks, the Ecology Building Society, credit unions and National Savings through the Post Office. Co-op Bank accounts can be operated through local post offices, giving them support, and there's also a new organisation called Zopa for person-to-person lending.

It's time to change to ethical banking. Changing is quite easy, so why not do it now and feel good about how your money is being used and handled.

Why not visit our new website

www.sustainablecrediton.org.uk



13.0 Measurement of National Well-being

The Office for National Statistics ONS is developing new measures of national well-being. The aim is that these new measures will cover the quality of life of people in the UK, environmental and sustainability issues, as well as the economic performance of the country. To develop better measures of the nation's well-being we want to consult with people, organisations and business across the UK, as well as central and local government, to ask what matters most in people's lives and what is important for measuring the nation's well-being.

Go to this link to have your say <http://www.ons.gov.uk/well-being>

14.0 The Good News on People Power

Some really good news to report this month and proof that people power is making a huge difference.

If you want to see more good news like this in future please register to receive the campaigning emails from these organisations and then add your support. If you have never done this before it takes just moments to do and it is really working - see the evidence below:

14.1. The UK Government has cancelled the proposed sale of our state owned forests thanks to a massive public outcry. This campaign was supported by www.350.org and 38 Degrees.

14.2. The proposed mega dairy farm set to house 2,500 cows permanently indoors with no access to grass or daylight at Nocton in Lincolnshire has been refused planning permission.

This campaign was supported by FOE, 350.org and Avaaz

14.3. Sinar Mas, Golden Agri-Resources (GAR), has unveiled a plan to stop destroying forests and peatlands in Indonesia. For years their palm oil plantations fuelled deforestation across Indonesia - now their pledge could help tackle climate change and save large areas of forest. This campaign was run by Greenpeace

and more good news:

14.4. Italy bans shops handing out plastic bags

<http://www.telegraph.co.uk/earth/businessandecology/recycling/8233033/Italy-bans-shops-from-handing-out-plastic-bags.html>

If you are going to print this newsletter, please do so on paper sourced from sustainable forests.



Sustainable Crediton

www.sustainablecrediton.org.uk

**For More Information,
please contact us in the
following ways**

Telephone

Paula Mossman: 01363 866106

Linda Lever: 01363 777624

Gerald Conyngham: 01363 773000

Email

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Post

Well Cottage

Cheriton Fitzpaine

Crediton

Devon

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