



Sustainable
CREDITON

Newsletter

August 2010

1 August to 31 August 2010

Please only print this newsletter if necessary.

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

Why not visit our new website
www.sustainablecrediton.org.uk

Hello Everyone

With the school holidays upon us everyone's thoughts naturally turn to rest and recreation and maybe away from the on-going needs of the planet.

Sustainable Crediton's Action groups are having a well deserved break from meetings this month but we are not going completely dormant during August. We are planning events for the autumn and winter as well as enjoying some recreation time and harvesting the produce from our gardens and allotments.

I am sure you will agree that we are fortunate to live in a part of Britain where local produce is abundant and easily obtainable. This month if you only have time to do one sustainable activity why not register with our new Crediton Area Local Produce Website detailed below. By doing so you will automatically receive details of tasty special offers from producers in our area.

Have a good summer holiday and if you have a great recipe for using courgettes please send it in for next time. I know at least 6 people who are knee deep in them!

Paula Mossman Editor.



Landscape report. Page 6.

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A personal view by Core Group member Alan Murray.

Dates for Your Diary

Further details of all meetings including contacts are under the relevant section of the newsletter.

Sat 4th Sept

Exeter Green Fair Cathedral Green Exeter
10am to 4pm

Mon 6th Sept

Food Group Planning meeting
9.30am Park House, Sandford

Wed 8th Sept

7.30pm

Core Group Meeting 26 Old Tiverton Rd,
Crediton

Wed 15th Sept

7.30pm

Waste Action Group Meeting at Jill's house

Sat 18th Sept

Potential surplus garden produce event,
details in next newsletter

Sat 9th October

Big Seasonal Supper and celebration of local
harvest, more details in next newsletter

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2. CREDITON LOCAL PRODUCE WEBSITE

Crediton now has a really easy to use local produce website thanks to the hard work of Alison Shakespeare and Sustainable Crediton Food and Farming Group.

It lists local food producers and shops where local foods can be purchased and also has a page devoted to special offers which you can access at the following link: <http://www.creditonlocalproduce.co.uk/specialoffers.cfm>

However you can also sign up on the site to receive notice of the special offers automatically so you miss none of them and we would urge you to go to the website www.creditonlocalproduce.co.uk and do so straight away.

To register as a producer or shop selling local goods on the site you can also contact Alison at info@creditonlocalproduce.co.uk or Tel: 01363 776987. It is FREE!!

To wet your appetite here are the offers for Aug 2010:

1. CREDITON FARMERS' MARKET AUGUST DRAW

Win Vouchers for Market Produce when you visit the Crediton Farmers' Market on 7 August 2010. After you've made your purchase fill in a slip with your name, address and telephone number and hand it into the producer to enter the draw.

<http://www.creditonfarmersmarket.com>

2. CREEDY CARVER LARGE FREEZER CHICKEN

Special price until 14 August, large chickens for only £1 a pound (or £2.20 per kg for the decimal minded of you!). Call up 01363 772682 first to place your order then collect direct from the farm.

www.creedycarver.co.uk

3. RIVERSIDE GOATS' CHEESE

Visit Morchard Bishop Local Produce Market on Saturday 14 August and buy two pots of Riverside Soft Goats' Cheese for £2.50 (usual price £1.50 each)

3. NEWS FROM THE ACTION GROUPS

3.1 WASTE ACTION GROUP

We are delighted that our recent applications to Mid Devon Community Recycling for a portion of their wind up funds were both successful.

As a result we shall be running two new projects in 2011

1. A Clothes Swopping and Restyling Event (Swishing for short) We plan to run an all day event at the Boniface in the late winter/early spring to attract people from late teens onwards. There will be two elements to the day. The first is a clothes swap where people can bring along clothes, bags and shoes that are clean and in good condition to swap for similar items of their choice to take home. We will also have a young designer present who will run demos and workshops on how to take a piece of clothing from your existing wardrobe and update it with some simple changes and additions to provide a fresh new look. There will be refreshments throughout the day. We anticipate this will be the first of a series of similar seasonal events to encourage people to take a new look at their wardrobe and how to make the best use of it without having to spend lots of money on new clothes.
2. A Plastics Collection Pilot Project: The second event for which we were awarded funds is to be a 3 month pilot project for the collection and recycling of clean plastic containers in Crediton. Plastic is the most contentious throw away substance on the planet today and pretty much every supermarket trolley load of goods contains plastic containers however careful we are as shoppers. The Waste Action Group plan to work together with MDDC and to have 4 collection points at easily accessible locations in Crediton. If we can make the system self supporting financially it could be taken over by MDDC and extend beyond the three months to become a long term project that greatly benefits the environment.

Watch out for dates and further details of both projects in future newsletters. If you have a particular interest in either why not get in touch with our group co-ordinator, Paula, paula.mossman@lineone.net and chat about how you might become involved in a way that suits the time you have available and your interests.

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3.2 Food Group

We are in the process of joining HoGCO - Home Grown Community Owned - and hope to be targetting beginner gardeners in the autumn.

Details of our big Autumn Seasonal Supper in the next issue. Watch out for the menu and how to book your place in the next newsletter.

If you want to get growing but don't have enough space we have gardens just waiting for someone to turn them into sources of delicious food.

Contact Anne Tucker catucker@btinternet.com

Keep looking at our local produce website www.creditonlocalproduce.co.uk - new things are added all the time and there are seasonal recipes and special offers. You can sign up to receive these by email too. If you spot gaps in suppliers, retailers, etc please encourage them to sign up.

Contact Linda 01363 777624 lindaandcolinl@phonecoop.coop if you want to know more about our activities or would like to join our team.

3.3 Energy Group

Sustainable Living Weekend 26/27th June

The Food and Energy Groups were pleased with the public response to the recent Sustainable Living Weekend.

In spite of there being very hot weather, a multitude of other local events, world cup soccer and the thought that many people who visited last year might not have wanted to come again, there were 260 visits at the 14 homes which were open to the public to demonstrate money-saving renewable energy systems and kitchen gardens. A wide variety of systems were on display to show how money can be saved by cutting back on the use of electricity and oil – and helping to protect the environment. These included solar panels, wind turbines, wood burning stoves, a system for using heat from the air, and solid wall insulation. There were also several kitchen gardens, small holdings and farms on display showing how fruit and veg can be grown and animals reared.

Charles Mossman from the Energy Group said: "We were initially a bit disappointed with the response but taking into account all the competing factors, 260 visitors over the course of the weekend is very good. All the visitors appeared to be very keen, interested in what they were seeing, and many said how useful it had been talking to someone who has actually got such an installation and could ask about costs, effectiveness, their benefits and limitations. Several people said that they would be going ahead and installing a PV system themselves now that the new Feed-in Tariff mechanism was in place."

Linda Lever from the Food Group said "the visitors to the gardens and small holdings went away with lots of gardening tips and insights into such topics as hot and cold composting and keeping a wormery. One couple visiting the small holding in Eggesford are now going to keep pigs as a result of their visit".

At Morchard Bishop, Peter Moffett showed 22 visitors a central and water heating system which takes its heat from the air all year round. He also has a newly installed PV installation in which half the panels are facing east and half are facing west. Along with his organic garden, he is setting a fantastic example for renewable and sustainable living.

As a follow-on to the weekend it has been suggested that we could have a list of people willing to be contacted via the Sustainable Crediton website by the general public for private adhoc viewings of renewable energy systems. We will investigate this idea and let you know the outcome in a future Newsletter.

Sandford Community Energy Project

Plans are in the early stages to create a community PV energy project in Sandford that could involve a large number of interested residents. Anyone who lives in the Sandford area and would like to know more entirely without obligation, can contact Linda Lever

lindaandcolinl@phonecoop.coop tel: 01363 777624.

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4. Working with our local schools -

Landscape Primary

Sustainable Crediton Core Group member Georgi Bellingham has joined with Landscape Primary School to look at ways to reduce packaging created by school lunches.

The school has recently installed a PV system and composts all food waste on site, and the children keep chickens and grow their own vegetables on site. The school also has a wooded nature area in the grounds and children are involved in cob building and composting.

There is not much we can help them with in working towards a more sustainable ethos, as headmaster Gary Read is very enthusiastic and has succeeded in implementing many ideas in the school, but litter from lunchboxes is an area that could do with some attention.

If anyone has any ideas for litter-free lunchboxes, we would be glad to hear them. Georgi will be collecting hints, tips and recipes to publish in the school newsletter next term.

Contact: Georgi Bellingham

georgi.bellingham@virgin.net

Editors Note: If your children go to a primary school in our area that you think might like to hear about how Sustainable Crediton could work with them to build awareness among the children and their families of sustainable lifestyles, not contact Georgi for a chat.



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5. A Multi Media projector for Sustainable Crediton

Mid Devon Community Recycling has awarded Sustainable Crediton the funds to buy a multi media projector which can be attached to a laptop to give colourful and interesting presentations to any group of people who would like to find out about the Transition Movement, the work of Sustainable Crediton, Climate Change and Peak Oil.

This is excellent news and will enable us to go out and talk to groups all over the area with the aim of inspiring them to become active within their own communities on projects that will help the transition to a low carbon lifestyle.

If you know of a group that might be interested in a presentation then why not let us know? The material can be geared to reflect the needs and interests of the particular group involved.

Contact our chair Gerald Conyngham for more details or to suggest the names and contacts of groups that you think might be relevant.

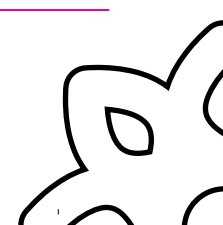
[Gerald Conyngham geraldconyngham@yahoo.co.uk](mailto:geraldconyngham@yahoo.co.uk)

6. Rental Accomodation Required As Soon As Possible

I am a mature age writer (F) non smoker recently returned to my UK roots after some years in Australia. Looking for a house share/ room to rent in either Crediton or Sandford – short or longer term would suit.

Should you have space available please contact Elizabeth Clare Huxley on Dorset number (01202) 883387 Email: juniperpine@yahoo.com.au

Thank you for your interest. Elizabeth Huxley





7. Campaigns of the Month

7.1. The Green Economy

This campaign is from Friends of the Earth. Big businesses spend serious money on advertising and PR telling us that they are doing their bit for the environment. But away from the public eye they're spending many millions holding back environmental progress.

Airlines are spending millions to persuade governments to expand airports.

Petro-chemical companies are blocking environmentally friendly measures because of the cost to them.

Oil companies are funding think-tanks, designed to undermine serious climate change research.

And they are all doing it for one thing. Profit. To them it's just good business. They want to carry on as usual. And they're ready to spend millions to make sure they can

Please email Prime Minister, David Cameron, and demand he puts the planet before profits.

Follow this link to the campaign website http://www.foe.co.uk/campaigns/economy/press_for_change/profet_before_planet_23627.html

7.2. Lets Stop Factory Farms

This campaign is from 38 Degrees. Big companies are planning to build huge 'mega-dairies' in Lincolnshire. These huge, US-style factory farms keep cows inside all year to get as much milk - and as much profit - as they can. The cows aren't even fed on grass. These farms would make a big contribution to climate change and undermine more responsible, sustainable cattle farms in Lincolnshire and the rest of the UK. There would be an increased risk of disease spreading, and the huge amount of waste that the cows produce can create real problems for the farm's neighbours.

Follow this link to petition Lincolnshire County Council <http://www.38degrees.org.uk/page/s/factoryfarm>

7.3. Devon's Mineral Core Strategy

You will probably be aware of the potential aggregate quarry site at Winscott Barton Farm in Newton St Cyres. Gerald Conyngham, on behalf of Sustainable Crediton, has written to the Church of England Commissioners who own the land and Devon County Council to ensure that we will be able to comment on any future planning application for the working of sand and gravel at Newton St Cyres.

There will also be a consultation on the Council's "Preferred Minerals Strategy" in the autumn.

There is a mass of further information about Devon's mineral strategy at this link www.devon.gov.uk/mineralscorestrategy.

The website says the link to the online questionnaire "Devon's Big Minerals Debate" as advertised in the Devon Talk Magazine will be available within the next few weeks. This questionnaire should enable us to have our say on future mineral extraction in our area.

Why not visit our new website

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8. Sustainable Crediton Website This month

Our website goes from strength to strength and is now receiving over 40 'hits' a day.

It is regularly refreshed and updated and has links to many other useful resources and news articles.

Find out more by visiting www.sustainablecrediton.org.uk

New articles added this month:

1. Cornwall's Wave Hub energy project 'is going ahead'

<http://www.bbc.co.uk/news/10629163>

2. There's hope for air transport yet! Solar-powered plane sets new non-stop flying record

<http://www.dailymail.co.uk/sciencetech/article-1292991/Solar-Impulse-plane-flies-non-stop-26-hours-overnight-test-flight.html>

9. Press Articles of Interest This Month

Property prices soar in the desert

<http://www.bbc.co.uk/go/em/fr/-/news/business-10767039>

Horse manure to power MOD office

The manure from horses in the King's Troop will be used to heat and light its new headquarters in south London.

<http://news.bbc.co.uk/go/em/fr/-/1/hi/england/london/10591601.stm> >

The Ecologist: A useful publication for those interested in environmental matters.

Four decades of global warning

<http://www.independent.co.uk/environment/the-ecologist-four-decades-of-global-warning-2036135.html>

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10. Feng Shui - Could It help your Home and Well Being?

by Alan Murray

I am by nature rather sceptical and unfairly cynical about the 'mystic' arts and sciences, but when I had the offer to have my house in Crediton 'Feng Shui'ed for free as part of some training I went along with it to see what it was all about. My prejudicial view was that it is all about sticking the right object in the right corner of the room – and painting it the 'right' colour. **HOW WRONG I WAS!**

The six hour long session started with removing geopathic stress – with dowsing rods, and then moved on to removing historic 'dark bits' from various parts of the house. But then moved on to looking at the health of the house – and how that could affect my health. This was focused on electro magnetic fields and micro wave radiation (amusingly called 'electrosmog') generated by electronic appliances and even the house wiring itself. These forms of radiation can generate a whole raft of health issues.

It is generally accepted that micro wave cookers can leak dangerous waves when old, and we have had hints that mobile phones can fry your brain if over used, but I was surprised at how much radiation is given out by common cordless DECT phones.



They radiate even when the phone is in its charger or base station – and all the time whether in use or not. I have replaced my DECT phone with a good old wired phone – that also does not use any of my electricity and makes me sit down to talk! And don't forget the wi-fi issue, and that there are safer ways to use your mobile (if you really need to use it) – and if you live near a mobile phone mast or grid transmission line you could have a serious problem!

I was also surprised when the EMF around the head of my bed was measured (on a proper meter!) – it was way above the recommended safe levels. This is the spot where my head is subjected to emissions for eight hours a night! It was coming from a clock radio by my bedside and apparently from the wiring in the wall behind the bed. I have replaced the clock radio with a good old fashioned wind up alarm clock (that as a bonus does not use any electricity!) and am looking at some way to shield the bed from the wall wiring.

This is all new to me and I am still looking into the causes and detrimental effects of these apparently self-inflicted health hazards – but there are several sites on the web where more information can be found if you are interested – or worried!

These will get you started:

www.powerwatch.org.uk
www.electrosmogshielding.co.uk
www.emfields.org

And if you dare have your house given the Feng Shui going-over then mine was done by Frederique Cooke of the Feng Shui Academy who is based in Shobrooke – so very local.

Her contact email is:

frederiquec@creativefengshui.co.uk

Well I am off now for some acupuncture – another new thing for me that seems to help!

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

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**For More Information,
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