

## Transition Times October 2010

Once again we have to apologize that it has been so long since the last Newsletter so it's quite a long one. It's been an up and down year for us all but we are making some headway. See the slideshow at <http://www.youtube.com/watch?v=7VsunpUmA7Y>

### **1) Transition Café**

The Café has become a real social event where we can enjoy company, renew old friendships and make new ones. Here we can find new allies, resources and exchanges.

Remember also, the Café gives you a chance to bring, buy, barter or sell surplus produce and other items. You never know what's going to turn up. All we ask is that if you sell something you make a donation you can afford. It all helps to keep Calon Teifi running.

We would love you parents and youngsters to share activities. We have excellent exclusive space with good facilities for you to meet but it lacks someone to take the initiative. Any offers? The Core Group is already stretched a bit thin and besides this is for you to choose how you would like it to be.

The Café is held on the first Saturday of each month at Pentrecwrt Village Hall at 2.30p.m till 4.30pm. There's a sign on the side of the main road to direct you. All are welcome; until recently refreshments were free. Core Group hopes you understand that we must be self-sustaining and although there is now a charge, refreshments are reasonable priced.

### **2) AGM**

We held our first AGM in May 2010. We had a good turnout and a very enjoyable day as well as getting on with the business. The Minutes will tell you all that happened and the decisions that were made. They are on our website at <http://tinyurl.com/calonteifidocuments>. Or if you wish for a copy please phone the Secretary evenings on 01559 370 410.

### **3) Energy Group**

Energy Group met with Roger Broome at Ceridwen where they saw a large wood chip boiler and solar thermal used to provide heat for the three properties there.

Negotiations are still continuing concerning the project at Alltycafán Mill; the Energy Group will focus on finding practical solutions for the community.

Energy group has produced some fact sheets on:

- Energy tariffs
- What is a heat pump?
- What is a wind turbine?
- What is solar thermal hot water?
- What is a pv system?

If you would like any of these please contact Ted below (or see the *Energy* page at [www.calonteifi.org](http://www.calonteifi.org)).

If anyone feels that they can help with or would like to work with the energy group on the essential effort towards carbon descent and community benefit please contact Ted (e-mail [ted@caerdelyn.co.uk](mailto:ted@caerdelyn.co.uk)).

#### **4) Woodland Group**

This important work is proving difficult to get going but it is an essential part of our Transition to a more sustainable life.

Woodland Group held a basket-making day which went down pretty well; those attending really enjoyed themselves.

If you want to help or would like to join with the woodland group please phone Jules on 07964530436 or email [jules87@btinternet.com](mailto:jules87@btinternet.com)

#### **5) Food Group**

Recently Food Group made contact with RCE (Regional Centre of Expertise for Sustainable Development and Global Citizenship) who are connected through Swansea University with the UN University. They are interested in education and we hope to work with them in the future. Their representative came to meet with us at Pentrecwrt village hall and we discussed at length the difficulties lots of small organizations are having as they try to achieve change.

We hope that this kind of networking will bear fruit, so to speak, for all of us; in the times to come we will need each other.

##### **a) Veg Growers Group**

This group is going from strength to strength. It's well supported and is growing all the time. Meeting regularly, the group also holds social gatherings with all sorts of lovely food and sometimes lively discussion; through this they are developing strong bonds of friendship.

The co-operation is such that work parties are able to go out on projects such as refurbishing a polytunnel or clearing bracken thus helping people in our community use and sustain the resources they have and produce more food.

This is what we hoped for when Calon Teifi began and is in the best spirit of Transition; the Core Group is very appreciative of the growers and all thanks to Jane who has been such a brick and central to its success.

##### **b) Allotments**

We must admit it's slow progress so far but we will persist though it's much more complicated than at first it appeared; we just will have to plough through it.

Food group members are having a meeting with the Development Officer from Carmarthenshire County Council to discuss the issue. If you feel you can help with this vital project please contact the Food group directly on 01559 371 882 evenings. If no reply we will call you back.

c) Food

The Food Group is also discussing participating in the Newcastle Emlyn Food Fest probably in June next year. Food Group has begun to visit landowners re allotments.

Some of us went on an apple pressing afternoon. Even though it rained, we had a great time working as a team to get everyone's apple done. Really interesting and enjoyable stuff. Many thanks to Jinsy and David for letting us come to their farm and for being so hospitable. See the slide show at <http://www.youtube.com/watch?v=teIUG29m7jc>

d) Going Local

The Food Group put on a Going Local day in Newcastle Emlyn at the Holy Trinity Church on the 25<sup>th</sup> Sept.

The idea was to demonstrate preserving, to provide recipes and give tips so that people can try it for themselves. Food Group made a short film to show chutney and jams being made.

We had hot soup, scones, cakes, jams, chutneys and fresh produce along with plants. We also sold book on food, seeds and we had a lucky dip.

One of the group worked very hard to organize a competition, which involved the public going round the town's shops identifying and matching vegetables and fruit symbols.

A form was provided and these were then raffled. It was a really good day, with well over a hundred people coming in, they talked about all sorts of issues over pots of tea and food and several joined Calon Teifi. The group raised over 85 pounds, which will go towards other Food Group activities.

The traders were brilliant for letting Food Group do it and they were happy that people were going round looking in their shop windows. Congrats from Core Group for a good effort.

Speaking of going local, Food Group would ask you that if you could do a survey of fruit in your area, note the address, location and type of fruit and let Food Group know it would be a great help. We are thinking about approaching the owners if they are not actively harvesting to see if Calon Teifi can manage and harvest trees and fruit bushes etc in exchange for produce. Those who can't manage their fruit would then be able to benefit from it and also the wider community as well.

There is an option of a garden share in Pentrecwrt; if you are interested please contact the Secretary evenings on 01559 370410.

Finally the Country Markets in Newcastle Emlyn and Llandysul produce some wonderful breads and cakes as well as plants and fresh local vegetables and crafts. You can join them for 5p and sell your surplus produce there. Yes, there are some regulations but they are happy to take you through them and can give you tips and advice. It's really important to support them; it's worth having a chat to them about it and you can get some really good food and company there.

## **6) Llandysul Food Fair and Drefach Velindre Carnival**

a) Again this year Calon Teifi had a stand; we were able to meet some interesting people and gained new members. This sort of event is just where Calon Teifi likes to be and many of the core group turn up and help. It's a fun day out and the children really enjoyed themselves with all the activities. Next year try and make it if you can; local food production really deserves all the support you can give.

b) Drefach Velindre Carnival: we were invited to have a stand and most of the Core Group went along. Some of our members turned up and it was a pretty good day. We had some fun, talked to quite a few people about our aims; one or two joined as members. Core Group feels that we should be out at such events as much as possible.

## **7) Llanelger in Bloom Competition**

Once again, Calon Teifi made an award for the most sustainable garden. A gardener in Drefach Velindre won it; we hope to continue with this.

## **8) Celtic Rock Festival in August**

Calon Teifi was invited to have a stand and Core Group jumped at the chance; it was thought a great opportunity to talk to young people about their views on Climate Change and community. Many seemed quite clued up and sympathetic to Transition but how to engage them actively is the question? If there is anyone out there who feels that they can help young people engage with and to feel they have a stake in Transition please get in touch. Core group feels this is a crucial element of what we are trying to achieve. We did gain some new members.

## **9) MP meets Calon Teifi in October**

Jonathan Edwards, the Plaid MP for Carmarthen East and Dinefwr, came to meet with us at the Transition Café on Sat October 2<sup>nd</sup> to explore issues relating to sustainability.

Mr. Edwards was given a warm welcome. The meeting was relaxed, good-humoured and informal and those attending asked intelligent and searching questions relevant to their lives and to the wider community.

We were especially pleased to welcome Cefin Evans, the Mayor of Newcastle Emlyn and our youngest member 9 year old Cayleigh, quite a range of interested people.

Mr. Edwards talked about his work in Westminster and that he had developed a working relationship with Caroline Lucas, the Green Party leader and MP.

Mr. Edwards explained that he had been active in exploring a green economy for Wales and said that he recognized that the saying "Think Global Act Local" aptly describes the Transition Movement, that it was growing around the world and he now has two established Transition Groups in his constituency with another starting up.

Mr. Edwards was asked for advice on how could Calon Teifi engage with all of the community? He was encouraging in that he felt we were going out into the community and making Calon Teifi known, that we should keep the Transition going forward and in time more people would come to join us.

Among the topics discussed were the provision of allotments, difficulties associated with planning restrictions for alternative energy schemes, building restrictions, the availability and cost of building plots and the need to use brown field sites, transport, fuel poverty and how does the Assembly reach its carbon reduction targets when the Assembly's commitment to carbon reduction and local authorities planning departments can be seen to be somewhat out of step?

Mr. Edwards said that developing a green economy for Wales was the way forward and in his argument for devolution, Mr. Edwards commented that it seemed absurd that Wales exports twice as much electricity as it uses and yet 30% of Welsh households are in fuel poverty.

We talked about bureaucracy and how difficult it was to make our voices heard. How could we become more democratic? Hopefully, Mr. Edwards will have a greater understanding of our problems in Transition and that we have made a friend and ally in our efforts.

The feedback from many was that it had been an interesting and informative day. Core Group is thinking that perhaps we should do more of this.

### **10) In the Pipeline**

a) Housing Group: One of our members is really keen to get a Housing Group going, important stuff this. If you are interested please contact John Boshier on 07908 406197 or email at john@permaculture-jb.me.uk

b) Preserving: Food group would like to put on a bottling day; this is a skill that could come in useful in the days ahead. More about this later.

c) We are thinking about setting up a workshop for the winter months where we can finish personal projects like that tatty upholstered chair, or restore a picture frame, quilting or rag rugging, painting or crafts.

d) What about a marmalade making day in February? Contact 01559 371 882 evenings. If no reply we will call you back.

### **11) Receiving post**

If any member who should be receiving post or newsletters from Calon Teifi and isn't getting any then you can phone the Secretary evenings 01559 370 410.

### **12) Membership cards**

You can collect your membership cards from the Transition Café on the first Saturday on every month or phone the Secretary evenings on 01559 370 410.

### **13) Party**

We are thinking about having a get together/ party at the December Café; most likely time will be between 2p.m and 8p.m. We would like it to be a bring and share food so if you are in the mood for making or bringing a bottle, then please do so. I'm sure it will be appreciated. It will be a chance to relax and have a laugh.

## Growing our Transition

Transition can exist at the level of the big and the small. Although the way ahead is full of unknowns and unintended consequences, we are lucky because we have an opportunity that may not come again.

It is for us if we want to, individually and collectively, to make what changes we can to our lives while we still have the choice.

If any thing grabs you in this newsletter remember that this is your transition so please if you can get involved. The core group works hard to sustain momentum; like all grassroots movements it needs people to drive it onwards. Calon Teifi welcomes anyone who is committed and enthusiastic.

We need all sorts of skills, however much or little time you can give.

There are many skills out there, which have worked for generations of people and Calon Teifi values these skills highly. We would love to work with and learn from anyone willing to share their local knowledge and we need interpreters as well. Please help if this speaks to you.

These are hard times and it seems pretty certain that more is coming; everyone has problems to face, some are desperately struggling. It's about numbers as well as commitment. The more of us there are the faster our transition will grow and become a genuine community resource to us all.

We'll be in touch soon. Bye for now.

You can reach us by calling either 01559 371 882 evenings or e mail [calonteifi@gmail.com](mailto:calonteifi@gmail.com)  
or visit our website [www.calonteifi.org](http://www.calonteifi.org).

### **Ads & Snippets**

Sorry these are so late. If you send in snippets like these we'll try to get them out in better time in the next newsletter – hopefully in early December.

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There is space for **organic allotments** available at the Dyfed Permaculture Farm Trust. For more information contact Michelle Laine 07813 464990 [michelle\\_laine@yahoo.co.uk](mailto:michelle_laine@yahoo.co.uk)

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### **Courses at Denmark Farm**

A one off special training day:  
19 Nov - DIY Micro Hydro Installation

Shared Earth Trust  
Denmark Farm Conservation Centre  
Betws Bledrws  
Lampeter  
Ceredigion SA48 8PB

01570 493358  
<http://www.shared-earth-trust.org.uk>  
Registered Charity No. 1004002

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**Compassion in Communication course** 30 & 31 October 2010 (near Narberth)  
Contact: Penny: 01559 362510/penny@headweb.co.uk  
or Gayano: 01558 650747/gayano@ymail.com

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**TWMPATH DAWNS - AUTUMN DANCE**

Neuadd Abercych Village Hall  
Dydd Sadwrn/ Saturday  
Hydref 30 October  
7.30- 11.30 pm.  
£6/£4 on the door

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An Interview with Alexis Rowell, author of '**Communities, Councils and a Low Carbon Future**' -  
<http://transitionculture.org/2010/10/20/an-interview-with-alexis-rowell-author-of-communities-councils-and-a-low-carbon-future/>