



**LLAMBED**

#### **THIS QUARTER'S ACTION**

*If you do nothing else this quarter do one of these.....*

- Consider switching to Good Energy, the UK's only 100% renewable electricity supplier: [www.goodenergy.co.uk](http://www.goodenergy.co.uk) or 0845 456 1640
- Subscribe to Cynnal Cymru/Sustain Wales [www.sustainwales.com](http://www.sustainwales.com)
- Send us your favourite pickling / preserving recipes for the website

#### **IN BRIEF:**

⇒ Rob Hopkins, the man behind the Transition Initiative, has won the Grassroots Campaign Award in the [Observer Ethical Awards 2009](#).

⇒ [Several US states](#) have introduced laws that make electronics manufacturers responsible for collection and recycling of disused electronic goods. The uptake of this service has been overwhelming. Hopes are that, not only will this reduce toxic chemicals in landfill, it will also discourage the manufacture of throw-away goods.

## **TRANSITION LLAMBED NEWSLETTER**

*No.2: July 2009*

### **Victoria Hall Update**

Some great news for Transition Llambed. A small delegation from the Victoria Hall Group met with Serena Allen QC of Wales Co-operative Centre on 7<sup>th</sup> July. We outlined what we intended to do and what we hoped to achieve. We also gave her the background of TL and who was supporting us, and the links we had made. The fact that we had secured funding to administer the Energy Descent Plan and were already employing two people seemed to carry a lot of weight. In short she agreed that we were eligible for her support and the wheels are being set in motion for us to benefit from the considerable

support that Co-op Wales can bring to us should we proceed. This support involves legal advice and the funding of it, contact and payment of fees to other professional bodies that can assist, and directing to appropriate funding avenues. The mere fact that we would be under the guidance of Co-op Wales should open more doors for us and certainly give us more legitimacy with the Council. Ceredigion County Council has now been informed of developments.

Transition Llambed, and not just the Victoria Hall project, needs to be set up as a legal entity so that we

can make things happen for us and she has suggested various formats that may suit. However this will need deeper discussion with all TL members. If we proceed, this will take us into a new area as a movement with all the potential baggage of a legal company. Understandably some members who are attracted to the Transition movement may not feel comfortable with this "establishment" approach. However I think the advantages it can bring far outweigh the disadvantages. Please contribute to the debate.

*Gary Thorogood, Vice Chair, Transition Llambed*

### **Transition Llambed Events Group Update**

Transition Llambed's Events Group invites new members to come and help plan and organise the next season of events.

Ideas for this autumn/winter currently include:

\* a Clothes Swap - recycle your gear and revive your style!

\* a "Heart and Soul" evening of Joanna Macy's deep ecology - "The Work that Reconnects" plus a Networking event

\* a Reminiscence Day - talking about life in Lampeter before the age of cheap oil

\* a fundraising disco with Sixties music

\* continuing the series of film and discussion evenings

If you would like to get involved with putting these events on, or if you have ideas for future Transition events and the skills and enthusiasm to

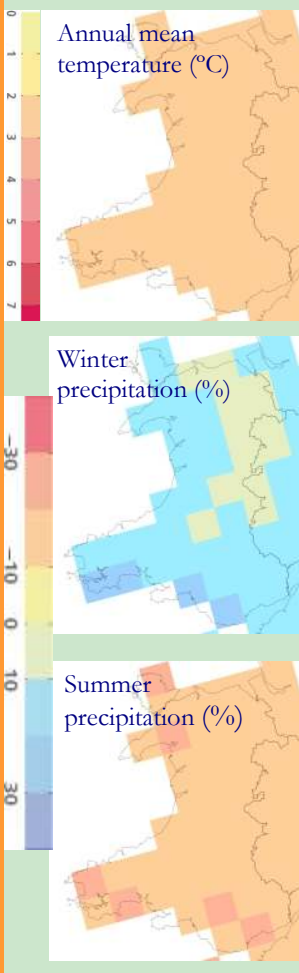
make them happen, then contact Val on 01570 423666 or email [events@transition-llambed.org.uk](mailto:events@transition-llambed.org.uk)

The next Events meeting will be in mid-September.

Up to now the Events Group has met on Wednesday afternoons every three weeks or so. If new members join who can't come to afternoon meetings, we will hold some evening meetings as well.

**DID YOU KNOW....** that [cotton production](#) accounts for over 25% of the world's pesticide use (including some real nasties) but covers only 2.5% of the world's agricultural land? Maybe we should concentrate more on other, cleaner textile crops, such as [hemp](#) and [nettles](#). Meanwhile, look out for organic cotton or hemp textiles and keep an eye out for the TL Clothes Swap event—a great way to save resources.

**UKCP09 central estimates of climate change in Wales in the 2050s at medium emission levels**



## Newid Hinsawdd

Mae arolygon yn dangos fod 99% o wyddonwyr yn credu bod y gwyddoniaeth yn gywir a'r canlyniadau'n ddibyniadwy. Yn anffodus mae arolygon eraill yn dangos mai dim ond 60% o'r cyhoedd sy'n credu bod Newid Hinsawdd yn digwydd ac o'r herwydd mae'r gwethredu a gwleidyddiaeth yn dila.

Mae ymdopi gyda Newid Hinsawdd yn golygu lleihau'n allyriadau o nwyon tŷ gwydr, carbon deïocsid yn bennaf. I helpu cyflawnu hwn gwnewch y canlynol: defnyddio llai o ddŵr o'r tap; defnyddio llai o danwydd i yrru cerbydau; defnyddio llai o danwydd i

wresogi'n cartrefi; defnyddio llai o drydan a lleihau gwastraff drwy arbed, aildefnyddio ac ailgylchu.

Mae yna fantais personol wrth wneud yr uchod gan y byddwch yn arbed arian yn uniongyrchol trwy leihau costau trydan, olew a thanwydd. Byddwch hefyd yn arbed arian yn anuniongyrchol trwy leihau costau cael gwared ar wastraff mewn tirlenwad, sy'n cael ei ariannu trwy'r trethi rydym yn eu talu.

Byddwn dal angen egni, felly mae'n rhaid chwilio am ffynhonnellau egni adnewyddol. Y ffyrdd amlwg yng Ngheredigion

yw ynni gwynt a dŵr. Hanner canrif yn ôl roedd yna amryw o bobl yn cynhyrchu trydan o ddŵr yn y Sir, cyn i'r polion trydan gyrraedd pob twll a chornel o gefn gwlad. Oes yna hen felin ddŵr trydan yn eich ardal chi allai gael ei hatgyfodi? Mae yna hefyd botensial ar gyfer ynni gwynt yn y Sir, a'r mwyaf yw'r felin, y mwyaf effeithiol ydyw – felly byddai un neu ddwy fawr mewn ardal yn well defnyddio o arian ac adnoddau nag un bach ar bob tŷ. Ond ydy'r mwyafrif tawel yn barod i weld pob cymuned a phob pentref yn berchen ar ei felin wynt ei hun?

## Cellan Community Garden

Although not under the umbrella of Transition Llambod, some good news from Cellan Village Improvement Society. They have secured considerable grant funding from Environment Wales to carry out the next stage of the Community Garden project within the grounds

of the Millennium Hall. This stage will allow local volunteers to build, under professional tuition, a tool shed from local timbers using traditional tools and techniques, compost bins, communal seating, tables and a herb garden from reclaimed timbers. This part of the project includes

creating access paths to the raised vegetable plots that will be built in the next stage of the project. The volunteers will help create a sustainable facility for the community and also learn new skills that will encourage self-reliance. The work will begin mid-August.

## UK Climate Projections 2009 ([ukclimateprojections.defra.gov.uk](http://ukclimateprojections.defra.gov.uk))

The latest UK climate projections (UKCP09) suggest that, at central estimates, annual temperature in Wales will rise by 2-3°C by 2050 if greenhouse gases are emitted at medium levels. Under the same conditions summer rainfall will

decrease by 10-30% and winter rainfall will increase by 0-30%. So more summer droughts and winter floods and if we continue to produce greenhouse gases at current high rates then changes will be more extreme. Similarly, if we lower

emissions we can hope for smaller changes. Hot, dry summers may not seem a bad thing but consider a report about the impacts of the [hot summer of 1995](#) that saw livestock farming in the UK suffer losses of around £200 million.

## Rysait piclo / Pickling Recipe

Gyda gerddi yn llawn cynnyrch roeddwn yn meddwl byddai'n syniad di i lwytho'ch hoff rysaitiau piclo i'r wefan, yn barod i gadw llysiau gwagedl.

Gwelwch y dudalen gefn am fanylion o ble i anfon rysaitiau. **I ddechrau dyma rysait Dafydd ar gyfer piclo ffa hir:**

**Cynhwysion:** 400 ml vinegr, 200 ml o ddŵr, 1 llwy fawr o siwgrwr Demerara, Hanner llwy de o halen, Perlyisiau piclo, Chili (pobl dewr yn unig).

Rhowch y jiariau gwyrdr

With the vegetable garden reaching full productivity we thought it would be good to get your favourite pickling recipes up on the website, ready for preserving your surplus veg. See back page for details of where to send recipes.

**To get us started here's Dafydd's recipe for pickling runner beans:**

**Ingredients:** 400ml vinegar, 200ml water, 1 tbsp demerara sugar, 1/2 tsp salt, pickling spice & chilli (only for the brave).

## Preparing for Energy Descent—Perceptions Questionnaire

We mentioned last issue that we were designing a questionnaire to get an idea of how people perceive issues around peak oil, climate change and local community. It is now

glân bydd angen arnoch mewn ffwrn poeth ( $\geq 100^{\circ}\text{C}$ ) amd 10 mun. Cymysgwch y cynwysion uchod a berwch nhw mewn sosban bydd, os ydy'n bosib, ond yn hanner llawn pan fydd popeth ynddo. Byddwch yn ofalus gyda'r chili, mae'r vineg yn cryfhau'r blas poeth. Gadewch y cymysgedd i fudferwi am 5-10 munud.

Pan bydd y sudd yn ail berwi'n fwrwm rhowch y llysiau rydych wedi paratoi, tua 1kg ohonynt, yn y sosban, gadewch iddynt

Sterilise clean jars & lids in a hot oven ( $\geq 100^{\circ}\text{C}$ ) for 10 min. Mix above ingredients and bring to the boil in a saucepan that, ideally, won't be more than half full when you've got the pickling mix and vegetables in. Careful with the chilli, the action of the vinegar really draws the heat out. Simmer for 5-10 min to draw the flavours out.

Bring the pickling mix back to a furious boil and

being trialled within the Coordinating Group, so very nearly ready to go.

Several people have kindly volunteered to help us take the questionnaire to households in the area,

ferwi a wedyn rhowch gaead arno am ddwy neu dair munud. Nid oes angen coginio popeth, ond megys ei sterileiddio.

Tynnwch y jiariau allan o'r ffwrn a llenwch nhw, gan adael bwllch ar y top. Y poethaf yw popeth y mwyaf llwyddiannus bydd y llysiau'n cadw, ond byddwch yn ofalus.

Rhowch y caeadon nôl ymlaen cyn gynted a phosib a gadewch y cyfan i aros tan iddynt oeri. Byddant yn barod i'w fwyta o fewn mis ac fe barodd rhai fi trwy'r gaeaf.

add about 21b/1kg of prepared runner beans. Cover and boil for 2-3 min. You're not trying to cook the beans, but sterilise them thoroughly. Stir once or twice.

Remove jars from oven, spoon in beans and fill up with mix, leaving a gap at the top. The hotter everything is the better from a preservation aspect but please handle with care. Screw on the lids and leave to cool. Ready to eat in about a month.

thank you! We will also need volunteers to help input data from completed questionnaires.

If you have any time to help please contact Sarah (*contact details on back page*).

UN PETH ARALL CYN I MI  
ORFFEN — MAE YNA  
GYSTADLEUAETH YN  
SIOE LLANGEITHO AR 26  
AWST AR GYFER JIAR O  
LYSIAU WEDI EU PICLO,  
HEBLAW WYNWNS.  
RHOWCH DRO ARNI!



*Send us your recipes for pickles and preserves to start off our very own Transition Llambod online "Grown in Ceredigion" Cookbook*

## Welsh Assembly Government Consultations

There are a number of WAG Consultations underway at the moment that may be of interest to you. These include: charges on [single-use carrier](#) bags, [climate change](#) strategy, [waste](#) strategy and [GM crops](#) in Wales. If you have opinions on any of these here's your chance to make them known. Click on the links above or go to: [wales.gov.uk/consultations/environmentandcountryside](http://wales.gov.uk/consultations/environmentandcountryside)

## TRANSITION LLAMBED

c/o Menter Llambed  
Station Terrace, Lampeter ,  
SA48 7HH  
Teras yr Orsaf, Llanbedr Pont  
Steffan, SA48 7HH

01570 423886  
info@transition-llambed.org.uk  
sarah@transition-llambed.org.uk  
dafydd@transition-llambed.org.uk

Transition Llambed Forum:  
forum.transition-llambed.org.uk  
Facebook Group:  
www.facebook.com/group.php?  
gid=90515131784&ref=nf



*We will keep you informed of our progress via different media including this quarterly newsletter, posters, flyers, an information folder in the library, our website and forum and local press including The Lamp.*

*We have listed various ways you can contact us, on the left of this page.*

*Please send newsletter contributions by post or email to: sarah@transition-llambed.org.uk*

[www.transition-llambed.org.uk](http://www.transition-llambed.org.uk)



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## Events / Courses / Meetings

**21<sup>st</sup> July:** Coordinating Group meeting, 7pm, Menter Llambed Office. Check Forum for Agenda.

**22<sup>nd</sup> July:** Energy Group meeting, 7.30pm, Black Lion, Lampeter. Check Forum for Agenda and Minutes.

**25<sup>th</sup> July:** Lampeter Food Festival, University Campus (Transition Llambed stall)

**1<sup>st</sup> – 29<sup>th</sup> August:** Cellan Millennium Hall presents “Children’s Saturday Morning Picture Show”. 10.30am for 10.45am, £2 donation. 1<sup>st</sup> Aug: WallE; 15<sup>th</sup> Aug: The Sword & the Stone; 29<sup>th</sup> Aug: Bolt

**1<sup>st</sup> August:** Italian Transition Group visit, 11am-6pm. Venue: Denmark Farm or Cellan Millennium Hall, further details tbc but will include a presentation, a Q&A session, a shared lunch and a site visit.

**14<sup>th</sup> August:** Lampeter Agricultural Show, Pontfaen Fields (Transition Llambed stall)

**19<sup>th</sup> August – 9<sup>th</sup> September:** Wildlife Walks, 3-5pm, open to all, meet at Mind building on Mill Street by Trefenter bridge, Aberystwyth. 19<sup>th</sup> Aug: Rockpool Rummage, The Prom, led by Judith Bray; 26<sup>th</sup> Aug: Penglais Woods Walk, led by Roger Bray of PNP - bus fare needed for this walk, approx. £1 each way; 9<sup>th</sup> Sept, Pen Dinas Walk, led by Andy Jones of CCW. Contact: chloe.ena@hotmail.co.uk

**26<sup>th</sup> August:** Llangeitho Show, Tyn Dolau Fields, Llangeitho – with a pickled veg (excluding onions) competition — a chance to try out your new recipe!

⇒**N.B.** We now have projection and sound equipment and would like to take a series of climate change and peak oil films out to local villages. Please contact us if you think your village would be interested.