

# Transition Exmouth Newsletter for Members and Supporters August '18

For those of you not already members, the £5 subscription is easily paid to Treasurer, Cllr. Rob Masding c/o Exmouth Town Council, Town Hall, St Andrews Road, Exmouth EX8 1AW. Please in addition, plant a tree.

If you prefer to pay by bank transfer, our details are: 'Transition Exmouth', Cooperative Bank, 08-92-99, a/c 65332739

Please don't forget to mention Transition Exmouth in any relevant conversation. We need to play our part in spreading the good word.

## Table of Contents

Peter Dennes.....	1
29-minute Sessions.....	2
Green Drinks.....	3
Transplant Awareness Day.....	3
Happiness Anyone?.....	4
Sustainable Exmouth.....	5
Plastic Waste Campaign.....	5
Environment Interpretation Centre (EIC).....	7
Post Brexit Environmental Protection.....	7
Revised National Planning Policy Framework (NPPF).....	7
Fracking.....	7
Social Media and Website.....	8
Dates for your Diary.....	8
And Finally.....	9

## Peter Dennes

We are saddened to hear of the death of Peter Dennes. He died last Sunday, 22<sup>nd</sup> in hospital several weeks after a bad stroke, on the very morning of which he had been fully active.

Peter and his wife Rosemary were TTE members for many years, they may even have been founding members and Peter was on the TTE Umbrella from at least 2010, initially as secretary and then took over from Aurthur White as treasurer in 2012. Peter was a Quaker, involved in various activities around the town and will be missed for his contribution to Transition Town Exmouth and other causes and for his sense of humour. The last time I chatted with him he was carrying a lettuce intended for donation to a friend's rabbit!

There will be a memorial service that all may attend. I hope to get details from Rosemary.

The photograph below shows Peter (standing) obviously enjoying a TTE bicycle voyage to Turf Locks in July 2012.



## 29-minute Sessions

We have a great programme over the next few months but first thanks to Paul Strange who last month told us all about the re-launched LETS scheme. Give it a look at :

<http://www.exmouthlets.org.uk/>

This coming week , Thursday August 2<sup>nd</sup>, Rob Howells will relate his conversion to veganism and why it is good for the planet.

On Thursday 6<sup>th</sup> September Carol and Ron Metcalfe will explain the concept of compassion in Buddhism. We have all heard Buddhists talk about compassion but I for one don't really know whether they mean something more than the dictionary definition, which is: *'Sympathetic pity and concern for the sufferings or misfortunes of others'*. Carol has searched for truth as a practicing Buddhist most of her life so come along and be enlightened! Following are her own words:

*"Carol and Ron have attended many Buddhist teachings, ceremonies and public events given by H.H. Dalai Lama and H.H. 17th Karmapa. The teachings have been a source of joy and inspiration as well thought provoking and challenging. Carol's Buddhist journey started way back in the 1960's when she came in contact with the newly formed FWBO and its founder Sangharakshita. However, it was in the early 70's when she was introduced to Lama Chime Rinpoche, that her interest and empathy with Tibetan Buddhism really began and which has continued to guide and inform her daily life. "*

19.30 sharp or you'll miss it at The Park Hotel, 114 Exeter Road, Exmouth, Devon EX8 1QH.

## Green Drinks

Don't forget, our purely-social Green Drinks follows on from the talk; you are welcome to bring your own 'green' table decoration to add to the collection!

## Transplant Awareness Day



Doreen Sandham and helpers were at Steve Gazzard's event in the Strand on Saturday 21<sup>st</sup> July. Steve's daughter died while waiting for an organ donor and he's been a tireless campaigner for the cause since. Doreen trucked up with her re-skilling tent, complete with two vintage sewing machines and, she tells me, a lot of sewing was done. Hopefully the tent will enjoy further outings. Doreen is always happy to have offers of help.

## Happiness Anyone?

What actually makes us happy? What matters for a happy and meaningful life? How can I become happier? How should we treat others?

If you're looking for answers to these questions, Dawn & Ian as volunteer leaders are very excited to announce the Action for Happiness "Exploring What Matters" course in Exmouth

This course explores what matters for a happy and meaningful life. It is intended for people of all backgrounds, and particularly for those who would like to be part of a more positive and caring society. You will be looking at some of life's most important questions. Each week you explore a different theme, listen to videos of leading experts, and explore fascinating findings from the latest research. Come away inspired! with practical ideas.

Analysis has found that it leaves people both happier and more pro-social, with participants reporting increases in levels of life satisfaction, mental wellbeing, compassion and social trust. This is not therapy but many participants report that the course was life-changing. The course runs over 8 weekly sessions of 2 hours.

Tuesday, 25th September 18.30 to 20.30 at the Kennaway Centre, Victoria Road, Exmouth and for the following seven weeks. There is a cost:

<https://www.eventbrite.co.uk/e/the-action-for-happiness-course-exmouth-25-sep-2018-tickets-48445865889>

Or see their Facebook page.



## Sustainable Exmouth

The only recent news I can find is summarised in this report from Devon Live:

*A spokesman for East Devon District Council added: "Our seafront regeneration plans continue, the Hemingway Design engagement and visioning process is ongoing and on that basis, a decision (under delegated powers) has been made to grant a further lease to Harbour View Café for the period 17 September 2018 to 30 September 2019."*

*The Queen's Drive Space is a temporary attraction on part of the nine-acre seafront redevelopment site on Exmouth seafront. Phase one of the redevelopment – a new road and car park – is set to begin in a few months' time. Plans for phase two, which includes a new Watersports centre, were approved by planners last month. The third and final phase of the project involves the remainder of the site including the former Harbour View Café.*

I'm trying to discover the timetable for this process but I can't avoid the conclusion that it is behind schedule! Anyone know more, please get in touch.

## Anti Plastic Waste Campaign

I have been attempting to link up with Scott Burgan about whom I reported last month:

*"Surfers Against Sewage (SAS) local activist Scott Burgan is inviting everyone to join up and push for action. Scott may be contacted at [plasticfreeexmouth@gmail.com](mailto:plasticfreeexmouth@gmail.com) or on his Facebook Page Plastic Free Exmouth [UK] where he has already lots of members."*

I have had a response from Scott which indicates that there's not been much action so far.

I have however received encouragement from Codey-Anne Reeves as follows:

*I am a BSc Environmental Science graduate. A member of your team spoke to my grandmother at the transplant event last week and asked for me to have a look at the reduce plastic waste flyer. I thought the flyer was a wonderful idea and a great way to get the public personally involved with such a major global environmental issue. Here are a few extras ideas I have come up with to help Exmouth reduce it's plastic waste:*

- Say NO to straws or switch to paper straws which can easily be recycled, alternatively invest in reusable metal straws that can be washed and used again
- As an alternative to your normal laundry products switch to soap nuts, these can be put into canvas bags which go in with your washing (soap nuts last about 10 washes) then all that is left to do is to purchase more soap nuts as and when needed, this is cheaper than branded washing products

- Rather than using disposable coffee cups, invest in a reusable bamboo travel mug, not only is bamboo one of the worlds most sustainable resources most coffee shops now give a discount to those who bring their own travel mugs! Saving the planet and saving your wallet.
- GET NAKED! Buy cards, veg ect.. without the plastic film!
- Switch to a bamboo toothbrush, bamboo is sustainable for use and can be disposed of harmlessly, a much “greener” alternative to the normal plastic toothbrush.
- Look for personal care products and cleaning products without microbeads. Not only is using natural products better for the environment but alternative ingredients such as crushed walnut shells also work much more efficiently. Microbeads can be hidden in the list of ingredients with not being labelled obviously, some ingredients that mean microbeads are: polyvinyl chloride (PVC), nylons polyethylene terephthalate (PET), polyethylene (PE), polypropylene (PP) polystyrene (PS) polyvinyl alcohol (PA), and polyamide (PA)
- Be part of something! Before you leave the beach fill your buckets with any rubbish you can see and put them in the bins located on the seafront. This will stop plastic litter from getting in the oceans and make the beach much nicer for future visits!

*I hope these extra suggestions have been useful. I would be very much interested in being actively involved in this movement as this is a topic in which I am very passionate about. I have also made a short YouTube video about microbeads: <https://www.youtube.com/watch?v=PiTtUUDSDpM>*

*contact: Email: [codeyanne@hotmail.com](mailto:codeyanne@hotmail.com) or [codey.reeves@students.plymouth.ac.uk](mailto:codey.reeves@students.plymouth.ac.uk)*

*I hope to hear from you soon, and wish you the best of luck with this amazing movement.*

As Scott suggests, there is a need for co-ordination; if anyone is able to take this further, please keep me in the loop (I don't do Facebook).

## **Environment Interpretation Centre (EIC)**

This project is not going well. Noel's valiant attempts to get regional support for this seem to have fallen on deaf ears. There is some hope that because a need for a community centre is prominent in the draft neighbourhood Plan, the authorities would have to find a way to deliver. Is it too much to suggest that we could get a new building housing a community centre, an EIC, the museum, and the library?!? Lets all work towards this.

## **Post Brexit Environmental Protection**

Hopefully you all responded to DEFRA's consultation, Transition Exmouth did. Doughty campaigner Claire Wright says: "Devon areas protected by EU legislation include Woodbury and Aylesbeare Commons, the Exe Estuary and some of Dartmoor, to name just a few. It is vital, given how fast nature is depleting due to climate change and habitat

loss, that these rules are at the very least replicated.” She had introduced a motion before DCC to further this ambition.

## Revised National Planning Policy Framework (NPPF)

The revised (NPPF) should have just been published and there'll be much in it to catch our attention. It promises to support the Road to Zero strategy, the Government's plans on how to support the development of *“one of the best electric vehicle infrastructure networks in the world”*. The strategy says that the government will increase the supply and sustainability of low carbon fuels in the UK through a *“legally-binding 15-year strategy to more than double their use, reaching 7 per cent of road transport fuel by 2032”*.

*2022 would be better!*

## Fracking

Whether part of NPPF or not, I don't know but CPRE are campaigning against a loosening of the planning regulations governing fracking.

<https://www.cpre.org.uk/what-we-do/energy-and-waste/fracking/update>

CPRE were central to the dealings that have resulted in stopping on-shore wind farms but they are not all-bad so read what they say.

I know everyone believes 'that fracking won't happen here' but putting our heads in the sand won't serve us well. Cllr Mark Williamson's personal view, expressed to me, is that such a relaxation would be a 'backward step'. Lets hope he can persuade his EDDC colleagues to be pro-active in opposing this at consultation.

## Social Media and Website

Website: <http://www.transitionexmouth.uk>.

You can contact me Adrian Toole, Chair, on [transitionexmouth@gmail.com](mailto:transitionexmouth@gmail.com)

[@GreenManExmouth](#) continues his tweeting, not always on TE items but always seeking to entertain so be prepared!

We have a Facebook group: <https://www.facebook.com/groups/15416577788/>

and a page: <https://www.facebook.com/transition.exmouth>

Not to forget the ever popular Green Drinks: <http://www.greendrinks.org/Devon/Exmouth>

## **Dates for your Diary**

### **Wild-Day on the Maer**

Saturday 6<sup>th</sup> August. Join East Devon's Countryside team for a fun day on the Maer. Have a go at bug hunting and natural craft activities. Meet staff and volunteers from Pebblebed Heaths Conservation Trust, Devon Loves Dogs and the Jurassic Coast Trust. Activities start from 10.30am and finish at 3.30pm. Why not bring a picnic and combine with a trip to the beach? Suggested donation £4 per child.

### **Devon Food Waste conference**

Friday 21st September at The Boniface Centre, CREDITON, EX17 2AH. Contact [emma.croft@devon.gov.uk](mailto:emma.croft@devon.gov.uk) for more info.

### **Transition Exmouth's AGM – 22 September**

Yes it's a year since we all met up and our AGM is to be on Saturday afternoon 22 September at Glenorchy Church Hal, Exeter Road. I can confirm that local zero-waste celebrity Sarah Allen has agreed to do a presentation, perhaps with props!

Hope to see you there and if anyone wants to be closer involved in our work, either by starting an activity themselves or by joining our Umbrella Group then get in touch soonest.

### **Working Together for the Future of East Devon 2018**

For Friday 28 September, voluntary organisations and community groups, as well as Town and Parish Councils from across East Devon are invited to book their places on the district council's FREE annual "Working Together for the Future of East Devon" 2018 event, which is taking place on from 9.30am to 2.30 pm at Knowle in Sidmouth.

The event aims to bring local agencies together to improve communications between the voluntary and statutory sectors. Voluntary organisations are vital for our residents and the quality of life in East Devon. Contact me if you can go and represent us.

### **Meat-free Mondays in July 2018**

Still one Monday to go!!!

### ***And Finally***

Yes finally windsurfing weather yesterday but why are the scooterists allowed to block off all access to the Recreation Ground including to the public slipway?

ENDS