

Transition Exmouth Newsletter for Members and Supporters September '18

Annual membership is due at the end of each AGM. Currently set at a nominal £5 plus in addition, a requirement to plant a tree, your subscription is easily paid at the AGM, to our Treasurer, or to our Chair.

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.

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Transition Exmouth's AGM – 22 September

Yes it's a year since we all met up formally and our AGM is to be on Saturday afternoon 22 September, 14.30 at Glenorchy Church Hall, Exeter Road EX8 1PL (note change from previous venue).

Local zero-waste celebrity Sarah Allen has agreed to do a presentation, perhaps with props! Our plan is that during the week leading up to the meeting we will be borrowing Jill Webb's Hub window display to get publicity. Thanks Jill.

Members will have already received the notice but all are welcome whether members or not. Hope to see you there and if anyone wants to be closer involved in our work, either by starting an activity themselves and/or by joining our Umbrella Group then get in touch soonest.

29-minute Sessions

First thanks to Rob Howells who last month related his conversion to veganism and why it is good for the planet.

On Thursday 6th September (tomorrow) 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.

On Thursday 4th October, the charming Helen Tribble, Projects Director at the Open Door Centre will come along and talk about their activities, which have a far greater reach than I, for one, realised.

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!

Peter Dennes

Members I myself, Elinor Scott, Noel Harrower, Jan Pawson, and Andy Lock attended the memorial service for Peter last week. We learnt a lot about Peter that we didn't know, including the fact that one of his passions was fox hunting! Also heard many humorous anecdotes. He continues to be missed.

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.

Hemingway's Portal

The Hemingway portal survey is at:

<https://www.hemingwaydesign.co.uk/exmouth-opportunities-queens-drive/>

It is a concern of the Town Council that some folk may not be able to participate because they are not on-line so if anyone you know needs a paper copy of the survey, or needs one in large print, or in any other format please call Anna Herbert on 01395 517535 or email aherbert@eastdevon.gov.uk.

Moreover Cllr Philip Skinner has told Transition Exmouth that there will be a further consultation after Hemingway has digested the survey returns. We urge you to take part.

Anti-plastic Waste Campaign

Difficult to know what to say about Scott Burgan's Facebook anti-plastic campaign about which I have reported before. Scott may be contacted at plasticfreeexmouth@gmail.com or on his Facebook Page Plastic Free Exmouth [UK]. I have had a peek and it doesn't seem to be gathering much traction. Simon Pardoe and Roger Gibson, who both do FB are in contact with him and he wants to meet up, telling them:

" Hi guys, looking at making a small Facebook group on the leading individuals involved in Environmentally helping Exmouth, Is there someone i can add ass a friend so i can add them to the group?".

We are of course behind him in this effort and Simon and Roger will i'm sure continue the contact. it seems that in any case, Roger & Simon will set up a Social Media forum, 'Eco-Exmouth' for the Exmouth-wide exchange of ideas. All you FB people watch out for this!

Please don't forget to follow-up the great suggestions for personal action that Codey-Anne Reeves sent us and which were listed in last month's newsletter:

Tree Planting

Simon Pardoe has obtained a provisional go-ahead from Rob Skinner, the National Trust Ranger, for planting at Lower Halsden Farm. Unlike our previous planting schemes, this will have to be carefully planned and executed and there will be a cost. We shall be specifically collecting towards this at the AGM.

Environment Interpretation Centre (EIC)

Noel's stubborn efforts to get corporate support for this have born some fruit in as much that he now has the support of the Exe Estuary Partnership and Devon Wildlife Trust. The need for something of the sort is prominent in the draft neighbourhood Plan, with these levels of support how can the project fail? The authorities would have to find a way to deliver. Lets all work towards this. PS the latest NP newsletter is on their Website.

Cycling Offences coming your Way

Four years ago, the Westminster Government recognised that our road traffic laws weren't working and promised a full review of traffic offences and penalties. Following this announcement, not much follow-up has happened, but an estimated 1,800 pedestrians have died on our roads hit by motor vehicles. So are the Government reviewing road safety legislation, no they are just going to concentrate on bringing in additional cycling offences. This is in line with much recent Government action motivated by a lust for good tabloid headlines. Cycling UK are urging us to help their campaign to get the Government

to stick to their mandate and examine ways of stopping motorists from killing pedestrians and cyclists! <https://action.cyclinguk.org/page/29156/action/1?ea.tracking.id=DE>

Social Media and Website

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

You can contact me Adrian Toole, Chair, on 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

There's still time - September 11th & 25th

Getting Your Message Across: Transition Exeter and Arukha present a 2-part Media Training course on September 11th and 25th. Media Training for individuals concerned with sustainability and social justice starting in Exeter on Tuesdays September 11th and 25th, 10 am – 1 pm, Exeter Central Library. There is a cost but if anyone wants to go with the intention of helping out Transition Exmouth, please talk to me.

Course information and booking: gillwestcott@gmail.com 01647 24789

Find out more: www.ArukahNetwork.org

Devon Food Waste conference - September 21st

Friday 21st September at The Boniface Centre, CREDITON, EX17 2AH. Anne-Marie is speaking at this so must be worth attending! Contact emma.croft@devon.gov.uk for more info. Conference agenda/registration page is now live: <https://www.eventbrite.co.uk/e/food-waste-the-cutting-edge-tickets-48448729454>>

Working Together for the Future of East Devon - September 28th

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.

And Finally

Geoff Smith from our corporate member Glenorchy Church was proud to tell me that they have qualified for a silver Eco-Church award. Well done Geoff and the Glenorchy congregation. NB they are allowing us to use the church hall for our AGM; thanks for that.

ENDS