



transitionarberth is part of the transition movement, a community based association helping to prepare local communities to move from a high carbon economy to a more sustainable, low carbon society.

we aim to inspire, support and encourage local people to promote a compelling and engaging vision of a more resilient, self reliant future. we aim to raise awareness of the issues associated with climate change and peak oil.

Reduce Your Carbon Emissions Today

There are a lot of easy ways that we can reduce our carbon emissions. driving more efficiently is one of these. Of course leaving the car at home and using public transport or walking will reduce the amount of carbon even more. This is not always practicle so when using the car the following eco-driving hints and tips from the Energy Saving Trust could save you around £120 per year and reduce your carbon emissions by a quarter of a tonne per year!

1. Change gear before your rev counter hits 2,500 rpm in a petrol car, or 2,000 rpm in a diesel.
2. Slow down. You will use 25% more fuel driving at 85mph than

at the national speed limit of 70mph.

3. Drive smoothly driving in higher gears whenever possible - but not so high that the engine labours.

4. Only use air-conditioning when driving at high (60mph+) speeds. At slower speeds it is actually more efficient to drive with the windows rolled down rather than using aircon.

5. Switch off the engine when you are going to be stationery for a while - but not while waiting in traffic.

6. Share your car. For example start a car pool at work or with your children's friends' parents.

7. Remove roof racks when

Hypermiling is the art of driving economically and exceeding manufacturers stated efficiency of their vehicles by modifying your driving habits and techniques. The term Hypermiling was originally coined by Wayne Gerdes who is considered by many in the Hypermiling Community as the "father of Hypermiling" <http://www.hypermiler.co.uk/>



they are not in use. The air resistance caused by the roof rack is very large - particularly at speed - and so fuel consumption is elevated.

8. Keep your car regularly serviced and ensure that tyre pressures are kept at the stated level. Driving around on soft tyres greatly increases both fuel consumption and tyre wear.

Presentation to Narberth Town Council Cancelled Due to a Change in Climate

On February 3rd Chris Lawrence of Transition Narberth was all set to give a presentation to Narberth Town Council, but with the skies darkening and the grounds whitening the fateful call of cancellation came.

The presentation has now been rescheduled for the March meeting. We hope that this presentation will encourage greater understanding of the aims of the Transition Initiative locally and the previous cancellation will help reinforce the problems associated with climate change and the increased need for local resilience.

What is the Steering Group?

The Steering Group is there to manage the start-up process. The demise of the steering group is designed from the outset. At some point later in the year the steering group will plan a great unleashing (more details on this to follow soon) where a committee will be elected and the steering group dissolved.

There seems to of been some confusion about what the steering group is. This was highlighted in some of the feedback from "The Power of Community" film night in December. Thank you to all who came and for

this and other valuable feedback which helps Transition Narberth to improve its future forum presentations. Chris Lawrence has responded with regards the steering group thus;

The Steering Group is completely open to anyone; all we ask is that you let us know if you are coming, only for reasons of practicality. Also, if people wish to come along, then for the first 2 meetings we ask that they have the status of observers, again this is practical, to allow continuity of the meetings.

News From The Steering Group

1. A film night has been arranged for Llanfalteg Village on the 15 February in the village hall.
2. Transition Narberth has joined The Environment Network for Pembrokeshire (TENP). TENP is a grouping of member organisations from the voluntary sector with the aim of participating in and contributing to the formulation and implementation of policy impacting on the environment by engaging with the statutory and business sectors on behalf of its members.
3. Two of our members are investigating recent regulation on the slaughtering of animals, high lighting anomalies and problems for farming, we hope to have a report from them in the next newsletter.
4. A meeting is to be arranged with Localey, a national interactive internet scheme helping people to see all that is local and to have a say on local topics.
5. We now have a constitution. A copy of which we hope to post on the website soon.
6. Help with funding is in progress. Our Fund raiser, Kevin Fisher, recently organised a very positive meeting between our officers and Jo Horsley, Development Officer for Environment Wales. Very helpful and invaluable guidance on raising funds for our future work.
7. Sally Woods is our new press officer.

The Great Re-Skilling Starts Here

Planed has a large selection of courses on offer. Learn new skills and help to add to local resilience. Below is only a taster of what is on offer. Have a look at the Planed web site for more information.

BUILDING CONSERVATION - 12 day course run over 12 weeks

To include Lime & Stone Masonry

The course aims to provide an introduction to approaches to conserving traditional buildings and would suit those currently working in the building industry.

FENCING - 2 day course

This course gives you the practical skills required to undertake basic field fencing, post and wire/netting and post and rail.

GATE MAKING - 5 day course

A brief introduction to gate making, to include Health & Safety in the workshop and traditional gate making methods.

HEDGING - 2 day course

This course will give you the practical skills required to undertake basic hedge laying.

WETLAND CONSERVATION - 2 day course

This course gives you the practical skills required to undertake basic ditching, ditch maintenance and the principles of wetland conservation management.

TREE PLANTING - 2 day course

This course gives you the practical skills required to undertake basic tree planting techniques.

COPPICING - 2 day course

This course gives you the practical skills required to undertake basic coppicing techniques.

SOIL MANAGEMENT - 1 day course

This course gives you the principles of soil management.

Follow the link for more courses.

<http://www.planed.org.uk/noticeboard/documents/NewSkills-AllCoursesA4Oct08.pdf>

News & Events From Other Groups

Thursday February 26 at Theatre Gwaun, Fishguard

TRANSITION BRO GWAUN presents

GARBAGE WARRIOR (86 mins.) Cert. 15

American outsider, architect Michael Reynolds creates beautiful, ramshackle homes in the New Mexico desert. The dwellings are made from discarded beer cans, reclaimed wood, old tyres and clay; the physical manifestations of his life's passion for sustainable living. But Reynolds is not so much an architect as a one-man eco- movement, a visionary whose ideas will either help save the planet or land him in trouble with the local authorities. Shot over three years in the US, Mexico and India, this is an extraordinary, intimate portrait of a man possessed by his dream of changing the world.

Doors open 6.45pm, film starts 7.30pm Tickets £4.00 (£2.00 concession)

PEMBROKESHIRE BEEKEEPERS ASSOCIATION:
'Introduction to Beekeeping' course.

Since 2006 PBKA have been running successful evening classes in Haverfordwest to introduce prospective beekeepers to the craft. The course takes place over eight separate sessions of two hours each and covers subjects listed below. The next course will start in February, 2009. For further details and to register your interest, contact the PBKA Secretary, John Dudman on 01437 891892. (Details on web site, via Google!)

Pembrokeshire Organic Group on Wed, Feb 11th, 7.30 pm at The Pelcomb Inn, Pelcomb Cross

"One Wales One Planet – One Planet Wales within a generation?" A presentation by Peter Davies, Commissioner for Wales on the UK Sustainable Development Commission

If you would like to contribute an article or promote a local event in Changing Times please contact Dan Jackson by email at dan@phonecoop.coop or call (01239) 831838. For Steering Group information please contact Chris Lawrence by email at chrislawrence@cooptel.net or phone (01437) 563936