



*Welcome to Lostwithiel Transition August 2009*

*e-newsletter*

Transition Lostwithiel

News and projects



## COMMUNITY GARDEN

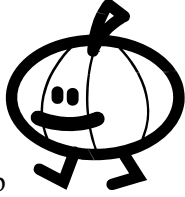
Would you like to see a Community garden in Lostwithiel and be part of it??

If so, please let us know

Give Lesley Bower a ring on 01208 873363 or email Transition Lostwithiel

[info@transitionlostwithiel.org](mailto:info@transitionlostwithiel.org)

We have lots of ideas and can help to make it happen – all we need is you!!



Plant Swap

**The plant swap is going really well this year - thank you to all the people who regularly man the stall on Saturday mornings - even in the rain!!**

This is our second year and we are all getting the 'grow some swap some' habit... from St Winnows School - who regularly swap their extras for others they don't have, such as blackcurrant bushes to the many allotment holders who find that swapping some of their extras works really well.. holiday makers also enjoy taking home a bit of Lostwithiels home grown for a donation

Contact Pauline on 872331 if you would like to help or know more

Many thanks to St Bartholomew's book stall fundraisers for letting us use the church grounds with them - at the end of the season the donations we have received from the Plant Swap will be split between Transition projects and St Bartholomew's Church



compost cup

The 2 new composting trophies are tooled up and ready to go and will be causing a stir!! - all they cost was imagination!!

We would love you to enter the Composting section at the Lostwithiel Garden Show on 5 September this year - entry forms are around town - but if you are wired up then go to : [www.transitionlostwithiel.org/downloads/Lostwithie-garden-society-show-schedule-2009.pdf](http://www.transitionlostwithiel.org/downloads/Lostwithie-garden-society-show-schedule-2009.pdf)

where you can download a copy



Community Orchard project UPDATE

The first orchard project is forging ahead, initially there will be 4-6 trees planted as it is a small site – more details next month when the project is finalised... watch this space!

Get involved: if you want to help create a community orchard or help to document old varieties of trees, please let us know. We are planning pruning workshops and tree surgeries if there is enough interest.... for more info please take a look at: [transitionlostwithiel.org/ community-orchard/](http://transitionlostwithiel.org/community-orchard/) and let us know what you think

## *Thought of the month*

### E-cloth & Your Health

#### Just use water for cleaning with E-cloths

**Did you know that by using E-cloths, as well as getting fantastic finishes on all your surfaces, you significantly reduce the use of harmful cleaning chemicals in your environment.**

#### Are you aware?

- 40% of the UK population suffer from an allergy such as asthma and chemical sensitivity. Using chemicals in everyday cleaning increases the likelihood of an allergy.
- E-cloths are safe for everyone, especially allergy sufferers. They are neither impregnated nor require chemicals to clean.
- E-cloths have a Consumer Award from Allergy UK, the national charity which raises awareness of allergy sufferers.

E-cloths use just water, enabling allergy sufferers to reduce household chemical usage by up to 90%.

## *Cleaning triggers asthma*

**Reuters**

Published: Monday, February 02, 2009

A warning for asthma sufferers -- cleaning the house may trigger a spike in breathing problems, according to new research.

"We certainly know that cleaning as an occupation and cleaning agent exposures are major risks for asthma and asthma exacerbations," said Dr. Jonathan A. Bernstein, of the University of Cincinnati College of Medicine.

<http://www.e-cloth.com/ecloth-and-your-health/>