



Welcome to Lostwithiel Transition July 2009

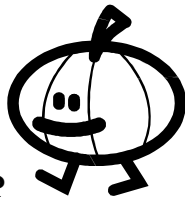
e-newsletter

TRANSITION LOSTWITHIEL

NEWS AND PROJECTS

- Since the conception of Transition Lostwithiel many new initiatives have been undertaken by interested groups of people, keen to enliven the town
- Transition Lostwithiel would like to invite anybody who is interested in starting new projects or joining and helping with projects that are underway to have a look at: www.transitionlostwithiel.org/projects

❖ **Whats Going on?**

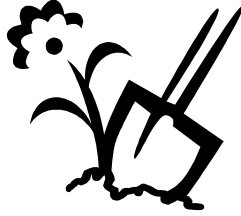


PLANT SWOP

Every Saturday morning St Bartholomew's Church Yard 10 -12 make sure you come along and either swop surplus seedlings/plants/seeds or make a donation if the stall has something you want

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

COMPOST CUP



Thank you to everyone who has donated unwanted garden tools for our garden and art projects

To learn more go to: transitionlostwithiel.org/compost-cup/

Lostwithiel Garden Society's 67th Annual Produce Show on Saturday 5 September 2009 will be holding new classes in 2009 for the best home-made compost. Get composting to win this year's cup! Julia Pollard from [WRAP](http://www.wrap.org.uk) will be judging the competition.

New class – COMPOST 29A Garden waste only

29B Household & Garden Waste

Entries in an open tub (maximum two litre volume) for further information please contact show secretary John Pegg 01208 872676.

WHAT IS THE BIG LUNCH?



This is an idea from the Eden Project which has been taken up nationally

Basically, it's a party in your street, in everyone's street. On ****19th July**** the people of Britain are asked to stop what they're doing and sit down to lunch together. Why? Well, for lots of reasons really, but mainly to put a smile back on Britain's face.

There are already several venues for Big Lunches in Lostwithiel – to see where your nearest is look at www.thebiglunch.com or do your own in your street

COMMUNITY ORCHARD PROJECT UPDATE



A site has been identified for an initial community orchard. If all goes to plan, planting may begin in early 2010. To read more please go to our web site – as below

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

Swishing



Is your wardrobe bulging with clothes you haven't worn in years? Would you like to replace them with something you would wear? Would you like to reduce waste and recycle in the most glam way possible?

- Tuesday 14 July 2009
- Church Rooms Church Lane Lostwithiel
- Open at 6pm SWISH starts at 7pm

- £2 donation entry
- Bring at least 2 items to swop
- Bar

Check out www.swishing.org to find out more

Thought of the month

British Barby q

Whereas in the UK we get over 90% of our barbecue charcoal from forests in other countries, many of which are not sustainably managed, the guys over at South Downs Charcoal continue the age old job of coppicing local trees, making sustainable charcoal in woods nearby. It's a tough job, but they're passionate.

Switching to sustainable charcoal can reduce our emissions by about 24kg to 95kg of CO2 a year, and also benefits Britain's wildlife, and biodiversity because it leads to reforestation.

As global [deforestation](#) currently accounts for a staggering one-fifth of all manmade CO2 emissions, it's a major environmental concern. Plus [one estimate put emissions of bringing a bag of charcoal from Africa to a shop in Britain at ten times more CO2 than delivering a home-grown bag](#) - enough to power an old fashioned 100W light bulb for over three hours.

So choose UK made charcoal for your barbecue – it burns hotter, quicker and better by the way.