

## Newsletter July 2011

[www.transitiontownbridport.co.uk](http://www.transitiontownbridport.co.uk)

**NB – we will not be producing a newsletter in August but we will try to get one out in early September to let you know what’s happening in the autumn.**

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**Transition Town Bridport - a project working to bring together the people of Bridport to plan a life beyond dependence on oil, to reduce the carbon footprint of the town and to make it resilient to change.**

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## Latest News

### Bridport’s Big Picnic

On Sunday 19th June TTB, in partnership with SW Dorset LETS, hosted Bridport's Big Picnic, the final event in this year's Food Festival calendar.

It was free and open to all, and was held from 12.00 noon until 3.00pm in Bridport Community Orchard.



At 12.15pm the rain started and at 3.02pm the Sun came out – typical! Luckily, we had the church hall of St Mary's as back-up and most of the 50+ people who came took refuge in there, though a few brave souls did stick it out in the orchard defying the greyness and rain. Everyone brought along their own picnic, but there was such a friendly atmosphere, much of the food was happily shared round the tables.

LETS traders came with home made preserves, soaps, shortbread and needlework for trading in

NETS and cash. (Sorry, but we didn't get any pics of you!)

A raffle was held at the end, and Debbie Smith was delighted to win the hamper of locally-produced food.

Recently TTB sent out a questionnaire to all members of our distribution lists. Thank you for your contributions and ideas which have given us many great ideas to work on in the coming year. Everybody who sent in a form was entered for a prize, which was also drawn at the Big Picnic event. The winner of this (smaller) hamper was Nick Meech.

Both food hampers were made up with organic food from local producers and included donations from Jaxson's and Modbury Farm. Thanks to everyone who contributed.



## TTB's questionnaire

We thank everyone who took part in our questionnaire recently. We hope that those of you who have expressed an interest in getting more involved in our activities have been contacted by our group representatives and that we will be welcoming you at upcoming meetings and events.



As promised, we held a draw for the participants, and we were very pleased to be able to present a small hamper (local food again – and why not?) to the winner, Nick Meech.

## News from the Sub-groups

### Awareness & Education



Footprints have made us a whacking great banner, which will be wonderful when we take the 'road show' out. We were sorry it wasn't quite ready for the Food Festival and the Picnic, but Jason at Footprints kindly prepared a large laminated poster anyway (foc), to put us on, which was great.

This group is meeting on Thursday 7<sup>th</sup> July at 7.30 at the Beach & Barnicott in South Street, Bridport – do come along with your ideas, you will be very welcome.

### Energy-saving



Get yourself on the circulation list for this group if you are keen to get involved with others on energy-saving projects. Two aspects will be under discussion in the coming months, one for water-saving, the other for heat-saving.

### Food



TTD believes that if we can wean ourselves off supermarkets and energy intensive food, we'll build a more resilient community able to reduce its dependence on increasingly scarce resources.

Our group aims to promote local food production both in the town, through gardens, orchards & allotments, and in the surrounding fertile land through permaculture and organic farming.



It wants to see affordable local food available to everybody and to encourage and promote alternatives to supermarkets and processed food.

By building links between the producers and consumers, it will work towards a community-controlled, democratic, ethical food trade.

Please come along and join in contact admin@transitiontownbridport.co.uk www.transitiontownbridport.co.uk

At the meeting in June, there was discussion as to how our lovely new Food Group leaflet should be distributed. Several venues about town will have some, so do go and pick one up. We had a discussion about how the bar graph could be used as a tool for change. Caroline Parkin (Leakers) had told Sarah that their bakery could already improve on the % displayed. Suggestions were made on how to broadcast this idea, perhaps through the media.

We will be planning a cost survey on supermarket vs local food, just to see what comes out of it. There could be some surprises.

This group is meeting next on Friday 8<sup>th</sup> July at the Beach and Barnicott (upstairs) at 3pm. You will be very welcome.

#### a sustainable shopping list

<b>20% from the garden</b> Growing our own gives us cheap, fresh, seasonal, tasty fruit & veg.	20%
<b>5% from local producers</b> Bridport and the surrounding area has an important local economy in high quality fruit, veg, dairy, fish & meat products, much of it organic.	5%
<b>17% from local suppliers</b> West Dorset is a magnet for small, independent producers & processors selling a wide variety of provisions from the local region.	17%
<b>5% from the West Country</b> This includes field-scale crops, meat from livestock kept in humane conditions and locally caught fish.	5%
<b>20% from the rest of the UK</b> Other food and drink grown and produced elsewhere in Britain.	20%
<b>15% grown in Europe</b> Fruit & veg for the hungry gap time which has avoided air freight.	15%
<b>5% further afield</b> Exotic produce, spices, coffee, tea, chocolate and tropical fruits.	5%
<b>Ethics and food miles</b> We should always be conscious of our choices to reduce food miles, avoid intensive production & choose Fairtrade goods to protect workers & the environment.	15%
<b>10%</b>	10%

TRANSITION TOWN BRIDPORT  
Transition town for water, energy, food &...

## Young Transitioners - Colfox Gardener of the Year competition



The winner of the inter-house gardening competition at Colfox school was announced on Friday. The four house teams were given two grow-bags, a few starter plants and £5 to buy seedlings or seeds. The plants had to be edible, with a good range of different foods, and each team had to make a presentation on why they chose their plants and how they can be prepared.

The winning team, Adler house, used some of their money to buy marigolds, both as edible flowers but also as an aphid repellent. Team leader Ryan (left) explained the importance of using nature's way to control pests biologically.

Hinomaru house, led by Serena, Matt and Lindsey, were highly commended.

The competition, organised by Bridport Transitioners Amanda Copp, Elizabeth Friend and Sarah Wilberforce, was supported by head of house Mr Bernard O'Brien, and the prizes were awarded by Mayoress and current Chair of TTB, Anne Rickard, with Colfox governors represented by the chairman Clive Bath.

A separate prize was awarded to Bridport Young Transitioner of the Year, Ellie Holt, pictured below with Anne.



## Zero waste



**Again, Zero Waste was achieved by all of you at Bridport's Big Picnic. Thank you all very much for your consideration and respect. Very impressive!**

**Hope you don't mind, but this month we are repeating last month's Zero Waste challenge – has anyone taken us up? Do let us know how you are getting on.**

We are constantly encouraged to recycle but is recycling enough? Can we do better? What about trying a Zero Waste Day? You choose your day. Make your bin 'out of bounds'. Here are some ideas –

Support a restaurant/cafe that has real mugs and china  
Support companies that have returnable packaging  
Buy only fresh food that comes without packaging  
Buy electronics and tech from companies that take it back at the end of its life  
Don't use anything disposable

If it turns out to be easier than you thought, try a second day. Who knows what you might achieve by the end of a month – nothing for landfill or at least a lot less? That would be fabulous.

Let us know how you get on and give us your tips or let us know what you found particularly difficult. Maybe we can crack this together.

We have some of your ideas already on our website – have a look at [this](#).

Here are some other R's - **REWARD:** An empty dustbin and a good feeling.

**Rot:** compost any trimmings or leftovers, turning it into valuable nutrients

**Refill:** you don't have to always buy a new container – many things can be refilled at your independent store

**Return:** producers should take back what they sell. More and more of them are doing so nowadays

**Repair:** fix and mend things rather than replacing them

**Repurpose:** with a little imagination a lot of things can be put to different uses than just those for which they were originally intended

**Reduce:** just use less

**Reuse:** almost boring, but we throw too much stuff out too soon

**Refuse:** let's stop accepting stuff where the packaging is difficult to dispose of

## What's On

Check the website too, as more events may be added

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### TTB's Awareness and Education Group

Beach and Barnicott (upstairs room) - South St, Bridport  
Thursday 8th July at 7.30pm

Transition is primarily about awareness-raising. Come and help plan upcoming events.

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### TTB's Food Group

Beach and Barnicott (upstairs room) - South St, Bridport  
Friday 7<sup>th</sup> July at 3.00pm

Come and help encourage all aspects of enjoying local food: growing/producing/buying/eating.

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### TTB's Green Drinks

The Tiger Inn, Barrack Street

Thursday 21<sup>st</sup> July from 8pm. This event is every 3rd Thursday in the month.

Come and join us.

## GETTING INVOLVED

### IF YOU HAVE EMAIL AND USE COMPUTERS

All anyone has to do is to get in contact with [admin@transitiontownbridport.co.uk](mailto:admin@transitiontownbridport.co.uk) and you will be added to the Interested People list and/or put in touch with the group or activity you would like to join. If you are receiving this, you are already on it.

You can [download a membership form](#) and sign up as a registered/voting member.

### FACEBOOK

Join our group on FB and chat with us there – you'll find us under Transition Town Bridport (where else?)

### IF YOU DON'T USE COMPUTERS

AT LAST we have a scheme to include our non computer users. We now have a signup sheet available from the upstairs desk in **Bridport Library**. Details will be collected regularly and paper newsletters will be either hand-delivered or posted. Comments and suggestions (constructive, please!) can be left at the library too, in the folder.

### SUB-GROUPS (ACTIVITY GROUPS)

Just contact us and you will be put in touch with the group or activity you would like to join, or just get yourself to a meeting – check **What's On** here, or on the website.

### OTHER BRIDPORT GROUPS

If anyone wishes to collaborate with TTB on any project, or has ideas for a new project, please let us know and you will be welcomed to the next Steering Group meeting. Please contact [admin@transitiontownbridport.co.uk](mailto:admin@transitiontownbridport.co.uk)

Visit our website – [www.transitiontownbridport.co.uk](http://www.transitiontownbridport.co.uk)

You don't have to wait for newsletters – it's an easy way to keep up to date with TTB.

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