

about Future Proof Kilkenny

Future Proof Kilkenny is part of the **Transition Town** movement, a growing network of cities, towns and villages around the world who are facing up to the challenges of peak oil, climate change and economic uncertainty.

There are over 40 such towns within the Irish Transition Network and numbers are growing all the time. The focus is on small-scale positive solutions that strengthen communities, promote local food production and create economic resilience.

For more on the Transition Town movement visit: [www.transitiontowns.org](http://www.transitiontowns.org)

Walk your Talk

Introductory evening

Tuesday 24th March, Butler House, 7:30pm, €10

Over the course of a month put into practice your sustainable living goals in a unique peer support group. Starting from where you are right now, reduce your carbon footprint, save money and increase your resilience. Skill sharing friendly approach with a group of 6-8 like-minded individuals and families.

Four tuesday evening gatherings plus one day trip. €30 per individual, €50 per family.

Contact Elinor Mountain on 0868179459 for details.

400 Fruit Trees

The 400 Fruit Tree project will mark the City's 400th Anniversary by planting 400 native and heritage varieties of Apple, Pear, Plum and Cherry during 2009.

The fruit trees will be divided into 40 "orchards" of 10 trees that will be planted in school yards, church grounds, residential estates, parks and green spaces and civic and corporate grounds. The project will be launched during **National Tree Week (March 1st – 7th)** with plantings at a small number of sites with assistance from Kilkenny County Council.

Throughout the year submissions will be invited from community groups, residential committees, businesses, schools, churches and other organisations that can offer a suitable site and/or sponsor the project. The orchards will be planted by community groups and volunteers towards the end of the year and will be a lasting legacy and source of pleasure and nutrition for years to come.

Full details available on the web-site.



WHEN

WHERE?

WHAT?

COST?

|                             |                                     |                                   |      |
|-----------------------------|-------------------------------------|-----------------------------------|------|
| Thursday 5th March 8pm      | Cleere's Theatre, Parliament St.    | The real dirt on farmer John      | €5   |
| Thursday 12th March 7:30pm  | Mullins Mill, Kells                 | Making your home energy efficient | €5   |
| Friday 20th March 1pm-2pm   | Rothe House, Parliament St.         | The Three E's                     | €5   |
| Sat 21st March 11am – 4pm   | Camphill, Jerpoint                  | * Grow your own cereal            | €30  |
| Tuesday 24th March 7:30pm   | Butler House, Patrick St.           | Walk your Talk                    | €10  |
| Thursday 26th March 8pm     | Cleere's Theatre, Parliament St.    | Crude Impact                      | €5   |
| Friday 27th March 1pm-2pm   | Rothe House, Parliament St.         | Carbon Handprints                 | €5   |
| Saturday 28th March 2pm-5pm | TBC                                 | Trip to the woods                 | FREE |
| Friday 3rd April 1pm-2pm    | Rothe House, Parliament St.         | Story of Stuff                    | €5   |
| Saturday 4th April 10am-4pm | Camphill, Ballytobin                | * Organic gardening for Beginners | €30  |
| Friday 24th April 1pm-2pm   | Rothe House, Parliament St.         | Back to the land                  | €5   |
| Sat 25th April 10am – 5pm   | Mullins Mill, Kells                 | * Introduction to Reflexology     | €60  |
| Thursday 30th April 8pm     | Cleere's Theatre, Parliament St.    | Money as Debt                     | €5   |
| Friday 1st May 1pm-2pm      | Rothe House, Parliament St.         | Show me the money!                | €5   |
| Friday 8th May 1pm-2pm      | Rothe House, Parliament St.         | Where do we go from here?         | €5   |
| Sunday 10th May 10am – 2pm  | The Blue Room, Bennetsbridge        | Coming Back to Life               | €15  |
| Sat 16th May 11am – 4pm     | Camphill, Jerpoint                  | * Composting workshop             | €30  |
| Thursday 21st May 8pm       | Cleere's Theatre, Parliament St.    | The 11th Hour                     | €5   |
| Sat 23rd May 8pm            | Castalia Hall, Camphill, Ballytobin | Funky Seomra                      | €15  |
| Sat 30th May 2pm-5pm        | TBC                                 | Trip to the woods                 | FREE |

Visit [www.futureproofkilkenny.org](http://www.futureproofkilkenny.org) for further information

Events marked "\*" must be booked in advance contact:

Jadzia Kaminska - tel. 0567728307

supported by:



Future Proof your Community  
Future Proof your World!

Car share, cycle & use public transport where possible!

season 2  
MARCH-MAY  
2009

FUTURE PROOF  
KILKENNY  
TRANSITION  
TOWN EVENTS

Positive responses to Peak Oil, Climate  
Change and Economic Uncertainty.



"A new world is not only possible, she is on her way. On a quiet day I can hear her breathing." - Arundati Roy

[www.futureproofkilkenny.org](http://www.futureproofkilkenny.org)





## for The Head

The Global lunch box returns this season with an expanded series of lunchtime talks and workshops. Fridays, Rothe House, High St., 1pm, €5 (price includes entry to gardens), Tea & coffee extra.

### Friday 20th March - 1pm “The Three E s”

What is the relationship between energy, the environment and the economy? Was the recent spike in oil prices a sign of things to come? Will the recession delay the effects of peak oil or is it one of the outcomes? This lunch box will recap on peak oil and explain why it is remains such an important issue.

### Friday 27th March - 1pm “Carbon Handprints”

We are all used to hearing about reducing our carbon footprints but what about increasing our “carbon handprints”. How can individuals and communities make positive environmental impacts? Begins with a short explanation of the science behind climate change.

### Friday 3rd April - 1pm “Story of Stuff”

From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad. Including the humorous and thought provoking Story of Stuff documentary this lunch box questions the injustice and unsustainability of our way of life.

### Friday 24th April - 1pm “Back to the land”

When we think of peak oil we immediately focus on transportation but food & farming are the sectors that will require the biggest transformation. This lunch box will explain why our food system needs to transition to organic, local food production for local consumption and includes a BBC documentary on the issue.

### Friday 1st May - 1pm “Show me the Money”

We use it everyday but never question where it comes from. Now the amount of money in circulation is shrinking. Where is it going? This lunchbox will attempt to explain our debt based money system and explore local alternatives such as exchange networks and community currencies.

### Friday 8th May - 1pm Where do we go from here?

The future is not what we thought it would be. In tackling climate change, and especially peak oil, we will have to produce and consume closer to home. This will be a big change for society but could lead to a revival in the local economy and stronger communities. This final lunchbox will explore where we go from here.



## for The Heart

If we are going to live with less, then lets have more of the things that really matter - resilient communities, vibrant neighborhoods, being creative and healthy living.

**Sat 28th March and Sat 30th May**  
venue tbc, 2pm – 5pm, FREE

### Trip to the woods

with Vered Zur - Walk, explore, experience and connect with nature. A two hour workshop for adults and children in an outdoor woodland setting.

**Sat 25th April**  
Mullins Mill, 10am – 5pm, €60

### Introduction to Reflexology

with Boaz Zur - This is a brief introduction for those who are interested in using Reflexology for their own use and that of friends and family. You will learn how to work with the reflex points of the feet to aid relaxation, encourage sleep and boost the immune system. Open to all.

**Sun 10th May**  
The Blue Room, Bennetsbridge, 10am – 2pm, €15

### Coming Back to Life

with Judith Ashton - People are beset by anxiety due to the state of the world today. This workshop offers a safe forum to voice and share these concerns within a supportive and like minded group. The practices of Eco-psychologist Joanna Macy teach us how to transform our stress and pain into calm and balance. Bring some food to share

**Sat 23rd May**  
Castalia Hall, Ballytobin, from 8pm, €15 (€10conc.)

### Funky Seomra

with DJ David Mooney of DanceFree - Dance to the lush beats of funky music from around the globe in the beautiful atmosphere of Castalia Hall. Alcohol-free event, chai & smoothies, friendly atmosphere, all age groups welcome.



## for The Hands

Kicking the Fossil Fuel habit means doing more than simply changing light bulbs and turning down the heat. It means growing more of our own food, producing our own energy and becoming more self-reliant. The future starts here - skill up for powerdown!

**March 12th, Mullins Mill, Kells, 7:30pm, €5**

### Making your home energy efficient

with Gary Dalton of EcoWorks, Colm Byrne of Glas & Dunacn Russell. Covering all aspects of energy efficiency for the home including insulation options, passive design, heating systems, building energy ratings and an explanation of the grants available and how to apply for them.

**Sat March 21st, Camphill Jerpoint, 11am – 4pm, €30**

### Grow your own Cereal

with Michael Miklas of Biodynamic Association  
During the first of this series of three hands-on workshops, you will help to sow an area of land by hand and learn about traditional varieties of grain – oats, wheat and rye. Later in the year we will revisit, harvest and process. Price includes lunch at the Watergarden in Thomastown.

**Sat April 4th, Camphill Ballytobin, 10am – 4pm, €30**

### Organic gardening for Beginners

with Anthony Dunphy, Camphill grower  
The course covers planning, ground preparation, sowing, rotation and soil fertility management, plant varieties and requirements for a range of common garden vegetables. Hands on and practical.

**Sat May 16th, Camphill Jerpoint, 11am – 4pm, €30**

### Composting Workshop

with Michael Miklas of Biodynamic Association  
An in-depth workshop on how to establish and manage a compost heap in your garden. Turn kitchen left-overs and garden clippings into organic feed for your soil and produce. Price includes lunch at the Watergarden in Thomastown.

Throughout the season other courses will be added to the program as well as skill-sharing events and demonstrations. Visit the web-site and sign on to our mailing list for regular updates.

## the Green Screen!

A series of films and documentary screenings examining the global issues of energy, sustainability, equality and the environment.

**Thur 5th March - Cleere’s Theatre, Kilkenny, 8pm. €5**

### The real dirt on farmer john

“A must see - heart warming and inspiring”  
The epic tale of a maverick Mid Western farmer. An outcast in his community, Farmer John bravely stands amidst a failing economy, vicious rumors and violence. By melding the traditions of family farming with the power of art and free expression, this powerful story of transformation and renewal heralds a resurrection of farming in America.

**Thur 26th March - Cleere’s Theatre, Kilkenny, 8pm. €5**

### Crude Impact

Journeying from the West African Delta region to the heart of the Amazon rainforest, from Washington to Shanghai, from early Man to the unknown future, Crude Impact unravels the complex entanglement of our fierce devotion to oil with the fate of indigenous culture, human rights, our global economy and the planet itself.

**Thurs 30th April - Cleere’s Theatre, Kilkenny, 8pm. €5**

### Money as Debt

"The shocking truth about the money system"  
Debt – government, corporate and household has reached astronomical proportions. Where does all this money come from? How could there BE that much money to lend? The answer is....there isn't! Today, Money is Debt. If there were No Debt there would be No Money. This fast-paced and humorous animated feature explains today's magically perverse Debt-Money system in terms that are easy to understand.

**Thurs 21st May - Cleere’s Theatre, Kilkenny, 8pm. €5**

### The IIth Hour

“Turn mankind’s darkest hour into it’s finest”  
Humankind’s 11th Hour is here: the last moment when we can change course and halt our demise into global ecological collapse. Leonardo DiCaprio produces and presents this urgent and transformational look at where we’ve been, where we’re going and, most critically, how we can change.

Part of the transition process is to form working groups that focus on different aspects of how we “powerdown”, e.g. Food, Transport, Energy etc. To kick-start these groups each film will be preceded by a short meeting in Chez Pierre Café for anyone wishing to get involved. Details will be published on the web-site closer to the screenings.