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

**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, €15 per family.

Contact Eilnorn Mountain on 0868179459 for details.

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**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.

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**Future Proof your Community**

**Future Proof your World!**

Car share, cycle & use public transport where possible!

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Full details available on the web-site.
for The Head

The Global lunch box returns this season with an expanded series of lunchtime talks and workshops. Friday, Rotho 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 latest spin in a 5 part series of talks to things of come? Will the message today echo the effects of peak oil or is it one of the outcomes? This lunch box will pan up oil and explore why it remains such an important issue.
Friday 27th March - 1pm “Carbon Handprints”
We are all led to hear about reducing our carbon footprint but what about increasing our “carbon handprints”. How can individuals and communities make positive environmental impacts? begins with a short exploration of the science behind climate change.
Friday 3rd April - 1pm “Story of Stuff”
From its extraction through sale, use and disposal of all the stuff in our lives affects communities at home and abroad. Including thehumorous and thought provoking Story of Stuff documentary this lunch box will explore the intricacies and unsustainable 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 vectors that will require the biggest transformation. This lunch box will explore 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 everyday but never question where it comes from. Now the amount of money in circulation is shrinking. Where is it going? This lunch box 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 lacking climate change, and especially peak oil, we 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 lunch box 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 08c. 2pm - 5pm, FREE
Trip to the woods
with Veron Sherr - 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 Relexology
with Reac Zee - This is the first 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, Beornetsbridge, 10am - 2pm, £15
Coming Back to Life
with Justin Ashton - People are better by anxiety due to the state of the world today. This workshop is designed for people to come and share these concerns within a supportive and like minded group. The practices of ECOpsychologists; Joanna Mays teach us how to transform our stress and pain into calm and balance, finding food to share.
Sat 23rd May
Castalla Hall, Ballybunion, 10am, £35 (100cm)
Funky Seomsa
with DU David Money of Dance/free - Dance to the closest beats of funny music from around the globe in the beautiful atmosphere of Castalla hall. Alkohol free, vegan & smoothie, friendly atmosphere, all ages 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 Glavin of EcoWorks. Colin Byrne of Glins & Danua Russell. Covering all aspects of energy efficiency for the home including insulation options, passive design, heating systems, lighting 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 Miles of Biodynamic Association
During the first of this series of three handson 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 Ballybunion, 10am - 4pm, £30
Organic gardening for beginners
with Anthony Dunphy, Camphill grower
The course covers planning, ground preparation, sowing, planting and soil fertility management, plant varieties and requirements for a range of common garden vegetables. Friends on and practical.
Sat May 16th, Camphill Jerpoint, 11am - 4pm, £30
Composting Workshop
with Michael Miles of Biodynamic Association
An in-depth workshop on how to establish and maintain a compost heap in your garden. Turn kitchen left-overs and garden clippings into organic feed for your garden and profles. Price incudes lunch at the Watergarden in Thomastown.
Throughout the season other sessions will be added to the program as well as skillsharing events and demonstrations. Visit the website 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
The real dirt on farmer john
“A must see - heart warming and inspiring”
The epic tale of a modest Mid Western farmer. An outreach in his community, Farmer John travels around amidst a farming economy, vicious rumors and a changing world by making 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
Crude Impact
Journeying from the West African Delta region to the heart of the Amazon rainforest, from Washington to Shanghai, from early Mar to the unknown future, Crude Impact unravels the complex entanglement of our fierce dependence on oil, the face of indigenous culture, human rights, our global economy and the planet itself.
Thur 30th April - Cleere’s Theatre, Kilkenny, 8pm
Money no 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 fantastic and humorous animated feature explains today’s magically perverse Debt-Money system in terms that are easy to understand.
Thur 21st May - Cleere’s Theatre, Kilkenny, 8pm

The 11th Hour
“Turn mankind’s darkest hour into its finest”
Humankind’s 11th Hour is here: the last moment when we can change course and halt our demise into this global ecological collapse. Leonardo DiCaprio presents and produces this urgent and transformational call 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 the creation of a “powerdown” strategy. If you have an interest in transport, energy etc. To kick start these groups each will be preceded by a short meeting in Chez Pierre Cafe for anyone wishing to get involved. Details will be published on the web-site closer to the screenings.