

Kearsarge Valley Transition and Happiness Initiative Final Report

Colby-Sawyer College Environmental Studies and Science
Community Based Research Project

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This report is respectfully submitted by the Colby-Sawyer College Environmental Studies and Sciences Community Based Research Project. The members of this project are: Ryan Bernstein, Luke Boyajian, Paul Boynton, Victoria Dake, Jillian Dervishian, Garrett March, Andrew Pehoviak, Phurchhoki Sherpa, Jenisha Shrestha, George Sousa and Jonathan Wylie.

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Executive Summary

This report discusses the Transition Town movement and the Happiness Initiative that has been started in the Kearsarge Valley area by the 2012-2013 Environmental Science and Studies Community Based Research Project students and community members at Colby-Sawyer College in New London, New Hampshire. Our definition of the Kearsarge Valley Area is the seven towns of the Kearsarge Valley Area school district, Bradford, New London, Newbury, Springfield, Sutton, Warner and Wilmot plus the towns of Andover and Sunapee.

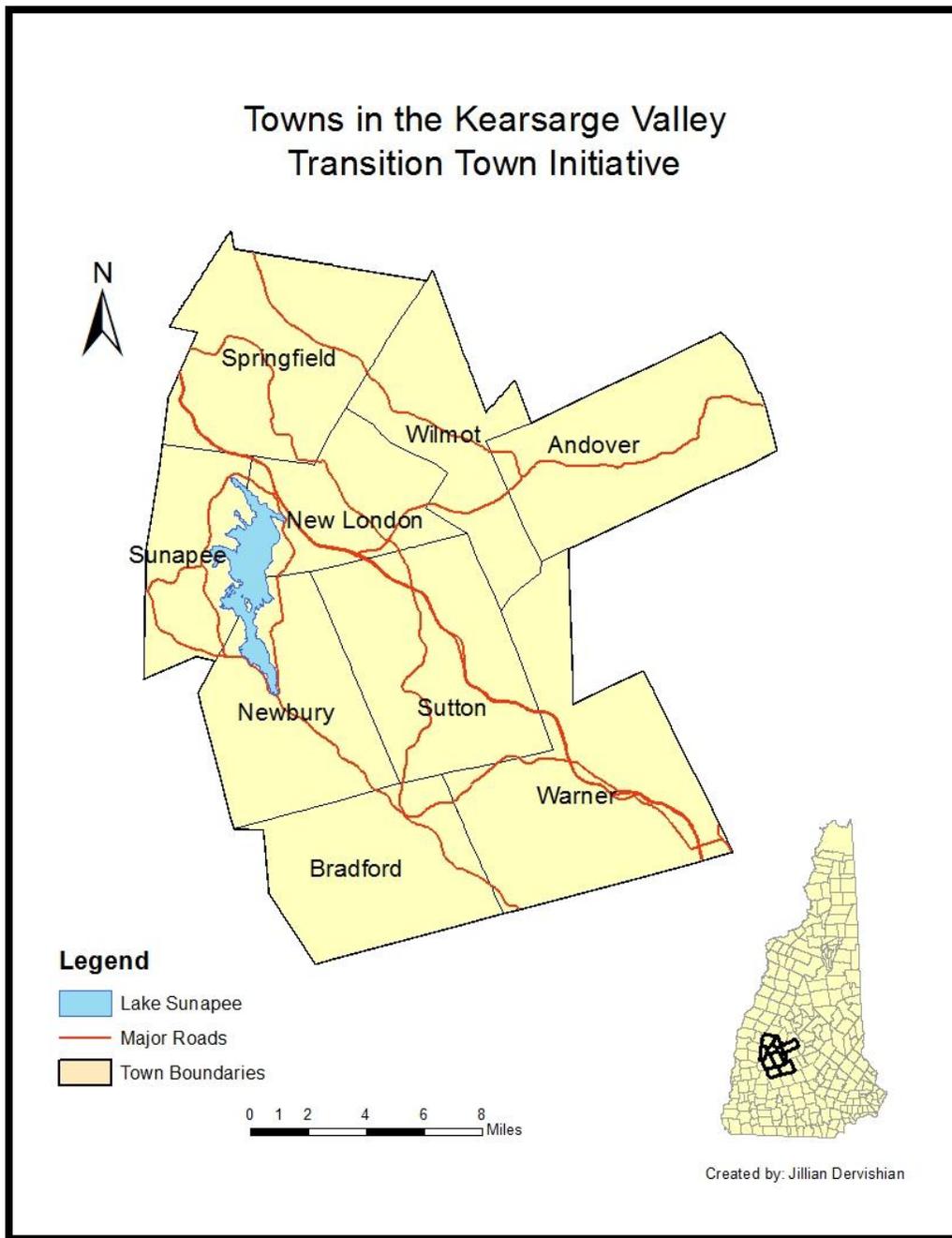


Figure 1: Towns involved in the Kearsarge Transition and Happiness Initiative.

The Transition Town movement was started with the goal of creating a stronger, more localized and resilient, community that would be able to withstand present day and future challenges such as climate change, peak oil, and economic instability. The Happiness Initiative is a progress indicator that will be used on a local level to establish what areas in the community can be improved to increase the overall resilience of the area.

Through the [Happiness Survey](#), the Community Based Research Project was able to determine what areas of the community needed improvement in order to create a better future for the community itself in terms of personal, economic, and environmental resilience. These changes will be made through the implementation of the Transition movement. The survey allows us to assess the happiness, or sense of well-being, of the community by analyzing the different domains of happiness. Domains include overall satisfaction with life, positive affect, mental well-being, health, time balance, community vitality, social support, access to education, arts and culture, neighborhood, environmental health, governance, material well-being and work experience (de Graaf, 2011). In short, the Happiness Survey is the initial step to measure the quality of life of our local community in order to better understand how the Transition movement is affecting our progress.

The [Kearsarge Valley Transition](#) has started a Task Force (refer to [Appendix B](#)), comprised of core community members focused on building the foundation upon which the movement will operate. This Task Force was created with the purpose of guiding the Transition movement in our community during its infancy. As more community members become aware of this movement, the Task Force will gradually dissolve and will be guided by different working groups. These working groups, comprised of community members working on a specific project within the community, will serve as the backbone of the movement. The Task Force has hosted 15 events through the course of the school year.

The first three events that took place were movie screenings. Three showings of the film, *In Transition 1.0*, were put on by the students and Task Force. These events were hosted at Colby-Sawyer College in New London, The Lake Sunapee Protective Association in Sunapee, and MainStreet BookEnds of Warner. The largest event hosted in the first semester was the Transition Town Training which took place at Colby-Sawyer College. This event was run by Tina Clarke, a longtime member of the Transition movement and certified Transition Trainer. This training event was held to help the students, Task Force and other members of the community to learn how to initiate, develop and manage a Transition initiative. At the fifth event, the students invited the leaders of a local recycling business, Poly-Recovery, to give an informational talk about their business. The final event of the first semester was the launch for the Happiness Initiative survey across the college campus. The results of the campus survey were used to provide suggestions and guidance for areas of improvement at the college.

The first event of the second semester was a talk given by Steve Whitman, a professional permaculture instructor, about the human side of permaculture. This talk discussed the principles and values of permaculture and how they relate to Transition. The event, *From Principles to Actions*, was held the following day and gave community members the opportunity to discuss different projects they would like to implement in the community. Three similar events were held over the spring semester. *The Story of Stuff*, a short film about the processes of industry and its negative effects on the environment, was shown at Colby-Sawyer College and was followed

by an active discussion. Revision Energy, a local New England based company, gave a talk at Colby-Sawyer College, gave a talk about the benefits of solar power. Farms-to-Institutions was an event held for farmers in the area to network with local purchasers and discuss the benefits of a strong and sustainable local food system. On March 30, 2013, the event Kearsarge Valley Going Local was held at Colby-Sawyer College. The purpose of the event was to grow and expand the Transition movement in the area. Open discussion was held along with a talk from Tina Clarke that introduced the values of transition to newcomers. (For a full list of events, please refer to [Appendix C](#))

We have been able to sustain the interest of the community members throughout the year at our events. The attendance at different events varied ranging from as low as less than 10 community members to as high as about 100 community members. Each of these events has successfully helped us move towards our overall goal. Each event varied and each person who attended these events brought new ideas to the group. No matter how many people attended the event, a transition town believes that those who come are the right people. New community members joined our group at each event and eventually formed working groups to work in projects of their own interests.

Background

There are many challenges that are present in the world today, such as climate change, peak oil, economic insecurity and a decrease in the well-being and quality of life. Many of these challenges stem from the current global paradigm of consumption and reliance on non-renewable resources. Though there are a number of efforts to address these issues on a global scale, many of these problems still exist. For example, there is persistent reliance on the burning of fossil fuels as the demand for energy continues to increase. The report, *International Energy Outlook 2009*, written by the Energy Information Administration (EIA), projects that world energy demand will grow by nearly 45% between 2006 and 2030 (Graefe, 2009). The price of oil also continues to increase with each passing year. Reports show that average crude oil prices in 2012 were at historically high levels for the second year in a row (Graefe, 2009).

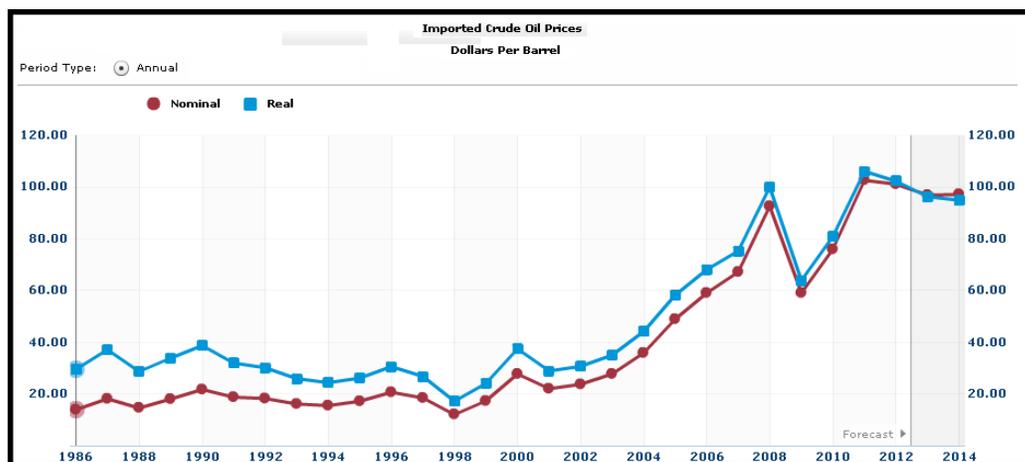


Figure 2: Graph from the Energy Information Administration showing the imported crude oil prices over time <http://www.eia.gov/forecasts/steo/realprices/>

Increased consumption of fossil fuels has led to an increase in the carbon dioxide levels in the atmosphere. Scientific data show that the atmospheric concentration of carbon dioxide has risen from 315 ppm in the 1950's to 388 ppm in 2010 (Dow, 2006). This continued use of fossil fuels has contributed to the current climate change crisis.

Climate change is an issue that has been discussed and debated over many years, yet the science of climate change has become indisputable in the past decade. Although the earth has gone through cooling and warming cycles in the past, humans have played a key role in the present day change in climate. Over decades of modernization and industrialization, there has been increasing levels of carbon dioxide in the atmosphere along with the other greenhouse gases. Anthropogenic (human) pollution has altered a vital function of the atmosphere, the greenhouse effect. The Greenhouse effect occurs when solar radiation hits the earth and some of that heat is absorbed by the land, water etc., while most of it is re-radiated back toward space. Gases in our atmosphere such as carbon dioxide and methane act like a blanket and capture that re-radiated heat before it can escape into space, (Figure 2).

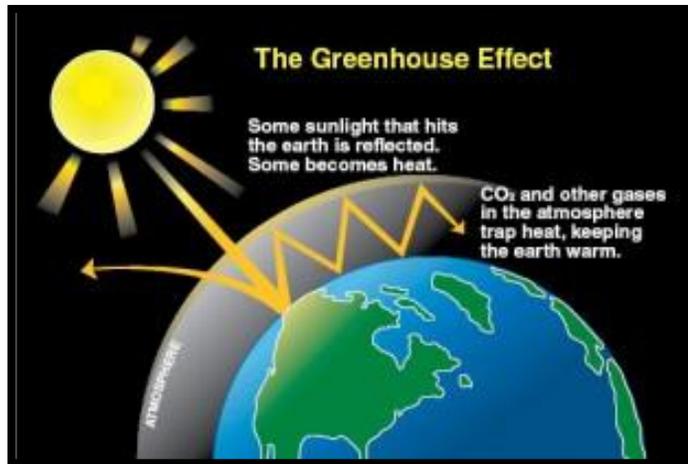


Figure 3: A visual representation of the Greenhouse Effect.
<http://climatecommission.gov.au/causes/greenhouse-effect/>

The increase in warming that scientists have observed is in direct correlation with an increase in carbon dioxide emissions. Scientific models are used to understand how different factors, natural and human driven, impact climate in different ways. Natural factors include changes in the solar radiation from the sun and increase in carbon dioxide from volcanic activity. Human driven factors mainly include the burning of fossil fuels like oil, natural gas and coal. In order to create these models scientists use many different types of data so that they can accurately interpret how different factors affect climate. Scientists are then able to model what global temperatures would be today if, for example, only natural factors were influencing the climate. They also model what temperatures would be like if anthropogenic or human factors were the only variables affecting the current climate. Scientists then compare the temperatures of a climate caused by natural factors and one that is caused by anthropogenic factors to the actual observed temperature changes that are being experienced today. By themselves, natural factors do not explain the observed rate of temperature change. However, when natural and human driven factors are combined, the model's temperatures and the observed temperatures are very similar, (Figure 4). From these models, it is easy to see how human activities are the cause to the present day climate change.

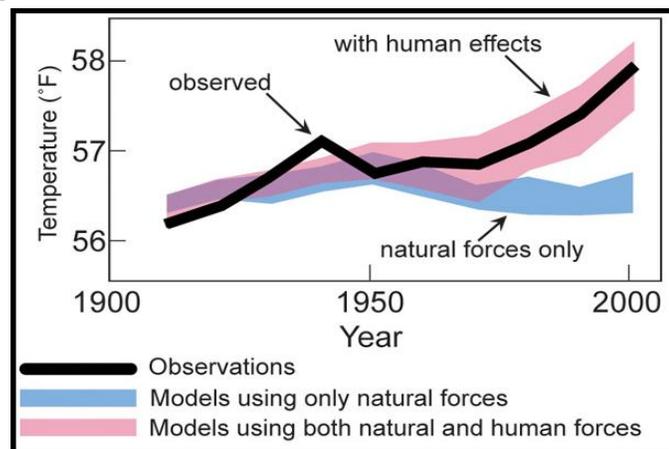


Figure 4: Graph Form Environmental Protection Agency
<http://www.epa.gov/climatechange/science/causes.html>

Despite multiple global efforts to reduce carbon emissions, such as international discussions and conventions like the Kyoto Protocol, there has yet to be policies that reliably and significantly make an impact on emissions. Human dependence on fossil fuels is a notable contributor to the challenges, which numerous governments presently face. Increasing human reliance on fossil fuels has caused issues of peak oil along with the increasing greenhouse effect.

Peak oil is the point at which the sum of all the known oil reserves reaches a point of maximum productivity. Profiles of OPEC crude oil production between 2005 and 2007 do show a plateau in the production of oil reserves (Phillips, 2008). Recent shifts in technology have caused the predicted date of peak oil to change. Some of these factors include improved technology and drilling methods, and the lack of a method to accurately assess all oil reserves on a global scale. Part of the reason why it is so challenging to precisely calculate oil reserves is due to the majority of them, roughly 88%, being owned by various countries- with more than three-quarters of that percentile being owned by countries in the Organization of the Petroleum Exporting Countries (OPEC) (Graefe, 2009). These countries are not subjected to external auditing, thus, have the capacity to manipulate their statistics to their benefit (Graefe, 2009).

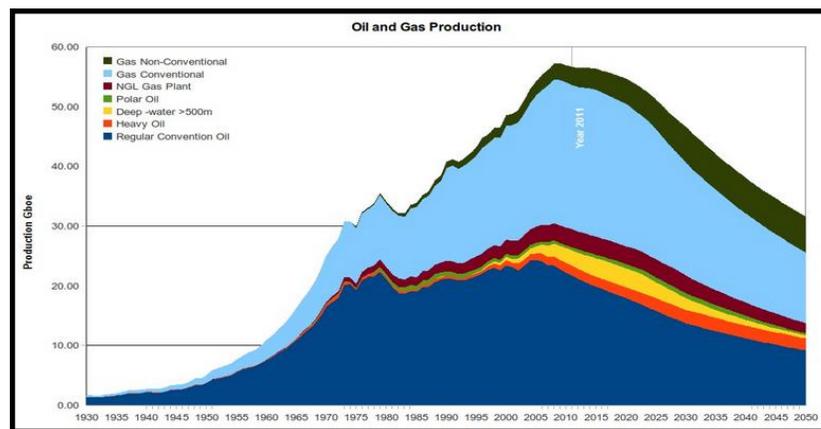


Figure 5: This graph shows the oil and gas production from 1930 to 2012 and the projections up to 2050

With increasing demand for oil, it is certain that the peak oil is inevitable and will have far reaching effects. Oil is a finite resource so at some point there will be a peak in production of oil, after which the supply will decline. Declining oil resources has caused oil wars that foretell an end to easy and cheap oil. Conflicts over oil have already occurred as evident with the United States war with Iraq. "Of course it's about oil; we can't really deny that," said General John Abizaid, former head of U.S. Central Command and Military Operations in Iraq, in 2007, (Juhasz, 2013). Before the war in Iraq, Iraqi oil was nationalized with some of the largest oil reserves in the world. After years of fighting, oil is now dominated by private oil companies such as ExxonMobil, Chevron, BP, and Shell, (Juhasz, 2013). The United States is one of the largest consumers of oil in the world. It is also one of the largest military powers in the world. This power can be misused to guard personal interests rather than offer protection and aid.

Former Federal Reserve Chairman Alan Greenspan agreed, writing in his memoir, "I am saddened that it is politically inconvenient to acknowledge what everyone knows: the Iraq war is largely about oil." Defense Secretary, Chuck Hagel, said the same in 2007: citizens in the United States have also witnessed, and felt, the economic pains of unstable and fluctuating gas prices. Some think that peak oil will force a lessened reliance on oil, and therefore solve the issue of

climate change, without significant change beforehand this paradigm is ultimately destructive. The majority of present day economic and social systems rely too heavily on the availability of oil and other fossil fuels. When there is a decline in the supply of oil, the prices of oil will dramatically increase. With each passing year, the demand for oil is increasing, but the resources to meet that demand is gradually decreasing. A large number of products that are used on a daily basis rely on oil for extraction, production, and distribution. Then the prices of these items are subject to dramatically increase. This in turn can have severe impacts on national and global economies. However, there are local solutions to decrease such impacts, conservation of oil reserves being one of the best solutions (Kreith, 2012). For more information on peak oil and climate change please refer to the [Kearsarge Valley Energy Descent Action Plan](#).

Economic insecurity is an issue that has been constantly present and has had more of an impact on a global scale. According to the U.S. Census Bureau, in 2006 roughly 12.3% of Americans lived below the poverty line; the percentage has increased since then. The approach and impact of peak oil and climate change will only further increase this issue. Despite the variation in regional temperatures, with our current environment, economic, and food systems, all will feel the effects; especially in the United States (Hansen, 2012). This is also paired with an unchecked push for consumerism. The average consumer is bombarded on a daily basis with 3000 commercials and advertisements (*Story of Stuff*, 2007). The content within these commercials often tries to lure the consumer into being unhappy with what they presently have and draw them into purchasing certain products, also known as perceived obsolescence (*Story of Stuff*, 2007). This social and psychological manipulation to consume beyond individual's financial means coupled with economic insecurity has led to declining levels of quality of life and whole systems' well-being.

Economic insecurity affects individuals in many different ways, one of which is people's access to healthy food. According to the U.S. Department of Agriculture, more than 17 million (14.6%) of American households were "food insecure" in the year 2008 (Stracuzzi, 2010). The USDA defines food insecurity as "access to adequate food is limited by a lack of money and other resources," (Stracuzzi, 2010). When people do not have enough money, they cut costs in certain areas. Unfortunately, funds for food are usually one of the first things cut. Instead of buying local fresh foods that cost a little more, people buy inexpensive and highly processed foods. This inability to either buy or find healthy food can have major effects on health and quality of life. Reports show that finding and affording healthy foods in our communities is a basic family need. Yet, access to nutritious food has declined in inner cities and rural areas in recent decades (Stracuzzi 2010). If one spends a little more on locally grown food, then they could save money in the long run on medical bills. As a result of food insecurity, health conditions such as obesity, diabetes, and heart disease become increasingly common.

There is a paradigm in this country that says greater amounts of money equate to greater happiness and overall satisfaction. However, this is inaccurate. Ironically, taking up a job with a large income can actually detract from overall happiness, especially if it creates drawbacks such as greater stress and less time for family and friends (de Graaf, 2011). Many people, because of a need to consume, have been driven to working longer hours in search of money. Studies reflect that citizens of most westernized countries often face significant pressure when it comes to time management (Macy, 2012). The belief that faster is better has deeply rooted itself in our society, especially in our economy, which measure success in how quickly growth can take place. This

has led to greater importance and focus being placed on short-term benefits and immediate satisfactions rather than long-term effects and impacts (Macy, 2012). The amount of money a person possesses does increase if it helps to afford necessities such as shelter and food, but beyond that point, there is no correlation between money and happiness, as shown in figure 5 (de Graaf, 2011). These paradigms add to decrease in overall well-being and happiness.

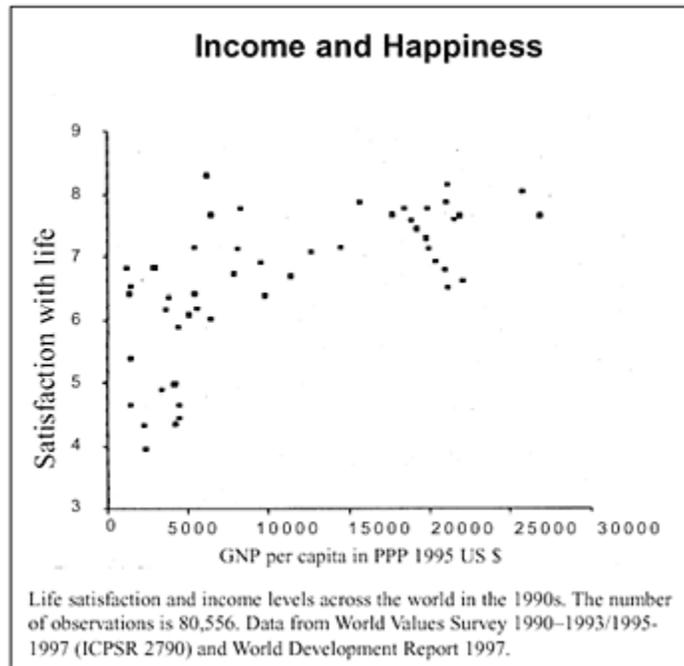


Figure 6: A comparison between income and happiness.
http://www.mskousen.com/mskdl/0402_Income.gif

In many countries, including the United States, progress is measured by GDP, or Gross Domestic Product. GDP is the total market value of all final goods and services produced in a country in a given year, (de Graaf, 2011). This means that GDP only takes into account economic variables as a means to measure progress. This is not an accurate indicator of progress because it does not include social and environmental indicators. For example, during an oil spill GDP will increase due to the amount of money and services required to clean up the spill. An oil spill, however should not, by any means, be associated with progress, but that is what GDP tells. GDP does not take into account the environmental damage, or the social damage it caused by destroying people's livelihoods. People today have to work many hours in order to support their family. Despite the overwhelming presence of overworking, and the harmful impacts it can have, the GDP tends to increase. Batker and de Graaf state that overwork can lead to a decrease in mental and physical well-being as well as a decrease in the quality of life in general. John de Graaf, author of *What's the Economy for, Anyway*, states that roughly a quarter of Americans suffer from mental illness, and 16 percent will experience a major episode of depression during their life time (de Graaf, 2011).

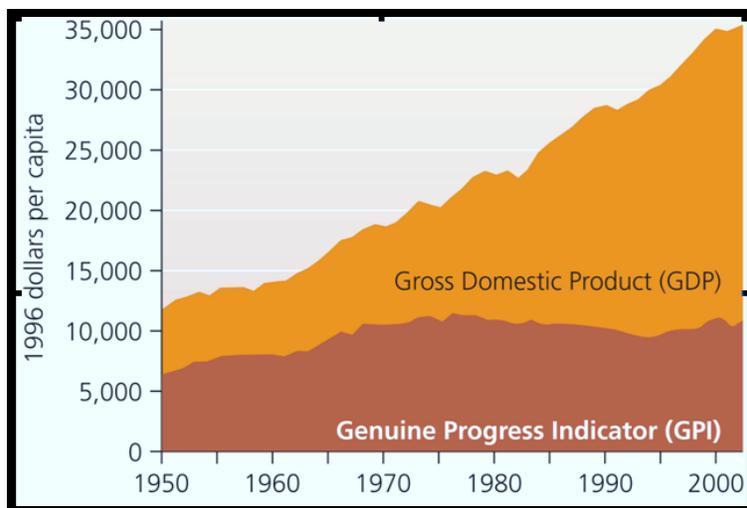


Figure 7: Comparing GDP and GPI

The Genuine Progress Indicator (GPI) is a much better and accurate measure of progress (Figure 7). The GPI measures not only economic growth but it also takes into account other variables such as social and environmental progress. It is difficult however, especially in a small area such as the Kearsarge Valley, to get an accurate GPI reading because of the many variables that go into it, such as environmental quality or community vitality. This example is currently evident in the state of Vermont.

Gross National Happiness is more appropriate way of measuring the progress a community because of its broad yet comprehensive content Gross National Happiness, or GNH, is the most important progress indicator for the country of Bhutan. The importance was proclaimed in 1972, by the newly crowned 16 year-old king. The GNH considers 9 domains for assessing happiness. A report submitted by the Bhutan Human Development in 2010 made clearer the underlining goal of the GNH: “The key to the concept of Gross National Happiness cannot be found in the conventional theories of development economists and in the application of such measures as utility functions, consumption preferences and inclination and desire fulfillment. It resides in the belief that the key to happiness is to be found, once basic material needs have been met, in the satisfaction of non-material needs and in emotional and spiritual growth”. This is where the Happiness Initiative comes in.

The Happiness Initiative is a project that complements the Transition movement well. Through the use of a comprehensive survey and analysis, the students can develop a strong sense of direction in which to recommend to the community for the betterment of the Kearsarge Valley Region. The Happiness Initiative is something that has been implemented internationally. This initiative is focused on understanding what makes people happy using the nine domains of happiness, material well-being, physical health, time balance, psychological well-being, education and learning, cultural vitality, environmental quality, governance, community vitality, and workplace experience. The survey is used as a progress indicator so an individual, town, or city can see where they stand in terms of overall happiness. With the data obtained from this survey, the community will be able to actively strive to improve well-being and quality of life through the use of Transition methods. The developers of this initiative hope that if enough

people take this survey, then larger communities will take notice and consider adopting a similar project or series of projects.

With the large number of issues and challenges that we face today, it can certainly be overwhelming. Transition Town Movement and Happiness Initiative provide answers to increasing questions such as ‘what can be done to confront such large issues and be successful?’, and ‘how it will be done?’. The Transition movement works to bring communities together and create localized solutions to global issues. By supporting and encouraging community members to share their knowledge and skills, known as the collective genius, and developing groups of individuals who share similar interests and concerns to address local issues, known as working groups. For instance, in the book, *The Town that Food Saved, How One Community Found Vitality in Local Food*, provides a real life model for revitalizing local economies through the development of a strong local food system (Hewitt, 2009). In conjunction with this, the survey that is a part of the Happiness Initiative will help to inform the project as to where it should focus its direction.

Introduction

Students in the Community Based Research Project at Colby-Sawyer College have worked on two projects that augment each other to increase the resilience of our community. Through the use of books, articles and Skype meetings with Tina Clarke and John de Graaf, two adjacent professors, that are highly experienced in their particular fields, students learned the fundamentals of the two projects. The students then applied their knowledge to develop these two projects in the Kearsarge Valley area.

The second semester was dedicated to additional outreach and projects to increase awareness and education throughout the community. The purpose of the Community Based Research Project are to help the students develop management and planning skills as well as applying what they have learned over the course of their college career. The course is also designed to challenge the students in topics such as literary analysis, communications, and public speaking while designing projects that will have a profound impact on the surrounding communities.

The first project, the Transition Town Movement, draws upon the ideas, skills and experiences of the Kearsarge Valley community to develop positive and localized solutions to address the regional impacts of larger global issues. Some of these issues include economic insecurity, environmental instabilities and our dependence on non-renewable energy. Through projects, collaboration and utilizing local resources, talent and knowledge, the students aimed to build greater resilience in the Kearsarge Valley area. In other words, we aim to create a community that is able to absorb or withstand outside shocks such as climate change, peak oil and economic instability. By coming together as a community, individuals discover the value and diversity of skills and talents in each other. Another goal is to rediscover and reclaim community values that were previously lost. This can be accomplished through encouraging members of the community that share similar skills and interests to come together and form an integrated network of groups. These groups, known as working groups, will help shape a positive vision for the future. This is a bottom-up approach to building a stronger more resilient community.

The second project this class focused on is the Happiness Initiative. This movement is focused on building a better understanding of our individual progress using the 10 domains of happiness. This survey is designed to examine the specific and overall levels of satisfaction in different categories of life that people experience on a daily basis. These categories will be discussed in greater detail in the Happiness Initiative section. With the information that is gained from the survey, the students and the Task Force have a better understanding of the community's current state and where it can go as the Transition project progresses.

These two projects supplement each other in a variety of ways. As mentioned before, the Happiness Survey serves as a strong source of information about the community's well-being. These initiatives had been conducted in other parts of the country, but the two have never been combined into a single comprehensive project before. It was the students' goal to help bring these communities together to aid in rediscovering a sense of unity while addressing global issues on a local scale. The unique merging of the Transition Town Movement and the Happiness Initiative will help to develop a network of communities that are self-sufficient and capable of withstanding the larger issues that are likely to impact them in the coming years.

The Happiness Initiative

The Community-Based Research project used a preexisting Happiness Survey created by members of the Happiness Initiative in Seattle, Washington. The survey was created as an alternative means to measure the progress of an area rather than using Gross Domestic Product (GDP), which does not accurately measure progress (HappyCounts Organization, 2013). GDP is the total market value of all final goods and services produced in a country in a given year. Although this survey takes into account, economic indicators of progress it fails to take into account social and environmental indicators (de Graaf, 2011). The survey parallels the non-monetary approach to the measurement of progress employed by the Happy Planet Index and Gross National Happiness (GNH) where progress is measured by an increase in net positive development while avoiding negative transitory cycles (de Graaf, 2011).

There is a need to measure progress, not solely based on money or the economy. Studies have shown that once basic needs are met, a raise in income does not always equate to happiness. In other words, an individual's perceived satisfaction with life or happiness will not increase with the more money they make. In the United States, the GDP and annual income has increased significantly since the 1950s, but since then the mean satisfaction of well-being has plateaued (Easterlin, 1995). The 10 domains of happiness that measure the Gross National Happiness index include material well-being, physical health, time balance, psychological well-being, education and learning, cultural vitality, environmental quality, governance, community vitality, and workplace experience. However, the kingdom of Bhutan, who started the GNH, has nine domains. All of the domains represented in the survey are used to measure where an individual, community or town could be improved in order to increase overall happiness.

In order to better understand the Happiness Initiative and the differences between GDP and GNH, the students in the Community-Based Research project read John de Graaf's book, [*What's the Economy for, Anyways?*](#) John de Graaf, the co-founder of the Happiness Initiative, provided support and guidance to the students throughout the year. Students worked with de Graaf and the HappyCounts organization to create specific survey URLs for the survey on campus and for the community. The students submitted the survey to the IRB process at the college to determine if it could be used on campus. Permission was granted and the survey was launched.

After the survey was distributed, the raw data was organized and analyzed to develop possible solutions to the problems experienced in the college community, such as work life balance. The results from the survey taken by the college students and employees will be shared with the Retention Committee, Human Resources and Student Development at Colby-Sawyer College. The purpose of launching this survey was to determine what areas of the college community could be improved to increase the overall happiness of students and employees. Events on campus and around the nine towns could be used to address the issues highlighted by the survey. Although the Community Based Research Project has analyzed the data, no events to date have been conducted to address the issues shown by the Happiness Survey.

Happiness Survey

The Happiness Survey was created by the Happiness Initiative. The survey was developed in five phases to ensure that the final product demonstrated an expected factor structure, internal consistency and predictive validity when the survey was given out to three different groups for testing (HappyCounts Organization, 2013). Factor structure is used to reduce the number of variables and to identify the relationship between similar variables (STATISTICA, 2012). Internal consistency uses several items that measure the same general construct to produce similar scores. For example there will be more than one question asking about the same subject and the scores for the questions should be similar. Predictive validity shows agreement between two different methods. These methods in the Happiness Initiative would be the survey itself and questions asked prior pertaining to the survey takers level of satisfaction with the ten domains of happiness (HappyCounts Organization, 2013).

In phases one and two, an hour long survey was developed by using select items from the original Seattle based survey and other published surveys that measured the same constructs and appeared to measure the domains of well-being that have the greatest impact on quality of life. This survey was then emailed to more than 10,000 people on the Sustainable Seattle email list (HappyCounts Organization, 2013). Five hundred and fifteen individuals returned the survey and they were encouraged to make comments on how the survey could be improved. The purpose of doing this was to find the best 15 items for each of the domains by using a factor analysis, corrected item-total correlations, reliability analyses, convergent correlations, and participant feedback (HappyCounts Organization, 2013).

For phase three the modified survey was given out. Along with the survey, the participants were asked to indicate their level of satisfaction with ranking the 10 gross national happiness domains on a 1-9 scale with one being extremely dissatisfied and nine being extremely satisfied. From the results of this survey, the numbers of questions were reduced to five items per domain. For some of the domains more items were needed based on the corrected item-total correlations (HappyCounts Organization, 2013). The domain wouldn't be reliable with only five items so items were added until it met the minimum threshold for reliability (HappyCounts Organization, 2013). Phase four, the newer shorter GNH survey was given out again. The response scaled was on a 5-point Likert scale. The 10 domains were then examined to make sure they formed a single factor, they were internally consistent, and the sum of the scale correlated with the satisfaction ratings of the 10 domains at the beginning of the survey. Lastly, in phase five nationally representative samples of adults were recruited to complete the three global ratings of the well-being, the domain satisfaction questions, and the final version of the survey. The different samples for phases three, four, and five showed that the final survey demonstrated the expected factor structure, internal consistency, and predictive validity (HappyCounts Organization, 2013).

Outreach for Happiness Survey

One of the most important factors in the Happiness Initiative is to use the Happiness survey to measure the happiness or progress of a specific area. Because the survey has already been developed, the students' task was to promote the survey in order to highlight the importance for individuals in the community to take the survey. We developed a timeline for the outreach to individuals and groups in the community and employed resources to aid in outreach.

A toolkit provided by HappyCounts.org, contains guidelines and resources that facilitate the outreach for the happiness survey. The toolkit included a handout to describe the overall happiness initiative, team breakdown, timeline, press release, examples of happiness projects, and happiness research are just a few of the materials that the organization provides. These documents were the key to outreach for the happiness survey. Utilizing the timeline and some of the other documents, the students were able to establish an outreach strategy to launch the Happiness Survey.

The Happiness Survey was launched at Colby-Sawyer College on October 31, 2012. After obtaining the URLs the survey was advertised to students, and employees on campus. Flyers were posted and business cards were handed out and hung around Colby-Sawyer. Mini flyers for the napkin dispensers in the dining hall were used to spread awareness about the survey among the student population. Table booths were set up in the dining hall during lunch and dinner on multiple different occasions to advertise the survey. During the time in the dining hall, students could take the survey with the provided laptops. There were also displays in the library and the lodge. Students in the class also contacted teachers and asked for a time where they could speak to their class in order to promote or have the class take the survey. The heads of the retention committee, student development department, and human resources were also contacted and they agreed to send out emails to promote the survey. Emails were also sent to club officers and advisors to urge them to promote the survey as well. The first incentive for the respondents is that the survey provides them with information on how their level of happiness ranges amongst the nine domains. Recommendations will be made to the Happiness Initiative organization to adjust and develop a survey that can be applied to other colleges and universities.

. The survey was then launched in the Kearsarge Valley community on February 27, 2013. These dates allowed the students ample time to continue outreach before the launch. We consulted with their advisor for the Happiness Initiative, John de Graaf, and decided to have information hubs located at each of the nine public libraries of the Kearsarge Valley towns, as well as various places on campus. These locations were a great place where individuals could come and take the survey online. All of the library attendants were both helpful and excited about the Happiness Initiative. One town, Newbury Public Library, was already spreading the word about mental health and well-being even before the class discussed the idea of the Happiness Initiative. We felt that our explanation of the Happiness survey provided the main concept of the happiness. The survey has been available since the launch and will remain open and available for public use indefinitely.

We aimed to increase the number of people taking the survey in the community by hosting events, such as Kearsarge Valley Goes Local and advertising through newspaper press releases and the Kearsarge Valley Transition website. Flyers and small business cards were also utilized to attract individuals to take the online survey.

A total of 453 students, 141 Colby-Sawyer College employees, and 32 community members took the survey. The survey is still open for any of the aforementioned groups. The class will review the analyzed data collected from surveys that have been taken and will use the Transition Town movement as a way to improve different domains of happiness in order to increase well-being, quality of life, and overall happiness of the college community and the Kearsarge Valley Region.

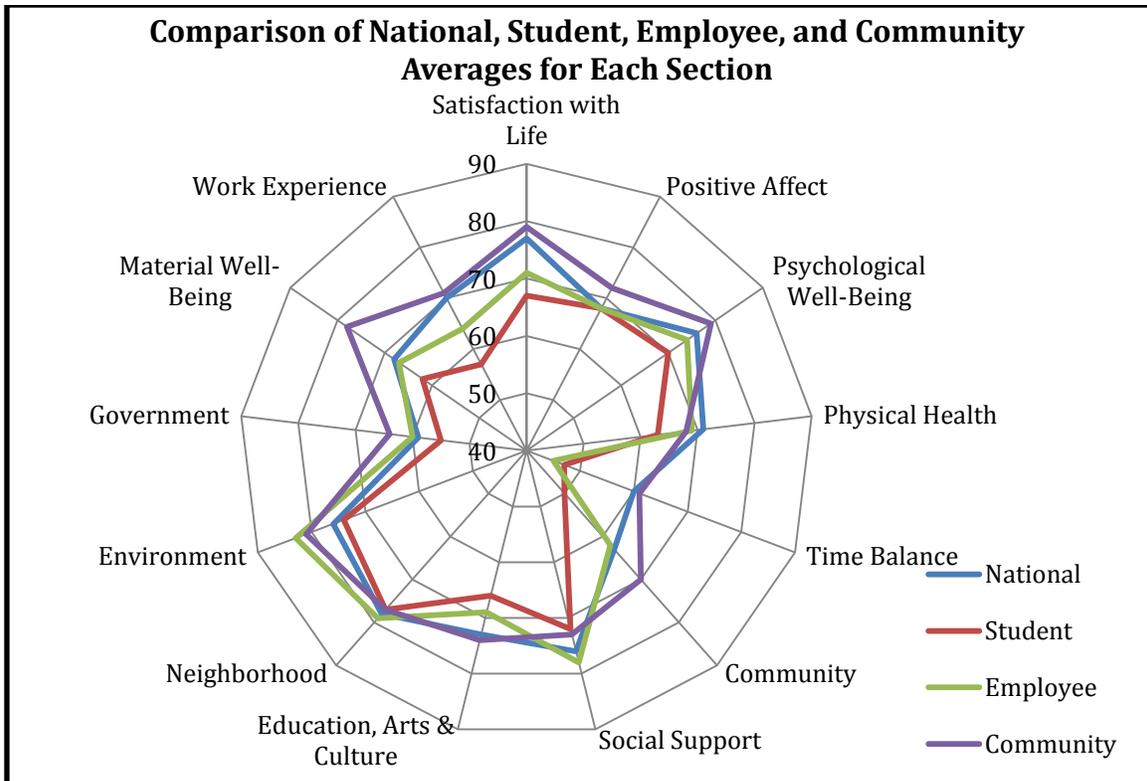
Results

The Community Based Research Project distributed the survey to three different groups, Colby-Sawyer students, Colby-Sawyer employees, and the Kearsarge Valley community members. This was done to compare each of the groups in relation to the national average. From the data received and analyzed, 453 Colby-Sawyer students, 141 Colby-Sawyer employees and 32 community members took the survey.

The survey is broken down into 13 sections that relate to the 10 domains of happiness. The 13 sections in the survey include: satisfaction with life, positive affect, psychological well-being, physical health, time balance, community, social support, education, arts & culture, neighborhood, environment, government, material well-being and work experience. The raw data was analyzed for each question to determine the average scores in each category. These scores were then compared among the sampling groups (Table 1). It was found that the Colby-Sawyer students and employees were lacking in some categories compared to community averages. Other than the physical health, social support, and neighborhood categories, the community averages were higher than the national averages.

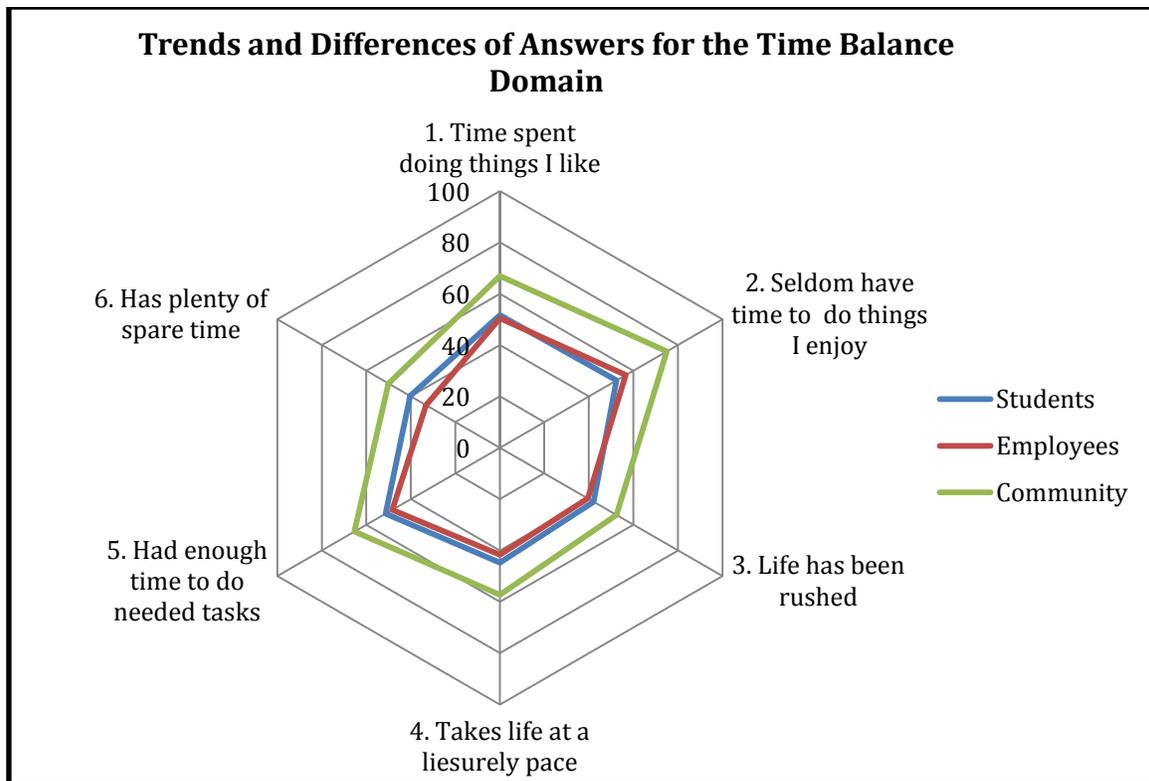
	National	Student	Employee	Community
Satisfaction with Life	77	67	71	79
Positive Affect	68	68	68	72
Psychological Well-Being	76	70	74	79
Physical Health	71	63	69	68
Time Balance	60	47	45	61
Community	63	50	62	70
Social Support	76	72	78	73
Education, Arts & Culture	73	66	69	74
Neighborhood	78	77	79	77
Environment	76	74	83	81
Government	59	55	60	64
Material Well-Being	68	62	67	78
Work Experience	70	57	64	71
Population		453	141	32

Table 1: This chart shows the average for each section of the survey for the three groups and the random national sample.



Graph 1: This web plot shows the National, Student, Employee, and Community averages for each section. The web plot shows how each group compares to each other and shows which sections score lower than other ones. Based on a scale of 0-100.

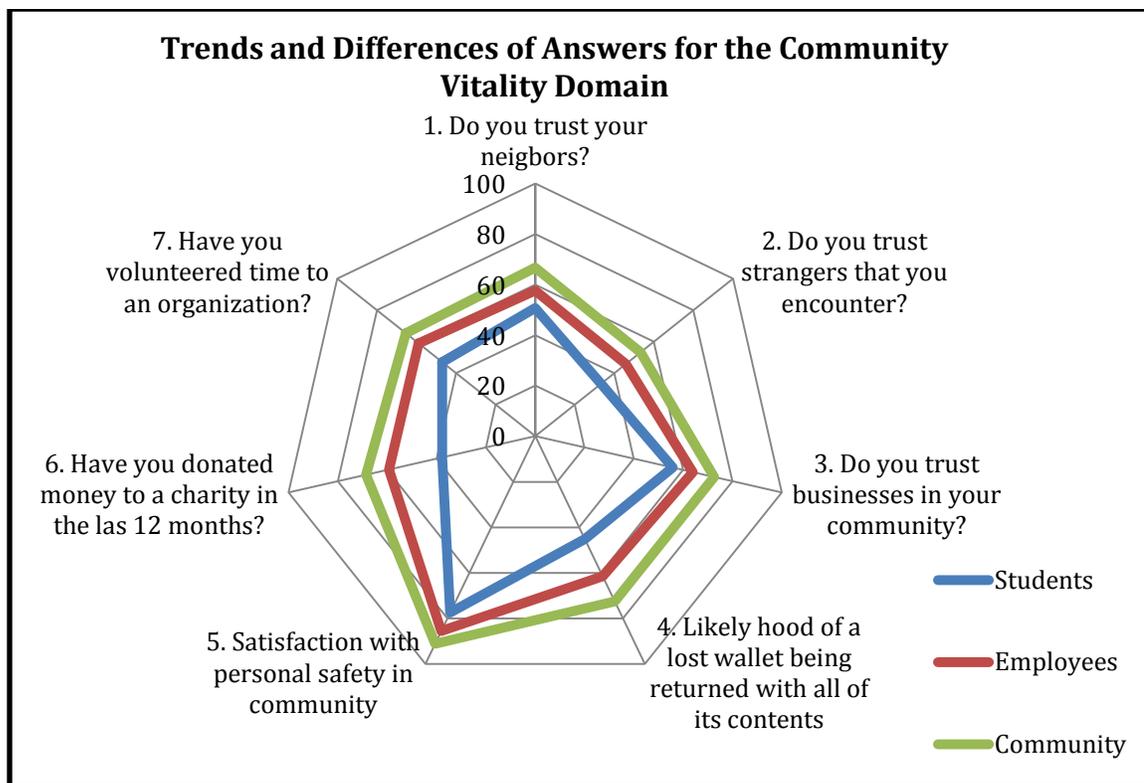
There were four categories that stood out the most when analyzing the data; these were time balance, satisfaction with life, community, and work experience. For the time balance section there were six questions that dealt with how one's time is spent. The national average for time balance was 60 points. The students, employees and community members' averages for time balance were 47, 45, and 61 points respectively. The student average was 13 points lower than the national average, the employee average was 15 points lower and the community was one point higher (Table 1). While looking at the individual questions it was found that most of the averages for the six questions were right around 50, but there was one question where the students scored significantly lower. The lowest score was for question six, "In the past week have you had plenty of spare time?" Average for the question was 40 points (Graph 2). 179 of the 357 students that answered the question said they disagree or strongly disagree with the statement that they had plenty of spare time. Also, 100 students answered that they neither disagree nor agree and only 78 students out of the 357 answered that they agree or strongly agree that they had plenty of spare time. The low score in time balance for students can be attributed to a high course workload and the fact that many students are athletes or have a job outside or inside the school. Additional research can support this statement.



Graph 2: This web plot shows the average scores for each question in the Time Balance Domain. Based on a scale of 0-100.

When examining the data from the employees' responses, again the average for question six (has plenty of spare time) was low compared to the national average. The average for question six was 33 points, which was less than the students' average of 40 points (Graph 2). Balancing a full time job and having a family can attribute to this. All of the averages for the other categories were low for employees as well. There were no individual questions with an average higher than the national average. Time balance is an important domain to look at not only for the students and employees of Colby-Sawyer College, but also for the nation as a whole.

The community members scored slightly higher than the national average for time balance. This can be attributed to the age of the community members that took the survey. The average age of community members was 54 years old. Out of the 32 community members that participated, only 7 were below the age of 40 and 15 were above the age of 60. This could affect the results in the time balance section due to retirement. There were no notable outliers within the results, leading us to believe that age played a significant role in the outcomes of the scores.



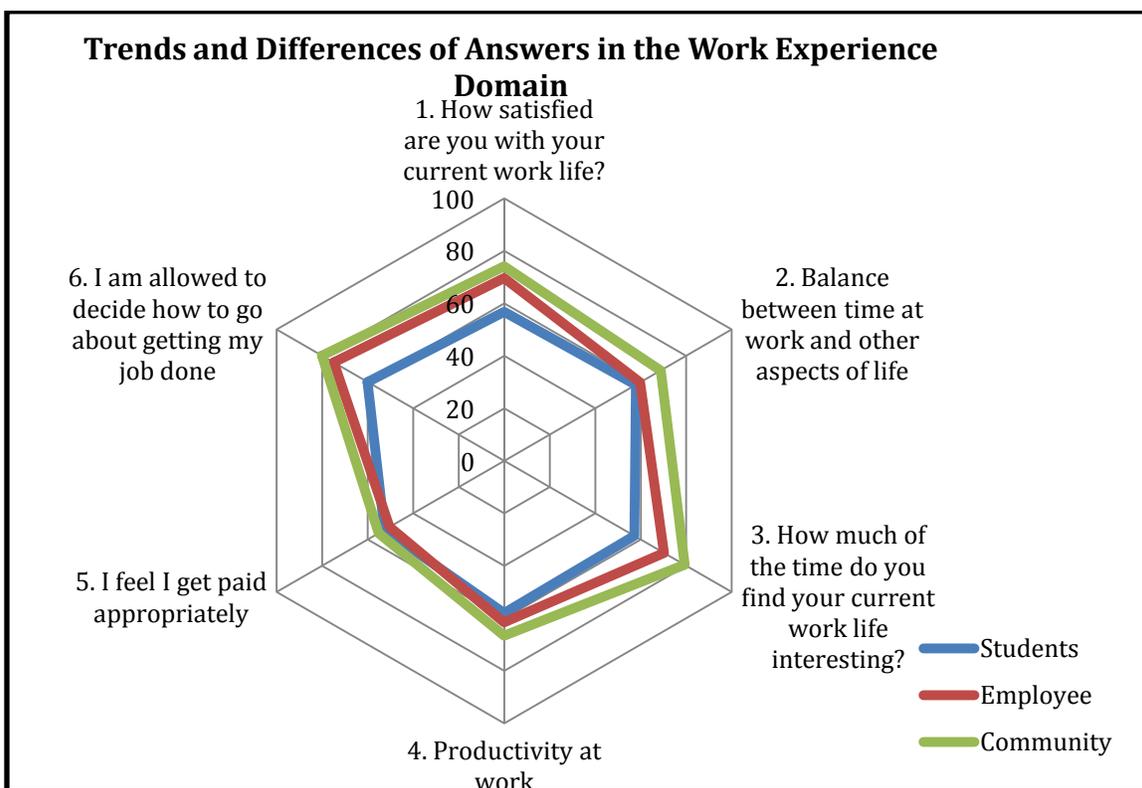
Graph 3: This web plot shows the average scores for each question of the Community Vitality Domain. Based on a scale from 0-100.

The next section that specifically drew our attention was community vitality. The national average for community vitality is 63 points. The student group was the only group that really stood out for this section. The average score for the community vitality section for students was 50 points, 13 lower than the national average (Graph 3). The employee average was only one point less than the national average, and the community average was seven points higher (Table 1). Among the student responses, results for two questions were most noticeable. The first question was the question number two, which asks, “How much do you trust strangers that you encounter?” The average score for this question was 33 points. This means that most students did not trust strangers they encountered. Some only trusted a few strangers they met, or only trusted some of them. The next question that stood out was the question number five. It asks- “How satisfied are you with your personal safety in your city or town?” Figure 4 shows that question five had the highest average for each group. However, the students scored significantly lower than the employees and the community members for the section.

The average for the employees for community vitality was 62 points, which is one point less than the national average (Table 1). There were similarities between the three groups regarding their scores. Each group’s lowest score was for question two and each group’s highest score was for question five (Graph 3). The employee average for question five was 86 points and for question five the average was 46. This wasn’t as low as the students, but it still shows that most people have difficulty trusting strangers they have just met. The same goes for the community sampling group. The average for the safety within the community question was 91 points and the lowest average for a question was for trusting a stranger, which was 53 points. The other questions were all similar and around the average of 69 points for the whole section. It

is believed that if the Transition movement in the Kearsarge Valley area continues to grow, people will begin to feel like they can trust members of their community more.

Another one of the sections that appeared to be significant was the satisfaction with life section. The national average for this section is 77 points. The Colby-Sawyer students averaged 67 points for the section, 10 lower than the national average. The employees averaged 71 points for the section, six lower than the national average, and the community members averaged 79 points, two higher than the national average (Table 1). There were only three questions in this section on a 1 to 10 scale. The questions were “How is life for you right now?”, “How satisfied are you with life as a whole nowadays?”, and “How happy would you say you are?”. Out of the three questions in the section, there wasn’t any particular question that brought the average up or down for the three groups. For the students, all three questions’ averages were very close to 67 points. The same is true for the employees and community members with their averages. It is important we try and raise the averages for this section for all three groups, especially for the students.



Graph 4: This web plot shows the average for each question of the Material Well Being Domain. Based on a scale from 0-100.

The last section that stands out is the work experience section. The national average for the section is 70 points and the student, employee, and community averages are 57, 64, and 71 points respectively (Table 1). For the students, the averages for each question were all around the section average of 57 points. The work experience section is low for students because most haven’t had a full time job and haven’t been able to fully experience part time jobs they may have worked at. The averages of the questions for the employees were all around the average of 64 for the section. There were two questions that stood out for the employees, questions 7 and 8.

The employees have a relatively low average score of 50 for whether or not they feel they are paid appropriately. They do have a high average, 75 points, for question six, regarding being able to do their job the way they want to do it. The same pattern is seen in the community group as well. The lowest average for the section, 55 points, came from question five regarding whether or not they feel as if they are appropriately paid and their two highest averages, 80 and 79, are for the questions regarding being able to do their job the way they want to do it and for the question how much of the time do you find your work life interesting respectively (Graph 4).

The other domains were all relatively close to the national average for each of the groups with the community group exceeding the national average in all the sections except for three of them and the student group not meeting the national average for all sections except one. The students had low averages in the work experience section and the time balance section compared to the national average, but low averages in these categories for students can be explained. The student average for the work experience section is 13 points lower than the national average (Table 1). This isn't a big concern considering most college students don't have a career or full time job that would make up what they will be doing for the rest of their lives. Most generally hold a summer job that was taken up for the sole purpose gaining money rather than satisfaction. There are also explanations for why the time balance of college students may be low. Students are expected to keep up with work and assignments, participate in sports and other extracurricular activities, and some students still have jobs while trying to have fun and balance their social lives. College and university counselors throughout the country are prepared to discuss and help students deal with time balance issues. The low average in sense of community vitality can also be explained for students because students can feel isolated on campus and feel not welcomed in the surrounding towns. They also may feel like they aren't a full part of the community because students split time between their campus community and homes.

Time balance is probably the hardest section to address because students don't have control of their workloads. However, the best way to approach this would be to teach students better time management and planning skills so they don't feel overburdened with work. Happycounts.org gives advice on how to raise one's time balance score. They suggested taking time off, getting enough rest, spending more time with friends and family, encouraging "alone-time" when students can sit quietly and read or meditate, avoid multitasking, limiting time spent online, and to cut back on the fun stuff. It is important to make time for yourself away from work and other responsibilities. They also suggest not overloading one's schedule with leisurely activities. The easiest section to address is the community vitality. A student's sense of community can easily be boosted various events and activities. The transition movement has made it easier for students to communicate with community members and feel more comfortable interacting with them. The best way to address these issues on campus is to keep in contact with the Retention Committee, Student Development Department, and the Human Resources Department. The Task Force can work with these departments to raise awareness of the Happiness Initiative on campus and provide students and employees with information and activities to address the issues we are facing on campus regarding the Happiness Survey.

The employees of Colby-Sawyer College have a really low average in time balance. The average for time balance was 45 points, which is 15 points lower than the national average. The best way to try and improve the scores in this section for the employees is to educate them about the Happiness Initiative as a whole and give out pamphlets and hold workshops to aid in teaching

about gross national happiness. In general we should start learning from Europe to increase our time balance score. The European Union has implemented a Working Time Directive that sets the limit for the number of hours a week a person can work at 48 hours. Some countries have set their own limits. For example Germany has 40-hour workweeks and the Netherlands have 32-hour workweek. Workers in Germany have an average of 30 paid vacation days while American workers only average 10. The United States is one of five countries without federal laws guaranteeing paid maternity leave (Ridderbusch, 2008). The community members' averages were good compared to the national averages. It would have been interesting to see if the averages would have been as high if more community members participated in the survey, but from the demographics provided it made sense that their time balance was above the national average. Most of the community members that took the survey were over 60 and are probably retired or not working full time. The age of the community members that took the survey can also help explain why their sense of community is so high. The community was 10 higher than the national average in the material well-being section (Table 1). Having a lot of stuff doesn't directly correlate with happiness but if people feel like they are well off they do feel happier.

The Kearsarge Valley area should begin focusing on personal well-being and happiness. There's no reason why the Kearsarge Valley shouldn't surpass the national average for all aspects of the Happiness Survey. If people in the community and on campus were more aware of the domains of happiness, ways to improve their scores, and awareness events were held and took the survey again in two years the scores would be significantly higher. The Kearsarge Valley Transition movement will also help build on some of the domains. It will help build a sense of community because Transition initiatives focus on bringing the community together and including everybody. This will help people meet other community members and build relationships.

Kearsarge Valley Transition Initiative

The Kearsarge Valley Transition Initiative established four main goals for the Kearsarge Valley Region. Our goals are to create a stronger local economy, increase the access to local foods, create a healthier and safer community and increase the overall resilience of our area. The Happiness survey was used in conjunction with the Transition Town Initiative to determine what areas in the community could be improved upon in order to meet our goals. The students worked over the year to create a strong infrastructure for the projects which has helped to establish working relationships with members of the surrounding towns.

Task Force

The Kearsarge Valley Transition Task Force is comprised of 11 students and roughly 15 key [community members](#) from the Kearsarge Valley area. The group was formed in order to help build the foundation of the Transition Initiative. The Task Force has been meeting on a bi-weekly basis over the course of the 2012-2013 academic year, and will continue to meet after this year's Community Bases Research Project class leaves. The Task Force is comprised of representatives from Andover, New London, Sutton, Warner, Springfield and Wilmot. Though not all of the towns are represented in the group, it is believed that this will improve as the initiative expands. However, as per the guidelines highlighted in the [Transition Companion](#) and [Transition Handbook](#), the Task Force will eventually dissolve, as it is only meant to steer a transition movement in its infancy. In its place, a network of working groups, which will be discussed later, will be active in continuing the initiative.

Date	Community Attendance
12 September 2012	8
29 September 2012	7
10 October 2012	9
22 October 2012	3
6 November 2012	9
28 November 2012	4
5 December 2012	10
29 January 2013	8
5 February 2013	12
5 March 2013	8
21 March 2013	5
4 April 2013	5
16 April 2013	6
25 April 2013	6

Table 2: Attendance of Community Members to Task Force Meetings

Process

Working together with the Task Force members, the process of creating infrastructure for the initiative began with outreach and events. Since the concepts of a Transition Town are difficult to understand initially, it is important to provide community members with the means to gain a better understanding of the two initiatives. The students organized movie screenings, workshops, and training events to expand their knowledge and experience, the results of which will be discussed in the [summary of events](#). In addition to this, a significant amount of outreach was used through both physical and digital methods, which are explained in the [summary of outreach](#). Regular Task Force meetings and outside research also contributed to developing the infrastructure of the Kearsarge Valley Transition Initiative.

Events & Outreach

Outreach and events play a key role in any Transition movement. Transition is about bringing people together to confront the global issues that affect us on a local level. These issues can be daunting, but through the knowledge gained from Transition, we can find solutions to these challenges. In many ways, we have lost our sense of community. Look back to past generations, the community as a whole survived global challenges because they had a strong sense of community. Bringing people together creates connections and relationships that will benefit both the community and the Kearsarge Valley Transition Initiative. These connections create a resilient community that will be able to withstand shocks that are beyond our control.

Through the Kearsarge Valley Transition events, we have been able to gain knowledge that could be applied to develop solutions to some of the issues we face. Movies such as *In Transition 1.0* not only underline the problems that we face today, but also introduce how Transition Towns all over the world have addressed these issues on a local level. These solutions will only come through projects, cooperation, and conversation. Increased participation in the movement brought us closer to a more resilient future. Again, this coming together of community starts with outreach. Awareness-raising covers a large range of methods to encourage the community members to attend events. Through outreach we gain participants and through events we gain understanding. Together these two elements of Transition will allow us to make the differences we wish to see in the world.

Summary of Events

Over the course of the 2012- 2013 academic year, different events ranging from movie screenings, trainings, guest speakers, and working lunches have been hosted by the Kearsarge Valley Transition Initiative. The events were hosted in different locations throughout the Kearsarge Valley Region and had a varied number of attendees.

Movie Screening for *In Transition 1.0*

The movie screenings of *In Transition 1.0* were the first events hosted by the class. Our very first movie screening was held at Clements Hall, in the Curtis L. Ivey Science Center at Colby-Sawyer College on September 25, 2012 at 7:00p.m. There were 16 attendees from the community, which included students, and professors from Colby-Sawyer College, Proctor Academy, in Andover, and some community members from the Kearsarge Valley Area. This event sparked a lot of interest in the attendees from Proctor Academy, the Sustainability Core, and Colby-Sawyer's club working for a more sustainable college.

The second movie showing was at the Knowlton House, which is owned by the Lake Sunapee Protection Association, in the town of Sunapee, on October 18, 2012 at 6:30 p.m. Eight community members, two professors and the 12 students from the third year course attended the event. The networking between the different lake associations in the Kearsarge Valley Area really helped to bring the people with similar interests in different parts of the region together at this movie showing. There were two attendees from the Messer Pond Protective Association who showed great interest in bringing the different Lake Associations together for the initiative.

The last showing of *In Transition 1.0* was also held at MainStreet BookEnds, an independently owned and family operated bookstore, in Warner, on October 23, 2012 at 6:30 p.m. The attendees of this event consisted of 14 community attendees and 12 Task Force members.

A group discussion followed each movie screenings with topics that the audience felt important or relevant. The main focus of these discussions was on how best to start a Transition Town in the Kearsarge Valley region. There were also many questions and opinions on topics such as climate change and peak oil. Many individuals felt strongly that a local grassroots effort is what this area needs. In short, these events were an educational and engaging program that started with a film screening and ending with a lively discussion.

Transition Training

The Transition Training conducted at Colby-Sawyer College was a gathering of college students and community members. Over the weekend of the November 9-11, the students hosted a Transition Training Weekend for the Kearsarge Valley area. This training, which cost each attendee \$90 for November 10-11, was intended to improve the ability of the community to implement a Transition movement. Transition Trainings normally cost upwards of \$200 but we were able to reduce this cost dramatically by applying for the New England Grass Roots Grant. Awareness for this event was raised through e-mails, phone calls, face to face invitations, press releases, internet event posts in various websites such as Transition U.S. website, Permaculture Meet-up website, Kearsarge Valley Transition Website, and Facebook pages of some supporting organizations.

Over the weekend, about 29 people, including various community members and students participated in the training. The training was facilitated by Tina Clarke, a certified Transition Trainer since 2008. She has worked with over 100 Transition Initiatives in The New England area as well as Canada, and led over 40 official Transition Trainings. This training served to deepen our understanding of how to plan and implement the many projects that we wish to see in the Kearsarge community.

The training was conducted over three days starting on Friday, November 9, 2013. Friday was open to the public and consisted of building connections, learning about the issues that we face, and a brief overview of what Transition is and how it can help improve our community. Saturday consisted of a broader overview of Transition and the different tools that it offers. Another important part was learning about the different aspects of Transition and how it does not just affect us on a community level but also on a personal level. We identified different problems that we face in this community now, as well as the challenges that we will have to face in the future. We also learned about the variety of people who would be excited to join a Transition initiative.

Sunday, November 11, 2013 was a day for both reflection and action. During this time we were able to start creating the positive vision that we wish to see in our future. Part of this was coming up with solutions and events that will help our community become more resilient. We split up into teams in order to create events that would reach people with different interests.

We also learned how to create events that would bring a together people with similar goals. Part of this was learning why, on a personal level, someone would or would not want to participate in the Transition. By understanding these personal obstacles we were then able to come up with events that would bring these specific people together and strengthen the Transition movement. We were able to split up into groups categorized by town and actually come up with a list of people to contact and possible events that could be done for the future. We also learned the valuable skill of creating an elevator speech that would appeal to a broad spectrum of people.

This training was a success on many different levels. Not only did it reenergize the students but it also gave the community members a better understanding of what a Transition movement is about. Through the training, the community members were able to take more of the responsibility of creating the Transition movement. The community members will be the driving force for this Transition, having been presented with the skills and knowledge on how to manage a Transition movement. Rather than waiting for the students to take the lead, the community members will tell us where they want to go and the students will follow. This training gave us the foundation that we desperately needed in which to build a strong Transition.

New England Grassroots Grant

The New England Grassroots Environmental Fund (NEGEF) is an organization which provides groups with the opportunity to access help, through programs and grants. This allows local initiatives to take root and grow. Since its inception in 1996, the organization has funded over 1,000 projects, with a total giving of about \$3.6 million. The Kearsarge Valley Transition Initiative applied for the scholarship in hopes to fund the Transition Training weekend that would cost roughly \$3,000 for trainers and supplies. Depending on the number of participants, the cost for the three-day seminar could have been as high as \$200 per participant. The Seed Grant, which was provided by the NEGEF, allowed the admission fee for the event to be lowered down to \$90, making this to more affordable.

The application had three sections; contact, group, and project information. One of the requirements was The contact person was Jonathan Wylie and the group was Kearsarge Valley Transition, which was made up of students and the professors of the Community Based Research project as well as involved community members. It was explained to the organization that the purpose of our group is to develop and unite a “local network of individuals, businesses and organizations in the Kearsarge Valley that are committed to improving the well-being and resilience of our neighbors and communities now and into the future. Drawing upon the ideas, skills and experiences of our members we develop positive localized solutions to address the regional impacts of larger global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy.” Colby-Sawyer College was our fiscal agent for the Transition Training project. This allowed for our group to be classified as a 501(c) (3) non-profit organization, allowing it to be exempt from taxation.

Reason	Cost
Trainer 1 fee	\$1,400
Trainers traveling expenses	\$100
Trainers meal expenses	\$15
Food for attendees	\$504
Donation to Transition US	\$840
Total	\$2,859

Table 3: Cost of the Training weekend

The donation to Transition US is based on the number of attendees at the training. The highest money awarded for a Seed Grant is \$1,000. The grant was to be allocated to two full scholarships and five partial scholarships for individuals that expressed a need for financial help. By applying the remaining amount of the grant toward the cost of food and training fees for the event, the overall cost of the training was greatly reduced for each attendee. The date for the training was the weekend of November 9, 2012. The application, which was reviewed several times by the professors overseeing the course and then adjusted, was submitted October 19, 2012. Along with the written application, there was a phone interview that was conducted by NEGEF staff member, Ginny Callan. The interview took place October 30, 2012 at 2:30 pm. The discussion included questions relating to the development of the group, what its goals were, and how the preparation for the upcoming event was coming along. November 1, 2012, the group was awarded the \$1,000 scholarship.

The success of this grant application allowed for the Transition Training event to become more affordable for community members. The additional funds that were left over due to overestimation of costs were available to help fund a similar event later in the academic year. Possessing a grant was beneficial to the Kearsarge Valley Transition Initiative.

Presentation by Poly-Recovery

A presentation by Poly-Recovery, a sustainable recycling company, was held in Curtis L. Ivey Science Center, Colby-Sawyer College on November 28, 2012 at 7:00p.m. John Pelech, CEO and founder, and Mike Mooney, Chief Recycler and Sales Manager, are both Colby-Sawyer College Alumni from the graduating class of '02 and represented the company at this event. Their sustainability draws from their "100-Mile Certification". All inflow of materials, whether it is plastic, paper, or cardboard, comes from within a 100-Miles of the company's headquarters in Portsmouth, New Hampshire. These materials are then reprocessed and distributed to repurposing companies within a 100-mile radius. An example of this repurposing is that all PET, plastic resin from plastic bottles, is converted into consumer products, such as shirts and hats, 11.7 miles from Poly Recovery. They have shown that traditional recycling is not a closed-loop system and many people do not consider the amount of energy that is used to transport materials, recyclables, throughout the country and world. Thirteen community members and two Colby-Sawyer students attended this event. Overall, this was a good way to show the community members how local businesses can be sustainable and successful. Although the presentation itself was not great the community members left the presentation with a better understanding of recycling.

Transition Town: The Human Side of Permaculture

Permaculture is a sustainable and self-created practice that develops sustainable architecture, and self-maintained horticulture systems modeled from natural ecosystems and ecosystem services. The talk by Steve Whitman was hosted on February 1, 2013 in the Curtis L. Ivey Science Center, at 7pm, where 98 individuals attended, including students, faculty members, and local community members attended.

Steve Whitman, a permaculture expert spoke about the many aspects of permaculture. He introduced the idea of permaculture and the principles that are within this practice, on a local and nationwide scale. He spoke about permaculture and Transition Towns, and how they complement each other. Steve Whitman also explained the permaculture design process and how that can affect one's energy and food dependence. In a time where fossil fuels are depleting, living a sustainable lifestyle will soon be necessary. Implementing the ideas and principles of permaculture will lead one to a lifestyle where one will not have to entirely depend on non-renewable resources and mass-produced food. His presentation followed by an open discussion allowed the participants to gain valuable knowledge about the overall thought process and actions through the lenses of permaculture. The attendees gained additional sources of information for possible ideas for themselves and their community.

Steve Whitman not only has a considerable number of credentials associated with permaculture, but he also practices what he preaches. He is a professional planner, permaculture teacher, and educator based in New Hampshire. His work is largely focused on community planning and sustainable issues. He started his planning career in the mid 1990's in western Massachusetts and now is a professional planner with Jeffery H. Taylor & Associates, focusing on community planning and sustainability issues through the lens of natural systems thinking and ecology. He teaches at Plymouth State University as well as Colby-Sawyer College and participates in numerous grassroots efforts across the U.S. that promotes different types of sustainability. Referencing Colby-Sawyers sustainable motto, "Walking Our Talk", Steve Whitman has transformed his own property into a living permaculture model.

This event gave our group a unique perspective on permaculture and transition. The attendance at this event had the highest turnout due to outreach efforts by the Task Force. The event was followed by Principles to Actions Part II two weeks later on February 16, 2012 with 21 attendees. The purpose of this event was to allow groups an opportunity to meet and continue their discussions from the previous session.

Movie Screening for *Story of Stuff*

The film, *Story of Stuff*, was shown on February 19, 2013 as a part of our Sustainable Living Movie Series. The movie was shown in the Curtis L. Ivey Science Center at Colby-Sawyer College at 7pm. *The Story of Stuff* is a twenty minute long documentary about the life cycle of material goods that we use in our day-to-day lives. It provides critical information on the processes that consumer driven societies go through to produce and consume goods and create wastes. The movie also highlights political, social, economic and capitalistic tendencies. This movie gives a unique perspective on the "stuff" we consume.

The movie was followed by a discussion among the attendees. The event was free for any and all interested community members. The purpose of the event was to bring the Kearsarge Valley residents together to discuss ideas about sustainability and to introduce the Kearsarge Valley Transition group to a larger number of community members. 30 participants including 11 students from the class attended the event.

The event was successful at highlighting its purpose to the attendees of different ages. Attendees showed great enthusiasm and comfort in discussing about the “stuff” they own. They also shared their appreciation towards the movie, *The Story of Stuff*, for its eye opening knowledge. The event provided a message and knowledge about the Kearsarge Valley Transition initiative to a larger group of the community along with awareness on sustainable living practices.

Solarize Your Community: A Presentation by ReVision Energy

Stephen Condon, a representative from ReVision Energy, gave a talk on February 23, 2013 as part of Colby-Sawyer’s ongoing Sustainable Living Series. It was held in Clements Hall, in the Curtis L. Ivey Science Center at Colby-Sawyer College in New London starting at 1p.m. ReVision Energy is a leading installer of solar electric and solar hot-water systems in northern New England. Along with reducing energy consumption, converting to renewable resources such as solar energy are important when considering the transition to a fossil fuel free or scarce world.

Stephen Condon is a sales manager of ReVision Energy of Portland, Maine, and Exeter, N.H. he graduated from the University of New Hampshire and his goal is reducing Northern New England’s dependence on fossil fuels by installing and advocating for active solar energy systems. During the talk Condon addressed the cost of installation and purchasing photovoltaic and solar hot water systems, how to determine whether a solar energy system will work in one’s location, the amount of energy that will be produced by a system in the ideal situation, and the subsidies and rebates available from the government and the state. The talk was meant to get people thinking about the options they have for renewable resources and provide anybody already interested in solar energy systems a contact and possible photovoltaic or solar hot water system installer.

The event was free to community members and students. The purpose of the event was to provide Kearsarge Valley residents with a background on active solar energy systems and provide them with a manufacturer if they wanted to further explore the idea of a solar energy system on their home or business. There were 33 attendees at this particular event.

There was a lot of discussion that took place after the talk between the ReVision energy workers and potential buyers. The event served its purpose in providing attendees with a knowledge of solar energy systems and giving potential buyers somebody to talk to so they could get started pursuing the installation of an active solar energy system.

Farms to Institutions

Farms to Institutions was a strategic conversation amongst stakeholders interested in promoting, supporting and sustaining greater access to local food in the Kearsarge Valley Area and beyond. This event was held at Colby-Sawyer College on February 23, 2013 starting at 8:30am. The purpose of this session was to facilitate conversations and connections between producers and purchasers so that they find what their shared goals, needs, and barriers might be with regard to increasing the demand and availability of local products. The producers represented at the event were Bradford Farmer's Market, Brookford Farm, Contocook Creamery at Bohanan Farm, Highland Lake Apple Farm, Miles Smith Farm, Muster Field Farm, Spring Ledge Farm, Three J Farms, Vegetable Ranch, and Wilmot Farmer's Market. Institutions, distributors and food service providers present were Black River Produce, Farm to Institution New England, Grantham Village School, Kearsarge Food Service, Lake Sunapee Chamber of Commerce, New London Hospital, New Hampshire Farm to School, Sodexo Dining Services for Colby-Sawyer College, Sunapee School District, The John Merch Fund, Upper Valley Produce, and Wonderwell Mountain Refuge. In total there were 29 attendees at the event.

The event began with a short exercise where participants were asked to envision characteristics of a successful, vibrant, and sustainable local food system. They were divided into two groups—farmers/producers and distributors/purchasers/food service providers. After the visioning exercise each group was asked to make a list of their perceived needs and barriers with regard to achieving their vision. This session was followed by two open space sessions. Groups were formed to discuss about a food processing facility, developing and strengthening the communication between producers and purchasers, and developing farms to institution relationships. Before the smaller group discussions ended participants were asked to develop a list to guide future steps that could be attended to in the short-term. The outcomes of these discussions were to host a food safety workshop for producers, to host local food matchmaking and trade show for sellers and buyers, and to conduct a processing/distribution facility analysis with Business class at Colby-Sawyer College.

Movie Screening for *Surviving Progress*

Area residents were invited to a free showing of the 2012 documentary, *Surviving Progress*, on March 6, 2013 at 7 p.m. in the library of the Andover Elementary and Middle School. The film showing was sponsored by the Kearsarge Valley Transition Initiative and the Andover Energy Group.

Surviving Progress graphically conveys the challenge currently facing our world regarding how to best use finite resources to meet growing needs without destroying our environment or our civilization in the process. According to Ronald Wright, whose best-selling *A Short History of Progress*, inspired this film, says: "In the past, we could use up a region's resources and move on. But if today's global civilization collapses from over-consumption, that's it. We have no back-up planet."

A discussion of what steps might be taken locally to help meet this global challenge followed the film, and refreshments were served. Approximately 17 area residents attended the film and engaged in a lively discussion following its showing.

Kearsarge Valley Going Local: Local Food, Local Business, Local Skills

Kearsarge Valley Transition Task Force hosted Kearsarge Valley Going Local event on Saturday, March 30, 2013. The event was held in Ware Campus/Student Center at Colby-Sawyer College from 12-5pm. The purpose of the Kearsarge Valley Going Local: Local Food, Local Business, Local Skills, community-wide gathering, was to bring Kearsarge Valley residents together to draw upon their ideas, skills and experiences to develop positive localized solutions to address the regional impacts of larger global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy. The event was free and open for any and all interested community members. The event also introduced the Kearsarge Valley Transition group to larger number of community members.

The afternoon started with live music by Kearsarge area folk artist, Click Horning. Tina Clarke, a Certified Transition Trainer, was the guest speaker for the event. She has worked with over 120 Transition communities across the country, and has been a trainer, program director and consultant for twenty-five years, supporting and guiding leaders in over 400 local, national, regional and local organizations. Most recently, she was a consultant with 350.org, the Massachusetts Municipal Association, and the Sustainability Institute. Tina's presentation was followed by other events such as introduction to existing working groups, Food not Lawns, Re-skilling: inventory of skills and interests, and Local food system, vision casting of the future of the region through the attendees' eyes, and open space technology. During the open space technology, attendees formed some potential new working groups such as a possible store selling local goods, Re-thinking Education, and Natural food and holistic medicine. Participants also showed interest in continuing two of the existing working groups, Food not Lawns and Re-skilling.

Seventeen community members, students in the third-year class and a pathway class, offered by the college and taught by Jennifer White, attended the gathering. The gathering was successful at highlighting its purposes to the attendees of different age groups. It provided opportunities for community members to identify shared interests, learn about existing local businesses and other resources, and develop practical strategies that can be implemented in the Kearsarge Valley. Attendees showed great enthusiasm and comfort in sharing their ideas and working in groups. The event brought together different groups of people from the Kearsarge region and spread a message about the Kearsarge Valley Transition Initiative along with awareness on sustainable living and available local resources.

On April 13, 2013 the members of the community were invited back to have a potluck-working lunch and discuss future actions for the Kearsarge Valley Transition Initiative. There were three community members in attendance, and from the discussions it was decided to put on a bike tune-up workshop on May 4, 2013.

Visions of the Past

Long-standing community members, primarily from New London, were interviewed in order to get an idea of how New London and the region has changed. The women, Gretchen White, Hillary Cleveland, Priscilla Ohler, Ad Lauridson, Louise Baily, and several others were asked a series of questions in which they shared their past memories with the students. These interviews were recorded and a short film of each session was created. These videos are available by request by contacting transition.town@colby-sawyer.edu.

Working Groups

A working group is an assembly of community members that have similar interests and wish to apply them to community projects. One way that a working group forms is through the use of technique called Open-Space Technology. Open Space is a powerful tool for engaging large groups of people in discussions to explore particular questions or issues. There is only one rule to Open-Space Technology, it is called the law of Mobility. The laws of Transition and Open Space Technology are as followed: whoever come are the right people, whatever happens is the only thing that could have, whenever it starts is the right time, and when it's over, it's over. The Law of Two Feet states, if during the course of the gathering, any people find themselves in a position where they are neither learning nor contributing; they must use their feet and go to a more productive place. Working groups focus on events that pertain to these interests that are developed from the gathering of people.

Over the course of the year, three main working groups were formed from the open space sessions namely Food not Lawns, Local Foods, and Inventory of Local Skills. These three working groups each have a different goal, but all link to the goals of transition. The Food not Lawns group was developed during the Transition Training event in late 2012 and has a focus on permaculture and plans on helping to develop local gardens and providing the members of the community with the means of growing their own food. The working group plans on developing workshops and events where lawns will be converted into personal and permaculture gardens.

The Local Foods working group also came from the Transition Training event and has interests rooted in food. The members of this working group have expressed concerns about the food supply system that is currently in place in the area and have built their group around the goal of developing a food system that is locally based. Several events have been tied linked with this working group, including events such as Farms to Institutions and Kearsarge Valley Local Foods Matchmaking and Trade Show that took place in March and the proposed “permablitz” that is going to take place over the summer.

The third major working group that was formed was the Inventory of Local Skills group. This working group is based off of The Great Reskilling movement where an emphasis on learning new and old skills is placed. In order to build the foundations of this, the group has been working on collecting a database of people, the skills they have, and the skills they wish to learn. Other than this database, the group was active during discussions at the Kearsarge Area Eat Local event in March. From this event, and discussions that took place afterwards, the group has organized an event that will take place May 4th, 2013. This event has been named Dust off Your

Bike: Tune-ups and Bike Swap. This event is designed to teach members of the community how to tune up their bikes and do basic repairs.

The working groups that have formed over the course of this year have made significant contributions to the foundation of the Kearsarge Valley Transition Initiative. They have aided in developing a variety of events and workshops that have helped build knowledge, skills, and interest among the members of the community.

Summary of Outreach

Kearsarge Valley Task Force, which includes community members and students from the Community-Based Research Project at Colby-Sawyer College, has been raising awareness about the Transition Town initiative and reaching out to all possible stakeholders in the Kearsarge Valley Area. The Kearsarge Valley Transition includes nine towns in the region and every individual including, students, professors, farmers and local businessmen. “Inclusiveness” is one of the most important principles of Transition Town. As Rob Hopkins, the founder of the Transition Town movement states, awareness rising should cover a large range of methods to encourage community members to attend events. Following the statement by Rob Hopkins, the group used several different techniques of outreach to invite community members to attend all the aforementioned events. Those methods of outreach included [press releases](#), emails, [flyers](#), [business cards](#), phone calls, table display, charts, and face-to-face conversations.

Press releases and/or flyers for every event which was hosted, whether on campus or in local communities, were posted on the Kearsarge Valley Transition Community Blog and Transition Kearsarge Meet-up site. The Kearsarge Valley Transition Community Blog is a publicly available online website created by the students that is geared towards helping members of this community learn more about our Transition Initiative. The website has received over 3,100 total views since its establishment in September of 2012. Most events were published in local online news sites, newspapers and few organizations’ webpages as well as Facebook pages. Events were published in different news sites, newspapers and websites. Event details were posted on the Kearsarge Valley Transition Community Blog and Transition Kearsarge Meet-up site at least two weeks ahead of the day of an event. Organizations like Sunapee news, a commercial-free on-line only blog, Permaculture Meet-Up Website, Lake Sunapee Protection Association, Kearsarge Area Eat Local, Sunapee Chamber of Commerce, Colby-Sawyer College, Transition Kearsarge, Andover Energy group and public libraries in all the nine towns assisted the Kearsarge Valley Transition Town group to reach to community members by advertising Kearsarge Valley Transition Town’s different events on their websites.

Tables and booths were set up at various events to publicize the works of the Kearsarge Valley Transition Initiative. For example, during the 175th Anniversary celebration of the Colby-Sawyer College on October 13, 2012, when the college alumni and community members visited the college for different celebrations, the students from the Kearsarge Valley Transition set up a table to spread awareness about the Kearsarge Valley Transition Town. Students also visited public libraries in all the nine towns to advertise the Happiness Survey. These tables allowed to

successfully facilitate a one on one conversation and helped to get community members and students interested in the project.

Similarly, students from the class and community members, who are in the Task Force distributed flyers for events around the area. Most accessible places such as banks, grocery stores, coffee shops, etc. were targeted for flyer distributions. Flyers for some events especially the Happiness Survey were posted in every napkin dispensers in the dining hall to encourage students and faculty to take the survey. The community members who came to any one of our many events were invited to other future events and meetings through personal emails. Frequent reminder emails about the events were sent out to them prior to event days. However, the Kearsarge Valley Transition Town group learned that e-mails by themselves are not the most effective form of advertisement because most of the time people would either over look them or delete emails, that didn't necessarily apply to them. After the first couple of events the Task Force members combined their efforts to create varieties of visual aids like flyers, [save the date](#), and [newsletters](#), which were handed out to people in meetings, events and other activities. The group also included Quick Response (QR) codes, a type of matrix barcode for URLs, in all the flyers, posters and other cards, which expanded the target audiences and made it easier and faster for people to get information from our different websites.

Press releases, distribution of flyers, personal phone calls and face-to-face conversations have been proven to be the most effective ways of advertising events and activities among students and Kearsarge Valley residents. People responded more effectively and faster to these methods of outreach compared to other forms, such as email. For instance, a short phone conversation with Sean Bohman from Kearsarge Chronicles allowed the Kearsarge Valley Transition group to set up an interview in late January for a show to be broadcasted in YCN, a the local media. The great turn out of the permaculture-transition talk clearly represented the importance and power of word of mouth announcement to gather community members for activities. The tactics mentioned above should be encouraged for future events advertisements, especially personal invitation by the community members.

Summary of Statistics

The involvement of community members varied at each event. The 11 students from our class are not included in any of the statistics for events, although they are still an important part of the Transition movement in this area. Therefore, all the numbers mentioned for each event includes only the community members' involvement.

The highest number of attendees to date was at the talk on Permaculture and Transition Town by Steve Whitman. For example, the Transition Training weekend had 17 attendees, the *In Transition 1.0* movie screenings had 16 attendees, and the Poly-Recovery talk had many new faces that got people more excited. Tina Clarke, a certified Transition Trainer, facilitated the training weekend and it was held during the weekend of November 9, 2012. Twenty-one community members attended the first day, which was a free potluck dinner. The number of attendance decreased in the second and third day of the training compared to the first day, but we still had a relatively good attendance, with 29 total attendees throughout the weekend on different days. There was a \$90 cost for the second and the third day of the training, and 18 community members registered and attended the training sessions.

During the year, we hosted multiple movie screenings of *In Transition 1.0* in a three different towns, New London, Sunapee, and Warner. Each of these events contributed to the overall growth of the initiative. At the first movie screening there were 28 people, at the second screening there were six, and the third screening had 26 attendees. The Poly Recovery talk on November 28, 2012 was attended by 13 community members. Other than these events, there are bi-weekly meetings of the Task Force that is made up of individuals from the community. Each meeting is attended by between three to nine community members. These meetings are used to plan events awareness building.

The *Story of Stuff* and *Surviving Progress* where movies that we showed in adjunct to the Sustainable Living Series that Colby-Sawyer College is involved in. To date, our most recent event was the Kearsarge Valley Going Local event on March 30, 2013. This event had a good turnout with a total of 17 community members. Over the year, we have had some great events that have formed new relationships and bonds with community members. The number of attendees for the events has changed because of other obligations that the community members have. No matter how many people attended the event, a transition town believes that those who come are the right people. New community members joined our group at each event and eventually formed working groups to work in projects of their own interests.

Next Steps

Energy Descent Action Plan

An Energy Descent Action Plan (EDAP) is a guide towards lower energy consumption to be prepared for challenges we will face in the future such as economic insecurities, environmental instabilities, and our reliance on non-renewable energy. There are many different areas in a community that we can work with in order to reduce our energy consumption and increase our overall resilience. These areas include local economy, residential, education, food, health, waste, tourism, and of course energy itself. Creating a positive vision for our community and finding a way to reduce the amount of energy that our community uses is essential to meeting the challenges that we face now and in the future.

The spring semester was dedicated to initiate the Energy Descent Action Plan for the Kearsarge Valley Region. Research was conducted on other EDAPs such as the EDAPs from Totnes, England, Kinsale, Ireland, Lebanon, New Hampshire and Bloomington, Indiana. Based off of these reports we developed an outline for the Kearsarge Valley Region EDAP. Contacts were made with the New London Energy Committee as well as the Andover Energy Group. A member of the New London Energy Committee will be helping to develop a survey too study the energy consumption of the Kearsarge Valley Area. Research was conducted on both a state and national level to determine energy consumption. This was in an effort to give the reader a better understanding of the bigger picture of the energy challenges that we face today. Energy providers in this area, both electric and oil, were contacted in order to get data on the energy consumption in the Kearsarge Valley area. Although this did not yield many results, there were some information gleaned from organizations such as Vital Communities, the Kearsarge Valley School District, and the New London Hospital. In an effort to get more local information specifically on energy usage, contact was made with a member of the Kearsarge Valley Transition Meet-up site who has experience in the energy field. As mentioned above there are many different sections that can pertain to an EDAP. These sections were residential, local economy, health, local food, waste, education, and energy itself. Each section were then broken up into smaller sections focusing on our vision, what it looks like today, vulnerabilities in an energy constraint world, and steps to resilience.

The Energy Descent Action Plan that was developed in the spring of 2013 is a working document. This document can be found on the 2012-2013 Community Based Research Project page on the Colby-Sawyer Website. The next Community Based Research Project will continue to work with the community in order to develop this plan. Their goal will be to create a more comprehensive assessment of the local energy use in the Kearsarge Valley area.

Internship Program

The Kearsarge Valley Transition Initiative intends to continue even after the students leave the class. To facilitate this continuity, the students developed an internship program to assist the Task Force in outreach, projects, and other tasks pertaining to the initiative. Beginning in the summer of 2013, one individual will have the opportunity to participate in this program. Tasks of the intern will include attending weekly or biweekly meetings with the Task Force,

facilitating meetings, contacting Transition US and other Transition Towns, organizing and conducting outreach strategies for events, and maintaining the website of the Kearsarge Valley Transition Initiative. There are no specific prerequisites other than the ones established by the Harrington Center and individual departments at Colby-Sawyer College and all majors are welcomed to apply for the position. The student selected must have strong organizational and communication skills. In addition to the internship program, the community based research project course for the 2013-2014 academic year will be continuing the development of this initiative and the EDAP.

Recommendations

The Happiness Initiative

The Happiness Survey was launched on Colby-Sawyer College campus and in the Kearsarge Valley community. This is an important step in the Happiness Initiative, but it does not account for the entire project constructed by HappyCounts. A complete Happiness Initiative would also include such areas as a Happiness Report, data analyzed and presented from the Happiness Survey, and Happiness Projects, to account for the lacking domains of happiness. Our experience with launching the Happiness Survey and discussing the Happiness Initiative, as a whole, has led to several recommendations for future actions.

- Construct a team and clearly define roles. A “Team Planning Phase” was discussed by HappyCounts, which was not utilized this year at an early stage. Confusion affected the efficiency of group communication.
- Increase marketing and promotion of the Happiness Initiative. This year, the focus was to advertise the Happiness Survey rather than the Happiness Initiative. Increased research and places to advertise the initiative will increase participation. Radio stations, television, and social media are valuable outreach opportunities that should be used.
- Identify groups that will help advertise initiative. Rather than placing all of the outreach efforts on the group conducting the initiative, utilize existing groups and their network of individuals to increase participation. There were only 32 people that completed the Happiness Survey this year in the community, which is not a proper sample size for the thousands of individuals in the Kearsarge Valley region.
- Set a target goal of survey participants. When a goal is set, it is easier to measure the success of outreach efforts. For example, relying heavily on advertisements in public libraries will not reach a majority of the individuals in the area. The organizations are great resources but should not be the main focus to achieve a high influx of survey participants.

Kearsarge Valley Transition Initiative

While the Transition Initiative this year was a success, there are several aspects that could have been done differently to get better involvement in the project. Some of the important aspects of the Transition Initiative include outreach and communication with the community, and having an overall high level of organization throughout the whole project. Over the year it has become apparent that the outreach done by the community members and utilizing the local knowledge of media outlets would be a very productive method to get a high number of attendance at the events. The events held by a Transition Initiative are the backbone of the project, which means that it is very important to execute them well.

Some of the important things to consider for a successful Transition Initiative are as follows:

- Before beginning the outreach, people should understand the concepts of transition and have read the *Transition Handbook* and *Transition Companion*. It is also helpful to have discussions among friends and family after reading the books.

- Host movie screenings of *In Transition 1.0* early on to educate the community about the transition initiative and spread general knowledge about this initiative. Educating people on climate change, peak oil, and economic issues is also important.
- Identify the key members of the community and find people who are interested in this movement. These are the members who will form the steering group. Having several members who are excited about the project will provide energy to keep the project going.
- Work with pre-existing organizations that share a similar mission to tap into their already existing contact lists and customer bases to save some extra work and time as well as to establish good relationships.
- Hosting a transition training is the best way to fully educate not only yourself but also the community at large about the model and ideals of transition.
- Continue to advertise and outreach throughout the course of your project, as the more people you get involved the more likely your project is to succeed.
- Design events around the formation of working groups. These working groups are essential to making the changes that are vital to creating the resilient community.

Resiliency Survey

A resiliency survey is used to measure how well a community can withstand outside shocks, such as environmental or economic instabilities. Inspired by the *Jamaica Plain New Economy*, after the visit to Boston for the Regional New England Transition Gathering in October 2012, a resilience survey was developed to measure where the Kearsarge Valley community stands in terms of our resilience. Resilience is simply the ability of a community or individual to cope and adapt to sudden shocks. In other words if a natural disaster, or a financial recession occurred, how well will a community respond and recover from that event. Currently, there is no preexisting system used to measure community resilience which is why several organizations have created their own surveys as tools. The Kearsarge Valley Resilience Survey has been created to be used by both individuals and organizations for personal and community level. This document can be found on the Colby-Sawyer College's website, within the Environmental Science and Studies Community Based Projects tab. There is still further work that needs to be done on the survey, especially on the recommendations section which is used to facilitate improvement to those individuals and communities that participate.

General Recommendations

Over the course of this year, many strengths and weaknesses have emerged in the Community Based Research class in attempts to accomplish set goals for both the Transition Initiative and the Happiness Initiative. A list of group recommendations has been made as a result.

- Establish roles at an early stage. Understanding personalities and strengths will benefit the group in establishing roles throughout the course of the group. It has been found that if individuals remain in the same role that they have a consistent and efficient method of getting things done. For example, if a group member excels in a particular field, such as press releases, then it will benefit the group to have the individual remain without that job.

- Learn before taking action. Understanding the material that the group is presenting to the public is more important than taking action. If a group doesn't know how to explain an area of the project or understand its relevance to the community then it should not be starting projects or outreaching. Be a student before becoming a teacher.
- Develop a detailed timeline of events and outreach. Organization is one way to assist the success of events and outreach. Details, especially the break-down of large events into smaller tasks, decrease the amount of stress, last minute problems, and other such set-backs that can accompany a large event.
- Utilize available resources. Books, articles, and people are all resources that were underutilized this year. Professors, especially the adjuncts from the Transition and Happiness Initiatives, were not contacted as often as should have been. The Happiness Initiative adjunct professor, John de Graaf, could have assisted in the Happiness Survey Launch to the Kearsarge Valley community. The information that he provided could have helped increase the low sample size which was received.
- Bring excitement and energy wherever the group goes. When the group takes an interest in what they are talking about, it more likely that others will listen.
- Don't be afraid to fail. If an event or outreach effort is unsuccessful then take a step back. Where is there room for improvement to achieve future success?

Concluding Statement

The students in the 2012-2013 Environmental Studies and Science Community Based Research Project have successfully met the goals set at the beginning of the academic year resulting in the establishment of the Transition Town Initiative and The Happiness Initiatives in the Kearsarge Valley Region. It is, however, still in its early stages of development and will require continued participation and outreach from its members. We have created a Task Force with the interested community members, created awareness in the nine town of the Kearsarge Valley Region about the transition initiative and the issues surrounding transition via various outreach events. We hosted a Transition Training for the community members to provide them with the tools to initiate an official Transition Town, and have hosted various other events to sustain the involvement of the community members in the transition initiative. The working groups that have emerged from the different events are working to create local solutions. In addition to the Transition Initiative, we have employed the Happiness Survey in the Colby-Sawyer campus and the Kearsarge Valley Region. The results from the survey taken by Colby-Sawyer students, staff and faculty will be used by various departments of the college, while the survey is still open for the community members of the Kearsarge Valley Region.

Over the summer 2013, the community members in the Task Force and an intern will continue the Kearsarge Valley Transition Initiative until the students of 2013-2014 Community Based Research Project come in to take up a role in continuing growth and development. During the 2013-2014 academic year it is expected that the students will continue to work on the Transition Initiative as well as develop the Energy Descent Action Plan and the Resiliency Survey.

Appendix A: The Big List

New London Contacts

Name	Type	Contact	Address
Ellie's Café	Restaurants	603-526-2488	207 main street
Flying Goose Brew Pub & Grille	Restaurants	603-526-4766	40 Andover Road
Hole in the Fence Café	Restaurants	603-526-6600	420 Main street
MacKenna's	Restaurants	603-526-9511	293 Newport Road
Millstone	Restaurants	603-526-4201	74 Newport Road
Pizza Chef	Restaurants	603-526-9201	394 Main Street
Rockwell's at the Inn	Restaurants	603-526-2791	353 Main Street
Inn at Pleasant Lake	Restaurants	603-526-4111	853 Pleasant Street
Morgan Hill Book store	Shopping	603-526-5850	253 Main Street
Spring Ledge Farm	Garden	603-526-6253	37 Main Street
Allioops	Garden	603-526-2398	255 Newport Road
Flash Photo	Retail	603-526-2400	Shopping Center
Colonial Pharmacy	Retail	800-615-2620	Shopping Center
Hubert's Family Outfitters	Retail	603-526-4032	219 County Road
Mountainside Racquet & Fitness	Professional Services	603-526-9293	23 Summit Road
Counseling Associate	Professional Services	603-526-4230	35 Newport Road
VNA	Professional Services	603-526-4077	170 County Road
Hospital	Professional Services	603-526-5232	273 County Road
Therapy Works Physical	Professional Services	603-526-2781	75 Newport Road
Woodcrest Village(Assisted Living)	Professional Services	603-526-2314	356 Main Street
Mia Leonard (Massage Therapy)	Professional Services	603-526-2566	276 NewPort Road
Face Spa at the Inn	Professional Services	603-526-2557	353 Main Street
Colby Insurance	Professional Services	603-526-2451	276 NewPort Road
New London Agency	Professional Services	603-526-4050	259 Main Street
Nourishing Wellness	Professional Services	603-526-8162	280 Main Street
Reiki in Paradise	Professional	603-326-9600	428 Main Street

	Services		
On Track Design	Professional Services	603-526-2728	93 Winslow Circle
Hutchens design	Professional Services	603-526-4151	428 Main Street
Colby-Sawyer College	Professional Services	603-526-3000	372 Main Street
At Home	Organizations	603-496-5467	374 Main Street
Center for the Arts	Organizations	603-526-4444	228 Main Street
Rotary Club	Organizations	603-526-7373	240 Main Steet
SCORE	Organizations	603-763-5644	85 Bog Road
Ausbon Sargent Land Trust	Organizations	603-526-6555	71 Pleasant Street
Chamber of Commerce	Organizations	603-526-6575	328 Main Street
Market on the Green	Recreation	603-526-6401	375 Main Street
Rowing Club	Recreation	lakesunapeerowing@gmail.com	N/A
Barn Playhouse	Recreation	603-526-4631	84 Main Street
Clarke's Hardware	Retail	603-526-2800	257 Newport Road
New London Recreation	Recreation	NL-NH.COM	25 Seaman's Road
New London (Town Offices)	Organization	NL-NH.COM	375 Main Street
Council on Aging	Organization	603-526-6368	37 Pleasant Street
The Fells	Organization	603-763-4789	456 103A
All Churches	Churches	N/A	N/A
Ausbon Sergeant	Land Preservation	603-526-6555	71 Pleasant Street
Town Conservation Commission	Organization	NL-NH.COM	375 Main Street
New London Elementary School	School	603-526-2051	64 Cougar Center
New London Energy Committee	Organization	NL-NH.COM	375 Main Street
Destination New London	Organization	N/A	Main Street & Newport Road
Pleasant Lake Protection Agency	Organization	N/A	N/A
Garden club	Recreation	N/A	Po Box 1772
League of women voters	Organization	NL-NH.COM	375 Main Street

Sunapee Contacts

Name	Type	Contact	Address
Mount Royal Academy	Education	603-763-9010	26 Seven Hearths Lane
Lake Sunapee Baptist Church	Faith	603-863-7382	21 Nutting Road
Jenkins Dance & Gymnastics Center	Health	603-763-5141	31 River Road
Deckdock Home and Garden	Local Business	603-763-3266	81 Edgemont Road
Artisan's	Local Business	603-763-7444	11 Pleasant Street
Burkehaven Boat Works	Local Business	603-763-8717	232 Burkehaven Hill Road
Dunnells Plumbing, Heating, Energy	Local Business	603-763-0126	Lower Main Street
Dexter's Inn and Tennis club	Lodging	603-763-5571	258 Stagecoach Road
Blue Acorn Inn	Lodging	603-863-1144	21 Sleeper Road
Burkehaven Lodge	Lodging	603-763-2788	179 Burkehaven Hill Road
Bell Excavating	Miscellaneous	603-496-5022	
Fisher's Bay Community Association	Miscellaneous	603-763-2715	130 Upper Bay Road
Georges Mills Boat Club	Miscellaneous	603-763-5237	Lake Ave
Lake Sunapee Yacht Club	Miscellaneous	603-763-5961	34 Stone End Road
Lake Sunapee Protection Association	Non-Profit	603-763-5961	63 Main Street
Project Sunapee	Non-Profit	info@ProjectSunapee.org	PO Box 602
Sunapee Historical Society	Non-Profit	sunapeehistory@gmail.com	74 Main Street
Friends of Mount Sunapee	Non-Profit	info@friendsofmountsunapee.org	45 Angel Brook Road
Café Andre	Restaurant	603-863-1842	699 Route 103
The Anchorage at Sunapee Harbor	Restaurant	603-763-3334	71 Main Street
Double Diamond Café	Restaurant	603-763-3113	1407 Route 103
One Mile West	Restaurant	603-863-7500	6 Brook Rd
MV Kearsarge Restaurant Ship	Restaurant	603-938-6465	N/A
Marzelli Deli	Restaurant	603-763-0072	72 Main Street
Quack Shack Ice Cream	Restaurant	603-763-3084	Sunapee Harbor
Wildwood Smokehouse	Restaurant	603-763-1178	45 Main Street
Conservation Commission	Town Services	603-863-1852	23 Edgemont Road
Department of Health	Town Services	603-763-2212	23 Edgemont Road
Hydroelectric Department	Town Services	603-763-4082	23 Edgemont Road
Abbott Library	Town Services	603-763-5513	542 Route 11

Recreation Department	Town Services	603-863-0336	23 Edgemont Road
Fire Department & Emergency Medical Services	Town Services	603-763-5770	9 Sargent Road

Bradford Contacts

Name	Type	Contact	Address
Smart Woman & Co. & The Smart Advertiser	Advertising	888-297-5909 603-938-2829	45 Forest Street
Bradford Barter	Community Service	603 938 2777	P.O. Box 527
Marlene's Florist Shoppe	Environment	603-938-2530	P.O. Box 393, 2478 Route 114
DW Logging	Environment	603-938-2776/603-491-7285	P.O. Box 543
JW Landclearing	Environment	603-491-2969	P.O. Box 34
Naughton & Son Recycling, Inc.	Environment	603-938-2282	P.O. Box 464, 24 Jones Road
Larry's Salvage	Environment	603-938-5656	78 Fortune Road
Lake Massasecum Improvement Association	Environment	603-938-2488	36 Massasecum Road
Fish & Game Club	Environment	603-938-5566	N/A
Bible Hill Farm	Food	860-456-3504	206 Bible Hill Road
Battles Farm	Food	603-938-2241	328 Center Road
Stoneridge Farm	Food	603-938-6186	330 Cressy Road
Cobble Pond Farms	Food	609-938-2662	2201 Route. 103
Kearsarge Fitness, LLC	Health	603-938-2252	P.O. Box 413, 2600 Route 103
Bradford Newbury Sutton Youth Sports	Non profit	Splogging@tds.net	PO Box 291
Topix	online news	N/A	N/A
Appleseed Restaurant & Catering	Restaurant	603-938-2100	P.O. Box 774, 63 High Street, Route 103
Bradford Pizza Chef	Restaurant	603-938-2600	107 E. Main Street
Candlelite Inn Bed & Breakfast	Restaurant	603-938-5571	5 Greenhouse Lane
Rosewood Country Inn Bed & Breakfast	Restaurant	603-938-5253	67 Pleasant View Road
Bradford Historical Society	Town Service	603-938-5314	N/A
Bradford Library	Town Service	603-938-5562	78 W. Main St. P.O. Box 437
Bradford Police Department	Town Service	603-938-2522	75 West Main St, P.O. Box 762
First Baptist Church	Town Service	603-938-5313	88 West Main Street
Friends of the Library	Town Service	603-938-5948	78 West Main Street
St. Peter's Lodge #31	Town Service	603-938-5566 or 603-938-5003	89 Main Street

H. Wright Consulting	Consulting	609-938-2203	17 Oakdale Road
Box Corner Services	Organization	603-938-2720	895 West Road
Rock Maple Nursery	Organization	603-938-5955	2230 Route 114
Country Design Group	Local Business	603-938-6443	166 East Dunfield Road
Bradford Art Group	Local Business	603-938-5948	P.O. Box 141
Bradford Business Association	Local Business	603-938-2366	P.O. Box 295
Bradford Women's Club	Non Profit	603-763-9596	N/A
Bradford Area Community Center	Non Profit	603-938-6228	134 East Main St. P.O. Box 6

Wilmot Contacts

Name	Type	Contact	Address
Children's Design Project	Education	N/A	Village Road
Wilmot Farmer's Market	Food	603-735-5058	RT. 11
JSO Health and Development Institute	Health	N/A	273 Old North Road
A Zachary Painting	Local Business	603-526-2617	Quaker Path
ABC mfg	Local Business	603-526-7116	Stronebridge Road
Alexander Concrete (Brett)	Local Business	603-526-4535	4 Ridgewood Drive
Amber's Cut Above	Local Business	603-526-7965	63 Granite Hill Road
Anthony DeCosta Plumbing	Local Business	603-526-9387	30 Stearns Road
Architectural Installations Inc.	Local Business	603-731-0534	23 Sawyer Road
Clarke & CO earthworks Contractors	Local Business	603-526-6404	53 Pinnacle Road
Forest Cone and Evergreen Shop	Local Business	603-536-6397	31 Kearsarge Valley Road
Joan Marie's Beauty Boutique	Local Business	603-526-2109	191 Pedrick Road
Kearsarge Area Transportation	Local Business	603-526-7775	254 NH Route 4A
Kearsarge Vet Clinic	Local Business	603-526-7068	15 Kearsarge Valley Road
Moulton Lawn and Landscaping	Local Business	603-927-4513	38 Shaker Heights
Mountain View Farm Antiques	Local Business	603-526-2922	187 Kearsarge Mountain Road
Park and Go Market	Local Business	603-526-2406	18 Elkins Road

Walker Automotive	Local Business	603-526-4716	3 Deerwood Drive
Ragged Edge Farm Inn	Lodging	603-735-6484	318 New Canada Road
Riverview Farms Inn	Lodging	603-526-4482	96 Village Road
Camp Wilmot Inc.	Misc.	603-768-3350	5 Whites Pond Road
The Wilmot Flat Baptist Church	Misc.	603-526-4523	61 Village Road
Wilmot Historical Society, INC	Misc.	603-927-4596	46 Kearsarge Mountain Road
Wilmot Transfer Station	Misc.	603-526-2491	25 NH Route 11
Friends of the Wilmot Public Lib, INC	Non-Profit	N/A	46 Bunker Hill Road
Wilmot Ladies Aid Society	Non-Profit	603-526-6698	PO Box 411
Friends of the Northern Rail Trail	Park & Recreation	603-735-5061	Andover Fire House
Wilmot Bandstand	Park & Recreation	603-526-9639	Kearsarge Valley Road
Winslow State Park	Park & Recreation	603-526-6168	475 Kearsarge Mountain Road
Eagle Pond Lodge	Social Services	603-735-6189	114 Eagle Pond Road
Kearsarge Regional Middle School	Town Services	603-927-2100	32 Eagle Pond Road
Town Office	Town Services	603-526-4802	Town Office: 9 Kearsarge Valley Road
Wilmot Community Association	Town Services	603-526-4269	64 Village Road, PO Box 23
Wilmot Learning Place	Town Services	603-526-4569	64 Village Road
Wilmot Police Department	Town Services	603-536-2646	Rt 11 Fire House Lane
Wilmot Public Library	Town Services	603-526-6804	11 N. Wilmot Road
Wilmot Volunteer Fire Company	Town Services	603-526-4524	RT. 11

Andover Contacts

Name	Type	Contact	Address
Eastern Forest Management	Agricultural	603-735-6133	300 Depot Street
Freedom Hill Farm	Agricultural	603-735-4187	112 Salisbury Highway
Life Development Strat.	Counseling	603-748-9562	43 Beech Hill Road
Proctor Academy	Education	603-735-6000	204 Main Street
Country Pine Furniture	local Business	603-735-5778	138 Pancake Road
Andover Historical Society	Museum	603-735-5950	105 depot street
Blackwater Junction	Restaurant	603-735-5099	730 Main Street
Andover Congregational Church	spiritual	603-735-5160	7 Chase Hill Road

Kearsarge Masonic Lodge	Spiritual	603-735 5981	81 Potters Road
Little Country Stitchers	Tailors	603-735-6916	4 Morill Road
Ragged Mountain Fish and Game	Town Service	603-735-5859	30 Clubhouse Road
Andover Energy group	Non-Profit	N/A	Members Houses
RP Johnson	Local Business	603-735-5544	10 Penny Lane

Warner Contacts

Name	Type	Contact	Address
MainStreet BookEnds of Warner	Local Business	603-456-2700	16 East Main Street
Community Action Program	Non-Profit	603-456-2207	49 West Main Street
Warner Historical Society	Non-Profit	603-456-2437	15 West Main Street
Mt. Kearsarge Indian Museum	Non-Profit	http://www.indianmuseum.org	18 Highlawn Road
Warner Youth Sports Association	Town Services	http://www.warnersports.org/archives.cfm/category/ice-skating	N/A
The College of Saint Mary Magdalen	Education	603-456-2656	511 Kearsarge Mt Road
Mountain Farm	Food	603-456-2739	NH 103 Warner
Twin Ridge Farm	Food	603-456-3031	223 Pumpkin Hill Road
Blue Moon Berry Farm	Food	603-456-3822	195 Waldron Hill Road
Yankee Farmer's Market	Food	603-456-2833	360 New Hampshire 103
Knoxland Equipment	Food	603-746-5260	6 Warner Road
Mason Hill Farms	Food	603-456-2022	252 Pumpkin Hill Road
Charlie Mac's Pizzeria	Restaurants	603-456-2828	17 E. Main Street
Pizza Chef	Restaurants	603-456-3600	23 Rt. 103
American Legion	Non-Profit	Commander@post39warner.com	39 Wilkins Cloues Bigelow Pearson PO Box 141
Conservation Action Project	Non-Profit	N/A	PO Box 195
Foot Hills of Warner	Restaurants	603-456- 2140	15 E. Main Street
Runner Stone Market and Café	Restaurants	603-456-2033	2 E. Main Street
Warner Farmers Market	Food	603-456-2319	5 R. Main Street
Kearsarge Mountain	Non-Profit	603-456-3121	443 Kearsarge

CSA			Mountain Road
Bring Yoga Home	Local Business	603-456-3098	2 East Main Street
Warner 4H	Non-Profit	603-456-3394	N/A

Newbury Contacts

Name	Type	Contact	Address
Mount Sunapee	Recreation	603-763-3500	1398 New Hampshire 103
Outspoken	Winter Sports	603-763-9500	4 Old Route 103
Bob Skinners	Winter Sports	603-763-2303	New Hampshire 103
Tackle Shack	Fishing	603-763-5508	976 New Hampshire 103
Rosewood Barn Gen. Store	General	603-763-2882	1386 New Hampshire 103
Life With Ease	Personal	603-938-6197	435 New Hampshire 103
Gardening with Easy	Gardening	603-966-5116	435 Route 103
Marzellis	Food	603-763-2222	889 New Hampshire 103
Black Bear Sportswear Inc.	Sportswear	603-763-9199	976 Route 103
Newbury Quickstop Mobil	General & Gas	603-763-5990	958 Route 103
Coniston General Store	General	603-863-7454	870 Route 10
Mountain View Farm Antiques	Antiques	603-763-6131	1423 Route 103
Jakes Fuel and Convenience	General & Gas	603-763-5990	958 Route 103
Society for the Protection	Protection	603-763-5953	54 Portsmouth Street

Sutton Contacts

Name	Type	Contacts	Address
Sutton Historical Society	Non-Profit	603-927-6023	655 Route 114 South Sutton
North Sutton Improvement Society Inc.	Charitable Organization	info@forestsociety.org	P.O. Box 153, North Sutton
First Free Will Baptist Church	Church	603-927-4150	Rt. 114 North Sutton
The Reel Family Foundation	Church	N/A	P.O. Box 50 North Sutton
Muster Field Farm Museum	Museum	603-927-4276	P.O. Box 118 Harvey Road North Sutton
Vision2B Foundation	Human Services	N/A	P.O. Box 498 South Sutton
The Blaisdell Lake	Conservation	Defandtone@gmail.co	P.O. Box 453

Protective Association Inc.		m	
A Positive Perspective for Learners and Educators	Human Services	603-337-0977	P.O. Box 16 North Sutton

Springfield Contacts

Name	Type	Contact	Address
Springfield historical society	Non Profit	603-496-5462	43 Four Corners Road
Friends of Springfield Fire & Rescue	Non Profit	603-763-4033	Po Box 22 Springfield NH
Alpha Epsilon Delta	Non Profit	603-555-7489	Rudman Hall
American Legion	Non Profit	603-448-9812	129 South Main Street
Bitter End Trading	Local Business	603-763-9777	305 Georges Mills Road

Appendix B: Kearsarge Valley Transition Task Force

Name	Town
Susan Chase	Andover
Larry Chase	Andover
Harvey Pine	Andover
Tom Bates	Andover
Nancy Teach	Andover
Candis Whitney	New London
Leigh Bears	New London
Jennifer White	New London
Jimmy Sferes	New London
Dale Reynolds	Springfield
Elisabeth Shedd	Sutton
Joanna White	Sutton
John Taylor	Wilmot

Community Members currently in the Task Force and Their Towns

Appendix C: Event & Outreach Metrics

List of Events

Name of Event	Event Type	Location	Date	Attendees
<i>In Transition 1.0</i>	Film	Colby-Sawyer College	9/25/2012	28
<i>In Transition 1.0</i>	Film	Lake Sunapee Protective Association	10/18/2012	6
<i>In Transition 1.0</i>	Film	Main Street BookEnds	10/23/2012	26
Happiness Initiative Outreach	Outreach	Colby-Sawyer College	10/31/2012	Open
Transition Training Weekend	Training	Colby-Sawyer College	11/9/2012 - 11/11/2012	32
Poly-Recovery Presentation	Lecture	Colby-Sawyer College	11/28/2012	27
Happiness Initiative	Outreach	Colby-Sawyer College	11/5/2012	Open
Permaculture: Principles to Action	Working Discussion	Colby-Sawyer College	2/1/2013	98
Principles to Action Part II	Working Discussion	Colby-Sawyer College	2/2/2013	21
The Story of Stuff	Film	Colby-Sawyer College	2/19/2013	19
ReVision Energy	Lecture	Colby-Sawyer College	2/23/2013	30
Farms to Institutions	Working Discussion	Colby-Sawyer College	2/23/2013	29
<i>Surviving Progress</i>	Film	Andover Elementary	3/6/2013	18
Kearsarge Valley Going Local	Working Discussion	Colby-Sawyer College	3/30/2013	18
Kearsarge Valley Going Local Potluck	Working Discussion	Colby-Sawyer College	04/13/2013	6
Final Presentation	Presentation	Colby-Sawyer College	04/29/2013	14

Appendix D: General Event Planning Checklist

*This checklist was developed from the resources provided by Tina Clarke, Transition US trainer.

Use this basic checklist to assist your group in planning a successful event. Remember, we may not have all of the specifics that your event requires on this sheet, so brainstorm prior to starting your event planning to make sure everything gets covered!

Name of Event: _____

Date: _____

Time: _____

Location: _____

Event Purpose: _____

Brainstorming

- Will the event work?
- How many people do you need to make the event happen?
- Do we have the resources to make it happen?
- What will the event add to the Kearsarge Valley Transition Initiative?

Budgeting

See sample budget planning sheet (attached)

Scheduling

Officer in charge: _____

- Talk with the appropriate room reservation office
 - Where to host the event? At Colby-Sawyer College?
 - What size room do you need?
 - What kind of tech needs do you have?
 - What can you afford?
- Tentatively book a couple of dates
- Call your performer/presenter/vendor (if applicable) and schedule the performance date
- Call the reservation office back to confirm your date
- Schedule a meeting to go over your tech needs and room set-up
- Schedule the travel arrangements for your performer (if necessary), including a ride to and from the airport and/or hotel
- Book hotels and/or make dinner reservations for your performer

Permits

- Food Permit filled out
- Outdoor Space Permit filled out
- Sound Permit filled out
- Sanitation Permit filled out
- Sales/fundraising permit filled out
- Security Scheduled
- Film License

Grants/ Fundraising

- If you are applying for grants, did you get your applications in by the deadline?
- Have you scheduled an appointment to meet with the grant committee?
- What measures are you taking to ensure you can pay your performer/vendors up front?

Advertising

- Press Release
 - To be sent out to newspapers before the 15th of the month
- Posters and Flyer
- E-mailing List
- Chalking
- Other forms of marketing

Shopping

- Supplies needed for your event:
 - Silverware
 - Plates
 - Napkins
 - Cups
 - Decorations
 - Cashbox
 - Performer specific items/requests
 - Other:
 - _____
 - _____

Week Prior

- Call reservations and make sure all details are secured
- Call performer and make sure travel arrangements are secured
- Assign event shifts for group volunteers (set-up, during, take down-Refer to Event Task-List)
- Create any programs or fliers needed at the event

Day of the Event

- Pick up performer/vendor and get to performance site
- Compile performer requests in dressing room
- Arrive early for the event for set-up
- Meet vendors at the event and assist with set-up
- Greet guests at the door
- Have fun!
- Clean up, remember that your reservations location may have special clean up regulations

After the Event

- Send thank you notes to performers and to volunteers who worked extra hard
- Do a post-event evaluation (see example attached)
- Make sure to pay all bills and turn in all grant paperwork on time!!

Don't forget to keep a list of the people and the phone numbers that you are contacting throughout your planning. We suggest collecting them on the back of this list

Budget Planning Worksheet

Table 1: A sample worksheet to set the project budget

ANTICIPATED EXPENSES	Amount \$	ANTICIPATED INCOME		Amount \$
Facilities Rental		Admission Fees		
Food		Co-Sponsors (please list below)		
Lodging				
Publicity				
Speaker Fees / Honorariums				
Supplies				
Technical Support				
Travel		Anticipated Grants Income		
Films License or Permits		Name of Grant	Amount Requested	Amount Awarded
Security				
Registration fees				
Other		Other Income		
*TOTAL		*TOTAL		

If your totals do not match, you may need to adjust your program accordingly

Post Event Evaluation

1. Did we meet our goals/objectives with this event?
2. Did we meet our budgetary goals?
3. Did we have enough volunteers for the event?
4. What could we have done differently to make the event better/more productive?
5. Did we have enough advertising/PR for the event? How could we have made this better?
Did we capture the right crowd?
6. Did we execute the program in a professional manner?
7. Did we face any group conflict with this program? What was it? How was it resolved?
What could we have done differently?
8. Would we bring this vendor/performer in again? Was it worth it?
9. Would we execute a similar program in the future? What changes would we make?
10. How does this program allow us to grow as a group, officers, and leaders? Was it a good program?

Appendix E: Press Releases

Press Release for Transition Training

Date: November 9th -11th, 2012
 Contact: Kearsarge Transition Task Force
 E-mail: transition.town@colby-sawyer.edu

Colby-Sawyer students to host Transition Town Training focused on local resilience

New London, NH- Students in the Third Year environmental science/studies major at Colby-Sawyer College are helping to build the infrastructure for a Transition Town initiative in the Kearsarge Valley Region as a part of their Community-Based Research Project. They are hosting a training event for the Kearsarge Valley area on the weekend of November 9th-11th, 2012. Any and all interested community members are welcome to attend the training which will be held on campus in the Curtis L. Ivey Science Center. “Transition Initiatives” or “Transition Towns” bring together local networks of individuals, businesses and organizations that are committed to improving the well-being and resilience of their communities. Drawing upon the ideas, skills and experiences of residents they develop positive localized solutions to address the regional impacts of larger global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy.

Tina Clarke and Susal Stebbins, both Certified Transition Trainers, will facilitate this weekend event. Tina has been an educator, advocate, director and consultant for nonprofit programs since 1985. She has consulted with over 400 NGO’s and she has trained and advised over three dozen other Transition Initiatives. Susal Stebbins has been an environmental and social justice activist since 1977, including advocacy, lobbying, organizing, writing, and teaching that has spanned a wide diversity of communities in the US and in Nepal. She currently teaches at Keene State College, serves as Contemplative Life Advisor at Hampshire College, and is a member of the Transition Initiating Group in her current home of Dummerston, Vermont.

This three-day course is an in-depth experiential introduction to the Transition Movement. Packed with imaginative and successful ways to engage your community, the course describes how to catalyze, build, and facilitate a successful Transition Initiative. It delves into the theory and practice of Transition that has worked well in hundreds of communities around the world...

If you love expanding your knowledge while connecting with other enthusiastic community members, then please join us for a weekend full of discovery, excitement, and strategizing.

Number of participants is limited so please RSVP to our email. Training Schedule: Friday, Nov. 9th 5:30-9pm (Potluck Dinner & Discussion-Free and open to the public); Saturday, Nov.10th 9:30-5:30pm; and Sunday, Dec.11th 12-5:30pm. Cost for the weekend: \$90—a few working scholarships are available.

To learn more about this event or to register, please visit www.kearsargetransition.wordpress.com, or call Jillian Dervishian, (617) 791-7910.

Andover Beacon Article

Date: November 15th 2012
Contact: Kearsarge Transition Task Force
E-mail: transition.town@colby-sawyer.edu

Andover Residents Attend Transition Training

After the successful first ever Andover Energy Awareness Day, hosted by the Andover Energy Group on November 3rd, members of the Andover community participated in a Transition Training hosted by students from Colby-Sawyer College. These students are involved in a year-long project focused on the Transition Movement. This movement seeks to improve the well-being and resilience of our neighbors and communities now and into the future. Drawing upon the ideas, skills, and experiences of the greater community we develop positive and localized solutions to address the regional impacts of larger global issues; issues such as economic insecurity, environmental instability, and our dependence on non-renewable energy. By finding solutions to these issues we are able to, as a community, create a future better able to adapt to the changes that we will see.

Over the weekend of the 9th-11th of November 28 people, including various community members and students, participated in this training. The training was conducted by Tina Clarke, a certified Transition trainer since 2008. She has worked with over 100 Transition initiatives in The New England area as well as Canada and led over 40 official Transition Trainings. This opportunity allowed us to come together as a community and to start addressing the issues that we feel need to be addressed.

Susan Chase, a resident of Andover, expressed her excitement of this movement coming to her town. "It would draw all parts of the community together and [help us to] learn more about the skills and experiences people have already had and can share with us." She also expressed her vision for the future of her town, which included several already existing projects such as energy conservation and resilience.

Another Andover resident and professor at Colby-Sawyer College, Harvey Pine, shared similar interests. "Well I think that what we discussed a lot during this weekend was that there are a lot of groups in Andover that are already working. I think a lot of them could use a sort of recharge and I think a lot of them probably share some of the same goals in terms of community building [as the Transition movement]."

Andover resident and prominent member of Colby-Sawyer College, Nancy Teach, is very excited about how the movement can bring the various towns in the Kearsarge Valley area together in order to build a more resilient and unified community.

Tina Clarke believes that this movement is essential for preparing for the challenges that we face today and in the future. "I think we need to come together in our local communities to prepare and to strengthen ourselves in the midst of all these changes."

Overall, this training weekend has given the students and community members the tools and knowledge needed to help the greater community create a positive vision for the future. We are hosting an event on November 28, about a business started by a Colby-Sawyer graduate focused on recycling. To learn more about this event and movement, please visit www.kearsargetransition.wordpress.com or email us at transition.town@colby-sawyer.edu.

Press Release for Poly Recovery Event

Posted on November 26, 2012 by Sunapee News
Contact: Kearsarge Transition Task Force
Email: transition.town@colby-sawyer.edu

CSC grads to talk about success: Poly-Recovery

New London, N.H. – Colby-Sawyer College graduates Mike Mooney and John Pelech, owners of Poly-Recovery, will return to campus Wednesday, November 28 at 7 p.m. to talk about success and recycling. The program will be held at the Ivey Science Center, and will be hosted by CSC environmental studies students. The public is invited to attend.

Pelech and Mooney will share information about Poly-Recovery's 100-mile model that handles waste, from pick up to new product manufacturing, all within 100-miles. Poly-Recovery, in Portsmouth, N.H, has three goals: to eliminate landfill dumping, to reduce carbon waste, and to sustain both the environment and the local economy.

In 2012, the New Hampshire Business Review explained what success in recycling looks like: **Portsmouth firms transform companies' trash into opportunity.**

This community program is part of the outreach underway by Kearsarge Valley Transition, a "local network of individuals, businesses and organizations that are committed to improving the well-being and resilience of our neighbors and communities now and into the future."

For more info, visit Kearsarge Valley Transition or email: transition.town@colby-sawyer.edu

Press Release for Permaculture- Transition Weekend

Date: February 1, 2013
 Contact: Kearsarge Transition Task Force
 Email: transition.town@colby-sawyer.edu

Steve Whitman Talks about the Human Side of Permaculture and Transition Towns



New London, NH- Students in the Third Year Environmental Science and Studies major at Colby-Sawyer College are helping to build the infrastructure for a Transition Town Initiative in the Kearsarge Valley Region as a part of their Community-Based Research Project. They are hosting a talk on campus as part of the college's ongoing "Sustainable Living Series", which will be led by Steve Whitman on February 1st, 2013 in the Curtis L. Ivey Science Center from 6:30 to 8:30pm. The talk will be followed by a "From Principles to Actions" event with a potluck lunch on February 2nd, 2013 from 11am to 2pm. The event will bring together interested community members to discuss their ideas that could be implemented in the Kearsarge valley. Any community members who are interested in the ideas of permaculture and Transition and want to learn more are welcome to attend both or any of the two free events.

Permaculture is a framework for working toward greater sustainability that uses ecological principles to integrate food and energy production, structures, and community. Its aim is to create sustainable human settlements that are harmoniously woven into the environment and to promote the diversity, stability, and resilience of natural ecosystems. "Transition Towns" bring together local networks of individuals, businesses and organizations that are committed to improving the well-being and resilience of their communities. Drawing upon the ideas, skills and experiences of residents they develop positive localized solutions to address the regional impacts of larger global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy.

Steve Whitman is a professional planner with Jeffrey H. Taylor and Associates of Concord, New Hampshire and has worked on planning issues at the state, local and regional level in New Hampshire. He focuses on community planning and sustainability issues through the lens of natural systems-thinking and ecology. Whitman is both a local and international educator and adjunct faculty at Plymouth State University and Colby-Sawyer College, where he teaches courses in environmental and community planning, permaculture, and sustainability. Steve has also been involved with an evolving Transition Town Initiative in the greater Plymouth Area, has organized Transition Training events here in NH, and is working with others on a new implementation model called Transition Neighborhoods. Steve lives in Plymouth, NH and participates in a wide range of grassroots projects that promote resilience in his region.

To learn more about the Kearsarge Valley Transition Initiative, the talk, and the event, visit www.kearsargetransition.wordpress.com. If you have any questions, feel free to email transition.town@colby-sawyer.edu.

Press Release for ReVision Energy Talk



N-E-W-S R-E-L-E-A-S-E

For immediate release

Date: February 8, 2013

Contact: Kearsarge Transition Town Task Force

Email: transition.town@colby-sawyer.edu

Free Workshop Will Offer Solar Energy Information

New London, N.H. - Colby-Sawyer College will host a discussion of residential solar energy led by Stephen Condon of ReVision Energy as part of the college's ongoing Sustainable Living Series.

The discussion will take place on Saturday, Feb. 23 in room 104, in the Curtis L. Ivey Science Center from 1-3 p.m. Community members who want to learn more about residential solar-energy installations are welcome to attend this free event.

Stephen Condon is a sales manager of ReVision Energy of Portland, Maine, and Exeter, N.H., a leading installer of solar electric and solar hot-water systems in northern New England. After his graduation from University of New Hampshire he spent five years building homes, some including solar installations, in northern California. Since returning to New Hampshire in 2008, his main interest has been in reducing northern New England's dependence on fossil energy with the use of active solar energy systems.

During the talk Condon will address questions such as: Have you thought about solar hot water or solar electricity for your home or business but not known where to begin? How do these systems work? How much will a system cost? Is my site good for solar? How reliable are these systems? Can I really expect a good return on investment since I live in New England? Attendees will also be able to get answers to any other questions about solar in general or specific situations.

With more than 3,000 installations completed since 2003, ReVision Energy is Maine and New Hampshire's leading installer of grid-tied solar electric and solar hot-water renewable energy systems. A full-service company, it offers in-house design, engineering, installation and service with a staff of licensed and insured technicians and engineers. Recent local projects include major installations at Proctor Academy in Andover and Colby-Sawyer College in New London. Discounts are available for installations with ReVision, if you attend the talk.

The event is sponsored by Environmental Science and Environmental Studies students at Colby-Sawyer College who are focused on building the infrastructure for a Transition Town Initiative in the Kearsarge Valley Region as a part of their third-year community-based research project. Transition Towns encourage community building and resilience by promoting such things as increased access to local food, vibrant local economies and production of local energy through renewable resources.

To learn more about the Kearsarge Valley Transition Initiative, and the talk, visit www.kearsargetransition.wordpress.com.

Press Reselase for Kearsarge Valley Local Food Matchmaker and Trade Show

FOR IMMEDIATE RELEASE

Media Contact:

Jennifer White

Sustainability Coordinator, Colby-Sawyer College

(603) 526-3793

jhwhite@colby-sawyer.edu

Jenisha Shrestha

Sustainability Assistant, Colby-Sawyer College

(205) 482-2699

jenisha.shrestha@my.colby-sawyer.edu

Strengthening our Local Food Economy through Business to Business Connections

A Local Food Matchmaking Event and Trade Show

NEW LONDON, NH – Is your business looking to source more locally grown or produced food? Are you a farmer or value-added producer looking to expand your retail and wholesale markets? Are you interested in an opportunity to network with other area buyers and local food providers? If so, then join us for the Kearsarge Valley Local Foods Matchmaking Event & Trade Show in the Ware Campus/Student Center at Colby-Sawyer College in New London, NH on Monday, March 25th from 1:30-4:30pm.

This is a networking event designed to foster collaboration and direct marketing opportunities for local farmers, value-added producers, chefs, institutions, distributors and others who are interested in expanding and strengthening local and seasonal food networks in the greater Kearsarge Valley Area. This event is offered in response to the needs expressed by participants in the Farm to Institution meeting that took place at Colby-Sawyer College on February 23rd, 2013.

To receive the registration materials please email Jenisha Shrestha at jenisha.shrestha@my.colby-sawyer.edu. Registration is free and space is limited, so please RSVP by Monday, March 18th. For more information, contact Jennifer White at jhwhite@colby-sawyer.edu, or 603-526-3793.

The goal of this matchmaker is to provide an avenue for market expansion for local food producers, as well as provide a forum for local businesses, institutions, schools, restaurants and other food businesses to make local food connections and identify purchasing as well as planning opportunities. Local food matchmaking events and tradeshow are a great way to build local and regional food systems from the ground up.

The aim is to provide each participant with: a comfortable and convenient setting for participants to meet with prospective buyers or sellers face-to-face; an Open Space networking session to address questions, challenges or topics related to local food growing, selling, marketing, and purchasing; ample time for sellers to showcase their products via the Trade Show; and, on the

day of the event, a contact list of all participants, both buyers and sellers, and their needs. This event is co-hosted by Colby-Sawyer College, Kearsarge Valley Transition, NOFA-NH, Sodexo, & NH Farm to School.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.

About Kearsarge Valley Transition

The Kearsarge Area Transition Initiative encourages the nine towns in the Kearsarge Valley to develop a greater reliance on local resources – food, energy and human resources in particular – to address the impacts of global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy. Learn more about Kearsarge Valley Transition at <http://kearsargetransition.wordpress.com>, and see an upcoming events list at <http://www.meetup.com/Transition-Kearsarge>.

Press Release for Kearsarge Valley Going Local Gathering

News Release

From: Kearsarge Valley Transition Initiative Task Force
Contact: Jenisha Shrestha
Sustainability Assistant, Colby-Sawyer College
(205) 482-2699, jenisha.shrestha@my.colby-sawyer.edu

For Immediate Release
E-mailed: March 14, 2013

Colby-Sawyer College to host March 30 'Going Local' Event

(Note to editors: A photo of principal speaker Tina Clarke is available on request.)

New London, NH -- A community-wide gathering to build self-reliance and resilience, while promoting sustainability and enhancing quality of life in the Kearsarge Valley Region, will be hosted in the Ware Campus/Student Center on the Colby-Sawyer College campus in New London on Saturday, March 30, from noon to 5 p.m. Open to the public at no charge, the "Kearsarge Valley Going Local: Local Food, Local Business, Local Skills" event has been organized by the Kearsarge Valley Transition Initiative Task Force and students in the Environmental Studies Community-Based Research Project class.

The intent of this gathering is to draw upon the ideas, skills and experiences of area residents to develop positive localized solutions to address the regional impacts of larger global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy. The day will begin with an optional brunch from noon to 1:00 p.m. that will feature live music from one of the area's favorite folk artists, Click Horning. Brunch is \$6 for adults, \$3 for children.

The activities that follow will offer opportunities to identify shared interests, learn about local resources, swap and share business cards, and develop practical strategies that can be implemented in the Kearsarge Valley. The overall direction and focus for the day will also be guided by participants' own ideas and strategies for sustaining health and well-being, creating a strong regional food system, supporting a vibrant local economy and developing more resilience in our region. RSVPs are recommended, but walk-ins will be welcome. To RSVP send an email to transition.town@colby-sawyer.edu or visit www.meetup.com/Transition-Kearsarge/events/102219452/.

Tina Clarke, a Certified Transition Trainer, is the guest speaker for this event. A resident of Turner Falls, Massachusetts, she has worked with over 120 Transition communities across the country, and has been a trainer, program director and consultant for 25 years, supporting and guiding leaders in over 400 local, national, regional and local organizations. She directed citizen training programs for 17 national faith communities, and she directed Greenpeace USA's national citizen Activist Network. She also founded and led campaigns on energy, environmental justice and toxins for New England Clean Water Action. Most recently she was a

consultant with 350.org, the Massachusetts Municipal Association, and the Sustainability Institute. Tina has an M.A. in Public Policy from the University of Chicago, a B.A. in Urban Studies from Macalester College, and is certified for mediation and consensus decision-making facilitation. Her passive solar, Platinum LEED, low-toxic, largely locally-built "Power House" won the Massachusetts utility company-sponsored competition, the Zero Energy Challenge, and the Northeast Sustainable Energy Association's 2010 Zero Net Energy Award www.ZeroEnergyPowerHouse.com.

To learn more about this event or to RSVP, visit www.meetup.com/Transition-Kearsarge/events/102219452/ or www.kearsargetransition.wordpress.com, or call Jenisha Shrestha (205) 482-2699.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.

Colby-Sawyer College, 541 Main Street, New London, N.H. 03257 (603) 526-3000.

About Kearsarge Valley Transition

The Kearsarge Area Transition Initiative encourages the nine towns in the Kearsarge Valley to develop a greater reliance on local resources – food, energy and human resources in particular – to address the impacts of global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy. Learn more about Kearsarge Valley Transition at <http://kearsargetransition.wordpress.com>, and see an upcoming events list at <http://www.meetup.com/Transition-Kearsarge>.

Press Release for Bike Tune-Up Tune-Up and Swap

N-E-W-S R-E-L-E-A-S-E

For immediate release

Date: 4/19/13

From: Kearsarge Valley Transition Town

Contact: Candis Whitney, candiswhitney@gmail.com, 603-877-0031

Kearsarge Transition Initiative Hosts Bike Tune-Up and Swap

NEW LONDON, N.H., April 19, 2013 – A “Community Bike Tune-Up and Swap” event will take place on the New London Town Green on Saturday, May 4, from noon to 3 p.m. Sponsored by the Kearsarge Valley Transition Initiative, the event will include two brief “Do-It-Yourself Basics” workshops from 12:30-12:45p.m. and from 1:30-1:45p.m.

Throughout the day knowledgeable neighbors will be available to provide tune-up tips and suggestions, and professional repair expertise and new biking gear will be available from the Village Sports Shop. The event is free and open to the public.

Residents are encouraged to bring extra or outgrown adult or children’s bikes in good working condition to the “swap” anytime between noon and 3 p.m. A limited supply of free bike helmets (kid’s sizes), pamphlets on bike safety and highway reflectors for bikes and shoes will be distributed by the New London Police Department. Live music will be provided by popular local musician Ben Dobrowski.

If you are in need of a bike or you have a bike for donation that you would like to have picked up, please contact Candis Whitney at 603-877-0031 or candiswhitney@gmail.com. In-person donations will receive a coupon to Pizza Chef, Hole in the Fence or Arctic Dreams, all located across from the Town Green. This event will take place rain or shine and a few pop-up tents will be available in the event of precipitation.

The Kearsarge Valley Transition Initiative encourages the nine towns in the Kearsarge Valley to develop a greater reliance on local resources – food, energy and human resources in particular – to address the impacts of global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy. Its members include Colby-Sawyer College students, faculty and staff, as well as residents from surrounding communities.

For more information, or to RSVP, visit www.meetup.com/Transition-Kearsarge/events/102219452/ or www.kearsargetransition.wordpress.com

Appendix F: Flyers, Newsletters, Business Cards, and Save the Date

Flyers

Interested in a stronger community? A strong local economy? Better health and greater happiness? Increased quality of life? Then come for a night of refreshments, film, and discussion!

Transition 1.0
From oil dependence to local resilience

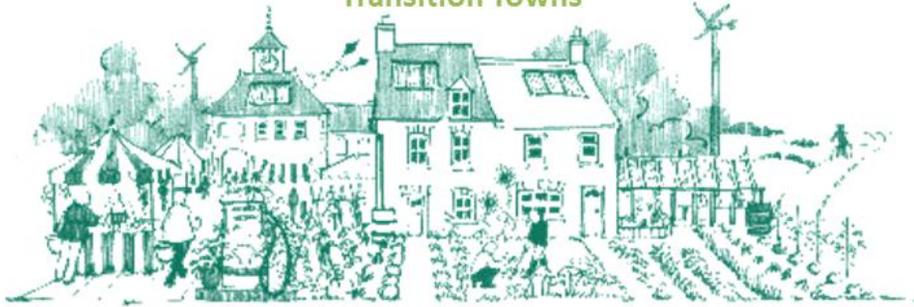


Colby- Sawyer College
Clement's Hall in Ivey
Tuesday, Sep. 25 2012
Starting at 7pm

For more information, contact Jillian Dervishian: jillian.dervishian@my.colby-sawyer.edu

Community-Based Research Project

Gross National Happiness & Transition Towns



Course Summary:

Students in the Environmental 301-Community Based Research Project at Colby-Sawyer College, New London, NH are in the early stages of a transitional town movement, in this case the Kearsarge Valley Region is the target. This transition movement serves several purposes which include: the creation of vibrant, resilient communities that are able to thrive in a carbon-constrained, economically and environmentally unstable future by fostering the resources and skills necessary for strengthening local food production, local energy resilience, and local economies.

Have you taken the Happiness Survey yet?

Employees:

happycounts.org/survey/GNH/CSCemployees2012



Students:

happycounts.org/survey/GNH/CSCstudents2012



Kearsarge Valley Transition



Kearsarge Valley Region

TRANSITION

FILM SCREENINGS

Hosted by students of Colby-Sawyer College



October 23rd, Main Street Bookends, Warner 7:00pm
 October 18th, Lake Sunapee Protection Association 7:00pm
 Viewing 'Transition 1.0'

MORE ABOUT TRANSITION TOWNS

A Transition Town Initiative is a community approach to global issues. It involves coming together as a community to discover and value the diversity of skills and talents among each other; learning from those with experience and those with fresh ideas. It's about rediscovering the values the community once had.

For more information, please email us at transition.town@colby-sawyer.edu

What makes you happy?



The Happiness Initiative is an effort to create a brighter and happier future, and build a more resilient society. Surveys can be put on and the results are used to help strengthen and spread long lasting happiness around your community!



Take the happiness survey today!

Students:
happycounts.org/survey/GNH/CSCstudents2012



Employees:
happycounts.org/survey/GNH/CSCemployees2012



Complete the survey and enter a raffle to win a mystery prize! Just print out the last page pass it in to any Happiness Representative in the Library or Dining hall!

Library:

4:45 – 11:00

Dining Hall:

4:30 – 7:30



Want more information? Visit:
Happycounts.org
Kearsargetransition.wordpress.com



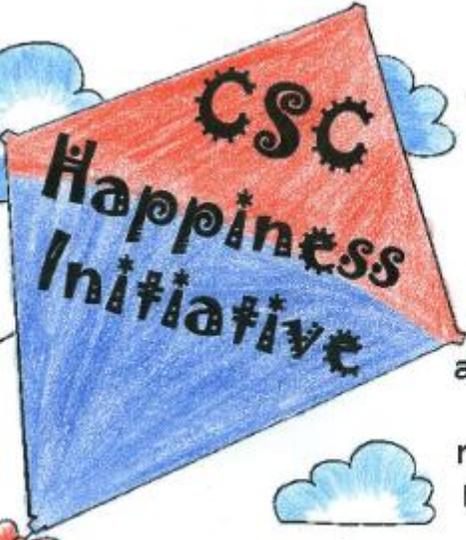
Check your Emails!

Take the Happiness Survey!

Print your results and enter for a raffle on November 5th

CSC Happiness Initiative

This illustration features a large banner with a rainbow plaid pattern. The banner is held up by blue clouds. To the left, a yellow cloud contains the text 'Check your Emails!'. Below it, the text 'Take the Happiness Survey!' is written. To the right, a sun icon is positioned above the text 'Print your results and enter for a raffle on November 5th'. The banner itself has 'CSC Happiness Initiative' written on it in a stylized font. The background includes a blue bird, a row of colorful flowers, and a small town with houses and trees.



Check your Emails!

Take the Happiness Survey!

Print your results and enter for a raffle on November 5th

CSC Happiness Initiative

This illustration is similar to the one above, but the banner has a blue and red color scheme. The text and icons are identical. The banner has 'CSC Happiness Initiative' written on it. The background includes a blue bird, a row of colorful flowers, and a small town with houses and trees.



KEARSARGE
TRANSITION
PRESENTS...

TRANSITION TRAINING WEEKEND

Join us for an exciting weekend of talks and activities! Learn more about the Transition Town initiative and how you can get involved! Walk out with valuable skills and information!

Key Speakers

Tina Clarke

Simon Dennis

November 9th – 11th

Colby-Sawyer College Ivey Science Center

541 Main St.

New London, NH 03257

For more information, email the Kearsarge Transition Initiative at
transition.town@colby-sawyer.edu



November 28th, 2012

7 pm

Ivey Science Center- Room 201

Colby-Sawyer College

Come see successful Colby-Sawyer College Graduates!

Poly-Recovery is an amazing example of how business can thrive while being sustainable!

What is Poly-Recovery?

If you have seen the Colby-Sawyer College website recently, you may have seen the article written by Kate Dunlop Seamans about John Pelech, a 2002 Colby-Sawyer College graduate. Accompanied by fellow 2002 Colby-Sawyer graduate, Mike Mooney, Poly-Recovery has revolutionized the recycling industry. This company does not work exclusively on one particular area, like paper or plastic, but on multiple sections of the recycling industry. Located in Portsmouth, NH, the company has made a promise to maintain operations within a 100-mile radius. Recyclables will be bought and resold within this 100 mile area. Poly-Recovery buys and sells paper related products, plastics resin, and much more. For example the company sells resin to a flower pot making company in Massachusetts and sells polyester fiber 11.8 miles down the road to be used in the production of car trunk liner and brand-name performance wear.

Read more about Poly-Recovery on the Colby-Sawyer College website:

<http://www.colby-sawyer.edu/currents/articles/pelech02.html>

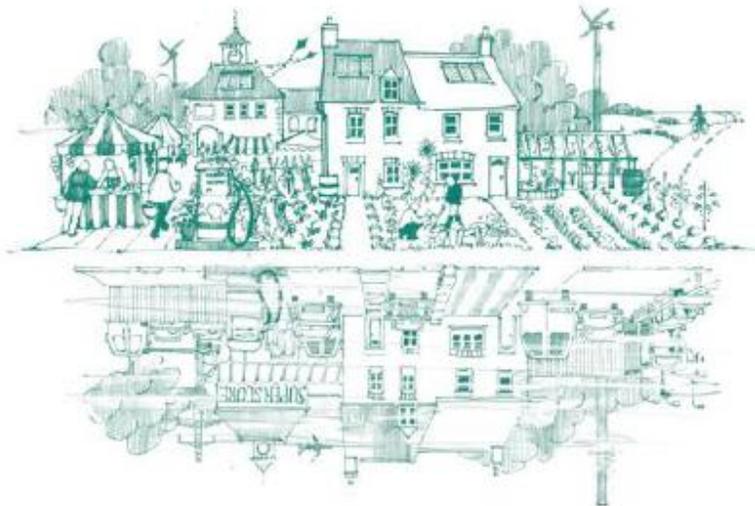
Find Poly-Recovery's link on our website:

<http://kearsargetransition.wordpress.com/>

Got questions? Email us at:

Transition.town@colby-sawyer.edu

You Are Invited!



On **December 5th**, 2012 in Curtis L. Ivey Science Center at **7:30 PM** in **Room 201**, the Environmental Third-Year Project will be presenting their Mid-Year Report. Over the past several months, the Community Based Research class has held movie screenings, informative talks, and even a training seminar here at Colby-Sawyer College. We hope that you will come and hear about our experiences as we transitioned from the ENV 301 class to the Kearsarge Valley Task Force.

For more information visit our website:
www.kearsargetransition.wordpress.com

Sustainable Living Series

The Human Side of Permaculture: Transition Towns



About the Presenter -Steve Whitman

Steven Whitman is a professional planner and educator based in NH and his work is focused largely on community planning and sustainability issues. Steve is a planner with Jeffrey H. Taylor & Associates, a certified permaculture teacher, and an adjunct faculty member at Plymouth State University and Colby Sawyer College. He teaches courses in NH and internationally in environmental planning, community planning, permaculture and sustainability. Steve has also been involved with an evolving Transition Town initiative in the greater Plymouth Area, has organized Transition Training events here in NH, and is working with others on a new implementation model called Transition Neighborhoods. Steve lives in Plymouth, NH and participates in a wide range of grassroots efforts that promote resilience in his region.

Transition Towns emerged from permaculture, a framework for working toward greater sustainability that utilizes ecological principles to promote diversity, stability, and resilience in human and natural systems. Transition Towns bring permaculture to a whole new level by weaving those principles into every aspect of our lives and communities to create local solutions to global issues. These initiatives improve quality of life across a variety of categories by strengthening community relationships and promoting relocalization. Come learn about the intersection of these ideas and the emerging Kearsarge Valley Transition Initiative.

Join Us...

Date: **Friday, February 1st, 2013**

Time: **6:30–8:30 p.m.**

Location: **Ivey Science Center, #201
Colby-Sawyer College
New London, NH**

FREE AND OPEN TO THE PUBLIC

For more information

Contact Kearsarge Transition Task Force at
transition.town@colby-sawyer.edu

Website: kearsargetransition.wordpress.com



Sponsored by

Colby·Sawyer
College

Transition Kearsarge Presents

Overconsumption vs. Voluntary Simplicity

THE STORY OF STUFF



WITH ANNIE LEONARD

Our current patterns of overwork, consumption and production have many of us feeling pressed for time, worried about our finances and concerned about the environment. Please join us for a community potluck, a lighthearted, animated short film called, "The Story of Stuff," and a discussion about some of the means and resources available to help us "simplify" our lives and discover what truly matters most to us. Whether you're just starting on this path, or it has been an integral part of your lifestyle for decades, you're welcome to join us with your questions and ideas!

Date: Tuesday, February 19th at 6:30

Location: Room 201 @ Curtis L. Ivey Science Center at Colby-Sawyer College
541 Main St. New London, NH 03257

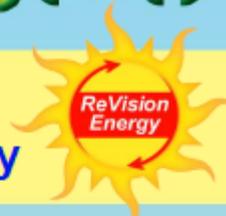
For more information, please email or visit:

transition.town@colby-sawyer.edu
www.kearsargetransition.wordpress.com



Sustainable Living Series

Solarize Your Community A Presentation by ReVision Energy



Learn about Group Discounts, Reducing Energy Bills and Cutting CO₂ Emissions with the Sun!

Have you thought about solar hot water or solar electricity for your home or business but not known where to begin? Learn the answers to questions such as: How do these systems work? How much will a system cost? Is my site good for solar? How reliable are these systems? Can I really expect a return on investment since I live in New England? You will also see an installed solar photovoltaic system at Colby-Sawyer College. Bring other general questions about solar or about your situation specifically! Learn what thousands of New Englanders already know – that solar systems are an affordable, reliable, and sensible investment.

Join Us

Date: Saturday, February 23, 2013

Time: 1:00p.m.–3:00 p.m.

Location: Clements Hall, Ivey Science Center
Colby-Sawyer College
New London, NH

FREE AND OPEN TO THE PUBLIC

Contact the Kearsarge Transition Task Force for more info at:
transition.town@colby-sawyer.edu

Website: www.kearsargetransition.wordpress.com

About the Presenter

Stephen Condon,
Sales Manager for ReVision Energy

Steve Condon comes to ReVision with a degree in Spanish and Development Economics from UNH. His passion for the power of the sun and environment stems back to growing up in a passive solar home built by his father in the 70's. Steve spent 5 years building homes (including ones with both passive and active solar systems) in Northern California while earning his CA State Contractor's license. After returning to New Hampshire in 2008 with his wife Jules, his goal was, and is, to limit our dependence on fossil energy with the use of active solar energy systems here in sunny New England.



Sponsored by

Colby·Sawyer
College

Come take the Happiness Survey!



Happiness is a basic value of our nation. Our Declaration of Independence states that all people are endowed with “unalienable rights... among these are life, liberty and the pursuit of happiness.”

The Happiness Initiative is a campaign to enhance well-being and sustainability in areas across the United States.

This survey is connected to the Kearsarge Transition Initiative, a relocalization effort geared towards building stronger, happier, more resilient, and sustainable communities!

Take the survey at:

www.happycounts.org/survey/GNH/CSCKearsarge2012

For more details, visit:

www.meetup.com/transitionkearsarge

www.kearsargetransition.wordpress.com

Come meet members of the Kearsarge Transition Initiative at any of the local public libraries Wednesday, Feb. 27th to take the survey and learn more about the relocalization effort! Visit the following town libraries for the event!

New London, Sunapee, Bradford, Wilmot, Newbury, Sutton

Springfield, Warner, and Andover



Kearsarge Valley Going Local

Local Food, Local Business, Local Skills

A community-wide gathering to build self-reliance and resilience, while promoting sustainability and higher quality of life in the Kearsarge Valley Region. Our intent is to offer inspiration, foster collaboration, identify resources, encourage action, and focus on next steps.



- **Enjoy live music** ● **Connect with your neighbors**
- **Learn about local resources** ● **Plan for action**
- **Swap & Share Business Cards**

Date: Saturday, March 30th, 2013
Time: 12:00pm - 5:00pm
Location: Ware Campus/Student Center
 Colby-Sawyer College, New London

Kearsarge Valley Transition

The Kearsarge Valley Transition Initiative encourages greater reliance on local resources – food, energy and human resources in particular – to address the impacts of global issues such as economic insecurity, environmental instabilities, and dependence on non-renewable energy.

Optional Brunch!
12:00pm-1:00pm
 Adults—\$6
 Children—\$3

Music at Brunch
by Click Horning

Guest Presentation
by Tina Clarke
 Transition US Trainer

RSVPs RECOMMENDED, BUT WALK-INS ARE WELCOME!

For more info & RSVPs: transition.town@colby-sawyer.edu

Visit our website: <http://hearsargetransition.wordpress.com>

For events: <http://www.meetup.com/Transition-Kearsarge>

GOT SPRING FEVER?

Dust Off Your Bike

Community Tune-Ups & Bike Swap

**Music by
Ben
Dobrowski**



**Admission
is
FREE!**

- Learn from neighbors how to dust off and tune-up your bike for spring
- Swap unused bikes for another size or donate it to charity
- Do-It-Yourself Basics workshop: 12:30-12:45p.m. & 1:30-1:45p.m.
- Tools, new gear and professional expertise & repairs by Village Sports

Saturday, May 4th, 2013

12:00-3:00p.m.

New London Town Green

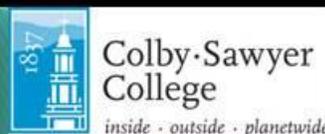
In-person donations will receive a coupon from a local business!

LIMITED PICK-UP SERVICE AVAILABLE FOR DONATED BIKES AND/OR SIGN UP TO REQUEST A BIKE

For more details contact: Candis Whitney, 603-877-0031, candiswhitney@gmail.com

Kearsarge Valley Transition Initiative ~ www.kearsargetransition.wordpress.com

Event Supported by:



Save the Date



Save the Date!

2 February **From Principles to Action**
11:00am-2:00pm Action-orientated discussion with potluck lunch

19 February **"Story of Stuff": Short Film and Discussion**
6:30pm-8:00pm Voluntary simplicity vs. overconsumption

23 February **Farm- to-Institution: Local Food Connections**
1:00pm-3:00pm A discussion for producers and purchasers

23 February **Solar Presentation by ReVision Energy**
8:30am-12:30pm Applications for homes, businesses and communities

TBA March **Sustainable Living Film Series**
6:30pm-9:00pm Film screening and community discussion

30 March **Kearsarge Valley Going Local Gathering**
1:00pm-6:00pm Local food, local business, local skills

For More Details, Visit:
www.meetup.com/transitionkearsarge
www.kearsargetransition.wordpress.com

GO TO THE WEBSITE ABOVE & TAKE THE HAPPINESS SURVEY
Contact us: transition.town@colby-sawyer.edu



Save the Date!

16 February **From Principles to Action: Part II**
11:00am-2:00pm Action-orientated discussion with potluck lunch

19 February **"Story of Stuff": Short Film and Discussion**
6:30pm-8:00pm Voluntary simplicity vs. overconsumption

23 February **Farm- to-Institution: Local Food Connections**
8:30am-12:30pm A discussion for producers and purchasers

23 February **Solar Presentation by ReVision Energy**
1:00pm-3:00pm Applications for homes, businesses and communities

6 March **Sustainable Living Film Series**
6:30pm-9:00pm Film screening and community discussion

30 March **Kearsarge Valley Going Local Gathering**
1:00pm-6:00pm Local food, local business, local skills

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Contact us: transition.town@colby-sawyer.edu



Save the Date!

26 February **Kearsarge Regional Farm to School Program**
6:00-8:00pm "Building Community, Sustaining Place: Transitioning to a Local Economy" Speaker Series

6 March **Sustainable Living Film Series**
6:30-9:00pm Film screening and community discussion

30 March **Kearsarge Valley Going Local Gathering**
12:00-5:00pm Local food, local business, local skills

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Contact us: transition.town@colby-sawyer.edu



Save the Date!

13 April **Potluck Lunch with Working Groups**
11:00am - 2:00pm Continued work with working groups from Kearsarge Valley Going Local event

22 April **Sustainable Living Film Series**
TBA Film screening and community discussion of "Trashed"

29 April **Final Presentation by Colby-Sawyer Students**
7:00pm A summary and discussion of the Transition Initiative and Happiness Survey

For More Details, Visit:
www.meetup.com/transitionkearsarge
www.kearsargetransition.wordpress.com

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Kearsarge Valley Transition

Kearsarge Valley Going Local

Local Food, Local Business, Local Skills

A community-wide gathering to build self-reliance and resilience, while promoting sustainability and higher quality of life in the Kearsarge Valley Region.

- Enjoy live music
- Connect with your neighbors
- Learn about local resources
- Plan for action
- Swap & Share Business Cards

Date: Saturday, March 30th, 2013
Time: 12:00pm - 5:00pm
Location: Ware Campus/Student Center
 Colby-Sawyer College
 New London

Optional Brunch!
 12:00pm-1:00pm
 Adults—\$6
 Children—\$3

Music at Brunch
 by **Click Horning**

Guest Presentation
 by **Tina Clarke**
 Transition US Trainer

RSVPs RECOMMENDED, BUT WALK-INS ARE WELCOME!
Contact us: transition.town@colby-sawyer.edu

For More Details Visit:
www.meetup.com/transitionkearsarge
www.kearsargetransition.wordpress.com

Appendix G: Existing Organizations Supporting Kearsarge Valley Transition

- **Destination New London** is an organization that promotes the importance of shopping and eating locally in the town of New London.
- **Andover Energy Group** is a group that promotes, educates and encourages maximal efficiency of energy in the town of Andover.
- **Kearsarge Area Eat Local** encourages the availability of local and sustainably grown food in the Kearsarge area.
- **Lake Sunapee Protective Association** works year-round to maintain the water quality of Lake Sunapee and its watershed, and promotes the conservation of the lake through education and outreach.
- **The Lake Sunapee Chamber of Commerce** is an organization that promotes the arts and recreation in the Lake Sunapee region.
- **MainStreet BookEnds** is a family owned, independent local bookstore that showcases the amazing talents and creativity of Warner and the surrounding community.
- **New England Grassroots Environment Fund** offers small grants to foster environmental initiatives in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.
- **New London energy committee** is a group that plans to recommend steps to the municipality of New London to save energy and reduce greenhouse gas emissions.
- **Poly-recovery** is a plastics company in Portsmouth, NH which has steadily evolved to become a local leader and pioneer in sustainable locally-based full-service recycling.
- **ReVision Energy** is the Northern New England's leading installer of solar hot water and solar electricity systems for homes, businesses, schools and nonprofits offering service in Maine, New Hampshire, and Massachusetts.

Appendix H: Happiness Initiative Timeline

1. Team Building Stage

- Time Span: Current
- Description: Start a group of individuals or groups to launch the Happiness Initiative
- Task(s) Due Date(s):
 - a. Yes and In the Process of Dividing Up Further

2. Planning/Promotion/Focused Survey Phase

- Time Span: Feb. 13th- Feb. 27th
- Description:
 - Planning= team decides scope, roles, and resources needed
 - Promotion= team advertises and markets the Happiness Initiative through local media and social media
 - Focused Survey= two weeks of focused activity to get as many as people as possible to take the survey
- Task(s) Due Date(s):
 - a. Flyers- Completed
 - b. Press Release- Completed
 - c. Library Hand-Outs- Completed
 - d. Meet w/ Libraries- (Lead Organizer) before Feb. 20th
 - e. Outreach to surrounding businesses and organizations- (Lead Organizer, Community Coordinator, and Underserved Outreach Coordinator)before Feb. 27th
 - f. Report of Actions- Feb. 27th

3. Objective Indicators Planning

- Time span: Feb. 27th – Mar. 13th
- Description: Identify area's objective indicators. If community already uses a set of comprehensive or sustainability indicators, those can be used. HI provides set of indicators in toolkit.
- Task(s) Due Date(s):
 - a. Identify projects that could be used to address each of the 9 domains- (Objective Indicator Leader) before Mar. 6th
 - b. Research what analysis tools are already being used- (Objective Indicator Leader) before Mar. 10th
 - c. Prepare document discussing tasks completed and resources used- (Objective Indicator Leader) before Mar. 13th
 - d. Report of Actions- Mar. 13th

4. Objective Indicator Data Collection Phase

- Time span: Mar. 13th – Mar. 27th
- Description: Gathering data collected from the Happiness Survey. Utilize groups in the area to help analyze data
- Task(s) Due Date(s):

- a. Determine what the current indicators identify and what they currently say about the community- (Objective Indicator Leader) before March 27th
- b. Report of Actions- Mar. 27th

5. Data Analysis (Planning) Phase

- Time Span: Feb. 27th – Mar. 20th
- Description: Use research conducted on objective indicators and survey results to analyze and develop recommendations for future actions.
- Task(s) Due Dates(s)
 - a. How does the results and objective indicators relate? - (Objective Indicator Leader) by Mar. 6th
 - b. How can results be displayed to the public? – (Communications and Social Media Coordinator) by Mar. 11th
 - c. Report of Actions- Mar. 20th

6. Vulnerable Community Outreach Planning Phase

- Time Span: Feb. 27th – Mar. 13th
- Description: Determine groups or areas in the community (homeless, immigrants, etc.) that are vulnerable.
- Task(s) Due Date(s):
 - a. Recruit team to help conduct research on what groups are underserved- (Underserved Outreach Coordinator) by Mar. 7th
 - b. Have a developed list of groups who are underrepresented in the community- (Underserved Outreach Coordinator) by Mar. 13th
 - c. Report of Actions- Mar. 13th

7. Vulnerable Community Outreach Phase

- Time Span: Mar. 13th – Mar. 27th
- Description: Outreach to identify underrepresented groups in the community. Conduct survey to determine what domain of happiness they feel they are missing. Goal is to bridge gap between community and group.
- Task(s) Due Date(s):
 - a. Assemble group of community members to help with outreach- (Community Coordinator) by Mar. 18th
 - b. Determine best form of outreach for the group- (Underserved Outreach Coordinator) by Mar. 18th
 - c. Report of Actions- Mar. 27th

Appendix I: Recommendations for the Happiness Survey Questionnaire

In addition to recommendations for the launching a Happiness Initiative, there are also changes that should be made to the Happiness Survey provided to students on college campuses. Many of the questions, included in the survey, are aimed toward towns and cities, rather than colleges, and use subjects that do not apply to a majority of the college students on campus. These questions could affect the quality and consistency of the data collected from the campus community which is why recommendations were made.

- It should be clearly stated the location students are basing answers on. There was confusion, especially when the words “neighborhood” and “community” are used, whether answers should be based on campus life or home life.
- Reword questions to clarify desired answers. For example, “neighborhood” could be converted to “residence hall” or “town” could be changed to “campus community.”
- Omit questions that are based upon income and in-depth financial information. Students felt that they could not answer questions regarding taxes and household income as most referred to their parents as the resources for financial support.

Recommendations for the Questions in the Happiness Survey

Questions, found in the current Happiness Survey, are labeled as, “Question,” while the recommendations for adjustment are located below the original question and labeled as, “Change.” The page that each question can be found on is italicized in the top left hand corner of each section.

Page 6: Community Vitality

Question: “Please tell us how many of the following people you trust:”

Change: Clearly state if question should be geared toward home life or campus life. If campus life, refer to the following word changes below.

1. “Your neighbors”- Could become roommate(s), suitemates, or fellow residence hall individuals.
2. “Strangers that you encounter”- Could become fellow, unknown, students on campus.
3. “Businesses in your community”- Could become clubs and organizations on campus.

Question: “How satisfied are you with your personal safety in your city or town?”

Change: Town or city should be referred to as “off-campus.” An additional question should be geared toward on-campus safety.

Page 8: Access to Education, Arts & Culture

Question: “How would you describe your feeling of belonging to your local community?”

Change: Make sure that this clearly states on-campus or in the surrounding community. Questions may vary depending on where the place is being referred to.

Question: “Now rate, in your neighborhood or community, how SATISFIED you are with...”

Change: Neighborhood or community could be changed to “residents hall or campus as a whole.”

Question: “How often do you feel uncomfortable or out of place in your neighborhood because of your ethnicity, culture, race, skin color, language, accent, gender, sexual orientation, or religion?”

Change: Neighborhood should refer to the college campus or town (specify if either).

Page 9: Environmental Quality

Question: “How satisfied are you with the efforts being made to preserve the natural environment in your neighborhood?”

Change: “Neighborhood” could become “college” which changes the direction of the question toward the aesthetics of the college and its appeal to the students.

Question: “How satisfied are you with the natural quality of your neighborhood?”

Change: Neighborhood=college, or possibly town if applicable outside of campus.

Page 10: Governance

Question: “How satisfied are you with the job being done by the local government officials of your city or town?”

Change: Local governance can become college president and decisions boards and how well they believe their job is being done.

“State your level of agreement with the following statements:”

Question: “Corruption is widespread throughout the government in my city or town.”

Change: This sentence should be changed to state college decisions board or president. Adjust the question to incorporate how students feel about their tuition and where it is being spent.

Question: “The public officials in my city or town pay attention to what people think.”

Change: The question should be worded to address how students feel about their voices being heard by the individuals and committees on campus. For example, “Do you feel as if your voice is heard by the decision makers in the college?”

Question: “ People in my city or town can influence their public officials.”

Change: Again, refer to the institute addressed as a college, rather than a town or city. Adjust this question to address student contact with such individuals and organizations, affiliated with the school, such as the president or the planning board of the college.

“Please indicate how much confidence you have in the following organizations:”

Question: “Local government”

Question: “National government”

Change: The question of college offices and leadership should be questioned as well as the local and state governmental systems. Does the student feel that they are being led properly? This question will facilitate that answer.

Page 11: Material Well-Being

Question: “ In general, how much stress do you feel about your personal finances?”

Change: This question should be adjusted or omitted. Many students do not handle their own finances because most are relying on parents for support.

Change: If this question were to be used, then it should be changed to disposable income. Do you feel that you have adequate spending money?

Question: “How frequently do you find yourself just getting by financially and living paycheck to paycheck?”

Change: This question should be omitted from the survey. Many students are full-time and have loans that are covering many of their expenses. Indicated, to those students that it applies to, that any economic troubles they are experiencing should be recorded in the open response section at the end of the survey.

“Please indicate how frequently you have had the following experiences in the past 12 months.”

Question: “You could not pay bills (water or phone bill, credit card, etc.) on time.”

Change: Omit this question. Many students live in dorms and do not pay utilities.

Question: “You ate less because there wasn't enough food or money for food.”

Change: Omit this question. Many students have a meal plan and do not rely on income for food.

Page 12: Work

Question: “ Regarding employment, which of the following options best describe your current work life?”

Change: Student is one option on the list provided to the participant of the survey. If this is supposed to be a survey for students then employment should include: work-studies, off-campus jobs, and volunteer worked (unpaid).

Page 13:

Question: “What is your current marital status?”

Change: Adjust this question: As of right now it includes the following

1. Married
2. Domestic Partnership
3. Never Married and/or Never in a Domestic Partnership
4. Divorced
5. Separated
6. Widowed
7. Other

Change: Many students on campus were never married, but many may find themselves in relationships. Ask if the person is in a relationship? How long have they been in a relationship? Is the partner a student at the college?

Page 14:**“Household situation”**

Question: “How many people currently reside in your household, including you?”

Change: It should be stated, to avoid confusion, that “household” is referring to the students’ home life. If this is not the intent to question, rephrase or omit.

“Education”

Question: “What is the highest level of education that you have completed?”

Change: Should include all levels of higher education, considering the survey is conducted at a college.

Page 15:**“Finances”**

Question: “What was your total household income before taxes from all sources last year?”

Change: This section should be omitted considering many students are full-time and stated that they weren’t concerned with financials.

Adjusting these questions with the recommended changes will increase the accuracy of the results of Happiness Surveys conducted on college campuses. The questions will now be focused on college students and clarify areas where students may have become confused.

Appendix J: Book Reviews

What's the Economy for, Anyway?

John de Graaf and David Batker

Finding a way to analyze and discuss the connections between our economy and the issues found in today's world can be a challenge. However, the authors, John de Graaf and David Batker, have explored these problems in the book *What's the Economy for, Anyway*. De Graaf is a coordinator for the Happiness Initiative as well as the executive director of *Take Back Your Time*, an initiative focused on confronting the problem of imbalance of work and free time. He has co-authored this book with Batker, an ecological economist and executive director of Earth Economics. *What's the Economy for, Anyway* takes a look at how the U.S. economy is strongly centered on an open mouth-bottomless stomach model, which is measured using the Gross Domestic Product (GDP) of an economy. The book went about addressing several key issues and solutions throughout the chapters. Among these key topics was the reality of our unsustainable economy, how it can improve in function and fairness, as well as other economic models that the United States can utilize.

GDP is a system that measures the progress and quality of a nation and its economy. The idea is that the more money people spend, the better the country's economy is perceived to be. This measurement system is linked with the push for consumerism. It is well known that the Earth has a limited amount of resources; resources that are collected, transformed, used, and thrown away in the machine that is our modern economy. The way in which the United States measures the progress of our nation is through an indicator that looks solely at all things bought and sold in the United States, and therein lies the problem. GDP is a very narrow way of looking at how our nation progresses because it only focuses on all things bought and sold. It does not take into consideration expenditures that are required for less than optimal situations such as divorces and cleanup after an incident. GDP, however, is not the only indicator of progress.

The Genuine Progress Indicator (GPI) is another indicator that can be used to measure the progress of a nation. But unlike the narrow GDP model, the GPI considers additional variables. These include economic vitality, environmental health, and social justice, which add to the value, and negative variables that take away from it. This has helped to establish a distinct difference between the perceived quality of life in a nation. This is linked with a second, similar, indicator known as Gross National Happiness (GNH). A report submitted by Bhutan Human Development in 2010 clarified the underlining goal of the GNH:

“The key to the concept of Gross National Happiness cannot be found in the conventional theories of development economists and in the application of such measures as utility functions, consumption preferences and inclination and desire fulfillment. It resides in the belief that the key to happiness is to be found, once basic material needs have been met, in the satisfaction of non-material needs and in emotional and spiritual growth,” (National Human Development Report for Bhutan, 2000).

In essence, GNH and GPI work together to form a better image of what the quality of life is like for a nation's citizens. This is an important aspect of the measure of progress because

although GDP may go up, negative factors such as pollution, family breakdown, and overall ecological damage may increase at the same time. For example during an oil spill GDP increases due to the amount of money spent on cleaning up the oil. Yet at the same time many ecosystems are destroyed along with the livelihoods of people who relied on those ecosystems. Since GPI looks at a broad range of variables that apply to the quality of life, such discrepancies in the measure of progress do not occur. For instance Maslow's Hierarchy of Human Needs, which depicts the importance of certain basic essentials that humans need in order to be happy, are an important part of calculating the GPI. Since the United States uses GDP as an indicator of progress there is a large discrepancy between the endless economic growth of the United States and the actual progress that can be made. For example, although the United States has one of the largest economies in the world, many of the citizens go hungry. Even those who have food are harmed by the present day system. In terms of our environmental "progress," or lack thereof, statistics show the U.S. contains 7% of the world's population, but uses up 35% of the world's resources. John de Graaf and Batker put great emphasis on the effort to shift the paradigms of what is accepted and instead get people to start thinking about how our system should be structured. Our definition of progress should no longer be the endless growth of the economy, but rather the economy's fulfillment of our needs. In simple terms, what is the economy for anyway?

Many people have to work long, hard hours in order to lead a decent life where as some have had it easy and have not needed to work as hard to earn a living. Along with this comes a gap between the rich and the poor, a gap that continues to grow. For example, when the income for the top 1% in the United States was compared between 1980 and 2004, it has doubled from eight percent to 16% (The Economist, 2006). In comparison, the wages of the typical worker have only risen roughly one percent after additional costs such as inflation were factored in. The inequality of the distribution of income across the population has been deeply embedded in our society as a result of our culture and economic organization through consumerism. Companies create products and encourage the public to buy as much as possible under the idea that greater amounts of material wealth equate to greater happiness. This process is fundamentally flawed, as mentioned earlier, due to the fact that a consumerism based system is linear, meaning that there is a starting point, resources, and an end point, waste disposal, but no link back to the start of the system. Linear systems are unsustainable and often contribute to perpetuating the disparity between social classes. Each nation has a way of conducting their economy, so that they can become more successful in the long run while maintaining a sustainable course. If GPI became a tool used to measure the progress of a nation rather than using a model that simply looks at only one aspect of progress, then the understanding of what affects it can be addressed and improved over time.

What's the Economy for, Anyway? is about changing our idea of what progress is. Does the United States want to have a system that is focused solely on the endless growth of the economy? Or do they want to make sure that the economy more accurately reflects the quality of life for its citizens? There are many examples of countries around the world, most notably the Nordic Countries, who have been able to use this model to create a "happy" society. They understand that human needs come before economic growth. In fact they are able to incorporate both without negatively affecting the other. One of the biggest problems that is faced today is the societal ideas of what progress means. Once it is decided what this is then it can take on the challenge of creating a system that can strive to make a better society where all needs are met.

This book is very helpful when trying to start a Transition town initiative. One of the hardest parts about Transition is that there is no concrete way of measuring a community's success. GPI is a potential method that can be used. By using the GPI and GNH as an indicator of local progress, evidence of the Transition movement's effective can be collected. The Transition movement is about positive, community driven, changes and this book helps to identify one of the places where changes can be implemented. Unlike the greater economic model of the United States, the progress of the community's quality is desired over the progress of the economy in terms of spending alone. This is an essential point to the Transition movement.

Transition Town Companion Rob Hopkins

Rob Hopkins, the founder of the Transition Movement and author of the book *Transition Companion, Making your Community more Resilient in Uncertain Times*, seeks to answer the question: What would it look like if the best responses to peak oil and climate change came not from committees and acts of legislation, but rather from the people themselves? It is a daunting question, but this book gives the reader the tools to transform ideas and plans into practice. It also gives examples and cases that help us to put concepts into perspective.

This book is an essential resource for any community that wishes to learn more about the Transition movement and how to get one started. It provides a comprehensive, step by step, guide for starting a Transition. *The Transition Companion* is broken up into three main parts for the reader: the purpose of the Transition movement, what it looks like when put into practice, and how to maintain and operate it once it is set up. This last section is broken up into smaller subsections titled: starting out, deepening, connecting, building, and daring to dream.

This book is not meant to be followed rigidly, it is only a guide, but it helps a group to understand what Transition is about and what avenues the movement gives them. For example some suggestions that the book gives include building a stronger local economy, creating a reduced energy plan, as well as creating a more local food system. For each one of these categories the book gives examples from other Transition towns that have had success in one of these areas. It is important to see where this Transition movement can take a community so that an area can have the freedom to design their movement to reflect their values without limiting themselves to certain ideas. Of course, this book is only a guideline and does not hold all the answers. It is up to the community members of each town to decide what future they want their community to have.

The second section provides examples of initiatives that could work for the Kearsarge Valley Transition, which include: local food, increased economic vitality, as well as an Energy Descent Action Plan (EDAP). These three goals have been expressed as being essential to a resilient future for our community. By creating a stronger local food system and a stronger local economy an accomplishment of these one or two objectives. By utilizing local food, people can benefit our health, the local farming businesses, and environment (though reduced carbon emissions from transport). Local food initiatives, such as land sharing, will help to mold and strengthen the individuals as well as the community through building gardening skills and providing home grown food. Local stores and farmers' markets are equally important as they help to keep the local economy strong by limiting how much money trickles out of the town. By building up our ability to shop for and grow food locally, people can reduce our reliance on foods that are shipped into our area. In addition to this, it will shrink our carbon footprint. Transitioning over to renewable resources and being more conscientious about how they are using fossil fuels will help to mold our future.

Support of the local business not only allows preservation of uniqueness of the community, but an increase in overall resilience. There are many different suggestions that the book gives on how to make sure that the Transition succeeds, from advice on how to perform those events and how to help get the word out about the Transition. Of course these suggestions

have to be molded to fit the Kearsarge Valley Transition, but they are helpful tools that can and should be referred to whenever there is doubt or a problem that comes up. In addition to these tools, the book also looks into a number of important principles that should be applied when forming and maintaining a Transition movement.

These guiding principles are used to help build a strong sense of community. In total, there are seven within the book. First, the formation of networks with the Transition initiative is important because working in a larger networks gets more done than working as one individual group. This allows network and connect with other local groups to share your ideas, skills, and interests. The second principle is to involve the core Transition group by building a relationship with local authorities and having them on board to begin this new initiative. The third and fourth principle, which addressed throughout the book, is to begin working with local businesses and building up oral histories. Staying open minded and understanding the benefits of what Transition has to offer allows a wide variety of people to get excited about the Transition. Learning from elders is a great way to learn new and old skills and better understand how our community can become more resilient. The fifth and sixth principle of Transition is to engage young people in the Transition. Having younger generations participate in this movement would help with education, awareness raising, and getting entire families involved. “There is still a very natural inclination to cling to the oil driven lifestyle. Our generation grew up with it; it’s all we ever knew. If you don’t go and read through history books, you’ll think that oil is a necessary part of life,” (Hopkins, 2011).

The last principle of Transition is to pause for reflection to see what you have done so far and what still needs to be done, making changes and accounting for things that did not go well and what worked. Local towns such as Keene and Putney have already thriving Transitions and can serve as examples and role models for the Kearsarge Transition. Especially in Keene, where they have formed a Task Force to begin to make changes within their community. For example, they have an engaging and very useful website set up. These web pages help others to understand the movement while also being used as a method of outreach.

It is this last section that is the heart of the book — as it gives a basic outline on how to create a successful Transition movement in a community. In this part of the book the reader is introduced to the tools of Transition, which are an important part of this outline. These tools for Transition need to be understood and accomplished if the community is going to have a successful Transition. Without a strong understanding of them, a Transition movement would likely struggle with getting off of the ground and may stagnate. Overall there are 21 tools for Transition. Some of these include permaculture design, public speaking, Transition training, running effective meetings, communication with the media, volunteers and volunteering, supporting each other, healthy conflict, energy resilience assessment, and community brainstorming tools.

Overall, this book is an excellent source for all those who are interested in creating a Transition Initiative in their community. Even if there are only a few people who just want to make a difference in one aspect of their community, this book is highly recommended. It will also help anyone who wants to have a larger role in creating a better future for their community and guide those who have a positive vision for the future. This book allows people to face the global issues that must be dealt with in a positive and bottom-up perspective. It gives the tools to

create local solutions to the global problems that people will have to face eventually and build the resilience of our community. Creating a more resilient community creates a brighter future for future generations to come. It is important to start addressing global issues now rather than waiting for others to deal with them. This book gives us the information and confidence to do such, and enables us to create the future that needs to come.

Transition Handbook Rob Hopkins

The *Transition Handbook*, written by Rob Hopkins, is a great resource to anyone who is interested in the Transition Town movement or learning about becoming more resilient. People that learn about the Transition Town movement engage themselves and educate friends and with addressing our current climatic state, and explaining about peak oil and the effects in the future. Part two of the *Transition Handbook* is strictly dedicated to explaining why people need to have a positive vision throughout the entire process of creating a Transition movement. At times things may not seem to be working, but by keeping a positive attitude and staying focused on the initial goal, the end goal will be reached. Hopkins also explains a potential vision for the year 2030 and how it could be achieved with positive visioning and reducing everyone's overall carbon footprint. Finally, Hopkins breaks down the Kinsale's Energy Descent Action Plan, explaining the overall process and four lessons that were learned from the project. Part three of the *Transition Handbook* mainly focuses on how to build upon the ideas of the community and using them to form an event. Hopkins also explains the twelve key steps in Transition while using other Transition initiative around the globe as examples.

In part one of the *Transition Handbook*, Hopkins helps to explain that there is no longer any time to waste. It is time for people to take action. Taking action is the first step to address our global issues that will continue to linger for years and decades to come if this action is not taken now. Without action, these issues are likely to affect our future lifestyle norms and practices.

The first objective to achieving a smaller overall footprint, is to address the need for rebuilding local resilience and creating local economies, which will be able to support each other in need. Hopkins has presented this message at many talks and courses, and not one person yet has told him that building a stronger economy, increasing the local bonds within towns, and reducing your overall footprint is a bad idea. Overall, the message from part one of the *Transition Handbook* is that a future with less fossil fuel, and less resilience on other people could be better than the present life. The one way to achieve this goal is to work together by sharing thoughts and ideas that could help guide the direction of a movement. Everyone has something to say, and there will always be someone else that is enthusiastic and open minded about listening to another's ideas. This is a great opportunity for any individual to reach out and share what they love most. One of the main goals of this movement is that everyone has a right to speak their opinion, or value that they have to bring to the table. However, the challenge is that global issues have a tendency to dishearten individuals, and this is not the goal of this book. Instead, the goal is to educate all readers and allow them to realize that these obstacles need to be addressed and taken care of. Working together is the only way to reach that goal. By creating something the people have worked together will also spark interest in other members to inspire and motivate them to create many other projects. Hopkins concludes part one with keeping the overall theory open minded, but stating that there are many opportunities for everyone to take that will benefit each person overall.

Part two of the *Transition Handbook* is mainly focuses on not losing sight of the overall goal. At times, starting a transition movement may be tough. Until now, whenever climate change or anything related to peak oil was discussed, it was always doom and gloom. It seemed

as if there was no hope for the better. The Transition movement continues to educate the public on these issues, but also provides an environment in which positive action can be developed. Storytelling and sharing past experiences is one way that people can begin to plan events and visions for the future. Hopkins also explains what the real world problems are, and why people can no longer be scared and worried that nobody will follow their lead. Instead, the movement allows people to speak what is on their mind and provide the right atmosphere for them. Part two also breaks down how and visioning works and how to plan future scenarios with a greener, less carbon impacted, climate. In the last two chapters of part two, Hopkins explains what a possible vision for 2030 could look like and breaks down many pieces that are affiliated with each scenario. Factors such as food and farming, education, transportation, and energy are many variables that have to be taken into consideration when designing a model or vision for the future. The last chapter of part two mainly looks over the Kinsale Energy Descent Action Plan, and the efforts and lessons learned from the action plan. Chapter nine breaks down the initial report, explaining many reflections the derived from this descent plan, and four lessons that were learned from the Kinsale project.

Lastly, part three of the *Transition Handbook* moves away from the designing portion of the book, and moves more towards the actions and building the visions created because of the transition movement. The first chapter of part three begins with explaining six principles to designing a transition model and the support that can be generated by others. Chapter 10 also explains how to go forward with confronting local politics and authorities throughout your town. Moving forward to chapter 11, Hopkins explains what the seven ‘buts’ are and also what the twelve steps to transition are and how you should incorporate them into your design. Lastly, chapter 12 and 13 break down some history of the Transition Town Totness, how they went forward to design their project, and the struggles and help received to get them to where they are today. Chapter 13 is also explores other Transition Towns initiatives, showing how fast this movement is becoming anticipated. Today, throughout the world the Transition movement is becoming an ordeal that many people want to be involved with. Knowing that this movement can be designed for any community, it brings people hope that now there is something that everyone can do to help reduce their overall carbon footprint and design a plan for the future that will help benefit everyone as a whole.

The *Transition Handbook*, written by Rob Hopkins, is a great tool for anyone interested in the transition movement, and learning about how to incorporate the many ideas taken from this book, and implementing them in real life situations that are in every community. By reading this book, you will learn how to become more resilient upon yourself. By building stronger bonds with your local community and friends and sharing old traits/lessons learned throughout your life. This book brings hope to anyone who is interested in designing a future that does not rely on fossil fuels and outside sources as much as our current life does. By reducing our overall footprint and building stronger bonds within our community, each community can be more resilient upon themselves instead of people outside your community.

The Rough Guide to Climate Change Robert Henson

The Rough Guide to Climate Change is a guide book that talks about climate change and weather instability. It was written by Robert Henson, an author and journalist that focuses on meteorology and climate change. This second edition of this book was published in 2008 and was written to be an easy-to-understand and informational text. The language used allows for a wide range of audiences to grasp the content, for high school age and above. It is also written to target those who are still in the early stages of their understanding on the topic. The core direction Henson wanted to take was raising awareness through the provision of concepts, statistics, and examples on climate change/instability. It provides several cases and sets of statistics, in the form of graphs, photographs and diagrams, which are easy to understand.

This book was broken up into five main sections for the reader. Those sections include the basics, the symptoms, the science, debates and solutions, and what you can do. Each section zeroed in on a particular section in the topic of climate change and provided observations, data, and cases to support the claims that Henson makes.

In the first section of the book, he explains what climate change is. Henson goes in depth about the research into past climate change through methods such as ice coring and dendrochronology, which is the study of tree rings to determine past climatic conditions (Henson, 2006). He details what can contribute to climate change such, as the greenhouse effect and the Milankovitch cycles, which are the shifts in the planets position that affect the amount of solar radiation it receives (Henson, 2006).

The second and third sections move from giving a strong background on past climate change to providing evidence of present climate change. Evidence that includes sea level rise due to thermal expansion and ice cap melting, coral reef bleaching, increased storm intensity, and more severe weather conditions such as drought (Henson, 2006). These conditions can be seen all across the globe, and have been growing more frequent as the years have passed. In one case, Henson explained the situation that a small island town off the coast of Alaska is facing, which is due to ice melting earlier in the season. The autumn winds have been creating larger waves that hit the island. In some instances, the waves can be thirteen feet tall, with the island's highest point being only twenty-two feet tall (Henson, 2008). This puts the town under threat of being drowned as sea levels continue to rise and larger, wind-driven, waves land on shore.

In the fourth section, Henson dives into the world of debates and current efforts being made to address the issue of climate change. He goes into explaining the arguments on both sides about whether climate change is or isn't an issue to worry about. He also highlights some of the studies that went into supporting that something should be done to mitigate the problem. For example, UK economist, Nicholas Stern, conducted a study on the potential future impacts on climate change on the global economy. The results indicated that there would be a 5 to 20% reduction in the global economy by 2100. He went on to say that "strong, early action considerably outweigh the cost" (Henson, 2008). A second example was a brief look at how climate change has worked its way into mass media. This is primarily in the form of movies. Over the decades, there have been numerous films where climate change was a significant mood and scene setter, or in some cases close to being a character in and of itself. Instances would be

popular movies such as the 1995 film, *Waterworld*, and the 2004 film, *The Day After Tomorrow* (Henson, 2008). The study explains how media can be used to expand the message that climate change does exist, although the stories told are highly exaggerated. However, as part of Transition, it is linked to raising awareness and knowledge. Media can play a role in creating discussion on this particular issue while also providing entertainment.

The final section goes on to say that "...the smart way to deal with climate change is to channel your angst and frustration into constructive action." (Henson, 2008). He then explains what an individual can do to reduce their carbon footprint and make their own contribution to lessening the impacts of climate change. Among these were several actions that working groups within the Transition Movement often focus on. These include, but are not limited to, carpooling, shopping locally, and shifting over to more energy efficient and energy conservative habits.

It is important to understand that when it comes to many different topics that require change of some sort, people are in verity of different stages. These stages are: pre-contemplative, contemplative, preparation, action, maintenance, and termination. All in all, this book would be an excellent resource for those who are contemplation stage of Transition and global issues. Henson's book gives strong background information as well as strongly supported arguments and cases. This allows the reader to build upon his or her knowledge base so that they can better prepare and execute the actions they want to take in the future. It is, in essence an engaging crash course in climate change/instability that would help us in education and awareness raising among members of the community, which is highly useful in Transition.

The Atlas of Climate Change
Kristin Dow and Thomas E. Downing

Kirstin Dow and Thomas E. Downing, both college professors and authors of the book, *The Atlas of Climate Change*, have embarked on a quest to educate interested readers in climate change. It teaches readers that the earth is not going through natural cycles and that this problem is human induced. It explains that if changes aren't implemented quickly enough, these problems will only intensify. Kirstin Dow is also the principle investigator of the Carolinas Integrated Sciences and Assessments, also known as CISA. Thomas E. Downing is the president and CEO of the Global Climate Adaptation Partnership, helping to educate people about climate change through an adaptation academy. *The Atlas of Climate Change* is a great tool to educate people with easy reading, and hard facts to get the brain thinking about how the earth is increasing issues, and what individual people can do to make a change.

The climate is already affecting people around the world at a much faster rate than we think. Educating people is a much better tool than just simply repeating that "global warming" is here and we are all doomed. Instead, by reading this book the reader is able to understand key facts to why we are witnessing climate change and how it is affecting every life form on this planet. "Climate change has a taste, it tastes of salt". (Rahman, Atiq) This quote draws a good reference to the issue of melt glaciers and polar ice caps. In the United States for example, the south cascade glacier has been retreating for hundreds of years. Between the years 1958 and 2005, the volume of the south cascade glacier has decreased by nearly half. In another example, the snow-capped peaks on Mount Kenya and Kilimanjaro are shrinking at such a rapid pace that they may vanish by 2025. The melting of these glaciers will have profound impacts around the world. These can be felt through rising sea levels, increased risk of flooding, limited access to fresh water, and significant property damage or loss in areas that cross stream flow.

The shrinking glaciers and ice sheets are not the only aspect of our earth that is being affected greatly by climate change, but also the ocean; which is increasing in temperature and acidity levels. Throughout the world, the ocean temperature is getting warmer and more acidic, which is affecting marine life. Coral reefs, which serve as a home for many marine organisms, are beginning to disintegrate and bleach. Heat and stress on the reefs are two major factors that lead to coral reef bleaching, this process forces the coral polyps to expel algae which they have formed a symbiotic relationship with, which leaves the coral unprotected, turning it white after death. Acidity levels don't harm the coral as much as other organisms such as shellfish. Due to the increase of acidity in the ocean, it does not allow shells to grow correctly and most times causes malformations in the growth. Coccolithophorids, a type microscopic one-celled organism, are also affected by varying levels of acidity. They are the most abundant algal group in the world, and are very important for keeping balance in the food chain. Many organisms such as snails and fish species will feel pressure because of the lack in algae, which will branch out and form other consequences for the ocean's ecosystems.

Further into the book, the reader is presented with deep facts such as how the earth is warming at a rate that has never been witnessed or recorded before and how it is influenced by the significant concentrations of carbon dioxide (Co₂) in the atmosphere. "Concentrations of carbon dioxide and methane are higher than they have ever been in the last 800,000 years. The earth is warmer than at any time in the past 1,000 years". (Downing, 2011) This data has been

locked within tiny bubbles of air within ice for centuries. This data is accessed through ice core samples. Along with other natural indicators such as air and water samples from around the globe and tree ring studies, researchers are able compare what the climate was like in the past with what it is like today. Granted, the earth does go through natural cycles and has fluctuations throughout time, but looking at the many graphs and charts that show the correlation between temperature and levels of CO₂. As atmospheric CO₂ increases, so does the average global temperature. Though CO₂ is often released during volcanic events, the present day emissions are primarily from the burning of fossil fuels.

Fossil fuels account for over three quarters of carbon dioxide emissions; the burning of fossil fuels such as oil, natural gas, and coal, are primarily used for heating and cooling. Throughout the world, the reliance on fossil fuels is significant. Most items that are used on a daily basis rely on fossil fuels either in their production or operation. In addition to this, there has been limited progress towards using more renewable sources of energy. “In recent years, coal has overtaken oil as the largest fossil fuel contributor to greenhouse gas emissions”. (Downing, 2011) For example, China depends on coal for almost 80 percent of its electricity. The United States holds 28 percent of the remaining coal reserves, Russia coming in second place with 18 percent of the remaining coal reserves. There are still thousands of years of coal remaining, which may create more harm in later years because of its continued availability. Other than coal and oil, there are still other harmful factors that can contribute to climate change. Methane hydrates (CH₄), which is about 25 times more potent than CO₂ in trapping in heat, have been locked away in permafrost for thousands of years. There is an estimated 20 million trillion cubic meters of CH₄ trapped and slowly being released back into the atmosphere as the permafrost thaws. There is still uncertainty about how much could possibly be released into the atmosphere, and at what speed.

The Atlas of Climate Change continues to explain to readers we are responsible for taking measures to mitigate, or possibly even reverse, the damage that we have done. Part five of the book is explains how we have to set goals to avoid dangerous levels of climate change, and to also reduce our carbon footprint and greenhouse gas emissions. Our transition movement ties in well with this section of the book. Working together with local communities in reducing disaster risks and setting up networks that people can access for aid is a significant part of Transition. Educating people about climate change and how individually they can make a change will affect everyone in their local surrounding community is another component. “We are all part of the problem of global warming. Let us all be part of the solution” (Ki-Moon, 2008) Working together is much more efficient and productive than working alone on these problems that arise.

Investing our time and energy into renewable energy instead of non-renewable resources will benefit everyone across the board. “The force of wind and water into usable energy sources is expanding rapidly, more than doubling between 2006 and 2009, from 63 billion to 150 billion”. (Downing, 2011) Already there are a great number of sources of renewable energy and companies now are beginning to invest more money into developing more efficient and renewable energy resources. Today, there are over two million buildings throughout the world that use geothermal energy as their primary source of heating. Wind turbines are one of the most efficient sources of electricity and biomass heating is one of the most effective. These two renewable energy sources are beginning to make a larger appearance in today’s world. As

companies invest more money and time into researching how to make these mechanisms more efficient and productive, people will begin to move more towards renewable energy.

This book can be a very useful tool for people that are interested in learning about a changing climate, and how they can make a difference by changing their daily lifestyles. It is a great way for interested people to flip through this 100 page book and read all of these interesting sections that touch on different aspects of how our earth is changing. Anyone who cares about the future of this planet and wants to make a change by learning some of the real facts should read this book.

This book can be useful for the Kearsarge Valley Transition Movement through utilizing the information for education. By having our class help break down some of the material and simplify some of the data, people can become more interested; and once hearing all of this supporting data, they may be inspired to make a change in their lifestyle. Educating people is the greatest gift that that can be given, and by educating interested people, they will share what they have learned. Sharing knowledge that people have learned over the years and also what they have learned in greater detail from this book. Transition is about coming together as one, and helping each other with needs that may arise. By sharing common knowledge and teaching others, we can be more prepared for what lies ahead.

Bad Money: Reckless Finance, Failed Politics, and the Global Crisis of American Capitalism
Kevin Phillips

The 2008 book, *Bad Money*, written by Kevin Phillips takes into consideration the upcoming 2008 Presidential Election and how it needs to address the suffering economic system in regards to the credit system, financial sector, and approaching oil problems. The problems that we are currently facing, being the year of 2008, could lead to the permanent suffering of the United States in the future global economy. Phillips uses historical events and empirical powers as reference points in the argument that the United States could collapse. He was the senior strategist during the 1968 Richard Nixon campaign and helped him reach office. Since then, Phillips has written 12 books, the previous being *American Theocracy* which focused on the political ties between oil, religion, and overconsumption. Kevin Phillips draws from his wealth of knowledge in the history of the political economy in the United States. Not only is financial sector addressed in this book, but the economics of oil and peak oil as it applies to the United States.

In the early stages of this book, Kevin Phillips strives to brief the reader on the construction of the financial sector in the United States economy. Phillips explains the growing financial sector as it encompasses such groups as banks, stockbrokers, loans, credit card issuers, hedge funds, and mortgage operators. The most recent recession in December 2007 which, debatably, ended in June of 2009 was a result of the financial sector. After the September 11th attacks in 2001, fear of an economic downturn sparked finance companies to lower interest rates. Lowered interest rates and purchases on credit, led to the creation of an economic “bubble” which makes the particular market appear to be growing. FIRE (finance, insurance, and real estate) was the only private industry, during the slight recession from 2001 to 2003, to grow. In 2007 the economic bubble growing from the low interest rates and debt, collapsed. This financial sector began to grow during the late 1970s, as credit card use increased significantly to the point where *Time Magazine* wrote a piece titled “Merchants of Debt” (Phillips, 2008). The financial sector is a guessing game which plays the odds to achieve the most amount of money. The United States has “credit markets (that) are increasingly being used less to facilitate economic activity and more to leverage bets on changes in asset prices” (Phillips, 2008). The oil-producing countries are playing a similar game, as they try to guess the markets that are rising.

In 2004, China grew to be the second largest consumer of oil in the world. The country of “China is a preferred market for global oil exporters, especially in the Middle East OPEC producers who by 2020 will have most of the remaining reserves and exportable surpluses” (Phillips, 2008). China is one of the top customers of oil producers, such as Saudi Arabia and Venezuela, not only because of its development but because there is tension between the United States and many of the exporting countries. The US invasion of Iraq in 2003 displeased the Saudis. Saudi Arabia has since reduced their sales to the US. “In 2002, the US was receiving 1.7 million barrels a day and by May 2004, the US was receiving 1.1 million barrels a day” (Phillips, 2008). China is now ahead of the United States in exports from Saudi Arabia. Saudi Arabia and the United States had a very interesting relationship starting in 1974. During the early 1970s, the United States experienced an energy shock. Saudi Arabia was leading OPEC, Organization of the Petroleum Exporting Countries, to a major oil price increase due to an

embargo. In response to these high prices, President Nixon made a bargain to accept the high prices in return for international oil to be traded in dollars (Phillips, 2008). By doing this, Nixon was solidifying the fact that no matter how the United States economic market is doing, they would not have to pay more money for oil because of foreign exchange. The problem now arises with a decrease in US business with Saudi Arabia and OPEC, due to the United States intervention in the Middle East, the relationship with oil and the dollar is decreasing. Chinese Yuan may be the new currency to exchange oil. The dollar has a higher purchasing power but, this is uncertain if this will be the case in the future. Oil prices may increase in the United States even higher than they already are. This is solely based upon the idea of currency exchange rates, without considering the health of oil supply. Peak oil will be the driving force of the price.

Peak oil is the point at which the global production of oil will reach its maximum rate from which supply will decline. By 2006, “not only had American oil production peaked but global oil production outside of OPEC might be within five to ten years of doing so” (Phillips, 2008) Foreign supply is threatened and those with reserves have the power which the United States is still heavily reliant upon. This demand for oil is another reason why the reports by oil producing countries, such as Saudi Arabia, on supplies must be viewed with suspicion. Profiles of OPEC crude oil production between 2005 and 2007 do show a plateau, but the Saudis, pouring money into exploration and development, insist that the output is already increasing” (Phillips, 2008). If the supply is decreasing then the oil dependent countries, such as the US and China, may actually take drastic measures and search for other forms of energy to supply their high demands. This would reduce the oil producing countries’ influence and income. No matter the case, United States citizens will be facing an increase in oil prices in the future whether it is because of foreign exchange or supply. Phillip’s states that, “American governance could become as important as any geological challenge or technological solutions” (Phillips, 2008). This is where Transition disagrees.

The Kearsarge Valley is no different from the rest of the country. Cost of heating a home, driving to work, and consuming oil based products is a burden on families across the region. The cost of oil is already expected to increase not only because of the reduction in easily accessible oil supplies but because of the Transition to a new currency for oil transaction. Last year’s Third-Year Project included a graph of the percentage of families that fell below the poverty line in the Kearsarge Valley. Wilmot stood out with around 13% of the families in poverty. As oil prices rise, these families are going to suffer with not only driving but heating their home, if oil is their heating source. It is unclear as to when or if peak oil will occur, but our pockets will suffer regardless due to foreign dependency. One thing that was not discussed in this article, but was covered in a few of the other books reviewed by the class, was the emission and environmental consequences of the combustion of fossil fuels. The solution is an alternative to oil.

The overall goal of Transition is to reduce a town or region’s reliance on oil. The movement recognizes the fact that the combustion of fossil fuels is an environmental hazard as well as a depleting resource. Efforts and decisions by individuals are what create an area that can withstand the economic shock of a decrease in oil supplies. Transition is a bottom-up approach to solving the issues that will be faced in the upcoming future such as environmental shocks and economic insecurities. Producing local food reduces the need for oil to produce and transport outside food sources. Supporting local business retains money within the local region

to again, increase resistance to economic shocks. Localizing these processes will not only increase the overall ability for a town or region to respond and adapt to economic changes, but it will bring the community closer together to respond to environmental anomalies as well. Transition does not create a new source of energy to consume but rather a way to reduce the need for energy.

The Post-Petroleum Survival Guide and Cookbook: Recipes for Changing Times
Albert Bates

The Post-Petroleum Survival Guide and Cookbook goes hand in hand with the Transition movement. The book is about making changes in one's life that will reduce their dependence on fossil fuels and help them be prepared for when and if peak oil happens. If you ask people if they would be prepared for a dramatic spike in oil prices or if they would be prepared for a dramatic reduction in their personal fossil fuel use, I believe the answer to both questions would be a resounding no for most people. Most of the book, Albert Bates explains ways that the average person can make changes that will help them become prepared for "the Great Change" as he refers to it. If we look at the ideas of Transition and form working groups out of some of the changes specified by Bates, we can make the Kearsarge Valley Transition Movement a monumental success.

This book briefly talks about the problems that will arise with peak oil and the damage humans are causing to the planet. We are doing irreversible damage to the planet. We are in a warming period that has persisted longer than warming periods in the past and presently the amount of carbon dioxide in the atmosphere has surpassed and is still increasing higher than any previous records have shown. If we don't change and our emissions remain constant from now until the year 2100 the amount of carbon dioxide in the atmosphere will surpass 650 ppm. This is a significant stat considering the ideal carbon dioxide level is 350 ppm. Bates only briefly discusses these problems and mainly focuses on explaining ways we can make lifestyle changes and changes to our homes that will reduce our reliance on fossil fuels and reduce our carbon footprints. Although the changes in this book can be made by anybody, I believe it targets people of younger generations who are willing to make significant, meaningful changes in their lives. Having said this I still believe that anybody that has an interest in reducing his or her impacts should read the book. Even though the Transition Movement talks about starting small and letting it grow larger and the book deals with more of the individual level, the book talks about building strong relationships with neighbors and the community. The book is a great compliment to Transitions and the ideas expressed in the book can be made easily into a community project.

I think one of the most important ideas expressed in the book is that no one is obligated to make changes and nobody knows when peak oil will happen and what the effects on individuals will be, but it is going to be important to begin making changes now and using fossil fuels to store supplies and we should acquire technologies such as photovoltaic panels and wind turbines while we still have the fuel sources to build them. The author is saying that there is a need to change but there isn't a way to make some of the changes without fossil fuels. Fossil fuels have been important to us since we discovered them and will always be an important resource; we just have to learn to use them more sparingly. Bates brings this up in Step Four of the Post-Petroleum Survival Guide and Cookbook. He says that we need to start looking into alternative and renewable energy resources while we still have the supplies to build them. Photovoltaic panels are expensive, but if energy efficient appliances are used in the home then the cost will decrease. The money saved on the electric bill will overtime, usually less than 10 years, pay for the cost of the panels and installation. Another good source of energy for a home is a wind turbine. Newer small-scale wind turbines can produce up 1,100 kilowatt hours per month. The average North American home uses around 20,000 kilowatt hours a year so if one of these

turbines is installed it can almost run a house all year by itself. If we do an energy awareness event we can try and do a photovoltaic or wind turbine blitz in which we get enough interested people to do a group buy so a renewable energy company will reduce the cost for their products.

Some small changes that can reduce household costs all revolve around water. Looking into alternative water sources can help reduce a families costs and learning how to store water properly will be helpful if there is a drought or a water shortage, if you are connected to a public water system. Some non-traditional water sources are collecting rainwater and learning to store excess water in a healthy way. There are ways to collect and store water on a larger scale as well. Most buildings have ordinances against collecting rainwater on roofs, but if people come together and say they want to actively pursue the idea the ordinances can be removed and large rainwater collectors can be installed. If water treatment becomes an issue natural and artificial wetlands can do the work of a water treatment plant, at a lower cost, while maintaining a high return. I think these are some of the important changes that can be made to our homes and our current system in general, but lifestyle changes need to be made as well.

Towards the end of the book Bates begins talking about lifestyle changes that can be made. Step 9 is called change your need and it discusses ways to reduce transportation need. Reducing transportation needs is one of the major points of Transitioning. Transition focuses on keeping everything local and reducing transportation of goods and crops in and out of the local community. One way to reduce transportation is to find a job close to home and to find a job where it is okay to work at home a few days a week. This will reduce an individual's transportation footprint dramatically. Other ways the book says to reduce oil dependent transportation are to walk, bike, share cars and rides, and using mass transit. All of these simple lifestyle changes will reduce the number of cars on the road and the amount of fossil fuels used. Having what you need close by is key to being able to do this, so the Transition movement's ideals of building a strong, resilient, local community will help make the goals of the book possible. This will make individuals and communities more resilient and less dependent on fossil fuels. Bates also stresses the importance of growing your own food. Growing your own food allows you to eat healthier and more sustainably. He says it can be a good family bonding experience, which makes it easier to spread ideas and awareness on becoming more sustainable. All of the changes expressed in the book are also parts of Transitioning.

I think that The Post-Petroleum Survival Guide and Cookbook and the Transition movement are deeply related. All of the changes and tips for becoming more prepared for "the Great Change" are changes that the Transition movement can cover. The biggest difference is that the book concentrates more on an individual level, while the Transition movement deals with the issues on a community level. The similarity of the two is that they can both spread easily and become more than just the individual or more than just a community. For example in the book Bates makes it a point to say you need to build relationships with neighbors and the community. The book expresses that forming these relationships will help if a crisis does occur because you will have support close to you and you can support others if they are in need. Having a good relationship with other community members can also make it easier to share tools and skills, which is a major part of Transitioning. The Transition Movement is a local grassroots attempt at changing the norms of our society and I believe that the end goal is for the Transition Movement to become a global movement in which every community is participating in the movement and local communities are resilient and self-reliant around the globe.

The Post-Petroleum Survival Guide and Cookbook is a great resource for our Transition Task Force. It has great ideas to reduce our community's fossil fuel dependence. I think that it will be a great resource for when we develop our energy decent action plan. It gives solutions to energy problems and gives ways for individuals to reduce their energy impact. In all the Post-Petroleum Survival Guide and Cookbook provides an upbeat, optimistic look at facing the problems related with living in a petroleum depleted world. The book and the Transition Movement both stress making changes now before "the Great Change" occurs so we will be prepared and won't have to deal with an economic shock that will occur if a change is not made.

The Town That Food Saved Ben Hewitt

On the night of October 9, 2012, Marcy Vierzen, owner of Artisans, an independent store that sells artisan made gifts, in New London New Hampshire, asked me if the Transition Town Initiative was similar to the model in Ben Hewitt's book, *The Town That Food Saved*. In response, I mentioned that the town of Hardwick, Vermont where the book takes place is an excellent example of one aspect of the Transition town model. In fact, *The Town That Food Saved, How One Community Found Vitality in Local Food* provides a model for revitalizing local economies, and encourages the use of this example on the state and national levels. Thus, anyone who cares about food, local economies, sustainable agriculture, and revitalizing communities should read Ben Hewitt's book.

To be more specific, the book takes place in the town of Hardwick, Vermont, in the Caledonia County in the Northern Kingdom. Interestingly, the town of Hardwick, Vermont has "embarked on a quest to create the most comprehensive, functional, and vibrant local food system in North America" (Hewitt, 2009). This is a story about a radical, sustainable shift that dives deep into investigating our current diet, the way we grow and distribute food, and our dependency on a supply chain that is beyond our control. Obviously, this story is relevant to any Transition Town Initiative, but it is of particular value to the newly emerging Kearsarge Valley Task Force, a Transition Town Initiative located in the Kearsarge Valley Region in the state of New Hampshire. The focus of the Kearsarge Valley Task Force is on improving the well-being and resilience of its communities now and into the future. But in order for the Kearsarge Valley Task Force to judge the applicability of the Hardwick, Vermont's experiment, the Task Force must understand Hardwick's past.

From the 1800's to the 1920's, granite was the primary industry of the town of Hardwick, VT. Granite provided the town "vibrancy, excitement, and money" (Hewitt, 2009). At this time, you could expect to see nearly 300 hundred-granite companies operating in the surrounding area. Interestingly, one of them, Woodbury Granite Company was the largest in the world! It supplied stone for state capitol buildings in Pennsylvania, Wisconsin and Chicago. Thus, people from Hardwick, Vermont became known as the "Stonecutters". Impressively, these "stonecutters" made double the average wage during this era; they spent this hard earned money in the town bars and restaurants. The mentality "Work hard, Play Hard," emerged but this all ended abruptly (Hewitt, 2009).

The reason these high times in the town of Hardwick did not last long was due to the fact that reinforced concrete and facing stone reduced building costs and eliminated the need for granite. Quickly, the downtown turned into tacky bars and restaurants that sold cheap beverages and inexpensive food. In addition, the town movie theater turned into showing only X-rated films for adults. As you can imagine, this was a real low point for the people who lived in the town of Hardwick. With the arrival of industry opportunities elsewhere, people in Hardwick decided to pack up and head toward the cities in search of manufacturing jobs. Because there were so few people left in the town agriculture languished as well and the land and pastures of the town turned into forest and rich soil (Hewitt, 2009).

Not long after words, taking advantage of the open land and rich soil, scores of French Canadians arrived in Hardwick and started French Canadian dairy farms. The emergence of

these dairy farms helped the town get back on its feet. Local farms and agriculture now supported the town of Hardwick. Furthermore, the town now had a thriving main street that provided everything anyone needed. Thus, when the Great Depression arrived in the 1930's, the town of Hardwick was resilient because they had a localized economy that was not dependent on the outside world. This model would prove to be of value for the future (Hewitt, 2009).

By the time the 1950's rolled around, the dairy farms that once brought economic vitality, food security, and resilience in uncertain times started to close down. This was because milk prices were remaining stagnant and farms were becoming unprofitable. With this being said, Hardwick's business district started to decline once again. Everything in the town was now low quality and once again people suffered from diets stoked by food and excessive calories. The incidence of diabetes and heart disease began to increase. In addition, the whole population was facing economic insecurity, health issues, and social security issues. Therefore, the need to reinvent Hardwick's food system could not have been more urgent (Hewitt, 2009).

With this in mind, a core group of committed people started rethinking the entire food-supply chain on the basis of economic security, health security, and social security. They recognized from past experience that a healthy agricultural system can be the basis of communal strength, economic vitality, food security, and general resilience in uncertain times. Consequently, they decided to reinvent how they grew and distributed food by focusing on Transitioning from a globalized to a localized food system. In other words, they wanted to operate on a smaller scale and decentralize to a purely local level. These committed individuals realized that currently most of our foods travel nearly 1,500 miles from farm to table and this will only become a greater problem and increased expense, as finite fossil fuels continue to shrink. Also, they believed that our current centralized food system is more destructive to our health and environment than ever before. Furthermore, they recognized that our centralized food system is vulnerable to energy-supply disruptions, terrorist attacks, food-borne illnesses, and unseen emergencies that interrupt the continuous flow of its transportation. Thus, a vision emerged that the little town of Hardwick, Vermont would define itself as the community that would show the rest of America what a healthy, functional, and sustainable food system might look like and how other communities, towns, and even cities could learn from (Hewitt, 2009).

So, what does a healthy food system look like? In the last 3 years, Hardwick's agriculture infrastructure has been exploding with numerous food-based businesses and organizations. These food-based businesses and organizations include: Vermont Soy Company, High Mowing Organic Seeds, Jasper Hill Cheese, True Yogurt, Claire's Restaurant and Bar, Pete's Greens, Vermont Food Venture Center, the Center for an Agricultural Economy, The highfields Center for Composting, and Honey Garden Apiaries. These businesses and organizations have brought over a hundred jobs to the area. Important to this infrastructure is the Vermont Food Venture Center, which is a shared-use commercial kitchen and product development, processing, packaging and shipping facility. Equally important is the Center for an Agricultural Economy which purchases acres of prime agricultural land. Recently, this organization established an Eco-Industrial Park which includes shared office space, year-round indoor farmer markets, farm and garden demonstration sites, and a communal composting operation (Hewitt, 2009).

With these food-based businesses and organizations in place, the Hardwick area was now ready to make their food system operational. The first component to allow Hardwick's local food system to operate in a closed loop fashion was to make sure the system would offer

economic viability to small-scale food producers. In other words, if a small-scale, local producer couldn't compete with the "big dogs", then they have to offer "value added" or "artisanal" products. Thus, this turns commodity products into specialty products. The second component would be sunshine because it was recognized that we have become dependent on chemicals and petroleum to replace sunshine. Certainly, technologies have transformed the agricultural system to enable us to ignore the sun, but is this a desirable development? The third component was that the food must adequately feed the locals. Additionally, in order for a local food system to actually supply the local economy, it must find a way around the cost issue. Sadly, the irony is that people that can't afford a local food system because of the increased cost associated with producing higher quality foods are the same people that would benefit the most. So, this third supply component must be the infrastructure and knowledge that fashions the system. Showing the value that eating local is crucial and it saves money in the long run. Eating healthier results in fewer doctors' visits and decreases the chances of illness that would require costly medication. The fourth and last component of Hardwick's local food system is that it must be circular. Today, our current food system does not have a shape. In fact, it starts at one point and goes in a million directions. The book states that the trick is to make a food system operate within fixed borders. For example, within a 10-mile radius of Hardwick, you will find a seed producer, a composting facility, vegetable farms, a processing facility and a distribution facility. Furthermore, the entire Hardwick area could be fed on food that grew from its local seed producer (Hewitt, 2009).

But, the question arises, how can you develop this closed loop local food system in a northern climate like Hardwick or like the Kearsarge Valley Region? The answer is difficult, but when you create this system in a northern climate you need to understand that there will be no bananas in January, actually none at all, and seasonal foods become the main focus (Hewitt, 2009). Because of the reality of the short growing season, greenhouses and storage facilities for local production will be necessary. While factory processed foods are not desirable, local canning and other methods of preservation may be used. Equally necessary is that, Hardwick's local food system model should thrive in periods of economic insecurity, should be resilient to any rapid disruptive changes, and should be capable of surviving disruptions in oil supply, fertilizer availability and other unexpected events (Hewitt, 2009).

At the same time that the town of Hardwick, Vermont was developing their local food system, the people at the state level were also seeing that this localized production and consumption was a way to save Vermont agriculture. In 2009, Vermont legislation approved the creation of the *Farm to Plate Investment Program*. This program is a strategic plan that links Vermont agriculture to strengthening the local economies (Kahler, 2011). The primary goals of this legislation include: increasing economic development in Vermont food and farm sectors, creating jobs in the food and farm sectors, and improving access to healthy local food (Kahler, 2011). So, how does the state of Vermont go about implementing this? Interestingly, the state agreed to have a 5% increase in local food production by the year 2020 (Kahler, 2011). But how do you achieve this 5% increase? The following goals are the way that the state plans to obtain its 5% local food production commitment:

1. *Consumers in institutional settings (K-12 schools, colleges, state agency cafeterias, hospitals, prisons) will consume more locally produced food.*
2. *Agricultural lands and soils will be available, affordable, and conserved for future generations of farmers and to meet the needs of Vermont's food system.*
3. *All Vermonters*

will learn about obtaining, growing, storing, and preparing nutritional food. Institutions will offer a wide range of curricula, certificate and degree programs aimed to meet the needs of Vermont's food system.

4. Vermont's food system establishments will provide safe and welcoming working conditions, liable wages, and have access to a skilled, reliable workforce.

5. Business planning and technical assistance services will be highly coordinated with Vermont's food system.

6. Food system entrepreneurs and farmers will have greater access to the right match of capital (grants, loans, equity, guarantees, leases and incentives) to meet their financing needs.

7. Food system enterprises will minimize their use of fossil fuels and maximize their renewable energy, energy efficiency, and conservation opportunities.

8. Regulations and enforcement capacity will ensure food safety, be scale appropriate, and enable Vermont food system enterprises to succeed in local, regional, national and international markets.

9. Vermont's governor, legislature, and state, regional, and local agencies will continue to celebrate Vermont's food system.

10. Food system market development needs will be strategically coordinated" (Kahler, 2011).

In short, the State of Vermont has developed a detailed and comprehensive local food system program that will act as an economic development driver for the state. This leads us to ask, how advanced is the state of New Hampshire when it comes to local food production?

In 2010, the state of New Hampshire published *Home Grown: The Economic Impact of Local Food Systems in New Hampshire*. This study points to the direct economic potential of local agriculture and food production in the state of New Hampshire (Magnusson, 2010). Unfortunately, this study stated that New Hampshire's local food production feeds only 6% of its current population of 1,303,112 (Magnusson, 2010). This means that 94% of New Hampshire's population requires imported food. In addition, this study also compared New Hampshire's local food production to all of New England local food production. Interestingly, the state of Vermont's local food production feeds 38% of its current population of 619,736 (Magnusson, 2010). Obviously, Vermont's population is lower than New Hampshire's but if you compare New Hampshire to the state of Maine which shares a similar population you might be concerned. The state of Maine has a current population of 1,312,22 but has a 39% local food production, which is 33% higher than that of New Hampshire (Magnusson, 2010). The study also identified that "local agriculture employment accounted for 1.7% of New Hampshire's overall employment" (Magnusson, 2010). The final key findings of this study include: "more than one in ten New Hampshire households experience food insecurity, food insecurity is related to both household incomes and the distance a household must travel to shop for groceries, and areas with relatively low access to healthy foods also have a higher rate of dietary-related health conditions (Magnusson, 2010)". These findings lead us to ask the question: How does the Kearsarge Valley Region's food system compare to that of Hardwick, Vermont, and New Hampshire, in general?

As previously stated, the Kearsarge Valley Region is the location of the Transition Town Task Force Initiative. To be more specific, the Kearsarge Valley Region is halfway between Concord, New Hampshire state capital, and Dartmouth. The Kearsarge Valley area shares

several similar traits to the town of Hardwick, Vermont. For example, Hardwick and the towns of the Kearsarge Valley area both share a long history of agriculture, both have unique main streets, both have a major interstate highway, both have a small liberal arts college, and both have numerous remaining farms. In fact, the Kearsarge Regional Food System Report that was published in the spring of 2012, identified sixty-three farms and eight locations of current seasonal farmer markets in the Kearsarge Valley area? (Colby-Sawyer, 2012) In other words, there is a basis in the Kearsarge Valley Region for doing what has been done in Hardwick.

To be specific, the local food system for the Kearsarge Valley area depends on at least 9 external inputs (Colby-Sawyer, 2012). These external inputs are components that contribute food necessities from outside the region. They include seeds, compost, processing, farm equipment, labor, energy, government regulations, money, and non-local food (Colby-Sawyer, 2012). In other words, the Kearsarge Valley Region counts almost entirely on 9 external inputs that contribute to their local food system. Thus, the Kearsarge Valley local food system has 9 more external inputs than does the local food system in town of Hardwick, Vermont. Both, the Kearsarge Valley area and the town of Hardwick, Vermont share a common interest in connecting with their surrounding communities, and this connection is essential to the success of their community initiatives.

As we have learned, the town of Hardwick, Vermont shares a common interest in agriculture as way to support its local economy. By contrast, the common interest of the several towns and communities in the Kearsarge Valley Region is in tourism and recreation. These communities that make up the Kearsarge Valley Region are connected to a common goal of being a recreational area because of the abundance and proximity of the mountains and lakes of their natural landscapes. Importantly, these beautiful attractions help support the local economies of each town as the seasons change. Examples of tourism in the Kearsarge Valley area include: Lake Sunapee and Mt. Sunapee to the town of Sunapee, Lake Massasecum and the town of Bradford, Pleasant Lake and the town of Elkins and New London, Mt. Kearsarge and the town of Wilmot, Ragged Mountain and the town of Andover, and Kezar Lake and the town of North Sutton. Clearly, the Kearsarge Valley Region thinks of itself as connected tourist region. What it needs to do now is to use that connectedness to develop a locally supported food system!

Permaculture in a Nutshell

Patrick Whitfield

The term Permaculture has a broad array of applications in a person's daily life. Ranging from how one arranges the items in their garden to how they get themselves to work each day. In his book 'Permaculture in a Nutshell', Patrick Whitfield gives an introduction into several of the aspects of Permaculture. Patrick is a British teacher, designer, and writer of Permaculture. He holds a degree in agriculture from Shuttleworth College and has farming experience all over the world from Britain to Africa. He is considered to be an expert in everything from organic gardening to green politics. It is through all of his experiences in life that make him believe Permaculture is the best option for Earth's future. He has written several other books on permaculture including the very popular "Earth Care Manual."

'Permaculture in a Nutshell' is a very entry-level look into the world of Permaculture. The book is split up into very basic sections of the permaculture world and provides explanation, facts, as well as real life examples of permaculture and explains their benefits over other methods. The book contains a real life example of permaculture through comparing and contrasting two different methods of raising chickens. It then goes on to explain applications of permaculture in the city, in the garden, in the community, as well as provides a section on how to get started living a permaculture lifestyle. The introduction to the book explains the origins of permaculture and the benefits they can provide. One of the main points made in the introduction is that while permaculture is most often known as a design system, it goes much deeper than that in the fact that it is a code of ethics that says to help be a part of the solution rather than perpetuate the problem.

Patrick Whitefield wishes to spread the knowledge of permaculture to as many people as possible. By providing people with this brief look into the world of permaculture it explains how easy it can be to begin using permaculture principles in many ways. By putting permaculture in a way that is easy to understand more people are likely to see the benefits and adopt the ways of permaculture. This book does a terrific job of providing a very basic level of knowledge before going out and wanting to learn more about permaculture and beginning to practice it in your own life. By spreading the ways of permaculture through the community, it is an easy method to begin to wean people off of fossil fuels, and can be much fun in the process. People who have never taken part in growing their own food or raising their own chickens will be fascinated with the changes it can create in their lifestyle with relatively little maintenance.

Many of the principles of permaculture are designed to succeed in a world with little to no fossil fuel use. In a non-direct way this book is informing people that the time for change is now as our time remaining with fossil fuels is limited. While the issue of peak oil is one that has been heavily debated the benefits of permaculture go well beyond simply reducing reliance on carbon-based energy, such as utilizing every last resource at your disposal. The example in chapter 2 of the book discusses two different ways to raise chickens. The first is called the battery method while the second is a permaculture based example. In the case of the battery raised chickens it is explained how they are raised simply for food and eggs and require a heavy input of resources in the process. The permaculture example explains how if the chicken coop is set up properly, very little input of resources or labor will be required for the chickens. The

thought of working smarter and not harder is portrayed throughout the entire book, as well as permaculture in general.

The Transition town movement shares many of the same ideals as permaculture. The origin of the Transition town movement was to not be so dependent upon outside resources and be able to live and thrive within just a small area. The main basis of permaculture is to do things in a more efficient way that is more sustainable. Transition is often described as a grassroots, bottom up approach to large-scale issues and there is a section of the book that is titled 'Local Solutions to Global Problems.' This is a giant flag that there is indeed a correlation between Transition towns and the permaculture lifestyle. While this book in particular does not talk about Transition town movements, we have seen plenty of Transition town literature discussing the benefits of permaculture. As was mentioned earlier, permaculture goes much beyond simply a way to design your garden layout but a way to treat the earth and to live life within your own means.

Transition town initiatives around the world have implemented permaculture principles and techniques throughout their area in order to begin providing local food and lowering dependence on fossil fuels. Our own Transition town initiative has been looking at doing a permaculture blitz around town in order to jump-start the use of permaculture principles in our community. I have always been interested in landscaping and learning about permaculture is very much related to landscaping. I plan to continue to read about permaculture principles in order to play a lead role in the Perma-blitz come springtime.

For a person who has very little knowledge to zero knowledge of permaculture, this book is an excellent tool to use to begin to gain more knowledge. Each section of the book gives a basic overview of how permaculture can be practiced in that area as well as the benefits that will come with it. There are several areas with step-by-step instructions on how to get started with permaculture, which are helpful, yet one should not rely solely on these steps and continue to read up on permaculture practices. This is a great book to lay down a base layer of knowledge for a person as they begin to read and learn about permaculture principle and mindset.

Permaculture: Principles and Pathways beyond Sustainability

David Holmgren

David Holmgren is the co-originator of the permaculture concept with Bill Mollison following the publication of *Permaculture One* in 1978. He is the author of the book *Permaculture: Principles and Pathways beyond Sustainability*. This book draws together and integrates Holmgren's 25 years of experience with permaculture to reveal a whole new way of understanding and action behind a simple set of design principles. The book highlights his personal passion about philosophical and conceptual foundations for sustainability and is targeted for anyone with knowledge of permaculture and anyone interested in living sustainably.

Permaculture started out as a design system for sustainable living and land use with a system of principles and practices suited to the era of energy descent. There is no set definition of permaculture, although it is mostly known to people as a way of gardening. Permaculture as a concept is by no means limited to gardening, and this book provides a more comprehensive review of all the twelve principles of permaculture, what they mean and how they can be applied in a number of fields, not just gardening or agriculture. Permaculture has three core ethics; people care, earth care and fair share, that form the foundation to the permaculture design. Holmgren presents the twelve design principles as thinking tools that when used together allow us to creatively redesign our environment and our behavior in a world of less energy and resources. Each of the twelve design principles are represented by an icon, a positive action statement and a proverb or a catch phrase that captures the essence of each principle. Holmgren devotes each chapter to each principle explaining the meaning of that principle, and how one can apply that principle to his or her life presenting clear examples from his own life and the world around us. The twelve permaculture principles are as follows:

1. Observe and Interact
2. Catch and Store Energy
3. Obtain a yield
4. Apply Self-Regulation and Accept Feedback:
5. Use and value renewable resources and services
6. Produce no Waste
7. Design from patterns to details
8. Integrate rather than segregate
9. Use small and slow solution
10. Use and value diversity
11. Use edges and value the marginal
12. Creatively respond to change

These principles are universal and their application can vary according to the place and situation. They can be applied to our personal, social, and economic lives and acts as a pathway to whole systems thinking since all of these principles are interconnected. Holmgren has created a permaculture flower, a systematic diagram showing the evolution to achieve sustainability in the seven domains of our lives by integrating the permaculture ethics and principles. The core of the flower is the basic ethics and the guiding principles. It is like the heart of the flower where every permaculture design begins. The evolutionary spiral path is visionary and is the sign of the permaculture flower. It starts with ethics and principles and moves outward connecting all the fields of the society into integrated patterns and pattern languages, making the world a living

whole. It suggests a knitting together of the domains; personal and local level to a collective and global. In life, the path starts with you at a local level.

The book covers all the scales from the ideal mineral composition of garden soils to the pulses of biological expansion that flourish between ice ages. Holmgren mentions how the high productivity of a garden bed can be compared to the high productivity at the fringes of culture. There is need to move beyond the hope that green technologies breakthroughs will allow worldwide sustainable consumption. We have to realize that the declining oil supplies inevitably mean a mandatory energy descent for human civilization across the planet. Holmgren argues that permaculture principles provide the best guide to a peaceful societal powering down.

Holmgren argues in his book that permaculture is the design science for post peak society. The Transition Town movement emerges from the principles of permaculture. Transition town brings the permaculture principles into a whole new level by integrating these principles into the whole process, the lives of people in the community in each and every aspect of life. Looking back at the history of Transition Town itself, Rob Hopkins had been a permaculture instructor for 10 years when he started the Transition Town movement. In one of his blogs, he mentions that after he had known about the urgency of peak oil, much inspiration to start a Transition came from Holmgren's book. Hopkins states that "Transition Towns is, in effect, attempting town-scale permaculture."

Transition Town is born from permaculture. It is a permaculture design applied to an entire community with a focus in action. In my opinion, a Transition town is the human side of permaculture. At least one person in any initiative group of a Transition Town has completed the Permaculture Design Certification Course, and in the Kearsarge Valley Transition, we have seven people already well aware about these permaculture principles through the certification course. The lessons learnt from our own backyards now can be applied to the whole town. We can apply the permaculture principles to any system: transportation, daily life, energy, food distribution, governance, education, communication and always obtain the same result, a strong and resilient community. The use of systems thinking as shown in the book is fundamental to a successful Transition movement.

During the Transition training, a lot of interest was seen among the people about permaculture. Working groups have started to form to bring permaculture into action. As the Transition initiative progresses, more and more people will be inspired by the working of the permaculture group, and would start becoming a part of the group since it is all about trying to build a better community focusing on the ethics and principles of permaculture with an emphasis on energy decent.

This book is an excellent read for anyone who is slightly aware about permaculture and wants to incorporate the principles of permaculture into his life. The in-depth description of each of the permaculture presented with clear examples of their relevance and application allows the reader to think about practical ways to implement permaculture. The book doesn't teach you how to build a permaculture garden, but it tells you what to keep in mind in order to do it right. It imparts the framework you'll need to interpret your ongoing progress in light of all the bigger pictures. This is an essential read for anyone wanting to live sustainably understanding the foundations of sustainable design and culture, and not necessarily just building a garden as

because the principles and observations it contains are vital to the whole human story. It touches upon several environmental issues and reveals that permaculture is much more than just a system of gardening. Holmgren states that “Permaculture is for those who already understand or sense the reality of Transition and descent and want to give practical and integrated expression to that reality, whether the rest of the society is ready or not to do so.” This book is recommended read for anyone involved in Transition to truly understand the foundations of a Transition town.

Radical Simplicity: Small Footprints on a finite Earth

Jim Merkel

“As a member of the global community, imagine you are the very first person in line at a potluck. At this potluck, the spread includes not only food and drinks, but also all the materials and necessities needed for shelter, clothing, healthcare, and education. Will you take everything you want and desire, or will you recognize the fact that there may be billions of other people behind you” (Merkel, 2003). When their time comes, they will not have the same opportunity as you did, as the first person in line. Many of the people in back of you will not even be able to obtain the necessities of daily life. For instance they may not have shelter or enough food to provide for their families. This is a direct metaphor correlating with the way many of us think within our global community, especially here in the United States. We take what we want, not just what we need, without any consideration for others, pretending they do not even exist. This book *Radical Simplicity: small footprints on a finite Earth* is written by an ex-military weapons engineer, Jim Merkel. During his life he experienced a revelation due to the environmental disaster Exxon Valdez oil spill, which caused him to make radical changes to his outlook and everyday life. This piece of writing is an eclectic mix of his experiences and stories, as well as a detailed plan, in the hopes that others can make significant changes in order to improve their own life in all its aspects.

This book is not just an enjoyable book to read but it has to the ability to be life changing. It is titled *Radical Simplicity* for a reason. It will show you examples of radical and substantial changes that will directly influence your daily habits and better your life while giving you a feeling of fulfillment. Merkel draws upon many different instances of sustainability, resilience, and personal experiences to show the reader exactly how to live a life that exemplifies what he believes in. Jim Merkel created this book because he witnessed the Exxon Valdez disaster, a catastrophic oil spill. He remembers sitting in a bar located in Sweden, having a beer while this environmental tragedy was being televised. He came to a realization at that moment; if he made changes to his life it could have a lot more meaning, while benefiting the environment. When he returned he made many drastic changes to his life, which increases his overall happiness and correlated with a better quality of life.

He understands that he himself cannot make the changes alone. He believes that if more people where to make the same changes he did then the world would be a lot better place. He had in mind principles so that everyone could be able to accomplish the overall goal, the goal being sustainability, indefinitely. He convinces the reader that changes must be made due to the social norms that most North Americans follow which are associated with the problems that are associated with the 21st century. Today the Earth's one billion most wealthy people also consume the entirety of Earth's yield per year. This would not even be sustainable if the global population was one billion never mind the seven billion people that know occupy this one planet. If the top one billion people on the planet consume the entirety of Earth's yield per year then what will be left for the other 6 billion people that inhabit this Earth. This shocking statistic is just one in many that the author uses to get across the seriousness of the problems we are now facing. The ideologies that are important to most people within this country are; more is better, and exponential growth is always good. Yet this book gets beyond these beliefs to better understand what is most important in this world. More does not always mean better, simplicity is what's directly correlated with happiness and improving our overall being, and what type of person

would honestly not want to improve their overall quality of life. Merkel created this project, so we ourselves can be the architects of our own lives. We will not be overstressed, or dominated by our occupation and the social norms that dictate our lives. We can make changes in order to better appreciate each aspect of our daily lives; we can wake up each day a healthier and more fulfilled person.

Within this project, of becoming more sustainable, Merkel outlines three steps that everyone has to follow in order to succeed. These include creating and bettering your ecological footprint, YMOYL (your money or your life), and also having a better understanding and connection with nature. These are the three crucial steps the Merkel outlines within *Radical Simplicity*. An ecological footprint measures the amount of land and sea that is necessary to supply you with what you consume, and absorb what you waste. This book allows one, through the use of detailed charts, to measure their ecological footprint. Understanding your impact is the first major step to changing your lifestyle.

The second change one must make is one's outlook on money. This is done through a process developed by two individuals named Joe Dominguez and Vicky Robinson, who came up with numerous steps in order to change your money habits. It is called "Your Money or Your Life". The principles allow the individual to change their entire outlook on money, and then decide how important it actually is. When a person takes on this task and completes it, they are rewarded with numerous types of benefits. The underlying message of all the steps that are associated with YMOYL is that we have to realize our "enoughness point". In other words we have to realize we do not need an immense amount of money, or the latest fad in order to be successful and happy. When a person accepts this, and achieves this point of understanding, new qualities enter their life. Some of these new qualities include "accountability to important," which means you will be more concentrated on friends and family. You will also have an internal yardstick so you will realize when enough is actually enough. Finally you will also incorporate financial integrity which means you will be conscious of where all the money ends up that flows through your life. Because of these new incorporations within one's life the quality of your life will increase due to such things as peace of mind, end of debt, savings, learning of new skills, and a better sense of community. According to Jim Merkel YMOYL was the most important aspect in his journey of change.

The third and last aspect of Jim Merkel's book is his belief of connecting to nature. Markel believes that nature is a necessity and that we can learn from it. Markel states that of course we can be educated about nature and our surroundings, but we will learn more and receive actual value if we submerge ourselves within nature, by ourselves, for 1-2 hours a day. Within our society, we are not surrounded by beautiful, peaceful, or unpredictable nature. Rather we are surrounded by oil, gas, steel, and noise. Nature and its resources are what we depend on for our livelihood; we just have to learn how to respect it. If we were to accomplish this then we could still be just as dependent on nature in the future as we are now, just in a sustainable manner.

This book is very well written. It deeply impacts the reader while at the same time giving a sense of hope and opportunity to change even while reading it. This book is a direct example that one can make changes, reduce your carbon footprint greatly, and maintain or increase your overall quality of life. Essentially in this book, Jim Merkel used his engineering background to

create a descriptive process, which describes how to make a better life for yourself and the people around you, and this is accomplished by following the three distinct steps outlined above.

The Kearsarge Valley Transition Initiative's main goal is to tackle the problems that we now face in the 21st century, just as Merkel has done in his life. The key aspect of Transition is that these large problems are tackled on a small scale, on a community level. The system that Merkel has created, as well as the many ideas that he presents, confront these global issues on an individual level. If everyone on this planet were to follow in Merkel's footsteps, the Earth would have more resources, more biodiversity, and people would have a stronger sense of community and empowerment. Within our movement, understanding the importance, or lack thereof, of money is essential. YMOYL provides steps in order to sufficiently understand the true value, and how much you actually need. More money does not always correlate with increases in happiness, all you need is the essentials. Past that money has no positive correlation with happiness.

This book was not written for people who want to make small changes such as using incandescent light bulbs or starting a compost pile. Instead it was written for those people who want to drastically change their life not only for themselves, but also for the greater good of all humans. Having said this, I believe all should read this book because it will drastically change your outlook on life, no matter who you are. It will make you aware of the problems that we are all facing. The only solution we have is to come together to work towards a combined sustainable lifestyle, and if this is accomplished, then, we may be able to look into the future with a positive outlook.

The Great Turning: From Empire to Earth Community

David C. Korten

In many ways The Great Turning is very similar to the Transition Movement. The Great Turning is about casting off the chains of social norms and asking ourselves one simple question, is this the best we can do as a society? If you answer no then you have the unique understanding of the ailments that plague us today. The Author David C. Korten believes that society today is very similar to an empire. He thinks that in order to create a more perfect society we must make the great turning from Empire to Earth Communities. Much of this book is dedicated to describing the differences between empires and earth communities, the former being a society run by the few privileged elites, and the latter being a society truly run by the people for the people. In order to understand the differences between the two, the author gives us examples of the rise and fall of empires throughout time. Understanding how an empire works and evolves is important if we are to one day create a society based off of principles of Earth Communities and Transition.

This book is very useful in starting to understand some of the challenges that we face and how we got there. This book is focused more on the governmental and societal problems that have plagued us for centuries and how they have evolved. The book is targeted toward the younger generation and those of the older generation that do not want to leave the problems we face today for the future generations to deal with. It is a good read to those who are tired of waiting for the government to make a difference in our policies and instead want to start making a difference right now. Both the Great Turning and the Transition movement allow for this grassroots action to take place. They both preach that through the action of a group we can be the change we wish to see in the world.

One important aspect of this book is to understand the history of empires and how they have evolved throughout time. It is important that we understand the mistakes that have been made in the past if we are to create a better vision for our communities in the future. If we can understand the evolution of empire, then we can prevent its creation and spread and instead focus on a society that is run truly by the people for the people. The most important part of this book was the steps one must take to create an Earth Community. The most important part of creating this type of society is strengthening relationships. The largest obstacle that has to be overcome if we are going to make the Transition from empire to earth communities is changing the story. The author argues that the biggest reason that empires have so much power, and the reasons that they are able to keep it, is because they make the stories. He uses the United States as an example. The author argues that the United States uses an evolved form of empire, one that is difficult to recognize. Many of us think that the United States is a very just country, the very embodiment of democracy. This however is not the case as evident from the way the government functions and the foreign policy that the government has implemented throughout the decades. If this is so then how does this so called "empire" keep its citizens thinking that they have the freedom that they so value? According to this book, the reason that they can do this is because they control the news and the media. In other words they create and control the story, the story being the social and political norms that we follow today. They also control what is taught in schools, for the most part, which is integral to their abilities of sustaining their power. Again what is most important, when creating an Earth Community, is changing the story. The best way to do this is by creating relationships with your neighbors and with the community at large. Once

this is done then the community can create the story that they wish to see rather than blindly listen to the story that has been told over and over again. By ending the personal isolation that comes from the high paced life we live today, we can create the relationships that make us stronger and more resilient. We can then change the story and in so doing break the silence, and demand a better system and future for us all.

This coming together as a community is what Transition is all about. In the Kearsarge Valley Transition one of our biggest goals is to rediscover our sense of community. This is the basis for all the other plans that we wish to implement in our community. As this book points out numerous times it is very difficult, and many times overwhelming, to try and make a difference by oneself. With a group of people who share your ideas, and interests the task becomes a lot less tedious and daunting. The Transition movement starts with creating those relationships so that we can work as a community rather than a single person. By creating these relationships we also are able to find other people who share our interests so that we can work with each other on projects that we find exciting and fun and that will improve the community for the future.

Another important part of the Transition movement is learning from the elders in the community. They have lived the longest and know a lot more about how to live in a resilient way. If we learn from their experiences then we can create a vision for the future that will be able to overcome the great challenges that we face today. In an empire the elders are usually shunned to one side because, from an empire standpoint, they no longer contribute to a society and therefore have no use. In an Earth Community society everyone, no matter their age, religion, gender, sexuality, or income, is valued as an important part of the society. No one person is more important, and no one person is less important than everyone else in the society. This is again another identical connection between Earth Communities and the Transition movement. This is a very important part of the Transition movement because without the inclusion of every person who is willing and excited to make a difference, then the vision of the community will not be shared by everyone and therefore it will cease to be a community vision. As the author would say, if everyone is not included in this turning from empire to earth communities then it is just a new “ruling class” replacing the old “ruling class”. In our Transition we mean to include everyone who is enthusiastic in making a difference. We are excited about learning from the wisdom of the elders in our community so that we can find out how our community functioned back in the day when you relied on your neighbor for help not the government. By understanding how to live using the materials that are near us to fulfill our needs, we can create the resilient and sustainable future that we hope to achieve. It is important to include everyone in the progression to a more resilient community because each person has different ideas, and each idea can help to create the vision that we wish to see in our community for the future.

The only ways in which Earth Communities and Transition do not line up is the size in which it is done and in the way government is confronted. Earth communities, as the name would suggest, is more on a national and even global scale whereas Transition starts at a local level. An Earth Community is something that could only come from a Transition movement. No one would even be able to create an earth community without first creating a Transition initiative. It starts with a small community that breaks the silence, changes the story and starts to make the changes that they wish to see. One of the important parts of creating a successful earth community is creating a large political base that is pro earth community. Earth communities rely

on the ability of this large base to change the way that government is run. In a Transition Initiative, however, government is ignored until a strong movement has been created and then only a bridge to local government is created. Transition is really based off the community making the changes that they wish to see rather than waiting for the government to do it. It is important to understand these two discrepancies between Earth Communities and Transition Towns because Transition is not designed to be done on such a large scale as earth communities. It is against the principles of Transition for the government to have such a large and important role to play. In the future many successful Transitions might be able to come together to create a sustainable earth community.

Again this book is a good source for those who want to learn more about how we have come to be confronted with so many challenges we face today. All those who are interested in the social problems that we have today and how to fix them this book is a good source for you. This book really gets into the background of how we came to need something like the Transition movement if we are to make a better future for ourselves. It explains the mistakes and themes that have come to dominate our social and political systems and why it is so dangerous to ignore them. If we are to create the positive vision for our future, we have to make the Transition to a more resilient and sustainable way of life.

The Best Things in Life: A Guide to What Really Matters

Thomas Hurka

Thomas Hurka is a philosopher and a professor who teaches ethics and philosophy at the University of Toronto, where he holds a chair in Philosophical Studies. He is the author of the book *The Best Things in Life: A Guide to What Really Matters*. In the book, Hurka layers his concepts, one upon another, weaving a contemporary and fascinating report on what encompasses a good life and explains philosophical concepts about different aspects of life with understandable examples in a simple language. The book provides a good overview of the things that make a good life. This book is targeted to a large group of audiences from philosophical to non-philosophically minded people interested in learning more about the ways of making their lives happier. Students are also a part of this audience.

The book starts off with a description and an argument against psychological hedonism, a view which believes that we want and do things only as a means to pleasure. The view says that all the respect, love and kindness that we show to other people are just a pretense. Hurka clearly rejects the view and comments that we don't always aim for pleasure. He states that pleasure usually follows from having our desires fulfilled. Helping and caring for someone in need or respecting other others are desires from our hearts (Hurka, 2011). Hurka's statement holds true for Transition initiators or Task Forces. They don't think of personal pleasure, but rather aim for helping and saving communities from uncertain disasters. They help bring everything together, and hold events and activities to connect people in the community entirely for the community's and people's benefit. Eventually the pleasure follows our actions, for instance, all the activities that we do in Transition are followed by parties and celebrations.

He says that objects for pleasure can be things that are inside or outside of your mind. He introduces you to four types of good feelings and pleasure which are:

1. Items in your consciousness: eg. eating food you like
2. Good feelings that pervade your consciousness: eg. good mood
3. Pleasure associated with particular object: eg. feels good when your favorite sports team wins
4. Pleasure with more extended object: your whole life

Hurka defines happiness as an extended pleasure. As per his definition, pleasure and happiness can be compared to two environmental terms, weather and climate consecutively (Hurka, 2011). Like weather, pleasure is a short term feeling and happiness comparable to climate that is long term feeling. He thinks that if you feel positive about your whole life, in all aspects considering past, present and likely future, then you have an overall life satisfaction; you are happy. He also says that one type of pleasure can sometimes lead to the other or that two to three types of pleasure can blend together. For instance, if you are in a good mood, then you conceive everything positively and that will increase your pleasure and might lead to increased happiness. I can see this concept being related to the Happiness Survey because the Happiness Survey includes a few questions where it asks about our responses to different situations and I think our responses to different situations vary based on our mood.

Hurka points out that the material well-being is short lived and suggests that people should choose social connections and family life over money if they want to be happy. He

focuses on the idea that love, friendship, connections with your family and with relatives and community is the most essential factors to remain happy (Hurka, 2011). The present world is so caught up in the web of making money that we are slowly losing connections with our families and relatives and our community. We overload ourselves with extra hours of work in an attempt to earn happiness for ourselves and for our family, but no one is realizing that the long hours of work is taking away the most important factors that increase our happiness, time with family and community. It goes along with a book by John de Graaf *What's the Economy for, Anyway?* which also focuses on the importance of family life and social connection over money and long hours of work.

This idea is also related to Transition. Transition connects people in communities and encourages them to come together, to share their skills and stories, to celebrate together and to help one another. It builds a gap between different generations, races, cultures, and traditions. Transition believes in being inclusive, respecting everyone for their talents and skills and living together mutually. Transition also believes that social connection is the main factor to fight back against any kind of global problems. After reading the book, I felt that the Transition movement is actually the best way to increase happiness in people. It is human nature to live in groups; we are more likely to be powerful, pleased and happy when we are in a team or group. Importance of social connections can be seen and felt during social events where people are more happy and relaxed than during the normal days of their work lives. For instance, the Transition training and potluck meetings have brought together people who work in different places and positions, and it has increased their social connections. It was visible during the Transition training that community people were really having a good time. The first day was the introductory day so people were little awkward and were sitting with people they knew from before, but when it came to the second and third day of the training everyone had socially connected with one another and the general atmosphere of the room became more comfortable. Everyone in the room laughed, ate, shared ideas, gained new knowledge and enjoyed each other and was happy.

The book puts forth a quality time with one's family as another important factor to increase one's happiness. An anonymous quote: "home is where the heart is" explains the importance of family. There is nothing better than being with your parents, partners and or children. They are the ones who stand by us during our good and bad times; they are the ones who support us no matter who we are or how poor or rich we are. Money can never be compared with the family connection. Like this book, the main goal of Transition is to make the busy people of this century aware that our happiness resides in our community and within our family and among our relatives and friends, not in a computer or in the long hours of work in offices.

Some other concepts of Hurka such as knowing your world, and where you belong in it, knowing yourself and having morally fitting behaviors and desires which are also related to the Transition and the Happiness Survey. Transition encourages everyone to know themselves, their community, and their neighbors closely, as well as developing a positive relationship with them. Transition believes in "sharing is caring," so there is no way one can be selfish, greedy or hold a grudge against one another; everyone has to have mutual understanding. The above concepts are also related to the Happiness Survey because the survey poses questions about your relationships and trust with neighbors, and trust in the government which means that the survey expects a person to have a good relationship with his/her community and neighbors. It identifies these aspects as the determinants of happiness.

Hurka says that there are different good lives suited for different people's talents and in different situations. He suggested a few different ways such as being optimistic, eating favorite foods and exercising to please oneself. He said that one should enjoy what they do and live their life in their own way. Sometimes we tend to do the things that we do not like, just to make someone else happy. Hurka encourages everyone to lead their own lives and to make decisions independently.

In conclusion, the book provides a good description of different factors that can increase happiness in anyone's life. This book is not a self-help guide; it is more of a discussion of the points to consider before drawing conclusions. Hurka touches on different philosophical ideas put forth by great philosophers such as Socrates, which help the readers to consider theories they might find difficult to grasp otherwise. Inclusion of graphs along with straight forward explanations makes this book comprehensible to all kinds of readers. This book pushes the reader to think and act on the aspects of life and happiness that are relevant to them. Personally, I loved reading this book and I think it is an excellent resource for anyone who wishes to learn about the factors that affects happiness and wellbeing in their lives.

Pass it On: Five Stories that Could Change the World

Joanna Macy

Joanna Macy Ph.D., scholar in Buddhism and author of *Pass it On: Five Stories that Can Change the World*, traveled around the world and listened to people's stories. She lent an open heart and a listening ear. Macy learned that caring about people can go a long way because people have gone through some unthinkable ordeals. She promised the different people that she will tell their story all around the world. This book was published in order to open up the hearts and minds of those that care enough about other people and their struggles.

The book pertains to oral history and talking to elders. Even though the stories themselves do not pertain to our Transition movement, it shows that young and old should listen to those that are willing to talk about their experiences in life. A simple fifteen minute conversation can be an eye-opening experience for anyone.

At the end of the book, Joanna Macy and Norbert Gabbler had a conversation about taking action. In this section, they talked about some of the problems that the world faces. Macy talks about how we over consume and buy too much "stuff". The American culture is a "consumption-based" one. People consume because it makes them feel good in their own skin. This ties into Transition because we are trying to cut down the amount that we consume. If people stick to what they need, rather than what they want, then we will be able to cut down on the "excess of useless, throwaway objects" (Macy, 2010). Macy, a woman that has traveled around the world looks at the American culture diversely. If more people were to do this and be as critically of our culture, Transition would be a more successful and welcoming movement throughout the states.

At another point in the conversation, Norbert discusses failure. Transition can have a successful failure. He states "When we act together, the burden of responsibility or failure is not placed only on our own shoulders. If something fails, then we share the failure" (Macy, 2010). Transition is all about working together, however sometimes we can all fail and if we do fail, if we all put in a fair effort, than we should not feel as if the burden is only on us. Transition can be a great success, or a happy failure. It is important that we keep open minds through the process no matter how we are feeling as a group or individual. As long as we are all open with each other, than we can all take on something that might have been seen once as impossible. We could also take what we have learned through this process and "pass it on" to someone else. If we fail or succeed, passing on our model will help another group to be successful and learn from the past.

Norbert talks about the time pressure and how the Western society is speeding up all aspects of life. These tie into our Happiness Survey and how we are measuring how people live their lives. John de Gaaf has dedicated his life to slowing down and helping people realize that there is more to life than just working. People need to take the little things and appreciate them. Norbert does a good job of talking about how we look for short-term solutions to large, on-going problems. If we were to re-focus our lives to be more aware of how we spend our time, we would be a much better society. We can create a society that is happier and slowed down greatly if everyone was to read this book and research the Happiness Initiative.

Appendix K: Article Reviews

Human Domination of Earth's Ecosystems

Peter M. Vitousek et. al

This article *Human Domination of Earth's Ecosystems* is broken up into a few different sections. Each section explains a different piece on how humans are changing our ecosystem, and altering it for the worse. This article brings up many interesting and valid points proving that our planet is not going through natural cycles. The article provides many examples to back up each section. Land today and every ecosystem on this planet is influenced or changed by human action in some way. Humans have been altering these natural ecosystems for centuries, but we have never drastically changed these natural cycles. Humans are responsible to manage this planet, and at the current state, we are not travelling down the correct path. Maintaining how we interact with species, ecosystems, and populations is a task we are forced to take. By increasing the awareness and education people, they will understand that something needs to be done and corrections need to be made at a government level. If people were aware of the available incentives, they would take initiative to invest time and money into renewable resources.

The beginning of this article explains how land throughout the world has been altered by human interaction some way. "Until recently, the term "human dominated ecosystems" would have elicited images of agricultural fields, pastures, or urban landscapes; now it applies with greater or lesser force to all of earth" (Vitousek, 1997) Every piece of land on this planet has been altered by human domination in some way. More than ten percent of earth's land is occupied by agriculture or pastureland. These ecosystems are all affected by the increase in carbon dioxide in the atmosphere. By transforming this land it can directly affect the climate and carbon dioxide emissions emitted because of this transformation.

The oceans are home to many different organisms that are directly affected by the changing climate. Marine fisheries have felt the largest impact by human dominance. The fisheries have been altered by almost 70 percent, "as of 1995, 22% of recognized marine fisheries were overexploited or already depleted, and 44% more were at their limit of exploitation". (Vitousek, 1997) Commercial fishing companies discard almost 27 million tons of non-target organisms every year. Many tools and techniques that large fishing companies use such as trawling, damage many habitats as they are being pulled across the ocean floor, and are destroying the natural ecosystems and organisms that live there. Humans have affected these marine food chains causing algal blooms and increases in phytoplankton which produce harmful chemicals. These algal blooms are usually affiliated with increasing changes in temperature. As the temperature increases the blooms increase causing malformations in shellfish.

"In the United States only 2% of the rivers run unimpeded" (Vitousek, 1997) by modifying these streams and rivers humans are altering many natural ecosystems. These dammed rivers and streams affect how many organisms interact with their biotic habitats. For example "the damming of the Danube River, has altered the silica chemistry of the entire Black Sea" (Vitousek, 1997) Not only are we altering the Danube River and affecting the species that live there, humans are constructing these dams only worrying about themselves and not caring how they affect the other organisms that live in that specific niche.

This article would be very beneficial to someone who is interested in learning about climate change and how human race is dominating over organisms that have been here for centuries before our race. This article gives many interesting facts and examples proving how much humans have been altering this planet, and provides a much better understanding of what is important in today's lifestyle. Confronting readers with hard facts that get them thinking about what they are reading and how they can make a difference is what this article does. Human race does not have to follow in the same steps that it has been for years. Transitioning away from our current state will only benefit life in years to come. Even if somebody is not interested in this subject, I would still recommend this article to them because how influential it can be. Any individual can read this article and take something home; learning that in 1997 when this article was published scientists knew that our earth was changing then. Even though to this day humanity has not made a dramatic change in living our current lives and it is continually contributing to the increase in carbon dioxide.

For the Kearsarge area the biggest thing that is needed is educating people to know that this burden is present and is not going to go away unless humans make a change and adjust their daily lives. As the warmer seasons arise, this article will be able to be used as a tool when meeting with working groups. For the permaculture working group with Candis Whitney, I will be able to talk to community members about this article and information that I have learned from this article tying it back to nature and how it is affecting nature itself. Just explaining to people that are already interested in the Transition movement that we are dominating many natural ecosystems and destroying them people will understand that working as a group and sharing ideas and thoughts is a great way for everyone to benefit from this source.

This article is an excellent source for those who are interested in understanding how climate change and human race are directly related to each other. For a long time humans have not known that climate change is taking place, or they think that if it is directly not affecting them, then they do not have to worry. We want to set an example for other communities to use our community as a target goal. This article allows for a greater understanding on climate change and how there are many indicators out there that are showing our race that change is needed.

The Peak Oil Debate

Laurel Graefe

The point at which the world's level of oil production maxes out and starts to decline is referred to as Peak Oil. The theory of Peak Oil, has been around for the past 50 to 60 years, however there has always been a great deal of speculation surrounding it. The main purpose of the "Peak Oil Debate" article is to bring all the factors surrounding peak oil into focus as well as provide insight into the future of our fossil fuel resources. The largest factors that surround peak oil include technological developments, prices, as well as feasibility on accessing new areas of fossil fuel resource. The Author explains the different types of reserves and the framework used to classify them. Lastly the authors parting words look ahead into the future and explain the possible consequences for not changing our way of life now.

Written by Laurel Graefe in 2009, *The Peak Oil Debate* explains one of the largest issues with the theory of peak oil is the development in new technologies. Reserves of fossil fuels that seemed impossible and impractical to reach just a decade ago are now becoming a reality with the ability to tap even more resources growing each year. The framework used to describe the remaining resources is listed by its level of "P." 1P is a reserve that is most likely to be harvestable under current technologies and financial cost. 2P is a reserve that is "Proved plus Probable" to be harvested under current technologies and costs. A 2P reserve is considered to be just out of reach of what is currently available in both funding and technologies. The most out of reach reserves are known as 3P, for proved plus probable plus possible. 3P reserves are said to have a 10 percent chance of being developed under the current conditions. It is stated in the article that these classifications are not as straightforward as they may seem as there is no widely agreed upon way to report oil reserves, making this system of classifying wells just a formality. Some of the latest and greatest fossil fuel resources are being labeled as nonconventional sources. Some of these nonconventional sources include oil sands, oil shale, as well as natural gas liquids. These are classified as nonconventional resources because of either the process in which it takes to extract the resource or the state of the fuel once it is removed from the ground.

One of the main drivers behind the uncertainty of peak oil is that all of this new technology leads to the ability to extract all these reserves that were previously thought to be untouchable. As more and more resources are tapped, some speculate the date of peak oil to be further away, while others think it will not make a difference. Just because the date of peak oil is constantly being pushed back does not mean that we shouldn't begin to prepare for the future now. The authors closing comments reflect the opinion that the low cost of energy through our history has pushed aside the issue of conservation and being more efficient. The author places emphasis on starting to Transition to new and different energy sources now instead of waiting. Graefe states, "...regardless of the exact timing of peak oil production—be it this year or fifty years down the road—the world faces the challenge of adapting to a new model of energy supply." (Graefe, 2009) The underlying message here is that we should stop staring at when exactly peak oil is going to occur and instead begin to prepare ourselves for what comes next. Our dependency with oil needs to be turned back a few notches as we return to a small, localized economy with local food systems and close-knit communities. The Transition Town initiative was born, as a way to combat the affects peak oil will have on our lives. As the article states, there is a need to begin changing our way now so that when peak oil becomes a reality we will be able to overcome the challenges that will face us.

Peak Oil, Food Systems, and Public Health
Roni Neff et.al

The article *Peak Oil, Food Systems, and Public Health*, written by Roni Neff, Cindy Parker, Frederick Kirschenmann, Jennifer Tinch, and Robert Lawrence included insight on a controversial conversation. Peak oil is very often discussed on a timeline. There is no certainty as to when the peak will occur. There is, however, one agreement between scientists and other activists, which is that peak oil is going to happen eventually. Unfortunately, the current world economy and infrastructure will not be able to withstand a shock such as the decline in oil. Many features of our economy and daily life are dependent and will suffer. People will not be able to have the luxuries that they currently have. Oil is taken for granted; utilized in almost every facet in our lives.

When supply runs low, and people have not changed their behaviors, the shock will cause a panic. Health, food, school, shopping, production, and manufacturing are all systems that are dependent on oil. If the price of oil goes up people will feel the effects from all directions. This article directs its focus on food and health. The article does not tell us the date that peak oil is going to happen, but instead explains to the reader how important oil is to two basic things in life: food and health. Food products are going to be the first items hit with a price increase. Increase in fuel prices will inadvertently force basic food prices up because of the cost to ship food across the country. If this happens, people will either buy local, because these goods are going to be the more affordable option, or people will have to spend the extra money on food from their current system.

Food and oil are the driving forces behind health. If food did not travel for thousands of miles, there would be less CO₂ emissions into the atmosphere. This then would cause pollution to go down and air quality would increase. Overall health will improve from the basic emissions alone. If the price of fuel was to go up because of supply going down, food would travel less miles, forcing an increase in local markets. A healthier community can emerge because most local farmers do not use harsh pesticides and harmful fertilizers. They are more focused on quality rather than yield.

If more people were to buy local, influenced by the cost of food from far away, local resilience can and will increase. Areas with many local farmers will be more likely to shop at a farm stand rather than a big named store. The need for local farmers will increase. If more farmers were to talk this opportunity, the food system in the Kearsarge Area would be more secure. A model like this would work for an area like the Kearsarge Valley. Warner already promotes local food, and the driving force behind it is Kearsarge Area Eat Local (KAEL). Groups like this are ones will help our Transition take off. People that are passionate about something so important will help the process grow and local health increase. These different groups already have combatted a bit of their problem.

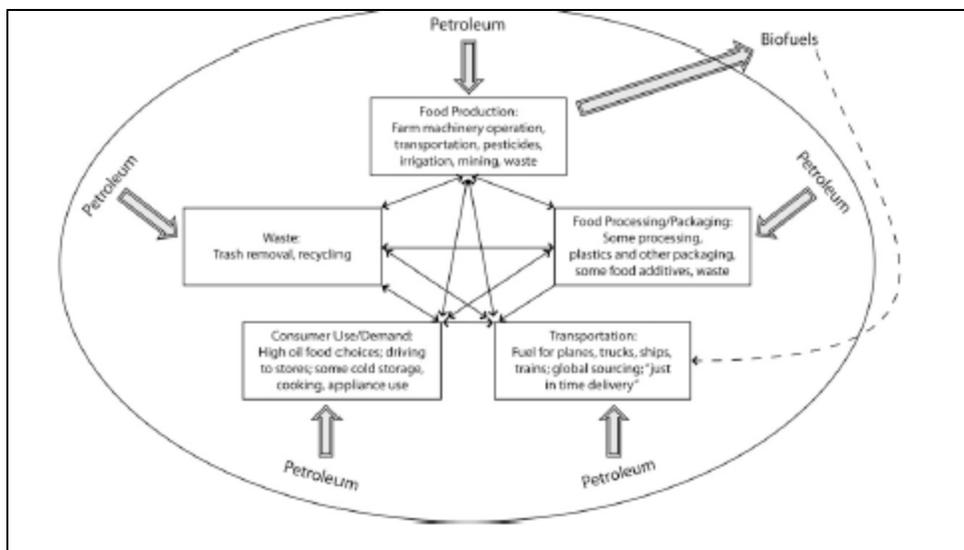


Figure 1: Petroleum going into food system

Figure 1 shows how much our food system depends on oil. Oil goes into the different areas of food, but does not circulate back out. A cycle like this will never be sustainable. Due to high consumption of oil for food production, processing, transportation, demand and waste, oil is being depleted and not renewed. As people are concerned about food, they should also be concerned about the amount of energy that goes into every plate of food. Due to the dependency of oil in our food system that is depicted in Figure 1, the correlation between depletion of oil and food systems being in jeopardy is extremely high. If changes are not made now, our food system and health will not be as it is today. Our food system needs to adapt to the use of renewable fuels. It will create less waste and a closed loop rather than an open loop. Figure 2 depicts this image well.

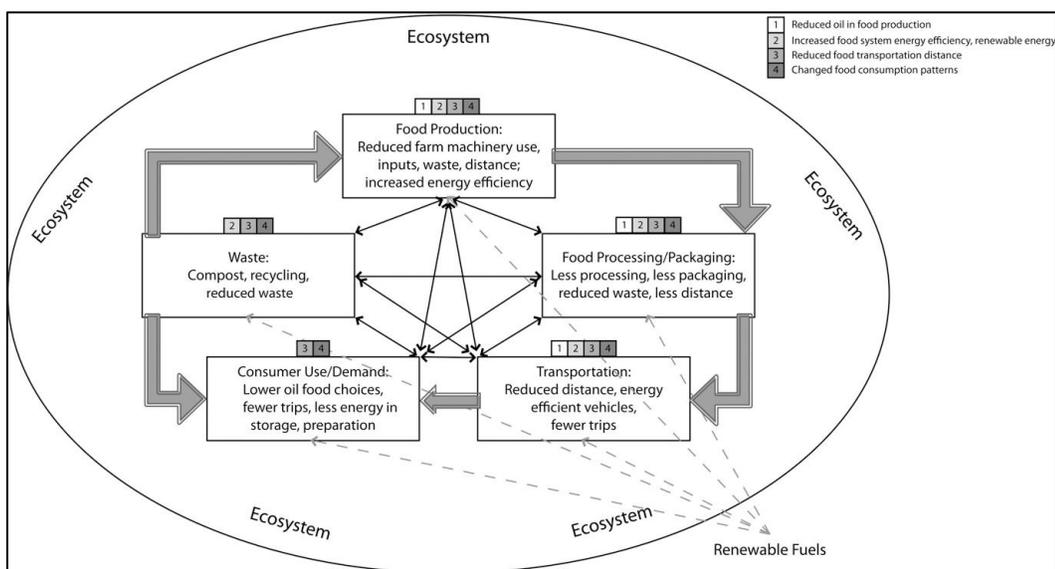


Figure 2: Food System after Peak Oil

This article targets the middle class who are concerned about what they eat. The concern will make them pay more attention to how it is grown, and where their food is coming from. Everyone should be aware of where their food comes from because it is an essential part of life and, for those that are satisfied with just eating meat from another part of the country, might care less about how peak oil does affect them.

If anything, this article should strike those who want to change the food system. No carrot should have to travel 1,400 miles just so it can be on a dining room table. It shows that our food system is reliant and not going to work in transportation over such long distances. Not only will this have a negative effect on future generations, but everyone's health is slowly declining. This article should strike people emotionally for the health of their children and families. From this, they should want to see a change for both the present and future generations. Scare tactics for peak oil may be needed to cause a change amongst the people of today's society, but it is what needs to happen for some to start to take action.

Global Energy: Latest Infatuations

V.Smil

As oil prices continue to rise some people are looking to renewable or alternative energy resources, while others just hope the prices will eventually drop. Will we be able to leave oil behind us or use it sparingly as we move into the future? As we keep progressing into the future and climate change and peak oil start becoming more prevalent it will be important for us to have an infrastructure for renewable energy sources. This article goes into the challenges facing the U.S. and other economic leaders of the world and gives some ideas on how we can make changes to reduce the use of oil.

In the article, Smil talks about how throughout history the U.S. has gone through several energy infatuations. In the 1960's we were preoccupied with producing electricity and the main concern was creating a nuclear energy infrastructure that would produce electricity for years to come. It wasn't until the oil crisis from 1979 to 1981 that crude oil became the forefront of concern in the U.S. and it continues to be the biggest concern today. While we worry about the damage that comes from the emissions from oil and other fossil fuels, the U.S. uses the most energy per person per year. On average a United States Citizen uses about 330 gigajoules of energy while advanced nations in Europe and Japan have an average energy usage of about 160 gigajoules per person.

The United States seems to be the most reliant on oil. Other nations have a good infrastructure for renewable resources and mass transit. The United States is reliant on cars and planes for transportation. European nations have high-speed trains and rails that run throughout countries that are more efficient than driving long distances or flying to a destination. The United States is reluctant to set up an infrastructure for high-speed rails and the few that are in place already are extremely expensive and have limited destinations. One of the problems for creating an infrastructure for renewable resources is the fact that renewable resources and the technology that comes with them don't put out as much energy as oil and coal generators. It is also hard to get the energy produced by renewable sources from the source to the areas of the country where the energy is needed. The reluctance to change has led to scientist looking into way to capture carbon dioxide from the atmosphere and bury it or "bottle" it. These measures are futile and there is no way to capture enough CO₂ from the atmosphere to bring carbon dioxide levels to a safe measure.

It is easy to let this article make one think that we are doomed or it is going to be impossible for us to make the change from or greatly reduce our oil consumption, but if we use the teachings of the Transition initiative the task doesn't seem as hard. The Transition town initiative is all about building a resilient community that will not falter during a crisis whether it is an energy crisis or a natural disaster. The movement starts at the local level and I think the reduction of our fossil fuel use must start at the local level too. In the article Smil looks at the problem from a national perspective and looks at solutions on the same level. I believe if we start reducing our energy at the local level it will spread and eventually the government will see that there is a need for an infrastructure for renewable resources.

The main problem in the article is that as a country the United States uses around double the amount of energy than other developed nations. The switch from fossil fuels to renewable

resources may seem daunting, but the first thing we must do is reduce our energy usage. The Transition initiative is a good way to start this on the local level. If we are able to reduce our transportation by growing a stronger community, local economy, and local food network it will greatly reduce energy usage as well. Another way to make the renewable resource infrastructure work is to look at it from the local level as well. Instead of trying to figure out a way to make a national grid to connect solar energy from Arizona to New England, we should have many smaller plants that power smaller areas. This will make a large black out less likely and it reduces the risk of a terrorist attack that will do widespread damage. The fact that renewable resources produce less energy may scare some but if we reduce our energy usage and put up solar panels on our houses so they can, for the most part, power them, the power plants won't have to produce the same amount of energy as they do now.

This article is useful because it shows what we are doing wrong right now. It shows how we are infatuated with oil and have been since 1980. It is time for us to move on and look to the future. Smil outlines the problems we are facing very well, but he doesn't give many solutions and that is where Transition comes into play. He does say that we will continue to have fossil fuels for the foreseeable future and we should use them, but we need to start reducing our consumption. We need to become infatuated in reducing our use of fossil fuels and use them in a smarter more efficient way. The Transition initiative addresses the problems without making a big deal out of it. While Transitioning the problems will be addressed and I believe that facing the problem from the bottom up will be more effective than a top down approach where people feel like they are being forced to change. The Transition initiative makes facing the problems fun and makes the task seem easier because the problems are being addressed with friends and you don't feel like you are the only one facing the problems.

Perception of Climate Change

James Hansen et.al

The 2012 article, *Perception of Climate Change*, written by James Hansen, Makiko Sato, and Reto Ruedy is an article which covers raw data of temperature changes over the past several decades, but also the counter arguments to climate change. Climate change is a natural occurrence which has been experienced throughout Earth's history. Cooling periods to warming periods, glaciations to inter-glaciations, the Earth has never been in one consistent stage (Hansen, 2012). Arguments have risen over the recent climate experienced today. Some argue that the increase in global temperature is another phase in the Earth's natural cycle. Others, recognized heavily in the scientific community, support the idea that the current increase is human induced, caused mainly by the combustion of carbon. Putting aside both of these arguments, Hansen, Sato, and Ruedy have compiled surface temperature, which was collected by the Goddard Institute for Space Studies, to analyze the change in temperature over the past 30 years.

The analysts used the 30 year base period, 1951-1981, to compare temperatures from 1981 to 2011. The stable period of 1951-1981, categorized by the baby boom, was used to create the bell curve for standard deviation analysis (Hansen, 2012). Using the standard deviation method, the results showed that there was a significant amount of points that lay more than three deviations away from the mean. This means that in the past 30 years there have been temperatures that have been much higher than the average temperature for the base period. Due to the increase in hot, very hot, and extremely hot days within the past 30 years, the mean temperature has shifted to the right of the previous average of the base period (Hansen, 2012). While this does not prove or disprove human forces on climate change, it does show the climate changes that are being experienced by our planet.

Over the past 30 years, our planet has experienced an increase in climate anomalies. These anomalies are climatic events that are irregular to that of the normal events or temperatures that usually occur during that time. In the summer, this would mean that there would be more days that are "hotter than usual". This is referred to as "loading the dice". This means that the odds of "landing" on a day with irregular temperature are increased. While the overall planetary temperature is increasing, regional and local temperatures will fluctuate. Some areas may experience an increase in fluctuations and others may not, but there is uncertainty. Despite the variation in regional temperatures, with our current environment, economic, and food systems, all will feel the effects; especially in the United States (Hansen, 2012).

New Hampshire was used as a comparative state in several of the graphs presented in the article. Each figure showed the increase in the land temperature in the state. Figures of both winter and summer seasonal temperatures showed an overall increase in comparison to the base period. The ecological impacts could potentially be felt in the area. Migration patterns could be altered, invasive species could arrive more frequently, and diseases could last longer or occur more often due to the rise in temperatures. There are scenarios that could occur depending on the unknown direction the New Hampshire climate travels toward. From an economic standpoint, ski resorts and surrounding businesses could suffer due to the altered water cycle which was a result of the rise in regional and local temperatures. Precipitation patterns will be more unpredictable due to the climatic changes being experienced. For New London, New Hampshire, which is a community which often thrives on tourism and travel to ski resorts such

as Mt. Sunapee and Ragged Mountain, may suffer due to the inconsistency of snow. Not only will local changes affect the town of New London, but regional changes will affect the small community as well.

In the summer of 2011, the Corn Belt experienced a massive drought which affected food production. New London, like many other towns, obtains much of its corn and grain from the region. While the drought was not local phenomena, it was felt throughout the food system. Shocks to the system not only affect the food chains, which have been established in the United States, but also the economics behind them as well. Basic economics shows that when demand is high and supply is low, then the price will rise. The local grocery store, which imports a majority of its produce, will witness an increase in product cost. This then will hit the pockets of the local people of the Kearsarge area that buy from these chain grocery stores.

Putting aside the argument of climate change, the reader can easily see the changes experienced throughout the past three decades. The raw data is not speculative but fact. It can then be applied to both a national and regional level. People who understand the systems, environmental, economic, or food, will be able to draw conclusions on how their particular area will be affected. For example, the Kearsarge area may see changes in the ecosystem through the increase in invasive species, economic changes in such industries as tourism, and lack of food security. While these scenarios are not definitely going to occur, they do raise concern due to lack of the systems security. With this said, this article is an important tool to show community members the importance of improving economic and food security. Everyone will be affected by the anomalies that may occur in the future due to our national systems, but we have the opportunity to alter our reliance on that large system. By switching to a more localized economic and food system, the community will be less effected by the shocks felt throughout the nation and globe as well. The Kearsarge area has the resources to improve their resilience, which will improve their security in the future despite the increase in climatic anomalies in the future. In the long term, if all were to localize their economic and food systems, the reliance on energy, mainly fossil fuels, would reduce due to both the travel of business and food.

Adapting to Climate Change: Social-ecological Resilience in a Canadian Western Arctic Community
Fikret Berkes et.al

The article, *Adapting to Climate Change: Social-Ecological Resilience in a Canadian Western Arctic Community*, is a study written by Fikret Berkes and Dyanna Jolly. The text focuses on how climate change is affecting an Inuit community in the western arctic region of Canada and how they have adapted to dramatic changes in climate. Changes that have created a number of challenges such as travel access, weather predictability, and species available for them to hunt. The Sachs Harbor community, consisting of 30 households, agreed to helping create a video documentary as well as participating in a survey and series of interviews. This information was used to identify the level of resilience based on two main concepts: coping mechanisms and adaptive strategies.

Coping mechanisms are the actions and behaviors that are short term responses to changes that may threaten livelihood or survival. Some examples of coping mechanisms found in the Inuit community were the change of fishing locations and the alteration of hunting strategies, such as hunting seals from boats instead of on top of the ice. These changes have aided in them maintaining their food and resources, but while they help their survival for the time being, the community is also required to implement adaptive strategies.

An adaptive strategy is a change or series of changes used to increase productivity and maintain security of livelihoods. Due to living in an environment that is already highly variable, the community in focus has already developed adaptive strategy methods. Among these are flexibility with changing harvest and hunting cycles, extensive knowledge of the surrounding environment and useful skills, and the utilization of intercommunity trade. With the help of using adaptive strategies, the members of Sachs Harbor have been able to remain where they are located despite the effects of climate change becoming more and more obvious.

These two concepts are important for any community looking to build resilience in light of a changing climate, both environmental and social/economic. This article provided clear and understandable definitions of coping mechanisms and adaptive strategies and how they related to the case of how climate change was affecting this Inuit community. Berkes and Jolly also identified three main components of resilience and compared them to the activities of the community.

In addition to this, they looked into how the social functions of the study group affected their views and actions on their changing world. For example, the Sachs Harbor community addressed many of the issues they faced by drawing upon the wealth of knowledge the entire population had gained across the generations. By tapping into this collective genius, a term commonly used in Transition, they have been able to formulate ways to cope and adapt to climate change. They have also put a significant emphasis on the use and development of new and old skillsets- as they would be useful for survival. We can relate this to the importance that Transition puts on what is known as “The Great Reskilling”. This is an idea that works to diversify the skills of both individuals and communities as a whole so that they can become, and remain, more self-sufficient.

Another concept that relates to Transition is the importance put on intercommunity trade to supplement food and supplies that are otherwise difficult to obtain. Sachs Harbor used the products they created from abundant resources such as snow geese and musk-ox to trade with other communities to the south and east for items like beluga whale and caribou products. This simulates the value of developing and utilizing connections not just within our immediate community, but within our surrounding communities as well. By having this support system in place, we can become more resilient. It is through examining the actions and methods used by the Sachs Harbor community, we can witness strong examples of how we can take advantage of Transition principles. Though they live in what would be considered extreme conditions compared to what we would face, their responses to the instability and change serve as guidelines for us to follow.

This article would be good to use as a source for identifying the impacts of climate change on vulnerable communities. As mentioned before, it provides examples of methods and actions that can be taken that have shown to be effective in increasing and maintaining resilience. Many of the social practices that the Inuit have link very closely with the values seen in Transition, thus making this a relevant resource for being used as an example. This article was found to be useful in gaining a better understanding of how vulnerable communities are affected what positive and logical steps are being taking to adapt to a changing world.

What's for Dinner? Finding and Affording Healthy Foods in New Hampshire Communities

N. Stracuzzi et.al

Finding and affording healthy foods in our communities is a basic family need. Yet access to nutritious food has declined in inner cities and rural areas in recent decades (Stracuzzi, 2011). According to the U.S. Department of Agriculture, more than 17 million (14.6 percent) of American households were “food insecure” in the year 2008 (Stracuzzi, 2011). The USDA defines food insecurity as “access to adequate food is limited by a lack of money and other resources (Stracuzzi, 2011).” As a result of food insecurity, health conditions such as obesity, diabetes, and heart disease become increasingly common.

Fortunately, the state of New Hampshire, where the Kearsarge Valley Task Force, a Transition Town Initiative based in Merrimack County, is located has one of the lowest poverty rates, and lowest rates of household food insecurity in the nation (Stracuzzi, 2011). In addition, the state of New Hampshire ranks among the top five healthiest states in the nation (Stracuzzi, 2011). Although, the state of New Hampshire is doing very well compared with others states in the nation, more than 44,000 New Hampshire households face food insecurity (Stracuzzi, 2011). Obviously, these facts become of value to the Kearsarge Valley Task Force whose mission involves coordinating the efforts of their towns to create an interconnected and resilient region. But in order for the Kearsarge Valley Task Force to judge the applicability of their state’s current level of food insecurity, the Task Force must understand the key components contributing to this situation.

In the spring of 2010, the Carsey Institute at the University of New Hampshire published a brief report that thoroughly investigates food access in New Hampshire, including geographic distribution of grocery stores and other food outlets, availability of food among households, and the distribution of dietary-related health conditions. This report, which is called *What's for dinner? Finding and Affording Healthy Foods in New Hampshire Communities*, is highly recommend to anyone wishing to study the subject of food insecurity as it exists in New Hampshire. The study explains that there are several factors that can affect a household’s food security. These factors include: regional cost of food and housing, income, employment, illness, disability, divorce, one’s locality, and the economy. Interestingly, the authors of this study, Stracuzzi and Ward, state that food costs are among the first to be cut back on when times are tough because food costs can be reduced in ways that living expense such as mortgages or utilities cannot since they are fixed expenses. When these food cutbacks occur, food quality and quantity are reduced. Furthermore, lower-cost foods are often less nutritious because they consist of highly processed ingredients which have been linked to costly health conditions. With insufficient nourishment comes harm to one’s physical, mental, social well-being, as well as one’s ability to achieve educationally (Stracuzzi, 2011).

Because of food insecurity and its link to health conditions, areas with limited or no access to adequate foods are a growing problem, especially in the North Country of New Hampshire. Roughly 3.5 percent of New Hampshire households live five or more miles from a grocery store and most of those in this situation live in the North Country (Stracuzzi, 2011). Clearly, this presents a real challenge in rural areas like the North Country of New Hampshire where people have to travel long distances to access nutritious foods. Problematic factors such

as weather and lack of public transportation also contribute. However, this report dives deep into investigating food access in all of New Hampshire's counties. It points out that food access is uneven in the state because food producers are heavily concentrated on the Seacoast, along the Massachusetts border, and along Interstate-93 in the southern and central parts of the state. In other words, one's access to groceries stores depends on a county's population, nearness to a highway and level of market interest (Stracuzzi, 2011). Consequently, this study points frequently to the North Country of New Hampshire because food stores there are sparse resulting in limited access to food, leading to high rates of dietary-related health conditions such as diabetes, obesity, and heart disease. Clearly, household food insecurity is the result here. The disturbing pattern of food insecurity in the North Country, which consists primarily of Coos County, the northern most county in the state is not surprising. Coos County has the largest land area, the smallest and poorest population, and the least accessible food sources in the state.

Interestingly, if you compare the North Country of New Hampshire to the Northern Kingdom of Vermont the two share many of the same negative factors with respect to food sufficiency. These similarities include: food insecurity, health problems, limited food accessibility, low- income, and sparse population. However, the state of Vermont has the *Farm to Plate* Strategic Plan which attempts to provide all Vermonters access to fresh, nutritionally balanced food that they can afford, and provides free food for Vermont's most vulnerable citizens (Kahler, 2011). In addition to the Vermont's local food system strategic plan, the town of Hardwick, Vermont, located in Caledonia County in the Northern Kingdom, has developed a comprehensive, functional, and vibrant local food system model that operates in a closed loop fashion. Importantly, this model provides communal strength, economic vitality, food security, and general resilience in uncertain times. This leads us to look again at New Hampshire and ask: "how advanced is the state of New Hampshire when it comes to food insecurity?"

As, previously mentioned, the state of New Hampshire has identified that 91 percent of the state is food secure thus leaving 9 percent or 44,000 citizens to be food insecure. The University of New Hampshire article *What's for dinner? Finding and Affording Healthy Foods in New Hampshire Communities*, suggests that solutions for New Hampshire households facing food insecurity include the following:

Economic development efforts and incentives could encourage food outlets to locate in, or remain in areas where there is a deficit, and convenience stores, small grocers, and local communities could collaborate to increase the number of moderately priced, high-quality foods they offer (Stracuzzi, 2011).

Furthermore, the New Hampshire "Eat Local" movement offers additional strategies such as relying on more locally produced food, and including seasonal foods with longer shelf lives. This would help alleviate food insecurity and increase the variety of healthful foods (Stracuzzi, 2011).

As we have learned, the state of New Hampshire for the majority of its population is food secure. Nevertheless, just because the majority of its population is adequately fed doesn't mean that there are not pockets of food insecurity throughout the state. Certainly, there are people suffering from food insecurity and health problems in the Kearsarge Valley Region where the Transition Town Task Force is located. In spite of the fact that the town of New London, NH is one of the wealthiest towns in the state there is a necessity for several food pantries in the area.

There are also other food pantries in the Kearsarge Valley area, the site of our Task Force. The New London food pantry serves 1,200 people with food and necessities for its surrounding community members. Food pantries in Sutton, Bradford, and Warner serve large numbers as well.

An important question is: “Do these food pantries supply high quality fresh foods to their clientele and if so how do the food pantries obtain fresh foods?” The New Hampshire Food Bank Program has devised creative approaches to end food insecurity with a view to this issue of providing healthy foods. One of their approaches is called the “Recipe for Success” which involves establishing productive community gardens that provide fresh and seasonal foods to New Hampshire food pantries. Clearly, what the Kearsarge Valley Transition Town Task Force needs to do now is to establish a working group the focus of which is to create enough productive community gardens in the area to help feed all those who are facing food insecurity.

Genuine Progress Indicator as an Adequate Macroeconomic Indicator of Public Welfare

B. Danilishin et.al

This article introduces us to an alternative way of measuring progress. The U.S. measure success on the assumption that economic growth and the progress of a nation go hand in hand. This assumption however is misleading. Gross Domestic Product (GDP), the method that has been used to measure growth, accounts for all things bought and sold in the United States. GDP only takes into account built capital and financial capital (Danilishin, 2010). What it does not take into account is natural capital, human capital, and social capital which are important variables when it comes to measuring progress. The Genuine Progress Indicator (GPI) not only looks at the economic variables but also accounts for the social, environmental, and human aspects of progress. Whereas GDP is geared more toward an open mouth, bottomless stomach economic growth system, GPI is more able to show the overall progress of a nation.

This article is geared toward an audience that is interested in economics, business, and the overall health of a single entity such as a country, region, town, or community. The article gives a different perspective on something that is not only vital but also the topic of much discourse. This perspective gives us a better understanding of what is important when measuring progress. For example if we would like to better understand the progress of our own community we could not do this by measuring only the economic aspect (Danilishin, 2010). Rather we would have to take into account the social and environmental aspects as well. This article explains why we should no longer take as much store in purely economic run indicators because of their narrow view on what progress is. Just because GDP increases it does not mean there are no side effects of that “growth.” In fact when looked at from an environmental perspective there is a direct correlation between the increase in GDP and the decrease of natural capital. There are many different variables that need to be taken into account when looking at the progress of a nation, region, town, or community. Because of this, GPI could be an important component when it comes understanding where our community is and where it needs to go in order to create a better future (Danilishin, 2010). Using the information gained by the GPI we could have a better understanding where the community could improve.

Certain people have a hard time with the concept of Transition because they see no end point or goal or, more importantly, a way to measure the progress of our initiative. This is a very valid point since the Transition initiative has not official way of measuring the success this movement can bring to a community. The GPI gives us the ability to overcome this weakness of the Transition movement. Yet the GPI is not without its own set of weaknesses.

The strength of the GPI, its ability to measure progress over a broad spectrum, is also a source of its weakness and the reason why our class might want to wait before using this as an indicator for our community (Danilishin, 2010). There are a lot of different variables that go into creating the measure of progress. Not only are there the main three categories, economic, environmental, and social, but there are also subcategories of each. For example under the social indicator variable there are about nine different subcategories that need to be taken into account such as cost of crime, cost of leisure time, cost of commuting, cost of higher education, etc. All these different categories make it difficult, and time consuming, to make an accurate assessment of an areas' progress using the GPI model. At the University of Vermont, for instance, upper

level undergraduates and graduate students were paired up to access different indicators in order to create a GPI model for the nation (Danilishin, 2010). If there was an entire class dedicated to measuring GDP it would be hard to integrate it into our Transition class at the present moment. Another issue is that some categories such as cost benefit ration of ecosystem services, a subcategory of the environment variable, would be difficult in of itself to make an accurate “rating.” It would be difficult, but not impossible, to have the sort of accuracy and time devotion to a project like this that it requires, while still working on the Transition initiative and the Happiness Survey. It would be worthwhile to keep it in mind so that once the Transition initiative gets going in this area we will have a more substantial way of marking our progress at our disposal.

For the Kearsarge area the need for the GPI indicator is not strong enough to make it a priority. The Happiness Survey will be able to give us a good base line of how we as a community are faring. Once we have started a successful Transition then our need for the GPI indicator will become more apparent. We could use the GPI as a means to not only allow us to understand where we as a community progressed, but also for other communities to see that we actually made progress toward a better future. This is the essential point. The most important reason to use this indicator would be to show other people and other towns that the Transition initiative made a difference in our community. We as a community will already have a sense of the progress made towards a brighter future, because we will have witnessed the process, but it is important to have a way for others see that progress, and the best way to do this is by using the GPI indicator. By doing this we can spark other communities’ interests in creating a Transition town. This is an aspect of Transition that is sometimes overlooked. We want to create a more resilient community for ourselves through re-localization but we also want to be a role model for other communities. If other towns take on this initiative then not only are we creating a better future for our separate towns but we are also creating a better future for our county and our world as a whole. By creating local resilience we can create global resilience. By re-localizing our community we can globalize a new way of living. By reducing our carbon footprint in a small community we can empower the world to follow suite. This can only be accomplished however if we have a way to show others that we have been successful, and for most people the GPI indicator will be a good source for that accomplishment to be shown.

This article is an excellent source for those interested in understanding how a community, town, region, or nation should be measured in terms of progress. For too long we have been grading our progress through economic “achievements” rather than actual concrete accomplishments in a variety of different areas. The GPI allows us a broader understanding when it comes to progress and this is the reason why the GPI is such an important indicator.

Measuring and Modeling Community Resilience

Richard Forgette et.al

Richard Forgette and Mark Van Boening wrote the article, *Measuring and Modeling Community Resilience*, which I believe is a useful learning tool for all communities and different areas throughout this world because of the challenges that we are facing as an entire global community. Throughout the article the authors studied certain factors present in four counties in the state of Mississippi. Climate change, whether one may believe it is caused by natural occurrences, or directly derives from human involvement, is certainly occurring, and we are facing these changes even within our lifetime. Climate change has a direct correlation with experiences that we are facing, and these are more extreme and often-occurring storm surges. There is sufficient data of weather patterns all over the globe, and as this global community, we are susceptible to these stronger and more devastating storms. This being said, damage to agricultural and industrial lands alike is in danger, and increasing number of deaths is also increasing.

Awareness and active change have certainly been implemented throughout in order to try to decrease these damages, injuries, and deaths. Technology is improving, education of all ages is becoming more prevalent, and individual lifestyle changes all help to try to improve these problems that we are facing. This article introduces a practice that certainly addresses these problems, and also shows some relevance when analyzing our Kearsarge Area Transition Movement as well as our Happiness Survey. This article is about a community, or directly from this example, an area in Mississippi that has the area's resilience measured. Resilience, in a simple understanding, is the ability of an area to essentially "bounce back" from a catastrophe or natural event. By being able to measure resilience in a quantitative form, by asking certain types of questions about the area, this given area can become aware and make changes. By doing this, if that particular area is faced once again with a severe natural disaster, then they will be more prepared, and by doing this face less damage, decrease the amount of injuries and deaths, as well as rebuild and bounce back within a quicker amount of time. The Transition movement that we are implementing within this area is meant to do exactly this. Although it touches upon many factors such as sustainability and facing the global peak oil crisis, but by becoming a closer well knit community, we are becoming a more resilient community. Therefore if we do face an immediate crisis we will be prepared more thoroughly, then in the past.

Within this article they describe this process of examining the area's resilience within Mississippi that was most affected by the wrath of Hurricane Katrina. This hurricane was the most costly natural event to ever hit the United States in terms of property and environmental damage as well as clean up. An estimated total of 1,500 deaths were attributed to this storm. We face challenges like this storm all over the world, and within this article they explain their resilience survey, with the intention of retrieving the benefits that were stated previously. This resilience project is labeled as SERP, which stands for socio-economic resilience. They measure the areas ability to bounce back by using three different vulnerability categories, which include social vulnerability, structural vulnerability, and environmental vulnerability. Under each of these categories certain questions are asked, and then from the answers, quantitative values are derived. For example, a few questions under the social vulnerability category are: How much money do you make? Are there support groups in place? What is the average age? Under the structural vulnerability category, examples of questions are as follow: Are building codes in

place? What is the quality of the building materials? Are their building inspectors? The last category, environmental vulnerability, is associated with questions such as these: Is the area close to the ocean? Storm Barriers? Are you in a flood plain? I wanted to show a few of these questions that are associated with each part of SERP so one will have a better understanding of what the actual survey looks like. This study provides scores to individuals and counties to see where they rank with one another in terms of resilience.

This was a useful article, perhaps because it interlocks with the underlying goal of our Transition movement as well as our Happiness Survey. This article could be very useful to anyone who ends up reading it. At the very least it will make the reader aware of the natural disaster emergencies that we are facing, and it makes it more affective by using the Hurricane Katrina area for this study, an area of tremendous hardship. It also makes the reader realize that these disasters can certainly happen anywhere, in New London, NH for example; we have faced ice storms and power outages that can certainly be dangerous especially to the young and older generations. I also strongly believe that town or area officials should read an article like this so they can have something implemented in their own area. Disasters do not pick and choose, they can happen anywhere, and with an awareness survey concentrating on resilience such as this one, changes can be implemented after analyzing the results, and therefore be better off in the end. This being said, this article is not so complicated, an average individual would benefit from it. This would be a great help to any concerned member of a community that wants to see change and help the greater people as well as themselves.

Also, this article is a great tool that we may be able to use in our area in future time. Like said before, this Kearsarge Area Transition Movement will absolutely improve our town's resilience, and because of this we will be better prepared when a tragic event does occur, because it will. We will be able to rely on our neighbors, groups throughout the town, and our own personal skills that we will learn from others. Also the Happiness Survey that we are distributing with also improves the resilience within this area. Some of the categories that are touched upon, such as satisfaction with local governments, will be analyzed so changes can also be made. Colby-Sawyer College will also become more resilient because of these two tasks we are performing. We are getting to know many town members on a personal level, we would help them and I am sure the opposite would occur if an emergency presented itself. Overall this was a very useful article to read and to present to the class because the correlation of resilience it has with the projects that we are conducting, and I enjoyed presenting this information to others.

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