



Energy Matters is a monthly email bulletin from Cavan Community Forum which will provide information about sustainable energy initiatives and ideas. It will promote local Cavan initiatives, whether they are from local communities, the private or public sectors. If you have any information relating to the environment that you think could be interesting or useful, please let me know at kateennals@cavancoco.ie .

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Good Community Practice in Home Waste Management

Cavan Community Forum is applying for Local Agenda 21 Training to run six week course of Good Community Practice in Home Waste Management. The six sessions would take place in a rural community and help people set targets for savings and put in place good local waste management practices in the community. If your community would be interested in taking part, contact Kate Ennals kateennals@cavancoco.ie

Good Energy Practice in Dublin

1,680 European regions and cities have now committed to implement definite plans to reduce their carbon footprint accordingly through actions and initiatives in energy efficiency, renewable use and awareness-raising among citizens by 2020.

Dublin, has set itself a 33% CO₂ reduction target over the next decade, and has set about implementing its long-term Sustainable Energy Action Plan (SEAP) by taking stock of current energy consumption and emissions patterns and devising means by which sectors including planning & development, transport and waste management can contribute towards improvement.

The Action Plan identifies retrofitting of Dublin's residential sector - insulation, boiler upgrades, glazing, low energy lighting and renewable usage - as an area of enormous potential not only in terms of curbing emissions but in providing employment and energy-efficient savings exceeding EUR1 billion in the city region by 2020. A range of activities are coordinated by CODEMA, the energy management agency for the city and surrounding local authority areas. These include the Energy Smart Community scheme which clusters homeowners together to improve their domestic energy performance and the

Greenov project (funded by Interreg North West Europe) which is creating a network of SMEs engaged in sustainable renovation

Source:

http://www.iro.ie/news/archives/2010/05/dublin_promotes.shtml#more

GIY Cavan Give Advice on Companion Planting

Companion planting is the planting of different crops in proximity (in gardening and agriculture), on the theory that they assist each other in nutrient uptake, pest control, pollination, and other factors necessary to increasing crop productivity. Some plants produce scent that reduces the ability of pests to find the crop by masking crop scent for instance, onions inhibit carrot root fly, Marigolds inhibit greenfly, Lavender helps deter greenfly from roses. There are also plants that attract pests away from other plants, e.g. nasturtiums attract blackfly, redcurrant attract birds away from blackcurrants. Also some plants like peas and beans make the nitrogen in the ground available to other plants.

Companion Tips

- Zinnias keep most pests away from cucumbers, melons and marrows.
- Rosemary will protect beans against weevils
- Rosemary, sage, thyme and mint will help keep cabbage moths away.
- Basil will keep flies away from potatoes; chives deter aphids, mint deters ants; garlic protects potatoes against blight
- Rhubarb protects beans against blackfly
- Leeks protect carrots from the carrot fly
- Celery keeps moths away from cabbage and onions protect beetroot.
- Beans--They like celery and cucumbers but dislike onions and fennel.
- Cabbage--Celery, dill, onions and potatoes are good companion plants They dislike strawberries, tomatoes, and pole beans.
- Carrots--Leaf lettuce, radish, onions and tomatoes are their friends, Plant dill at the opposite end of the garden.
- Cucumbers--They like corn, peas, radishes, beans and sunflowers. Cucumbers dislike aromatic herbs and potatoes so keep them away.
- Lettuce--It grows especially well with onions. Strawberries carrots, radishes and cucumbers also are friends and good companion plants.
- Onions--Plant them near lettuce, beets, strawberries and tomatoes but keep them away from peas and beans.
- Peas--Carrots, cucumbers, corn, turnips and radishes plus beans, potatoes and aromatic herbs are their friends. Keep the peas away from onions, garlic, leek, and shallots.
- Tomatoes--Carrots, onions and parsley are good companion plants. Keep the cabbage and cauliflower away from them.

- Likewise, there are certain combinations of plants that will inhibit the growth of one or both types of plants. Here are a few combinations to avoid:
- Potatoes – inhibit growth of tomatoes and butternut squash
- Beans – inhibit growth of onions
- Broccoli – inhibits growth of tomatoes
- Carrots inhibit growth of dill

Source: Tullyvin Garden Centre.

Turning Off Saves Money in Cavan County Council

Council staff began the *pc power-down* Action @Work in Jan 2008. Meter readings now show savings year on year of 34,025kWhr @€0.16/kWhr = a saving of €5,444

Check out www.greenbusiness.ie to see how you can reduce your energy consumption and save money.

Natural Building in the Castlerahan!

The Castlerahan Community Development Group has leased 10 acres from the Diocese of Kilmore and developed a community playing pitch and a nature walk. The group is now planning to build a sustainable building which will be as environmentally friendly as possible. The building will be constructed from hemp. Planning permission has been secured for this building and the architect is now working on the fire cert. The building will also have solar panels and rain harvesting capacity.

Further information from smcgarty@gmail.com

Check Out Your Carbon Footprint and Save Money

The Envirocentre website has a carbon footprint calculator which enables a company to estimate the carbon footprint of their business activities. It is based on a measurement of fossil fuel used for site activities and electricity from grid or renewable sources and transport fuel for staff travel and/or materials/product distribution.

More information: <http://www.envirocentre.ie/>

Earth Systems Institute Lecture Series

Comhar is sponsoring the ESI Lecture Series. The 2010 'Transforming Ireland' lecture series will bring together researchers, business and community leaders and citizens to focus on how to develop and bring the right technologies to the right people and places at the right time, so that productivity is enhanced, jobs are provided, climate change, energy and other objectives are met, and adaptation in Ireland and in the poorest parts of the world is made feasible.

Further details of the Transforming Ireland Series are available from esi.admin@ucd.ie

Earthcast on Building Sustainable Communities Monday 24 May

Earthscan is an online environmental publisher that organises 'earthcasts' on sustainability issues and free live interactive web events.

On Monday 24 May at 17.00 (GMT), there is a 1 hour earthcast which will provide practical guidance for people who want to help make their communities more pleasant and sustainable places in which to live. The speakers are all authors in our Tools for Community Planning series, and will focus on ways to improve communities through improved communication and the effective implementation of local ideas and skills. So participate and

- Develop the skills to tackle sustainability issues in your local area
- Learn how to organise and run planning events in your community
- Get advice on how to utilise local skills and ideas

Further information from www.earthscan.co.uk

How Our Carbon Footprint Works

What's the true environmental impact of the things we do and buy? In a new book, 'How Bad are Bananas?', Mike Berners-Lee has calculated the carbon footprints of various human activities and natural phenomena, from the consumption of a tomato to the eruption of a volcano – with some surprising results.

A year's supply for one person is the same as a 20-mile drive in an average car. That includes drinking, washing, cleaning — the lot. Unlike the bottled alternative, which has around 1,000 times the impact, cold tap water is not a major carbon concern for most people. Indeed, the provision and disposal of household water accounts for less than half a per cent of our carbon footprint, though climate change looks set to cause serious water stress in some parts of the world. Interestingly, if our pint of tap water is poured down the drain, its footprint leaps almost fourfold to just over half a gram because it is more carbon intensive to treat waste water than to supply the water in the first place.

Source: www.envirocentre.ie

Useful Information on Renewable Energy

Sustainable Energy Authority Ireland has a very good booklet for renewable energy in the home which is available on their website, along with 20 other booklets on all aspects of home energy efficiency available at the link below. http://www.seai.ie/Power_of_One/Downloads/

Estimating Economic Feasibility of Biogas Production

Researchers have developed a new tool to evaluate the economic viability of biogas production from agricultural waste, such as manure and straw. Biogas production is a process during which organic carbon in the waste is converted to CO₂ and methane without the presence of air. The product is biogas, which can be used as energy. It is typically a mixture comprised mainly of CO₂ and methane with small amounts of other gases.

To develop the tool the research considered a hypothetical example of biogas production from three feedstocks: fresh pig manure, wheat straw and glycerol, which is a by-product of biodiesel manufacture.

It estimated the amount of biogas produced per year from the three different feedstocks and totalled this to calculate the net energy produced, having subtracted the electricity used during production. The energy exported to the grid was estimated to be 31,676,387 KWh per year.

In order to evaluate the economic viability the study considered the various costs associated with this example of biogas production. Three types of costs were considered:

- Total plant costs - these included costs of basic equipment, buildings, piping and electrical works.
- Total project cost - this included development costs, such as loans, and other equipment, such as cleaning systems.
- Operational costs and revenues - these included personnel costs, maintenance costs and costs of the feedstocks.

Considering all the costs the total yearly income from this example of biogas production was estimated to be €2,814,128. This included the sales of electricity and sales of compost produced during the process, as well as money received from fees charged to those that bring the waste to the plant or gate fees.

By taking into account their different characteristics, the tool can estimate the revenues gained from the energy produced and from the compost and liquid fertiliser. As such it can help in the first step of deciding whether to invest in a biogas plant and also when deciding which feedstocks would be most appropriate

Source: Bioenergysite.com