



***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](mailto:kateennals@cavancoco.ie) .***

**June 2010**

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### **Why Do We Eat What We Do?**

Cavan Community Forum Gardeners Group, supported by the Cavan Peace III programme, is hosting a workshop on **24 June at 11am** to look at the influence of culture and background on the food we grow, cook and eat. People are invited to bring along a vegetable or an item of food that has a particular association for them, and join in the discussion and the lunch.

The 'menu' for the day is

- 11am welcome and introductions
- 11.30 Discussion
  - What we ate as a child and why
  - What we eat now and why
  - What foods were/are avoided and why
- 12.30 Salads and Squash
- 12.50 Lunch preparation
- 13.20 Lunch
- 2pm Tour of Community Garden (optional).

Register with Kate Ennals on 0494378583 or [kateennals@cavancoco.ie](mailto:kateennals@cavancoco.ie) by Friday 18 June.

### **New Farmers' Market in Cavan!**

A new Farmer's Market selling local and organic produce is being set up in Cavan Town in the Town Hall Car Park every Friday 10am – 2pm. It will be officially launched by Brendan Smyth on Friday 25 June at 11am. All welcome. Nevin Maguire will be also be doing a cookery demonstration. Not to be missed!

**For information re stalls etc contact Padraig McBreen on 0494331029 x5**

### **Cavan Grow It Yourself**

Cavan Grow It Yourself June meeting will take place on **Tuesday 15th June at 8pm in the Lavey Inn**. Guest Speaker will be Barry Kavanagh on the subject of Organic methods of Pest and Disease Control.

### **Cavan Sites for Community Garden and Allotments**

Over 20 sites have been identified by the Cavan Gardeners Group of the Community Forum as possible community gardens or allotments. The land bank audit has been carried out by Aisling Blackburn, funded by the Peace III Partnership. Aisling has been talking and visiting a range of community and public sites that could be perfect for groups wishing to set up community gardens. The land audit will be published in early September.

**Further information, Kate Ennals on [kateennals@cavancoco.ie](mailto:kateennals@cavancoco.ie)**

### **Energy Funding Opportunity for Community**

Bord Gáis Energy is looking for local Not-For-Profit projects to apply for energy funding from the Community Energy Fund. €100,000 in energy grants will be made available, there will be one grant of €25,000, five of €10,000 and ten of €2,500 worth of energy awarded to successful applicants of the Community Energy Fund. 16 Not-For-Profit projects in total from all across the country will be energised by Bord Gáis Energy.

**Further information: [www.bordgaisenergy.ie](http://www.bordgaisenergy.ie)**

### **Sustainable Technology Turned Down in Cavan**

A controversial planning application for a biopark development at Furnaceland was refused planning permission by Cavan County Council last week. A senior planner with the local authority confirmed that the planning file had attracted the highest number of submissions ever received by the council on any planning file - at over 160. Cavan County Council refused planning on two grounds. It found that the Environmental Impact Statement was "deficient" in information in relation to the potential impact on surface water and groundwater. The planning authority also felt that the location of the proposed facility, in a low agricultural activity area, was not suitable for this type of development.

**Source: Anglo Celt**

### **Bog Conservation**

BOG conservation measures have now come into effect with the banning of turf-cutting in 32 raised bogs, mainly in the midlands and north east regions. The Minister for Environment John Gormley confirmed the ending of a ten-year derogation from an EU ban on non-commercial turf-cutting in these Special Areas of Conservation (SACs). Thirty-two raised bogs, where flora

and vegetation continue to grow, are immediately affected with a further 24 next year and 75 heritage areas in 2013.

### **Cavan Energy Audit on Hold**

Due to lack of funding, Cavan Community Forum has had to put the countywide Cavan Energy Audit on hold along with the waste management seminar and eco-visits planned. It will review the possibility early next year. However, it will be holding the Cavan Conservation Awards and supporting 'model community practice in sustainable energy projects'. Watch this space for further details.

### **Recycling Tyres Into Shoes**

Old truck tyres are being turned into sandals. The UK Guardian reports that for decades this has been the tradition in Ethiopia, where everyone from farmers to guerrilla fighters has fashioned worn-out road rubber into cheap, long-lasting footwear. Now a company has set itself up to develop this into business. SoleRebels employs 45 full-time staff who produce up to 500 pairs of shoes a day. The company's sales target for 2010 is an impressive £300,000. Just five years after start-up, SoleRebels employs 45 full-time staff who can produce up to 500 pairs of shoes a day. The footwear ranges in price between £21 and £40, goes on sale online in the UK and Japan on Amazon's new footwear website, javari.co.uk.

<http://www.tadias.com/10/11/2009/solerebels-ethiopian-answer-to-nike/>

### **Engineers Ireland to host CPD seminar on Waste Management in Ireland**

Engineers Ireland are hosting a seminar on Ireland's waste management policy in Dublin and Cork on the 15th and 22nd June respectively. The aim of the is to provide an update on the development of Irish waste policy, discuss current and future initiatives to meet EU directives.

This seminar will provide planning, engineering, environmental, economic and communications learning on the development of policy and implementation of integrated waste management in Ireland.

**Source:** [Engineers Ireland](#)

### **New World Heritage Website and Information Brochure**

John Gormley, T.D., Minister for the Environment, Heritage and Local Government, (8 June 2010) announced the launch of a new website by his Department. This new website is a subject specific website dealing with all matters concerning Ireland's World Heritage properties and projects relating to World Heritage.

<http://www.worldheritageireland.ie/>

### **Bacteria can produce biofuels and medicines!**

Scientists at University College Cork and the University of Kent, UK have shown that simple bacteria can be manipulated and modified to produce biofuels and medicines that will help reduce over-reliance on oil derived products. The research is funded by Science Foundation Ireland, and the UK Biotechnology and Biological Sciences Research Council.

"The way it works is that bacteria can be manipulated to construct internal pockets inside themselves that work as mini factories (bioreactors) where biofuels and medicines could be produced," says Professor Michael Prentice,

Professor of Medical Microbiology at UCC. Lead researcher at the University of Kent, Professor Martin Warren, said: "Synthetic biology is really exciting because we can produce some important and useful products that can be difficult and expensive to make using traditional chemistry techniques.

**Source:** [www.thebioenergy.site.ie](http://www.thebioenergy.site.ie)

### **Householders guide to waste**

Hazardous waste includes farm fence and household batteries, lead acid batteries, cooking and engine oil, oil filters, paints and cleaners, florescent tubes, lamps and lights, household aerosols, waste electrical equipment. Make sure you get rid of these items at your local civic amenity centre.

### **How to avoid using hazardous materials**

Use water based paints, use soap and water spray in the garden rather than pesticides, make your own compost with your food waste, clean with vinegar, lemons, bicarbonate of soda, soda crystals and salt instead of chemical cleaners

**Source:** **A Households Guide to Hazardous Waste Prevention. Regional Waste Management Office, Limerick, Clare and Kerry.**

### **National Bike Week 2010**

The 13th to 20th June is National Bike Week with cycling events planned all over the country. Bike Week 2010 is a cross-community effort to highlight cycling as a fun, cost effective and healthy way to travel. For details of events in your area check out [www.bikeweek.ie](http://www.bikeweek.ie)