



CCC2019 cCHALLENGE

Think cosmically
Feel globally
Act locally

CONGRATULATIONS!



Congratulations on Day 30!

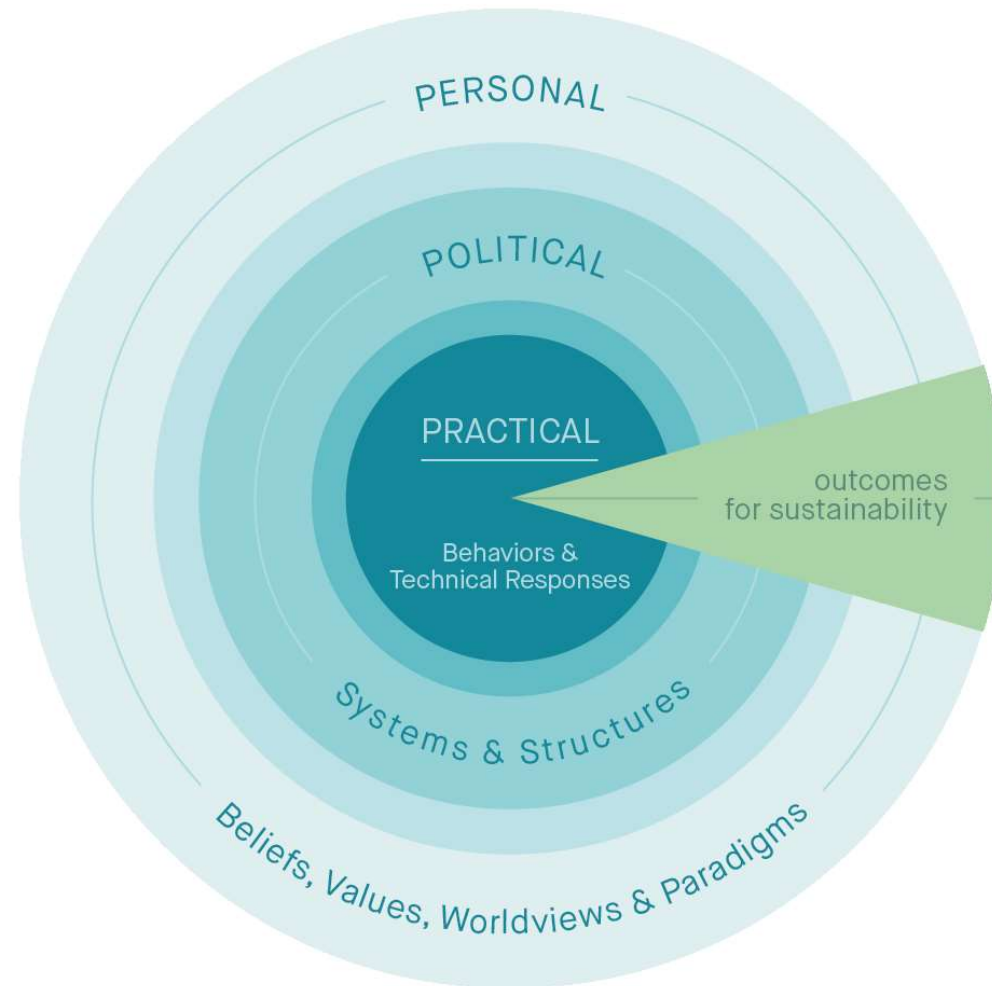
Susi's last post really resonated with me, especially her point that "we are just trying our best and doing what we can." The idea that we are social beings and parts of larger groups, systems, and structures is so important, and a key to change.

I have been really inspired by the interest and honesty in the posts describing your experiments and experiences with change. I've been sharing your stories — and the research and information you have posted.

Conscious change is both an individual and a collective process — the conversations that we have about change are as important as the changes themselves. Thanks to Marilyn for initiating this experiment and holding it so well!!

Karen and the cCHANGE Team

Highlights from the platform and the link to The Three Spheres of Transformation



PRACTICAL

Behaviors &
Technical Responses

Day 2:



Plastic from 10 meters of my walk on the beach close to Lisbon today. This motivates me even more to be aware of what I buy...

I decided to add to my challenge, to keep all the plastic that is given to me when I eat/drink out when I'm not expecting it, to see what I collect over the 30 days.

09.01.2019

CHRISTIANNE SINO

Day 3: Checking the carbon footprint of my household appliances



I am looking at the Carbon emissions of my home. Just now I checked the footprint of different household appliances:

<https://www.carbonfootprint.com/energyconsumption.html>

I am shocked that my kettle takes more energy than my washing machine!

And this kettle runs a lot in my house... Any suggestions how to have hot water for a cup of tea instead of using a kettle?

I also found an article concerning the carbon footprint of washing laundry.

<https://theecologist.org/2009/jul/27/nurning-30degc-enough>

Reading it, for the first time since we started the challenge, I feel this is something I have already been doing well 😊

10.01.2019

DANIELA ZAPF



Day 12: Compostable Plastics Update



A quick update on my progress regarding the composting of compostable plastics!

Thanks to everyone who has been so helpful in getting me to this point. After some discussions it seems like the best place for a community bin for recycling (composting) PLA and compostable plastic in general will be the One Stop Drop project behind the Boutique.

The NFA will discuss the financial implications of Gray Composting picking up the waste in their business meeting this coming Tuesday.

It will be essential that any compostable plastic being disposed of will need to be clean. Dirty packages will lead to a stinky bin which will need to be emptied more often (which in turn leads to higher costs).

We also need to be very disciplined in not adding any non compostable plastic by accident. For instance, No 7 plastic simply means "others". Only the addition of "PLA" makes it compostable. Adding non recyclable plastic can lead to contamination of a whole load of food waste being picked up by Grays Recycling.

BERENT KORFKER

Day 13: Ah, bird food challenge

managing with not too much difficulty not to buy plastic wrapped food for myself but needed to get more bird food, especially in this cold spell. So need peanuts. Of course I can only find peanuts in plastic bags and it is cold, I want to feed the birds so seems no alternative and so I buy.

So now the task is to research if there is a way I can buy in bulk maybe, in a sack or net. This challenge is definitely making me more conscious about the decisions I make.

20.01.2019

JUDITH BONE

PRACTICAL

Behaviors &
Technical Responses



Day 13: Carbon Bites 1

CARBON BITES 1

Shrinking footprints. Walking lightly on the earth...

Tips to avoid blisters

PET introduces Carbon Bites to keep up the work of shrinking our carbon impact in the Ecovillage. In the Rainbow Bridge and on PET's website there will be information bites: suggestions what to do, examples of what's been done, reminders of what it takes to change one's lifestyle. So that climate change doesn't bite our heels because we walk too slowly. Everybody is welcome to share.

Send your text to Roger D (roger.doudna@findhorn.cc) to be put in under Carbon Bites.

Establishing new travel attitude

It is the time to look back at 2018, to reflect on your travel patterns and offset carbon emissions – especially from flights. As we have pointed out: The cost of flying is the price of the ticket plus the price of offsetting the carbon. How about making that your 2019 travel mantra?

Composting draws down carbon

Have you seen the new bins opposite Cornelia's? Eveline's composting initiative Growing on Food Waste is an excellent example of how carbon can be sequestered and turned into soil. If you don't do it already get a bin and start composting in your garden. Or go together and share a bin. Composting means closing the loop and turning food left-overs and garden waste into fertile soil. In the resulting mixture the ingredients have cooked down and captured the inherent carbon, which then can be added to the topsoil.

20.01.2019

ROGER DOUDNA



Day 8:



On Sunday I installed the new Hotbin and moved the two existing ones. It was a rather smelly job... But they're in place now and work well!

I've seen various people come and check them out and put their waste in.

Apart from smelly jobs this project is a lot about communication. I'm adding information on my website and am posting in our local Facebook groups. I want to raise money for 2 more hotbins and want to convince people to bring their food waste of course!

Interesting fact is that every time I'm busy doing things on the site people come up and ask me lots of questions. There's a lot of interest 😊

15.01.2019

EVELINE RODENBURG

Day 23: Asking questions and getting others involved –

When I bought the toothpaste this week, the stockist in the Phoenix, our local shop had a really positive response to my request about finding out which shampoos and toothpastes stocked there, if any, are actually in containers made from PLA (compostable plastic). I am curious to find out when I go back later in the week!

30.01.2019

POST A COMMENT   

Day 23: Toothpaste now on trial



SAILLE MAWSON



SUSIE SUMMERS

Day 29: How did we do??

This has been such an interesting process for us!

I would sum it up like this:

Week 1 we were super keen and dedicated, enjoyed new discoveries and challenges. Rode out the difficult times (being more hungry, being able to shop even less freely than usual).

Week 2 we enjoyed, really bedding into it and imagining we could easily continue both challenges.

Week 3 we all fell really ill with flu. During this week we tried to keep the challenge going! This was a mistake...I ended up chronically hungry, as the loss of appetite experienced with illness left me able to eat only wet foods (fruit) and craving milk, and toast with butter...I held out...the children were eating virtually nothing with the illness and I was breastfeeding night and day...I was saved my some bone broth made by a friend in the community...thank you Stacie! Without this I would have been eating almost nothing...

Week 4 CRASH! I fell apart through hunger and frustration ... This was hard! I decided to give in and allow myself to have some milk and toast with butter. The children jumped at the chance of cheese on toast, and their appetites slowly started to come back. Phew. It was a big relief to me that they would eat again. Somehow I couldn't get to this point without dairy. I think it's deeply built into my system as a go-to food...I felt disappointed and cross with myself, first for NOT being able to keep the challenge, and then for holding out so long! With the help of a kind friend I decided to let it go and not be hard on myself about not meeting the challenge. After all, flu is pretty debilitating and I didn't need anything else on my plate just then.

Since then, I have continued to make around half of our meals dairy-free, and we try to minimise plastic. However, I have to put my family's health and happiness first and so we do have now have pasta with cheese (for the children, and often me too – Berent is sticking with no dairy sprinkles which I also use to cut down the cheese I eat..) and the children have had goat's milk recently too though they mainly drink oat milk. I'm using a mixture of non-dairy fats and oils in other cooking, and making quite a lot of splodge. It feels like a good balance.

Looking back, I can see how interesting it is that we chose those 2 challenges for our little family. As it turns out, we were already doing almost as much as we could manage on both fronts! (Berent will be weighing in the plastic soon...). We were already very restrictive with ourselves in terms of what we bought and ate at home. I feel happy we tried, because now I know firmly where my limits are at this time. When I have finished nurturing my children and am able to sleep through the night once again, I hope I will be able to become fully or mainly vegan. But for the moment – we have enough to deal with and we are just trying our best and doing what we can.

05.02.2019





Day 3:



Oooh, I'm feeling excited!

Talking with people and seeing them doing their challenges is inspiring me and now reading through other people's posts makes me feel a tingle of excitement and potential. Last night I helped make oat milk, using bulk unpackaged oats (as the food shed currently only stocks packaged cartons or plastic bottles). It was great fun! What was funny was it wasn't my challenge, yet in some ways it was easier to commit to and do thank my own. Perhaps because I don't feel responsible for it and because it was a social thing. Plus, it's within my comfort zone of acting on zero waste alternatives. The reason my challenge is a challenge to me is because I struggle to value or prioritise myself or my health within my practice of sustainability.

So, I can see that this is a great commitment for me right now to move towards a more holistic and healthy lifestyle. A potential pot-hole that could throw me off course is getting too involved/distracted by other's challenges and missing my own, which ironically is the pattern that led me to choose to spend time writing, reflecting on myself and current feelings

11.01.2019

RHEA WARNER

Day 8:



Day 8 – Contemplating in nature on the dunes today. After a community meeting last night discussed a new development of ecohouses. Our community needs affordable housing. Our dunes are a fragile ecosystem already being degraded by the sea. Cruel choices.

16.01.2019

JANE RASBASH



Day 12: A Hole in the Bucket Dear Liza?



There is a Canadian Newfie (aka Newfoundland) song with a refrain. "There's a hole in the bucket, dear Liza, dear Liza/There's a hole in the bucket dear Liza my dear".

Well I don't exactly have a bucket with a hole in it - but I do have a firebox liner with a crack in it! I was quite alarmed when I first discovered it ... but then I did a Google search and found that it could be repaired (whew).

So I reported it to Manda (my landlady who is in Thailand) and she actually got Lee from Sticks and Stones in Forres to come out and look at it the next day.

Lee surveyed the crack (and the dislodged portion of the firebricks above it) and said: "This is actually nothing to worry about - I wouldn't do anything until it gets worse."

A big sigh of relief on my part - but it is rather ironic that Lee's comment to me could be taken as the world's reaction to climate change 30+ years ago when it was first discovered. The difference I see is that this firebox liner is just a "matter of matter". It is simple to fix when the time comes to do it.

But climate is complex, and it is affected by everything. Climate is dynamic and every changing. There is no "simple fix".

BUT when I do some small thing to reduce carbon emissions - like cooking on my stove at the same time I am heating my house - then that will contribute to the whole. Even in its tiny way every action I/we take is influencing others to take similar actions. That is the way I believe we can make a difference. (And we need radical optimists like me and all of us cChallengers to inspire and encourage others by our personal commitments, experiments, learnings (and even failures).

So the hole isn't IN the bucket the WHOLE IS the Bucket - and the bucket is our sacred container, Gaia. Dear Liza, we are fixing the hole 🙏

19.01.2019

MARILYN HAMILTON



Day 9:

So there have been a couple of aberrations. The first was a pre-arranged visit to a Chinese restaurant which can not use MSG on request. I had wanted to go here for years, but now the situation had changed slightly so we 'needed' to go during the challenge. I could have had vegan, but I had had this planned in a certain way for so long so did not. But that's ok. It is part of life and I am still otherwise keeping to the challenge: for example, it is a big thing for me to be dairy-free - probably more than meat-free, as I had not eaten much meat or fish for years, whereas I had hitherto always eaten dairy almost daily.

A second was a tiny taste of a meat pizza which some of my children wanted. Again I felt fine about this, as it was a tiny taste only. In addition, I did not feel 'deprived' at them eating meat when I did not, which was good.

So some people might be disappointed, and for sure it would have been better not to have eaten any - after all, no one was forcing me to - but at the same time these were small aberrations. I still know that I am taking this very seriously - I still spend most of the time scouring about for dairy-free foods and often feeling hungry - but still clearer and more conscious.

16.01.2019

KERSTIN HEATH



Day 14: Better late than never



This is my first post for the challenge and it has been almost two weeks since we started. It's not that I've been lazy or disinterested but it has taken me this long to sort out my thoughts and feelings around my challenge. I was also reticent because I am keenly aware that veganism can be a contentious issue and I have no interest in imposing my thoughts or beliefs on others....but, here goes...

Eating a vegan diet is something I have been thinking about for a while now, I was already a veggie but didn't quite know how to make that next step so when the opportunity of the challenge came up I felt it was an excellent opportunity to take that step with some moral support from others. Although its widely believed that a plant-based diet is one of the best ways to make a difference to climate change, my own motives are also strongly connected to the 'consciousness' side of things and linked in nicely with the upcoming conference on climate change and consciousness. I understand it is totally a personal thing, but it just became too difficult to be aware of the suffering we as a species are causing to other beings through the meat, dairy and egg industries. I am just not able to be complicit in their suffering anymore, they are sentient beings who feel pain and misery just like the rest of us. I feel guilty that it has taken me this long to realize this.

EMMA SMITH

Day 16: Nature in the city

Nature in the city

Today I walked mindfully down Leith Walk in Edinburgh noticing nature in between going into 3 metro supermarkets Tesco, Sainsbury and the Coop in a search for eco cleaning products.

I realised to get them you needed to visit a larger out of town store. Hum there is an opportunity for lobbying more eco-friendly cities.

So I took a bus mindfully. Considering the cold as I waited noticing the green residue on the pavement. The fabulous sunlight on this bright sub zero day. The clouds in the bright blue sky were awesome I started imagining stories pictured there. As the bus came I noticed an amazing reflection in the front window of the bus of the sky, four or five cranes and a montage of clouds fine and sliver like threads reaching out across the vista. I felt an urge to photograph it then I paused and remembered many years ago my deep ecology teacher said 'dont take photos be in the moment and deeply connect with nature and imprint it on your mind'. So today there is no photo. I have noticed on the mindful nature walks that photos I take from a place of calm capture more deeply and seem at least to me to resonate with the essence of the place than those where my mind is intent on the result.

Mindful photography could be a new directions. And some days like today no photos at all.

23.01.2019

JANE RASBASH



Day 26: Nature in the city



Sky, clouds and birds. Lift up thine eyes. Be amazed. See beauty wherever you are. Feel gratitude. From this blessed place reflect on the suffering in the world. Allow it to emanate throughout your cells without reaction — practice equanimity whilst acknowledging the suffering and the denial of what we are doing with our modern consumer lifestyles to nature. How are we collectively practicing as a dominant species to the detriment of other beings. So painful, feeling the pain, nature is pain, nature is suffering. Acknowledging what is happening can be a step towards motivating and sustaining a shift to more wholesome behaviours. And each in our own small way like a ripple on a pond can start to influence our inner and outer worlds, our communities and beyond — slowly without ego. Step by step may we become in harmony with all beings in the web of life.

02.02.2019

JANE RASBASH

