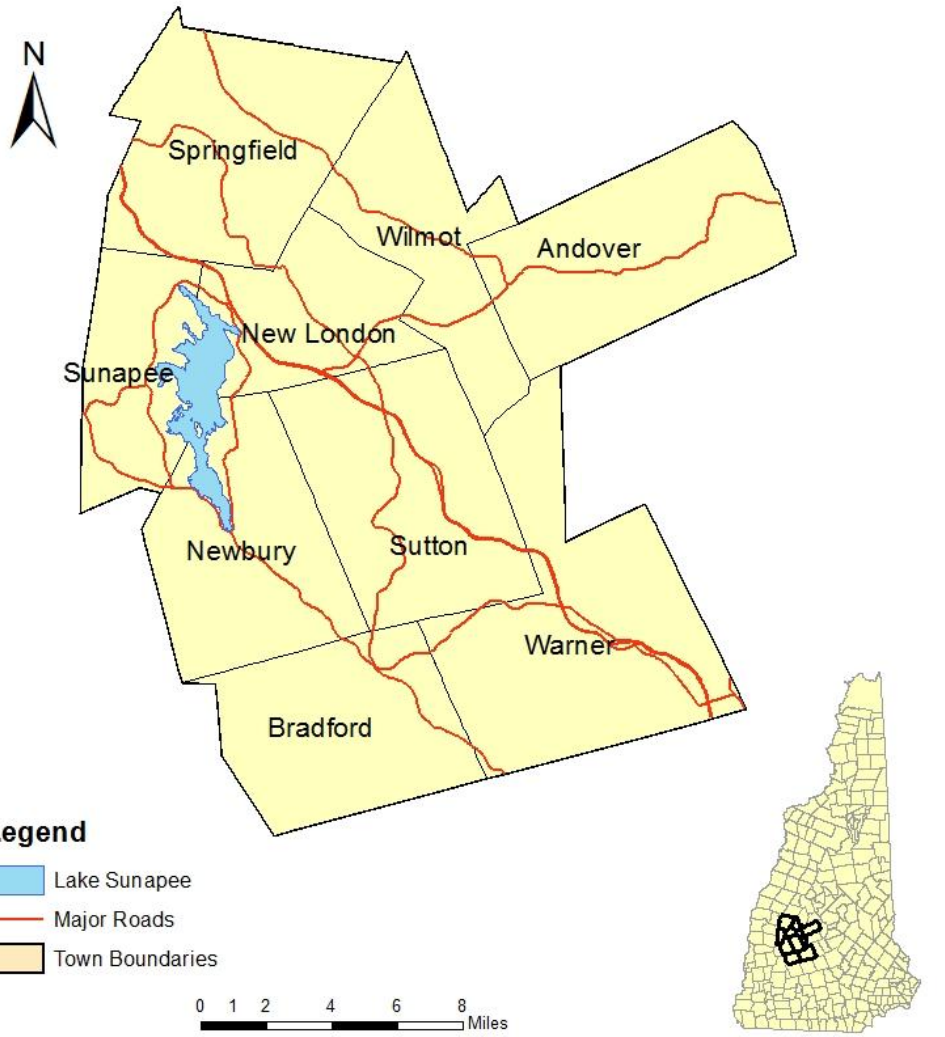
# Community Based Research Project 2012-2013

## Kearsarge Valley Transition

## and

## The Happiness Initiative

# Towns in the Kearsarge Valley Transition Town Initiative



# Goals of the Project

## Transition Town Initiative

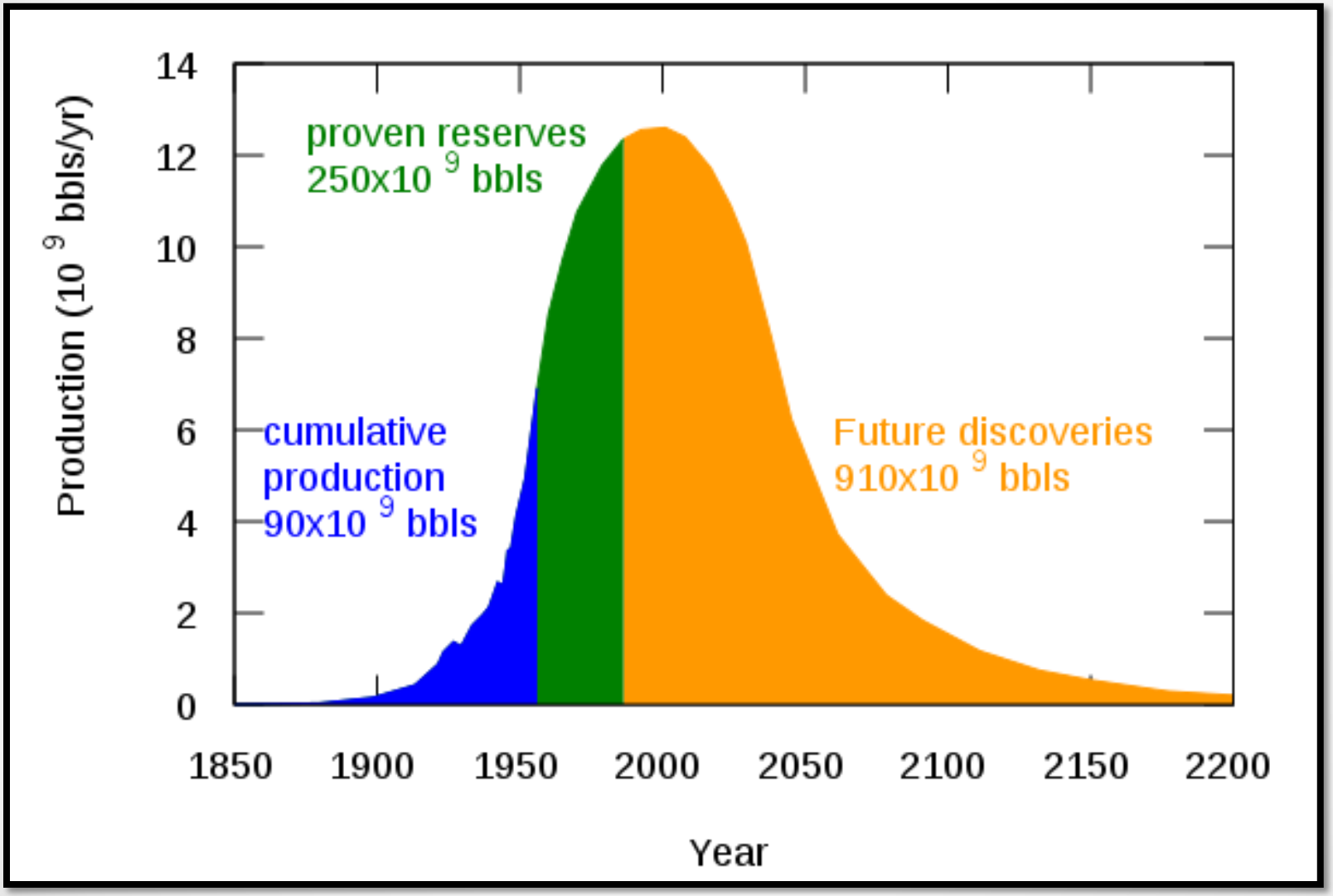
- Learn about history of transition town and how it evolved
- Connect with community members
- Create the infrastructure for the Kearsarge Valley Transition Initiative

## The Happiness Initiative

- Gather data for the Happiness Survey
- Develop recommendations for future projects

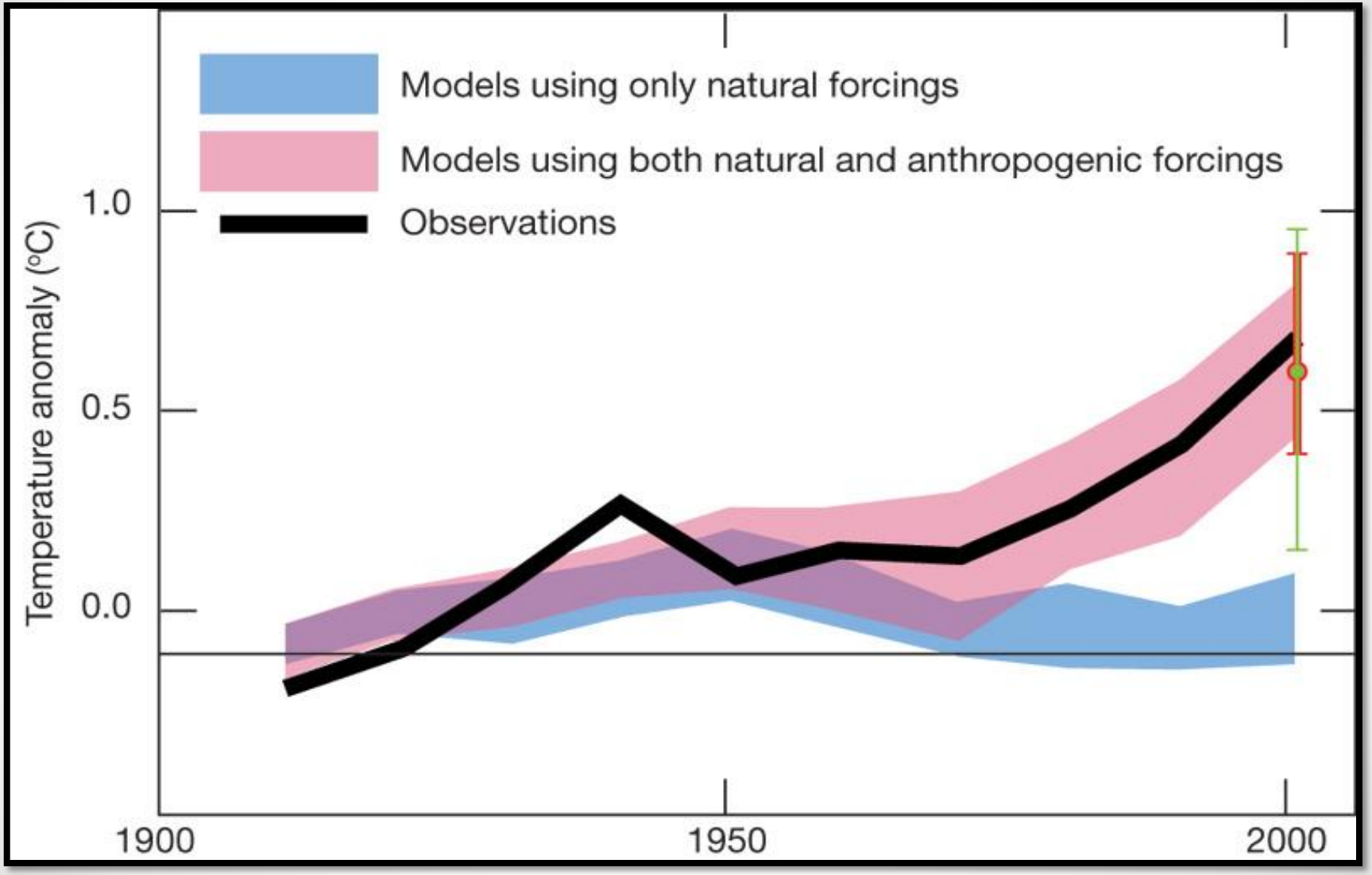
# State of the World

# Peak Oil

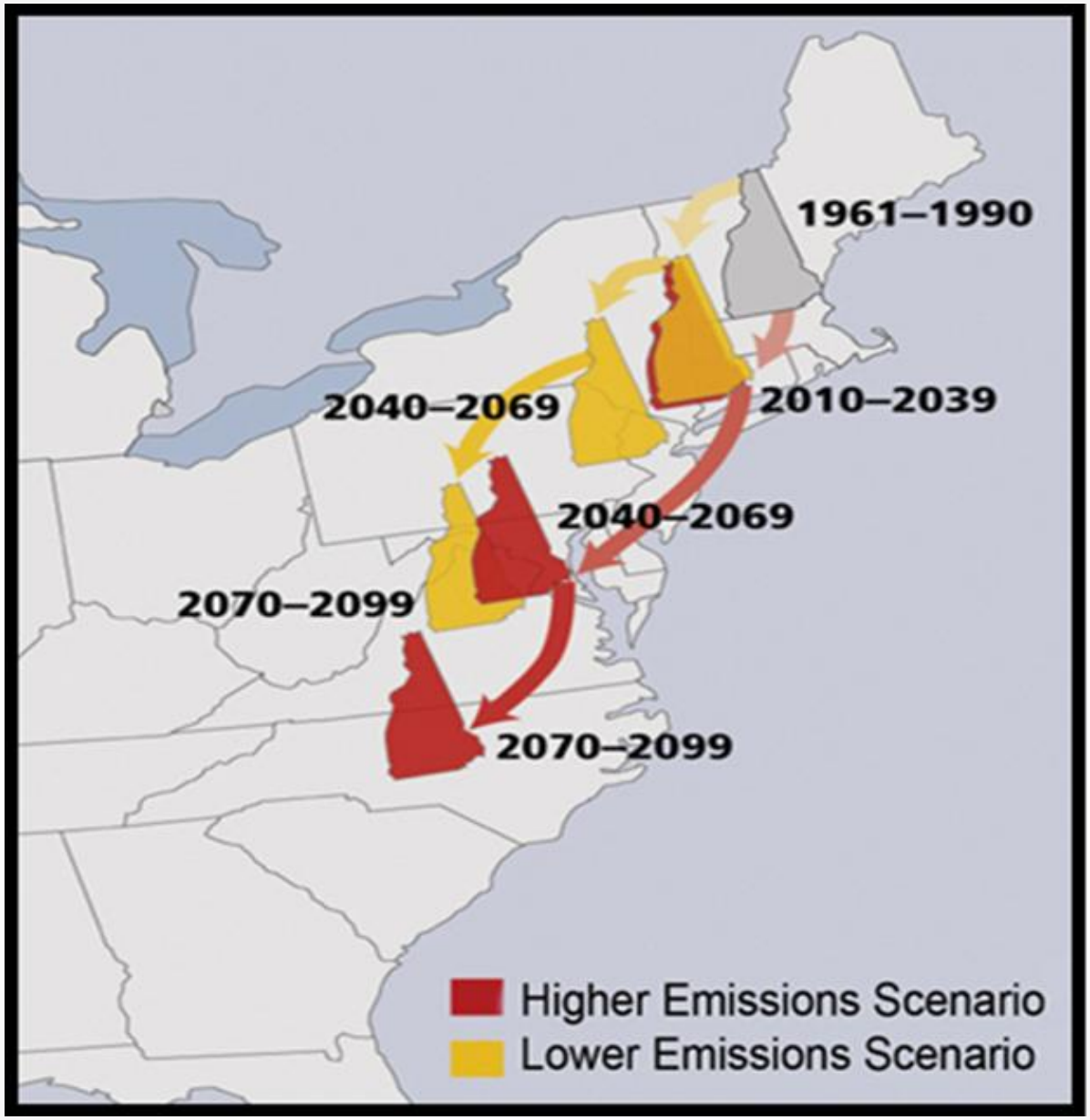



http://www.thepelicanpost.org/2011/03/02/shell-study-affirms-peak-oil-theory-3/

# Temperature Change due to Different Factors




http://www.epa.gov/climatechange/science/causes.html




http://www.epa.gov/climatechange/impacts-adaptation/northeast.html

# Economic Insecurity

# GDP and GPI

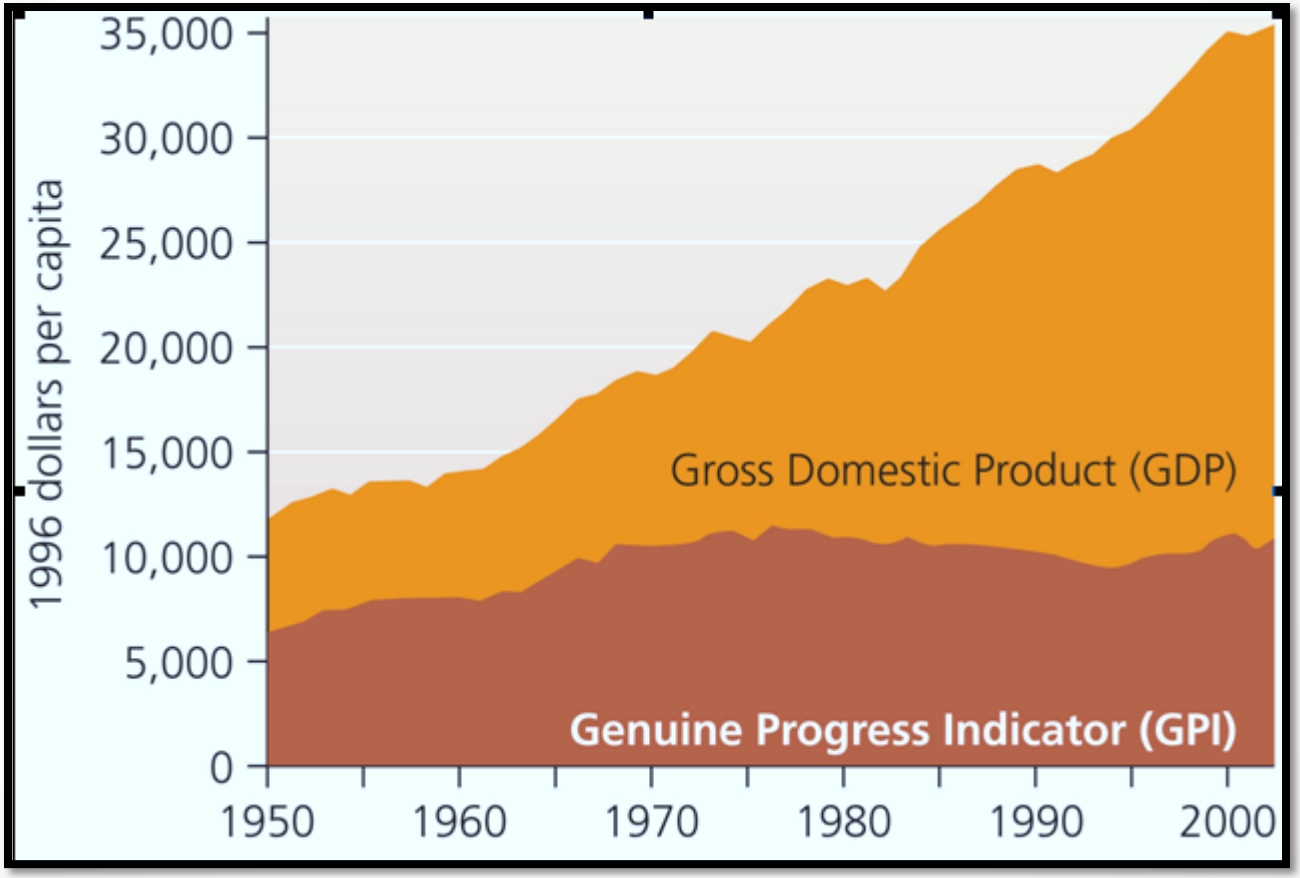
## Gross Domestic Product

- Total value of all goods and services produced in a year
- Economic indicator

## Genuine Progress Indicator

- Uses broader range of variables
  - Economic
  - Environmental
  - Human aspects of progress
  - cost of crime, cost of pollution cost, cost of commuting, cost leisure time

# Progress Indicators




http://ecology2011tamara2011sp.wordpress.com/2011/05/01/assignment-6-%E2%80%93-ef-gdp-and-gpi/

Change in U.S. Gross Domestic Product vs. Genuine Progress Indicator

# GPI and GNH

## Genuine Progress Indicator

- Uses broader range of variables
  - Economic
  - Environmental
  - Human aspects of progress

## Gross National Happiness

- Measure progress on a local and even personal level
- 9 Domains

The HAPPINESS Initiative

A bottom-up approach to changing local, regional, and national policies

Started within Sustainable Seattle in 1991

"Excellence in indicators best performance" award

Branched off to form own non-profit organization
in 2011

John de Graaf, Co-creator of Happiness Initiative

# 9 Domains of Happiness for GNH

Happiness 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.

# Happiness in the Kearsarge Valley Region

October 2012- March 2013

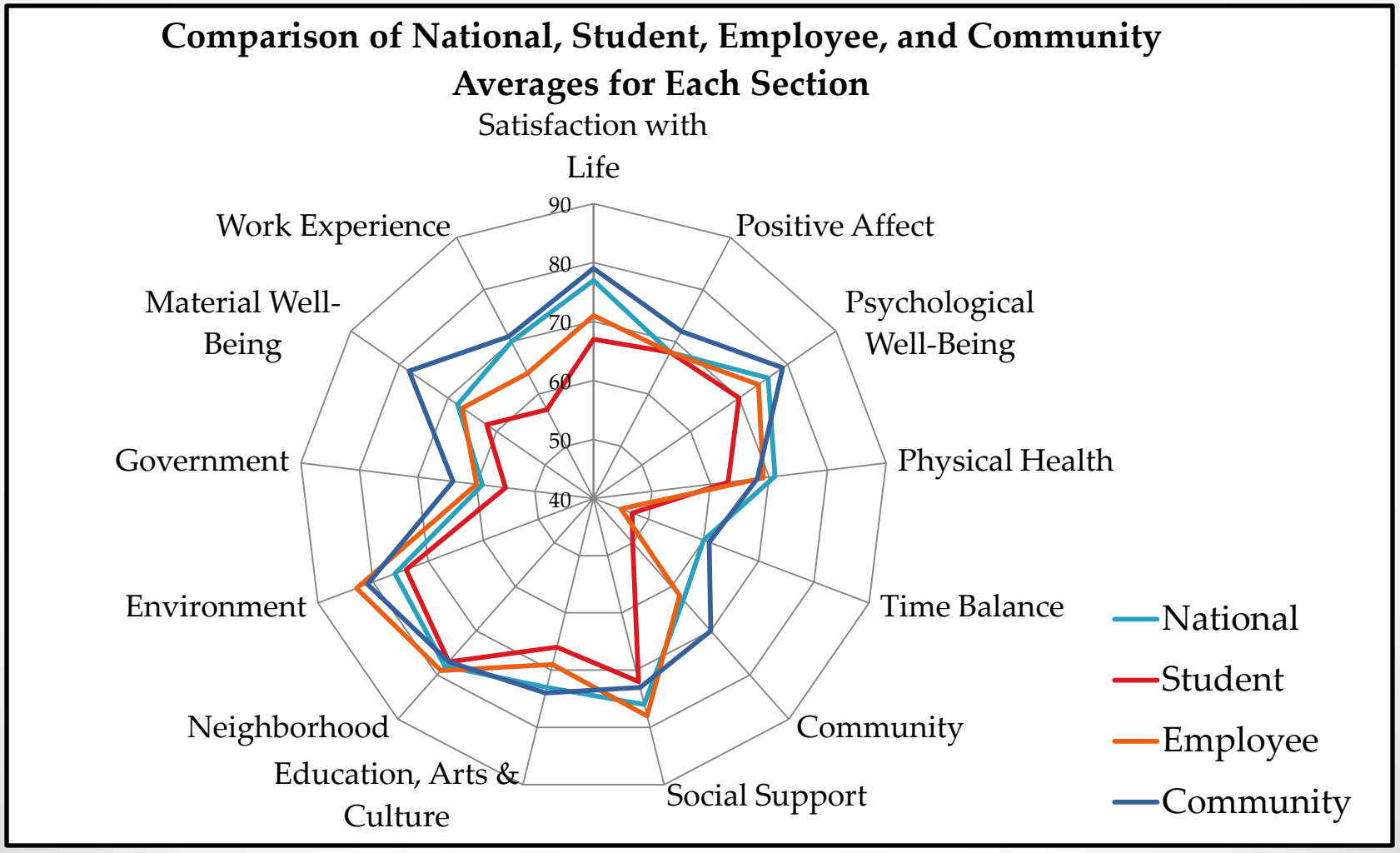
**Happiness Survey launched for:**
Colby-Sawyer College Students, Staff and Faculty on Oct. 31st, 2012
Community Members: Feb. 27th, 2013

Incentive for respondents

# Happiness Survey Results

| | 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 |

# Happiness Survey Results



# Transition Town Initiative

*The Transition Movement is comprised of vibrant, grassroots community initiatives that seek to build community resilience in the face of such challenges as peak oil, climate change and the economic crisis.*

*-Transition US*

There are 330 Transition Towns in the U.S. and 931 Transition Towns globally.

Rob Hopkins – Started the Transition Movement and is the author of *The Transition Handbook* and *The Transition Companion*

# Steps to Become a Transition Town

- Organize a core steering group
- Create awareness through outreach
- Use Open Space Technology
- Form Working Groups
- Develop visible practical manifestations of the project
- Let the project go where it wants

# Kearsarge Valley Transition Task Force Members

| 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 |
| Diane Rosewood | Sutton |
| Elisabeth Shedd | Sutton |
| Joanna White | Sutton |
| John Taylor | Wilmot |

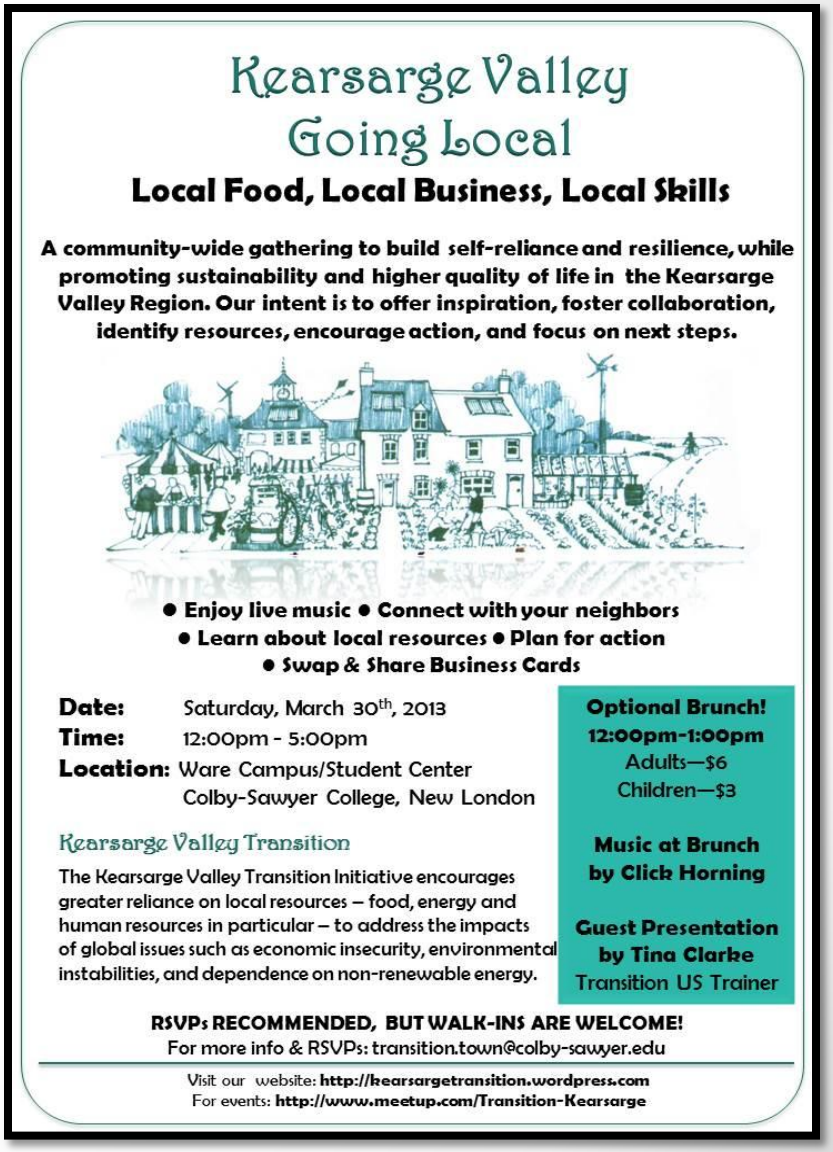
# Goals of Kearsarge Valley Transition

# Events Hosted by Kearsarge Valley Transition

- Movie Screenings
- Guest Speakers
- From Principles to Action: Working Potlucks
- Farm to Institutions: A strategic conversation between producers and purchasers
- Kearsarge Valley Local Food Matchmaking & Trade Show
- Kearsarge Valley Going Local Gathering

# Forms of Outreach

- Press Releases
  - Intertown Record
  - Sunapee News
- Flyers
- Newsletters
- Save the Date Cards
- Emails
- Personal Contacts
- Websites
  - Kearsarge Transition
  - Kearsarge Transition Meet-Up
  - Permaculture Meet-up



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

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

**Music at Brunch**
**by Click Horning**

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

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.

**RSVPs RECOMMENDED, BUT WALK-INS ARE WELCOME!**
For more info & RSVPs: transition.town@colby-sawyer.edu

Visit our website: **http://kearsargetransition.wordpress.com**
For events: **http://www.meetup.com/Transition-Kearsarge**

# Event Stats

| Event | Attendees |
|---|---|
| **Transition 1.0 screening at CSC** | 16 |
| **Transition 1.0 screening at LSPA** | 8 |
| **Transition 1.0 screening at Warner Book Ends** | 14 |
| **Transition Training Weekend** | 21 |
| **Poly Recovery Talk** | 13 |
| **The Human Side of Permaculture: Transition Towns** | 98 |
| **From Principles to Action I** | 20 |
| **Movie Screening: Story of Stuff** | 19 |
| **ReVision Energy Talk** | 30 |
| **Movie Screening: Surviving Progress** | 18 |
| **Farms to Institution** | 28 |
| **Kearsarge Valley Local Food Matchmaking & Trade Show** | 23 |
| **Kearsarge Valley Going Local Gathering** | 17 |

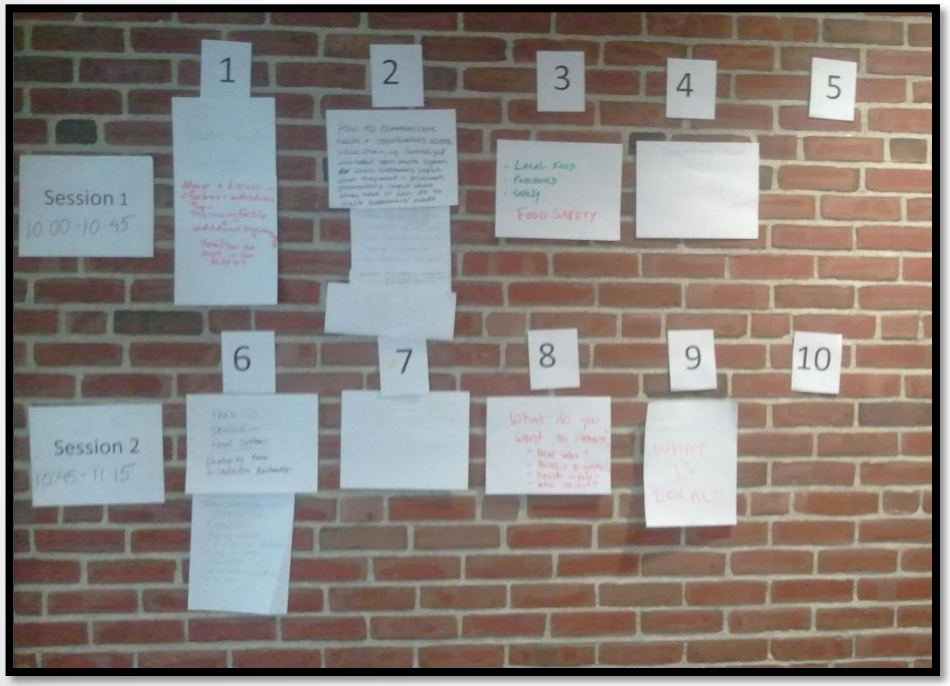
# Transition Training

Tina Clarke
Transition US Trainer

November 9th-11th
Colby-Sawyer College
29 Attendees

Attendees on the first evening of the training (Colby-Sawyer, Nov. 9th )

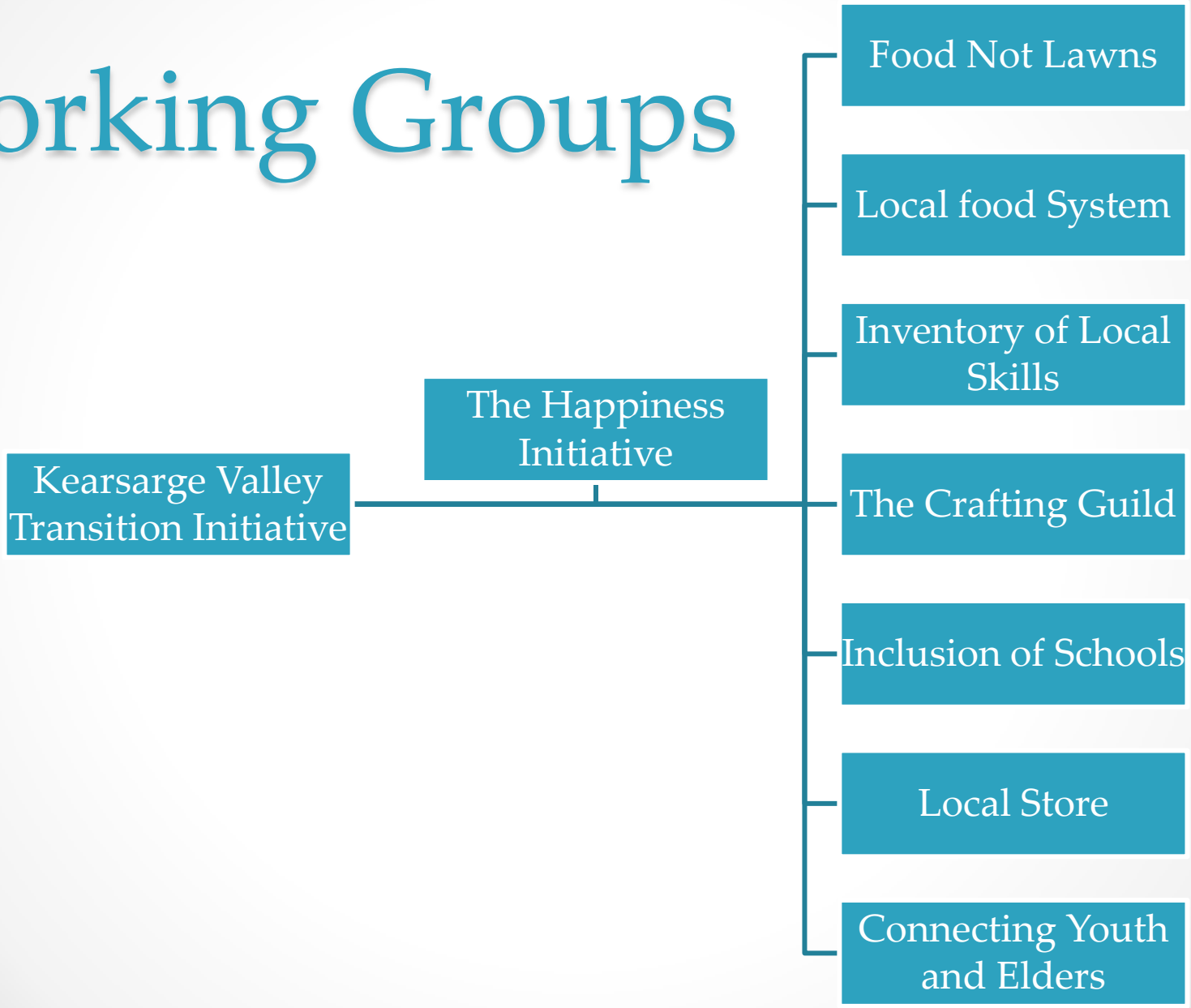
# Open Space Technology




Topics of Interest Generated for Open Space Discussion

Working Groups during Kearsarge Valley Going Local Gathering, March 30th

# Working Groups




And more…

# Existing Working Groups

- **Food Not Lawns**

  Converting home lawns into edible food gardens using the principles of permaculture

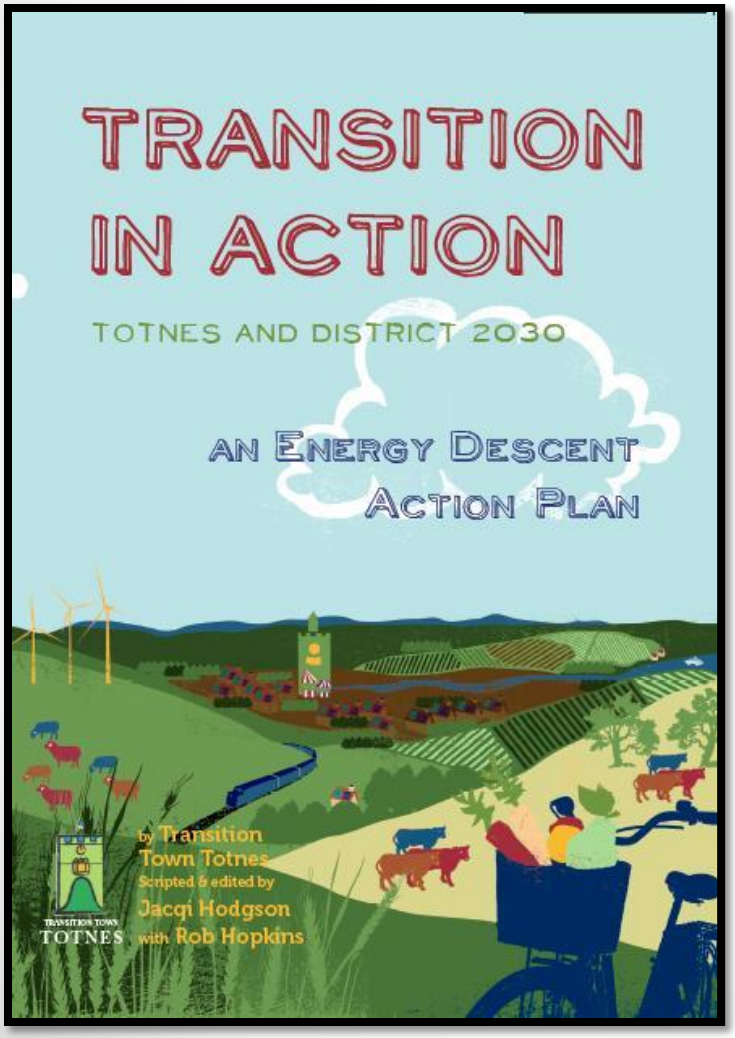
- **Local Food System**

  Creating a regional food hub and increasing access to local food in the Kearsarge Valley area

- **Inventory of Local Skills**

  Creating a system of skill sharing amongst neighbors

# Energy Descent Action Plan




A vision for your community in 20 years

A strategy for accomplishing Transition

Steps to resilience

Next Steps

# Goals Met?

## Transition Town Initiative

- Learn about history of transition town and how it evolved
- Connect with community members
- Create the infrastructure for the Kearsarge Valley Transition Initiative

## Happiness Initiative

- Gather data for the Happiness Survey
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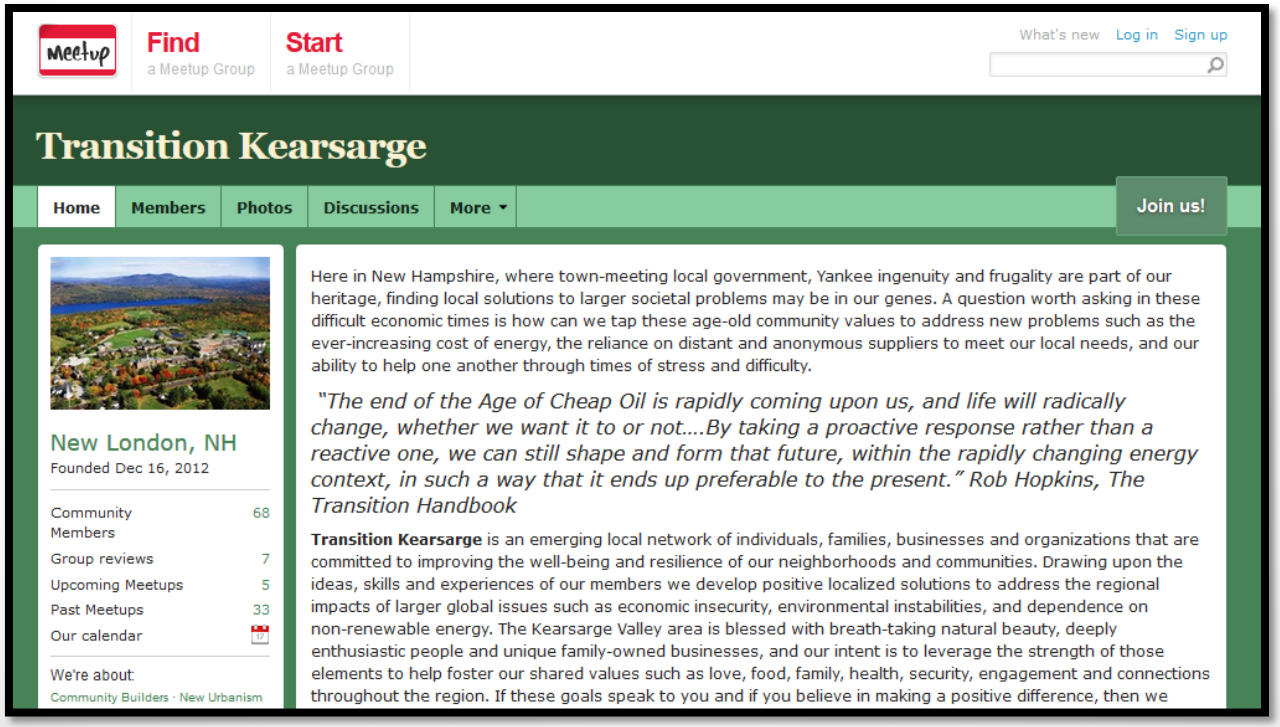
# The Future of the Kearsarge Valley Transition

- Official Transition Hub Application
- Community Based Research Project 2013-2014
- System to share files and resources via Dropbox
- Kearsarge Valley Transition Community Blog



# Local Appreciation

New England Grassroots Environment Fund

Andover Energy Group
Public Libraries
Keene Transition Initiative

NLEC

KEARSARGE AREA EAT LOCAL

Destination New London

POLY RECOVERY PLASTIC RECYCLING

ReVision Energy

Lake Sunapee Region CHAMBER OF COMMERCE

Main Street BookEnds of Warner

1837 Colby·Sawyer College
inside · outside · planetwide

FOUNDED 1898
Lake Sunapee Protective Association
Devoted to the Environmental Quality of the Watershed

# Questions

Contact us at: transition.town@colby-sawyer.edu
Visit our Website at: www.kearsargetransition.wordpress.com

# Kearsarge Valley Transition in Action

# Kearsarge Valley Transition at the New England Transition and Resilience Gathering, Boston, 2012.

# Students of the Kearsarge Valley Transition with Nutritionally Yours, New London, 2012

# Movie night, *Transition 1.0*, at Warner Bookends

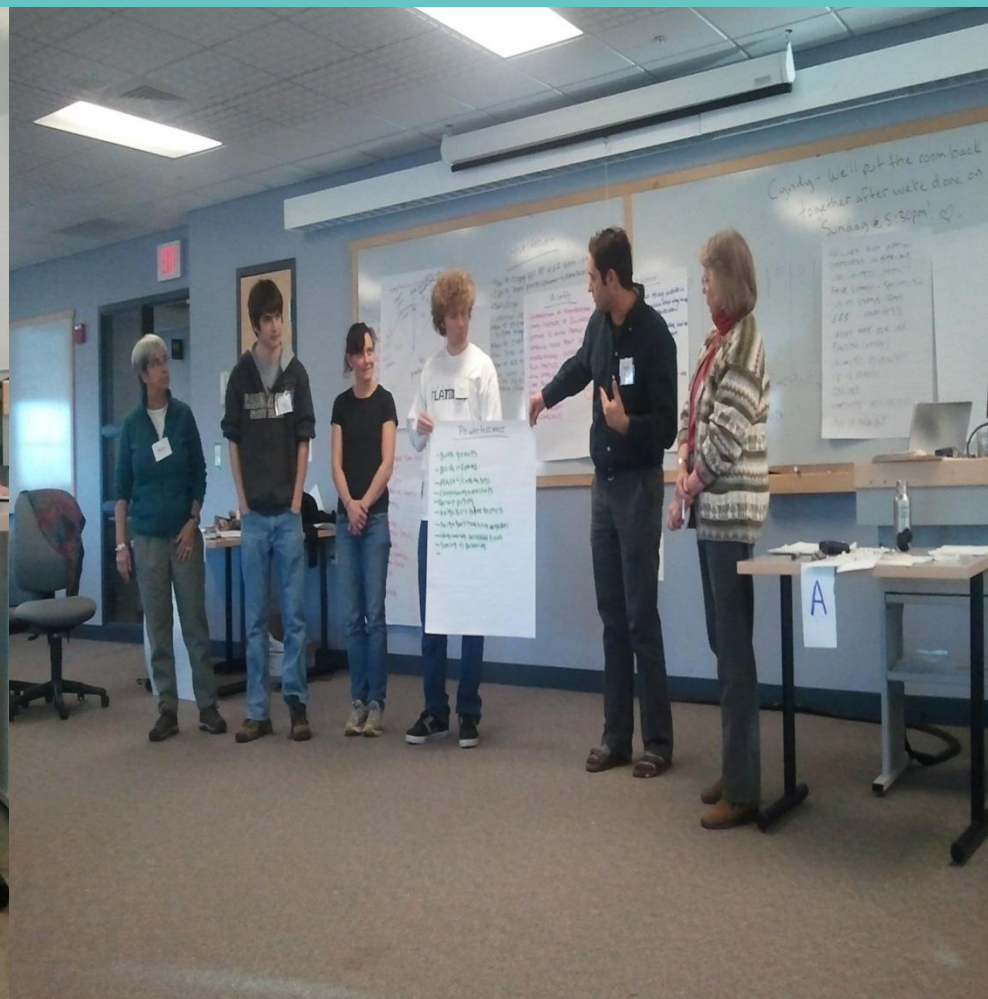
# Movie night at LSPA, Sunapee

# Transition Training by Tina Clarke, Colby-Sawyer College, 2012

# Attendees practicing Open Space Technology during Transition Training

# Transition Training attendees listening to Tina Clarke

# Groups presenting their solutions to different issues in our communities



# Community members presenting their skit about transition during the training

# Sensational performance by Jen and Jimmy

Potluck shared by community members

Drew and Garrett sharing their love for each other

# Working groups discussing their ideas

Food Not Lawns Group

Energy Group

# Working groups discussing their ideas

Recycling/Compost Group

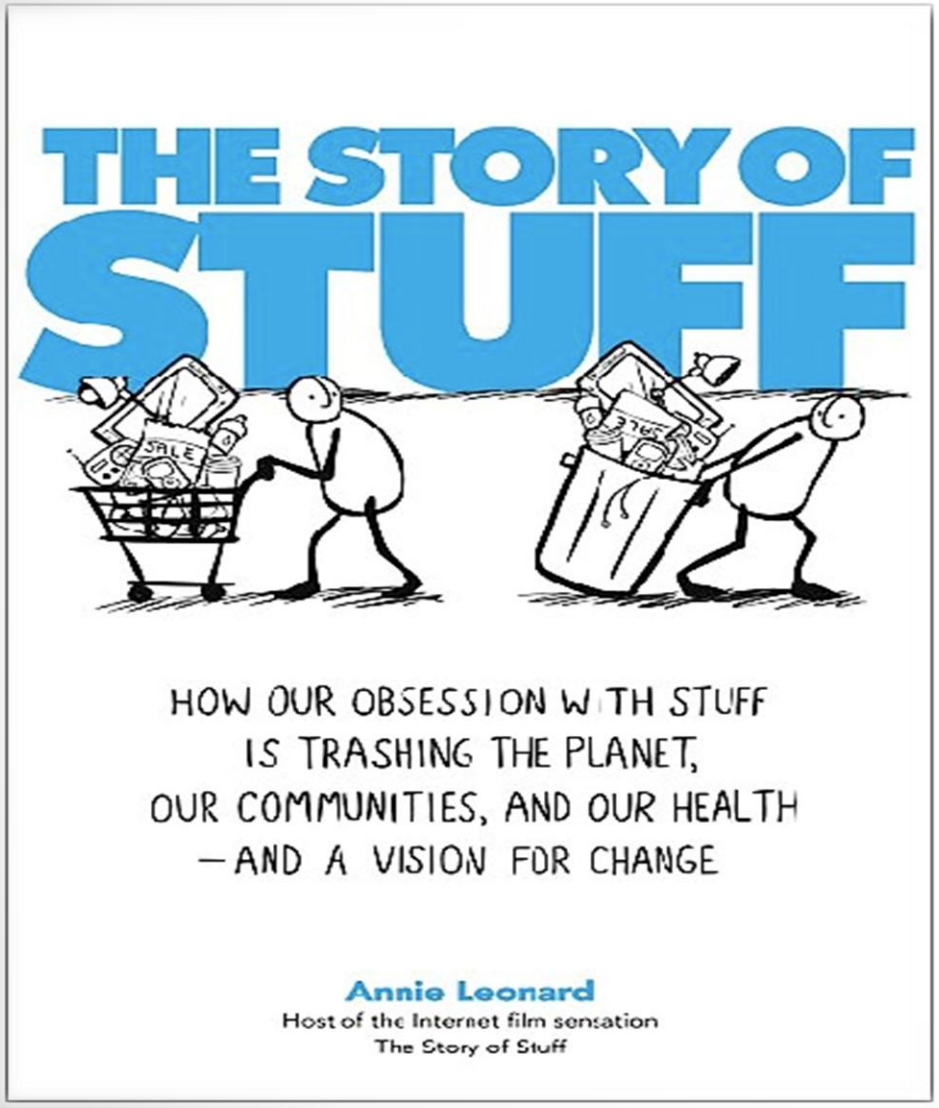
Big Food Group

# Permaculture-Transition Talk by Steve Whitman, Feb. 1, 2013

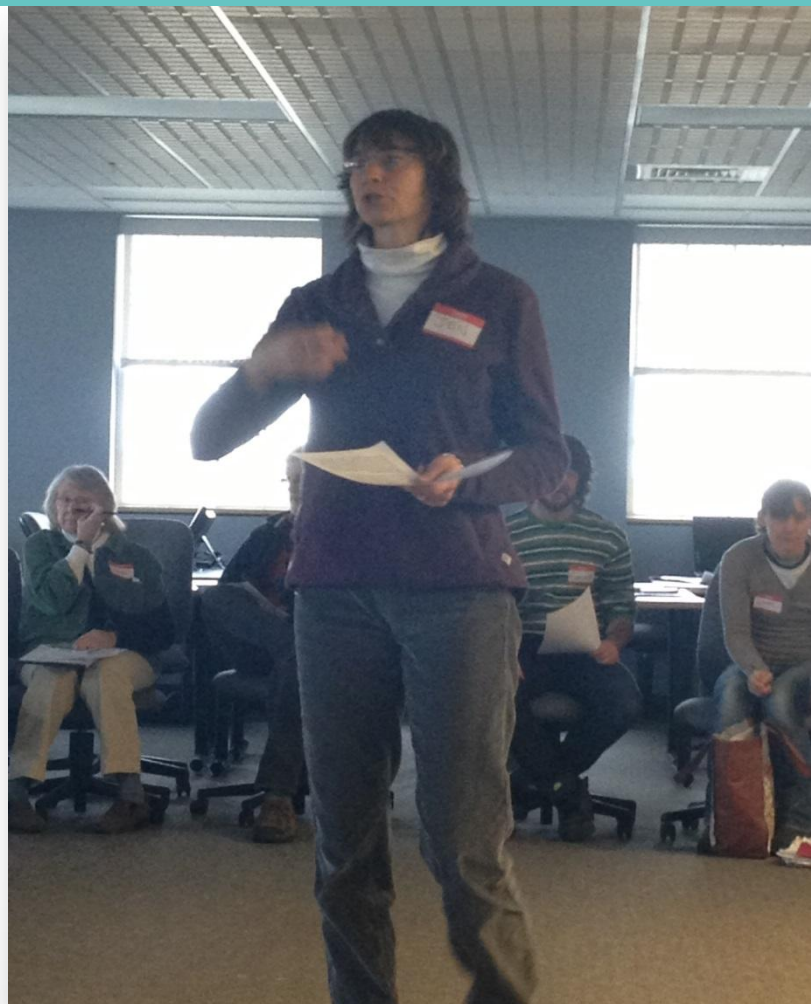
# Participants at From Principles to Actions, Feb. 2, 2013

# Colby-Sawyer Alumni, John Pelech and Mike Mooney, presenting about their company, Poly Recovery

# Movie night at Colby-Sawyer College




Professor Jen White leading discussion after the movie



# Farmers and buyers during Farms-to- Institution event, Colby-Sawyer College