Community Based Research Project 2012-2013
Kearsarge Valley Valley Transition
and
The Happiness 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
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

GDP and GPI

Gross Domestic Product

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


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

"Gross National Happiness is more important than Gross National Product."
By HM Jigme Singye Wangchuk.
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
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

<table>
<thead>
<tr>
<th>Category</th>
<th>National</th>
<th>Student</th>
<th>Employee</th>
<th>Community</th>
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<td>Positive Affect</td>
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<td>Physical Health</td>
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<td>Time Balance</td>
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<tr>
<td>Social Support</td>
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<td>72</td>
<td>78</td>
<td>73</td>
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<tr>
<td>Education, Arts &amp; Culture</td>
<td>73</td>
<td>66</td>
<td>69</td>
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<tr>
<td>Neighborhood</td>
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<tr>
<td>Environment</td>
<td>76</td>
<td>74</td>
<td>83</td>
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<tr>
<td>Government</td>
<td>59</td>
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<td>60</td>
<td>64</td>
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<tr>
<td>Material Well-Being</td>
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<td>62</td>
<td>67</td>
<td>78</td>
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<tr>
<td>Work Experience</td>
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<td>Population</td>
<td>453</td>
<td>141</td>
<td>32</td>
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</table>
Happiness Survey Results

Comparison of National, Student, Employee, and Community Averages for Each Section
Satisfaction with Life

- Work Experience
- Material Well-Being
- Government
- Environment
- Neighborhood
- Education, Arts & Culture

Positive Affect
Psychological Well-Being
Physical Health
Time Balance
Community
Social Support

Legend:
- National
- Student
- Employee
- Community
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

<table>
<thead>
<tr>
<th>Name</th>
<th>Town</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susan Chase</td>
<td>Andover</td>
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<td>Larry Chase</td>
<td>Andover</td>
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<td>Harvey Pine</td>
<td>Andover</td>
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<td>Tom Bates</td>
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<td>Nancy Teach</td>
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<td>Candis Whitney</td>
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<td>Leigh Bears</td>
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<td>Jennifer White</td>
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<tr>
<td>Jimmy Sferes</td>
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<td>Dale Reynolds</td>
<td>Springfield</td>
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<td>Diane Rosewood</td>
<td>Sutton</td>
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<td>Elisabeth Shedd</td>
<td>Sutton</td>
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<td>Joanna White</td>
<td>Sutton</td>
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<td>John Taylor</td>
<td>Wilmot</td>
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Goals of Kearsarge Valley Transition

Strong Local Economy

Increased Local Resilience

Access to Local Foods

Decreased Use of Fossil Fuels

Healthier & Safer Communities
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
  o Intertown Record
  o Sunapee News
• Flyers
• Newsletters
• Save the Date Cards
• Emails
• Personal Contacts
• Websites
  • Kearsarge Transition
  • Kearsarge Transition Meet-Up
  • Permaculture Meet-up
## Event Stats

<table>
<thead>
<tr>
<th>Event</th>
<th>Attendees</th>
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<td>Transition 1.0 screening at CSC</td>
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<td>Transition 1.0 screening at LSPA</td>
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<tr>
<td>Transition 1.0 screening at Warner Book Ends</td>
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<td>Transition Training Weekend</td>
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<td>Poly Recovery Talk</td>
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<td>The Human Side of Permaculture: Transition Towns</td>
<td>98</td>
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<tr>
<td>From Principles to Action I</td>
<td>20</td>
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<tr>
<td>Movie Screening: Story of Stuff</td>
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<td>ReVision Energy Talk</td>
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<td>Movie Screening: Surviving Progress</td>
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<td>Farms to Institution</td>
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<tr>
<td>Kearsarge Valley Local Food Matchmaking &amp; Trade Show</td>
<td>23</td>
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<tr>
<td>Kearsarge Valley Going Local Gathering</td>
<td>17</td>
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Transition Training

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

Tina Clarke
Transition US Trainer

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

Kearsarge Valley Transition Initiative

The Happiness Initiative

- Food Not Lawns
- Local food System
- Inventory of Local Skills
- The Crafting Guild
- Inclusion of Schools
- Local Store
- Connecting Youth and Elders
- 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
• Develop recommendations for future projects
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

Transition Kearsarge

Here in New Hampshire, where town-meeting local government, Yankee ingenuity and frugality are part of our heritage, finding local solutions to larger societal problems may be in our genes. A question worth asking in these difficult economic times is how can we tap these age-old community values to address new problems such as the ever-increasing cost of energy, the reliance on distant and anonymous suppliers to meet our local needs, and our ability to help one another through times of stress and difficulty.

“The end of the Age of Cheap Oil is rapidly coming upon us, and life will radically change, whether we want it to or not... By taking a proactive response rather than a reactive one, we can still shape and form that future, within the rapidly changing energy context, in such a way that it ends up preferable to the present.” Rob Hopkins, The Transition Handbook

Transition Kearsarge is an emerging local network of individuals, families, businesses and organizations that are committed to improving the well-being and resilience of our neighborhoods and communities. 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. The Kearsarge area is blessed with breath-taking natural beauty, deeply enthusiastic people and unique family-owned businesses, and our intent is to leverage the strength of those elements to help foster our shared values such as love, food, family, health, security, engagement and connections throughout the region. If these goals speak to you and you believe in making a positive difference, then we
Local Appreciation

Andover Energy Group
Public Libraries
Keene Transition Initiative
Questions

Contact us at: transition.town@colby-sawyer.edu
Visit our Website at: www.kearsargetransition.wordpress.com
Kearsarge Valley Transition in Action
Students of the Kearsarge Valley Transition with Nutritionally Yours, New London, 2012
Movie night, *Transition 1.0*, at Warner Bookends
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
Drew and Garrett sharing their love for each other

Potluck shared by community members
Working groups discussing their ideas

Food Not Lawns Group

Energy Group
Working groups discussing their ideas

Recycling/Compost Group

Big Food Group
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

The Story of Stuff

How our obsession with stuff is trashing the planet, our communities, and our health — and a vision for change

Annie Leonard
Host of the Internet film sensation The Story of Stuff
Farmers and buyers during Farms-to-Institution event, Colby-Sawyer College