

# Transition Luxembourg Magazine

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# Editorial

Late in June, Luxembourg hosted the second ever Circularity Hotspot. What is that?, you ask. It's an internationally flavoured event that aims at furthering the Circular Economy (CE) which the current Luxembourg government is heavily promoting. If you look to the Ellen MacArthur Foundation, you find the following definition:

**Looking beyond the current "take, make and dispose" extractive industrial model, the CE is restorative and regenerative by design. Relying on system-wide innovation, it aims to redefine products and services to design waste out, while minimising negative impacts. Underpinned by a transition to renewable energy sources, the circular model builds economic, natural and social capital.<sup>1</sup>**

The intellectual heritage of what is today known as CE includes Cradle to Cradle (C2C), co-developed by chemist and visionary Michael Braungart and architect Bill McDonough. This design philosophy considers all material involved in industrial and commercial processes to be nutrients, of which there are two main categories: technical and biological. The C2C framework focuses on design for

1 <https://www.ellenmacarthurfoundation.org/> (accessed 21.06.17)

effectiveness in terms of products with positive impact and reducing the negative impacts of commerce through efficiency. The Blue Economy, another model related to CE and initiated by Gunter Pauli, is an open-source movement that uses the available resources in cascading systems, where waste of one product becomes the input to create a new cash flow. There are other intellectual ancestors and kin of the CE, including Biomimicry, Industrial Ecology, Natural Capitalism and Regenerative Design. Transition and Permaculture do not usually show up in these circles as an intellectual heritage but they do share a few principles, both in their positive vision to create a flourishing world for all beings, their holistic nature and aspiration, and, perhaps their general orientation that sits in counterpoint to more 'traditionally' environmentalist and sustainability approaches. Perhaps two distinctions should be, however, mentioned. Despite the aspiration of Transition to be an economic actor through projects such as Reconomy and cooperativism, the fact that the movement is steeped in citizen action and collective decision-making has been something of a braking mechanism to create projects that create truly viable livelihoods and some sense of security for the people that are committed to this path. In other words, we have not got the balance of profit right, and, to be sure, profit is a difficult notion to handle in the context of civil society action. In my short encounter with CE, I felt that we have something to learn from C2C and CE's pragmatic take on business, but could not help feeling somewhat uncomfortable with even that thought.

The second difference – and corollary, perhaps of the previous point – then is that in CE, with its somewhat incremental approach in adoption, there does not seem to be a true opening to considering more radically different business models or, indeed, an energy descent plan (and indeed there is no talk of post growth). There is a lot of talk about investment and creating value in the long term, which may be a nice beginning and a sweet effort to rethink models of ownership. However, if we do not call into question the basic functioning of capitalism and its tendency to create ever bigger monopolies of power, wealth and inequalities (glossed over as 'social difficulties') and in co-opting and subsuming whatever innovation if it is not geared towards explicitly and vehemently resisting this sort of appropriation, then the circle of CE is rather wonky. We need organisations that will not privatise surplus. On that note, a very happy summer solstice to you all!

Katy Fox (CELL)

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## About **Transition & ö!**

ö! is the official Voice of Transition Luxembourg. The monthly Magazine, created in February 2015, **spreads the word about the manifold Transition activities, events and people in Luxembourg** and around the world.

The term „Transition“ stands for the changes we make to **get to a low-carbon, socially just, healthier and happier future, where people work together to find ways to live more independently** from fossil fuels and with much reduced carbon emissions, with improved wellbeing for all and stronger local economies.

The Transition movement is a social experiment in which **communities learn from each other** and belong to a global and historic push towards **a better future for us and the planet**.

If you are interested in collaborative, resilient, proactive, empowering, responsible, evolving, relocalised, respectful and nurturing communities and people, feel free to contact us, have a look at our events or participate in activities!

ö! editorial staff

## lwwer **Transition & ö!**

ö! ass daat offiziellt Stëmmorgan vu Transition Lëtzebuerg. Dësen all Mount verëffentlechte Magazin, gegrënnt am Februar 2015, **verbreet Nouvelles iwwer déi vilfälteg Transition Aktivitéiten, Evenementer a Mënschen zu Lëtzebuerg** an uechtert d'Welt

De Begrëff "Transition" steet fir d'Veännerungen déi mir maache **fir eng kuelestoff-aarm, sozial gerecht, méi gesond a méi glécklech Zukunft, an där d'Mënschen zesumme schaffe fir Weeër ze fanne fir méi onofhängeg vu Fossilenergie** a mat vill méi reduzéierte Carbon Emissiounen ze liewen, mat engem verbesserte Wuelbefanne fir jiddereen an eng méi staark lokal Ëkonomie.

D'Transition Beweegung ass e soziaalt Experiment, an deem **Gemeinschaften vunenei léieren** an zu engem globalen an historiesche Stouss **Richtung besser Zukunft fir eis a fir eise Planéit** gehéieren.

Wann Dir interesséiert sidd u kollaborativen, resilienten, proaktiven, opbauenden, verantwortlechen, evoluéierenden, relocaliséierten, respektvollen a beräichernd Gemeinschaften a Mënschen, kontaktéiert eis gären, kuckt lech ons Evenementer un oder maacht mat bei Aktivitéiten!

ö! Redaktioun

## Au sujet de **Transition & ö!**

ö! est la voix officielle de Transition Luxembourg. Ce magazine mensuel, fondé en février 2015, **diffuse des informations sur les multiples activités, événements et personnes Transition au Luxembourg** et dans le monde.

Le terme « Transition » désigne les changements que nous faisons pour **créer un avenir à faible taux d'émission de carbone, socialement juste, plus sain et plus heureux, dans lequel les gens oeuvrent ensemble afin de trouver des modes de vie plus indépendants de l'énergie fossile**, permettant d'améliorer le bien-être de chacun et de renforcer l'économie locale.

Le mouvement Transition est une expérience sociale dans laquelle **les communautés apprennent les unes des autres** et appartiennent à une propulsion globale et historique en direction d'un **meilleur avenir pour nous tous et la planète**.

Si vous êtes intéressés par des communautés et gens collaboratifs, résilients, proactifs, constructifs, responsables, développants, relocalisés, respectueux et nourrissants, contactez-nous, jetez un regard sur nos événements ou participez à des activités!

ö! rédaction



# Circular What ?

From 20th of June until 22nd, the Circular Economy Hotspot was held in Luxembourg. Organised by the Circular Economy working group for the second time ever (the first edition had taken place in the Netherlands).

**The circular economy is an economic concept standing in opposition to traditional linear “take, make and dispose”, consumption-driven model.**

With the help of innovation, the new concept aims at redesigning anything we know as products and services. It focuses on an idea being users rather than consumers, it values restoration and regeneration. The concept introduces the constant cycle in which products, materials, and components flow eternally with constant monitoring and assessment of their quality.

The event consisted of few substreams. On Wednesday, 21st July CELL, on the invitation of our friends from PROgroup, took part in Stream 4 in the Solarwind building in Windhof. The main topic was sustainable construction in Luxembourg. After the welcome by PROgroup’s founder Romain Poulles, he gave a speech focusing on implementing circular economy principles in the design of the Solarwind building and the entire plan for the Ecopark Windhof. During his speech, Poulles underlined the importance of co-creation in the design process in the spirit of circular economy. He also pointed out that in their case, in addition to the usual 3P concept (Planet, People, Profit) his company

added a fourth P, which stands for Pedagogy and is implemented by various activities to engage and educate people of different backgrounds.

The speech was followed by Guy Wagner’s explanation of how the air quality in the Solarwind building was acquired, how it is maintained and monitored. In his speech, he drew the audience’s attention to all factors that influence the indoor quality in buildings, both exterior and interior ones. Wagner noted also that when designing such a ventilation system, one has to bear in mind how substantial are the maintenance and preventing the misuse of the building. He also pointed out the importance of co-creating and co-designing the system in the multidisciplinary group.

After Wagner, Cyril Dejonghe took the stage. Dejonghe, a builder at PROgroup, presented three of his projects. The first one was a car park. He pointed out that since car usage may decline in a rapidly transforming world, the major concern was to create a building that could be easily adapted for another use. Next, he spoke about the Nesto residential building for social landlords. He underlined the fact that energy efficiency should not be considered a luxury for people but we have to find the ways to make it accessible for less wealthy parts of society. Describing the project, he also listed all the ‘traditional’ products such as light bulbs or carpets that were reconsidered and implemented as services with, for example, a monthly lease paid. He analyzed the costs of the two different business models for the light bulbs, the one in which they need to buy bulbs for replacement, and the second one in which





# Circular What ? (...)

they pay a fixed monthly cost for maintenance and repair. The second business model was slightly less expensive when accounting for 1.5 of inflation.

Afterwards, CELL, represented by Katy Fox, introduced the multinational audience to the fields of the organisation’s activities and major goals. She also introduced Kate Raworth’s Doughnut Economy concept - provide to everyone with life's essentials without exceeding the limits of global ecosystems. After the introduction, the speech’s key point - the Äerdschëff was explored. Dr Fox explained the principles of this pioneering self-sustaining off-grid building, differentiated the Luxembourgish approach to the project from the original American, noting also the restrictions that Luxembourgish legislation puts on the design and implemented systems. She briefly presented the plan and described the building’s infrastructure.

Douglas Mulhall from EPEA was the last speaker of the panel. His speech gave an insight into the BAMB (Building As a Material Bank). He explained the significance of Material Passports as a tool, mentioned their economic importance and underlined also that all the creators, users, manufacturers, technicians, regulators and re-users benefit from implementing the Material Passport database. In his speech, he also mentioned the problems he recently encountered in the European environment, namely the danger related to disunited, competitive databases that are currently popping up. Mulhall noted moreover that Material Passports are not only a passport for buildings but also passports

for all products and he advertised the healthy printing programme.

The event was very rich in information, concepts and solutions. CELL received positive feedback and got the opportunity to make new contacts.





CELL/TERRA **Intro to Permaculture June 2017**

The first weekend of June is almost traditionally reserved for the Introduction to Permaculture course co-organised by CELL and TERRA.

This course alternates between French and English and helps participants discover the basic concepts and practices of permaculture design in two different locations: CELL headquarters in Beckerich and the beautiful TERRA site in Eicherfeld.

Here are some impressions from those two days.



TEXT Katy Fox  
PHOTOS Michèle Conrad & Katy Fox



# The Transition Hubs Gathering in Santorso, *Italy*

It's a year and a half since the Transition Hubs last met. In case you don't know,

**the Transition Hubs are the organisations that represent and support Transition in different countries (Transition Mexico, Transition Germany etc...). They work closely together and collaborate on projects.**

This year's meeting was held in Santorso in Italy, about an hour from Venice, in the foothills of the Alps, with the help of the Santorso in Transizione. Hubsters came from 24 different nations or regional Hubs, with 2 more participating remotely, bringing their amazing tales of Transition in those places.

Home to the event was Villa Rossi, a very grand villa, complete with beautiful frescoes, albeit rather faded and peeling ones. I'll tell you more of its story in another blog. Parts of the Villa had seen better days, but it provided a delightful setting for the event.

I arrived a couple of days late, on Friday morning (they had started on Wednesday afternoon). The two days before then had seen an Inner Transition training which went very well by all accounts, a big and very moving opening circle, and other sessions.



Assembled Transitioners and local Santorso residents preparing for the evening's festivities.

The last gathering, in 2015, had created the great 'tale to tell the grandkids' of our ending up having to hold meetings in a car park, due to the unsuitability of the original venue. The discomfort, the cold, but the camaraderie and resilience that it generated, are now the stuff of legend. This event's story happened the day before I arrived. Intending to order 40 pizzas from a local pizzeria, the person ordering had instead ordered them from another pizzeria, with the same name, about 50 km away! When the person went to collect them from the local pizzeria, the person there knew nothing about it. Oh dear.

The first day I was there was taken up mostly with a Sociocratic process to approve a proposed governance structure for the Hubs.

**Sociocracy is a fascinating process to observe, with its focus on a deep understanding of a proposal, and on seeing objections as gifts for the process. While not without its difficulties, it is a very deep democratic process and one that adds a real character to how the Hubs work together.**

One of the wonderful things about the event being hosted in Santorso was the degree of support and engagement of the people of Santorso. All the Hubsters were accommodated in the homes of local people, and on the Friday evening, a great party was put on in the Scout Hut in Santorso. There was great food, prepared by a team of local folks, followed by wine and beer, music.

It also included a look at a remarkable, and lovingly restored and maintained, 18th century clockwork nativity scene/ world of the time... hard to describe, but [here is a film](#) of it.

So there was life before TV after all. The evening came to a crescendo with huge 'mapping' in the square, all sorts of silliness, and dancing in the street into the night. A really wonderful evening, one that will be remembered for some time. [Here is a video of the dancing...](#)

Next day featured all kinds of reflective activities, group



# The Transition Hubs Gathering in Santorso, *Italy* (...)



work, Open Space sessions, a large drawing on the floor, and a closing circle.

In the evening we were joined by a group of 3 improv actors/facilitators from Bologna, who led us through a series of increasingly silly activities before getting us into groups to prepare short sketches, which were then performed in front of everyone else. It all ended with group singing, dancing, and daft nonsense. Very entertaining.

On Sunday morning, Josue Dusoulier of the Belgian Hub, and I decided to climb the big hill behind Santorso. Well, a bit more than a hill, but not really a mountain, it is a 1km climb from the village to the top. The father of Ilaria, our host, told us that he, in his mid 60s, runs to the top in an hour and 5 minutes! Good Lord. It took Josue and I 3 hours to walk, and I don't mind admitting I was a sweaty red tomato by the time we reached the top and my feet were in shreds by the time we reached the bottom (wrong shoes).

It was amazing though. Spectacular views, definitely worth the effort.

It is also a fantastic taste of what rewilding can look like in practice. The hills above Santorso were, at the turn of the century, bare, due to the levels of grazing that took place. A number of people also had small cultivated patches of land up there. But 40 years ago, the decision was taken reforest the hill, to allow it to become a forest, and now it is an amazing forest, building soil, locking up carbon, providing a place for walkers, runners, cyclists and, I imagine, artists (although interestingly, there is some debate about the biodiversity benefits).

I wonder if anyone has done an economic evaluation of the economic benefits to the local economy of it being a forest used in so many different ways to just having sheep on it? It'd be fascinating to see. Really gorgeous. At the top of the hill/mountain is a huge cross which can be seen for many miles. The walk also passed through wild meadows rich with wild flowers, past impromptu shrines in the rocks, deep and dark forests.

After we made our way back down again (amazing how walking up a mountain uses completely different muscles to walking down a mountain), I headed to the Incontro di Transizione, a day long event at a local school which was open to the public to find out more about Transition.

There were three sessions of workshops which had

included all kinds of delicious and fascinating things: facilitation tools, stories of Transition in Japan following the earthquake and tsunami, how Transitioners responded to forest fires in the US, and much more. I arrived in time for the final session, and chose one about Transition in South America.

Then there was a lovely closing ceremony outside in the early evening Santorso sunshine, which involved salt and different food colourings and beautiful pattern-making and then trampling it all underfoot (you had to be there).

After this was the culmination of the event, where I gave a talk, introduced by Giulio from the local group, and key organiser of everything that had happened over the previous few days. The local Mayor also said a few words. I then gave an overview of Transition, tricky given that the audience contained people who have been doing Transition as long as I have, and some people for whom it was their first encounter, but it got a standing ovation at the end, so hopefully it was ok. [Here is the video of it, thanks to Cristiano Bottone.](#)

And so the day, and our time in Santorso, drew to a close. Although my experience of the Hubs meeting was more that of observer than that of participant, there was something very satisfying about it for me. When we started Transition Network, 10 years ago, in a coffee shop in Bristol, sketched out on the back of an envelope long since lost in the mists of time, Peter Lipman, Ben Brangwyn and I had



# The Transition Hubs Gathering in Santorso, Italy (...)

the intention that we needed to create an organisation that turned the model for organisations upside down.

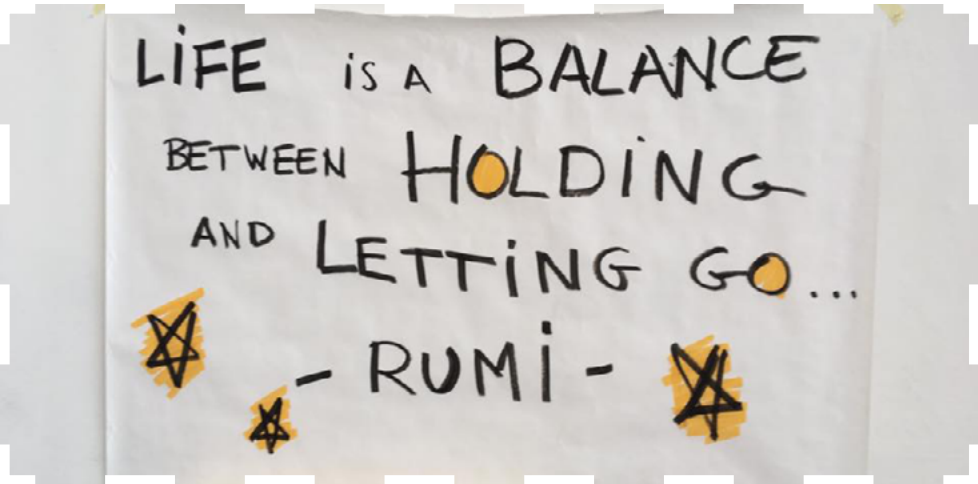
In most corporate structures, the idea is that each level exists to benefit the level above it: the workers benefit the bosses, who benefit the shareholders and so on. Power concentrates upwards.

**With Transition Network our intention was to create an organisation that was in service to and in support of the people on the ground actually doing Transition. So our role is to support the National Hubs, their role is to support the regional networks, where they exist, and their role is to support the initiatives on the ground, and their role is to support the people and the groups actually doing the Transition on the ground.**

What was so wonderful at the Hubs gathering in Santorso was that, with the passing of the new governance structure, which gives that say to the Hubs in such a way that Transition Network has only a small role in the process, it felt like that was actually coming into being. And coming into being in a way that showed huge bravery, commitment

to good process and clear communication, and real maturity for such a young movement. I felt very proud, and honoured, to be able to spend time around such amazing activists from so many different places, imaginative and dynamic souls all. What a remarkable thing Transition has become, and what an independent, self-organising, deep and soulful thing it is. And so it grows...

Deepest thanks to everyone in Santorso for their hospitality, to my hosts Ilaria and Christian, to the Syndico, to Guilio, to the mountain, to Josue my roommate, and to all the wonderful people I met.



TEXT Rob Hopkins  
PHOTOS Rob Hopkins, Sebastian



# Mindfulness for Social Change *Course 8th-15th of April 2017* **Hell Yeah Self-care!** (Part 3/3)

Another very important factor for mindfulness is self-care. With all that is happening in the world right now self-care is often seen as being our last priority because we first need to look after others before we can look after ourselves.

**Choosing to have a bubble bath instead of going to that meeting can be a pure act of resilience. Pausing for self-care can mean that I pick my battles more carefully so I have the time and resources to engage in ways that are most likely to make a difference.**

Caring for myself gives me more empathy for other people who are struggling the same battle. Self-care can help us to personally and politically resist the culture of self-criticism, all the messages we get that there is something wrong with us that needs fixing. Self-care can be about meeting our basic needs, about cutting down self cruelty, about just being and being kind to ourselves, which is a major act of resistance in such a self-critical culture.

As Audre Lorde's quote suggests, we get strong messages that self-care is self-indulgent and that isn't okay. The oxygen mask applies here. On a plane you're instructed to secure your own mask before helping anybody else. We are generally far better at caring for others if we care for ourselves because we have more energy, we see the



situation more clearly instead of going on autopilot, jumping to conclusions or exacerbating problems. We are more likely to see our limits and won't burn out. Self-care is an act of resistance against cultural messages that certain categories of people should serve others, be valued less, put others first, protect others, or do all the emotional labour. It insists we are no more or less valuable than anyone else. So why is self-care so important for social work? It is essential for the long run to stay sustainable, as it is a collection of relationships between people. We are modelling that everyone deserves care instead of acting like some people don't need it. We are treating ourselves as fellow human beings instead of acting like a saviour. We will be even better able to handle criticisms or unforeseen problems.

## How to make it all happen?

With these two key elements in mind we practiced a lot of meditation, had mornings in silence and were even sent off on a whole day of silence and in solitude with the aim of endless wandering, without planning, without distraction, but just being with ourselves. This was a battle for some people, it was bliss for others. And also I noticed that I need more of these days! Yes I just want to be! I was raised on the idea that you have less value as a person when you are standing still without doing something all the time. So this pattern is still with me and stresses me out sometimes because I put myself too much under pressure by judging myself all the time about what I do. I need more time for



# Mindfulness for Social Change *Course 8th-15th of April 2017* **Hell Yeah Self-care!** (Part 3/3)(...)

uselessness and want to quit being with my head elsewhere instead of being where I am actually physically. This day alone in the mountains really nourished me and gave me an example of how much beauty you can see when you just stand still and observe. There was a moment when a whole family of wild boars crossed my path by coming out of the bushes where I sat in silence admiring the scenery. It filled my heart with joy and got me immediately connected to where I was, and my place in this world. It will only need more effort to stay mindful when I am not on a mountain rock but in the middle of a bustling city or another hectic place. Acknowledging and seeing my patterns, my feelings, staying with them in a kind way and letting it all go, will become an ongoing personal work.

**It is with the inner change that we can do the outer change and be effective in our organization or at work.**

Therefore we need to: balance action with reflection, include respect and integrate different voices, seek shared interests, share air time, accept all feelings, give and receive feedback, commit to resolve conflict, check assumptions, balance speaking and listening, liberate the elephants – which means how to get things said that have not been said, use blended decision making, give a place for reflection, and recognize the importance to pause.



**Recently secular mindfulness training has benefited from a great deal of research and study which show that these practices have direct material effect on the neuro-plasticity of the brain, effectively re-sculpting it for effectiveness, creativity and wellbeing.**

Embodied awareness is a key to emotional intelligence and raising levels of personal resilience. There is a clear testimony that mindfulness training can enhance our focus and attention, increase self-awareness and the awareness of others, and strengthen cognitive effectiveness. All of this can enable us to find clarity and focus when it is required, deepen our capacity to empathize, direct our thinking where we need it, listen and communicate more effectively,

be more emotionally alive and tuned in, stay flexible and creative under stress, remain energized and inspired. As I write this article, I am making a first step to effectiveness on being mindful. There is no Internet! I haven't had Internet now for some months and won't have it in the coming months unless I go to a bar or a library. But yes it is amazing! No distraction, no Facebook, no silly Google searches or other useless things. Just writing an article for the ö. Magazine. That might be a first step in an ongoing process.

With love  
Annick Feipel

Check out:

- Rasmus Höugaard, Get one second ahead, is based on the PAID reality (Pressure Always on Information Overload Distraction).
- [www.mindfulhealth.co.uk](http://www.mindfulhealth.co.uk)
- [www.mindfulnesswithpaula.com](http://www.mindfulnesswithpaula.com)
- Meg John Barker on her work on emotions, happiness and mental health – [www.megjohnbarker.com](http://www.megjohnbarker.com)
- Perma Chödrön The wisdom of no escape: And the path of loving-kindness. Shambhala Publications
- Perma Chödrön When things fall apart: Heart advice for difficult times Shambhala Publications
- A.W. Cornell, The power of focusing, Thinking allowed Productions ([www.focusing.org](http://www.focusing.org))
- E. Van Deurzen, Psychotherapy and the quest for happiness, Sage ([www.emmyvandeurzen.com](http://www.emmyvandeurzen.com))
- K. Adams, Journal to the self, Grand Central Publishing
- N. Kline, Time to think, Ward Lock
- H.& Stone, Embracing your inner critic: Turning self-criticism into a creative asset, CA: Harper Collins

TEXT & PHOTOS Annick Feipel



## Review Bourse aux Plantes 2017

### Le 13 mai 2017 a eu lieu la troisième édition de la Bourse aux plantes à Hollerich.

Née d'un partenariat entre le CELL et le groupe Schuler, la Bourse, déplacée à la dernière minute sur le parking d'Intralux à Hollerich, a verdi pour quelques heures cet espace bétonné lors d'une belle après-midi ensoleillée. Cette édition a fait une large place à la tomate, ce qui, pour une année placée sous le signe de la canicule, a ravi les jardiniers qui n'ont pas de serres !

### Les producteurs professionnels étaient encore plus nombreux, rejoints cette année par nos amis luxembourgeois du Krautgaart et allemands du HunsrückerBioGemüse.

Les associations des jardins communautaires de la Transition étaient aussi présentes avec leurs plants soigneusement cultivés pour cette occasion sur les rebords des fenêtres des jardiniers! Et nos amis semenciers ont pu continuer à distribuer leurs graines adaptées localement et raconter les histoires des semences, précieuses graines qu'il nous faut protéger au nom de la biodiversité, de l'adaptation au changement climatique et de l'indépendance de l'industrie des semences.



Le stand troc/échange de plantes a commencé à s'enrichir avec de plus en plus de personnes qui soutiennent les initiatives non marchandes et apprécient la découverte de nouvelles plantes ou de nouvelles variétés de légumes.

Miss Grimm, la maquilleuse, a sorti sa palette de couleurs au plus grand plaisir des plus petits qui se sont aussi divertis en participant à l'atelier de seed bombs.

Une restauration de produits biologiques et locaux a été assurée sur place par MESA et Nature Eléments et une dégustation de plantes sauvages a été organisée par Maggy Backes et Linda Frank, la cuisinière qui s'intéresse à la cuisine à base de plantes sauvages. Les stands MESA et ATP proposaient aussi des produits biologiques et locaux à la vente.

Rendez-vous dans un an, en mai 2018..., pour la 4ème édition !

Notez dans vos agendas des mois de mars/avril 2018 de débiter les semis vos variétés préférées à faire découvrir!

D'ici là nous nous verrons en février prochain à la 1ère Bourse aux semences qui aura lieu à Junglinster. Lisez la Ö et vous verrez passer l'annonce !

**Vous pourrez aussi suivre l'agenda des jardins et des événements liés au jardinage sur le tout nouveau site internet, bientôt en ligne : [www.eisegaart.lu](http://www.eisegaart.lu)**



## Gaardefest “QUARTIERSGAART BREEDEWEE” - Fête au Jardin Communautaire à Esch

### Samedi 24 juin, notre fête au jardin communautaire a connu un beau succès !

C'était l'occasion pour les gens du quartier (nous avons distribué 2000 flyers dans le quartier) de venir découvrir le jardin, de faire notre connaissance et de s'informer sur le concept du jardin.

C'était aussi un moment convivial qui nous permettait d'avoir de beaux échanges, de nous connaître un peu plus, ... au-delà de nos sessions de jardinage (qui passent toujours tellement vite ...)

Une belle ambiance autour du barbecue, avec les enfants qui faisaient du pain pita aux herbes du jardin et un bon repas avec tout ce que chacun avait amené de délicieux :-)  
Merci à tous ceux qui ont participé !

**Le “QUARTIERSGAART BREEDEWEE” est un jardin communautaire à Esch sur-Alzette (Il se trouve juste en face du Parc Laval, rue Large à Esch-Alzette) ouvert pour tous les habitants du quartier et d'ailleurs, dans un esprit d'échange, d'ouverture et de respect, pour y venir jardiner, de façon régulière ou occasionnelle, se réjouir des plantations, tisser du lien social, échanger...**



Le JARDINAGE URBAIN (urban gardening) est une démarche volontaire de se réapproprier le cycle de production de nos fruits et légumes, de vouloir savoir d'où vient notre nourriture et de vouloir produire naturellement et consommer localement. Notre démarche repose sur la promotion de contacts intergénérationnels et interculturels, sur l'échange et le partage de connaissances et sur l'opportunité de pouvoir donner lieu à des rencontres conviviales.

TEXT Mireille Dondlinger  
PHOTOS Norry Schneider



# L'Herbe Folle



Chaque année, à l'arrivée de l'été, mon cœur s'ouvre en admirant les paysages des campagnes. Mon besoin de relation sensible avec les plantes et mon approche poétique du végétal est comblé. La nature est belle et j'ai de la gratitude d'avoir des yeux pour la contempler.

**Cette année, il m'est impossible d'échapper à la séduction du BLEUET.**

Cette fleur d'un bleu céleste fait partie de la famille des astéracées. Elle apparaît à l'origine sur les champs de céréales en compagnie de ses sœurs coquelicot et camomille. On parle d'une plante messicole, une plante qui croît dans l'ondulation des moissons.

Malheureusement la monoculture intensive entraîne sa disparition dans les champs, mais on la voit encore même si elle se raréfie. Aussi merci aux semeurs de biodiversité qui sèment de la beauté. Grâce à eux, on voit de plus en plus le bleuet apparaître sur les plates -bandes fleuries des villages. Le bleuet est une fleur d'une beauté exceptionnelle. Gracieuse et irrésistible, elle est un pur plaisir pour les yeux

et elle en est aussi la protectrice. C'est une fleur qui apaise le regard rien qu'en la regardant. C'est tout de même assez mystérieux et spécial une fleur bleue ! Elle ramène du ciel sur terre et sa beauté paisible invite à la contemplation et au recueillement.

De son nom scientifique elle se nomme *Centaurea Cyanus* L. C'est une plante annuelle à tige ramifiée et à feuilles étroites et allongées vertes-grises. Elle peut grandir jusqu'à 90 cm et fleurit tout l'été. Elle possède de nombreuses petites inflorescences bleues réunies en un capitule ce qui donne l'impression à la fleur d'être une étoile ou plutôt un cristal. Cette jolie plante médicinale qui se fait rare dans les champs a un pouvoir nectarifère attirant bourdons, abeilles et papillons qui la visitent abondamment ou est ce comme pour nous, le pigment bleu qui les attirent ?

On dit que le bleuet est la plante des yeux clairs (le plantain est celle des yeux foncés). Elle atténue toutes sortes de petites irritations oculaires ; les yeux congestionnés, les paupières gonflées, les yeux cernés, pochés ou fatigués. Elle rend le regard brillant et illuminé. Elle rend aux yeux la perception de la beauté de la vie. Elle est apaisante, astringente et anti-inflammatoire. Elle a peu de saveur et peu d'odeur, donc peu d'huile essentielle mais ses propriétés médicinales anti-inflammatoires ont été démontrées dans une étude.<sup>1</sup>

Pour faire une eau florale apaisante simple et sans alambic,

<sup>1</sup> (1) Garbacki N, anti-inflammatory and immunological effects of *Centaurea Cyanus* Flower-heads J. Ethnopharmacol. 1999 Dec 15;68 (1-13) 235-41





L’Herbe **Folle** (...)

il suffit de procéder à une décoction de fleurs de bleuets. Je prends une dizaine de gramme de bleuets que je mets dans un quart de litre d’eau. Je porte le tout à ébullition puis je retire le mélange du feu que je laisse infuser 15 minutes. Puis je filtre le tout et je laisse refroidir. Ensuite j’imbibe des compresses de coton ou des carrés de tissus de la décoction de bleuet que je place au réfrigérateur. Je les utilise en patchs oculaires le matin en me réveillant.

L’action anti-inflammatoire des bleuets associés à celle du froid apaisent mes yeux fatigués.

Le bleuet séché donnera aux tisanes d’herbes mélangées une belle petite touche colorée. Séchées bien à plat dans un endroit ombragé et aéré, les bleuets gardent leur joli pigment bleu





## People in Transition: Shunro Yoshida, co-founder of Transition Japan



*We are interviewing international Transitioners for ö! Transition Magazine every second month to give you a bit of a flavour for what Transition is like in other places of this beautiful world. This month, we present Shunro Yoshida, co-founder of Transition Japan.*

**What is your personal project right now?** My personal project is trying to translate the Essential Guide to Transition website. And I am trying to get some funding but don't know yet whether it will be successful.

**In which projects of the transition movement are you active?** I'm working on a seed saving project in my town. We feel it is very important to save seeds as more than 90% of the seeds in the market are F1 hybrid seeds.

**Where do you see issues in the transition movement?** We feel there is a lack of young people that are interested or active in the Transition movement, so my concern at the moment is how to involve the younger generations and get them interested and taking action in Transition.

**What support do you need?** I am currently lacking resources to translate the Guide, both funding money and lack of information.

**What do you want for the future?** A world turning to sustainable systems both in economy and ecology.

**What do you particularly like about transition?** I particularly enjoy the hope of people involved in Transition and the fact that actions done locally may have a global effect.

**Why do you work on your project?** Because I want to spread the great information of Transition to Japanese people who don't have hope or have hope but don't know what to do.

**What makes you happy in your life?** I love being in wild nature and become a part of it. Also having hope that we can make a difference to change the world.





# CELL Governance *an Introduction to a New Column*

## Prelude


We sometimes get told that CELL and Transition are a bit complicated to understand. Well, it might be a bit complex (i.e. having many different interconnected aspects), but not necessarily very complicated, once you have gotten your head around it. We have invented a new section for the ö! Transition Magazine in which we will present aspects of our structure and purpose in Luxembourg and how we are embedded within a larger international movement.

## Why is this section called governance?

Governance is a fancy name for how we organize ourselves. We believe that even if we manage to change our energy systems to renewables, we still have to get rid of oppression and inequality, in other words, reform or replace capitalism in order for all beings of this earth to flourish. So this means reconsidering the ways in which we live together and how we take responsibility not just for our way of life, but also our livelihoods and our politics, so the ways in which we organize public life (including the distribution of wealth, property, roles, etc.) and solve our conflicts for the common good.

## What is the Office?

We call ‘Office’ the professionalized part of the Transition movement in Luxembourg. There are currently 8 people employed by CELL, plus 2-3 formal long-term volunteers. You find their profiles and the work they do in the context of their CELL work on the [CELL webpage: www.cell.lu](http://www.cell.lu). Most of our projects also have a web presence, so that you can follow what is going on and get involved.



[GET INVOLVED](#) [ACTION GROUPS](#) [SERVICES](#) [EVENTS](#) [ABOUT CELL](#) [BLOG](#) [CONTACT](#) [ENGLISH](#)

OUR MISSION


OFFICE

PARTNERSHIPS

IMAGE GALLERY

IN THE PRESS

FAQ



Delphine Hardy

As a landscape planner, Delphine has been highly invested in the development of participatory projects that aim to make our urban lifestyles evolve. She coordinates the project EarthOurGarden for CELL. This project aims at creating connections and meeting spaces between asylum seekers, people with refugee status and residents of Luxembourg through community gardens. She is an active volunteer in the local action group Transition Stad, more specifically in the Pétrusse garden and in UrBOnGarden.

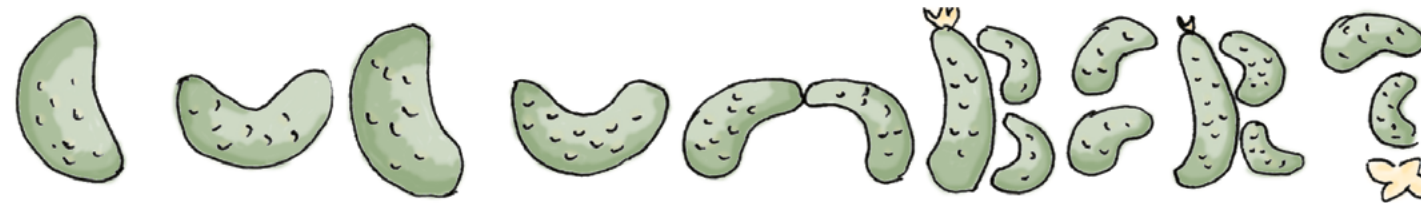
Contact her: [earthourgarden@cell.lu](mailto:earthourgarden@cell.lu)



DIY  
winning



DID YOU KNOW YOU  
COULD FERMENT



WHAT YOU CAN ADD?  
**EXPERIMENT!**

PICK YOUR  
FAVOURITE TASTE:  
example:

4 HORSE-  
RADISH  
LEAVES

4 DILL STEMS  
(WITH SEEDS)

6 OAK TREE  
LEAVES

10 CHERRY  
TREE  
LEAVES

1 HORSE-  
RADISH  
ROOT

1-2 HEADS  
OF GARLIC

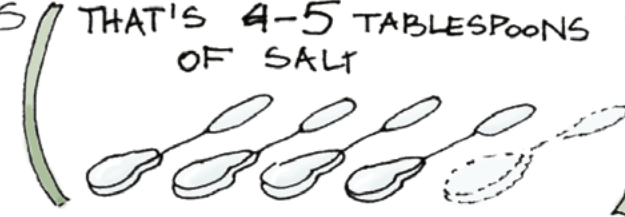
1 SPOON  
OF HONEY

questions?  
CONTACT ME@  
agata@cell.lu

PREPARATION (FOR 3 KG OF FRESH SMALLER CUCUMBERS)



BOIL 2 LITERS  
OF WATER WITH  
80-100G SALT  
ADDED



PREPARE  
A BIG JAR



YOU CAN  
ALSO  
USE (IT  
WOULD  
BE PERFECT)  
A CLAY POT

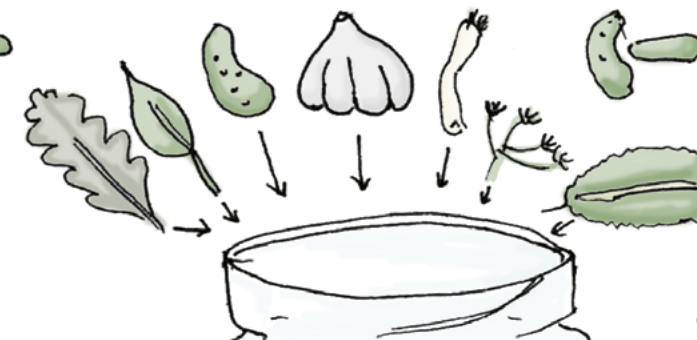


I LIKE THEM HALF-  
READY (IN POLAND  
THEY'RE CALLED  
"LESS SALTY")  
AND GORGE ON  
THEM ON 2ND/3RD  
DAY. FULLY  
FERMENTED AFTER  
ABOUT A WEEK.  
SECURED JAR  
CAN LAST UNTIL  
THE NEXT  
CUCUMBER HARVEST.

POUR BOILED WATER  
COVER WITH A LID  
(YOU CAN ADD THE  
FERMENTATION TUBE/  
STRAW - BUT IT'S OPTIONAL)  
LET IT  
FERMENT!



STACK 3 KILOS  
OF + CUCUMBERS  
+ SPICES (LOOK < )  
IN THE JAR/POT



WATER IS ALSO  
VERY HEALTHY

IDEAS  
EAT RAW  
OR GRATE  
& PREPARE SOUP

FULL POTENTIAL 3-7 DAYS

(IN THIS CASE IT IS  
IMPORTANT TO FIND  
A FITTING LID OR  
SUITABLE PLATE  
+ STONE/OTHER THING  
TO WEIGH IT



## Le Miel

**Bonjour, je suis Julie, cuisinière et apicultrice amateur.**

**Mon époux s'est lancé dans l'apiculture il y a 8 ans et actuellement il prend soin d'un cheptel de 30 ruches installées à Luxembourg ville dans les quartiers de Kirchberg, Bonnevoie et Limpertsberg.**



Le miel est récolté deux fois par an (entre juin et août selon les conditions météorologiques). Le goût, la texture, la couleur varient fortement en fonction de l'environnement des ruches puisque les abeilles volent et butinent dans un rayon de 3 km autour de la ruche. Auparavant nos ruches étaient à la campagne et nous récoltions du miel de colza qui est très clair et crémeux, assez doux et presque fade en bouche... Désormais, nous récoltons du miel de ville, liquide, doré et avec des saveurs de fleurs très prononcées. Les abeilles des villes semblent moins sujettes à l'effondrement des colonies, c'est à dire à la disparition des abeilles dans les ruches. En zone urbaine elles sont moins exposées aux pesticides et insecticides, elles butinent les fleurs et arbres fruitiers des jardins et elles trouvent de l'eau dans les mares et points d'eaux.

Cet insecte extraordinaire joue un rôle majeur dans la pollinisation des fleurs et arbres fruitiers...Ainsi, les récoltes des potagers sont plus importantes lorsque des ruches sont installées à proximité.

Le miel et les produits de la ruche (pollen, propolis...) sont connus pour leurs vertus thérapeutiques. L'utilisation des produits de la ruche afin de soigner certaines pathologies s'appelle l'apithérapie. Il est communément admis que les apiculteurs souffrent moins d'arthrose que le reste de la population grâce au venin d'abeille. L'abeille n'est généralement pas agressive et elle pique uniquement si elle se sent en danger puisqu'elle mourra suite à la piqûre. Si

une abeille se trouve près de vous, essayez de rester calme, sans faire de mouvement brusque et elle finira par s'en aller. Attention toutefois en cas d'allergie au venin d'abeille.

J'utilise beaucoup le miel en cuisine à la place du sucre. Le pouvoir sucrant du miel étant plus élevé que celui du sucre, on remplace 100 gr de sucre par 65 gr de miel. Afin de conserver toutes les propriétés du miel, il est conseillé de ne pas le chauffer. Si la recette exige du miel liquide, faites-le chauffer au bain marie à 35°C maximum.





## Le **Miel** : *La Recette des Nonnettes, Spécialités de la Région de Dijon*



### Ingrédients

- 200 gr de miel (local et bio si possible)
- 160 gr de farine de blé
- 100 gr de farine de seigle ou châtaigne
- 150 gr d'eau
- 70 gr de sucre
- 80 gr de beurre
- 1 cuillère à café d'épices pour pain d'épices
- 1 cuillère à café de cannelle
- 10 gr de bicarbonate alimentaire
- marmelade aux écorces d'orange

Préchauffez le four à 180°C

- Faites chauffer au bain marie l'eau, le sucre, le miel, le beurre et les épices.
- Dans un récipient mélangez les farines et le bicarbonate.
- Incorporez le mélange sec à la préparation liquide et mélangez sans trop travailler.
- Verser la préparation dans des moules à muffins individuels et laisser refroidir.
- Déposer ensuite l'équivalent d'une cuillère à café de marmelade au centre du muffin et enfourner pour 15 minutes environ.

Si vous parvenez à ne pas les manger dans la journée, sachez qu'elles se conservent une semaine et que la saveur des épices sera plus prononcées après quelques jours !



.....

# We Need You / Your Turn / Get Involved !



Ever wondered how you could spring into action and concretely support the movement? Here is the place to

We are looking for people to support us in the following areas:

Reinforce our Communication Team  
(ö and website),

*this entails:*

- regularly writing articles for the ö (in French, English, Luxembourgish, German) on topics decided upon together
- proofreading the magazine (once a month on brief notice)
- layouting the ö
- regularly writing articles for the blog (in French, English, Luxembourgish, German) on topics decided upon together
- help out with web design/development and content

Events Team,

*this entails:*

- helping out at Transition events
- helping organise Transition events (logistics, emailing, getting materials, transport, etc.)

IT Support,

*this entails:*

- technical design and implementation for website, regularly helping us with updating the website and social media sites with content.

Contact \_>> [info@cell.lu](mailto:info@cell.lu)



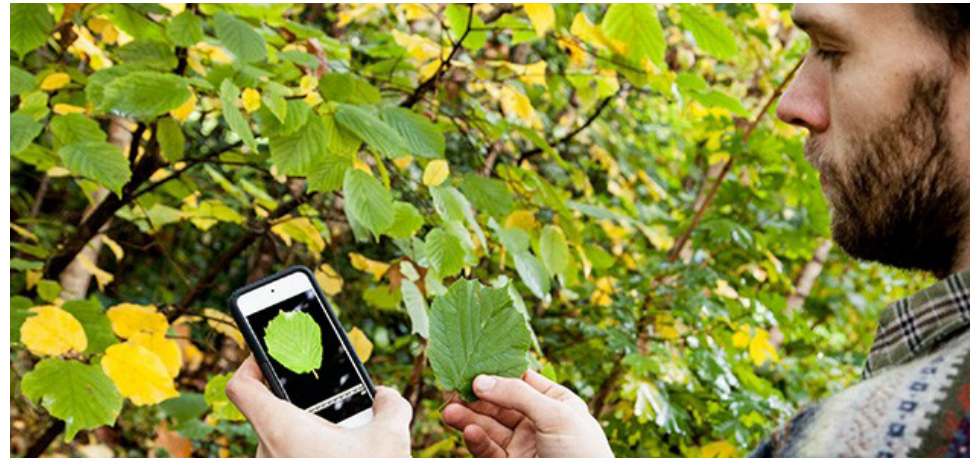
## Lancement d'un projet de recherche pilote: **Citizen Science** sur les jardins potagers au LU !

Cette année, un projet pilote de recherche participative sur les jardins potagers débute au Luxembourg. Initié par le CELL, il est mené en partenariat avec le Musée National d'histoire naturelle (MNHN) et soutenu par le Fonds National de la Recherche (FNR).

**Il s'adresse aux jardiniers des jardins communautaires, des cités jardinières ou des jardins communaux, qui seront invités et préparés à réfléchir à des questions spécifiques sur le jardinage afin d'améliorer la qualité de leurs pratiques et à y trouver des réponses avec le soutien d'une équipe de chercheurs.**

Ces questions, ainsi que celles qui émergeront lors du Forum dédié qui aura lieu en novembre 2017, seront sélectionnées et aboutiront à la formulation de « questions de recherche » à l'aide de méthodes participatives. Il y aura autant de questions de recherche que de champs disciplinaires (agronomie, écologie, sociologie...) ainsi qu'une question de recherche interdisciplinaire puisque ce projet a aussi une visée interdisciplinaire.

Ce projet est coordonné par Karine Paris au sein du CELL, dans le cadre de la convention « jardinage urbain », financée par le MDDI. Plusieurs volets sur la thématique sont en cours de développement : une formation de 6 mois d'animateur de jardins communautaires lancée en



février en partenariat avec le Lycée Technique Agricole d'Ettelbruck (LTA), l'accompagnement à la création de jardins communautaires et une plateforme internet [www.eisegaart.lu](http://www.eisegaart.lu) qui regroupe les jardins potagers du pays avec, entre autres, un agenda commun qui sera en ligne début juillet. La plateforme internet sera aussi utilisée pour promouvoir et informer sur le projet de recherche. Ce projet est le dernier axe de la convention et a vocation à créer un espace de rencontre entre jardiniers et scientifiques favorisant l'enrichissement mutuel entre science et pratique sur le terrain.

**Le projet a pour ambition de travailler avec les jardiniers de 30 jardins au minimum et de traiter de la biodiversité dans les jardins, de la fertilité des sols, des cultures mixtes (mélange de cultures), de la santé des plantes et du travail commun dans les jardins.**

La mobilisation des jardiniers est en cours et l'année 2018 sera dédiée à leur formation, à la collecte de données et à la familiarisation avec des méthodes scientifiques. Les chercheurs analyseront les données recueillies et publieront ensuite les résultats sous forme de publications scientifiques et de rapports de vulgarisation présentés aux jardiniers et au grand public en 2019. Les données bénéficieront du suivi scientifique par les chercheurs du Musée d'histoire naturelle.



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## *Lancement d'un projet de recherche pilote: **Citizen Science** sur les jardins potagers au LU ! (...)*

Pour vous donner une idée du calendrier :

- Été 2017: recrutement des jardiniers intéressés par le projet de recherche. Vous pouvez manifester votre intérêt auprès de [karine@cell.lu](mailto:karine@cell.lu)
- Novembre 2017: Forum d'émergence thématique (détermination des questions entre jardiniers et chercheurs) sur la base d'un dialogue entre la science et la pratique. Durée de 6 heures environ
- Fin février 2018 : remise du travail sur les protocoles (réponse aux questions spécifiques par une série d'actions à mettre en place)
- Fin mars 2018 : les protocoles seront testés
- Fin mars - fin de la saison de jardinage 2018: formation, actions, suivi et collecte des données dans les jardins et saisie dans des formulaires internet
- Automne - hiver 2019: publications scientifiques (interdisciplinaire et thématiques) et présentation des résultats aux jardiniers

Pour participer au projet, contactez Karine : [karine@cell.lu](mailto:karine@cell.lu)





# Soutenez la Construction du Premier Four 'Rocket' à Masse Thermique *au Luxembourg*

MESA, la Maison de la Transition, lance une campagne de crowdfunding pour construire le premier poêle de masse rocket professionnel pour chauffer son nouvel espace de co-working situé dans le garage du bâtiment.

## Pourquoi un système de poêle rocket à masse thermique ?

C'est un four très écologique. Il est à 80 à 95% plus efficace qu'un poêle à bois normal, car il a une combustion performante et très propre, et stocke la chaleur produite dans la maçonnerie. Ainsi les poêles rocket permettent non seulement une économie de combustible mais réduisent aussi l'émission de gaz dans l'atmosphère.



Photo d'un rocket stove conçu et construit par Joan Colin d'Arts&Caliu

## Le chantier-formation aura lieu sur 4 jours : jeudi 14, vendredi 15 samedi 16 et dimanche 17 septembre 2017

Le poêle est conçu par un constructeur professionnel de poêles de masse thermique qui guidera la construction lors du chantier participatif. L'atelier se base sur un enseignement à la fois théorique et pratique et s'adresse aussi bien à des citoyens ainsi qu'à des professionnels. Ce sera pour les participants l'occasion d'apprendre en faisant, dans une ambiance conviviale!

## Pour soutenir notre crowdfunding lancé le 4 juillet c'est par ici: [www.kisskissbankbank.com/transition-minett-rocket-stove-mesa](http://www.kisskissbankbank.com/transition-minett-rocket-stove-mesa)

La « Maison de la Transition », MESA, est un lieu de rencontre et de travail autour de la transition énergétique et citoyenne et pour un avenir durable et solidaire. MESA a ouvert ses portes au public le 12 mars 2016 et propose depuis une programmation étoffée d'ateliers pratiques, de conférences, de soirées musicales et de point d'échange pour les familles.

Mais MESA est aussi le lieu de cristallisation de projets en matière d'innovation sociale et écologique regroupés sous le terme de « REconomie ». A cette fin MESA offre un espace à des développeurs de projets qui ont une forte dimension locale, écologique, sociale et entrepreneuriale.

L'espace « co-working I » dans l'arrière espace du local côté rue du moulin permet à seulement 3-4 personnes d'utiliser les locaux de bureaux et les ateliers et réunions se déroulent dans l'espace restauration. Il est temps de créer plus d'espace de co-travail ! A cette fin le garage annexe au bâtiment est en train d'être réaménagé et les murs et le sol ont été isolé avec des matériaux écologiques. Pour chauffer l'espace, MESA installera un poêle rocket de masse thermique : Vous êtes curieux d'apprendre comment concevoir, construire un poêle de masse thermique Rocket professionnel et complètement fonctionnel conçu pour chauffer une pièce de bureau de MESA?

Contact pour plus d'information :  
[rocketmesa@gmail.com](mailto:rocketmesa@gmail.com)

<https://www.transition-minett.lu>

<https://www.facebook.com/mesabytransitionminett>



## Support the Construction of the First Rocket Stove *in Luxembourg*

MESA, the House of Transition, is launching a crowdfunding campaign to build the first professional rocket stove in Luxembourg to heat its new co-working space.

### Why a Rocket stove?

Rocket stoves are very environmentally friendly. They are 80 to 95% more efficient than normal wood stoves because of their high efficiency and very clean combustion and because they store the heat in a thermal mass made of masonry. Thus, rocket stoves not only save fuel but also reduce the emission of greenhouse gases into the atmosphere.



Photo of a rocket stove designed and constructed by Joan Colin, Arts&Caliu

### The rocket stove system will be built during the course of a participatory workshop of 4 days : thursday 14, friday 15, saturday 16 and sunday 17 September 2017

The stove is designed by a professional manufacturer of thermal mass stoves who will guide the construction during a participatory workshop. The workshop is both theoretical and practical and is suitable for both citizens and professionals. Participants will learn by doing, in a relaxed atmosphere!

Watch our film and support our crowdfunding campaign here [www.kisskissbankbank.com/transition-minett-rocket-stove-mesa](http://www.kisskissbankbank.com/transition-minett-rocket-stove-mesa)

The "House of Transition", MESA, is a meeting and working place for the energy transition done by citizens and for creating a sustainable and united future. MESA opened its doors to the public on March 12, 2016, and has since offered a wide range of practical workshops, conferences, musical events and is an exchange point for families.

But MESA is also the place where social and ecological innovation projects are created under the label "REconomy". Thus MESA offers a space for project developers who have integrated a strong local, ecological, social and

entrepreneurial dimension. The "co-working I" space in the back space of the premises on the side of the mill street currently is limited to 3-4 people and workshops and meetings take place in the catering space. We dearly need more space for co-working! Therefore we are renovating the garage annexed to the building. In spring this year we insulated the walls and the floor with eco-friendly materials. To heat this part of the building most efficiently we want to build a thermal mass rocket stove: Are you curious to learn how to design and build a professional and completely functional thermal mass rocket stove at the MESA office room? Then come and participate in our workshop in September.

For more information contact: [rocketmesa@gmail.com](mailto:rocketmesa@gmail.com)

<https://www.transition-minett.lu>

<https://www.facebook.com/mesabytransitionminett>



CELL Shirts ! *check them out!*

You can support CELL by getting one of these! Pre order them here: [Preorder Form](#)







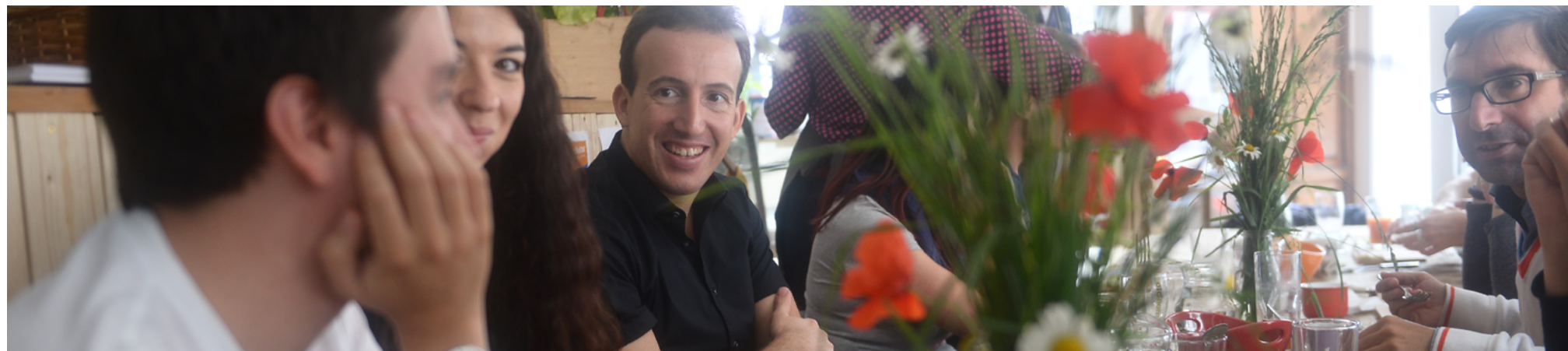
# LOKOBRUNCH

Mesa

prochaine édition

Dimanche 9 Juillet 2017 à 12h  
MESA, 1, rue du Moulin Esch/Alzette

*prière de réserver avant le 6 Juillet: [lokobrunch@transition-minett.lu](mailto:lokobrunch@transition-minett.lu)*



*Like a Sunday's picnic with friends...*





### If you want to:

- > celebrate with us;
- > meet the Pilot Group;
- > hear about new activities and exciting adventures,

### Practical info:

- 🏠 @ CELL in Beckerich (1, Leewelerwee)
  - 🕒 @ 7:30 PM on 10.07
- Food and drinks are welcome!



CELL-TERRA **Permaculture Design Course**

80-heures CELL-TERRA  
Permaculture Design Course  
Cours de Conception en Permaculture

Dates:  
14-15.10.17, 11-12.11.17, 2-3.12.17,  
20-21.01.18, 24-25.02.18, 17-18.03.18  
Horaire:  
10:00-17:00 (Sam & Dim)  
Langue:  
Français  
Frais:  
€800 Early Bird (-30.08.2017)  
€900 Standard (from 01.09.2017)  
€950 Corporate Sponsor  
Pour vous inscrire et pour plus d'infos: [terra@cell.lu](mailto:terra@cell.lu)



Qu'est-ce que la Permaculture?  
La permaculture est une science de design qui se sert d'une approche innovante et holistique pour créer des agroécosystèmes résilients et des communautés postcarbones prospères. Ces méthodes de conception pratiques et faciles vous aideront à remplir vos besoins en production alimentaire locale, en santé de l'environnement, en viabilité économique et en cohésion sociale.

Qu'est-ce qu'un CCP (cours de conception en permaculture)?  
Le contenu du cours de certificat de conception de Permaculture (CCP ou, en anglais: PDC) a été développé par les co-fondateurs de la permaculture, pour enseigner les principes et les fondations d'un design durable. Tous les cours de PDC offerts dans le monde doivent suivre le même format pour assurer l'intégrité de ce cours certifié. Le cours fournit plus de 80 heures de contact direct avec les formateurs, du matériel complémentaire mis à disposition, un équilibre entre théorie et pratique, ainsi que du temps pour une expérience de design en groupe, des visites de projets, des activités ludiques...

Feedback de participants de nos cours précédents  
Merci à toute l'équipe du PDC pour votre engagement inspirant et votre dévouement à ce projet étonnant... qui contribue à concevoir des cultures, des lieux de vie autosuffisants et respectueux de l'environnement et des êtres vivants. Connecter avec des personnes avec qui on partage les mêmes valeurs et avec lesquelles on entreprend un projet est quelque chose de puissant. Une excellente formation qui donne des outils pratiques pour mettre la permaculture en pratique à toutes les échelles, et une expérience humaine et sociale vraiment enrichissante! CELL PDC is changing the world one step at a time! Big thanks for the knowledge, the inspiration and the fun times, keep it up, dream team!





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# Transition Network Courses

## 1. Transition Launch Online

Transition Launch Online is the online version of our very popular face to face fundamentals course in the skills and practices of Transition.

Transition Launch Online is packed with imaginative ways to delve into the practice of Transition showing you how to set up, run and grow a Transition Initiative. It is also useful for people who have recently become involved in Transition and want to develop the essential skills and insights to help their Transition Initiative become a success.

[Here is a detailed description of Launch online.](#)

The online version will closely follow the two day face to face training, but with the strengths that an online course can bring.

This is a unique opportunity to engage live, online, with people who have been at the heart of the Transition movement from the beginning. As the sessions are live and interactive, you are encouraged to question, explore, and consider what has worked and what hasn't, how others in your position have approached and created Transition groups, and what made them thrive.

This course, lead by Naresh Giangrande, is an opportunity to be a part of a wide ranging, international learning community where the conversation can range from the most detailed and personal to the important 'big

picture' questions we are facing. The only limitation is our imagination. We will enjoy ourselves, and inspire each other over the 8 weeks of this course. I, Naresh, love facilitating Launch online. Meeting over eight weeks gives us time. We have time to think and consider things that otherwise happens so quickly; to listen again to a webinar, to ask questions once you have slept on it. We get to know each other (even though we never physically meet), and we have time to understand each other at a deeper level. And as there is often someone who is actively setting up a Transition or other group, we get support and insights from that. It is an online action learning process.

**The webinars are weekly, 19:00-20.30am UK time (GMT) for 8 weeks starting on 12 September 2017 and finishing on 31 October 2017.**

Please follow the link to the worldclock time converter if joining from another country:  
<http://www.timeanddate.com/worldclock/converter.html>

As we intend this course to be available to many people in many different circumstances around the world, we have created three levels of payment, and we leave it up to you to identify the price you feel you can pay.

We have always had a policy at Transition Network that don't exclude people on their ability to pay. So if this payment model doesn't work for you please email us at: [training@transitionnetwork.org](mailto:training@transitionnetwork.org) and let us know what you can pay.

## 2. Train The Trainer

The National Transition Hub of Slovenia is hosting its first 6-day Transition Network Train the Trainers, empowering facilitators with the tools to lead transformative events including the Transition Network training courses (Thrive and Launch).

[This is the Facebook page for this event.](#)

Our intention is to expand the number of people delivering the Transition Launch workshops (both in Slovenia and internationally), particularly in areas where there are currently no Transition Trainers, to support the development and delivery of additional Transition courses, and to build collaboration with people not yet widely represented within the Transition Movement.

### Who should apply?

- Those who:
- Have personal, hands-on experience organizing a Transition group or Transition Working Group in their communities.
  - Have a commitment to stay actively engaged in the Transition movement, or wider social transformation.
  - Can create and run high quality trainings.
  - Can work with emotional depth and hold participants to safely go beyond comfort zones.
  - Hold a perspective of both their personal development and the need for systemic environmental, social, and economic change.
  - Are flexible, self motivated, collaborative, and positive.



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# Transition Network Courses

## Objectives of Train the Trainers

From its beginnings in a small town in South West Devon 10 years ago, the Transition movement has now spread to over 45 countries worldwide. It is now one of the most vibrant social experiments- visioning and creating a new cultural story- that is alive today. This training will be building on the emergent body of knowledge, practices, and principles that define the Transition movement. The body of knowledge and experience has co evolved, self organised, and been physically built in many places, and in diverse cultures, as an expression of the health of the human spirit in the face of a harmful, unjust, and destructive Industrial Growth Society.

## This Training:

- Will be an opportunity to explore, interact with, and embody the 'DNA' of the Transition movement including the ingredients, principles, and practices of Transition. This is to enable you to be an effective facilitator of Transition concepts and practice and also to take these learnings and abilities into other activist, community resilience , or personal resilience work.
- Equip and support facilitators to deliver high quality trainings and workshops for the Transition movement.
- Be an in depth workshop in Transition Launch, the Transition movement's 'how to' training
- Introduce you to other trainings including Talk Training, Transition Thrive, and Inner Transition
- Teach us how to work with complexity, for instance

- holding tensions of opposites, acknowledging the importance of balance, and the ability to dis-identify with your personality and facilitate from your innate qualities of spaciousness and presence.
- Create good structures for self/peer/tutor feedback environment for all to grow as facilitators.
  - Deepen your personal resilience.
  - Network, and share practice and embodied wisdom, with community resilience practitioners.
  - Deepen our understanding of community resilience.
  - Reflect on and learn from being in a parallel process of facilitation together. This means being able to consciously occupy different roles, from participant, to facilitator, to tutor and move gracefully between them.
  - Be fun, and demonstrate the balance being and doing, and head, heart, and hands.

## The Venue

The venue is situated in a remote area of Slovene Istra surrounded with pristine nature. It offers simple accommodation in shared rooms with 3-5 beds and locally produced organic food.

## Course Fees

Training fees include:  
Full board and lodging.

Train the Trainers Course. We will be meeting for 4 sessions of 90 minutes a day, between 09:00-18: 00 hours and possible evening sessions, a morning and afternoon break; and a longer break for lunch and dinner.

Transition Network trainer certificate.

## Deposit

To reserve your place please pay a minimum of a €100.00 deposit to this [Eventbrite booking page here](#) (booking fee) and pay the difference before the 6th of October 2017.

## Returns

We understand that sometimes circumstances force that you might not be able to attend the course having made the payment for your registration. No problem! We will provide a refund of your money up to 14 days before the event date, less 20 EUR for administrative costs.



# Konscht an Wander Dag

**Eréischt wann ech Rou fonnt hun kann Neies entstoen, kann ech entdecken an experimentéieren, kann ech sinn.**

Op der Sich no der Rou ginn mir (max. 8 Leit) zwou Stonnen wandern ouni ze schwätzen. Virdrun, dozwëschen an duerno maachen mir meditativ Übungen déi deng Sënner usprieche an dech op däin Kierper an deng Gedanken opmierksam maachen.

Du üübs deng Gedanken wouerzehuelen, se weider zéien ze loossen an deng Opmierksamkeet op däin Otem, op deng Schrëtt, op deng Sënner zeréck ze leeden.

Als zweeten Deel vun eiser Rees wäerts du Raum hun vir en kënschtlersch Ausdrock ze fannen. Ob mat Lehm, Faarwen oder mat Wierder, du kanns oofspieren wat vir dech an dem Moment passt. Du brauchst dofir keng spezifesch kënschtlersch Kenntniss, et gëtt keen Richteg an keen Falsch. Heibäi kanns du dech vun deem wat duerch deng Hänn entsteet iwwerraschen loossen. Esou kann sech en spillersch Eegang mam Material entwéckelen.

Uschléissend ass Raum vir en geleeten Austausch an der Grupp. Dëst mam Ziel en oppent Aen beim Betruechten vun dengen an deenen aneren Wierker ze ënnerstëtzen.

Op eiser gemeinsamer Sich no der Rou an no engem

kënschtlersch Ausdrock, üübs du Matgefill ze hun, mat dir selwer an wouerzehuelen wou's du grad stees. (mindful self-compassion)

Als Ofschloss loossen mir den Dag mat engem lessen, bei deem jiddereen eppes matbréngt, auskléngen.

## Wou?

CHAMELEON - Raum für kreative Achtsamkeit und Kunsttherapie  
13, rue de la Gare L-5353 Oetrange  
(Wanderwee Schraasseg, 6 km)

## Wéini?

- 1. Termin: Samschdes den 22. Juli um 14:00 – 18:00 (lessen zäitlech net matgerechent)  
→ Umeldung bis zum 17. Juli
- 2. Termin: Samschdes den 18. August um 14:00 – 18:00 (lessen zäitlech net matgerechent)  
→ Umeldung bis zum 7. August

Wann iwwer 30 °C gemellt sinn, fänken mir moies um 8:00 un an schléissen mam Mëttegiessen of.

Präis vir een Konscht an Wander Dag: 40 €

Wanns du interesséiert bass, mee zu den Terminer net dobäi kanns sinn, mell dech gear vir Alternativen. Je no Interesse bidden ech weider Terminer och zu aneren Wochendeeg un.

Rebecca Bremin, B.A. Konscht am Sozialen, Konschttherapie an Konschtpädagogik  
rebrem@mac.com  
621 477 089







Version française ci-dessous

SAVE THE DATE

Conference

Launch of the European Day of Sustainable Communities

22 September 2017 | 9.00 a.m. to 1 p.m.

European Economic and Social Committee  
Rue Belliard 99, 1040, Brussels



À VOS AGENDAS !

Conférence

Événement de lancement de la Journée européenne  
des initiatives citoyennes durables

22 septembre 2017 | 9h00 à 13h00

Comité économique et social européen  
Rue Belliard 99, 1040, Bruxelles

The first ever European Day of Sustainable Communities will showcase the critical contribution that community-led initiatives on climate change and sustainability are making to support EU policy goals in these areas. The launch event in Brussels on 22nd September is **co-hosted by ECOLISE** - the European network for community-led initiatives on climate change and sustainability - **and the EESC**.

ECOLISE is a network of 38 member organisations, registered in 17 different European countries and with activities in most EU Member States. ECOLISE members include international networks of community-based initiatives such as the Transition Network (representing over 1200 Transition initiatives), the Global Ecovillage Network (15,000 ecovillages), the Permaculture movement (3 million practitioners globally) and ICLEI, the association of local governments for sustainability, as well as organisations specialising in European-level research, training and communications to support the groundswell of community-led action on climate change and sustainability.

The joint event will open a dialogue between policy makers and grassroots movements on how best to support citizen and community-led initiatives in building pathways towards a low-carbon, ecological future.

The event will include a live link-up to communities from across Europe that are transforming themselves through their innovative approaches to sustainable living. This will be followed by a panel debate on the potential of collaboration between policy makers and communities to work together to increase community-led action on climate change and sustainability in Europe.

A draft programme and a registration form will be available soon. For any questions, please email [sdobservatory@eesc.europa.eu](mailto:sdobservatory@eesc.europa.eu).

La toute première Journée européenne des initiatives citoyennes durables vise à valoriser la contribution des initiatives locales en faveur du climat et du développement durable aux objectifs de l'UE. L'événement de lancement qui aura lieu à Bruxelles le 22 septembre est **organisé conjointement par ECOLISE** - le réseau européen pour les initiatives citoyennes locales sur le changement climatique et le développement durable - **et le CESE**.

ECOLISE est un réseau de 38 organisations membres, enregistrées dans 17 pays européens différents et avec des activités dans la plupart des États membres de l'UE. Les membres d'ECOLISE comprennent des réseaux internationaux d'initiatives citoyennes locales telles que le Transition Network (représentant plus de 1200 projets de transition), le Réseau mondial des éco-villages (15 000 éco-villages), le mouvement Permaculture (3 millions de praticiens à l'échelle mondiale) et ICLEI, l'association des gouvernements locaux pour le développement durable, ainsi que des organisations spécialisées dans la recherche, la formation et la communication au niveau européen pour soutenir les initiatives citoyennes sur le changement climatique et le développement durable.

L'événement ouvrira un dialogue entre les décideurs et les mouvements locaux sur les meilleures façons de soutenir les initiatives citoyennes pour un avenir écologique à faible teneur en carbone.

L'événement comprendra une connexion vidéo en direct avec des communautés en Europe qui changent leurs modes de vie grâce à des approches durables novatrices. Suivra un débat sur les possibles coopérations entre décideurs et initiatives citoyennes afin d'accroître l'impact de ces initiatives en Europe.

Un projet de programme et un formulaire d'inscription seront bientôt disponibles. Pour toute question, veuillez contacter [sdobservatory@eesc.europa.eu](mailto:sdobservatory@eesc.europa.eu).



Do you know about any interesting Transition Event ? Keep us informed and send us a message: [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) !  
Wësst Dir vun engem interessanten Transition Event ? Da schéckt eis d'Info op: [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) !  
Avez-vous connaissance d'un événement Transition ? Envoyez-nous un message: [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) !

# Calendar July & August 2017

jeu., 6. juillet 2017	19h	Transition Nord Treffen	Prabbeli Wiltz
ven., 7. juillet 2017	15-18h	wandel.BAR: Zesummen strécken an heekelen / Tricoter ensemble	Mesa
dim., 9. juillet 2017	12-15h	Lökobrunch	Mesa
lun., 10. juillet 2017	18h30	AG formelle de Transition Minett asbl.	Mesa
lun., 10. juillet 2017	19h30	échange ouvert „Esch, Ville en Transition? Quelles initiatives citoyennes pour nos quartiers? (incl. réu amis de MESA)	Mesa
mar., 11. juillet 2017	18h30 - 20h30	Groupe co-créateurs - projet ""Mieux vivre avec Raynaud et la Sclérodemie"	Mesa
sam., 15. juillet 2017	20h	Session d'information "Cercle de parole"	Mesa
sam., 15. juillet 2017	10h-16h	Ateliers dans le jardin et barbecue/fiesta dès 12h	Jardin de la Pétrusse
mer., 19. juillet 2017	19-20h	Méditation	Mesa
lun., 17. - mar., 18. juillet 2017	9-16h	Kräschkuer am Gaart	Terra
ven., 21. juillet 2017	10h-12h30	Groupe co-créateurs - Atelier "Approcher une clientèle entreprises" avec Jean-Calude Raskin	Mesa
lun 17-28. juillet 2017	10-17h	Jedi-Camp (CHECK WITH KATY!!!)	CELL Beckerich
lun., 24. juillet 2017	15h30-17h	Stëllcafé (rencontre autour de l'allaitement)	Mesa
lun., 24. - vendr., 28. juillet 2017	9h-13h	Jonkt Geméis: Youth work Camp	Terra
dim., 30. juillet 2017	14-18h	Open sunday	Terra
Pendant tout le mois de juillet		Réunions de quartier - "Réinventons Esch" - pour connaître les dates et lieux proches de chez vous : contactez Eric <a href="mailto:eric@transition-minett.lu">eric@transition-minett.lu</a>	Esch-sur-Alzette
1-15.8.2017		Le restaurant de MESA est fermé du samedi 29 juillet au mardi 15 août inclus - mais la Maison de la Transition reste ouverte tout l'été, contactez-nous si vous souhaitez y proposer des activités ou aider pour la suite de l'aménagement des lieux	Mesa
dim., 27. août 2017	14h-18h	Open sunday	Terra



# List of Transition Action Groups

This list is meant to support the exchange between all Transition Action Groups. We welcome any hint to incorrect or outdated information in order to deliver a correct list. We try to be as complete as possible.

## Mycelium and Structure

### CELL asbl (Beckerich)

*National Transition Hub that coordinates and supports Transition Groups, permaculture consulting and education*

Homepage: [www.cell.lu](http://www.cell.lu)

Contact: Katy Fox

Mail: [info@cell.lu](mailto:info@cell.lu)



## Regional Groups

### Transition Bonnevoie (Transitionstad)

*Community, Givebox, Repair Cafés, Sustainable Tables, Cafés citoyens, develop Bottom-up structures*

Facebook group: [fb „Transition Bonnevoie“](https://www.facebook.com/TransitionBonnevoie/)

Homepage: [www.transitionstad.lu](http://www.transitionstad.lu)

Contact: Luis Santiago

Mail: [transitionbo@gmail.com](mailto:transitionbo@gmail.com)

### Transition Network Mersch & Ettelbrück

*Reskilling Stand at Beringen Market, Seed and Plant Exchange, Local Consumer Purchase Group (GASAP)*

Homepage: [fb „Transition Initiative Mersch“](https://www.facebook.com/TransitionInitiativeMersch/)

[fb „Transition Eisleck“](https://www.facebook.com/TransitionEisleck/)

Mersch: Nadira Ansani

[transitionmersch@cell.lu](mailto:transitionmersch@cell.lu)

Ettelbruck: Natalia Costea

[costea.natalia@gmail.com](mailto:costea.natalia@gmail.com)

### Transition Minett (Minett-Region)

*Urban Gardening, EnerCoop, MESA*

Homepage: [www.transition-minett.lu](http://www.transition-minett.lu)

Contact: Norry Schneider

Mail: [contact@transition-minett.lu](mailto:contact@transition-minett.lu)

### Transition Nord

Contact: Anita Lanners

Mail: [transitionnord@cell.lu](mailto:transitionnord@cell.lu)

### Transitionstad (Luxembourg Ville)

*Transition Group for the entire city of luxembourg developing projects on the scale of the city of luxembourg.*

Homepage: [www.transitionstad.lu](http://www.transitionstad.lu)

Mail: [transitionstad@gmail.com](mailto:transitionstad@gmail.com)

### Transition Trier (Trier)

Homepage: [www.transition-trier.de](http://www.transition-trier.de)

Contact: Simon Mewes

Mail: [kontakt@transition-trier.de](mailto:kontakt@transition-trier.de)

### Transition West (Beckerich)

*LEADER Projekte: Earthship, unsere bioregionale Zukunft, Reskilling Workshops*

Homepage: [www.transitionwest.lu](http://www.transitionwest.lu)

Mail: [aerdscheff@cell.lu](mailto:aerdscheff@cell.lu)

### Transition Lënster (région est)

Contact: Natascha Kridel

MAIL: [transitionlenster@gmail.com](mailto:transitionlenster@gmail.com)



## Thematic Groups

### Aquaponics

Homepage: [www.aquaponics.lu](http://www.aquaponics.lu)

Contact: Mike Molling & Rodrigo Vergara

Mail: [aquaponicsluxembourg@gmail.com](mailto:aquaponicsluxembourg@gmail.com)

### Art for Change (Luxembourg)

*Capoeira, Musik, Philosophie*

Homepage: [www.capoeiraluxembourg.com](http://www.capoeiraluxembourg.com)

### JPIC Justice, Peace and Integrity of Creation

Contact: Philippa Seymour

Mail: [pseymour@pt.lu](mailto:pseymour@pt.lu)

### Jardin de la Transition Pétrusse (Transitionstad)

*Gemeinschaftsgarten, nachhaltige Ernährung*

Homepage: [www.transitiontown.lu](http://www.transitiontown.lu)

Facebook Group: [jardin de la Transition pétrusse](https://www.facebook.com/jardin.de.la.transition.petrusse/)

Contact: Tania Walisch

Mail: [transitionluxembourg@gmail.com](mailto:transitionluxembourg@gmail.com)

### EquiGaart Lënster asbl (Junglinster)

*Gemeinschaftsgarten, Kurse*

Homepage: [www.equigaart.lu](http://www.equigaart.lu)

Contact: Hagen Mike



# List of Transition Action Groups (suite)

Mail: [info@equigaart.lu](mailto:info@equigaart.lu)  
**Heart and Soul (aka Inner Transition)**

Contact: Katy Fox  
 Mail: [heartandsoul@cell.lu](mailto:heartandsoul@cell.lu)

**Momo's Garden**  
 Homepage: [fb „The Garden of Momo“](https://www.facebook.com/TheGardenofMomo)  
 Contact: Agata Zapart  
 Mail: [agata@cell.lu](mailto:agata@cell.lu)

**Permaculture**  
 Homepage: [www.permaculture.lu](http://www.permaculture.lu)  
 Contact: Fiona Hampton & Tania Walisch  
 Mail: [permaculture@cell.lu](mailto:permaculture@cell.lu)

**Regionalgeld Beki** (Kanton Redange)  
*regionale Währung*  
 Homepage: [www.beki.lu](http://www.beki.lu)  
 Contact: Max Hilbert  
 Mail: [info@beki.lu](mailto:info@beki.lu)

**SEED asbl** (Hollenfels)  
*Erhalt und Entwicklung regionaler Biodiversität*  
 Homepage: [www.seed-net.lu](http://www.seed-net.lu)  
 Contact: Frank Adams  
 Mail: [info@seed-net.lu](mailto:info@seed-net.lu)

**Transition alimentaire Citoyenne (TAC)**  
 Contact: Karine Paris  
 Mail: [paris.karine@gmail.com](mailto:paris.karine@gmail.com)

**wandel.BAR**  
*Do-it-Yourself workshops*

Homepage: [fb „wandel.bar“](https://www.facebook.com/wandel.bar)  
 Contact: Johny Diderich  
 Mail: [fismoluni@gmail.com](mailto:fismoluni@gmail.com)



**Equienercoop** (Junglinster)  
*Energiekooperative*  
 Homepage: [www.equienercoop.lu](http://www.equienercoop.lu)

**Kilominett Zero**  
 Contact: Karine Paris  
 Mail: [paris.karine@gmail.com](mailto:paris.karine@gmail.com)

**TERRA** (Luxemburg)  
*Kooperative, Gemeinschaftsgarten*  
 Homepage: [www.terra-coop.lu](http://www.terra-coop.lu)  
 Contact: Pit Reichert  
 Mail: [terra@cell.lu](mailto:terra@cell.lu)

**TM EnerCoop**  
 Homepage: [www.transition-minett.lu/groupes/tmenercoop](http://www.transition-minett.lu/groupes/tmenercoop)  
 Contact: Albert Kalmes  
 Mail: [energie@transition-minett.lu](mailto:energie@transition-minett.lu)



**Äerdscheff**

Homepage: [www.aerdscheff.cell.lu](http://www.aerdscheff.cell.lu)  
 Contact: Rodrigo Vergara  
 Mail: [aerdscheff@cell.lu](mailto:aerdscheff@cell.lu)

**Participation citoyenne dans les communes Pacte climat**  
 Contact: Norry Schneider  
 Mail: [pacteclimat@cell.lu](mailto:pacteclimat@cell.lu)  
 Phone: 621 652 762

**REconomy**  
 Homepage: [www.reconomy.lu](http://www.reconomy.lu)  
 Contact: Eric Lavillunière  
 Mail: [eric@transition-minett.lu](mailto:eric@transition-minett.lu)

Groups, but not mere individuals, who explicitly follow the principles of Transition in their way of working and subscribe to the CELL mission, values and tools of action, can become official Transition Action Groups. The Transition Council decides on their affiliation on a case by case basis. Every Action Group has a representative coordinator at the Core, which is a regular exchange point for what is happening in the Action Groups.

Action Groups can advertise their events in the Transition Magazine ö! when they organise or co-organise those events. Co-organisation implies that the contact person of the Action Group and the Council have been informed and the logo of Action Group will be on communications.



# Open Call

We appreciate every information, feedback and idea to improve the magazine! You are welcome to join our contributors' team by writing texts (every language is welcome), sending pictures and giving us hints.

You are free to share the magazine with your friends and family and invite them to subscribe to our mailing list via [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) to receive the ö! monthly.

Mir freeën eis iwwer all Informatioun, Feedback an Iddi fir dëse Magazin ze verbesseren! Dir sidd häerzlech wëllkomm Deel vun eise Bäidroenden ze sinn an ons Texter, Fotoen an Hiweiser eranzeschécken.

Dir kënnt gären dëse Magazin mat Äre Frënn an Ärer Famill deelen a si invitéiere sech an ons Mailing-Lëscht via [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) anzeschreiwen, fir all Mount déi nei ö! ze kréien.

Nous nous réjouissons de toute information, feedback et idée pour améliorer ce magazine! Vous êtes les bienvenus à joindre notre équipe de contributeurs et de nous envoyer des textes, photos et idées. Partagez ce magazine avec plaisir avec vos amis et votre famille et invitez-les à s'inscrire à notre liste de distribution via [transitionmagazine@cell.lu](mailto:transitionmagazine@cell.lu) afin de recevoir la nouvelle ö! chaque mois.



# Impressum

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# Transition Luxembourg *Magazine*

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