



friends of the earth pembroke
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HAPPY CHRISTMAS

NADOLIG LLAWEN

AND

OUR VERY BEST WISHES FOR 2014

Once again we would all like to say a big thank you for the support you have given over the year. It means a lot to us when you turn up at events, help on the stalls or just read the newsletters. Please remember if you would like to do more our business meetings are held on the first Tuesday of the month in the Narberth area.

Email info@foepembroke.org.uk or ring 07768 228584 for directions

Other ways you can support the group are to join our monthly draw or persuade a friend to become a member, the more members the louder our voice. Both forms can be found on our website

www.foepembroke.co.uk .

Christmas is the time for spoiling yourself, your friends and family. It can also be a time of waste with too much food, presents and packaging. Here are some ideas for a **GREEN** Christmas

- **Homemade gifts, cards** Making your own gifts means less strain on the environment, and your wallet. How about homemade jams and cakes, pottery, wood carvings, something knitted, chocolate truffles, sloe gin – use your imagination! And you can make cards and labels from last year's old ones – if of course you remembered to save some... and decorations too, silver painted branches, greenery and lanterns made from old jars covered in coloured film will give your home a magical feel.
- **Online eco-shop (www.foeshop.co.uk)** The Friends of the Earth shop has a fabulous eco-friendly range of cards, calendars and gifts, so you can do all your festive shopping and support the UK's most influential environmental charity at the same time. There are even gift vouchers to let your friends or family choose their own present. Or why not just give someone a year's membership of Pembroke Friends of the Earth.
- **E-cards** 1.5 billion Christmas cards are thrown away in the UK each year. E-cards can cut your carbon footprint, save trees and save money - you can send them for free at www.foe.co.uk/ecards
- **Be battery wise** Families can get through a lot of batteries, particularly at Christmas. Batteries contain toxic chemicals, don't biodegrade and are difficult to recycle. So use rechargeable ones instead.

- **Wrapping paper** Don't waste your money on wrapping paper - the pages from old magazines and newspapers can work just as well. And don't forget to reuse or recycle any wrapping paper you receive – try not to add to the mountain that will end up in our bins this Christmas!
- **Spend time, not money** We all know the best things in life are free. So give your loved ones personalised 'favour vouchers' - promise breakfast in bed, help in the garden, or even to do the washing up for a week. Or if it's someone particularly close, you could make your love tokens a little more racy!
- **Go vegetarian(ish)** Why not cut out the meat from some meals this Christmas? Eating less meat can be a big step in reducing your environmental impact, as well as being a healthy choice for many of us. Try the Vegetarian Society for hundreds of fantastic recipes.
- **Get active** If you're planning to get fit in the New Year (and aren't we all?), how about cycling so your travelling will be greener too?
For those of us who are a little older and less fit and daunted by Pembrokeshire hills check out an electric bike. Remember those mopeds of our youth as much fun by less noisy.

We will be starting the New Year with our AGM

Thursday 23rd January

Seminar Room, Bloomfield, Narberth

6.45pm. Followed by refreshments and at 7.30pm a showing of



Narrated by John Hurt

MORE THAN HONEY

*One in three mouthfuls of food is dependent on
pollination*

A Film by Marcus Imhoof

More Than Honey takes in all the things hurting bees - overbreeding, pesticides, farming practices that upset their life cycles. By the time we see Chinese workers slowly and painfully pollinate trees by hand, unable to perform a fraction of one hive's work, it's clear that Imhoof is issuing a warning. Without any preachiness, this magically beautiful film urges us to take better care of the bees, and honor the irreplaceable things that they do for us. Farran Smith Nehme, New York Post

See you there. It is a wonderful film.