

Monday, 18 January 2010

Dear Sir

New Year resolutions

As we slithered into the New Year and deep snow many of us were unable to drive our cars on the road. Whilst this was difficult for the young, old and infirm, for many of us there is much to be appreciated from this experience, and perhaps some new habits to be retained.

Lots of friends have remarked on how they have (re-)discovered their neighbours – clearing roads together and checking up on the house-bound and fetching shopping for them. It is heart warming to see people coming together in such circumstances, when we hear so much in the media is about how self centred society has become. With Haslemere streets teeming with people walking to the shops to buy essentials many have smiled and said hello – people who previously you would have whizzed past on the road and never knew even existed.

On top of this new feeling of community, several people have said that they have walked everywhere for the past week and coped. Perhaps this is a new habit we need to keep – it is greener for the planet, the roads are less congested, it is good for your health, fitness and weight (remember that New Year's diet –is it already lost in the depths of comfort eating in the cold weather?), and you have time to think and look around at the nature around you (even in the middle of Haslemere there is plenty to see). And you can smile back and start a conversation with new people.

Why not add to your New Year resolutions that you will walk more even now the snow has gone – if you started to do this in the snow and cold, think how much nicer it will be in warmer weather!

You could also use your new walking habit to count towards a 10:10 commitment - to cut your carbon footprint by 10% in 2010. For more info go to www.transitionhaslemere.org

Yours sincerely

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“addressing climate change at a local level”

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