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## **PRESS RELEASE**

**For immediate release**



### **The Black Sheep of the Family**



Carrie John from Goodwick, Fishguard, entered a competition in the summer of 2009 and was delighted to find that she had won a fine Welsh Rocking Ram!

Carrie, 13, won the 'Give Us Your Small Change' competition, held by Cynnal Cymru – Sustain Wales; by promising 'I pledge to grow more veg.'

Carrie's colourful depiction of this pledge caught the judges' eye and resulted in her winning the first prize in the competition.

The Rocking Ram, donated to the competition by the Rocking Sheep Company in Harlech, was a fitting prize because of the company's sustainable ethos - they make their rocking sheep from sustainable materials sourced here in Wales.

The competition, which will be held again through this year's summer months, is one of the many ways in which Cynnal Cymru encourage people to make small changes in their lives which will help tackle climate change.

Carrie said: 'I love gardening and helping my mum with the plants. It's nice to be out of doors and fun to see the plants as they grow. We grow tomatoes and spinach and we've got an apple tree. I can't wait until they're ready to eat!'

-ENDS-

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**Notes for editors**

- Cynnal Cymru – Sustain Wales is a not-for-profit membership organisation that promotes sustainable living.
- The 'Give Us Your Small Change' competition is an annual competition which began in 2008. Entries in 2010 open during the first week of August.
- For more information, visit [SustainWales.com](http://SustainWales.com).
- For more information on The Rocking Sheep Company, visit [TheRockingSheepCompany.com](http://TheRockingSheepCompany.com).