



## Welcome to Sustainable Living Tasmania's July 2023 Members' Newsletter



A state-wide  
gathering of  
sustainable  
living groups

*Gathering 2023*

**INFORMATION  
INSPIRATION  
NETWORKING**

- Sharing information about projects, challenges & successes
- Workshopping emerging issues
- Building collaboration & support
- Discussing how SLT can help



Read about ***Gathering 2023***, a state-wide gathering of sustainable living groups below in SLT President Margaret Steadman's message.

We look forward to sharing the outcomes in our next newsletter.

## A message from



## SLT President

**Margaret  
Steadman**

Dear sustainable living friends,

First piece of news from my desk (actually from an outside table at the local café down my street, legs well wrapped in a blanket) is that the **AGM is** coming up on **Wed 4 October, 7.00 – 8.30 pm**. Please put it in your diary and also consider if you are interested in joining the board. I'm happy to chat, to explain what is involved. (Email me at [president@slt.org.au](mailto:president@slt.org.au)) We've had a very busy and productive year as a board and as an organisation and it will be great to share that with you at the AGM.

The other big news is the **SLT Gathering 2023, Sunday August 20**. We are inviting representatives of sustainable living groups to share successes and issues and to help us clarify our role in the community. SLT last convened a similar gathering in 2015. Now we have an even greater sense of urgency for the work of transitioning to a sustainable world. In Tim Hollo's words from 2019, we want to 'use the coming years to cultivate resilient, cohesive, cooperative, equitable communities, embedded in the natural world.'

On a more personal note, I went last night to a screening of a short Tasmanian film called 'Road Kill Warriors', about one woman's crusade to end the killing of native animals on her local stretch of road. It is touching, heart-warming and sad, and a reminder that sustainable living isn't just about solar panels and plastic waste but also about our responsibility to nature. I remembered the work we did in SLT (or was it when we were still the Tasmanian Environment Centre, that long ago?) to convene the Roadkill Collective. It was a group involving scientists, tourism experts, government road engineers and local government, which worked to raise political and community awareness about slowing down traffic on rural roads to save wildlife. The fact that this work is still going on is testimony to how hard it is to change attitudes and behaviours, especially around our 'need for speed'

You can see the film on ABC iview along with a bunch of films about people taking

action on the issues they care about:

<https://iview.abc.net.au/show/road-kill-warriors>

<https://iview.abc.net.au/collection/your-planet-short-docs>

<https://www.friendsofsummerleaswildlife.com/news/roadkill-memorials>

Back to my coffee and chatting to everyone walking by and feeling gratitude that I live here! The daffodils are starting to flower in the back garden, the daphne is filling the front garden with perfume and the pademelons from the local bush have taken a liking to my salvias. Ah well.

I hope you are enjoying the season and see you at the AGM.

Margaret Steadman



## What's been happening?

### July's Food For Thought

The SLT Board are very grateful to our July *Food for Thought* panellists Professor Peter Newman, Rachel Hay and Anton Vikstrom. Our virtual audience listened as each speaker spoke about the latest IPCC Mitigation Report on Transport findings, how to reduce emissions here in our wonderful state, and the role of electric vehicles in reducing Tasmania's transport emissions.

Thank you to everyone who joined us.

A recording of this e-forum can be found [here](#)

## Youth Climate Leaders Update

***The Tasmanian Youth Climate Leadership Program is a collaboration within the Education for Sustainability Tasmania network by the University of Tasmania and Sustainable Living Tasmania, and is supported by the Tasmanian Government through Renewables, Climate and Future Industries Tasmania.***



*Conference participants in nipaluna/Hobart, kanamaluka country/Launceston, and pataway/Burnie. Images provided by Nel Smit.*

Since our three successful conferences in nipaluna/Hobart, kanamaluka country/Launceston, and pataya/Burnie in June, the Tasmanian Youth Climate Leaders Program is supporting student-led climate and sustainability focused projects which were planned at the conference.

Mentors and school groups are connecting to work on projects including planting food gardens, revegetating areas with native plants, planning clothing swaps and second-hand fashion parades, conducting energy audits, forming waste management plans, creating art from trash, and more!

Some of our key young leaders in the program are Amelie, Mishca, Aisha, and Shay who are supported by the amazing team at SLT to help deliver the program.

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**Each month we will profile one of these inspiring young people. This month we are excited to learn a little more about ...**

## Mishca Linden



My name is Mishca and I am the Youth Program Officer in Northwest Tasmania. I'm a current year 12 student, and first became involved in climate action in year 8, when I led a school strike for climate in my community. I also started a Green Team at my high school, and we organised a 'Climate Awareness Day' that brought together innovators from the community and around the state for a series of fun and thought-provoking workshops for staff and students.

This year in my role as a YPO, I will be working, along with some awesome mentors who specialise in various areas, with high schools in the Northwest. We'll be supporting them to develop and achieve the sustainable action plans within their schools that they put together at the last Youth Climate Leaders Conference in June. A few examples of what's happening up here in the Northwest are native plant and fruit tree regeneration projects on cleared land, clothes swaps and recycling and compost bins.

Climate change is an issue that I find really overwhelming and scary, so being able to work with these young people making positive action is really empowering, and I look forward to continuing this work.

**WE ARE  
HIRING**

**JOB POSITION:**

**YOUTH CLIMATE  
LEADERSHIP  
PROGRAM  
COORDINATOR**

**SUSTAINABLE  
LIVING  
TASMANIA**

For details please click [here](#).

## Have you checked out SLT's You Tube Channel?



Looking for past e-forum recordings? Or videos to help with navigating the every changing information about energy use and saving tips? What about an eco home guide, or information on reducing waste?

Click the button below and spend a bit of time watching SLT's extensive video library of information. We hope it helps you live more sustainably.

SLT's YouTube Channel



To make a tax deductible donation click [here](#)

## Meet SLT Board Member ...

### & Life Member

## Helen Pryor

*Tell us a little about yourself.*

I was born in Launceston and went to University there. I spent six years teaching at Devonport High School before travelling the world for several years - including living in Scotland for five years.

*What are you passionate about, and why?*



I've been a passionate bushwalker throughout my life and participated in the Franklin River blockade in 1983, motivated by my love of wild places.

*What drives your passion for sustainability, and how long have you been a member of SLT?*

For a long time, I've been concerned about ever-increasing greed driving human decision-making, which led me to get work at the Tasmanian Environment Centre in the late 1980s. I transitioned with that organisation into Sustainable Living Tasmania and ran the Cool Communities program for 4 years, promoting and catalysing sustainable lifestyles.



*Why did you join SLT?*

The movement towards individual and community sustainable living choices and advocacy has been my passion since the late 1990s. I guess it's my personal way of feeling slightly empowered in the face of catastrophic climate change.

*What made you put your hand up to be a SLT board member?*

I'm a life member of Sustainable Living Tasmania which is a great honour and since semi-retiring, I wanted to give back to an organisation which has given me so much. I also run a second-hand book and clothes shop called ReFind in Cygnet. It has heightened my awareness of the overwhelming waste and pollution that is generated by the fast fashion industry and its reliance on flimsy, non-biodegradable, non-recyclable fabrics.

*What are your sustainability hopes for Tasmania, and if you were given the chance to make a public statement to all Tasmanians, what would it be?*

Even in the face of such seemingly insurmountable issues, I believe that consumer choices and pressure on governments and manufacturers can make a real difference.

The following article beautifully demonstrates Helen's public statement to all Tasmanians.

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**Our clothes shopping decisions are having a catastrophic impact on our**

# planet

Helen Pryor, SLT Life Member



With the recent emergence and growth of fast fashion, the clothing industry now sits at second place when it comes to the world's largest polluters. It's only second to the fossil fuel industry!

In fact it could be viewed as part of the fossil fuel industry given the number of plastics, mostly unrecyclable, infiltrating our clothing! And the clothing industry is fast becoming a dumping ground for oil-based products which are being phased out in the transport and energy sectors.

In Australia, it is estimated a person only wears an item on average 7 times before discarding it. So what happens to all the unwanted clothes? The South Hobart Tip estimates that 5-6 tonnes of clothing is discarded every week.

Instead of throwing clothes out, some of us donate them to our local second hand shop. But the reality is, only 15% of unwanted clothes that are given to second hand charity shops meet the demands and quality standards to be resold locally. The remainder either gets shipped overseas, burnt, turned into rags, or sent to landfill.

Fast fashion retailers are now creating 52 fashion seasons a year. With the help of advertising, they are profiting from the unrealistic societal expectations for consumers to keep up with rapidly changing 'trends'. This churn and burn mentality is disastrous for our planet.

## **Buy fewer clothes and take care of them**

Make a conscious decision about what clothes you need and are most likely to wear

regularly. Most of us buy more things than we need. Rejecting a life of overconsumption is all about learning to love what we already have. Choose natural fibres as much as possible for your clothing. Mix and match your garments to create new styles and appreciate your clothes, no matter how long you've had them for. Keep them in good condition, away from damaging things like mould, smoke or clothes moths. Be careful when applying makeup or sunscreen.

## **Swap**

Swap with friends or initiate and attend community clothes swaps. The thrill of finding something 'new' will be the same as if you were buying a brand new piece.

## **Support the second-hand trade**

Buying second-hand is a great way to reduce your clothing footprint. It is also good for the household economy as you will find unique garments at a fraction of the price of buying new ones. When you want to change your wardrobe, sell on, donate or swap what you don't want. And hopefully you will help to send a message to manufacturers to stop producing so much.

## **Invest in sustainable clothing when buying new**

There are many aspects to an item of clothing that make it sustainable. Where was raw material produced and the item of clothing made? Consider the carbon miles in transporting the raw material to the manufacturer, then the manufactured garment to the consumer. Did the workers producing the garment have fair pay and healthy working conditions? What chemicals, natural resources, energy and water were required for its production? Is the fabric natural or synthetic? Is it durable? Is it biodegradable? Is it well made?

## **Avoid lots of extras**

Avoid buying clothing items with unnecessary buttons, sequins, zips or adornments that will not only have the potential of limiting the life of the item but are often not biodegradable or recyclable. Don't ditch clothes with buttons on. Cut them off and save them.

## **Learn to repair**

Many clothes are discarded merely because of a missing button. Having some sewing skills can be highly beneficial to the planet and your wallet. By repairing your clothes when they're damaged, you can prolong their life and reduce the amount of clothing being sent to landfill.

## **Wash less and dry on the line**

As well as reducing your carbon footprint, washing your clothes less will also make them last longer. After a couple of wears, hang clothes out in the sun to kill the bacteria that causes odour. When washing, use a cold, shorter setting, avoid harsh detergents and avoid using a dryer. This will maintain fabric integrity for longer. You can also often successfully 'spot clean'.

Also by washing less you are preventing synthetic microfibres from entering our waterways and oceans. Many of these small filaments can end up polluting our rivers and seas for very long periods, killing our marine life and entering the human food chain.

Consider washing synthetic items in a sturdy cotton/linen/hemp bag which can help

trap the microfibres.

### **Lobby clothes manufacturers and governments**

We also need to change manufacturing processes and standards. Lobby the bigger clothes manufacturers to produce fewer, higher quality clothes. Ask them to explain what happens to the clothes that don't sell. Try to lobby to prevent such excessive waste by targeting the manufacturers and fashion houses directly and asking governments to change unsustainable over-manufacturing practices.

Ask for labelling that provides a life-cycle analysis of the impact of the clothing item eg: natural resource use, energy use, water use, chemical use, resilience of fabric, biodegradability /recyclability of fabric.

Adapted from an article [www.1millionwomen.com.au](http://www.1millionwomen.com.au)

## **A Global Perspective**

*Please enjoy this collection of short videos from the BBC. We hope you find them as interesting as we do*

## **BBC Future Planet**

sponsored by Monash University, shared by SLT Board Member Lindi Wall



BBC Future Planet features a series of short videos about issues from tackling

climate change to cleaning the world's oceans of pollution, Future Planet explores the solutions to the greatest environmental challenges of our time. We thought you would find these as interesting as we did.

Click [here](#) for more information

## Sustainable living projects swoop the funding pool at the



**The Great Regional City Challenge (GRCC) is a call to action that inspires, empowers, funds and supports community-based action to help the Launceston region become one of the great regional cities of the world.**

**Congratulations to the 2023 winners whose exciting new projects will all now make a huge difference in northern Tasmania. Each project was selected by the public, and will each receive \$10,000. Click on each project title to read more.**

**[Project Vulcan](#)** A play by disabled actors about their environment.

**[Community Connection for Culturally and Linguistically Diverse Tasmanian.](#)** Enabling new Tasmanians with culturally and linguistically diverse backgrounds to engage and connect with the broader Tasmanian community and environment.

**[Full Cycle Recycle](#)** Providing an educational experience for students to undertake the full cycle of recycling and produce a small variety of recycled goods.

**[Great Tamar Tree Trail](#)** A community selected virtual trail of the Tamar Valley's favourite trees linked by QR Codes to City of Launceston's website.

**Celebrating Inclusion and Diversity in Launceston and surrounds through inclusive filmmaking** To celebrate inclusion & diversity by bringing together people with disabilities and professional filmmakers in Launceston, to create an inclusively-made documentary.

**Itsu I drink rinse repeat** A reusable, recyclable cup in a closed loop, self sustaining service system, free to use at any Launceston Cafe.

**Launceston Bike Library** A bicycle lending and/or cheap hire service for those who can't afford to buy a bicycle.

**The ReDress Hub: keeping it circular** Keeping clothes and textiles in use for longer through reuse, repair, remake and resale.

**Tamar Region through the lens - showcasing our natural treasures** Production of 10 to 15 video clips highlighting the natural wonders of the Tamar and Meander Valley regions.

## What's happening in August

Sharing the good work by others around Tasmania is something SLT is proud to do.

Please support these wonderful initiatives.

If your organisation has an event coming up, please share it with us so we can help you promote it (scroll down for more details).



### Eastside Repair Cafe

Warrane Mornington Neighbourhood Centre

Saturday August 12 2-4pm

Click [here](#) for details



## Sea Shepherd Tasmania

### Jordan River Trail River Clean Up

Sunday August 13 11am-1pm

Click [here](#) for details

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## Tamar NRM

### Besom Health Field Day

Bridgenorth Footy Club

Thursday August 17 10am

Click [here](#) for details

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## South Hobart Tip Shop

### Invisible Mending for Beginners

Saturday August 26 10.30am - 12.30pm

South Hobart

Click [here](#) for details

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## South Hobart Tip Shop

### Basket Making for Beginners

Monday August 28 9.30 - 11.30am

South Hobart

Click [here](#) for more details

# Let us help promote your next sustainable living event!

Does your organisation have a sustainable living event you would like us to include in our newsletter?

Email the details and links to [sandra@slt.org.au](mailto:sandra@slt.org.au)

**Deadline 25th of each month**



Sustainable Living Tasmania

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