



Welcome to Sustainable Living Tasmania's September 2023 Members' Newsletter

A Message from SLT President

Margaret Steadman

This last month for me has included attending the Youth Climate Leaders southern conference, sitting in as the school groups reported on their climate investigations and projects in their schools and communities. It was so inspiring and also humbling. I've also been helping out at a couple of community events for Red Cross Emergency Preparedness week (I volunteer with the Red Cross a bit). The weather experts are expecting an intense bushfire season so we all need to get our household bushfire plans sorted.



In the meantime, Spring is here and I'm having lots of fun in the vegie patch, this year trying to grow as many of the summer crops from seed as I can and diminish the number of plastic seedling punnets accumulating. I've rebuilt the wallaby-proof fence for the bean patch in the front garden – a very tip-shop vibe with reused wire and a gate from a commercial fridge rack.

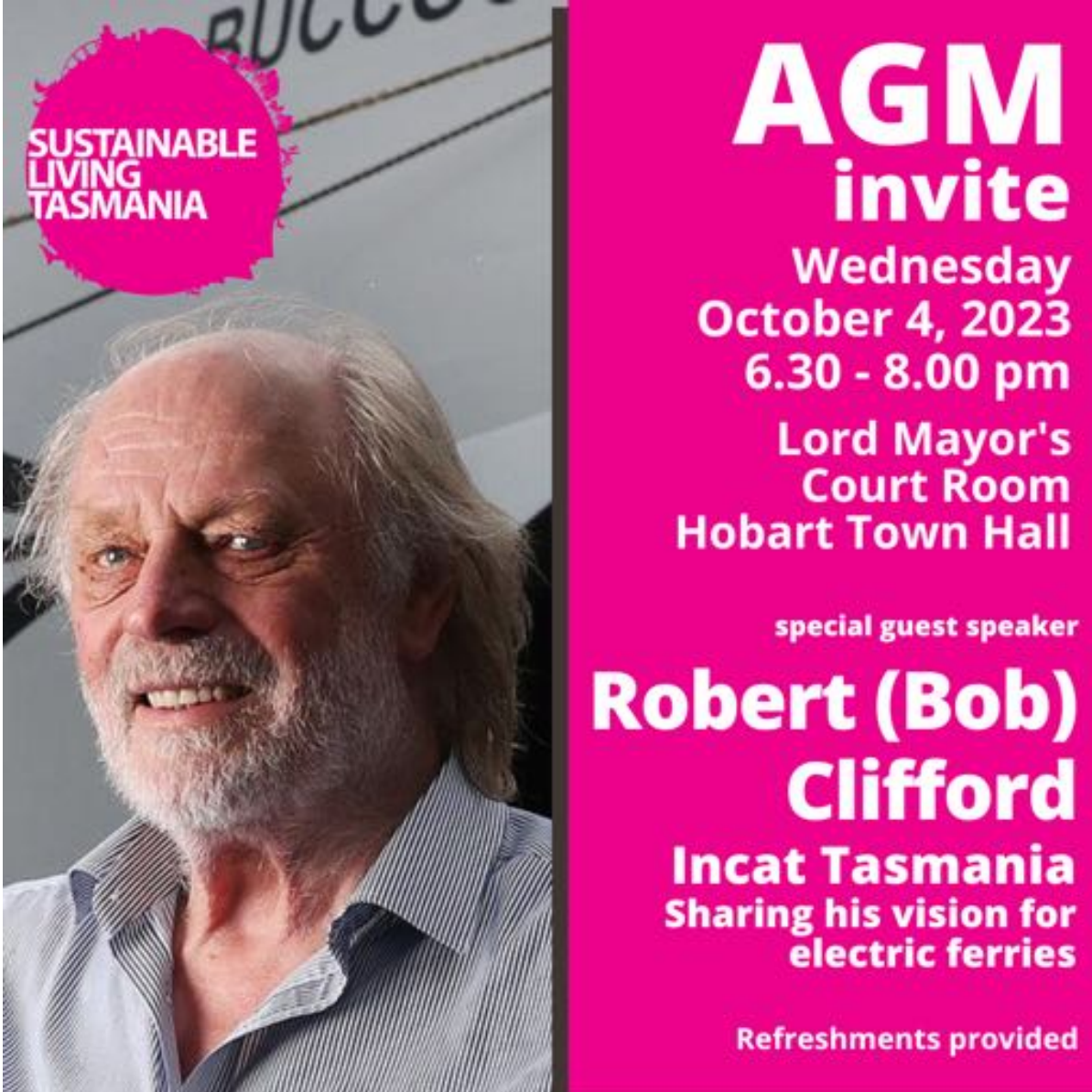
I hope to see you at the AGM. We won't just be reporting on our activities for 2022-23 but also talking about plans for the future that came out of the Gathering of sustainable living groups from across the state that we convened in August. And we are very chuffed to have Robert Clifford as our guest speaker, sharing plans for electric ferries.

The AGM is on Wednesday 4 October, 6.30 pm in the Lord Mayor's Court Room, Town Hall, Hobart. RSVP here: <https://www.slt.org.au/events>

Best wishes
Margaret



SLT President Margaret's 'Tip-Shop Vibe' wallaby-proof fence for her bean patch using reused wire, a gate and a commercial fridge rack! Well done!



**SUSTAINABLE
LIVING
TASMANIA**

**AGM
invite**

Wednesday
October 4, 2023
6.30 - 8.00 pm

Lord Mayor's
Court Room
Hobart Town Hall

special guest speaker

**Robert (Bob)
Clifford**

Incat Tasmania
Sharing his vision for
electric ferries

Refreshments provided

To RSVP please click [here](#)

Business Resource Efficiency Program (BREP) Review Forum



SLT President, Margaret Steadman, and the Community Engagement Officer, Sandy Astill, attended this event last Thursday, 21 September, 2023 at Country Club Tasmania in Launceston. It was an exclusive networking event, with Craig Reucassel from 'War on Waste'.

It was fascinating to listen to BREP participants and key stakeholders review the outcomes of the BREP and share their experiences with the audience of fellow small to medium-sized business owners in the region.

We heard from Frank Strie from Terra Preta Developments and John Meehan from Mitchell Plastic Welding, along with Milca Perez who spoke about the Reuse Shed, Christina Giudici about The New Black Biochar and Kim Robinson from The Cove (all pictured above with Craig Reucassel as they took questions from the floor).

Through BREP and Renewables, climate and Future Industries Tasmania (ReFIT), the Tasmanian government has been working with small to medium-sized Tasmanians businesses to help them to reduce their emissions intensity, introduce innovative practices, manage financial and climate risks, and strengthen the competitive advantage of Tasmanian bushiness as they transition towards a low-carbon economy.

We look forward to hearing more of this wonderful program in the future.



Tasmania's first Wellbeing Framework will help shape Tasmania's future - from health to education to housing and the environment, to state government services and beyond.

For more information and to take the survey visit:

www.wellbeingframework.tas.gov.au



A reminder that submissions on the Sustainability Strategy's visions and goals are due in on October 6. Click [here](#) to have your say.



A Message from 'Rachel Farm's' Rachel Ward

SLT Board Member, Lindi Wall, shares her message from Rachael Ward

Dear Lindi,

I've just finished the Q&A tour with *Rachel's Farm*. I must have hit over 30 pit stops, mostly in NSW, several in VIC, a few in ACT & QLD, and finishing up in WA. I've been very lucky to be joined by many wonderful and generous foodies, farmers and educators on the panels and I've loved hearing from every one of them. You realise that between them and the audiences that come, we are a broad cohort all with the same desire to see our farming landscapes return to health, and our food chain repaired.

I've loved engaging with audiences through the Q&A sessions and so many of the panellists are doing amazing things and speaking with great knowledge.

I was particularly impressed by some of the young farmers on the panel. Like Amber and Stuart McWilliam (BlackBirdandBeast Farms) from [Integrity Meats](#) who had not inherited a farm, nor could afford to buy one, but started with a small herd and some chickens on a piece of adjusted property and built it into a sustainable business and lifestyle on the land. Or the foodies like Eilish Maloney from [The What If Society](#) who has recognised and capitalised on the fact that good providence is a growing virtue not only for personal health and taste but to satisfy customers who prioritise food grown on local, best practice farms.

There is so much hope out there for better things to come.

Keep reading below to find different ways to watch *Rachel's Farm* and to hear about some incredible resources we have made and collated around the film.

All my best,

Rachel Ward

To see the film, and for link to outstanding education resources and much more, please click [here](#)



www.slt.org.au/donate_once-off

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

A Message from the Good Car Co



Introducing the Goodcar EV Subsidy - Up to \$3,000

Petrol is more than \$2 a litre and we know interest rates and cost of living are hurting average Australian households. Switching to an EV can save around \$2,500 to \$3,000 per year - delivering cost of living relief - but in the meantime EV subsidies are disappearing.

What's more they haven't always supported second hand EVs, i.e the affordable cars. This means only those who can afford to buy a more expensive new EV have been able to benefit.

Today (20 September) Good Car Co. is digging deep and launching our own EV Subsidy up to the value of \$3,000. This is a means-tested, easy to access subsidy designed to overcome barriers and help every day Australians access the savings and benefits that come with an affordable EV.

This subsidy is also an advocacy tool. You can help us lobby government supporting our petition calling for targeted, means tested EV subsidies, that can change lives and put hundreds of dollars back into household budgets every month.

It's actually costing people up to \$200 more per month, to drive a petrol car than if they charged their car from home electricity. Throw in the servicing costs and higher maintenance needs and petrol cars are literal money pits.

Petrol car households are \$2,500 - \$3,000 worse off every year!

BUT new EVs are expensive and average and lower income earners are locked out of making the switch.

Our Goodcar EV Subsidy provides up to \$3000 off a Goodcar EV.

There are now 80,000 EVs on Australian roads, but why are the government subsidies all for new cars, and not cars that are more affordable? With 15 million petrol cars still guzzling fuel, its time to make EV's cost less, one Goodcar at a time.

The Goodcar EV Subsidy is structured to make this as fair for as many people as possible especially those doing it the toughest with cost of living pressures:

- Visit www.goodcar.co to apply for the subsidy.
- The approved subsidy can be applied to any car on our EV marketplace valued at \$50,000 or less.
- The subsidy is open from 20 September until 20 October 2023.
- We also invite everyone to sign our Petition calling for better support for EV Subsidies.

If you have any queries, please me or Murray Eivers on murray@goodcar.co or email our friendly team at info@goodcar.co

Good Car.co

Give petrol the flick
Save thousands

EV SUBSIDY
Good Car.co
Up to \$30000

EVs from \$16,000



Our Speakers



Dr Mark Diesendorf
UNSW
will challenge our views of 'sustainability' & expose the barriers to achieving it



Corey Peterson
UTAS
will look at UN Sustainability Development Goals and how UTAS has worked with them



Cameron McLennan
Tasmania Government
will introduce the work on a sustainability strategy for Tasmania and explain how to

Member & Supporter E-Forum
Tuesday
September 26
6.30 - 7.30 pm

***Sustainability:
What does it
mean in 2023?***

***Thank you
to all who
attended***

Another well-supported, free E-Forum has now been completed, with insights from Dr Mark Diesendorf from UNSW, Corey Peterson from UTAS and Cameron McLennan from Tasmanian Government.

The presentations were varied and all challenged the way we view sustainability in 2023. The SLT Board, and in particular the E-Forum Food for Thought Working Group, would like to thank each speaker, and all members and guests who linked in.

For a copy of Dr Diesendorf's presentation, please click [here](#)

For a copy of Cameron McLennan's presentation, please click [here](#)

Or to listen to the e-forum again please click [here](#)

We hope you are enjoying the Food For Thought Series, and welcome any suggestions of topics and speakers. To contact the working group please email sandra.astill@slt.org.au.

reasons to be cheerful

SLT Board Member, Oren Gerassi, shared this website suggesting we add a link to it in our newsletter. The website's by-line is 'A fire engine for the soul'. Let's face it, who doesn't need one of those!

He is right - it is jam-packed with positivity about all sorts of wonderful initiatives and programs happening across the globe that form smart, proven, replicable solutions to the world's most pressing problem.

I hope you enjoy it as much as we did. Click [here](#) to find your Reasons to be Cheerful.



**Microplastics are hidden in your home.
Here's how to avoid them.**

By Elaina Zachos

The air, water, and food in your home is full of tiny, microscopic plastic particles.

Here's where you can find the most common sources—and eliminate them.

[Microplastics](#) touch every facet of our lives. Smaller than a grain of salt, we interact with them more than we might realize. Humans inhale about [22,000,000 micro- and nanoplastics annually](#), and that's because they're in our food, water, and air. As a result, microplastic has been detected in our [blood and lungs](#). We're only just beginning to understand the [effect](#) of microplastics on [human health](#)—but research suggests we should be concerned.

These tiny plastic particles may be inescapable, but with simple swaps and fixes, you can reduce the amount of microplastic you encounter in your own home.

Kitchen—from packaging to cutting boards

Imagine you're cooking potatoes for breakfast.

First, you'd remove the spuds from their plastic bag. Simply opening a plastic container [releases microplastics](#), according to a 2020 paper published in *Scientific Reports*.

Then, you might chop the potatoes on a cutting board. In June, researchers found that slicing food on plastic and wooden cutting boards produces [tens of millions of microparticles](#) each year. When those particles are cut on plastic boards, microplastic ensues.

“We should switch to wooden cutting boards,” says [Himani Yadav](#), the study's lead author and a doctoral researcher at North Dakota State University. “If you clean the wooden cutting board and disinfect it properly, it can go a long way.”

After chopping those potatoes, you'd probably cook them. But overheating and [heavy use](#) of nonstick, [Teflon-coated](#) pans can add 2.3 million micro and nanoplastics [to your food](#). Researchers estimate we unwittingly consume a [credit card's weight](#) in plastic each week.

So how do you reduce the plastic in your food?

Carry your own reusable bags to avoid buying food that comes in excessive plastic packaging. When heating food, use stainless steel or cast iron instead of nonstick pans.

Another way to limit your exposure is to filter your tap water—a 2019 analysis revealed that plastic fibers are in [nearly 95 percent of samples](#) of U.S. tap water.

[\(Is your tap water safe to drink? Here's what you need to know.\)](#)

And consider [eco-friendly options](#) during cleanup, since sponges, microfiber dishcloths, and kitchen brushes are [major offenders](#) in shedding microplastics.

Bathroom products that aren't so clean

The [Microbead-Free Waters Act](#) of 2015 banned rinse-off cosmetics with plastic microbeads but didn't force companies to exclude plastics entirely. [Ninety percent](#) of all cosmetic products contain microplastic, added for viscosity, color, and sparkle. When these products are rinsed off in the shower, [about 100,000 plastic particles](#) flood the sewage system, evading wastewater plant filters and polluting [waterways](#).

Rinse-off products are not the only source of plastic in the bathroom.

The deodorant industry is responsible for [over 15 million pounds](#) of plastic waste annually. Face and baby wipes that are partially made with plastic can take upwards of a century to degrade, and more than [two billion](#) disposable razors reach landfills each year.

You can reduce your plastic consumption by simply opting for [reusable alternatives](#) or buying products in low-waste packaging, like [shampoo bars](#), [body wash refills](#), or [plastic-free natural deodorants](#). Use washable cotton pads instead of single-use cotton balls, a safety razor instead of disposable ones, and a bamboo toothbrush. You can even try making your [own toothpaste](#).

Within products themselves, the Plastic Soup Foundation's [Beat the Microbead app](#) can scan products for microplastics.

Laundry room—a source of plastic fibers

Many articles of clothing are laden with plastic microfibers, which washers and dryers [can break apart](#) after repeated cleanings. About 2.2 million tons of microfibers enter oceans each year.

Corinna Williams of [Celsious](#), a sustainable laundry service in New York City, recommends sorting synthetic materials like polyester, nylon, and acrylic from natural textiles like cotton, flax, and hemp.

“It’s best to ... wash them in separate loads to reduce microfiber shedding,” she says in an email. “Laundry powder can be abrasive, so when it comes to washing synthetic materials, we usually recommend using an unscented liquid detergent.”

When laundering clothes, wash full loads with cold water on shorter cycles. Delicate settings should be avoided because they use more water than other settings.

“Between washes, we recommend airing clothes out, steaming with a garment steamer, or spraying [DIY linen spray](#),” Williams adds.

You can also add devices like [plastic-catching laundry bags](#) and [exterior filters](#) to reduce microfiber shedding. [Cora Ball](#), the first microfiber-catching laundry ball, was co-invented by National Geographic explorer [Rachael Zoe Miller](#) to help protect our oceans from this kind of debris.

[\(Learn more about how to make your laundry routine more environmentally friendly.\)](#)

When upgrading, consider purchasing a front-loading washing machine, which is [more efficient](#) than a top-loading one. And finally, you can simply wash your clothing less often and hang them to dry.

A plastic-free future?

Ultimately, plastic manufacturers and the companies that sell their products are responsible for [the high volume](#) of plastic waste in our environments, and significantly reducing that plastic—and the microplastics that come with it—will require bold legislation like [global treaties](#) and [state laws](#).

But individual consumers can still make a difference.

“It’s high time we need to be accountable for the plastic that we think we are not responsible for,” says Yadav.

Sustainable Living Events happening around Tasmania



UTAS Conservatorium of Music Student Concert

Students play original music with all proceeds to the Bob Brown Foundation.

September 28, 2023

Click [here](#) for details



ReShirt! Remaking old shirts into funky designs

Multiple dates

ReDress Hub, Shop 4, 94 York Street, Launceston

Click [here](#) for details



Extinction Matters BioBlitz iNaturalist App Session @ Devonport Library

Monday 9 October 3-5pm

Click [here](#) for details

Switched-on Seniors

Monday 16 October 10am Huonville Library

Monday 16 October 1pm, Kingston Library



Tuesday 17 October 1pm, Bridgewater Library

Tuesday 17 October 3.30pm, Rosny Library

Wednesday 18 October 11am, Launceston Library

Thursday 19 October 10am Paranapple Centre

Thursday 19 October 1.30pm, Burnie Library

Click [here](#) for more details



Tasmanian Ocean Summit 2023

Friday 17 November, 2023

Spring Bay Mill

Triabunna

Click [here](#) for 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

Deadline 25th of each month



Sustainable Living Tasmania
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