



Tamar NRM

may 2013

'Naturally Yours'

Happy National Volunteer Week (or Tamar NRM loves our Volunteers)

Are we biased? Yes

And why not...our volunteers have supported our organisation from the beginning of time (well our time anyway - 1998).

If my shoulders were stronger, I would be carrying a sandwich board with words in really large writing 'Tamar NRM loves our volunteers'. Of course if you saw me in the street you would probably hide behind a telegraph pole hoping I would not see you but I would...yes I really would and then come over and I would smile and say 'thanks...thanks a million' (2013 theme for national volunteer week) for you being there for the environment, for Tamar NRM and for the staff.

To kick off the week honouring volunteers, our Volunteer Recognition Event was once again held in the Rotunda at City Park on Monday 13th May. The rain threatened but I pleaded loudly and vehemently to the rain gods to hold off until after lunch and we were spared a deluge.

We were again supported by our sponsor, **All About Catering**, for catering the event - this local business has sponsored our event for three consecutive years. 2013 was the year of the lunch instead of morning tea and **AAC** (my affectionate acronym for the business) delivered to the Rotunda two soups - minestrone and vegetable noodle - wow, they were yummy and hot for the time of year. May I squeeze a plug in here for **AAC** - they are the best!

As soup was on the menu from **AAC**, I enlisted a new sponsor to accompany **AAC** and be involved in a smaller way - **Banjos Central** supplied the rolls to use for 'soup dunking'.

Tamar NRM extends our thanks to **All About Catering** and **Banjos Central** for making another Volunteer Recognition Event so successful.

2009 began the Volunteer Recognition Event in the Rotunda and we have had the best weather - it maybe cold (and you know how I love the cold, said it many times) and I suspect the rain gods really like us being out there enjoying the day with our volunteers.

Ian Dickenson, Vice-President, was the vocal representative for Tamar NRM thanking the volunteers (the ones present and the ones absent) for continuing their dedication to our organisation.

Ian also escorted two volunteers (no, they were free of chains) and Grant Scurr (Gambusia Project Officer) to have a chat with the lunchtime presenter at City Park Radio to let the listeners know about Tamar NRM and what volunteering means for our group.

I would like to mention the three Councils - George Town, Launceston City and West Tamar - although they may not be considered volunteers (as the buildings are too big to attend an event) there are many people within all three who have been helping us from the beginning. There are also the ones who come along to our field days, indoor events, read our quarterly newsletter, monthly eTamar and are on the ground helping the Tamar NRM staff do 'their thing' - what is 'our thing' you may query - well I 'thing' around five days a week trying to figure out life but I do know one very important 'thing' - you, out there, may not be able to get to our events but you support what Tamar NRM is trying to do - be aware of our environment and you try to do no wrong to it.

Keep it up...you are the best...we love you volunteers!

P.S. may I also add...support your local native wildlife and birds by keeping your domestic cat indoors, have he/she desexed for their own protection - it makes them happier and live longer...for you to love longer.

P.P.S. may I also add another small item...go the Geelong cats for 2013! (I love all sorts of cats).

Staff

Craig Williams
Executive Officer

Mike Poole
NRM Facilitator - Tamar
(Monday & Tuesday)
Denis Giasli
(Wednesday, Thursday & Friday)

Grant Scurr
Gambusia Project Officer

Amanda Bruce
Office Manager
Newsletter Editor

Contact Us

Telephone 6323-3310
Facsimile 6323-3385
Website www.tamarnrm.com.au
Email tamarnrm@launceston.tas.gov.au

"excellence in natural resource management"

AB

See you in 2014 for the next Volunteer Recognition Event in the Rotunda with no rain!!



Tamar NRM is supported by

Breaking our modern consumerist behaviour with FOOD

While reading a friend's blog a few months ago trying to glean some tips and insight into vegetable gardening (my efforts the past couple of years haven't yielded the desired results) I read his review of a documentary that he recommended - "Food Inc", and having finally secured a copy I settled in for a disturbing 1.5 hours of viewing.

The film is a no holds barred examination of the inequity, profit mongering and behind closed doors mentality to food production operations that are ultimately contributing to fostering an unhealthy society. To say that the film was challenging was an understatement, it brings a sobering realisation (or revelation) to food production and consumerism. While the film is based on the United States and solely comments on the North American side of production and consumerism the parallels are uncomfortable, especially when considering the number of 'Australian' brands that are in reality under foreign ownership and the conglomerates that now dominate the food market.

I would like to share a few elements of the documentary as examples of the malaise that has infested farming in the United States and makes me thankful for the farming environment we have access to in Tasmania and the Tamar Valley.

The film examines our carnivorous cravings and some of the associated animal cruelty this has generated, but with a focus on the generated product and the relative impacts to nutritional value and consumer health.

The increased demand and consumption of chicken has fostered farming on an extensive scale towards producing a saleable product in the shortest time possible. Breeding has altered the shape of the commercially produced chicken to an animal with oversized legs and a massive breast, to maximise the meat, so that it can often only walk a few paces before needing to rest. They are reared in large barns filled to capacity, never seeing natural light and fed an artificial full of supplements.

Cows are raised in small paddock cells replicated on a massive scale right next to the butchering factories. There is no grass in their 'paddock' instead it is knee deep in mud and their excrement. As a consequence the cows and subsequently their meat are infected with diseases such as ecoli. To combat the infection the meat from your average hamburger (which may come from up to 100 animals) is treated with a raft of chemicals including ammonia. The cows are also fed a diet of corn based products (no grass), which in turn lower the nutritional benefits for the consumer.

Crop farming is also under the camera lens. Corn has become one of the most significant industries in the world and the list of products that include some component derived from corn is staggering - camera film, road de-icers, laundry detergents, product packaging, baby nappies, engine fuel filters, sweetener (in numerous products like soft drinks as a high fructose corn syrup), ethanol, animal feed, adhesives, batteries, dyes, plywood, antibiotics, chewing gum, degradable plastics, shoe polish, paper, cereal, liquorice, fuel additives, alcoholic beverages, cooking oil, margarine, soups, printing inks, soaps, leather tanning, pet food and numerous other food products. The corn industry is creating a farming monoculture that is decreasing the variety of other crops available as farmers move to more profitable corn - as pushed by the demands from the market conglomerates and ultimately the consumers.

I keep mentioning the influence of food conglomerates. The film highlights the change in the past 40 years where the market was diverse and the food produce industry was served by numerous brands, products, agencies and companies. Now we find the market being controlled by supergiant business conglomerates whether at the production end or the market end (or often one company controlling both ends of the chain). As an example - in the 1970's (in America) the top five beef packers controlled about 25% of the market. Today, the top four control more than 80% of the market.

The agribusiness company Monsanto in the 1950's was producing DDT and Agent Orange used during the Vietnam War, leading to the now widely used chemical Round-Up. Monsanto have patented a soybean that is resistant to Round-Up. Fantastic for the farmer as they can spray a crop for weeds without harming the end product. However, in the 1960's Monsanto only controlled 2% of the soybean market, they now control over 90%. They have achieved this by taking away what is normal farm practice and making the farmer reliant on their product. Because Monsanto own the gene patent to the Round-Up resistant soybean it is now illegal for a farmer to collect seed at the time of harvest in preparation for planting next year - this is breaking the patent and farmers have been prosecuted for performing what is a standard farm practice. Now you can only access seed through controlled outlets. To add insult to farming if you do not use the patented soybean but happen to operate next to such a farm, and their crops germinate with yours (a natural process), if your crops are tested and found to have traces of the patented gene you are then liable for prosecution.

How does this affect your average community member in the Tamar Region?

It highlights our role as consumers. We need to be making smart and informed choices. Supermarket shopping needs to become an informed activity. Read labels. A simple activity and I know a frustration for my wife because I am an avid label reader in the supermarkets (and can make the exercise of food shopping a significantly prolonged experience) and I make purchase choices based on the information provided - but definitely not enough. The large chain supermarkets are taking away our choices by removing the brand variety and replacing them with just their own brands. As a consumer you have an enormous amount of power and trended sales will cause the market to change.

Even better - shop seasonally and locally. By shopping for food in this way you support the local market, local businesses and our local producers but most of all you support the high quality sustainable farming practices in the Tamar Valley that would be the envy of almost any global community. You will also reduce the impact on our global resources by reducing food miles, advocating sustainable farming practices and reducing packaging. Get to know your local suppliers and ask questions about the products (their product) that you are consuming - get an insight to the efforts that are being made to provide our community and beyond with high quality produce.

Shopping and consuming seasonally will make significant differences to the quality of the food you are consuming and lessen the global resource impacts for transportation and packaging. This is really a mindset that we need to overcome. Today's society is very much about being able to have what you want when you want it - NOW! Waiting is not an option. Again this style of consumerism (shopping seasonally) will support local markets and local producers and you will be taking advantage of the best available prices for fruits and vegetables that are in season and will have maximum taste.

Tamar NRM continues to provide support and opportunity at both ends of the agricultural food market and has some exciting projects and events soon to be available to keep you informed and to provide opportunities to increase your knowledge and skills.

Our project *Celebrating Tamar Region Sustainable Farming - local success to motivate change* will be launching a website in late June that will highlight the constant and continued innovation that is happening on farms in our region, on a daily basis as part of their normal work practices. When the site is up have a look and you will see examples of how our farmers are continually striving to maintain excellence in their product and farming practice while at the same time ensuring sustainability to their industry and the availability of resources for future generations.

Sustainability Month (August), the showcase event for Tamar NRM's Sustainable Living Working Group, will highlight a number of practical forums, events and activities to raise awareness and knowledge about the key issues such as food energy, renewable energy and sustainable living. The events will be a prime opportunity to discuss issues such as those mentioned in the film *"Food Inc"*. The events will also have practical workshops where you can increase your skills and knowledge to enable you to take some personal steps to lower your consumerist impact. As always we are keen to hear your ideas for events and activities that are needed by your community and welcome any contributions you would like to make. I look forward to discussing these issues and more when I see you at our next event.

Craig Williams
Executive Officer

your farm trials could WIN you an iPad

Tamar NRM recognise that conducting on-farm trials and/or farm experiments are a part of normal day to day farm business, drive innovation in the farming sector and for the most part farmers maybe wouldn't have an appreciation for how significant the facts and figures they are collecting would be on a local, state or even national scale.

Local on-ground, farm-gate knowledge and experience are a vital resource that if available could support and value-add normal farm business activities. Imagine being able to access a resource where you could see what on-farm trials had been conducted in your area, maybe talk to other farmers about their results and then conduct your trials building on the knowledge already gained.

Tamar NRM is producing a web based resource that will do just that and we want your help. The website will enable farmers to search through the registered trials under each category to see what results had been achieved. The site will include photos, videos, diagrams and tables of results. New trials and results will be regularly uploaded by Tamar NRM. It is hoped that this resource will enhance on-farm activities, reduce duplication and value-add investment.

The website will go live at the end of June 2013. Tamar NRM want to enlist your help and participation to register trials on the site. We are after any form of on-farm trial or innovation that you may be conducting (or results from finished trials) from simple equipment modifications through to complex crop/soil/pasture trials and everything in between. We are predominantly after trials from the Tamar Region but any participants from outside of the Tamar Region will also be accepted.

***Registration of your trials on the site will put you in the running to win one of two iPads
for you to be able to keep track of the site.***

An iPad will be presented for the most innovative and/or sustainable farm trial registered on the site from the Tamar Region and to the most innovative and/or sustainable farm trial registered from outside of the Tamar Region.

To register complete the survey through the link below by **Monday 17th June** and you will be contacted to provide more information for the site (please have some pictures/video footage/charts/test data ready for the registration process).

<https://www.surveymonkey.com/s/N3KSQ8P>

Brian Baxter, a farmer from the East Tamar has registered his composting trial for inclusion on the website. Brian is taking advantage of a waste product (grape skins) from a neighbouring vineyard to provide the raw material for making the compost. This large expanse of compost will allow him to build on a smaller trial that has been backed with scientific monitoring and to conduct his own larger scale trials. Brian has had the compost tested and has found some interesting results. For more information on Brian's trial keep tuned to the Tamar NRM website (www.tamarnrm.com.au) or through the TFGA for the launch of the website.



Brian Baxter's compost

**Craig Williams
Executive Officer**

...snippets...

Australians eat 2 kilograms per person every week – only 1 in 20 Australians is a vegetarian

SMH 300313

2 out of 5 Australian adults consider the environmental implications of their purchases - they are most likely to be a middle-aged woman

ABS 280313

Once the \$65 billion worth of liquefied natural gas plants being built to export Queensland’s vast coal-seam gas reserves are complete and firing at full capacity - the sunshine state alone will be producing more LNG than any nation apart from Qatar - this is nothing short of incredible for a region that just 6 years was looking to import gas from Papua New Guinea in the face of a looming shortage

The Australian 250313

...snippets...

The World Bank expects the 1.3 billion tonnes of waste to be produced in major cities to double by 2025 – waste management costs are rising quickly in cities – the richer the residents, the more waste they generate and the more complex it is

BRW 210313

GE has named 5 companies specialising in wave energy - smart grid - water efficiency - recycling - and carbon free engines - as the winners of its first cleantech competition to be held in Australia and New Zealand

Reneweconomy 20031

A quarter of Australians would be willing to switch superannuation funds to avoid investing in coal or coal seam gas, according to a recent survey by the Australia Institute

The Conversation 200313

In Africa the major grass feeders are all the big animals such as the giraffes and the elephants – in Australia the termites are the major grass feeders - they out-eat the native mammals and the introduced livestock

science.org.au

Pesticides used by farmers to protect crops or bee hives can scramble the brain circuits of honeybees, affecting memory and navigation skills needed to find food - bees account for 80% of plant pollination by insects - without them, many crops would be unable to bear fruit or would have to be pollinated by hand

Herald Sun 280313

A CSIRO study of the Great Artesian Basin has found that it can take tens of thousands of years for water to travel from "recharge" areas in Queensland to "discharge" areas like mound springs in South Australia

Herald Sun 280313

An ABS study reveals that Canberrans were most likely to have gone on a nature walk or bushwalk, visited a wildlife park or zoo, and perhaps unexpectedly, given the city's lack of a coastline, been to an aquarium, marine park or reef - Tasmanians were most likely to have cared for native trees or plants and participated in nature conservation activities at home or on the farm - Queenslanders were most likely to have taken in a native animal

Canberra Times 260313

...and more snippets...

Why I ditched the 'bright lights' of Sydney for sustainable living in Tassie...

I grew up in the outer southern suburbs of Sydney in a place famously called the 'The Shire' (or God's Country as the locals like to call it). The Shire defines middle class suburban Australian, so much so that last year they even made a trashy reality TV show about it. The region boasts about its 'pristine beaches, spectacular national parks [and] sparkling waterways [and its] buzzing cafes, restaurants, fashion retailers [and] art galleries'.

The truth is: the beaches and surf are crowded, packed full of Sydney's young, beautiful and surgically enhanced, there is no room left for mid-thirties balding, overweight men. Yes there are some beautiful landscapes and national parks, but unless you can afford million dollar views (literally) you'll have to get in the car to see them. You have to travel to the city for a decent dose of art, music or history. Sipping lattes and shopping aren't really my thing. So... unless you're a fan of Rugby League football, there isn't much left to do.

I started my first job in Sustainability in 2001 while I was still studying at university and still living in The Shire with my parents. I was working for a developer assessing the energy efficiency of medium density housing developments. The work I was doing there was mundane and in the eye of my employer, we were just jumping through another government hurdle... but I loved it. I had grown up in a conservative household, where sustainability was not in the vocabulary, so the ideas that I was introduced to in that job were new and exciting and it all just made so much sense.

Over the next five years I had an unquenchable thirst for anything to do with sustainability. I was reading books about global warming, peak oil, the industrialised food system, ecology and nature and how our modern way of living was placing increasing pressure on the earth's natural systems. I even went back to school and started studying Horticulture. Through this process of self education I became acutely aware of how detached my suburban life was from everything that is natural including the food system.

This prompted my partner Kate and me to start making changes, small ones at first: recycling, buying free range eggs and replacing blown light bulbs with compact fluorescents. These first few changes were pretty easy so we started doing harder things like composting (which turned out to be about as hard as taking the regular rubbish bins out), we started considering our food choices more, buying local grown, seasonal and even organic and we started choosing brands based on how much food they included with their packaging.

In 2006 when my newlywed wife announced that she was pregnant with our first child the two of us made the decision to move away from Sydney. I enjoyed my childhood: riding my push bike, climbing my favourite tree in the front yard, pretending to be Tarzan on the weeping willow in the playground and fishing in a silted up stormwater drain (catching eels and tadpoles). I had a good imagination, I was safe and I had good friends and a loving family. But... we wanted more for our kids than the life we could offer them in the suburbs. We wanted them to be able to play and explore in real bush and swim in a real river. Not just to learn where their food comes from, but to care for it and watch it grow. I don't want them to simply live their lives - I want them to know they are a part of life and to know how they fit within it. Truth be told, if business continues as usual, I want to be able to look my grandchildren square in the eye and tell them that the way I have lived my life did not undermine the quality of theirs.

Why I ditched the 'bright lights' of Sydney for sustainable living in Tassie...continues on page 7

It took five years of serious consideration for us to work out exactly how we wanted to live our life and where we wanted to do it. In 2010 we cashed in our two bedroom fibro shack on 700m² in outer suburban Sydney and (for the same price) we bought 20 acres of land in West Tamar and built a brand new, passive solar eco-house with a 7.9 star energy rating, double glazed windows, water tanks (no mains water) and solar panels to boot. We've started grazing sheep, planted out 60 odd fruit, nut and berry trees, with a chook run half built and a veggie patch still on the drawing board.

In my line of work I get to meet all kinds of interesting people doing all kinds of interesting things: from solar hot water to living completely off the grid, from growing herbs on the window sill to growing more food than a single family can eat, people who only eat organic, vegetarians, vegans, freegans, fair trade. I know people that only eat local direct from the farm and people who collect wallaby and rabbit as its is culled off farms. I know people who live in town so they can walk their kids to school and ride a bike to work, people who buy second hand clothes and furniture and people who don't buy anything made from or packaged in plastic. I even know a 21 year old man that has cut down and milled the trees to build his own house and he is an absolute inspiration.

Many of these things are mutually exclusive. A vegan probably won't appreciate the sustainability of the person who eats native wildlife, even though the culling would happen anyway and the meat would have been left to rot in the paddock otherwise. When I chose to buy a 20 acre block it meant that I couldn't be close enough to town to walk my kids to school and ride my bike to work.

There isn't a formula for sustainable living. You get to choose your own journey and make your own choices. You don't have to sell up your house, move to a 20 acre property and grow all your own food like I have. It has taken me 12 years to get to this point. Start small, something like composting or growing herbs, you'll be surprised how easy it is. The sustainable path that you choose isn't what is important, what's important is starting the journey.

Denis Giasli
NRM Facilitator



Adding fruit trees into the landscape (left), mowing the paddock (bottom left) and trekking through the bush (below) - enjoying the environment



Sea Spurge practical day

A Sea Spurge information and best practice management day was held at Bellingham community centre on Saturday 20th April 2013.

The aim of the day was to engage the community about the facts of Sea Spurge. David Lane, from the invasive species branch at DPIPW, gave a presentation on Sea Spurge, where it comes from, its invasion of the Tasmanian coastline as well as the attempts at controlling the weed in Tasmania.

The presentation included before and after photos of areas impacted along the west coast of Tasmania by Sea Spurge. Teams of volunteers have been flown in by helicopter and the volunteers spend approximately two weeks eradicating the weed via a number of methods. The results are impressive, however, the underlying message is that the coastal management of this weed is a long term and continuing project.

A practical demonstration was held afterwards and the options for field treatment were discussed...
where this weed has invaded and totally taken over an area spraying with a high volume quick spray machine and suitable herbicide is a viable option;
where the density of the plants is less and there are other native grasses and vegetation remaining either spot spraying with a small backpack or hand pulling are preferred

The remainder of the day was spent assessing the area of beach invaded by Sea Spurge to determine the next course of action and whether there was scope to do a plot trial for the success of different herbicides and application rates as well as regrowth after hand pulling etc.

Mike Poole
NRM Facilitator



Mike Poole demonstrating the spray unit in action to remove Sea Spurge (above) and Sea Spurge taking over the sand dunes (right)



Bush Foods with Kris Schaffer

Wednesday 15th May

What is our motto for any field day...a little rain, a lot of rain never, ever stops a Tamar NRM event from going ahead and this was to be no exception. Maybe the flood for Noah might have stopped it and personally I think we would still have persevered.

I rang Kris at 8.30 in the morning with the heavens opening above me...do you want to carry on with the day...yes she said. I was to learn later Kris was travelling from Campbelltown - bright sunshine was flourishing. There were ominous signs around the Tamar Region regarding the extent of the rain as several cancellations came in the office.

My positive thoughts were struggling but as I packed the ute with equipment the rain was only sprinkling. Craig Williams drove me to Punchbowl Reserve, helped me unload, waved goodbye saying 'see you this afternoon'. I unpacked, found the water tap for the urn - probably should have left it standing on the grass as it would have filled over and over again throughout the day.

Kris arrived accompanied by our first community members, they helped ferry her equipment and bush foods bits and pieces to the BBQ area where we had some cover. The area started to fill with our group - the only hardy souls to venture out in the rain - no I lie, the birdlife were having a ball around the park and swimming among the water ribbons. I used to jump in puddles but I thought this had no place at our event.

After everyone was seated on large black garbage bags (the benches were wet), wrapped in their coats, scarves and hats, Kris began to talk about herself and background. As she stood there amongst these keenly interested community members, the emotional and the spiritual came together. There is definitely a spirit in how Kris talks about the environment.

Kris' friendly and informal way of telling stories and answering questions from the oldest to the youngest in the group [we had only one 'youngie' - he was 7] allows all to ask, in their own way, what is of interest to them. What Kris likes is for the group to leave with more knowledge about bush foods than when they arrived.

As Kris said 'be honest and truthful in how you deal with the environment' - she likes to give as much information as possible to the community about bush foods. There are some bush foods which are dangerous not only to people's health but to the environment.

I will not mention any good bush foods or bad weeds as I would like to give you an impression of the event rather than the actual - I am no good at it anyway - remember I have two black thumbs so for me to give a good account of Kris and her expertise would not do her justice.



Community members listening and writing Kris' words (left) and basket display (right) of bush foods

What I can say is although I am as 'dumb as a door nail' on bush foods, I thoroughly enjoyed myself listening to someone with passion about their passionate subject.

The heavens continued all day with their rainy attention to our group - we all stayed reasonably dry except for me racing back and forth to get the urn (it was attached to the electricity socket at the BBQ area). We did have a few minutes of dry and I thought my positive thoughts were working when a patch of blue was opening but alas it faded and disappeared.

On a final note, when Kris said 'you are the lovers, the owners, the caretakers of our environment' I had to stop and scribble this down to add to my article. I also stopped and thought - we take a lot for granted and she was right - whatever age we are and whether there will be generations following us, we must be responsible for our own actions toward the environment.

If you have an interest or passion or just a passing thought about bush foods and were unable to attend this one then I can advise you we are working on organising two more workshops with Kris Schaffer later this year.

I finish with...thank you Kris for coming along and imparting your knowledge, humour and passion. I thank the community members who braved the elements to join Tamar NRM.



AB 

Thank you to La Cigale in Yorktown Square, Launceston for donating a gift bag of goodies for Kris - Tamar NRM appreciates the support

Kris Schaffer enjoying a bush foods meal

Our group smiling despite cold and rain
(Kris Schaffer in centre)



do you have a sustainable house?

National Sustainable House Day is a day in September when, all over Australia, people with sustainable homes open them to the general public to visit and discuss the sustainable benefits with the homeowner.

But this doesn't suit everyone - the Sustainable Living Working Group (SLWG) has decided to fill one of the gaps by holding sessions where people with sustainable homes give illustrated talks on these features.

Sustainable Housing is mostly about energy; using design, materials and behaviour to maximise the use of free natural energy to heat, cool, light and ventilate the home, and to minimise the use of manufactured energy to perform tasks.

We are planning a number of sessions – sustainably designed homes, sustainable building materials, retro-fitted sustainable features in older homes, saving energy use - appliances and behaviour, saving water including such things as composting toilets, grey water systems or black water systems, using recycled materials, home electricity generation and any other sustainable features anyone would like to tell us about.

We have the promise of a 15 year old sustainably designed home, and would like to hear of more recent homes to show us how ideas and materials have progressed in recent years. We have also heard of some marvellous owner built homes using pre loved materials.

Do you have sustainable home that you are willing to share with us?

Help us make Sustainability Month a success...just contact Amanda on 6323-3310 or email: amanda.bruce@launceston.tas.gov.au

Sue Woinarski
Chair, Sustainable Living Working Group

‘Grow it Yourself’

A new concept has been developed to be included in our Sustainability Month for 2013 (August). You may remember for the last two years we have organised the "Reduce Your Food Energy, Eat Sustainably, Live Well" seminar - both have been great successes and we have appreciated all the community members who participated but now this idea is going into retirement.

...we have not been idle and here is the new idea... **"Grow it Yourself"**

We are seeking tips from anyone who has successfully grown anything - this could be food, culinary herbs, medicinal herbs, ornamentals, fuel or anything useful or beautiful (one idea already promised is a story about a "lawn" that needs no watering, no fertilizer and no mowing) - **can you top this one!!**

At our 'reduce food' seminars community members were allocated 15 minutes for their presentations - we are taking a different approach on times for the new one - we ask you...

Give us 2 minutes,

5 minutes,

10 minutes or even

20 minutes

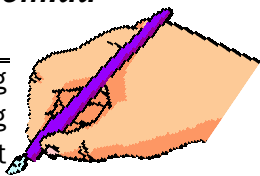
...of the wisdom we often hear informally? [photo(s) would also be nice]

If you would like to be involved with our new idea **"Grow it Yourself"**, please contact Amanda on amanda.bruce@launceston.tas.gov.au

Sue Woinarski
Chair, Sustainable Living Working Group

TAMAR NRM newsletters can be found on our website www.tamarnrm.com.au

Would you like to contribute an article to our newsletters – we are always interested in receiving news of completed projects funded by Tamar NRM and how they are progressing and being maintained by the landholder or community group. If you have always wanted to write a short story, then grab pen and paper (or as we all now use a computer) and start writing about your project. Please email any article (preferably with an after photo but if you have a before photo of the site, this would be fabulous) to amanda.bruce@launceston.tas.gov.au. It would be great to see how a project started and how it has developed over time.



Next 'Naturally Yours' edition due: August 2013

POSTAGE PAID
Launceston
Tasmania
Australia
7250