



Living Sustainably

In recognition of our appreciation of your support for Tamar NRM we invite the Tamar NRM Reference Group and Friends to a Sustainable Living evening.

Thursday, 12th July

Windsor Park Community Hall - 6.00-8.30 pm

A night of food and nutrition, waste minimisation, future directions, and meet our Tamar Sustainable Living Expo Coordinator.

- ***Excellent Presenters on Sustainability***
- ***Strategic Directions***
- ***Locavore Challenge***
- ***Free Event***
- ***Open to the Public***



Tamar NRM

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Office: 6323 3310, Mob 0438 642 112

Refreshments and sustainably sourced food supplied

Members of the public welcome

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When: Thursday 12th July, 2018, 6.00 - 8.30 pm
Where: Windsor Park Community Hall, Windsor Community Precinct, 1 Windsor Dr, Riverside TAS 7250

Presenters:

Trish Haeusler

Plastic Free Launceston

Topic: Plastic Free July

Trish is the founder of a community volunteer action group, Plastic Free Launceston working to educate and encourage behavioural change in response to plastic pollution issues. She has worked at the Marine Discovery Centre at Queenscliff in Victoria and the Global Learning Centre, Brisbane. Trish will speak on recent campaigns focussed on Northern Tasmania.

Sandra Murray

Lecturer in Food, Nutrition and Public Health (UTAS School of Health Science)

Topic: Food and Health

Sandy is the Bachelor of Health Science (Nutrition) Course Coordinator an accredited practicing dietitian, PhD Candidate and a Member of the UTAS Education for Sustainability Community of Practice. Her presentation will focus on the 'Tassie Diet'.

Gabrielle Stannus

Tamar Sustainable Living Expo Coordinator

Topic: 2018 Tamar Sustainable Living Expo

Gabrielle will explain the Expo objectives, our expanded plans for a great event. Her talk will cover background, key sustainability messages and how the community can become involved.

Roger Tyshing

President Tamar NRM

Topic: 2018-2021 Strategic Directions

Community and stakeholder consultation over the past 18 months culminates with management sign off of the Tamar NRM Strategic Directions document. Roger Tyshing will present our 3 year vision for the organisation.

Refreshments and sustainably sourced food fare supplied

Locavore Challenge - The night to include sufficient refreshments and food (sustainably sourced) but you are invited to bring a plate of "Locavore" food to showcase local produce*. Prize for best sweet and best savoury (based on food miles).

*A "locavore" is a person interested in eating food that is locally produced, not moved long distances to market. One common definition of "local" food is food grown within 160 km of its point of consumption.