



# Naturally Yours

The official newsletter of Tamar NRM - Spring 2018



<b>Gold Partners</b>	
 City of LAUNCESTON	 MODE electrical <small>Renewable energy, engineered for you.</small>
 UNIVERSITY OF TASMANIA	 Tamar NRM
<b>TAMAR SUSTAINABLE LIVING EXPO</b>	
<b>Saturday 13 October / 9am–4pm / Albert Hall / \$5 (U18 free)</b>	
<b>Special guest: Costa Georgiadis</b>	
<b>Silver Partners</b>	
 Taswater	 HEG
<b>Bronze Partners</b>	
 West Tamar	 EPA
 FOOT AND PLAYSTED	 HARVEST
<b>Venue Partner</b>	
 ABC Northern Tasmania	
<b>Media Partner</b>	

**Tamar  
Sustainable  
Living EXPO  
Special Edition**



# TAMAR SUSTAINABLE LIVING EXPO

## TAMAR SUSTAINABLE LIVING EXPO

### You wanted more! So we are bringing you more!

After the success of our Sustainable Energy Expo in 2017, and all your feedback, we are running another Expo but expanding it even further into Sustainable Living.

Would you like to save money on your household bills, make your home more comfortable and reduce your ecological footprint?

Then come along to the inaugural 2018 Tamar Sustainable Living Expo. With over thirty exhibitors and four workshops spaces, the Expo will provide you with a 'one stop shop', connecting you with local businesses and community groups providing products, services and programs to help you live more sustainably.

Costa Georgiadis, ABC's Gardening Australia host, is on board, sharing his sustainability and gardening expertise. Start off your Expo Day with a quick visit to the Harvest Market Launceston where the sustainable practices of local farmers will be showcased. Then cross the road to Albert Hall where you can admire electric vehicles, learn about sustainable building design, find out how you can join the war on waste, plus much, much more!

The University of Tasmania and other experts will deliver informative and interactive workshops and presentations. Local businesses, including MODE Electrical, will demonstrate the latest in renewable energy and energy efficiency products. Be entertained and engaged by our roving performers. And check out the Growdome in City Park for composting inspiration.

**For more information check out this special  
edition of**

***Naturally Yours***

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## Greg & Gill's Corner

Working at Tamar NRM on projects intended to change practices related to conserving natural resources is rewarding. Every day we get to interact with individuals, enterprises and organisations making a difference to our environmental, social and economic landscape. Many of these inspiring individuals work in industries which have not always been considered to be realising long term sustainability. They are leaders in their fields, building workplace sustainability which is as important at building sustainability at home.

Living sustainably is about considering the long term consequences of our actions and adjusting the way we live, work and recreate.

We need to think through what we do, rejecting products we don't need and buying ones that will last, are ethically sound and ideally, fulfil a number of uses rather than just one. In so doing, we reduce pressure on the earth's resources and that doesn't have to mean going back to living in caves.

There are so many simple, low cost, or no cost, alternatives we can choose. Such as avoiding one trip plastics and taking responsibility for our waste by recycling. Collectively, we can do our bit to help restore and maintain an ecological balance.

At Tamar NRM, we try to follow a path of sustainability in our project delivery and we don't pretend to be perfect. Sometimes we need to make trade-offs to make things happen or simply because we don't have the time. We are sure all of you are well intentioned and face similar hard choices throughout your day.

The Tamar Sustainable Living Expo will be providing sustainability information and new earth friendly products via presenters and exhibitors that will inspire you to act. Expo Coordinator Gabrielle Stannus has pulled together a program of events that is impressive in its breadth of sustainability topics and its broad appeal to all sections of our community and business.

SEE YOU AT THE EXPO!!

Greg & Gill

# TAMAR SUSTAINABLE LIVING EXPO

## OUR EXPO AND SATELLITE EVENTS AT A GLANCE....

### Expo Opening Night – Food Fighters Screening

**When:** Thursday 11 October 2018

**Where:** University of Tasmania, Rory Spencer VOS Lecture Theatre, School of Architecture and Design, Inveresk.

**Time:** 5:30 pm for 6.00 pm start

**Cost:** \$10 adults, free for children under 18

[Click here to book now!](#)

As our opening event, Tamar NRM, UTAS and BOFA have teamed up to bring you a special screening of Food Fighters followed by an expert Q&A panel discussion with special guest Costa Georgiadis from Gardening Australia.



### Getting Grubby with Costa at Beaconsfield House

**When:** Friday 12 October, 10.00 am - 1:30 pm

**Where:** Beaconsfield House, 33 Grubb Street, Beaconsfield

Bring your kids and come join Beacy House, Costa and Tamar NRM in the garden at the House to get grubby. "Getting Grubby" is the theme and using manure, worms and compost to make soil healthy is the plan. Beacy house has put aside a plot in the garden for us to get dirty in. All invited! Composting will be followed by lunch.



### Tamar Sustainable Living Expo!

**When:** Saturday 13 October, 9.00 am – 4.00 pm

**Where:** Albert Hall, Launceston

**Cost:** Adults \$5, children under 18 free

[Tamar NRM Website](#)

**Facebook:** [www.facebook.com/events/470641386725922/](https://www.facebook.com/events/470641386725922/)

You wanted more! So we are bringing you more. Come on down to find out about saving money, being more comfortable and healthy and saving the planet.



### Electric Experience: Ride or Drive an EV

**When:** Sunday 14 October 2018, 9:30 am – 3.00 pm

**Where:** Roundhouse Turntable, Forster St, Inveresk (Launceston Showgrounds, Esk Market)

**Cost:** Free! Thanks to the Tasmanian Government and RACT

**Register online:** [www.trybooking.com/XWAS](http://www.trybooking.com/XWAS)

**Facebook:** [www.facebook.com/events/964074377125630/](https://www.facebook.com/events/964074377125630/)

Ever wanted to ride in, or even drive an electric car?!? Come and experience an electric vehicle in Launceston!





## UNIVERSITY OF TASMANIA

**GOLD SPONSOR**

The University of Tasmania has a strong commitment to sustainability. Sustainability is embedded in the University's research and curriculum across the institution, and sustainable practices are embedded within its operations and through the University's commitment to reduce environmental impacts, achieve economic efficiency, demonstrate social responsibility and enhance the student experience.

There will be a University of Tasmania stall at 2018 Tamar Sustainable Living Expo, and staff from the University will present on a range of topics at the expo.

Dr Carmen Primo, Sustainability Officer at the University of Tasmania, will discuss some of the University's more successful sustainability initiatives, from becoming the second Australian university to be carbon neutral certified, due to the University's involvement in [Education for Sustainability Tasmania](#), a United Nations recognised Regional Centre of Expertise on Education for Sustainable Development.

Dr Mark Dewsbury, Lecturer in Architecture and Design at the University, will talk about how to create healthy interior environments that also require no, or minimal, energy to maintain human comfort. Mark, together with other staff and students, will also be at the University's stall at the Expo.

Come along to the University's presentations and visit their stall to find out more about sustainable living initiatives at the University of Tasmania!

Additionally, Sandra Murray, Lecturer in Food, Nutrition and Public Health, will participate in a panel discussion after the screening of the *Food Fighter* documentary on Thursday 11<sup>th</sup> October. This is a satellite event in the lead-up to the expo.



*The University of Tasmania Inveresk Apartments have achieved a 6 Green Star rating certification from the Green Building Council of Australia.*



## Design fearlessly, create sustainably.

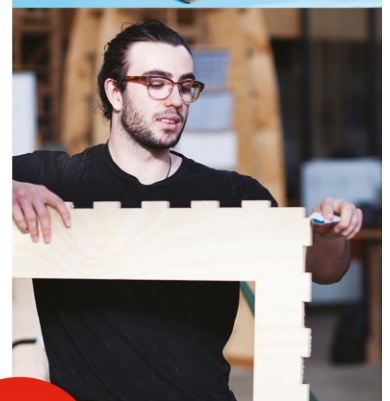
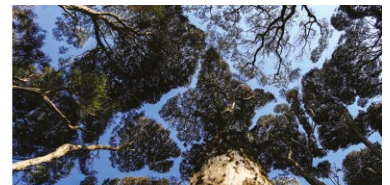
We believe the best design unites creativity with responsibility.

Becoming an architect means understanding the impact your designs will have on the world. That's why our Architecture and Design courses are leading the country in sustainable design – because we know it's the right thing to do.

Create fearlessly. Create sustainably. Because from here you can shape the world.

**Architecture and Design at the University of Tasmania.**

> [utas.edu.au](http://utas.edu.au)



**Apply to study NOW**



CHICOS Provider code 005868. Image credit: Tourism Australia & Graham Freeman.

## MODE ELECTRICAL

**GOLD SPONSOR**

Winemaker Julian Allport and Fiona Weller challenged Mode Electrical to design and implement a cost-effective solution for establishing a winery with its own bottling line. The solution - an array of 108 solar panels, backed by a 81kWh battery bank of high-performance gel batteries – has established Moores Hill as Tasmania's first off-grid winery, and leader in sustainability.

Marketing and Cellar Door Manager, Fiona Weller said: "The use of renewable energy to make wine is a clear point of difference in a competitive market place. There are more than 30 cellar doors on the Tamar Valley Wine Route; visitors will choose us over others because they've read that our wine is off-grid and sustainability is important to them."

This multi-award-winning Winery has just completed its second vintage of 'solar powered wine'.

Winemaker Julian Allport remarked: "In a normal winery, you just turn chillers and pumps on without worrying about how much power you're using. But I can't do that here. Instead you start thinking about all the little quality points in the process and how you can save energy and time. And that could lead to better wine. From a financial perspective, we've added a 100 tonne capacity winery to our property but our power bills have not increased. We reckon we would spend \$20K a year in power to run a winery like this."

Come and see Mode at the Tamar Sustainable Living Expo to find out how they can help make your home or business more energy efficient.

**MODE**  
electrical

Renewable energy,  
engineered for you.



Save with solar and  
invest in your future

Solar power is the way of the future. It helps you gain control of your power consumption, reduce your power bills, and your impact on our environment.

**MODE Electrical** is an award-winning team of specialist renewable energy electricians.

- Tasmanian owned and operated - with over 10 years experience.
- Complete in-house team offers one-stop, customised renewable energy solutions for your home or business.
- Remote off-grid energy experts.

**Get in touch for an obligation-free discussion about the energy solution that is best for you.**



**SUNPOWER**  
Authorised Partner

**MODE**  
electrical

Renewable energy,  
engineered for you.

[modeelectrical.com.au](http://modeelectrical.com.au)

03 6311 1599  Find us on Facebook



## CITY OF LAUNCESTON

## GOLD SPONSOR

The City of Launceston (CoL) is committed to finding practical and effective ways to improve the sustainability of both the council's operations and Launceston municipality. The council promotes sustainability principles and encourages the public to make better use of our natural resources. They have been working since 2010 on energy efficiency projects throughout their facilities, making considerable energy savings. CoL is also constantly striving to reduce waste, such as the recently introduced Food Organic/Garden Organic (FOGO) bins.

CoL has again come on board as a Gold Sponsor. This year they are also supporting the Northern Tasmanian Waste Management Group (NTWMG) by providing exhibitor space to bring you all things waste and recycling related here in Launceston and Northern Tasmania.

The NTWMG works to achieve improvements in waste reduction and resource recovery, improve regional cooperation and coordination of waste service, oversee waste management policy settings and service delivery and coordinate community education.

The NTWMG represents 7 northern Tasmanian councils: CoL, Dorset, George Town, West Tamar, Meander Valley, Northern Midlands and Break O'Day. So if you live in one of these council areas, come have a chat about what you can do to reduce your waste.

There will be information on the new FOGO (Food Organics, Garden Organics) bins, the Waste Recycling Centre, recycling bins and other recycling options and so much more!



# City of LAUNCESTON



*Talking FOGO and Recycling: Mary Gill from NTWMG will again be at the Expo, in the City of Launceston booth.*

Do your bit on Expo Day to reduce event waste by saying no to plastic's 'Big 4'. Bring along your own reusable water bottle, coffee cup and shopping bags. Avoid plastic straws. We'll reward you with a big smile or maybe something more!



*Mary has a wealth of knowledge about municipal waste management and reducing impacts of domestic waste.*

# TAMAR SUSTAINABLE LIVING EXPO

## CHECK OUT WHO'S COMING TO THE EXPO!

We have an exciting mix of exhibitors booked to display their goods, services and programs at the inaugural Tamar Sustainable Living Expo, including the following. Check our website closer to the date for final confirmation.

[www.tamarnrm.org.au](http://www.tamarnrm.org.au)

### Main Hall

- Tamar NRM (Us!)
- City of Launceston (Gold Partner)
- MODE Electrical (Gold Partner)
- University of Tasmania (Gold Partner)
- Home Efficiency Group (Silver Partner)
- TasWater (Silver Partner)
- Sustainable Living Tasmania (Bronze Partner)
- Alternative Technology Association
- Bootstrap Enterprises
- CBM Sustainability Group
- Cool Control Tas
- Degree C
- Inwardout Studio
- Kay's Essential Oils
- Landcare Tasmania
- Metro Tasmania
- MiPassion
- NRM North
- Nature Gleam
- Northern Tasmanian Waste Management Group
- Permaculture Tasmania
- Plastic Free Launceston
- 1300tassolar
- Solarhart Northern Tasmania
- Snug House
- Tamar Bicycle Users Group
- Tasmanian Organic Dynamic Producers
- Tas Heating and Cooling
- TasVent
- Theresa L Hatton Building Design
- Yakk's Batts

### Outside

- Australian Electric Vehicle Association
- Dr Scott Bell
- Growdomes



## IN THEIR OWN WORDS!

This year Plastic Free Launceston is excited about being part of the Tamar Sustainable Living Expo. As well as our usual displays we will be promoting our final campaign for 2018.

The *Plastic Free Christmas Campaign* urges us to get through the Summer Holiday and Christmas break without overflowing bins. Let's celebrate and be kind to our beautiful Tassie environment by reducing single use plastics – those plastic items used once then disposed of, often not recycled or recyclable.

You will be made to feel very welcomed when you visit the Plastic free Launceston booth. Join in our activities and competitions, pick up some tips about how to reduce plastic waste and have a look at our display of plastic free gifts you can buy from our local businesses. We will even show you some groovy ways to wrap gifts and decorate plastic free!

See you at the Expo and don't forget to bring your keep cup for a coffee and your water bottle to refill.

Plastic Free Launceston is a working group of Tamar NRM. You can contact us on our Facebook page – Plastic Free Launceston or email us on [pflaunceston@gmail.com](mailto:pflaunceston@gmail.com) to request our quarterly newsletter.



*Trish Hauesler of Plastic Free Launceston at the Beaconsfield Market Day in September.*

***There's still time to get on board as an exhibitor, but be quick!***

**Contact: Gabrielle Stannus**

**Coordinator**

**2018 Tamar Sustainable Living Expo**

[gabrielle@inwardoutstudio.com](mailto:gabrielle@inwardoutstudio.com)

**0400 431 277**



# TAMAR SUSTAINABLE LIVING EXPO

## PRIZES GALORE AT THE EXPO!

If learning how to save money on your household bills, making your home more comfortable and reducing your ecological footprint weren't enough incentives to attend the Tamar Sustainable Living Expo, we have provided a few more goodies to entice you there. Not to mention the super cheap ticket to get in, only \$5!

### Expo Showbags

In homage to the Royal Launceston Show, we are putting together our own 'Expo Showbag', full of goodies to help you and your household make the change to a more sustainable lifestyle.

The first 50 groups\* that arrive at the Expo will receive the following products (at minimum) in a unique orange reusable bag supplied by the University of Tasmania:

- Low-flow showerhead (Sustainable Living Tasmania)
- Energy thermometer (Sustainable Living Tasmania)
- Native plant in a forestry tube (Habitat Plants)
- Reusable water bottle (TasWater)
- Cycling map of Launceston (Tamar Bicycle Users Group [TBUG])
- Copy of *The Owner Builder Magazine* (Renew. Formerly Alternative Technology Association)
- Pen (Rethink Waste).

\* Limit of one Expo Showbag per group/household.

### There is more on Facebook!!

In the fortnight leading up to the Expo, we'll be asking you to share our event with your friends and family on Facebook. We'll have some great prizes to give away including:

- Luci Outdoor Inflatable Solar Light (Renew. Formerly Alternative Technology Association).
- Valve Cosy (Renew. Formerly Alternative Technology Association) – *What's a Valve Cosy you ask? Well get onto our Facebook event to find out!*
- Brew Reusable Coffee Cups (in glass no less!) (University of Tasmania).

[www.facebook.com/TamarNRM15/](https://www.facebook.com/TamarNRM15/)



*Win a Guided Rainforest Walk at Forest Walks Lodge (Image: Forest Walks Lodge).*

### Expo Passport

To encourage you and your family and friends to make the most out of your Expo experience, we are putting together an Expo Passport designed to get you moving around the Expo. So when you arrive at the Expo, grab your copy of the Expo Program, which includes your Expo Passport, then visit each of the 6 Passport Stops and complete its sustainable living activity. Once completed, return your fully stamped Expo Passport to the Tamar NRM stand to go in the draw to win one of the following prizes.

- Energy Audit for a Business (RRP \$1,000): An energy audit of your business followed by a written report of findings and recommendations (Mode Electrical) <https://modeelectrical.com.au/>
- Garden Design (RRP \$1,000): Includes a site visit, basic concept drawing, plant selection and planting plan – with one revision (Inwardout Studio) [www.inwardoutstudio.com](http://www.inwardoutstudio.com)
- Guided Rainforest Walk (RRP \$300): Interpreted by ecologist Sean Cadman for a family or group of 4 over 3-4 hours (Forest Walks Lodge) <https://www.forestwalkslodge.com/>
- Young Living Pack (RRP \$50): Non-toxic cleaning and personal care products (Kay's Essential Oils) <https://www.facebook.com/kaysoils/>



# TAMAR SUSTAINABLE LIVING EXPO

## WHAT'S ON AT THE EXPO - PRESENTERS PROGRAM

Here's a sneak peak of the Tamar Sustainable Living Expo's workshop program. For more information, including detailed session outline and presenter biographies, please visit [www.tamarnrm.org.au](http://www.tamarnrm.org.au).

### WORKSHOPS & PRESENTATIONS

#### Tamar Valley Room

**9.30am Securing a stable climate**  
Todd Houstain (Sustainable Living Tasmania)

**10am Solar power? FAQs**  
Martin Dingemanse (MODE Electrical)

**11am Healthy soils**  
Theresa Chapman (RMCG) and Dr Graeme Stevenson  
MC Costa Georgiadis

**12pm Sustainable and healthy housing**  
Dr Mark Dewsbury (University of Tasmania)

**1pm Climate Leaders of Launceston**  
Launceston College and Scotch Oakburn  
MC Costa Georgiadis

**2.30pm Solar power? FAQs**  
Martin Dingemanse (MODE Electrical)

#### Growdome (City Park)

**10.30am Composting with kids**  
Costa Georgiadis (ABC TV)

**11.30am Bikes & baggage: How to go car-free**  
Anna Povey with Malcolm and Vicky Cowan  
(Tamar Bicycle Users Group)

**1pm Practical soil testing**  
Theresa Chapman (RMCG)

**2pm Compost and worms**  
Damien Crompton (Permaculture Tasmania)

**2.30pm Bikes & baggage: How to go car-free**  
Anna Povey with Malcolm and Vicky Cowan  
(Tamar Bicycle Users Group)

#### John Duncan Room (A)

**9.30am Electric vehicles**  
Clive Attwater (Australian Electric Vehicle Association)

**10am Sustainability at UTAS**  
Dr Carmen Primo Perez (University of Tasmania)

**10.30am Oils ain't oils**  
Dr Scott Bell (Esmeralda Enterprises)

**11am How to be healthy in a toxic world**  
Joanne Roles (MiPassion)

**11.30am Healthy lifestyles with essential oils**  
Kay Hamilton (Kay's Oils)

**12pm From waste to wealth**  
Mark Love (Bootstrap Enterprises)

**1.30pm Solar panels in Tasmania**  
Todd Houstain (Sustainable Living Tasmania)

**2pm Recycling waste plastics in Tasmania**  
Michael Turner (Envorinex)

**2.30pm Oils ain't oils**  
Dr Scott Bell (Esmeralda Enterprises)

**3pm Why a Farmers' Market?**  
Kim Hewitt (Harvest Launceston Community Farmers' Market)

#### John Duncan Room (B)

**10am Condensation in your home**  
Wayne Gorman (Energyman)

**11am The "jam" jam**  
Julie Hargreaves  
(Renew. Formerly Alternative Technology Association)

**1.30pm Ask an expert**  
Various presenters / Brought to you by Renew.  
(Formerly Alternative Technology Association)  
Free, however bookings essential



# TAMAR SUSTAINABLE LIVING EXPO

## EXPO OPENING NIGHT - FOOD FIGHTERS SCREENING AT UTAS!

Tamar NRM, UTAS and BOFA brings you this special Opening Night screening of *Food Fighter* for the Tamar Sustainable Living Expo.

**When:** Thursday 11<sup>th</sup> October 2018

**Where:** University of Tasmania, Rory Spencer VOS Lecture Theatre, School of Architecture and Design, Inveresk.

**Time:** 5:30 pm for 6.00 pm start

**Cost:** \$10 adults, free for children under 18

[Click Here to Book Now](#)

Please arrive at 5:30 pm for a film start of 6.00 pm.

**Movie followed by a panel discussion!** Stick around for an expert Q&A with special guest Costa Georgiadis from Gardening Australia!

### About the Movie:

Ronni Kahn used to be a contributor to Australia's annual \$20 billion food waste bill when she ran a successful corporate events company producing million-dollar dinners. Then she realised the absurdity of throwing away perfectly edible food, trading capitalism for social activism by founding OzHarvest, a food rescue charity, in 2004.

Filmed over two years and across four continents, 'Food Fighter' follows Ronni's crusade against the global food waste scandal, partnering with the United Nations in Bangkok, rubbing shoulders with British royalty and Jamie Oliver's juggernaut in London, and holding big business and the government to account in Australia.

**BOOK NOW AT FAN-FORCE.COM**

**FOOD FIGHTER** ONE WOMAN'S CRUSADE AGAINST WASTE

OPENING NIGHT FILM SCREENING  
FOR THE TAMAR SUSTAINABLE LIVING EXPO  
tickets are \$10

OFFICIAL SELECTION ARFF BARCELONA FILM FESTIVAL 2018  
SOCIAL IMPACT AWARD A SHOW FOR A CHANGE FILM FESTIVAL LOS ANGELES 2018  
WINNER INDEPENDENT DOCUMENTARY AWARDS 2018  
OFFICIAL SELECTION HUMAN RIGHTS ARTS & FILM FESTIVAL 2018  
OFFICIAL SELECTION TASMANIAN BOFA FILM FESTIVAL 2018

THURS 11th OCT at 5:30PM  
RORY SPENCER VOS LECTURE THEATRE  
UNIVERSITY OF TASMANIA  
SCHOOL OF ARCHITECTURE & DESIGN  
INVERESK, LAUNCESTON

**TAMAR SUSTAINABLE LIVING EXPO**

Q&A WITH SPECIAL GUEST  
Costa Georgiadis from Gardening Australia

Tamar NRM



# TAMAR SUSTAINABLE LIVING EXPO

## ELECTRIC EXPERIENCE: RIDE OR DRIVE AN EV

*By Christopher Walkden, Australian Electric Vehicles Association*

Electric vehicles have no tail-pipe emissions and can be run completely on renewable electricity. Renewable electricity, shorter distances and a car-centric culture make Tasmania an ideal place for EVs to take off.

But what are they like to drive?

As part of the Tamar Sustainable Living Expo, the Australian Electric Vehicle Association (AEVA) is giving you a chance to ride in, or even drive, a range of electric vehicles in Launceston.

**When:** Sunday 14 October 2018

**Time:** 9:30 am – 3:00 pm

**Where:** Roundhouse Turntable, Forster St. Inveresk (Launceston Showgrounds, Esk Market)

**Cost:** FREE!

**To register:** To avoid queues on the day, register on-line at: <https://www.trybooking.com/XWAS>

**More info on** [Facebook](#)

Hop in one of our vehicles and we'll take you for a short trip around Invermay to give you a feel for the benefits of going electric. Talk to our members who own these vehicles and drive them every day. Some vehicles will be available to drive, so if you are up for it, bring your driver's license (standard manual or automatic license). You might also want to bring your motorbike or pushbike helmet.



*EVs back again this year at the Albert Hall on Saturday and for the Sunday "Drive/Ride an EV" Event.*

We will have production vehicles such as Nissan Leaf, BMW i3, Mitsubishi Outlander, Holden Volt and Tesla S. We will also have vehicles that have been converted from petrol to electric. As well as the cars, we hope to have e-bikes and motorbikes to experience.

We will also have food and information stalls to help keep you fed and entertained between experiencing the vehicles.

AEVA is a non-profit association of electric vehicle enthusiasts. Our aim is to promote electric vehicles as an alternative to standard fossil-fuel burning modes of transport. Most of the vehicles on the day belong to members who are volunteering their time to give you this EV experience.



*Supported by the Tasmanian Government and the RACT. Their support means that there is no entry fee for this event!*





# TAMAR SUSTAINABLE LIVING EXPO

## ASK AN EXPERT AT THE EXPO

Come along and "speed date" our passionate sustainability experts face to face at the Tamar Sustainable Living Expo.

This is not a presentation where you are the audience, but an opportunity to spend focussed time with people who are leaders in their field.

**"Speed Date" an Expert - One expert, one or two of you, twelve minutes and then move on.**

### Ask an Expert

**When:** Saturday 13 October 2018 – during the Expo

**When:** 1.30 to 2.30 pm

**Where:** Upstairs at the Albert Hall

**How:** Either book 2 consecutive sessions with two different experts or 4 sessions with four experts. Please bring your questions.

**Bookings are essential.** The session is free after entry to the Expo (\$5). To book: <http://signup.com/go/yAthdAg>

**Who:** We have experts in the following areas:

- **Energy efficiency:** Julie Hargreaves, energy assessor (Please bring 12 months power bills if you have them)
- **Energy efficiency:** Alister McKinnon, energy assessor (Please bring 12 months power bills if you have them)
- **Off grid solar/batteries:** Martin Dingemanse (Mode Electrical)
- **On grid solar/batteries:** Wayne Mitchell (Energy Street)
- **Electric Vehicles:** Christopher Walkden (Australian Electric Vehicle Association [AEVA])
- **Natural house building and design:** Andrias MacMahon, building designer/natural home builder. (Bring your house plans or your dreams)
- **Native Tasmanian plants:** Sally and Herbert Staubmann (Habitat Plants)
- **Less plastic in your life:** Trish Haeusler (Plastic Free Launceston)

This session proudly brought to you by **Renew**, leading in sustainability, and **Tamar NRM**

## HOP ON BOARD THE EXPO EXPRESS!

We are delighted to announce the arrival of the Expo Express! West Tamar residents wishing to travel to the Tamar Sustainable Living Expo will be able to catch the Expo Express to Albert Hall on Saturday 13<sup>th</sup> October 2018. The Expo Express will also take you home again.

So sit back, relax and let Manion Coaches' expert driver chauffeur you to the Expo in "style".

### Expo Express bus stops

We will be picking up Expo attendees from:

- Beaconsfield
- Exeter
- Legana
- Riverside

### Expo Express conductor

The wonderful Hannah Brunetti from Beaconsfield House will be your Expo Express Conductor on the day. Sustainable transport plus good company; it's starting to sound even better, isn't it?!



**Cost:** Thanks to West Tamar Council, you have the opportunity to travel to the EXPO at no cost except for EXPO admission price of \$5 per adult (kids U18 free).

### Book now!

To book your spot please contact Gabrielle Stannus, on [gabrielle@inwardoutstudio.com](mailto:gabrielle@inwardoutstudio.com) or 0400 431 277. Gabrielle will then advise you of pick up and drop off times on the day.



## WOULD YOU LIKE TO VOLUNTEER AT THE EXPO?



Tamar NRM is looking for energetic and committed volunteers to help us make the inaugural Tamar Sustainable Living Expo an event to remember! Would you like to be involved? Or do you know someone who may be?

### What's in it for You?

You will get to meet and work with other fabulous people. Your efforts at the Expo will help your fellow northern Tasmanians to learn how to live more sustainably. You will also be invited to a special volunteer get-together after the Expo to show our appreciation. We will support you with the tools and information you need to undertake your role.

### To Volunteer

We would love your help before, during and after the Expo. Interested in lending a hand? Please contact Gabrielle Stannus, Tamar Sustainable Living Expo Coordinator, on 0400 431 277 or [gabrielle@inwardoutstudio.com](mailto:gabrielle@inwardoutstudio.com) to discuss your availability. Many hands make light work!

### WHAT SORT OF HELP DO WE NEED?

#### Friday 12<sup>th</sup> Oct - Set up Expo (Albert Hall)

We will need all hands on deck to help us bump in our Exhibitors between 9:30 am – 5:00 pm so they can set up and be ready for the Expo the following day.

- Traffic Marshall/s: Supervise entry and exit of vehicles from loading dock.
- Fixer/Runner/s: Assist the Expo Coordinator to complete odd jobs as required.

#### Saturday 13<sup>th</sup> Oct - Expo Day (Albert Hall)

The event will be open to the public from 9.00 am until 4.00 pm. Volunteer shifts available between 7:00 am until 6:00 pm at Albert Hall, Launceston.

- Door Attendants (entrance x 4): Collect entry fees, record types of visitors, stamp people so they can pass in and out, put items in cloakroom
- Evaluation Assistant/s: Conduct event evaluation surveys assessing participant satisfaction
- Fixer/Runner/s: Assist the Expo Coordinator to complete odd jobs as required
- Master of Ceremonies [MC] (x 3): Introduce speakers in presentation/workshop spaces, keep speakers to time, facilitate audience participation
- Audio-Visual Assistant/s: Set up, operate and trouble-shoot audio-visual technology in upstairs presentation and workshop rooms
- Photographer Assistant: Guide Event Photographer around Expo, ensure people whose images are taken sign Photo Release forms so we can use their images
- Site Guide/s: Show exhibitors, presenters and participants around venue as required
- Area Wardens (x 4): Coordinate area, be port of call in emergency, ensure entry and exit points into designated area remain clear
- Food and Beverage Attendant/s: Take lunch and drink orders for exhibitors unable to leave their stalls and ensure they have water when required.

### Putting up Poster

If you know somewhere good to put up a poster please get in touch, or print one out and go for it.





## MAP & INFORMATION



- |   |   |  |
|---|---|--|
| 1. Tamar NRM  | 12. Tasmanian Organic-Dynamic Producers | 25. Nature Glean                                       |
| 2. City of Launceston & Northern Tasmanian Waste Management Group | 13. NRM North                           | 26. University of Tasmania                             |
| 3. Plastic Free Launceston  | 14. Bootstrap Enterprises               | 27. TasWater   |
| 4. MODE Electrical  | 15. Solahart Northern Tasmania          | 28. The Alternative Technology Association             |
| 5. Theresa L Hatton Building Design                               | 16. 1300tassolar                        | 29. Ecohomeguide.com.au by Sustainable Living Tasmania |
| 6. Tamar Bicycle Users Group                                      | 17. YakksBatts                          |  |
| 7. Degree C   | 18. The Home Efficiency Group           |  |
| 8. Tasvent Supply Company   | 19. CBM Sustainability Group            |  |
| 9. Tas Heating & Cooling  | 20. MiPassion / MiEssence               |  |
| 10. Kay's Oils  | 21. Inwardout Studio                    |  |
| 11. Landcare Tasmania   | 22. Snug House                          |  |
|   | 23. Metro Tasmania                      |  |
|   | 24. Permaculture Tasmania               |  |

### CAR PARK

- 30. Dr Scott Bell
- 31. Australian Electric Vehicle Association

### CITY PARK

- 32. Growdomes

### UPSTAIRS

Presentation and workshop spaces in the Tamar Valley and John Duncan Rooms upstairs

# TAMAR SUSTAINABLE LIVING EXPO

## Tamar NRM would like to thank our EXPO Sponsors



City of  
**LAUNCESTON**



UNIVERSITY of  
**TASMANIA**

### Gold Partners



HARVEST  
*Launceston*




### Silver Partners




### Bronze Partners

### Venue Partner




### Media Partner



**Tamar NRM**



Gold Partners






# TAMAR

# SUSTAINABLE


# LIVING

# EXPO





**Saturday**  
**13 October**  
**9am – 4pm**  
**Albert Hall**  
**\$5 (U18 free)**





**Special guest: Costa Georgiadis**

[www.tamarnrm.com.au](http://www.tamarnrm.com.au)  Follow us on Facebook


Silver Partners


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Venue Partner



Media Partner





## Coming Events Tamar NRM

For more information view our website: [www.tamarnrm.com.au](http://www.tamarnrm.com.au) or [www.facebook.com/TamarNRM15](https://www.facebook.com/TamarNRM15)

### Plastic Free Launceston

Check out the [Plastic Free Launceston Facebook](#) Page for information on Bag Making Workshops and other events

### The Wonderful World of Waterbugs with John Gooderham

**Tuesday 23rd October 2018.**

Critters in Creeks - Macro-invertebrate monitoring and Citizen Science

**Wednesday 24th October 2018.**

Field Work at various locations - Schools and Community.

### 2018 Boneseed Blitz

**Run over September and October.**

Tamar NRM offer support to community groups and landholder in organising their own "blitz"  
Free loan tools (Loppers, secateurs, dabbers and glyphosate)  
Training and Safety briefing

### Pasture Demonstration Site Field Day

**Thursday 1st November 2018 10am - 3.00 pm**

"Springmere" Beaconsfield  
Pasture utilisation - Pasture identification and measurement - 4 presenters

**RSVP:** [tamarnrm@launceston.tas.gov.au](mailto:tamarnrm@launceston.tas.gov.au)

### Additional Costa appearances

As well as attending the Expo, Costa has agreed to visit and inspire other community groups during his stay, made possible through Tamar NRM funding.

**Thursday 11<sup>th</sup> October**

Northern suburbs events:

Pioneer Parade Park, Ravenswood 11.00am - 1.00pm  
Torrens Street Park, Mayfield 1.30 pm - 3.00 pm

**Friday 12<sup>th</sup> October 10.00 am - 1.30 pm**

"Getting Grubby", Beaconsfield Community gardening/composting with kids and volunteers.

2.30 - 3.30 Heritage Forest Community Garden Food growing project with Youth Futures, Migrant Resource Centre North, City of Launceston, Rotary and permaculture designers.

3.45 - 4.30 Tour of Tasmanian Native Garden at Heritage Forest.

## Tamar NRM Contacts

**postal:** PO Box 396, Launceston TAS 7250

**phone:** Office 03 6323-3310

**mobile:** Gill 0438 265 792; Greg 0438 642 112

**expo event co-ordinator:** Gabrielle 0400 431 277

**email:** [tamarnrm@launceston.tas.gov.au](mailto:tamarnrm@launceston.tas.gov.au)

**web:** [www.tamarnrm.com.au](http://www.tamarnrm.com.au)

**facebook:** [www.facebook.com/tamarNRM15](https://www.facebook.com/tamarNRM15)

## Other Events

### Australian Plant Society

#### Native Plant SALE

Max Fry Hall, Trevallyn

**Sunday 6<sup>th</sup> October, 10.00 am - 4.00 pm**

The Northern Group of the Australian Plants Society is having its Spring Native Plants Sale. Head along for all your springtime native plant needs!!

#### Ride 2 Work Day

**Wednesday 17<sup>th</sup> October**

Ride2Work is celebrating those who take the initiative to ride to work and encourage others to do the same. Free Breakfast at UTAS, Newnham or \$5 muffin and coffee at Civic Square.

#### West Tamar Neighbour Day

**Sunday 21st October, 10.30 - 2.00**

Windsor Community Precinct, Riverside  
Heaps of activities and a sausage sizzle.

### Bush Heritage Friendly Beaches

#### Working Bee

**27-28<sup>th</sup> October 2018**

Help Bush Heritage with monitoring, weeding and erosion control projects at Friendly Beach. To register: Email [Michelle.Stook@bushheritage.org.au](mailto:Michelle.Stook@bushheritage.org.au), or phone 0427 818 014. For more information, contact Annette Dean on 0447 056 462. Spaces are strictly limited to 10, so register early.

#### Friends of Punchbowl Reserve

#### Guided Wildflower Walk Sat 3rd November

Carr Villa 9.30-10.30 am then Punchbowl (top carpark) 11.00 am - 12.30

#### Farmgate Festival

**24-25<sup>th</sup> November**

**\$20 1 day, \$25 2 days Children under 15 free**

Fifteen farms in the Tamar are open to the public for the weekend. Tours and tastings, specialty workshops and a 5 course dinner.