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Dear Friends,

It was so lovely to see so many of you at our August Chapter meeting!

Service Opportunities
Please find the pre-meeting slide roll attached. These include many great opportunities for service!

Introductory Slides
Fun facts: I chose as the background for the cover slide a snapshot I took at a recent art fair. This is a painting by Tom Uttech. I'm a big fan: his art truly evokes one-ness with nature. The second slide's background is from a painting by Kaori Someya, a Japanese artist who focuses on the bond between nature and person. You can view my introductory slides here.

TMN State Conference: Sign ups are now open! This is admittedly an expensive event to attend. So, if you are looking for alternative "lodging" (i.e., camping), please check out p3 of this document. Let me know if you want more information.

The Dragon Flyer newsletter team would LOVE your help! If you want to help out

or write a piece, please send an email to dragonflyer@ntmn.org.

You can view the Announcements Here

Presentation
We had a fabulous and unique presentation today from **Sarah Mosher** who presented on the topic of **"Fashion is Plastic: the role of clothing and textiles in the plastic problem"**
Please find her presentation attached

If you want to learn about and actually create your own eco-friendly alternatives to traditional plastics, please join us and Sarah for a hands-on workshop!

8/23/25 12-2PM At City Park (formerly known as "Old City Park" near 4 Corners Brewery) at 1550 S Harwood, Dallas, TX
Information and sign up here

Notes from Sarah's presentation

- She discussed the scope of the problem, specific concerns about synthetic textiles, individual actions to take and a solutions wish list
- What is the scope of the problem? 50-75% of microplastic sources come from textiles
- In clothing: there has been a huge increase in petrochemical materials used in the last 50 years
    - Even "natural" materials (such as cotton) have negative environmental impacts. i.e., cotton occupies 2.6% of cultivated land but uses 16% of insecticides
    - Currently, polyester is 57% of global fiber production, and recycled polyester use is trending down
- Specific concerns about synthetics: huge environmental costs from (1) extracting the petrochemicals, (2) using a lot of water to cool the extruded plastic in the creation of the synthetic textiles, (3) dyes can include dangerous compounds such as Azo dyes, which now make up 70% of all dyes used in the fashion industry, (4) testing has shown that these

chemicals slough off clothing and end up in household dust, (5) printing onto synthetics requires an additional harmful chemical process, (6) additional treatments of fabrics are very harmful such as stain resistance, wrinkle resistance, fire retardants, softening

- Environmental chemicals found in clothing include heavy metals (in dyes and leather tanning), PFAS (makes clothing waterproof and stain proof), plasticizers (found in polyester/spandex), azobenzene (found in dyes and applied prints) and flame retardants (especially found in baby clothes).
- When chemicals ae regulated, they are regulated individually. New chemicals are used until proven harmful. Labels need to only include broad classifications (i.e., “cotton”, “polyester”, etc.) and no further information on dyes, treatments, etc.
- Concerns of synthetics: Microplastics
    - Microplastics continue to release throughout the life of the textile. 35% of microplastic pollution comes from washing synthetic textiles and 30% of ocean plastic pollution could come from microplastics.
- Daily wear and care: as the fabric ages, the more it will breakdown as it is used and washed – accelerated by heat and friction
- Fabric softeners are a big contributor to microplastics as well because they works by breaking down the fibers to make them feel smooth
    - Dry cleaning also adds many additional chemicals
- End of life?
    - 85% of all textile waste goes to landfills. Approx 81.5 pounds of textile waste is generated per person per year in the US
    - Even donated products just get shipped out and thrown out (i.e., in Atacama desert, Haiti, Ghana)
    - Material recycling? Only about 1% of global material
    - Decomposition time in ideal conditions: cotton = 5months, polyester = 200 years, sequins and spandex = hundreds of years.
    - In 2018, of the 17 million tons of textiles waste produced in the US, only 15% was recycled/reused
- One of the biggest issues: Increased consumption drives increased waste

- Global textile waste: 50% from the US. 22% from China. Followed by other countries
- Individual actions: What can we all do?
    - Reduce purchasing new clothing items
    - Reuse: mend clothing before throwing it out
    - Recycle: donations can be matched to local organizations that need them (i.e., business attire to career closets, etc)
- “But I need new clothes!”
    - Most items of clothing are worn less than 8 times. Ask yourself: will I wear this at least 30 times
    - Shop natural fibers and organic where you can
    - Purchase existing items instead of new items (especially natural fibers)
    - Research companies that are creating synthetic fabrics and shed less microplastic
- Alternatives
    - “vegan leather” is often plastic, but plant-based options are on the rise such as a company called BioLeather that uses tomatoes, mangoes and microbes
    - Textiles made from hemp are great alternatives to water-thirsty cotton. It is also renewable and anti-microbial
    - Companies like Unless are making footwear without plastic. Their shoes are fully compostable
- Daily wear and care
    - Wash everything in cold water; hot water increases the rate of microplastic shedding
    - Add a microplastic filter to your washer
    - Reduce the amount of laundry detergent and DON’T use fabric softener
    - Minimize the use of dry cleaning
    - Wash your clothing less often
- Learning to mend and repair is another great option
- Book recommendations to learn more:

    - “To Dye For” by Alden Wicker, an investigative journalist who tells the story of flight attendants who became sick from their new uniforms
    - “Fixation: how to have stuff without breaking the planet” by Sandra Goldmark
- What about bioplastics?
    - They are made with biopolymers from organic materials and typically break down much faster then petrochemicals. Many are easily made in a home kitchen with ingredients such as agar, gelatin, starch, glycerin and water. Additionally, vinegar helps to strengthen the materials.
    - The speaker makes these in her own kitchen and uses them in theatre settings
- Question: What to do with “spent” dryer balls? here is some information for people about how to refresh dryer balls and extend their life: https://www.smartsheepdryerballs.com/blogs/laundry/how-to-recharge-wool-dryer-balls?srsltid=AfmBOooYkSmfCkY6_xzMrUxNCTiqZD0peUXiWl3Rynzjy0b5KMk50txd