

TGM S1 Ep. 4 Final Audio

Tue, 2/16 3:11PM 40:26

SUMMARY KEYWORDS

sustainability, people, women, composting, learning, represent, community, business, water bottle, events, webinars, thinking, voices, talk, waste, realized, question, small businesses, sustainable practices, space

00:06

Hello, and welcome to the green mind podcast. I'm your host, Leandra Lacey.

00:10

For those of you that

00:11

did not already know me, I am a social conservationist. That means I work at the intersection of environmental and social sciences. I've been able to love and enjoy this space since 2007. And now I want to bring that space to you. I will be interviewing people around the world and understand the connection between human wellbeing and environmental outcomes. My hope is that you will find a way to engage in this space, we all have a role to play in the health of our communities and the planet. Let's see who's up next for today's interview. All right, and we're back and I'm so excited once again. Am I always excited? I think I'm always excited. I mean, every guest is exciting, I guess is what it is. But I get to hang out with Becky. How are you doing, Becky?

01:05

I'm doing awesome. How are you?

01:08

I'm doing okay. I told you before the podcast started that I you know, has some food poisoning

that I was dealing with? Well, I'm I'm okay. Now.

01:16

Yeah. You know, that's a real thing. People just to have never had food poisoning. Just don't understand how awful it is. So

01:23

yeah, it's ridiculous. And I've told my story to other people. And they go, Yeah, well, you know, I was in high school, I got food poisoning, and I got like arthritis from it. And I still have it now. The body is crazy. The body is insane.

01:38

Yeah. And that's not fun. Yeah, I had food poisoning my partner. And I don't buy gifts for each other. Sustainability people, I try not to have, you know, traditional stuff in my life. And so we I've always taken our money, and we go out to a really nice dinner for the holidays. And we were at dinner, and I took one bite of my food. And I looked down and I was like, we got to get an Uber and go home right now. I can't stay at dinner. I was so sick that night. So unfortunately, it ruined our holiday. Do you know it is an experience? For sure. Yeah,

02:13

well, you know, my main thing is drink a lot of water. Drink lots and lots of water. So let's get into the fun part of why we're here today, Becky, so you're a powerhouse in your own right. And so we're gonna be talking about a couple different things. Obviously, women in sustainability, that's huge. But then, you know, you actually have your own consulting business as well. Right. beegreen events? If I'm not mistaken.

02:33

Yeah, between events, or B. Green CO is kind of what I've been transferring into more the umbrella, the parent company of all, transition. Yeah, I love it. So

02:45

I'm gonna let you start. Where do you want to start with talking about B green or women and sustainability? Or maybe one leads to the other?

02:51

Yeah, one definitely leads to another. So I started B green events, which was the beginning, in 2018. When I had been working in the events industry for about 15 years, I've been producing about 300 concerts a year. And yes, that sounds just is exhausting to say, to do on blog? No, it is exhausting. So I was traveling the last which was amazing. I mean, an opportunity to go to Alaska and Hawaii and everywhere in between. But along the way, I realized you know how awful events are. So the environment, the amount of waste, the energy that's produced, the traveling from buses, and flying for the artist and the crew, and you just start to see how it all adds up. And it just kind of weighed on me after a while. And so in 2018, I left a full time job. And it was the craziest thing I've ever done in my life. I had no plans, no idea what I was going to do with my life. I just said I have to go, Wow. So I knew sustainability was a big focus. For me, I personally try to live a sustainable lifestyle. And so I knew that whatever business I started, I really wanted to focus on sustainability as the forefront of that business. And I started to be green events, doing sustainable events. And we're working with clients to help incorporate sustainable practices into their events, whether it's through their waste practices, or carbon offsets or being able to do you know, looking at your energy usage. Or, though there's lots of different ways that we can look at being able to offset our events. waste is the most tangible. So I think that's where we tend to focus on the most, you know, so we are doing that. And in 2019, I went to a Startup Week, and I realized that small businesses weren't thinking about sustainable practices. And to me, I'm like, What's 2019? Like, why aren't all businesses starting with sustainability in their business plan? Like it didn't make sense to me? Does this add up right like

04:55

what? A good question,

04:57

right? Like it's kind of born with this kid from

05:02

All startups out there, think about sustainability.

05:05

And start with it. Now, if you do

05:07

it now, then it's so much easier. And what I say is, you know, down the road, we're going to have policy that's going to tell you, you have to do it, we're going to have things in place that you're not gonna have a choice, you're gonna have to have the sustainable practices. So do it now. It's gonna make your life so much easier, I promise. Yeah.

05:25

And what kind of practices

05:25

are we talking about? Like, can you give an example of like a client that you've helped and practices that you might put in place?

05:32

Yeah, again, it's a lot of looking at waste is the most tangible, that's the easiest, because I think we all see what our waste produces. So looking at it, there's a business that isn't recycling, how can they start incorporating recycling composting? You know, if you're building, working in an office, and you're eating lunch at your office every day, you've got food waste, can you compost that food waste? for small businesses, it's thinking about whether you're working with other small businesses and your printing capacity, if you've got a print, are you looking at? What is your energy usage? through you know, your lighting? Are you producing a lot of lighting? Or you know, so there's lots of different ways that you can look at what you're producing to be able to help reduce your impact on the environment as a small business?

06:16

And so and

06:18

then I have a question for you right there. And so you think about these small businesses, like the historic trend is, you know, non sustainable practices is the way to go because they're just not thinking about it. When you come in, and you have these conversations with them. Like, what is their business sense? telling them about what you're saying? Like, how do you convince them from a business standpoint, from a dollars, I guess, standpoint, like, Oh, I should invest in this? And is it just about the planet and saving the planet? And that's good enough for them? Or is there more

06:48

depends on the business? There's definitely some people who are like, Yes, I think we need to save the planet. That's our job as a small business, those people are easy to convince. Right, right. I think a lot of people think, you know, sustainability is a word that has become a very popular word that is related to people have upper class and within the white class, right, so let's become very common dude, by that. So people get to see the word sustainability as it's going to cost me a lot of money. It's not accessible to me. And it's not really doable. And none of that's true. I think people think that to be sustainable, you have to buy sustainable products. And that's not true. Sustainability for us, when we look at it starts really with the word refuse. How can you not buy something, instead of use what you have, or be creative and look at your capacity of what you are? to not have to bring more products and your life or more materials into your life? You know, a lot of that is, you know, with talking to restaurants, they can you know, get rid of your straws, can you get rid of? You know, there's lots of things that restaurants have. But, you know, looking at little things, and those little things start to add up. You know, turning off your lights at the end of the night saves your energy bill. Yes, solar is expensive. Fortunately, solar costs are starting to come down as renewable energy is becoming more and more popular, right? People aren't thinking right, if you're a long term business, you're going to ultimately save costs in the long run, because you're offsetting all of your energy costs by solar. So it's sometimes we look at things in the sense of is it an immediate cost to me? If it is then it's not useful, resourceful to me, but instead looking at it the long run saying, hey, how is this gonna save me money? in the years to come? What is this gonna do? You know, and I think that's really useful. I think there's a lot of businesses who supply unnecessary needs in their offices, water bottles, I can't tell you how many big companies like give their employees water bottles, like plastic water bottles, and like, you don't need to do that, install something where they can refill reusable water bottle.

08:59

That's right,

09:00

simple little things add up in the long run. And I think that helps. Well, you know,

09:05

it's interesting thinking about 2020, of course, starting into the COVID situation, I mean, you kind of are automatically being more sustainable for a lot of businesses, because you're forcing your employees to work from home. And businesses are realizing, oh, wait, I guess I never really needed that office at all.

09:26

Isn't that funny?

09:29

You know, and cutting down on the commute for everyone, you know, in so many different ways is so helpful to the environment. You know, obviously, it's unfortunate that COVID 19 is kind of swept the world as it has, but it's making people realize a lot of things. And one thing I think is this kind of sustainability question and how cost effective it is. Maybe it's not even have a physical building at all.

09:52

Yeah. 100% we're seeing so many companies that are starting to move to a more remote world. I mean, I think Google has pretty much said They're not going back to their office space a lot of big companies have. So, yeah, I think people have realized, like, Hey, we can actually, you know, do this virtually. And for me as an events person, we're seeing, you know, events go to this virtual space, which is giving an opportunity for people who could probably never attend in person to now to be able to attend, which is really helpful for offsetting all of our flight costs by doing it all virtual, you know, so there's a lot too much food waste, we're saving. Right, like, so there's a lot that's happening, that people are saying to themselves, oh, wait, you know, we do have an impact. I think that was the biggest thing, right release was shut down in March to April, it was a clear impact on the environment for the first time, you could see the LA skyline you can read their email, we're starting to see our impacts do affect the environment. And you know, I think that people are finally saying, Okay, I'm getting it, I'm getting this effect. It only took, you know, massive wildfires and only took, you know, a pandemic and only took what three rounds of Hurricane names. You know, that's all it took?

11:10

Yeah,

11:10

I guess what it is, is that it impacts them more directly, like they can see it. So like, and interestingly, it's the opposite effect. Like you, you kind of people expect that people will change behaviors from negative experiences. But it's not always the case. In this case, we're looking at, oh, I'm not traveling, I'm doing less things and the environments getting cleaner, and I'm benefiting from it. I want more of that positive.

11:31

Yeah, yeah. And not just that, but I think we've got a sense of community for the first time in a long time, right? Like, we all go, go go go so much that we don't talk to our neighbors that we don't sit outside and go for a walk in nature. We don't have dinner with our families. And I think that that was a big turning point for us as well. I hope so I hope that's something that stays, and that we've learned as a lesson because it's been incredible to get to know my neighbors. It's been fun. Mm hmm.

12:00

Yeah, absolutely. My dog has met so many neighbors. It's ridiculous. There are so many new dogs he didn't even know existed.

12:09

Right? Those guys living next door.

12:15

So you're already doing amazing work, you know, through this for your company. So then how do you get into women in sustainability? And then you know, of course, maybe explain exactly what that is?

12:26

Yeah, absolutely. So, so women in sustainability came about, because when I have left my job in 2018, again, I was very clueless, I had no idea what I was doing. And my first reaction was, well, I need to network I need to go and meet people. And one thing that's tricky about, you know, when you learn about sustainability and environmental environmentalism and climate crisis, you're constantly reading about it all day, and it can get really depressing. I mean, you could go down deep dark hole, you probably don't want to go down. So I would do that, right. So I'd be like, Oh, this is really depressing. I need to go talk to somebody. So I find an amazing woman who would be working in sustainability in her own way, her own field. And I'd go to have these meetings, and I'd be super pumped and energized. And so I would leave the meeting, I'd get home, I would work to 244 days later, I'm back in the same hole, right, like God gone down this rabbit hole again. Yeah. So I continued to do the circle. And I finally woke up one morning and realized, well, I have quite an amazing network of women who are doing really awesome, cool stuff. We should all go have drinks.

13:39

Yes. Yeah. Right.

13:41

Like, let's just go sit and like, let's go sit down and hang out. have drinks talk about how like, what everybody's doing and how we can all help each other, empower each other collaborate, just let's do something. I love that

13:52

I felt that I felt that inside on the inside.

13:54

Yeah. It was amazing. Like, so my girlfriend, Beth. And I'm, like, we She's not my business partners. Her and I connected. And we said, Yeah, let's bring all of our friends together. And so we put on our first happy hour in April 2019. And we had about 30 people show up, which we weren't expecting. And we're like, this is great. Right? Like, it was great. About half of them. We didn't know and I think that was the other cool part about it is that the word got out really quickly that this was happening. And so after the event, everybody said they wanted to continue to connect. They really liked this. They felt really, like really just joyous about it. And so as somebody who had tried to do monthly happy hours prior to this, their total fail. I said cool, I'll do this monthly, or I'll do this quarterly. And everybody said, Okay, great, cool. How can we connect otherwise? And so I started a Facebook group. And I thought those Facebook groups gonna have like 100 people in it. We are now just shy of 1200 people in the group. Oh my gosh.

15:02

That's crazy. Insane based on one idea to have some drinks with some friends. Yeah, talk about what's going on.

15:10

Yeah, that was it. So now there's 1200 friends who talk about what's going on. But the community has grown COVID has definitely been instrumental in this growth. But Beth and I, you know, quickly realized that people were in need of a community and a need of connections and education. And so we work to get to know who our community members are and what expertise they bring to the community. So we have women who are all different ages, some who have just

graduated with their degrees in environmental science, we've got women who have been working in sustainability in some facet for years, and everything in between. And we've all different industries represented. I mean, you name an industry, I could probably find somebody working in that industry in the group.

15:57

That's great.

15:58

And I've learned so much from this community, like I can't even tell you like the things that people bring to me. And I'm like, I never would have thought about that. You know, we quickly realize there is a need, and we started doing these educational events. And we're doing two to three workshops in person prior to COVID. COVID, hit back, called me up and said, hey, let's do weekly webinars. And I was like, ah, nope, not doing it.

16:24

Why not?

16:25

I don't know. I was just very against it, I think because it was that same boat where we thought COVID was gonna be two months. And that was it. Right? So for sure. So an hour later, I called her back. The thing about bat that she knows that she can throw something in my ears. And she just has to let me mall around for like, an hour. And she knows that she's got your app. So

16:45

your partner?

16:48

Yeah, so So I called her back an hour later. And I said, Alright, we're doing weekly webinars. And so we did, we launched her webinars in April, it they've been tremendous. Like, we've had so many cool webinars, we talk on so many different topics. and sustainability is so broad, right? Like so is this, it can incorporate so many different aspects. And so that's what we're doing. We're bringing in all these different aspects of sustainable practices. And we're bringing in these experts to talk about what they know in their field around sustainability. And we took a break in the summer. And

then we took a break in December, but we're back with our weekly webinars now. And we've had people from all over the US join us, we've had people from Europe joining us, which is very interesting, because they joined right after one of our webinars right after our elections. And Europeans know more about the United States elections than the United States. People.

17:43

kidding, I'm not shocked by that. Unfortunately, I'm not

17:48

at all.

17:51

The webinar, and they were like telling us all this information and asking us questions are like, okay.

17:59

So what's interesting, from what you've told me, a little bit of what you told me so far here is that these voices want it to be heard. And this didn't have an outlet for it. You know, and I wonder like, for these individuals in their own industry, what do they get out of this group, the women in sustainability, that maybe they're not getting out of, you know, where they work, or the people that we're talking to, on a daily basis? Like, are their voices not being heard there? Or I don't know if you have that answer or not?

18:24

That's a great, great question. I think it's because we're so like minded. You know, I think it's a community that really wants to come together to do better for the future. You know, I think we're, you know, it's a community that starts to see that our, again, our direct impact on the environment. And, you know, we're really listening to what the community wants, like, I am constantly asking, what webinars or do you want, what do you want to learn about when they're actually ironically, in the last week, we've had several people post about post mortem, like, what happens to your body? Like, how do you have burials? And so I actually honestly written for this podcast, email somebody asking if they would have a webinar about death for us. Right. Awesome. So I think that's the thing I'm listening to. What are what is the community talking about? What are they looking for? anything, it's just the collaboration, I think it's just a unique, you know, there's so much uniqueness to it. And people are looking to collaborate in this space, who,

with others who want to really make a difference and really try to create change. And I think that that's it. And I think just we've really created a sense of this empowering and we're not trying to step on each other's toes. But instead, we're trying to come together and figure out how we can work together to move forward and I think that's a big difference for us is that there's not competition per se there is but there it like we're always we're all it kind of in our own lanes. How can we make it work in our own lanes. I think that that's really good. Unique.

20:00

Yeah, and I really love that you all are tackling different issues because even though I mean, there has to be such a wide diversity of, I mean, everyone has diversity of experiences automatically, just by growing up and being a person, you have diversity of experience. And so everyone gets to bring all of that to these very unique challenges. And, you know, with the lens of having some affinity through all being women, and thinking about this in a very different kind of way, in a unique way. And I love, you know, just like you said, that you're bringing in these different topics based on what everyone's talking about. And so, when you said death, I was like, okay, where's that gonna go? As soon as you said it, as soon as I realized my headset was in sustainability, for instance, I think about Wow, how much waste is there? And that should be the least wasteful thing ever. But, you know, you get coffins and graveyards, and just the physical space that are being taken up. And, you know, and all the other processes, I'm sure that goes into that entire concept and actuality. That's so cool. That's still

21:09

killing the environment, even when we're,

21:11

oh, no.

21:16

Cuz there's somebody who said that there's somebody who said, Oh, no, this is still happening. How can we change that, and there's people that are doing that. And that's what's cool about this community is that I get to find those people. And I get to help them their voices shine so that other people know the existence. Wow. And I think that's really fun.

21:33

Right? That's awesome. So obviously, women's sustainability. So you're like, Okay, this is a

women's only group, like what's going on there? And, you know, what about other voices? Because, you know, people with privilege love to say that their voice isn't being heard, and a particular space. And so have you have you had to handle that challenge?

21:53

Yeah, no, that's a great question. And that's funny, because I was gonna, you'd mentioned the women earlier, and I was gonna note that we do say women and ally. So we are an inclusive community. We want all voices, we want everybody represented at the table, I think that it's very important if we're really going to create systemic change for a better future that we have to allow all voices. And so, you know, I think that it's definitely a lot of learning on my end as well, like, how do I make sure all voices are heard and represented, but we're very intentional about what we're doing. And that's, I think, the important part of it is we're trying to we're making sure everybody feels welcomed, and everybody feels safe. That's really important to us, everybody feels safe in our community.

22:41

Yeah. And that's critical. I mean, that's why you say the word allies right as well, because the fact that you have women at the front of the title likely is going to take out all misogynists immediately, you would hope, and then to say allies on top of it, like, Okay, if you're going to be in this space, you need to be helpful and supportive of the entire process, and of the voices that are in this room right now, which the majority of them may be women, and how can we all be supportive of each other? I think that's great. I'm glad that you do that.

23:08

Yeah. And we do, we have like, I definitely like our men, allies who are amazing, we've got a few men who attend our webinars on a regular basis, who are, hey, whatever we can do for you to help you like we were here, we want to help, like, we know that we have, you know, the advantage that we're gonna help push your movement forward. And so I think that's really important to kind of make sure that everybody is represented, and, and we can't create change, if we're not thinking about all persons, you know, we got to think about everybody has, and it's something that's interesting, I'm learning, but to actually just talk to somebody yesterday about ego ableism, you know, and that's, I'm an able bodied person. And so, for me, my lens obviously doesn't go other places. And that's something that I'm really trying to push myself out of my boundaries, and say, Okay, are we accounting for all people who are deaf? Are we counting for people who are blind? Like, how do we make sure that we're representing all categories? And it's, again, sending this intentional work? to say, I am aware of this, how can I be better at it and make sure that we are doing that?

24:11

Mm hmm.

24:13

And, you know, an interesting point to kind of get into a little bit here, just to dig a little bit deeper, you know, there's obviously, diversity just in women by itself, that one classification, not to mention all the allies that you want to have included in this as well. And so when you think about women, you think about there's race. I mean, there's gender, I suppose, as well, if you look at, you know, trans women or women, you know, and all the other aspects, like you just mentioned, ableism, veterans, religious diversity, all that is encompassed in just being a woman. So how do you account for address or have you all tackled any of those issues?

24:49

Yeah, you know, I think one of the things that we're really trying to do is ensure that our panels or webinars that we create are representative of our community. Again, it's really about getting to know who our community is being aware of who our panelists not just basically having white, you know, white women. Yeah. heterosexual women representing our panels, you know, making sure that we're including this diversity in what we're representing. And I'll be honest, I still have a lot to learn myself. So, yeah, it's a daily daily thing for me of what what do I need to do to be better? And how can I push myself to be better to make sure that my community is represented? And it's thinking about will eventually we're going to go into policymaking? And so one of the things that Beth and I talk about in our policymaking is, when we will go to represent a bill, we want to make sure that it is representative of everybody in our community, does it represent the indigenous people? does it represent the black community? does it represent the white community? does it represent the young and the old? Like, those are all things that we want to think about as we begin to go in and do this advocacy and policy work and ensure that if we're backing a bill or a policy, that it is representative to what we want it to be? Because a lot of bills aren't
Unfortunately,

26:03

that's right. That's right. And hey, listen, just for you. And for everyone else, listening and just a reminder of myself too. It's always hard work. If it's not hard work for you, then you're doing something wrong. So you're just to be clear, see, and you should be working for the rest of your life until until you die, really, because we're never going to know at all. So anything is issues, I totally understand that it's hard to think about, wow, how do I get inclusive for everyone? And how do I figure this out? And it's a struggle for every single person. We're all we're all working on it?

26:31

Yeah, I appreciate that. Yeah, I think that you're right, that I think it's something that we need to continue to educate every day. And, you know, a lot of lessons that I've been learning is, you mess up, you own it, you apologize, and you learn from it, and you keep moving. You know, and I think like, Beth and I sat on a meeting with three women who represent indigenous community. And I kept saying Native American, and I finally said, Could I could seal it, I kind of feel uncomfortable. I could get the vibe, right? I think that getting their vibe, and I can they didn't say it, but you could feel it. And like, I finally stopped and I said I apologize. This is my night. tivity. Can you correct me? Am I saying that's correct. And she's like, well, I really appreciate you asking the correct way, it'll probably represent the same indigitous as a great, thank you for correcting me, I really appreciate that. Wow, the indigenous community is different either. So knowing what they prefer to be called. And and I think it's just saying, Hey, I'm not sure. Can you tell me what is comfortable for you? And being acceptable to being able to ask that question is one of the biggest lessons that I've been learning? Yeah,

27:33

absolutely.

27:34

So I really find it interesting that you all are going to potentially start looking into policy as well. And that's a huge space, you know, when I first met you, so our mutual friend, Nate from the Titan Dart group, and they're amazing. By the way, if y'all want to check out the Titan Dart group, I think they're at the Titan Dart group.com. I think that's just what it is. I hope I'm right.

27:56

I'm sorry.

27:59

Five emails from him this morning about events.

28:04

It's heightened dark group. And they're all about trying to train entrepreneurs in this sense of entrepreneurial activism. So using your businesses to do something more than just generate money, you actually do something good for the world. And so when he connected the two of us, I

was like, oh, then I already know Becky's good. And so when we had our first conversation, our introductory conversation I was telling you about my trip to Seattle, and how I thought it was interesting, because my first time ever, I was at an Airbnb, and the Airbnb had a note on it and said, Hey, whatever you do you have to compost. Otherwise the city will find us. And as a person who had not composted before, I was like, first of all, I freaked out. I don't know what Composting is. I don't know how I do it. Like, I don't know what that is. And so, you know, they had a little tin and they had everything set up, and they can explain what to do and how to do it. And their garbage was like this little tiny like office garbage. Like, you couldn't even throw away your garbage in a large container. That option wasn't even available to you. And after about a week of that, it became such the norm for me. I was like, Oh yeah, of course I don't throw this away. I put this in the composting goes into recycling and oh, there's like what do I even throw away like I don't even know what to throw away because there's nothing to throw away after a while because you realize you can compost recycle and other things so easily. It was

29:29

it like a light bulb we like

29:35

how it works.

29:37

Like the voice in your head?

29:39

Yes, absolutely. Absolutely. But I will say I did come into composting, for instance, with the same sense of what you talked about earlier today, but it is a white thing. It is a class thing. Of course they would be doing this, you know, like I wouldn't think that I would be accessible or able not able but accessible to that sort of life. lifestyle and that lifestyle seemed for the rich and for those that have the ability to do so, and had the time and and all this other stuff, but having it forced on me through basically policy, I realized very quickly like, oh, that anyone anyone could do this. I just didn't know that.

30:17

Yeah, right. I mean, it seems like it should be difficult, but it's done. I promise. It really is. Like, it's just so funny to me when people are just like, Well, how do you do that? possible? I don't know. I

just do it.

30:33

Yeah. Now granted, I still don't really know what to do with the compost itself. I know where to put it. I'm not sure what to do with it after I'm done with it. I mean, I do. I mean, I say that I want you to answer the question. Like, I'm

30:45

naive, like, I

30:45

don't know what I'm talking about.

30:53

Especially when you start getting into like, do you what do you do with the meat bones? What do you do with the trees? You know, and there's all different sorts of composting too, right? You got your backyard composting, you got your city composting. So for you and Seattle, when you're there, it was their city composting, most likely. There's a lot of nuances to it. But kind of the same thing. You said to me about learning about inclusiveness, right? Like the idea is you have to continually be learning you have to continually be well, I don't understand what this is. So I should go research it and get a better understanding and a better grasp of it. So we need to continually learn, especially as our systems and our process has changed. You know, what we know now about recycling today is totally different about what they were doing in the 70s are completely changed. So it's just a matter of continual learning and things continue to change and just being able to adapt to that and learning. You know, every city also is different on their composting. So what Seattle does is different from what Denver is doing. Learning. I always kind of have this joke when I do guest lectures I teach on recycling and compost and our biggest thing is to know your hauler. So if you don't know something's recyclable or compostable Kala hauler, and my joke, as always says, Who you gonna call your hauler?

32:17

I hope your listeners will walk away with

32:20

anything today. I hope they get that. Oh, wow.

32:27

Yeah, yeah. So So wait, what is a holiday? Like? What do you mean, what exactly is that?

32:31

It's your trash hauler. So in the city of Denver, for us, it would be gfl is our waste hauler. So it's the person who is the company who is taking it, or the company, the place that you're taking your compost to. So whoever that is, if you don't know, if you contact them, they will tell you, they actually want you to do it. Right. So they will tell you what to do.

32:53

Wow, that's awesome. Yeah. Somebody incredible, like just a piece of thoughts about that. And you know, what about when you think about the policy piece of it, like, Is there anything that your group is specifically trying to look at? Or is it kind of like, we'll tackle things as they come? Or is it more proactive? Yeah. So

33:12

there was a lot on the table in the last session for the state of Colorado, unfortunately, COVID took everything off the table. I think. Now, what's the question as legislative session is starting back up? What can we push through this year? You know, unfortunately, a lot of budgets have been slashed. Due to COVID, there's still a lot of COVID relief that has to happen. Obviously, vaccines are not rolling out very quickly. We're seeing restaurants and small businesses still struggling. So you know, it's just going to be a matter of what can we actually push through the state legislator system, and you know, this year, like, they're only in session for so long, so we can only do so much. But I think the biggest things that we focus on, and we work a lot in conjunction with recycle Colorado, environmental Colorado, good business, Colorado, and a bunch of these other groups that are out there that are actually writing the policy. So we're helping to kind of back a lot of what they're doing. But it's a matter of the biggest one that I know that we want to push out this year that has been on the table for a couple years now is to ban styrofoam in this because I Why are we still using styrofoam

34:22

again? How is that still a thing? How are we still doing this?

34:26

2021 and I'm talking about styrofoam. And then the other one is compost? Like how can we get a more statewide composting system so that you know more people have access to it and how can we facilitate that? So there's a lot and that's just the state level. So now you go down and you think about what can we do at the city level. In July of 2020, Denver was supposed to implement a plastic bag ban and you weren't if you are going to use plastic bags at grocery stores, you're gonna have to pay a fine or fee for it. Well because of COVID that went away and so on. The question is, how do we get that back on the table? Like what other things can we do at our local city level to be able to push change? And, you know, I think Brock Obama said it best of everybody, I think thinks that things happen at the federal level. But the most important work really comes down to our city and state level. And I think that that's where

35:19

that's right. Absolutely. Listeners remember that part? Because that's extremely important, especially for sustainability, especially for sustainability.

35:28

Yeah, that's, I mean, small changes at the small level build up to the big changes.

35:32

Absolutely. So I could talk to you forever. Well, because every topic, everything is sustainability. Like there's not a single thing that doesn't link to sustainability. It's so insane, like, talking to you is difficult, because like, my mind just keeps exploding. I'm like, oh, now what am I wasting? What? How am I wasting? It's good. It's good. Because I think we should all have, we need to really increase in my opinion, in America, especially, we need to increase learning culture, like this should be a learning culture, everyone should desire to want to learn more and more and more, is the only way we're going to like dig ourselves out of whatever issues we're dealing with at the current time. Yeah,

36:19

definitely. I'm curious to know, like, what is your one thing that you focus on the most with your, like, sustainability practices? What's the one thing you're like, Hey, I'm gonna focus on this and be really good at and sustainability.

36:32

So I think mom, number one thing for me is that for a long time, I was drinking a lot of water bottles. I thought that that was more water, this is good. And now, especially in Colorado, Colorado, culture is like one, like, everyone has a water bottle. So it's like, Alright, pull it together. But from where I came from, that wasn't the norm. And that wasn't the practice. And that wasn't the culture. And so that wasn't something that I was used to. And so now, I mean, I have a water bottle all the time, I have a mason jar at all time, I barely can think about the like, the last time I had a water, like I need to buy water. But they are habits, you know, like, Oh, I gotta let me make sure I keep a water bottle in my car in case something's going on there. And I'm just gonna be a little more proactive. Because it's like, you do something all the time. And you don't want to slide back into that lifestyle. And it's so easy. You know, in one sense, it's so easy to go buy a water bottle whenever I want to. And they go, Well, I forgot. And that's just good enough. But sometimes you have to work, you just have to push yourself a little bit. And that's okay.

37:40

Yeah. And I think that that's my favorite tip is that it's a habit change. You just need to change that habit. Once you change that habit, it becomes part of your lifestyle, and you don't think twice about it. And when you mess up, it's okay. It really is. Even for people in my circle for all of us who work in the sustainability field and practice the stuff every day. Y'all we mess up to. There's some days where I just really want a coffee, and I'm gonna go to the coffee shop. And I have a cup right now. So I just get a coffee cup. And that's okay. Yeah, it is acceptable. So

38:23

doing really well.

38:26

So obviously, we've talked about a lot of great things. So where can we find more about your organization or your business or just you just want to follow you like, anything you want to share? Feel free to go ahead and do so.

38:38

Yeah. So we with women's sustainability will be officially launching our website this week. And I'm so so women in sustainability.org also realized that when I name a business, I should never name a business with a super long email address.

38:52

But I did it

38:55

was like I typed it every day. I'm like, that was dumb. But yeah, so women in sustainability.org, we will have our we are launching our membership in April. So we'll have information coming up with our membership and a list of all of our upcoming events. And then for my information, you can follow me at bb greenco.com. And it's between co on Instagram, Twitter and Facebook. I don't really do much more than Instagram these days. But I'm there. I like to throw some random tips out every once in a while how to be sustainable. So yeah, come join us. Awesome. Well,

39:31

thank you so much for this time, I learned so much. And I really appreciate just having this experience with you.

39:37

Yeah, no, thank you. It's been super fun. And I really appreciate the time. And yeah, I just love it. Thank

39:42

you so much. All right. All right. Well,

39:44

have a great day. Thank you for joining me during that amazing interview. I hope you learned something that you can bring back to your family, your friends, your co workers and to your community members. I invite you to learn more about me and Our guest at the green mind podcast.com I can't wait to have you join me during the next interview. In the meantime, go enjoy nature in a way that is uniquely you. See ya