



SIERRA CLUB San Fernando Valley Newsletter April 2013

**Monthly Meetings-the 3rd Tuesday of the month at 7:00pm
Reseda Park Rec. Hall, 18411 Victory Blvd. (Cross Street-Reseda Bl.)
(Near child's play area), Reseda, CA. We are limited in our parking space because
of construction. For this reason, it's best to arrive early. There is a parking lot & street
parking. If the Rec Hall parking lot is full, there is ample parking at the One Generation lot, directly east at
17400 Victory Boulevard**

Learn About Conservation Tips AT OUR SF Valley Sierra Club WEBSITE:

<http://angeles.sierraclub.org/sfvg/>

(See names, phone numbers and emails of our San Fernando Valley Management Committee in the sidebar)

If you can't see newsletter, click here

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PLEASE JOIN US



Tues, April 16, 2013, 7:00pm
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Citizens Against Strip Mining (CASM)

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PRESENTS

Environmental Issues of the San Fernando Valley

Dan Feinberg, President and one of the founders of CASM SFV ("CASM") will present a program about the work this non-profit organization is doing to address various critical environmental issues facing the San Fernando Valley. These projects include a planned Strip Mine Project and the Sediment Removal Project planned for the Pacoima Reservoir. (See an article about these projects below:) Come and learn about the important work this group is doing and how you may be able to help.

There will be socializing and refreshments.

**CITIZENS AGAINST STRIPMINING ARE FIGHTING AGAINST
A GRAVEL MINE NEAR SYLMAR**

Sat & Sunday Activities

Tues hikes

Thursday hikes

King-Gillette Ranch activities



March 2013

Dear friends,

Its official – The Angeles Chapter has a new home and you're all welcome to stop by and say hello anytime!

We are now located in Suite #660 at 3435 Wilshire Blvd, LA, CA 90010, only 3 floors above our old office. The space is smaller and more compact but we think it will serve our members as well, if not better than, the old office space. We moved to reduce overhead expenses so we can invest as many resources as possible in our environmental programs. This is only one of the ways the Chapter is re-building its reserves after a challenging 2012. [Contribute now!](#)

Now that we are leaner, we are also greener, and we are in it for the long haul. Less space means a smaller carbon footprint, fewer lights, fewer phones, less everything -- except for providing our members with the best support and resources possible. Together, we are continuing to make a difference on the environmental issues facing Los Angeles and Orange Counties. Together, we are getting people outdoors on hundreds of hikes each month. And together, we can ensure that the Chapter remains healthy – [Please donate today!](#)

The Executive Committee, activist leaders and our committed staff are creating new revenue streams and revamping old ones to keep the Chapter's financial conditions healthy and strong. We are establishing a new Fundraising Committee to work with our Senior Chapter Director to put the fun back in fundraising. All members are welcome to



This is a representation of the mountain with the terraced mining section above the large white patch

CASM-SFV, **Citizens Against Strip Mining** in the San Fernando Valley says that there are thousands of residents who live in Sylmar and the San Fernando Valley that are opposed to the proposed strip mine project that will permanently change the face of Kagel Mountain. This proposed mining of the mountain is a project that the land owner, a resident of Woodland Hills, wants to get approved so his small business can profit from the mining and sale of the aggregate material stripped away from the face of the mountain.

The CASM site says: (CASM-SFV.org)

- * 73 acre site, * 3,000,000 cubic yards of earth will be stripped from the mountain
- * 7 - 14 years of operation, * Operating daily from 7AM to 5PM, up to 3,000 hours per year

Strip Mines Are Hazardous to Your Health

- Air pollution from dirt and dust will be blown all over the San Fernando Valley
- Health hazards from diesel exhaust and particulate
- Noise from heavy equipment, trucks, rock crushers, generators
- Health risks for children and families
- Traffic caused by 230 dump truck trips per day from the mine site to the 210 on Hubbard & Maclay
- Once strip mines start they often are expanded - one strip mine can leads to others
- The natural beauty of the San Fernando Valley's mountains will forever be changed

Sediment Removal from Pacoima Reservoir

Recent wildfires burned a large portion of the area and have led to an increased inflow of sediment and debris into the Pacoima Reservoir above Sylmar. The LA County Department of Public Works (DPW) and the Flood Control District have developed a 20-year Sediment Management Strategic Plan for the removal of millions of cubic yards of sediment from the Pacoima Reservoir. The questions include how will they do it and where will the sediment go?



Angeles Chapter Newcomer/Member Meet and Greet in the San Fernando Valley Tuesday, April 30, 2013, 7:00 PM to 9:00 PM

In your neighborhood!! Learn all about the Sierra Club and our many activities, hikes, adventure outings, and environmental efforts! We invite you to an evening packed with lots of activities: Table Displays, Exhibits, Refreshments, Free Drawing. Meet the leaders of the San Fernando Valley Group, activity sections, Conservation Task Forces and many others. Your membership represents a voice for the environment. Please remember to RENEW your Sierra Club Membership! We need you! Join the Sierra Club! \$15 Introductory rate. Receive a free gift!

Where: Reseda Recreation Center, 18411 Victory Boulevard, Los Angeles, CA 91335--

become a part of this important committee. Your participation will help grow our Cheers or Tears Tribute Program, our Cars4Causes Program and our Hike Donation and Major Gifts Programs, too. And who knows what great new ideas will be pursued! All creative people are warmly welcomed. Join this effort by contacting Ron Silverman at ron.silverman@sierraclub.org. No experience required – only a desire to have fun while helping the Chapter.

Not able to contribute your time right now? – That's okay – you can still invest in our future by sending a donation to the Chapter today! Your gift, large or small, will be put to good use right away. And if you send \$100 or more, you will become one of our elite members and [join the 1000 at \\$100 Campaign](#). Your name will be displayed on our home page with all our other generous donors.

Please don't delay – contribute today! Be a part of the lean, green Angeles Chapter – donate today and ensure that we are here to stay! It's simple and easy and only a click away – www.angeles.sierraclub.org

Thank you for your generosity.

Carole Mintzer
Chair, Sierra Club, Angeles Chapter

If you would like to make a donation to the Angeles Chapter by check, please make your check payable to the Angeles Chapter, Sierra Club and send it to:
Angeles Chapter, Sierra Club
3435 Wilshire Blvd., #660
Los Angeles CA 90010

FUTURE PROGRAMS

Behind the child's play area.) Come and Discover the Sierra Club... Parking is limited, so it's best to arrive early. If the Rec. Hall parking lot is full, there is ample parking at the One Generation lot, directly east at 17400 Victory Blvd. Contact info: Joe Phillips (recreationbyjoe@yahoo.com)



Muriel Measuring a leather back turtle in Trinidad

\$25.00 Fundraising Italian Dinner & Program

June 18, 2013

Tues., 6:30 pm

**At Prince of Peace Episcopal Church
5700 Rudnick Avenue
Woodland Hills, CA 91367**

Info.

**Make your reservations by sending
\$25.00 payable to
San Fernando Valley Sierra Club,
mailed to Julie Szende,
6501 Penfield Ave
Woodland Hills, CA. 91367
818-999-5384, jxszende@yahoo.com
Please include a phone number
Upon receipt of your check,
a confirmation notice
will immediately be mailed to you**

**Presentation for our Dinner
Muriel Horacek
presents**



*Pacoima Reservoir to catch water in the mountains.
Photo NPS & River Project*

April 16, 2013

Environmental Issues of the San Fernando Valley

Dan Feinberg, President and one of the founders of CASM SFV ("CASM") will present a program about the work this non-profit organization is doing to address various critical environmental issues facing the San Fernando Valley. These projects include a planned Strip Mine Project and the Sediment Removal Project planned for the Pacoima Reservoir. Come and learn about the important work this group is doing and how you may be able to help. There will be socializing and refreshments, start 7pm



May 21, 2013

Oil Spills – Causes, Effects and Responses

Dave Weeshoff, Past Board Chairman of International Bird Rescue will present a program entitled: "Oil Spills – Causes, Effects and Responses". Dave is the President of the San Fernando Valley Audubon Society, a Life Member of the Sierra Club and a frequent guest speaker on birds and environmental issues. He is an expert on the care of sick, injured, orphaned and oiled aquatic birds.

Adventurous Travel With Earthwatch

Muriel is a Volunteer Field Representative of the Earthwatch Institute and has been an activist participant for a number of years. Finding solutions for a sustainable future is the purpose of this organization. Muriel will show that her experience is vast and interesting. Her experiences include camping out in a cave in China while monitoring the white-headed langur, saving the cheetahs in Namibia, observing migrating birds in Israel, Brazil and Alaska and the wild horses off the coast of Maryland. The Panda Project meant an expedition to the reserve there in China this last July with family members. Her participation as a zoo docent keeps her here and busy in California.



Pelican on the Sepulveda Wildlife Lake
Photo by Sierra Club Member Gayle Dufour

HELP PROTECT LOCAL WILDLIFE! Volunteer for the SEPULVEDA BASIN WILDLIFE RESERVE Clean--Up SAT. APRIL 13, 2013 - 8:00-11:30AM

Haskell Creek, where it runs through lovely Sepulveda Basin Wildlife Area, hosts many riparian trees and shrubs, such as cottonwoods and willows. Songbirds forage and nest in the trees, while egrets and herons fish in this heart of the Wildlife Area. Sadly it is infested with trash, especially plastic bags and foam cups and food containers. At the Wildlife Lake, abandoned fishing line and hooks create lethal hazards for birds.

Equipment and Clothing: You will get muddy and maybe wet. Please wear rugged clothing and shoes or rubber boots. If you have them, bring work gloves and long-handled tools to reach trash.

Directions: The Wildlife Area is on the east side of Woodley Ave. about a half mile north of Burbank Blvd. Turn east at the sign for the Japanese Garden (6100 Woodley Ave., Van Nuys, CA. 91406), stay to the right, and follow Wildlife Way toward the archery range for about a half mile to the last parking area.

Meet: at amphitheater behind the rock-faced buildings.

More Information: The event is appropriate for **adults and older students**. Students can get **certificates** and earn **community service hours**. Rain cancels.

Questions: 310.457-5796 or 747.444-9683.

Sponsored by San Fernando Valley Audubon www.SFVAudubon.org

Come and learn all about oil spills including their causes, typical bird species affected, rescue operations, care, cleaning and rehabilitation of the birds involved and typical spill cleanup. He will also cover the Cosco Buson spill in San Francisco Bay in 2007 as well as the Deepwater Horizon oil blowout in the Gulf of Mexico in 2010. There will be socializing and refreshments. Start 7:00pm.

We need your help!

The Sierra Club relies heavily on its volunteers to carry out its Mission. Since you probably have a skill that we need and if you can spare a few hours a month, let us know.

Call Elaine Trogman
(818) 780-8345

Scrabble Group



Do you enjoy spelling? Are you into words and combinations of words? Does the idea of spending hours hovering over a Scrabble board appeal to you? If so, you might like to join our Scrabble group. We meet once a month for an evening of fellowship, refreshments, and

Ocean Desalination Destroys The Environment

It isn't a quick fix for Southern California's water woes

Sierra Club disapproves of the proposed Poseidon water desalination plant in Huntington Beach

Photo: Desal plant in Tampa Bay, Florida



By Ray Hiemstra

Ray Hiemstra is the Orange County Conservation Committee Chair for the Angeles Chapter Sierra Club.

Many people in Southern California think that we are in a perpetual drought and will not have enough water to sustain ourselves. Unfortunately, this common fear is fueling misguided support for ocean desalination, the process of removing salt from seawater to create potable water.

Our fresh water supply is often wasted and underutilized, especially when 60% percent of the water we produce goes towards landscaping purposes, not human sustenance. We need to use what we have wisely, and consider innovative, cost effective and environmentally friendly supply options.

16 Desal Plants Proposed There are currently 16 proposed desalination plants in California, and the idea is spreading. Desalination is the most environmentally damaging, energy intensive and expensive water supply option. **In Huntington Beach, Poseidon Resources, a Connecticut-based corporation, plans to privatize a public good, and use outdated technologies to make a profit at the expense of ocean ecosystems and ratepayers' wallets. Poseidon has never successfully built a large desalination plant before; they have only demonstrated that they are good at making closed-door deals.**

Poseidon plans to use open ocean intake pipes, which the State of California has required all coastal power plants to discontinue using by 2020. Open ocean intakes suck in and kill billions of fish eggs, adult fish and other marine life. Not only is desalination harmful when taking water in, but also when it expels hyper saline brine, the salt by-product of the desalination process. In addition to a very high concentration of salt, brine also contains other pollutants such as heavy metals that can bioaccumulate throughout the food chain.

According to a study by the Pacific Institute, "direct discharges into estuaries and the ocean disrupt natural salinity balances and cause environmental damage of sensitive marshes or fisheries." The brine discharge from the Poseidon plant will cause a dead zone off the coast of Huntington Beach. (For more information on opposition to the Poseidon plan, go to nowaterdeal.com.)

Desal is Very Energy Intensive Desalination not only harms marine resources, but it also affects our climate through increased greenhouse gas (GHG) emissions. Desalination is the most energy intensive water supply option. The Poseidon Huntington Beach plant would use enough energy to power 30,000 homes. Twenty percent of California's cumulative energy demand goes to moving and treating water.

In a 2008 report, the California Air Resources Board noted that a way for the state to reach its reduced GHG goals is to replace existing water supply and treatment processes with more energy efficient alternatives. Desalination is a step in the wrong direction if we want to reach this goal.

Desal is Very Expensive A recently approved Poseidon desalination plant in Carlsbad was

hard-fought Scrabble games. Beginners, intermediates, and experts are welcome. For more information call Julie at (818) 999-5384 or email julieszende@gmail.com

**SAN FERNANDO VALLEY
SIERRA CLUB
MANAGEMENT COMMITTEE**

Chair/Rep to Executive Committee
Barry Katzen
818 341-8304
barkat@rocketmail.com
Vice-Chair....Anita Devore 818 705-2301
Treasurer...Gabe Szende 818-999-5384
russianstore@earthlink.net
Outing Chair
Gabe Szende 818-999-5384
russianstore@earthlink.net
Secretary...Belem Katzen 818 341-8304
Programs...
Michael Stevenson
drmsteve@aol.com
818-419-5318
Co-membership Chair:
Emaline Rich 818 340-5955
Julie Szende 818-999-5384
julieszende@gmail.com
Political Committee...
Barry Katzen 818 341-8304
barkat@rocketmail.com
Outreach:
OPEN
Conservation Chair:
Terrie Brady
NEW 818-264-6731
terriebrady@gmail.com
Publicity...Joe Phillips
818 348-8884
recreationbyjoe@yahoo.com
Hospitality... Joe Phillips
818 348-8884
recreationbyjoe@yahoo.com
Info Phone... Joe Phillips
818 348-8884
recreationbyjoe@yahoo.com
Vall-E-Vents Editor
Elaine Trogman
818-780-8345
ektrogman@yahoo.com
Member at Large
Edith Roth 818-346-9692
Cartoonist
The Late Willis Simms

originally estimated to cost around \$250 million; now it is nearly a \$1 billion project. The water to be produced at the plant costs 4 to 8 times more than other water sources such as groundwater or recycled water. And rate payers are bound to a 30- year contract to buy the water. Desalination may be one of the tools that water agencies and the public choose to



pursue in the future but not before fully exploring and adopting the less expensive and proven options such as promoting water use efficiency, or funding the expanded use of recycling systems such as the Ground Water Replenishment System in Fountain Valley. The system takes highly treated wastewater that would have been discharged into the ocean and purifies it at a very affordable rate. In fact, the cost of water, per acre-foot, produced at the replenishment system costs one-third of what distributed water produced from a desalination plant would cost.

Use Storm, Recycled & Treated Water Capturing urban runoff from the many high volume creeks and streams throughout the region, which dump hundreds of millions of gallons of polluted water a day into the ocean, is a viable and cost-effective alternative. Richard Atwater, Executive Director of the Southern California Water Committee recently stated that Southern California needs to "recognize the importance and potential of stormwater as a supplemental water supply source to what we currently import". Much of this water should be captured and recycled to provide indirect potable water and reduce pollution to our ocean, which is required by law anyway.

Another flaw of building a desalination plant in Huntington Beach is that the Orange County Sanitation District releases millions of gallons of secondary treated water a day into the ocean less than a mile from the site for the desalination plant. Why treat wastewater, release it into the ocean, then spend \$1 billion to build a plant that sucks that same water back in just to take the salt out of it? The water coming out of the sanitation district's facility is already being treated at a level that it could be used as an indirect potable water source to expand the Ground Water Replenishment System.

Conserving Potable Water & Conservation Will Help Water reuse can help better utilize our current water supply, but we can also implement more conservation measures on the demand side. A cost-effective example is the move some cities are making to stop using potable water for landscaping. Reclaimed water is clean and safe enough to be utilized for irrigation. With the elimination of overwatering and the use of modern landscaping featuring California Friendly vegetation, we can drastically reduce the amount of water needed for landscaping and use the saved water for people and industry. The resulting water savings would help protect our current water supply, save ratepayers money, and reduce the need to create, or import more water.

Desal Only as a Last Resort The Sierra Club realizes that desalination is a necessary option for the future, in regions that have exhausted all other options. What we are opposed to is using destructive 1960s technology that destroys our fish stocks and pollutes our ocean. Other countries have implemented desalination as a last resort when all other options have been tried. Hopefully California will do the same.

The Poseidon Huntington Beach project will be the turning point on how desalination is done in California and your help is needed. Watch for messages from the Sierra Club Angeles Chapter regarding opportunities to send in letters or attend meetings to stop Poseidon and protect our environment.

**From your home Tune-in to the WATER COMMITTEE
of the Sierra Club Angeles Chapter**

If you are interested in water issues in California & especially So. Calif., we urge you to come or tune into the WATER COMMITTEE by phone. We have discussions within the committee and we, also, invite experts to speak to us. It meets every month on the second Wed. at 7:00pm. If you can't make it in person then you can choose to tune-in from your home telephone or by video conferencing. The FREE phone conference line is available at [1-866-501-6174](tel:1-866-501-6174) Code: 1000 400 1892.

Video conferencing is now available - link to video conferencing below

www.anymeeting.com/angelesvideo1

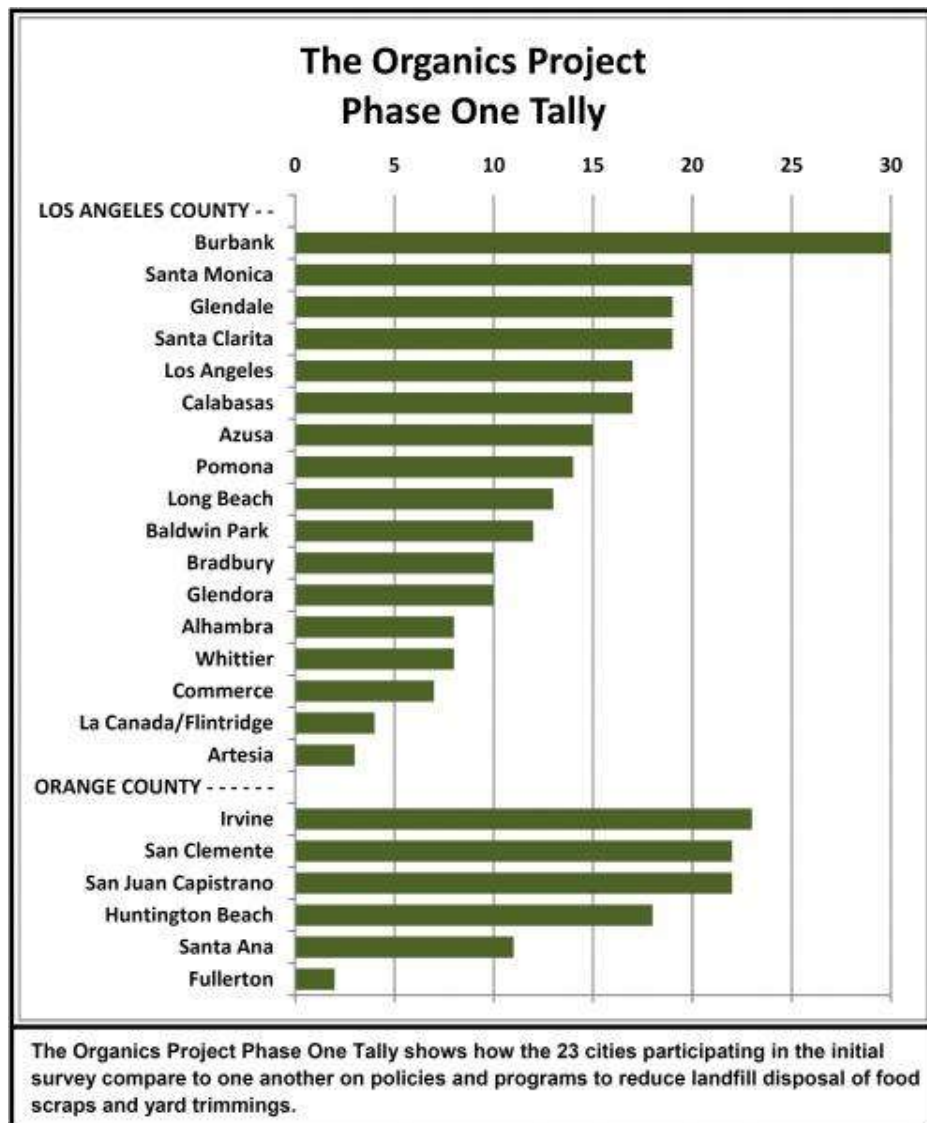
Any questions for the Water Committee contact Charming Evelyn. If you want to personally attend the Water Committee, contact Charming for location. bcharmz@aol.com



Painting by Carla Lauren Bollinger
 Carla Bollinger Carla.Bollinger@halo.com

Earth Day in the Chatsworth Nature Preserve Sunday, April 7, 2013 10 a.m. - 3 p.m.

Good family fun - free! Interpretive hikes around the ecology pond throughout the day. Organizations: S.W. Herpetologists, SSMPA, SFV Audubon Society, Chatsworth Neighborhood Council and other special guests. Native American Blessing in the morning. [MAP](#)



THE ORGANICS PROJECT

The Zero Waste Committee recently surveyed cities in Los Angeles and Orange counties to better understand what the region is doing with discarded food scraps and yard trimmings. The team recently released "The Organics Project: Phase One Report" detailing its findings from the 23 cities that participated in the initial survey. This data will help the Sierra Club activists push for more sustainable management of these materials, known in waste parlance as "organics." The sooner the region adapts sound organics management practices, the better for our

environment and for our future

The Organics Project comes at a critical time. The Puente Hills Landfill in Los Angeles County, one of the largest sinks for the region's organics, is scheduled to close this October. This closure will send millions of tons of organics to other regional landfills every year unless municipalities change their management practices. Meanwhile, California's new 75% statewide recycling goal may limit disposal options of organics to composting and other environmentally preferable management methods. One current disposal option for organics is the use of yard trimmings as landfill cover. Unfortunately despite the negative environmental impacts associated with this option, many cities in the region rely on it to meet waste diversion requirements mandated by the state. Additionally, directing organics away from landfills is also a key strategy to rescuing our climate. As a result of decomposing organic matter, landfills are the nation's third largest man-made source of methane, which has 105 times the climate change potential of CO₂ in the critical near-term 20-year time frame.

The team evaluated the responses of the 23 Phase One cities and awarded points for responses that suggest an environmentally sound approach to organics management. Points went to cities that have environmental policies such as zero waste plans, education and incentive programs such as composting workshops and compost bin sales or giveaways, and collection programs such as residential or commercial food scraps collection, to name a few examples. (See Phase One Tally)

The Organics Project Phase One Report provides a glimpse into policies, programs, practices, and plans to reduce landfill disposal and increase source reduction, composting, and anaerobic digestion of food scraps and yard trimmings in Los Angeles and Orange counties.

These are the findings from the Organics Project Phase One report:

- **Only 57% of surveyed cities have adopted environmental policies**
- **Cities want more access to commercial composting and anaerobic digestion facilities.**
- **Food scraps diversion programs are most prevalent in the commercial sector.**
- **Organics source reduction programs are more numerous than diversion programs.**
- **Organics waste reduction education and incentive programs are underutilized.**
- **Some cities do not know what happens to their waste.**
- **Calabasas & Santa Clarita are the only 2 cities where all yard trimmings are either composted or mulched.** The highly successful residential curbside green bin collection program run by the City of Los Angeles Bureau of Sanitation prevents the landfill disposal of 480,000 tons of yard trimmings each year. At the moment, yard trimmings generated in L.A.'s commercial and multi-family sectors cannot be accounted for and therefore could be managed in ways other than composting or mulching, including as landfill cover. This is why they are not included with these other 2 cities of Santa Clarita and Calabasas.

Your Help is Needed: The Organics Project needs your help! We are looking for volunteers to reach out to cities who participated in Phase One of The Organics Project survey. We're looking for San Fernando Valley Group members to get involved to improve organics disposal in your city! Contact us to sign up! Don't see your city listed? You can still volunteer! In the coming months, we'll begin to invite additional cities in to participate in the survey. Sign up to get involved in our efforts at this website: bit.ly/XdPqW3



Indian Paintbrush at Malibu Nature Preserve
Photo by Sierra Club hike leader Pixie Klemic

**NATIVE PLANT WEEK SYMPOSIUM,
WILDFLOWER SHOW and PLANT SALE
Saturday, April 20, 2013 9:00am-4:00pm
Sepulveda Garden Center, 16633 Magnolia Blvd., Encino 91436**

In 2010 the California State Assembly and Senate approved Resolution ARC 173 establishing California Native Plant Week. This measure proclaims the third week of April each year as California Native Plant Week and encourages community groups, schools, and citizens to undertake appropriate activities to promote the conservation restoration, and appreciation of California's native plants. **Admission is free.**

Dozens of different native plant flowers will be on display, collected from members' home gardens and the grounds of the Theodore Payne Foundation. Native plants and seeds from the Theodore Payne Foundation Nursery will be available for purchase.

- Bring the kids! Various children's activities will be offered throughout the day.
- Bring your unknown native plants to key out at our plant keying booth.
- Educational displays and activities from various agencies and docent groups will be offered.
- Native plant gardening and natural history books will be available for sale, along with t-shirts, maps, and other gift items.
- Refreshments will be available for purchase. Cash and checks will be accepted.

Sponsored by the **California Native Plant Society** (Los Angeles / Santa Monica Mountains Chapter) and the **Theodore Payne Foundation** for Wild Flowers and Native Plants.

The Symposium will feature the following speakers:

10:00-11:30am

Kat High, **Native American Land Management**

Noon-1:30pm

Lili Singer, **Perfect Partners: Gardening with Natives and All Sorts of Edibles**

2:00-3:30pm

Daniel Cooper, **Urban Wildlands in Los Angeles: Botanical Discoveries and Insights**

For more information about the California Native Plant Society, visit www.cnps.org.

Find the website for the L A / Santa Monica Mountains Chapter of CNPS at www.lacnps.org
Theodore Payne Foundation for wild flowers and native plants, Inc is located at 10459 Tuxford Street, Sun Valley 91352. Phone them at 818-768-1802 or visit them at www.theodorepayne.org.

NOTE: For more information, contact Steve Hartman (naturebase@aol.com) or 818-881-3706.



Chemicals in Plastics Foster Diseases Passed on to Future Generations

By Sarah (Steve) Mosko

In pregnant women, exposure today to endocrine-disrupting substances common in everyday plastics might not only be adversely affecting the health of their fetuses, but the health and fertility of their future *great* grandchildren might also be at risk, according to a [study](#) just published in January. The health risks are not handed down via changes to the genetic DNA code (i.e. gene mutations), but through a parallel coding scheme known as "epigenetics."

The genes that make up our DNA were once thought to contain the entire blueprint for all inherited traits, but no more. The "epigenome," a chemical code sitting atop the DNA and telling genes if and when to turn on, is proving equally important in determining what gets handed down. The disturbing news is that fetal exposure to environmental toxins found in plastics can trigger deleterious changes to the epigenome that are passed on to not only the fetuses' direct offspring but to the next generation after that.

Scientists at Washington State University exposed pregnant rats (and consequently their fetuses) during a critical window in development to mixtures of three chemicals commonly found in certain plastics. As adults, both the originally exposed fetuses and their grandchildren showed increases in testis disease, obesity, ovarian disease, and shifted onset of puberty. Importantly, those grandchildren were never exposed to the chemicals directly, so the disease propensities had to be inherited. The scientists knew that gene mutations were not involved and showed the likely kind of epigenetic changes to sperm DNA that were.

Rodents are generally good models for studying how environmental toxins might affect humans, so this study raises the disturbing possibility that plastics we are interacting with today might have the legacy of making our great grandchildren, and perhaps generations beyond, more susceptible to diseases when they grow up. The larger message is that chemicals in the United States are still regulated by antiquated [legislation](#) that allows industry to flood the biosphere with chemicals without proving their safety first.

Click here to visit BoogieGreen.com to read the full article. And other articles by Sarah Mosko.

Cartoon by Willis Simms



EARTH DAY 2013

Hypermiling Improves Your Gas Mileage



By Michael Stevenson

Want to help the environment by becoming more energy efficient but you can't afford a newer more fuel efficient car? Don't despair, become a Hyper-miler!

This technique maximizes your gas mileage by making fuel-conserving adjustments to your vehicle and driving skill. It can be practiced with any car, regardless of its current fuel economy. Use the following guidelines to start learning how to become a Hypermiler.

Better maintain your car: A properly maintained car is much more energy efficient. Keep your car properly tuned. Replace oil and air filters at suggested intervals. Use the recommended grade of motor oil making sure that it says "Energy Conserving" on the API performance symbol guaranteeing it contains friction-reducing additives. Keep your tires properly inflated. When replacing tires buy low rolling resistant ones, which can increase mileage by as much as 2 miles per gallon.

Drive more cautiously: You can always get better fuel mileage out of your current vehicle by using a device you already have, your right foot. You get a big gain in fuel mileage when you significantly lay off the gas and brake pedals as you drive. Accelerating more slowly away from green lights and stopping more gradually for red lights significantly cuts fuel consumption. Stay under the speed limit. Start out by keeping a conscious eye on how you drive now and you may realize that you've been "hot-rodding" around town for years without ever noticing it. According to Edmunds.com if you currently get 22 miles per gallon a more laid-back driving style could increase your mileage by up to 30%.

Look ahead and anticipate: An ability to drive efficiently depends on being able to spot changes in your driving environment. The way to do this is by constantly scanning well ahead

on your intended path. In city driving you should know what's happening at least 10-15 seconds ahead. On freeways at least a 30 second lead-time is best.

Clean "junk" from your trunk: Don't store unnecessary items in your vehicle. An extra 100 lb. in your car can reduce your MPG by up to 2%.

Avoid "warm up" idling: Don't idle your engine to warm it up even on a cold day. An idling engine gets zero miles per gallon. Instead start driving slowly as soon as the engine is running smoothly. It's a more efficient way to warm the engine as well as the entire drive train including your tires.

Cycle the A/C if you have to use it: Set the air flow to recirculate and then manually turn the A/C on and off as needed. For greater efficiency, switch it on under light engine loads, i.e. when decelerating and turn it off when under moderate to heavy loads, i.e. when you are accelerating or going up a hill.

In the summer park in the shade: This will keep the inside of your vehicle cooler, which can help you minimize use of your air conditioner.

Stagger your travel time: Try to avoid peak rush hours thus spending less time sitting in traffic wasting fuel.

Test yourself: Calculate your current wasteful gas mileage habits. Fill up your gas tank and reset your trip odometer. When it's time to refuel, fill the tank completely, write down the number of gallons it took to fill the tank and your new odometer reading. Divide the number of miles driven by the number of gallons it took to fill the tank. This result is your car's Miles Per Gallon (MPG) for that driving period. Compare this number to how well you do while Hypermiling. Chart your progress over time and see how much you can improve over your old wasteful ways. You owe it to yourself and the environment.

Do not throw compact fluorescent lights in the garbage. You can recycle the lights at HOME DEPOT.

SEE MORE PICTURES IN HIKE SECTION BELOW



WEEKEND ACTIVITIES

COME TO OUR PROGRAMS AND PICK UP OUR SCHEDULE OF ACTIVITIES through JUNE. 2013.

(The schedules have programs and hikes in the San Fernando Valley area.)

See programs and hikes thru JUNE 2013 from our San Fernando Valley Sierra Club

website. Click this link below to start:

<http://angeles.sierraclub.org/sfvg/>

CALLING ALL HIKE LEADERS OR TRAINEES FOR

SATURDAY OR SUNDAY HIKES

Help people who work to get exercise and learn about nature.

**Call or email Gabe Szende 818-999-5384
russianstore@earthlink.net,**

SATURDAY & SUNDAY

We have been receiving a number of inquiries from people who would like to enjoy the outdoors, either by climbing the mountains or walking around the city on weekends. We will be scheduling activities around the San Fernando Valley and the surrounding neighborhoods on the 3rd weekend of every month starting in March.

If you would like to join us please contact Gabe @ 818-999-5384 or via e-mail @ gabesende@yahoo.com for the location and time.



2013 CAR-CAMP TRIP

April 26 -28 Fri- Sun, Idyllwild Car Camp:

O: Join us for a relaxing, enjoyable weekend in Idyllwild. Stay in the campground or in a motel near the camp. Sat AM there will be hiking , with excursion into town in the afternoon. Happy Hour and International potluck Sat evening followed by a campfire. Sun AM breakfast at a charming local eatery followed by an easy hike along nature trails. Families with children are welcome. Send SASE , rideshare info, \$30 (Sierra Club).

Ldr: Gabe Sende 818-999-5384, Co-leader: Barbara Madel

June 7- 9 Fri-Sun

Winery Tour & Carcamp in Santa Inez Valley:

O: Join us for a relaxing, enjoyable weekend in Santa Barbara County. Moderately paced hike Saturday morning; afternoon tour of local wineries. Return to camp for Happy Hour with a delicious international potluck dinner to follow. After dinner enjoy camaraderie around a blazing campfire. Sunday options include an additional hike, sightseeing, a boat ride, or a tour of nearby California missions. Children welcome. Send phone numbers, rideshare info, \$30 (Sierra Club) **to Ldr: Gabe Sende 818-999-5384**, Co-Ldrs: Barbara Madel, Iris Edinger.



**Sat. April 27, 2013 PROVISIONAL Limekiln Canyon hike
(see details below)**

Photo by Sierra Club hike leader Pixie Klemic

SATURDAY

**Top of Reseda, Tarzana, SF Valley,
Third Saturdays of each month, 8:00am.
April 21, May 19, June 15, 2013,**

Moderate 2hr, 5 mile RT 800' elevation gain hike in the hills above Tarzana and Reseda overlooking the complete San Fernando Valley on fire road/trail composed of compacted dirt/sand and loose gravel. In the beginning and end, there will be very little shade and tree coverage with some shade in between. It is recommended that you bring sun block, wear light colored clothing/hat for daytime hiking, and a jacket for nighttime hiking, along with two quarts of water. Lug soles or athletic footwear for proper footing. Meet at 8:00am on third Saturdays of each month at trail-head at the Southern top of Reseda at the chainlink fence where the park entrance is and the paid parking begins. 3 miles South of Ventura Blvd after the sixth stop sign. Rain cancels

Hike leader: Joe Phillips 818 348-8884 Asst leader: TBD

Apr 27, 2013, PROVISIONAL HIKE Limekilm Canyon, Sat:

0:SFV/Crescenta Valley Springtime Porter Ranch walk 3.6 miles round trip up Limekilm Canyon on "Sesnon Trail"(500-ft gain) to Neighborhood Park for impressive views of the entire San Fernando Valley, San Gabriel Mountains and downtown high rise buildings. Park is highest view point in N. S.F. Valley. Open creek trail above canyon is a moderate hike on narrow dirt path with some sheltered pine and small oak trees. Trailhead is 100 yards west of intersection of Rinaldi Street and Tampa Ave, on the north side of Rinaldi (which dips down 20-ft at the 100-ft distance from the intersection where the trailhead starts and there is a small trail sign at this point). Take the 118 Freeway east or west and get off at Tampa Ave and go north 150-ft to intersection with Rinaldi and turn left and go west 100-yds. 10 am meeting place in on north side of Rinaldi at trailhead sign. Parking is along both sides of Rinaldi. Closest restrooms are at the Starbucks at the NW corner of Corbin and Rinaldi 100-yd west from trailhead. Bring 2 qt. water, snacks/lunch and tennis shoes are fine for the hike if you want. Rain cancels.

Leader: Jon Perica, (818) 360-8444 – Jonsperica@aol.com

Assistant Leader: Bruce Hale (818) 957-1936 – Brucehale@sbcglobal.net

May 4, 2013: Eagle Rock Stairway Hike-Sat

Join us for a relatively gentle 3.8 mile walk through a little-known section of Eagle Rock, full of solid local architecture and featuring some of the city's few "sidewalk staircase" streets. The complete hike consists of 328 steps. It should last no more than two hours. After the walk we can have lunch at a neighborhood Italian restaurant. Meet at 10AM at the corner of Colorado Boulevard and Townsend Avenue near Trader Joe's in Eagle Rock. Wear walking shoes and bring money for lunch. Rain cancels.

Ldr: Gabe Sende 818-999-5384, Co-Ldr: Barbara Madel

June 1 Franklin Canyon Walk-Sat

O: Join us for an easy-paced docent-led walk through Franklin Canyon Park. Walk will be 3-4 miles with little elevation. Some great views of Los Angeles are found here. Franklin Canyon has been the site of many movies, and the docent will show us the better-known sites. You will probably recognize some of them. After the hike there will be a potluck lunch. Bring your own favorite dish and drinks to share. Rain cancels. Meet at Clubhouse parking lot at 9:45AM. Take Coldwater Canyon south to Franklin Canyon Rd. Turn right and follow road to parking lot.

Ldr: Gabe Sende 818-999-5384, Co-Ldr Jeff Slottow.

SUNDAY

TAKE A HIKE AT SEPULVEDA BASIN: Because of the plant destruction that was brought on by the Army Corp of Engineers, we are tentatively planning to conduct a public information hike around the damaged area each Sunday. If you are interested in the hike or if you are an interested hike leader

please contact Joe Phillips at 818-348-8884

recreationbyjoe@yahoo.com

April 21, 2013 Stagecoach Trail:

Meet 9:00 a.m., 3rd Sunday of each month No hiking in summer-early fall due to hot weather. An interpretive hike into the history of Santa Susana Pass State Historic Park: Hike is 3 to 4-1/2 mile loop up the historic Stagecoach Trail. Meet at park entrance on Larwin Ave. Park on street. **Best to call first for info. Leader: Lee Baum (818-341-1850)** Sierra Club-Santa Susana Mtns. Task Force

April 21, 2013 Ethnic Dinner- Greek: Sun

Join us for a mouth-watering feast at one of the San Fernando Valley's finest Greek restaurants. Choose from a menu that includes vegetarian platters, salads, appetizers, pastas, and seafoods while trying to decipher the meaning of such exotic food names as fassolia, saganaki, keftethes, loukanika, and tzatziki. Ethnic entertainment will be provided.

Approximate cost: \$25. For information and reservations, **contact Hosts: Julie and Gabe**

Szende at (818) 999-5384 or julieszende@gmail.com

May 5, 2013 The LA Flower Market Sunday

O: Sierra Singles, San Fernando Valley

Join us as we tour the LA Flower Market, the largest flower market in the United States where virtually every variety of cut flower can be found, plus potted plants, dried and silk flowers and floral supplies. This is the time to buy your mom or yourself flowers for Mother's Day. We meet 9am at the Metro Red Line Entrance at 7th Street / Metro Center and then enjoy a walk to the Market. Walk is approx. 3-4 miles and 3-4 hours. Afterwards we will enjoy a late breakfast or early lunch and share our purchases. Wear good walking shoes; bring money for entrance (\$2.00), purchases, food and umbrella for drizzle. Heavy Rain cancels. Leader: **Sandra Tapia 818.365.4571**, Co-Leader Gerrie Montooth

MONDAY ACTIVITIES

Monday, April 15, 2013, 7:00pm:

The Ethnographic Geography of the Western San Fernando Valley-Program meeting of Santa Susana Mountain Park Association (SSMPA)

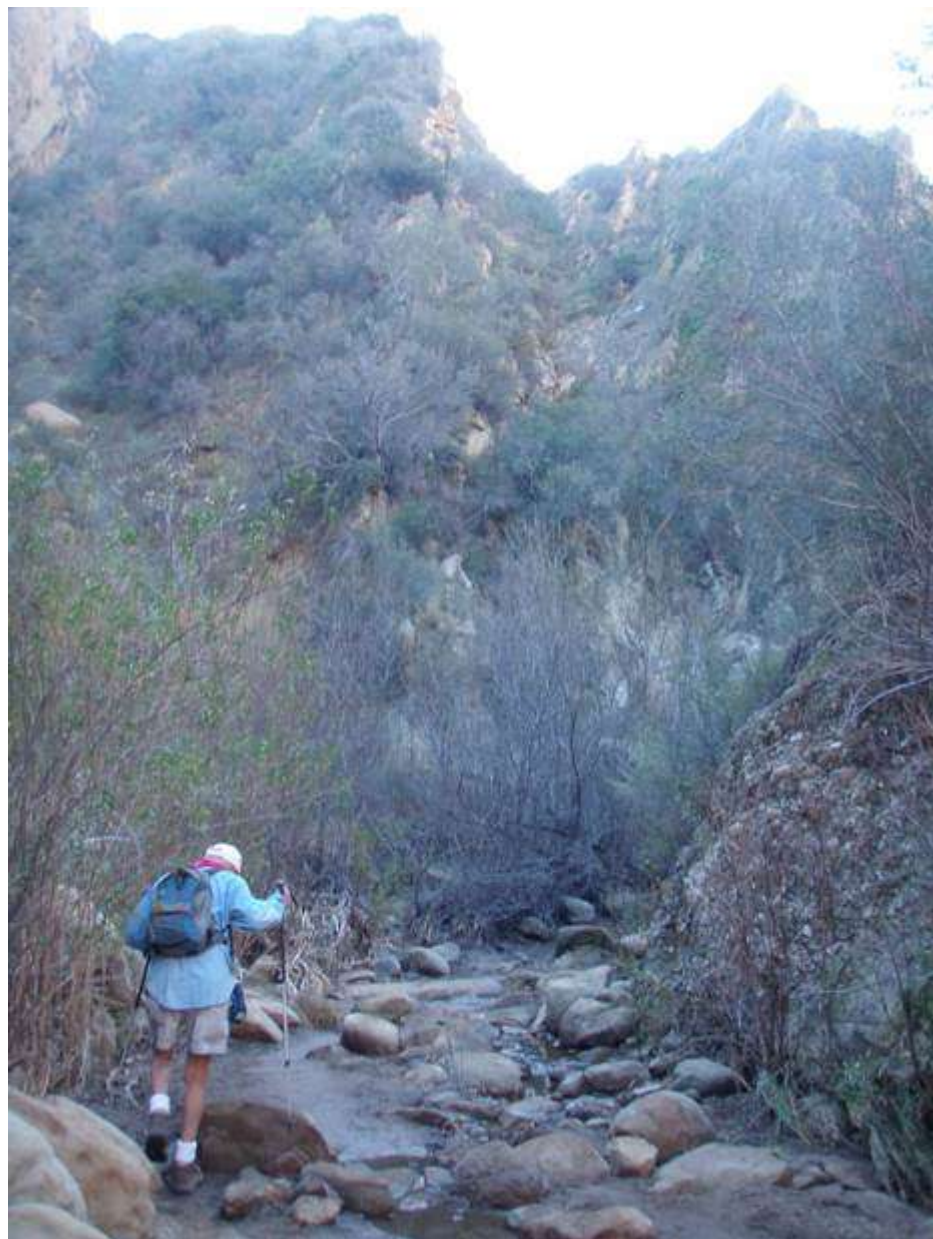
Dedicated to the Preservation of the Santa Susana Mountains and Simi Hills

Founded: Nov. 20, 1970 Non-Profit Incorporated: Nov 30, 1971 www.ssmpa.com

Location: Rockpointe Clubhouse, 22300 Devonshire St., Chatsworth, CA 91311

Presenter: Barbara Tejada, District Archaeologist for California State Parks

Noted ethnographer, John Peabody Harrington, went out on a series of field trips with his Native American informants, recording the names and stories associated with prominent landmarks in the San Fernando Valley. In these notes he was documenting the cultural landscapes that native people used to inform their everyday lives. Modern development may have obscured these places and changed their meanings but they remain a part of our backyards today. Tejada's presentation will cover the concept of cultural landscape, take you on a virtual field trip of the places Harrington noted, and tell the stories of the past.



Tues, April 9, 2013 Towsley Canyon

See write-up on activities below

Photo by Sierra Club hike leader Pixie Klemic

TUESDAY HIKES

Hike Leaders phone #

Nancy Krupa (818)981-4799, Pixie Klemic (818)787-5420, M. Vernallis(818)360-4414, Gabe Szende 818-999-5384, Marcia Harris.310-828-6670, Charlotte Feitshans (818)818-501-1225, Peter Ireland 310-457-9783 (w) Sandra Tapia 818.365-4571, Rosemary Campbell (818)344-6869, Doug Demers(805)419-4094, Richard Pardi (818)346-6257. Dotty Sanford 805-532-2485, Rita Okowitz 818-889-9924, Virve Leps 310-477-9664. Reaven Gately (661)255-8873, Mimi Knights (661)253-3414, Ted Mattock (818)222-5581, Joe Phillips 818 348-8884, Stephen Beck 818-346-5759

Tues Moderate Easy Paced 4-6 Mile.

For all hikes, bring 2 qts water, lunch, lugsoles, hat, & sunscreen. RAIN CANCELS. Possible \$3-\$5 park fee

April 2, 2013 De Anza Park to Liberty Cyn :

O:(WA) Moderately paced 6 mile, 800' gain. The trail follows Las Virgenes Creek to the Talapop Trail overlooking Liberty Canyon to see an old adobe in Malibu Creek State Park. Lots of trees, views of the mountains and interesting plants. Meet 8:30 AM at De Anza Park, Calabasas. Exit 101 Fwy at Lost Hills Rd., turn south. (Left if coming from the Valley) Proceed 1 mile to parking lot on the right in De Anza Park. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels.

Leader: MARCIA HARRIS Asst: RITA OKOWITZ

April 9 Towsley Canyon, Santa Clarita Woodlands:

O:(WA) Moderately paced 5½ mile 1000' gain with great vistas, a chilly narrows, diverse plant life, tar seeps and a fumarole. Meet 8:30 AM Ed Davis Park, Newhall. Take the Calgrove exit from Interstate 5, turn west under the freeway and take the Old Road south ½ mile to Ed Davis Park entrance on right, park in second dirt parking area on the right near kiosk, about 50 yds past entrance gate, before fee area. Rain cancels. Leaders: REAVEN GATELY Asst: PIXIE KLEMIC

April 16 Cheeseboro Canyon:

O: (WA) Moderately paced 6+ mile, 500' elevation gain in the lovely Simi Hills, first through ridge grasslands, then along an old ranch road following a streambed/multiple stream crossings with lovely oak woodlands to Sulfur Springs. Meet 8:30 AM at trailhead. From 101 Ventura Fwy take Cheeseboro Rd exit, turn north on Palo Comado Canyon Rd then right on Cheeseboro Rd, and continue 1 mile to park entrance, turn right and follow road to second parking lot at end. Rain cancels. Leader: MARCIA HARRIS Asst: DOTTY SANDFORD

April 23 King Gillette Ranch:

O: (WA) Moderately paced 5 mile, 400' elevation gain hike around our newest acquisition to the Santa Monica Parklands, most recently owned by SOKA University. Beautiful valley and coast live oak savannah, grasslands, coastal sage scrub, etc., as well as manicured grounds around the original Gillette Mansion. Meet 8:30 AM in fee parking lot of Ranch. From 101 Ventura Fwy take Las Virgenes Rd/Malibu Canyon exit, go south approx. 5¾ miles to Mulholland Hwy. Turn left on Mulholland and then right to enter the long eucalyptus alleé driveway for Ranch. Rain cancels. Leader: PIXIE KLEMIC Asst: RITA OKOWITZ

April 30 Newton Canyon (W) / Backbone Trail:

O: (WA) Moderately paced 5 mile, 800' gain, hike into Zuma Canyon on a scenic trail through oak woodlands and chaparral. Meet 8:30 AM Newton Canyon Trailhead. From 101 Ventura Fwy take Kanan Rd exit, go south on Kanan Rd appx. 8 mi. to paved trailhead parking area on west side just north of Tunnel 1 (3rd tunnel from 101 about 1¾ miles past Mulholland Hwy; 4 ½ mi. north of PCH). Rain cancels. Leader: PIXIE KLEMIC Asst: RITA OKOWITZ



Hummingbird trail hike Thurs. April 4, 2013 Hike below:
photo by Sierra Club member Gayle Dufour

THURSDAY HIKES

Hike Leaders phone #

Nancy Krupa (818)981-4799, Pixie Klemic (818)787-5420, M. Vernallis(818)360-4414, Gabe Szende 818-999-5384, Marcia Harris.310-828-6670, Charlotte Feitshans (818)818-501-1225, Peter Ireland 310-457-9783 (w) Sandra Tapia 818.365-4571, Rosemary Campbell (818)344-6869, Doug Demers(805)419-4094, Richard Pardi (818)346-6257. Dotty Sanford 805-532-2485, Rita Okowitz 818-889-9924, Virve Leps 310-477-9664. Reaven Gately (661)255-8873, Mimi Knights (661)253-3414, Ted Mattock (818)222-5581, Joe Phillips 818 348-8884, Stephen Beck 818-346-5759

**For all hikes, bring 2 qts water, lunch, lugsoles, hat, & sunscreen.
RAIN CANCELS. Possible \$3-\$5 park fee**

April 4, 2013 Hummingbird Trail to Rocky Peak:

O: (WA) Moderately paced 9 mile 2000' gain hike in Santa Susana Mtns to Rocky Peak, on beautiful trail through coastal sage scrub and chaparral, then on fire road to peak with great views. Meet 8 AM at Kuehner Dr trailhead (from 118 freeway in east end of Simi Valley, take Kuehner Dr, exit 30, go north of freeway 100 yards and park off pavement on east side of street beside fence). Rain cancels.

Leader: ROSEMARY CAMPBELL Asst: NORM STABECK

April 11 Walker Ranch, Los Pinetos:

O: (WA) Moderately paced 6 mile 1700' gain hike to Wilson Canyon Saddle from shaded oak groves of Walker Ranch (optional additional 4 miles along willow and sycamore-lined seasonal stream to Nature Center and back). Meet 8 AM at Walker Ranch trailhead (from Antelope Valley Fwy (Hwy 14) take Placerita Cyn Rd, exit 3, east 3¼ miles, past Placerita Canyon Park entrance to Walker Ranch trailhead and limited parking alongside road). Rain cancels.

Leaders: ROSEMARY CAMPBELL, MARGARET VERNALLIS

April 18 Cheeseboro Cyn:

O: (WA) Moderately paced 9-10 mile hike in Agoura Hills to Shepherds' Flat, over grasslands and along an old ranch road following a streambed. Meet 8 AM at trailhead (from 101 Ventura Fwy take Cheeseboro Rd, exit 35, turn north on Palo Comado Canyon Rd then right on Cheeseboro Rd, and go north 1 mile to park entrance, turn right and follow road to dirt parking area at end). Rain cancels. Leader: TED MATTOCK Asst: NANCY KRUPA

April 25 Grotto Trail in the Verdugos:

O: (WA) Lovely route in the Verdugos, 8½ miles, 2000 ft. gain with great views from the lunch spot. Meet 8 AM at trailhead. From the 210 freeway in Tujunga take La Tuna Canyon, exit 14, curve south and west down La Tuna Canyon Rd 1.2 miles and park at the second picnic area on the left. Bring 2 qts water, lunch, lugsoles, hat, and suitable clothing layers. Rain cancels.

Leader: ROSEMARY CAMPBELL Asst: NORM STABECK



King Gillette Ranchland

See write-up on activities above on Tues, April 23rd.

Photo by Sierra Club hike leader Pixie Klemic

Visit the King Gillette Ranch Visitor Center free parking for 2 hours

The visitors center is a very enjoyable experience with a lot of hands on exhibits regarding the Santa Monica Mountains. There is, also, a fun short hike up a hill with great views in all directions. The photo above was taken from this hill.

King-Gillette is a project of the Mountains Recreation and Conservation Authority in cooperation with Santa Monica Mountains Conservancy, California State Parks, and National Park Service. Come Visit their visitor center at King Gillette Ranch.

[King Gillette Ranch Directions & Info.](#)

(818) 878-0866 x228 \$7.00 parking

26800 Mulholland Hwy. Calabasas, CA 91302

Website: <http://www.lamountains.com/parks.asp?parkid=670>

(There is a map on their website)

From 101 Ventura Fwy take Las Virgenes Rd/Malibu Canyon exit, go south approx. 5 ¾ miles to Mulholland Hwy. Turn left on Mulholland and then right to enter the long eucalyptus alleé driveway for Ranch.

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