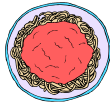




SIERRA CLUB San Fernando Valley
Newsletter March through June 2012

Italian Dinner &
Galapagos Islands Program
Fundraiser



JUNE 19, 2012
Tues., 6:30 pm

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

Galapagos Islands program:

David Eisenberg, Sierra Club, Angeles Chapter Schedule of Activities Editor will present a talk on his National Geographic Expedition to the Galapagos Islands. Come and see this fascinating and rare wonderland where animals have no instinctive fear of humans. His slide show will provide a close up and personal view of many animals including flightless cormorants, marine iguanas and domed giant tortoises. These islands helped inspire the development of Charles Darwin's theory of natural selection presented in "*The Origin of Species*" that explained how evolution worked.

PAYMENT DETAILS;

Send \$25.00 payable to
San Fernando Valley Sierra Club, mailed
to Julie Szende, 6501 Penfield Ave
Woodland Hills, CA. 91367
818-999-5384, julieszende@gmail.com

Please include a phone number.

Upon receipt of your check a confirmation
notice will immediately be sent to you.

SAN FERNANDO VALLEY
SIERRA CLUB GROUP

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.

Tuesday

March 20, 2012

Presents: Mike Sappingfield



Photo by Mike Sappingfield

Arches & Canyonlands

Come to hear Mike Sappingfield, an outing leader since 1995, Sierra Sage Outings Chair, past Chapter Chair and avid photographer speak about "Arches and Canyonlands." The Arches and Canyonlands are the lesser known and visited of the ABC&Z of Southern Utah (Arches, Bryce, Canyonlands and Zion). Arches is known for it's over 2000 arch formations and Canyonlands contains the junction of the Colorado and Green Rivers with majestic canyon overlooks, mesas, and arches. Come & learn about the geology of arches.

There will be socializing & refreshments

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Hikes & Outings p.9-12

Future Programs

Below:

Reseda Park Rec. Hall
18411 Victory Blvd.
(cross street-Reseda Bl.)
(Near child's play area), Reseda, CA.

Tuesday

April 17, 2012

Presents

Katie Heineman, Store Manager of
Adventure 16 in Tarzana



Backpacking 101

Katie Heineman, Store Manager of Adventure 16 in Tarzana will present "Backpacking 101." Come and learn the essentials of backcountry life and travel including how to pack your backpack, what gear to bring and tips on how to pack light. A slideshow of favorite back-packing locations will inspire you to get out there. A backcountry cooking demo with taste-testing will show you how delicious freeze-dried meals can be.

There will be socializing & refreshments

Tuesday

May 15, 2012

Presents

Torin Dunnivant, the Community
Engagement Manager for TreePeople



Growing A Greener City

Torin Dunnivant, the Community Engagement Manager for TreePeople will present "Growing a Greener City." This environmental non-profit organization works to inspire, engage and support people to take personal responsibility for the urban environment. His presentation will cover TreePeople's history and programs, the environmental needs of Los Angeles and some sustainable changes that we can all make at home.

There will be socializing & refreshments

June 19, 2012 we will be
 holding our Italian dinner,
 Galapagos Island fundraiser.
 (See details on first page.)

69 State Parks Could Be Closing by July 2012

By Elaine Trogman

According to the enviro. group *Environment California* 69 parks, out of 279 State Parks, are set to close if the responsibility for them is not transferred from the State to other orgs. The three parks in Los Angeles County on the list are: Los Encinos State Historic Park, Pico Pico State Historic Park, and Santa Susana State Historic Park. Santa Susana State Historic Park is in the north San Fernando Valley and will be taken over by a local group and the State will do the security part. (See a write-up on Pg. 6-7.) That means the local group will have to pay for day-to-day expenses. Many parks aren't near large populations and probably will not have anybody to help them. The majority of them are in No. Calif. but about 13 of them range from Central and Southern California.

(See Pg 3 to continue State Park Closures)

(Cont. from **State Park closures Pg 2**)

Los Encinos State Historic Park is located on a travel route between Los Angeles and Santa Barbara and shows the exhibits of the many groups that settled in that space. Pio Pico was the governor of California in 1832 and again in 1846 before and during the Mexican-American War. His adobe home in Pio Pico State Park at "El Ranchito" has been completely restored to how it appeared in the 1880's.

There is a petition on Environment California's website that you can sign.

<http://www.environmentcalifornia.org/> (select subject at boxes on home page—you will need to use their arrow to get to the "parks" box and click on it. To find out which state parks were being closed search for: CA.Gov California State Parks closures 2012

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. We, also, need volunteers for our Italian Dinner & Program. Call Elaine Trogman (818) 780-8345

San Fern Valley Management Committee

Chair/Rep to Executive Committee Barry Katzen
818 341-8304 barkat@rocketmail.com

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Treasurer...Gabe Szende 818-999-5384

Outing Chair Gabe Szende 818-999-5384
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Cartoonist-The Late Willis Simms

Val-E-Vents is a publication provided to inform of local events and to increase awareness of environmental issues. Materials to be considered for submission are welcome and must be received at least two months prior to issue date. Submit material to: ektrogman@yahoo.com

Conservation Corner

Your Purpose in the Sierra Club

By Michael Stevenson

If you're reading this you're probably a member of the Sierra Club, one of the most preeminent environmental organizations in the world. In 1892 John Muir with 182 like-minded people founded the Sierra Club. He is still considered one of the world's most famous and influential naturalists and conservationists. He was our Club's first president and held this office until his death in 1914. Our local Angeles Chapter was started 100+ years ago when John Muir was the president of the national Sierra Club. In 2006, the California Hall of Fame, conceived by First Lady Maria Shriver, was created to extol the contributions of extraordinary Californians who had left their mark on the state, the nation and the world. John Muir was included among the first 13 of these extraordinary leaders. First Lady Maria Shriver described Mr. Muir as "the founding father of our environmental movement, of our national park system, who taught us to respect and take care of the land that we live on, and the air we breathe."

The purposes of the Sierra Club are to explore, enjoy, and protect the wild places of the earth; to practice and promote the responsible use of the earth's ecosystems and resources; to educate and enlist humanity to protect and restore the quality of the natural and human environment; and to use all lawful means to carry out these objectives. To honor our history and those that have gone before us it's important that we all work hard to carry out these objectives, not only for the benefit of humans but to assure enough resources for the other creatures with which we share our planet. We are for the most part a volunteer organization and do many important things at the National, Chapter and Group levels. Find a cause that interests you at the national level at the Sierra Club website (www.sierraclub.org), in our chapter newsletter, the Southern Sierran and in the Angeles Chapter Schedule of Activities. Our local newsletter the VALL-E-VENTS and the VALLEY SIERRAN monthly E-Newsletter can also provide valuable activities that you can participate in. As we face a growing environmental crisis from climate change, loss of habitat and air and water pollution please find time to become the environmentalist we need and you should be. To rephrase President John F. Kennedy in his Inauguration Presidential Address in 1961: Ask not what the Sierra Club can do for you - ask what you can do for the Sierra Club.

Although California is one of the most environmentally progressive states in the nation, it's equally important that you convert in your everyday life from being a mindless, business as usual American consumer to becoming a more "mindful environmentalist". Be a role model for others by becoming more environmentally aware and educating yourself in the personal everyday changes you need to make to conserve energy and water and to make a smaller negative footprint on our world. Through your work in the Sierra Club and your personal life make a pledge to help create a better planet for all of the earths' creatures to live.

Learn About Conservation Tips AT OUR

SF Valley Sierra Club WEBSITE:

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

Cartoon by Willis Simms



EARTH DAY 2012

Support only responsible development.

**Announcing our 1st annual
Sepulveda Basin Earth Day
Clean Up Event,
Sat. April 14, 2012**

By Jan Kidwell

Earth Day is on April 22nd this year, as always. But conservationists everywhere celebrate Earth month for the whole of April. This year the Verdugo Hills Group is joining with the Friends of the Los Angeles River (FoLAR) and the San Fernando Valley Audubon Society (SFVAS) to clean up the Sepulveda Basin Wildlife Reserve Area. We are proud to announce we are inviting all Sierra Club members, relatives and friends for a day of clean up of the Sepulveda Basin Wildlife Nature Reserve on **Saturday, April 14, 2012**. Please consider joining us! If you can volunteer for a few hours we will meet at 8:00 a.m. and work until noon, or until you are tired. Bring your own lunch if you would like to continue in the afternoon. If you come late, Jan Kidwell and Muriel Kotin of the SFVAS will gladly show you where the lake needs the most help.

Why is this an important event? The Sepulveda Basin Wildlife Reserve is 60 acres of bird habitat north of Burbank Boulevard on the Basin's east side, south of Victory Boulevard and north of Burbank Boulevard.

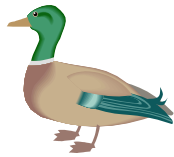
The beautiful centerpiece of the area is the wildlife lake that is rare inland habitat for great and snowy egrets, great blue herons, cormorants, geese, ducks and other birds on their migratory path. One of the most valuable parts of the lake is an island where birds can rest and even nest, free from human contact, except for being viewed by birders and admirers with their binoculars.

This year in particular the Wildlife Lake needs help, *and this means us*. It has been designated a "no dogs allowed" and a "no fishing" part of the Sepulveda Basin. This is important to protect the birds during their nesting season. But, recently, a number of signs informing people of these basic rules that protect the birds were removed, contrary to the Master Plan recently approved by the Army Corps of Engineers that leases this land to the City of Los Angeles. So, with nothing to remind them not to, people who can use other parts of the Sepulveda Basin regularly for fishing and walking their dogs are also recreating in the more restricted Wildlife Area, walking with their dogs off-leash, and leaving old fishing line and plastic that is not safe for birds to live with. So, while the City is working on acquiring and placing new signage, the birds need our help to keep their habitat clean.

The Wildlife Area usually attracts more visitors to see the birds in Spring and Fall. This means instances of littering, fishing and dogs being walked through the lake increases too! The City of Los Angeles Parks & Recreation maintains this area. But, they have limited staff, and the City has imposed budget restrictions in many departments, so the birds could use some help with keeping their habitat clear of plastic and used fishing line, both of which can be dangerous to birds if they get caught up in them.

There is only one sign from Woodley Avenue to the Wildlife Area. Enter to the east from half-way between Victory and Burbank Boulevards. The sign, "Wildlife Reserve", is so low that it is obscured almost completely by overgrown bushes. Once you find the entrance, you can drive in to the parking area. Walk beyond the outdoor auditorium and you will soon be rewarded with stunning views of multiple large birds all around the perimeter of the island in the lake. The lake is surrounded by native plants and wonderful fragrances. The best way to be sure to meet at the right place is to call either Jan Kidwell at 818 506 8731 or Muriel Kotin to let us know you are coming. Muriel's home number is 310 457 5796. Please note these are home phone numbers of volunteers. Also, you can visit SepulvedaBasinWildlife.org to find out more about the area ahead of your visit.

Please wear sturdy shoes, long pants and layered clothing. Take a cap or hat with a brim. Bring gardening gloves (as we could find some glass or sharp metal objects). Grabbers and old swimming pool poles are invaluable as tools, if you have them. Or, a stick with a hook on the end of it. Bring your own plastic bags if you have some. We may be working by the water's edge. See you there!



Have Fun in the Sepulveda Basin Wild Life Reserve

Mallard Duck

By Elaine Trogman

I have lived in the San Fernando Valley for many years and for most of them I didn't even know the Sepulveda Basin Wild Life Reserve existed even though I resided only a couple of miles away. There were many people responsible for making it the wonderful place it is today and they should be celebrated.

The original planners in the 1960s and 1970s were seeing the wild areas of the San Fernando Valley disappear and these areas were being replaced by buildings and recreational pursuits. The planners envisioned a natural habitat for birds and small animals among native vegetation that would be welcoming to visitors. They felt the lowest places in the valley should be used since these areas were prone to flooding and, therefore, would be unsuitable for urban development.

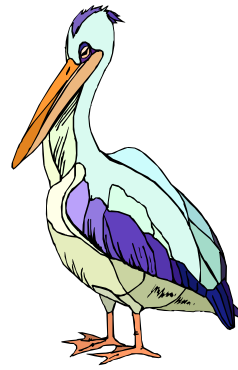
History Of The Sepulveda Wildlife Reserve

- In the **1960s and 1970s**, the plan was created for the wildlife reserve by government planners and citizens.
- **1979** 48-acre riparian area was established south of Burbank Blvd. between the dam and the L.A. River.
- **1988** A 60-acre habitat was established north of Burbank Blvd. (between the dam and Haskell Creek.) At that time pathways and a wildlife lake were created and extensive planting of native plants was done.
- **1992** The lake was filled with reclaimed water from the nearby Tillman Water Reclamation Plant.
- **1998** With funding from the U.S. Army Corps of Engineers, they added an educational staging area, amphitheatre, various pathways, signage, and viewing area improvements. There were new pedestrian bridges over and a reconfiguration and re-vegetation of Haskell Creek, additional native plantings, and the formal inclusion of 60 additional acres west of Haskell Creek to Woodley Ave.

The L.A. Dept. of Recreation and parks says, "The resulting 225-acre Sepulveda Basin Wildlife Reserve today is one of the finest refuges of its kind within a major urban area in the country. It serves not only as a restored natural habitat for wildlife but as a living laboratory for all to enjoy."

Interesting Use of Recycled Water For Our Parks in Sepulveda Flood Control Basin

In the San Fernando Valley we have a very interesting way of handling our bio/water waste. Much of the waste goes to the Tillman Waste Treatment Plant that is next to the Japanese Garden. From there the biosolids are transported to the Hyperion Plant but the water parts are processed and are used for the Japanese Garden water areas and then they go to the Sepulveda Wildlife Reserve, Lake Balboa and eventually to replenish the Los Angeles River. Recycled water is now used to water grass and trees in many of our parks.



Sepulveda Basin Wildlife Reserve

Little Bit of Paradise in the San Fernando Valley

Pelican

By Sharon Ford

Bordered by the 405 Freeway, Woodley Ave, and Burbank Blvd, there is a very unique area of riparian, grassland and woodland habitat in the 225 acre Sepulveda Basin Wildlife Reserve. The Wildlife Reserve is the only such designated area in L.A.

Annually, thousands of birders, walkers, joggers (including past assembly member Lloyd Levine), and families visit this area regularly, to enjoy nature. Through its educational program, the San Fernando Valley Audubon Society annually takes 3,000 school children on field trips in the reserve.

Every day is different, and you never know what you will see or hear. You may see birds of prey circling above, or hear male songbirds seeking a mate. Oriole nests made of Easter basket grass hang high in the trees, but a little hummingbird nest or bushtit nest might be at eye level. Water turtles bask in the sun on the banks of the lake, while numerous species of ducks swim about the lake and rest on the banks of the little island.

The change in seasons brings many changes to the Wildlife Reserve. In the fall, as the cottonwood leaves are turning yellow, migrating birds stop for a rest on their way south, and many stay through the winter. With the arrival of spring and warmer weather, some bird species leave, but others are just arriving. The trees began to turn green with new leaves, and the birds and waterfowl are busy building nests and laying eggs. The wild rose bushes, wild radish plants are beginning to bloom, and berries are growing on many native bushes. The grasses are alive with the buzz of a variety of insects, and spiders are busy spinning delicate webs. Summer is hot in the Reserve and the number of species of birds declines somewhat for a month or two, then the cycle begins again.

So. Calif. San Onofre Nuclear Power Plant Has A Radiation Leak & Other Problems

The San Onofre Nuclear Generating Station, near San Clemente, recently had all 4 of its 2-yr-old steam generators shut down at the same time. In Unit #2 already more than 800 tubes showed wear and thinning while Unit #3 was shut down because of a radiation leak. The steam generator upgrade was completed in 2010 at a cost of \$674million. Some 9,700 tubes carry water from the reactor and through each steam generator; the steam from the generators turn turbines to make electricity.



Santa Susana Mountain Park (SSMP)
A part of the 670-acre park.

Photo by Sierra Club member Gayle Dufour

(Info. from SSMP website www.SSMPA.com)

By Elaine Trogman

You might recognize these mountains or ones similar because the SSMP hills were in hundreds of movies from the 1920s through the 1950s. These sandstone formation and massive outcroppings were ideal for the scenery in western movies

This area was the tribal land of the Tongva-Fernandeño, Chumash-Venturaño, and Tataviam-Fernandeño peoples. These hills are home to a variety of vegetation such as the Coast Live Oak, the Valley Oak and the Scrub Oak. Spring wildflowers include the Redbush Monkey Flower, Mariposa Lily, and Canyon Sunflower. There are a variety of birds, such as the Red-tailed Hawk, toads, salamanders, snakes, coyotes, deer and even some bears. SSMPA is trying to get the park included in the Rim of the Valley trail corridor study as an alternate feeder trail.

For more information we encourage you to visit the Santa Susana Mountain Park Assn. website at www.SSMPA.com

THE SANTA SUSANA MOUNTAIN PARK COULD BE AT RISK

Because of California's budget crunch there was talk of closing the park. As you can see from the pictures, this is an exceptional place and that closure would be a great loss to our area. At the moment the situation is the following:

The Foundation for the Preservation of the Santa Susana Mountains is a 501c3 that has recently reorganized to partner with State Parks and assume operation of the Santa Susana Pass State Historic Park on July 1, 2012. Please note that this is a different organization than the Santa Susana Mountain Park Association (a 501c4). State Parks will be retaining the law enforcement function, and the Foundation will be assuming all of the rest of the operational functions. They need donations and volunteers to keep the park open.



Stage Coach Trail
Santa Susana Mountain Park
Photo by Sierra Club member Gayle Dufour

(Info. from SSMP website www.SSMPA.com)

By Elaine Trogman

In between the Simi Hills to the south and the Santa Susana Mountains to the north is the Santa Susana pass. It has always been an important trail route for the Native Americans and later Spanish and Mexican peoples. Over the years the trail was improved from an old wagon road to a new stagecoach road. Starting in 1861, it was even used by the Butterfield Overland Mail to carry mail from Los Angeles to San Francisco. The trail was important from 1861 until 1876; after that period more of the travel and transport were done by railroad.

The SSMP website describes travel along a particularly difficult part of the trail as follows:

"The precipitous portion of the route down from the summit on the San Fernando Valley side was called the Devil's Slide; horses were usually blindfolded and chains were used to augment brakes on the steep descent. Passengers debarked and walked."

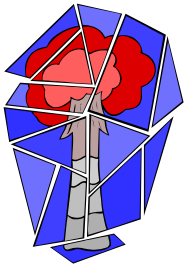
See our write-up on page 12 regarding hikes led once a month along the stagecoach trail. The next one will be on Sunday March 18 at 9 AM. See the directions in the Sunday section page 12:

Send donations to Foundation for the Preservation of Santa Susana Mountains, PO Box 4831, Chatsworth, CA 91313-4831. If you want to volunteer contact :Elizabeth Harris, Ph.D. at dr.elizabeth.harris@gmail.com. Contact Elizabeth for tours, etc.

According to the CA..Gov "California State Parks" website, "Since the announcement of the closures, State Parks has been working statewide to find partners or donors who can help keep parks open. As of January 2012, the Department has reached agreements for keeping nine of the 70 parks open and operating."

Resources At Risk If Santa Susana Mountain Park were to close:

- 670 acres of parklands that include sweeping views of the San Fernando Valley, soaring transverse mountain ranges, sandstone cliffs, ancient rock formations, Chumash grinding and basins, vernal pools, seasonal waterfalls, and the rare and endangered Santa Susana Tar Plant
- A major wildlife corridor for animal passing from the mountains north of the 118 freeway through the Santa Susana Mountains, Simi Hills and into the Santa Monica Mountains
- A key connection for the Rim of the Valley Trail, a proposed National Parks Service trail system which will link up trails traversing the Santa Susana Mountains, Simi Hills, San Bernardino, and Santa Monica Mountains



No More Nuclear Power Nuclear Power Uses More Energy Than It Produces

By Dorothy K. Boberg

How much fossil fuel energy does it take to produce and operate one 1000 megawatt nuclear reactor; to mine and mill the uranium, neutralize the tailings, convert uranium to U hexafluoride, enrich uranium from natural U238 to U235, fabricate the fuel elements, produce the products to construct the reactor, build the reactor infrastructure, decommission and dismantle the reactor, clean up the site, dispose of the radioactive waste, build the vehicles, transport the high and medium level waste to long term storage and guard the waste for 240,000 years?

Helen Caldicott, J. W. Storm van Leeuwen and Philip Smith are three of few scientists who have analyzed the balance between the amount of fossil fuel energy needed to produce the nuclear energy fuel cycle for one 1000 megawatt nuclear reactor. It may be impossible for most laymen to consider a petrojoule of energy (1 million billion joules) and the several hundreds of petrojoules of fossil fuels needed for the nuclear fuel cycle, but it is not impossible to accept the obvious concept that it takes more fossil fuel expenditures for one reactor than the reactor can produce in it's lifetime.

Uranium Use Dr. Caldicott reports that it takes 162 tons of natural uranium each year from the most productive ore, in sandstone and shales, for one nuclear plant. If the uranium is from granite ore, 40 million tons must be mined or 80 million tons after providing for chemical treatment of the ore. "The extraction of uranium from this granite rock would consume over 30 times the energy generated from the uranium." Uranium is in short supply. If all electricity worldwide were to be generated from nuclear power, all the uranium would last 9 years.

In the same case, uranium from high-grade ores would last 3 years.

Cost in Dollars In addition to the truth of negative energy from nuclear power after using fossil fuels to produce it, the monetary costs have not been honestly reported. What is the cost to the public of the \$13 billion in subsidies in the 2005 Energy Bill? What is the cost of the stranded investments paid by customers of nuclear energy when a plant lasts only 28 of the promised 40 years life, and then they pay again to rebuild such plants as San Onofre I and II? What does the Price-Anderson insurance to protect companies from loss cost the taxpayers? How much do taxpayers pay for Homeland Security, which has done little or nothing to secure the existing 103 nuclear plants? What are the medical costs for the hundreds of individuals who have contracted cancer, leukemia and injured DNA from the operation and accidents at nuclear plants, especially Three Mile Island, Simi Valley, and Idaho Lab SI-1?

The scientists are telling us that to cope with global warming, reduce nuclear injuries, reduce our energy costs, and to meet our future energy needs, we must forgo building nuclear plants and go directly and at once to conservation and alternative, renewable energies such as cogeneration, wind, solar, small hydro, geothermal, biofuels and tidal and wave power. It may be too late to make the necessary transitions if we continue on the nuclear path!

Bibliography

Another Mother Fund for Peace: "Nuclear Facilities and Radiation Monitoring in California."
Helen Caldicott: "Nuclear Power is Not the Answer"
J. W. Storm van Leeuwen and Philip Smith: "Nuclear Power - the Energy Balance" "Can Nuclear Power Provide Energy for the Future?"



Uranium Mining Near the Grand Canyon Prevented

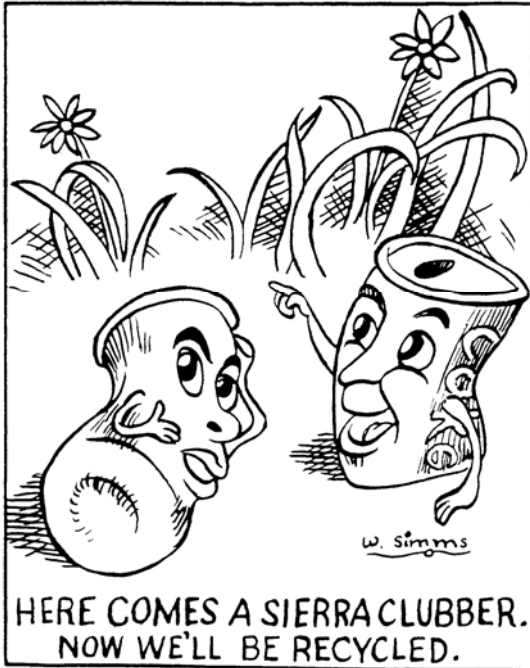
By Elaine Trogman

According to Interior Secretary Ken Salazar, for the next 20 years there will be no new mining and mineral exploration for more than a million acres of public lands around the Grand Canyon.

Uranium prices have risen and mining companies have been trying to get thousands of new claims. They have been putting on the pressure to reopen mines near the Grand Canyon.

Uranium mining is an issue because radiation and toxic waste could have polluted ground water and springs in the Colorado River watershed. This could have consequences for drinking water and agricultural uses in places like Los Angeles, Phoenix & Las Vegas.

Cartoon by Willis Simms



Fake Food Dyes Not Needed

And they could be dangerous!

By Sarah Mosko, PhD

visit www.BoogieGreen.com to read the original article.

Perhaps you round out your child's lunch with popular, healthy-sounding extras like cereal bars, fruit roll-ups, mixed fruit cups, cheesy snacks and fruit drinks. However, unless you're in the habit of carefully screening product labels for artificial ingredients, you're probably unaware that synthetic food dyes are likely packed into that lunchbox too. A single item might contain as many as four or five.

While people have used dyes derived from spices and minerals to enhance the appeal of foods for centuries, most of us don't know that modern synthetic food dyes (*aka* artificial food colors) are manmade concoctions from petroleum and that a controversy swirls around their usage because of several studies suggesting they worsen symptoms in at least some children with attention deficit hyperactivity disorder (ADHD). The connection to ADHD prompted Britain to pressure food companies and restaurants to phase out synthetic dyes by the end of 2009, and the European Union now requires that products containing certain dyes sport a warning label saying the food "may have an adverse effect on activity and attention in children."

Not so in the U.S. where an advisory panel to the Food and Drug Administration (FDA) just concluded in April 2011 an inquiry into the safety of synthetic food dyes and decided there was insufficient evidence to warrant tightening of regulations. The inquiry was prompted by a petition from the Center for Science in the Public Interest (CSPI) to ban all synthetic dyes in foods based on research suggesting they pose risks of cancer and allergic reactions, as well as hyperactivity in children.

There are currently nine FDA-approved synthetic food dyes, and many others once in use have been

banned. The approved dyes are named Blue 1, Blue 2, Green 3, Orange B, Citrus Red 2, Red 3, Red 40, Yellow 5 and Yellow 6. A popular fruit rollup, for instance, has Blue 1, Yellow 5, Yellow 6 and Red 40. The FDA does not set limits on how much dye is allowed in foods, stipulating only that the amount should not exceed what is needed to achieve the desired effect. Consequently, the food industry adds more than 15 million pounds of synthetic dyes to processed foods annually, and per capita consumption has risen five-fold since the 1950s. The FDA's primary form of oversight is that every batch undergoes testing to assure that legal levels of contaminants – like lead, arsenic and benzidine – are not exceeded.

To substantiate the claim that synthetic food dyes are unsafe, CSPI released a report in 2010 titled "Food Dyes: A Rainbow of Risks" which summarizes the available health safety studies in animals and humans. In addition to the body of evidence linking the dyes to hyperactivity in children, eight of the nine approved dyes have either been linked to cancer directly or through their contaminants. CSPI points out that children's bodies are still developing, so any health risks would likely be amplified in youngsters.

Synthetic dyes have no known nutritional value. Their chief purpose is to catch the eye of children or to increase general appeal by capitalizing on the colorfulness people associate with healthful fresh fruits and vegetables. They're also generally cheaper, brighter and more stable than so-called natural food colorings derived from plants, minerals or animals. The list of FDA-approved sources for natural colorings is long and includes beets, carrots, grapes, tomatoes, elderberries, purple corn, red cabbage, sweet potatoes, annatto tree seeds, turmeric, paprika, chlorophyll, iron, titanium dioxide and a bug called *Coccus cacticus*.

Any argument from the food industry that synthetic dyes are indispensable is easily countered by the fact that they have been largely replaced with natural alternatives, or simply eliminated, in Britain and Europe. For example, a popular U.S. restaurant chain colors their strawberry sundaes with Red 40 in the U.S. but uses only real strawberries for color in Britain. Similarly, beetroot, paprika and annatto are substituting in Britain for the three artificial dyes used in a brand name strawberry grain bar sold in the U.S. Though controversy exists as to whether natural food colorings offer any health benefits such as from antioxidants, there seems to be no debate that they are at least not harmful.

It seems unlikely that the FDA is going to rein in the use of synthetic dyes in foods anytime soon, so it's up to consumers to express their preference for natural coloring agents – or maybe better yet for no added colorings – by scanning product labels before purchasing. Because law requires that only artificial flavorings (not artificial colorings) must be labeled on package fronts, look for the ingredients label where added colorings are listed. Also, several brands of processed foods are marketed today as free of all artificial ingredients and post labels to that effect right on package fronts.

The take home lesson about synthetic food dyes is that health-conscious consumers might try eating a little less with their eyes and a bit more with their brains.

**CALLING ALL HIKE LEADERS
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Help people who work to get exercise and
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Call or email Gabe Szende 818-999-5384
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SFVSC Upcoming Hikes

Hike Leaders phone

N. 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, and **Virve Leps** 310-477-9664.
Reaven Gately (661)255-8873, **Mimi Knights** (661)253-3414, **Ted Mattock** (818)222-5581

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habitat of the Southern California
Coastal and inland areas with the
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**For all hikes, bring 2 qts water,
lunch, lugsoles, hat, & sunscreen.
Rain cancels. Possible \$3-\$5 park fee**



TUESDAY HIKES

**Moderate Easy Paced 4-6
Mile. RAIN CANCELS**

March 6, 2012 Las Virgenes Canyon into Ahmanson :

O(WA/SFV) Moderately paced 6 mile 600' gain hike from Las Virgenes Canyon and into the eastern Ahmanson Ranchlands. Visit the riparian, grasslands, and oak woodlands communities in the beautiful Agoura Hills. Meet 8:30 AM at trailhead kiosk. From 101 Ventura Fwy take Las Virgenes Rd exit north 1+ mile to end, street parking. Rain cancels.
Leader: MARCIA HARRIS Asst: PIXIE KLEMIC

March 13 Top of Reseda to Eagle Rock:

O: (WA/SFV) Moderately paced 6 mile, 800' gain hike to great viewpoint at Eagle Rock in Topanga State Park. Meet 8:30 AM at top of Reseda Blvd in Tarzana. From 101 Ventura Fwy take Reseda Blvd exit, turn south and go 3 miles to Mulholland Gateway Park. Choice to park along street below the white line at beginning of fee area or pay fee and park above. Meet at trailhead at the top. Rain cancels.
Leader: VIRVE LEPS Asst: STEPHEN BECK

March 20 Weldon Overlook to East Canyon - Santa Clarita Woodlands:

O: (WA/SFV) Moderately paced 6 mile 800' gain/1200' loss hike. Hike up lovely trail with BFI planted oaks as a condition of landfill

expansion to the Weldon Canyon Overlook with views of Santa Clarita and San Fernando Valleys, then down East Canyon through oaks, black walnut and relic fir trees. Meet 8:30 AM East Canyon trailhead, Newhall. Take the Calgrove exit from Interstate 5, turn west under the freeway and take the Old Road south about 1 mile to parking entrance after church on right, and continue past trailhead sign to parking area. Short car shuttle to start. Fee parking lot. Rain cancels.

Leader: PIXIE KLEMIC Asst: REAVEN GATELY

March 27 Newton Canyon to Latigo / Backbone Trail:

O: (WA/SFV) Moderately paced 5 mile, 1,000' gain, hike on scenic trail through oak woodlands and chaparral with ocean views. 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: CHARLOTTE FEITSHANS Asst: DOTTY SANFORD

April 3, 2012 Placerita Canyon State Park:

O: (WA/SFV) Moderately paced 4 mile 400' gain hike through Placerita Canyon Park with shaded oak groves and a willow and sycamore-lined seasonal stream. Meet 8:30 AM at Placerita Nature Center parking lot. From Hwy 14 in Newhall take Placerita Cyn Rd exit and turn right (east) 1½ miles to park entrance. Rain cancels.
Leader: REAVEN GATELY Asst: PIXIE KLEMIC

April 10 Rocky Peak:

O: (WA/SFV) Moderately paced 6 mile 1100' gain hike in Santa Susana Mtns to Rocky Peak, primarily on fire road through dramatic sandstone rock formations, coastal sage scrub and chaparral with great views of Simi and San Fernando Valleys. Meet 8:30 AM at Rocky Peak Rd trailhead. From westbound 118 Fwy take Rocky Peak Rd exit, street parking (with fee) just beyond end of off ramp or park over bridge without fee. Rain cancels.
Leader: STEPHEN BECK Asst: PIXIE KLEMIC

April 17 Malibu Creek State Park – Cornell to MASH Site:

O: (WA/SFV) Moderately paced 6, mile 600' gain hike including Lookout Trail with great views, Century Lake, MASH site, and Reagan picnic area. Meet 8:30 AM at Cornell & Mulholland dirt parking area. From 101 Ventura Fwy take Kanan Rd exit, go south on Kanan Rd ½ mile, turn left on Cornell Way and veer to right continuing south 3 miles (past Paramount Ranch) to paved entrance to dirt parking area on east side of street just south of Mulholland Hwy. Rain cancels.
Leader: MARCIA HARRIS Asst: STEPHEN BECK

April 24 Newton Canyon / Backbone Trail:

O: (WA/SFV) 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: RITA OKOWITZ Asst: PIXIE KLEMIC

May 1, 2012 Cold Creek, Stunt High Trail:

O: (WA/SFV) Moderately paced 6 mile 1000' gain hike through 2 beautiful riparian canyons and chaparral, with great sandstone outcroppings in the Santa Monica Mtns. Includes the Cold Creek Preserve with its year-round creek and grotto. Meet 8:00 AM Stunt High trailhead. From 101 Ventura Fwy take Valley Circle/Mulholland Dr exit south, turn right on Valmar Rd (becomes Old Topanga Cyn Rd), right on Mulholland Hwy for 3½ miles, left on Stunt Rd for 1 mile, park on dirt shoulder on right. Bring water, snack, lugsoles, hat, sunscreen. Rain cancels. Note – Cold Creek may be still be closed due to invasive snails. If so, we will hike from same trailhead either Stunt High Trail up and back or to Calabasas Peak.
Leader: PIXIE KLEMIC Asst: HERB MOORE

May 8 Ahmanson Ranch Parklands:

O: (WA/SFV) Moderately paced 5 mile hike with 700' gain. Enjoy our recently acquired Santa Monica Mtns Conservancy land at the edge of the Simi Hills. Hike the rolling grassland hills of oaks and coastal sage and visit the old ranch house at Lasky Mesa. Meet 8:00 AM at Victory trailhead. From 101 Ventura Fwy take Valley Circle Bl. exit and go north to Victory Bl., about 2 miles. Turn left on Victory, go 1/2 mi. to fee parking area. Muddy when wet. Rain cancels. Leader: MARCIA HARRIS Asst: PIXIE KLEMIC

May 15 Red Rock Canyon from Stunt Rd:

O: (WA/SFV) Moderately paced 4 mile, 800' gain hike up a fire road and then down into hidden Red Rock Canyon with bright brick red rock formations. Seasonal streams, good views, chaparral and sage habitats. Meet 8:00 AM at Stunt Road trailhead. From 101 Ventura Fwy take Valley Circle/Mulholland Dr exit south, turn right on Valmar Rd (becomes Old Topanga Cyn Rd), right on Mulholland Hwy for 3½ miles, left on Stunt Rd for 1 mile, park on dirt shoulder on right. Rain cancels.

Leader: PIXIE KLEMIC Asst: STEPHEN BECK

May 22 Valley to the Sea (almost):

O: (WA/SFV) Moderately paced 8 1/2 mile 800' gain 2300' loss hike across Topanga State Park from Tarzana to Sunset Blvd in Pacific Palisades. Ride 3 buses and car shuttle back to start. This is an all day adventure, lots of fun. Meet 8:00 AM at top of Reseda Blvd in Tarzana. From 101 Ventura Fwy take Reseda Blvd exit, turn south and go 3 miles to Mulholland Gateway Park. Choice to park along street below the white line at beginning of fee area or pay fee and park above. Meet at trailhead at the top. Rain cancels.

Leader: REAVEN GATELY Asst: PIXIE KLEMIC

May 29 Towsley Canyon, Santa Clarita**Woodlands:**

O: (WA/SFV) Moderately paced 5½ mile 1000' gain with great vistas, a chilly narrows, diverse plant life, tar seeps and a fumarole. Meet 8:00 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.

Leader: REAVEN GATELY Asst: PIXIE KLEMIC

June 5, 2012 Solstice Canyon:

O: (WA/SFV) Moderately paced 4 mile 600' gain hike on Rising Sun Trail to Tropical Terrace and Solstice Canyon Falls, then back along the canyon through oak and walnut groves by the stream. Meet 8:30 AM at parking lot kiosk. From 101 Ventura Fwy take Las Virgenes Rd/Malibu Canyon exit, go south to Pacific Coast Hwy. From Malibu Canyon Rd intersection, go west on Pacific Coast Hwy 2¼ miles, turn inland on Corral Canyon Rd (at 76 Station), drive ¼ mile to park entrance, and continue on paved park road to parking lot at end. Rain cancels.

Leader: VIRVE LEPS Asst: HERB MOORE

June 12 Brown's Creek Canyon and Joughin**Ranch:**

O: (WA/SFV) Explore another new acquisition of the Santa Monica Mtns Conservancy in the Santa Susana Mtns. Part of Antonovich Regional Park. 5 mile 1000' gain hike. Grand views, rolling hills, oak and walnut woodlands. Meet at trailhead at 8:00 AM. From 118 Fwy take De Soto Ave exit north, down into the canyon 1.2 miles. Park along road at trailhead. Rain cancels.

Leader: MARCIA HARRIS Asst: PIXIE KLEMIC

June 19 King Gillette Ranch:

O: (WA/SFV) 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 8:00 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: RITA OKOWITZ Asst: PIXIE KLEMIC

June 26 Malibu Nature Preserve from**Nicholas Flat:**

O: (WA/SFV) Rare opportunity to hike from Nicholas Flat in Leo Carrillo State Park and descend through a private nature preserve in Nicholas Cyn with stunning ocean views. 4-6 mile, 200' gain / 1600' loss. Learn how this land came to be protected and the history of this area. Enjoy snack in the beautiful Sycamore Grove picnic grounds and enjoy historic Sierra Club and local landscape art work in lodge. Meet at 8:00 AM at the Malibu Nature Preserve. Take 101 Fwy W to Kanan Rd., Kanan S to PCH, then PCH West 7 1/2 miles to Malibu Nature Preserve, 33905 West PCH, Malibu. Free parking. Short car shuttle. Rain cancels.

Leader: PIXIE KLEMIC Asst: PETER IRELAND

July 3 Malibu Variety Walk:

O: (WA/SFV) 4 mile, no gain walk beginning at Legacy Park in Malibu's Civic Center. Walk thru the Park's native plants to the Malibu Lagoon, Surfrider Beach, the Adamson House Gardens, and more including the Historic Malibu Pier. Lots of birds, too. Optional lunch on the pier and/or additional tour at the Pepperdine Campus. Meet 8:00 AM at NE corner of Legacy Park: Webb Way and Civic Center Drive, Malibu. Lots of street parking on Civic Center Drive.

From the valley- Malibu Cyn/Las Virgenes to Pacific Coast Hwy, left 1/2 mile to Webb Way, left one block to corner of Civic Center Drive. From Santa Monica drive north on PCH over Lagoon bridge to Webb Way, turn right 1 block. Bring water, snack; binoculars and camera optional. Walking shoes or sandals

Leader: MARCIA HARRIS Assist: Pixie KLEMIC

THURSDAY HIKES

For all hikes, bring 2 qts water, lunch, lugsoles, hat, & sunscreen. RAIN CANCELS.

Possible \$3-\$5 park fee

March 1, 2012 Chumash Trail to Fossils:

O: (WA/SFV) Moderately paced 8 (optional 10) mile 1500' gain hike in rolling hills of Santa Susana Mtns. Meet 8:30 AM at trailhead. From 118 Fwy take Yosemite Ave, exit 29, north 0.4 mile, turn right on Flanagan Dr, continue 0.8 mile to end and park. Rain cancels.

Leaders: MIMI KNIGHTS, REAVEN GATELY, MARGARET VERNALLIS

March 8 Northern Malibu Creek State Park:

O: (WA/SFV) Hike on less familiar trails on this moderately paced 8 mile 1000' gain hike including Liberty Canyon Trail, Phantom Trail and Grassland Trail. Meet 8:30 AM at Grassland trailhead on Mulholland Hwy. From 101 Ventura Fwy take Las Virgenes/Malibu Cyn Rd south to Mulholland Hwy, turn right and go 1000 feet to free roadside parking at Grassland trail entrance to the park. Rain cancels.

Leader: NANCY KRUPA Asst: STEPHEN BECK

March 15 Solstice Canyon:

O: (WA/SFV) Moderately paced 7-8 mile 1600' gain hike on Rising Sun trail to Tropical Terrace, then Sostomo Trail, Deer Valley Loop, and down Solstice Canyon to start. Meet 8:30AM at parking lot kiosk. From Malibu Canyon Rd intersection go west on Pacific Coast Hwy 2¼ miles, turn inland on Corral Canyon Rd (at 76 station), drive ¼ mile to park entrance, and continue on paved park road to parking lot at end. Rain cancels.

Leader: TED MATTOCK Asst: NANCY KRUPA

March 22 Doubletree to China Flat:

O: (WA/SFV) Moderately paced 8 mile 1200' gain hike in scenic Simi Hills, through chaparral, grasslands and oaks. Meet 8:30 AM at Doubletree trailhead in Oak Park (from 101 Ventura Fwy take Kanan Rd north 2.1 miles to Sunnycrest Dr, turn right and go 0.8 mile to signed trailhead on right and park along street). Rain cancels.

Leader: NANCY KRUPA Asst: STEPHEN BECK

March 29 Caballero Canyon, Topanga State

Park:

O: (WA/SFV) Moderately paced 8 - 10 mile hike in northern Topanga State Park. Meet 8:30 AM at Caballero trailhead in Tarzana (from 101 Ventura Fwy take Reseda Blvd, exit 23, go south 2 miles to east side across from Braemar Country Club entrance). Rain cancels. Leaders: NANCY KRUPA, PIXIE KLEMIC

April 5, 2012 Wilson Canyon:

O: (WA/SFV) Moderately paced 10 mile 1600' gain hike from SM Mts Conservancy Park with magnificent oak area, to Wilson Saddle viewpoint with great SF valley views. Meet 8 AM at Wilson Cyn Park trailhead (from the Golden State/I-5 Freeway in Sylmar take Roxford St, exit 159, north past the 210 Freeway, bend right to Olive View Drive, continue past the main hospital and the four-way stop at Bledsoe Street to park entrance road located approximately 200 yards east of Bledsoe, just before Fenton Avenue, pay \$5 parking fee near entrance, then proceed to trailhead parking at northwest terminus of entry road). Bring \$5 for parking. Rain cancels.

Leaders: ROSEMARY CAMPBELL, MARGARET VERNALLIS, REAVEN GATELY

April 12 Las Virgenes Canyon:

O: (WA/SFV) Moderately paced 8-9 mile 800' to 1200' gain hike in delightful canyon, with various options depending on weather. Meet 8 AM at trailhead kiosk. From 101 Ventura Fwy take Las Virgenes Rd, exit 32, north 1+ mile to end, street parking. Rain cancels. Leader: TED MATTOCK Asst: NANCY KRUPA

April 19 Towsley Cyn, Santa Clarita

Woodlands:

O: (WA/SFV) Moderately paced 9 mile 1350' gain (optional 7 mile 1050' gain) hike with great vistas, a chilly narrows, diverse plant life and tar seeps. Meet 8 AM Ed Davis Park in Santa Susana Mtns. Take Calgrove Blvd, exit 166, from Interstate 5, turn west under the freeway and take the Old Road south ½ mile to Ed Davis Park on right, drive past Santa Clarita rideshare parking area outside entrance, go through gate and park in large dirt parking area 100 yds beyond the gate. Rain cancels

Leaders: ROSEMARY CAMPBELL, MIMI KNIGHTS, MARGARET VERNALLIS, REAVEN GATELY

April 26 Grotto Trail in the Verdugos:

O: (WA/SFV) 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. Rain cancels.

Leaders: PETER IRELAND, MARGARET VERNALLIS

May 3, 2012 Hummingbird Trail to Rocky Peak:

O: (WA/SFV) Moderately paced 9 mile 1700' 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.

Leaders: ROSEMARY CAMPBELL, MARGARET VERNALLIS, REAVEN GATELY

May 10 Malibu Nature Preserve:

O: (WA/SFV) Moderately paced 7 mile loop hike, 1650' gain, in Santa Monica Mtns. through private Malibu Nature Preserve, past Chumash caves, ascending Nicholas Canyon to Nicholas Flat. Meet 8 AM at Malibu Nature Preserve 33905 Pacific Coast Hwy, 12.5 miles west of Malibu Cyn. Rd., free parking. Learn about indigenous plants, animals and history of Nicholas Canyon. Rain cancels.

Leader: PETER IRELAND Asst: NANCY KRUPA

May 17 Weldon Cyn Overlook:

O: (WA/SFV) Moderately paced 8 mile 1200' gain hike through oaks, black walnut and fir trees, passing BFI planted oaks as a

condition of landfill expansion, to overlooking views of Santa Clarita and San Fernando Valleys. Meet 8 AM East Canyon trailhead of Santa Susana Mtns. Take Calgrove Blvd, exit 166, from northbound Interstate 5, turn left (west) under the freeway and take the Old Road south about 1 mile to parking entrance after church on right, and continue past trailhead sign to parking area. Bring \$5 for parking. Rain cancels.

Leaders: NANCY KRUPA, PIXIE KLEMIC

May 24 Upper Zuma Canyon Backbone Trail, Zuma Ridge Rd.

O: (WA/SFV) Moderately paced 8 mile 1400' gain hike on scenic trail through lovely canyon, then on fire road with great mountain and ocean views, to Buzzard's Roost. Meet 8 AM Newton Canyon Trailhead. From 101 Ventura Fwy take Kanan Rd exit, go south on Kanan Rd to paved trailhead parking area on west side just north of Tunnel 1 (3rd tunnel from 101 about 1¾ miles past Mulholland Hwy). Rain cancels.

Leader: TED MATTOCK Asst: NANCY KRUPA

May 31 Walker Ranch, Los Pinetos:

O: (WA/SFV) 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: MIMI KNIGHTS, REAVEN GATELY

June 7, 2012 Trippet Ranch, Musch Trail,

Eagle Rock Loop:

O: (WA/SFV) Moderately paced 8 mile 1200' gain hike in Topanga State Park. Meet 8 AM at Trippet Ranch parking lot (from 101 Ventura Fwy take Topanga Canyon Blvd, exit 27, south to Entrada Rd, turn left (east), go about one mile making two left turns to stay on Entrada Rd, and park along Entrada Rd outside lot or pay to park in lot). Bring \$ for parking, Rain cancels.

Leaders: NANCY KRUPA, PIXIE KLEMIC

June 14 Cheeseboro Cyn:

O: (WA/SFV) 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: DOUG DEMERS Asst: NANCY KRUPA

June 21 Johnson's Motorway to Rocky Peak:

O: (WA/SFV) Moderately paced 9 mile 1700' gain hike on picturesque trail in Santa Susana Mtns. Meet 8 AM outside Iverson gate to Indian Springs Estates (from 118 Fwy take Topanga Canyon Blvd south in Chatsworth, turn right on Santa Susana Pass Rd and go about 1 mile to Iverson Rd (just past Rocky Peak Church), turn right, go ¼ mile and park on dirt shoulder outside gate. Rain cancels. Leader: ROSEMARY CAMPBELL Asst: NANCY KRUPA

June 28 Nike Missile Radar Site:

O: (WA/SFV) Moderately paced 8 mile 1100' gain hike with great mountain and valley views. Meet 8 AM Caballero trailhead in Tarzana. From 101 Ventura Fwy take Reseda Blvd, exit 23, go south 2 miles to east side of street across from Braemar Country Club entrance. Rain cancels.

Leader: REAVEN GATELY Asst: MARGARET VERNALLIS

Using Compact florescent lights (CFL) will save you money and the environment, also. You should not throw them in the trash.

Home Depot will accept your CFL's for recycling.

WEEKEND ACTIVITIES

SATURDAY

May 5, 2012 Rock Stairway Hike:

O: (SFV-Verdugo Hills) 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. Ldrs: Gabe Sende **818-999-5384**; Co-Ldr: Delphine Trowbridge

June 2 Franklin Canyon Walk:

O: SFV/ International Community 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. Contact Ldrs:

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

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.

March 4, 2012 Malibu Bark Park-DeAnza Hike.

O: (SFV) Join us for a moderately paced 5 mi, 600' elevation gain. We start our climb from Bark Park and connect with the Millenium Loop trail. From the ridge we will admire great views of Conejo Valley, and then connect with the De Anza trail. Meet at 9:00AM at Bark Park. Bring water, snack, water, lugsoles, and a hat. Rain cancels. Directions: Take 101N to Las Virgenes exit. Go south for about ½ mile. Bark Park will be on your left across the street from A.E. Wright High School.

Ldr: Jacob Castroll. Co-Ldr: Gabe Sende. **818-999-5384**

Mar 18, Apr 15, May 20, June 17 Sunday, Stage Coach Trail

O: Moderate hikers Interpretive hike into history in the Santa Susanna Pass State Park, from 3.5 to 5 miles depending on hikers, 400' gain loop hike up the Stage coach Trail. Meet 9AM. Come & learn about the indigenous plants & animals & the area's history. Directions: from Topanga Cyn. Blvd., turn West on Devonshire St. continue to Larwin Ave., turn left and park near Park Entrance on right about 40 yards south of Devonshire. Leader: LEE BAUM, ASST: TMH COMMITTEE Lee Baum (**818**) 341-1850



MARCH THRU JUNE. 2012

CAR-CAMP TRIPS

April 13-15 Fri- Sun Joshua Tree Carcamp:

O: SFV/International Community Section

Join us for a relaxing, enjoyable weekend. This national park contains over 1200 sq. miles of high altitude desert with bizarre geological features, oddly-shaped Joshua Trees, wildflowers, hiking trails, and spectacular scenery. Stay in Cottonwood Group Campground 150 mi E of LA. Saturday morning we'll have a moderately paced hike. After lunch enjoy an afternoon of exploring. Happy Hour on Sat PM followed by international potluck dinner. Cameraderie and singing around a blazing campfire Saturday night. Sunday relax and kick back or join leaders for additional hikes. Dinner at local restaurant. Send email or SASE, rideshare info, \$30 (Sierra Club) to

Ldr: Gabe Sende **818-999-5384**.

Co-Ldr: Iris Edinger, Barbara Madel.

May 11-13 Fri-Sun Winery Tour and Carcamp in Santa Inez Valley:

O: (SFV/International Community Section) 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.

June 8 - 10 Fri- Sun Lake Perris Family Carcamp

O: SFV/International Community Section)

Join us for a relaxing, activity-filled weekend at Lake Perris. Located near the city of Riverside, Lake Perris (1555') is a reservoir nestled between Moreno Valley and Perris, which provides water to Southern California. Recreational activities include hiking, biking, swimming, waterskiing, horseback riding, and bicycling. A variety of birds, mammals, and amphibians make their home in the lake area. Children are welcome. On Saturday morning there will be a moderate hike to a nearby museum. Saturday evening we'll enjoy Happy Hour, followed by an international potluck dinner. Sunday a.m. there will be easy hiking along the nature trails. Send SASE, rideshare info, \$30 (Sierra Club) to

Ldr: Gabe Sende **818-999-5384**. Co-Ldr: Barbara IMadel.



Reduce In-door Air Pollution with Potted Plants

By Sarah Mosko

The standard approach to lowering poor quality air has been to install commercial air filtering devices or room ventilation systems. Both run on electricity, so they increase electric bills and add to overall atmospheric pollution by way of burning fossil fuels to produce that electricity. Nature, however, seems to have provided a very effective alternative that is affordable and requires no electricity.

It is the potted plant.