

Broward Sierra News



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GREENING YOUR WORKPLACE

— By Mara Shlackman, Legal Chair

As Sierrans, we do our part to follow “green” practices in our homes, and to lobby administrative agencies and elected officials to establish environmentally sound public policy. No doubt many of us have also considered how we can take steps in our workplaces to minimize our ecological footprint. We can only implement these steps company-wide if we are business owners or are in supervisory positions. However, as employees we can suggest these practices to our bosses, and many of the recommendations we can implement individually regardless of company practices (for example, bringing your own mug to work, rather than using disposable cups supplied by your employer). Below are some suggested steps we can take:



- 1. Reduce paper usage.** One way to cut paper usage is to use “print preview” before printing. If the document is one you created, you can catch mistakes and correct them before you print. If the item to be printed is not a document you created, you can see how many pages there are, and if you really need to print every page (particularly useful when printing from websites). If you print a page that cannot be used, keep it and use the back for scrap paper, or even reuse the page in the printer, when printing something that will not have to be provided to others outside of your company. Always remember that as important as recycling is, it still requires more energy consumption to recycle an item into something else than to reuse the item, as is. You can use E-Fax or similar services to receive faxes, which arrive as attachments to e-mails, which can then be downloaded and saved to the applicable computer directory. Most of the time it is not necessary to print them.
- 2. Reduce electricity consumption.** Turn off electronic equipment when not in use, including computers, monitors, and printers. That may seem obvious, but in some offices the standard practice is to log out at the end of the day, but leave the computers turned on continuously. Make sure that the monitor is turned off along with the computer. You can achieve even higher energy savings by unplugging overnight the power strip into which your computer, monitor, and other office equipment are plugged. If your office has sizeable windows that allow in ample natural light, consider turning the lights off. Purchase energy-efficient office equipment, by looking for Energy Star rated products (see www.energystar.gov for more information).
- 3. Use recycled office supplies.** Seek out office supplies with the highest recycled content you can find, including legal pads, copy paper, Post-It notes, file folders, etc. While Office Depot and other major office supply companies increasingly offer such supplies, additional eco-friendly office products are available through companies specializing in such office supplies. A listing of such companies can be found at www.greenpages.org. Also, there are local companies offering business cards printed on recycled card stock. Don't forget about other types of paper products you may use in your workplace: buy recycled toilet paper, recycled napkins, etc.
- 4. Reduce gasoline consumption.** In scheduling appointments outside the office, where possible, try to cluster multiple appointments into a single trip, rather than having to repeatedly return to the office and leave again, thereby reducing mileage as well as using your time more efficiently. Consider whether a telephone conference can be substituted for a face-to-face meeting. If feasible for the size of your company, create incentives for employees to carpool, drive more fuel-efficient cars, and/or use public transportation.

Vol. XXX No. 4
MAY 2008

<http://florida.sierraclub.org/broward>
<http://groups.yahoo.com/group/BrowardSierra>

Graphic design & layout by carolewalsh@mindspring.com
Printing by The Press Room
4111 SW 47 Ave. #309, Ft. Lauderdale, FL 33314
(954) 792-6729 • www.thepressroom.net



Recycled paper, soy ink

SIERRA CLUB / BROWARD COUNTY
P.O. Box 350432
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We hope you enjoy our newsletter. Why not join us right now? Come along on an outing. Get involved, learn about local issues and how they affect you and your community. Just use the membership form on the back cover.

Broward Sierra Programs

Wednesday, May 7th: Cry of the Water director Dan Clark will be speaking on water reuse, ocean sewage dumping and water conservation.

The meeting and program will be held at the Anne Kolb Nature Center on Sheridan St. in Hollywood. (see map on next page).



Tuesday, June 3rd at Fern Forest: Program TBA

Doors open at 7:00 PM. Committee reports begin at 7:30, and the program begins at 8:00. The meeting is open to the public at no charge.

- 5. Choose reusable over disposable products.** Supply mugs so employees can use them instead of disposable cups. Consider supplying dishes, silverware, etc. rather than paper plates and disposable utensils. This will likely save the office money in the long run.
- 6. Provide a non-toxic work environment for yourself and your employees.** Purchase non-toxic eco-friendly cleaning supplies. If you redecorate the office, look for low or no-VOC paints. VOC stands for volatile organic compounds, many of which are suspected carcinogens, and can also cause eye, nose, and throat irritation; headaches, loss of coordination, nausea; and damage to liver, kidney, and central nervous system (see www.epa.gov/iaq/voc.html). This change in your office practices may actually increase productivity, by leading to less illness and absenteeism among employees, some of whom may be chemically sensitive or have allergies.

continued on page 3



The Broward Sierra Club Leaders

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- Treasurer**
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- Executive Committee Member**
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Leigh Buckner 954-563-0073

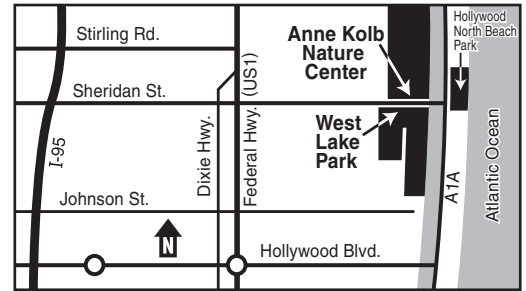
Broward Sierra News is published monthly for the members of the Broward County Group, Florida Chapter of the Sierra Club. Subscriptions are available for non-members. Send inquiries to: **Broward Sierra News**, P.O. Box 350432, Ft. Lauderdale, FL 33335

Membership Corrections - To expedite any membership change (new addresses, etc.) or problems with your membership records please send your name, member number, old and new address or problem to:
Member Services, 85 Second Street, San Francisco, CA 94105-3441.
415-977-5653 or e-mail <address.changes@sierraclub.org> or <membership.services@sierraclub.org>
If further assistance is needed, please contact your local Membership Chair, Andrea Saifman 954-817-1749.

Broward Sierra Club General Meetings

Broward Sierra Club's General Meetings are held the first Tuesday or Wednesday of each month (See schedule below). **This month's meeting and program will be held on Wednesday, May 7th at the Anne Kolb Nature Center.** Take I-95 to the Sheridan St. exit. Go East past Federal Hwy. The entrance to Anne Kolb Nature Center will be on your left (About 1/2 mile after the sign for West Lake Park on the right, before the Intracoastal Bridge). Doors open at 7 PM, committee reports begin at 7:30, and the program begins at 8:00. The meeting is open to the public at no charge.

Next month's meeting will be back at the Fern Forest Nature Center.



Executive Committee Meetings

Held on the 3rd Monday of each month at 7:00 pm, in room 430a of the Broward County Governmental Center. For details call Barbara Curtis at 954-946-7359 or e-mail her at Legalbarb@aol.com.

GENERAL MEETING SCHEDULE AND LOCATIONS

We meet at Anne Kolb Nature Center on the first Wednesday of every odd numbered month, and at the Fern Forest Nature Center the first Tuesday of every even numbered month:

Wed., May 7th: Anne Kolb	Tues., Aug. 5th: Fern Forest	Wed., Nov. 5th: Anne Kolb
Tues., June 3rd: Fern Forest	Wed., Sept. 3rd: Anne Kolb	Tues., Dec. 2nd: Fern Forest
Wed., July 2nd: Anne Kolb	Tues., Oct. 7th: Fern Forest	

EXTREME RECYCLING – By Ina Topper, Environmental Education Chair

Ahhh... the old days of recycling. I still remember my mother taking the buttons off shirts and cutting out zippers when discarding truly worn out clothing. At that time recycling wasn't just "the right thing to do", it was also a basic economic necessity.

Having been raised in a frugal, do not waste anything family, I still treasure some tales of parental post WWII creative ideas... using white curtains for bridal gowns, and chalk nuggets mixed with milk to create off-white shoes. And how about using trays from chocolate boxes as ice cube trays? The motto: if we hadn't saved this or that, we would have been in hot water!

When it comes to modern recycling, we all know the standard items: newspapers, glass, aluminum cans, etc. Or course we have recycling bins, dutifully placed curbside for the day pick-up is scheduled. But in addition to the more common methods of recycling, we could be more creative.

Let's take a fresh look at our recycling/re-use/multiple-use state of mind. How about the approach of "stop and think" before discarding everyday refuse? I'm not just talking about plastic bags and cardboard boxes. How about creating a bit of shelf space in the garage for empty cookie tins and carton cylinders to hold all the nuts, bolts, nails and other related hardware from furniture and appliances we've assembled? Hopefully all Sierra members have a glass jar on the kitchen counter for the paperclips, rubberbands, bag ties, and assorted items that seem to just float our way on a daily basis.



But going even further than that, by creative thinking I mean finding truly new ways for everything non-perishable. Just think of the neighbor we know who threw out a perfectly usable aluminum pie-form after eating the contents, only to go to the supermarket an hour later (by car of course) to buy a new pie-form for the pie she wanted to bake that night!

In our household, re-use as well as invention reached its highest potential when we successfully repaired a tripod leg with the plastic end of a curtain rod. The camera store's estimate of a \$50 repair made us feel only more triumphant.

In my classroom I teach students to print on the other side of used paper for computer printing. And we keep a snippet box for arts and crafts, so that every bit of art material can be re-used for smaller or different projects.

Oh yes, I DO draw the line at recycling lint! An Oprah Winfrey TV segment on tightwads featured one participant who saved a year's worth of lint to fill one sofa cushion.

But enough said. We all get the point of recycling to benefit the environment, but an extra bonus appeared in the dollar aspect of my creative re-use when my husband (an avid Sierra member and environmentalist) showed me on a piece of (recycled) paper, over \$20 per month calculated savings, which amounted to more than \$240 a year... which I used to buy a roundtrip airplane ticket to visit a longtime friend in California.

We welcome any additional creative recycling suggestions from our readers. Email your ideas to carolewalsh@mindspring.com.

EARTH DAY EVENTS

April 19-20, 10am-5pm and 12am-6pm. Museum of Discovery and Science, Downtown Ft. Lauderdale: Lots of exhibitions, demonstrations, organic food and beverage samplings, games and IMAX movies.



April 19, 9am-1pm. Sandy Ridge Sanctuary, Coral Springs: Whole Foods Market will furnish goodies, and there will be lots of plants and animals to see.

April 19, 8:30am-1:30pm. John U. Lloyd State Park, Dania Beach: Earth Day Work Day & Pot Luck Picnic with Ranger Carmelo Duesler, who is wonderful teaching children and young people about the environment. Includes age-appropriate service activities. For info, or to RSVP contact Janine Griffiths at 954-764-7782 or <dragnfli@bellsouth.net>.

April 26, 10am-3pm. The Anne Kolb Nature Center at West Lake Park - Give Thanks for the Environment Day/Renew the Earth: Free presentations and exhibits, children's craft area, nature walks at 11am and 12pm, featured short film "Story of Stuff," and you can recycle all your "other" plastics - toys, furniture, flower pots, and plastic containers #4 through #7. (Stop by the Sierra table and say hello.)

April 27, 8am-1pm. RecycleWorks needs your help at the Florida AIDSWalk! Volunteer to help the RecycleWorks team conduct recycling operations for this huge fun event. Tens of thousands of plastic bottles will be heading for the trash, and RecycleWorks will be there to divert them from the waste stream into the recycled materials program of the City of Ft. Lauderdale. Many hands are needed. Meet at the Ft. Lauderdale City Hall parking garage on the south side at 6:30am or at Huizenga Park at 8:00am. Contact Casey at <ceckels@fortlauderdale.gov>.

Greening Your Workplace, continued from page 1

7. Go "green" when giving back to the community. Some companies participate in charitable events as a company activity; consider supporting charities that promote environmental causes, e.g. participating in a beach cleanup.

The seven steps outlined above are a good start, but there is much more you can do. For more information on steps you can take to "green" your workplace, check out these websites:

http://www.treehugger.com/files/2006/12/how_to_green_your_work.php

<http://earth911.org/blog/2007/06/25/turn-your-office-green>

NEWSLETTER ARTICLE SUBMISSIONS

E-mail articles you think would be of interest to our members to carolewalsh@mindspring.com in Word or text format. (Articles may be edited for space and clarity.)

Next 2 deadlines: Monday, May 5th (June issue) and Monday, June 2nd (July issue).



Local Sierra Group Outings

*To preserve a place, you must believe in it.
To believe in it, you must see it.*



DATE TBA. BIG CYPRESS NATIONAL PRESERVE ADDITION LANDS SWAMPWALK. Join us for a quiet 6 or 7 mile walk through a mix of pinelands, prairie and cypress swamp. Expect to see lots of animal tracks (hopefully Florida panther) in this very beautiful and still wild part of South Florida. Rated moderate. *Cost: \$5.* Contact Leader Matthew Schwartz to sign up: 954-865-4306 <Matthew3222@yahoo.com>



APR. 27, SUN. ANNUAL SIERRA CLUB MIAMI GROUP PICNIC. Join your friends for a fun day at the Miami Group's annual picnic. Details: TBA.
Leader: Jim Gross, 305-665-2401 <JMGross3013@aol.com>



MAY 10, SAT. SUNSET CRUISE ON A TALL SHIP IN BISCAYNE BAY. Enjoy a sunset sail on a 2-masted schooner, out of Miami, around northern Biscayne Bay. The 2 hour sail includes snacks, but you are welcome to bring your own. Bring your mother, wife (Mother's Day is Sunday), a friend or group of friends and enjoy conversation with 'like-minds' or just sit back and take in the fresh, salt air. Rated easy. *Cost: \$27 members, \$30 non-members.*
Leader: Jackie Fisher, 954-434-2855 <jsfisher@bigfoot.com>
Asst: Kip Fisher, 954-434-2855 <jsfisher@bigfoot.com>



MAY 23, FRI. WASTE-TO-ENERGY TOUR of the Wheelabrator South Broward facility. 10AM. We'll observe how Broward County's solid waste (more than 2,000 tons per day) is converted into electrical energy for FPL. The on-site tour takes approximately one hour. Wear pants and closed comfortable shoes as we will be walking in an industrial facility. Rated easy, but you must be able to climb stairs. We will meet after the organized tour to discuss the Sierra Club's policy on the incineration of municipal solid waste. *Cost: \$2 members, \$3 non-members.*
Leader: Pat Widener, 954-929-1410 <patwidener@yahoo.com>



MAY 24, SAT. WEST LAKE KAYAK & HOLLYWOOD BEACH BIKE TRIP. 9AM. This is a two-part trip that includes three hours of kayaking at West Lake (kayaks will be provided), followed by a 30 minute bike trip to Hollywood Beach for lunch. Either bring your own bikes, or you can drive to the lunch spot on the beach and the bikers will meet you there. After lunch, we will bike back to West Lake for our cars. Payment for this outing must be received at least one week before the trip (by May 16) to reserve kayaks. Rated moderate to strenuous. Must be 18 or older. *Cost: \$17 members, \$20 non-members (plus \$1 park entrance fee, and not including lunch).*
Leader: Pat Widener, 954-929-1410 <patwidener@yahoo.com>

We would like to invite you to come on one of our fine educational outings! If you have any questions about an outing, you can check with the certified Broward Sierra Outing Leader in charge of the outing. Some of the outings need no experience; others require some level of proficiency. All participants in Sierra Club outings are required to sign a standard liability waiver. If you would like to read the Liability Waiver before you choose to participate in an outing, contact the leader of the outing or go to <www.sierraclub.org/outings/chapter/forms>.

For sign-up, payment and further information, please contact the outing leader.

Florida Seller of Travel Ref. No. ST37115

LOOK FOR UPDATED INFORMATION ON OUR WEBSITE:
<<http://florida.sierraclub.org/broward>>



SIERRA CLUB HATS & TOTES



Sierra Club apparel is created with organic cotton, renewable resources, and technical synthetics produced to have the least impact on the environment!

The **Sierra Club black twill cap** has a fabric closure, adjustable brass buckle and hideaway closure with the Sierra Club logo embroidered in white on the front. Price: \$7.

The waterproof **Sierra Club Excursion/Tote Bag** is gray with black trim and is ideal for shopping or camping/beach trips. With convenient top zipper, comfortable shoulder straps and tasteful Sierra Club logo on the side. Price: \$10.

Purchase both cap and tote as a "set" for \$15! Please add shipping and handling costs: \$3.50 for 1st item, \$1 for each additional item (please note that each "set" counts as 2 items). Please allow approx. 10 to 20 days for delivery. Due to incredibly discounted pricing we are unable to offer exchanges; returns accepted only for defective merchandise. Please include your check made out to "Broward Sierra Club" along with this order form, and mail to: Broward Sierra Club, PO Box 350432, Ft. Lauderdale, FL 33335.

Name: _____

Address: _____

City/State/Zipcode: _____

Qty	Item	Price/each	Shipping	Price/total
	Hat	\$7		
	Tote	\$10		
	Hat & Tote Set	\$15		
Total Amount				

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Yes, I want to join the Sierra Club! I want to help safeguard our nation's precious natural heritage and receive a free Sierra Club Weekender Bag. My payment is enclosed.

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Contributions, gifts or dues to the Sierra Club are not tax deductible; they support our effective, citizen-based advocacy and lobbying efforts. Your dues include \$7.50 for a subscription to *Sierra* magazine and \$1.00 for your Chapter newsletter.

Membership Categories



	INDIVIDUAL	JOINT		INDIVIDUAL	JOINT
Introductory	<input type="checkbox"/> \$25		Life	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1250
Regular	<input type="checkbox"/> \$39	<input type="checkbox"/> \$47	Senior	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32
Supporting	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100	Student	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32
Contributing	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175	Limited Income	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32

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ADVERTISE IN THE BROWARD SIERRA NEWS

Placing an ad in the Broward Sierra News does more than reach thousands of local, environmentally sensitive readers. It also helps to offset the costs of printing and mailing the newsletter, making it possible to continue to alert you to issues of local importance and the actions you can take, as well as inform you of events, outings and meetings of the Broward Sierra Club group.



	1 issue	3 issues
Business card size ad (3-3/4" x 2")	\$55	\$150
Double size ad (3-3/4" x 4")	\$95	\$255
1/2 page ad (7-3/4" x 5")	\$195	\$525

If you would like to place an ad, please contact Max Goldstein at 954-296-3411 or email him at <maxgold@yahoo.com>.