



Recycled paper



We hope you enjoy our newsletter. Why not join us right now? Come along on an outing. Get involved, learn about local environmental issues and how they affect you and your community. Just use the form on the back page, or go to our website at <http://florida.sierraclub.org/broward>, and click on the "Become a member" link.

AN END TO TOILET PAPER AS WE KNOW IT?

– By Tanya Tweeton, Broward Sierra member



Here's a belated New Year's Resolution we can all resolve to try. America is the largest market in the world for toilet paper. But this is definitely not a sustainable practice. In the 1970's an EPA study concluded that by using 1 ton of 100% recycled paper saved 4,100 KWH of energy to power an average home for 6 months and also saved 7,000 gallons of water. It would keep 60 pounds of pollution out of the air and save 17 trees. Those statistics were impressive enough for me to decide to be earnest about buying only recycled toilet paper. Yes it might be more expensive to purchase, but I wanted to try to be as green as possible. While researching however, I found out more.

Recycling paper is fairly easy to do. It helps to reduce the amount of paper in landfills and is also an important factor when considering how we can reduce our carbon footprints. Did you

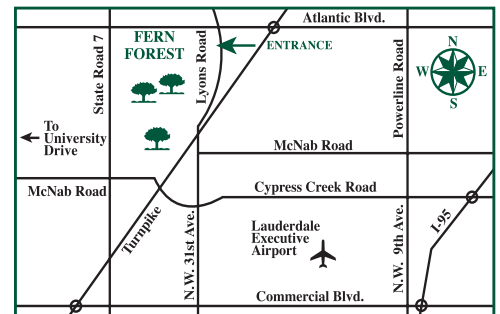
know that each of us uses an average of 700 pounds of paper products every year? Paper makes up one third of the material that goes into landfills. But let's talk about toilet paper that goes down most drains into our sewer system. What happens in our water?

Making a roll of white toilet paper from pulp includes a bleaching process to make it whiter, using chemicals which produce a bleaching by-product called Dioxin, one of the most toxic of human made chemicals. When Dioxin is released into the environment, it does not easily break down because natural bacteria does not effectively break it down. When we buy toilet paper bleached

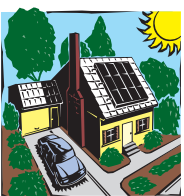
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Broward Sierra Club's General Meetings are held at 7:30 pm at the Fern Forest Nature Center. Each month we have an educational program on conservation or ecological issues.

DIRECTIONS: The Fern Forest Nature Center, 201 Lyons Road South, Coconut Creek, just south of Atlantic Blvd. on the west side of the street. (From the south, NW 31 Ave. becomes NW 46 Ave., and then Lyons Rd. as you pass under the turnpike.) Committee reports begin at 7:30, and the program begins at 8:00. The meeting is open to the public at no charge.



Thursday, Apr. 3rd: Our speakers will be **Andrea Ruth Gundersen** and a member of the Nova Southeastern University (NSU) Oceanographic Center. She will talk about the **Nova Southeastern University Staghorn Coral Nursery Project**. Researchers at the NSU Oceanographic Center are exploring scientifically sound approaches to understand, assess, monitor, restore and mitigate injured coral reefs. Ms. Gundersen is a recreational scuba diver and an attorney and a member of the Dive Bar, which has worked with NSU Oceanographic on the Staghorn Coral project.



Thursday, May 1st: Our speaker will be attorney **George Cavros**. George's primary practice areas are energy and environmental law. He is a former Excom Chair of the Broward County group, and his discussion/presentation will be on the challenges and opportunities in the energy sector for **clean energy solutions to combat climate change**.





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Executive Committee Meetings

are held on the first Monday of each month. Contact Ina Topper at 954-722-9944 or irtopper2000@cs.com for time and location.

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. Phone 415-977-5653 or e-mail: <address.changes@sierraclub.org> or <membership.services@sierraclub.org>

The Broward Sierra News is available every other month in electronic format. Additionally, to keep you apprised of current Broward Sierra Club events, they will be listed on our website: <http://florida.sierraclub.org/broward>. If you would like to receive reminders of these events e-mailed to you, **subscribe to our Yahoo newsgroup**. The address is: <http://groups.yahoo.com/group/BrowardSierra>. Simply click on the blue "Join this Group" icon and follow the instructions. You may have to create a Yahoo ID first, which is easy and free. This will also allow you to sign up for any of the other numerous Yahoo groups. Also like our **FaceBook page** at www.facebook.com/BrowardSierra, and follow us on **Twitter** at twitter.com/BrowardGroup.



OKEECHOBEE RIM BIKING

– By Darryl Rutz, Broward Sierra Excom member

A great group of South Florida Sierra Club members took the challenge and biked 29 of the 114 mile Florida Trail around Lake Okeechobee. We all met at the quaint S and T Fish Camp on the Rim north of Pahokee. At the fish camp level it was warm and there was the concern that this would be a hot ride. As soon as we got up on the dike we felt the cool breeze. The plan was to go north for 7 miles, return to the mid-point then go 7 miles south and back.



We were surprised by the number of cyclists going at top speed on the paved trail. We later found out that there were two bike races going on. One was going around the lake and the other race started in West Palm Beach going

around the lake and back to WPB. With all this activity we had to stay alert since we were mostly sightseeing.

At the North Point we stopped, had lunch and took a break. The wind was not a big factor in the ride. On the way south the slow breeze was coming from the west, and when we

were at the southernmost point there was practically no wind. Here we saw the lock that dumped toxic water into the St. Lucie Canal, causing all the damage to the canal and the lower Indian River Lagoon. In the evening it was a little warmer, but happily, no rain.

Besides the physical exercise, we enjoyed the natural beauty of the lake which was like a mirror, rim canal and the wildlife. Most interesting were the many warblers that would fly up from the grass as we approached them, only to land ahead and repeat the process. There were many water birds perched on the perimeter trees, and of course we saw several gators.

Four and a half hours later we were back at the fish camp. We got some refreshments at its Gator Hole and enjoyed the live music (at this time the outing was officially over). Being hungry we went up the road 9 miles and ate at The Happy Hour Tavern. They had great food and local atmosphere.

The outing was fun, strenuous and refreshing, and enabled us to enjoy the natural and human community of the Okeechobee Rim.



ALL ABOARD FLORIDA ANNOUNCES FT. LAUDERDALE STATION

– By Barbara Ruge, Broward Sierra Vice-Chair



All Aboard Florida, the planned direct rail system, moving people from Miami to Orlando "marks a milestone." The Fort Lauderdale station location has been announced. The station to be located adjacent to the Florida East Coast Railway corridor on NW 2nd Avenue, will be situated between Broward Blvd. and NW 4th St. Supposedly, the station in this northern section of downtown Fort Lauderdale will "catalyze growth, spur job

continued on next page

Local Sierra Club Outings & Events

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



MAR. 29, SAT. 10,000 ISLAND OF EVERGLADES NATIONAL PARK DAY KAYAK. We'll kayak about 5 hours through mangrove tunnels and beautiful islands and learn about their ecology. We'll see plenty of wildlife including birds and hopefully playful dolphins. We'll set out from Chokoloskee which is just south of Everglades City. Join us now before summer comes and the mosquitos make it unpleasant! Rated moderate to strenuous (depending on the wind). *Suggested donation: \$10. You may rent a single kayak for \$60, a double for \$65, or bring your own.* Afterwards plan on dinner at the quaint and colorful Camilla Street Grill (on you). Leader: Manuel Monteiro 954-815- 6230 <manuel_monteiro@yahoo.com>. Asst. Leader: Judy Kuchta 305-308-8913 <judykuchta@yahoo.com>.



MAR. 30, SUN. CANOE/KAYAK ON THE NORTH FORK ST. LUCIE RIVER AQUATIC PRESERVE near Port St. Lucie. Canoeing and kayaking. (www.dep.state.fl.us/coastal/sites/northfork/default.htm). Bring your own boat, or kayak rentals are available for \$34 single kayak, \$68 double kayak. Rated moderate. *Suggested donation: \$3 members, \$5 non-members.* Leader: Chas Hunt 561-967-4770 <loxoutings@comcast.net>.



APR. 5, SAT. HIGH RIDGE SCRUB NATURAL AREA CLEANUP. We will remove trash and invasive species from a historic Palm Beach County natural scrub area. Wear old clothes, long pants, t-shirts, sneakers or hiking boots. Maximum 15. Rated easy to moderate. *No charge.* Directions: From I-95, exit at Hypoluxo Road and travel west to High Ridge Road - turn left and go south for 1/2 mile. The natural area is located on the left (east side) at 7300 High Ridge Road. The parking is limited so if possible, please carpool. For details contact outings leader Connie Tuisku <ctuisku@gmail.com>.



MAY. 10, SAT. (Mother's Day weekend) WINE TASTING FUND RAISER FOR THE BROWARD SIERRA GROUP. Wine tasting fund raiser for the Broward Sierra Club group. We'll sample several different wines, which will accompanied by delicious snacks. Come and enjoy the fun and learn more about our group. Location TBA. *Donation: \$30.* Contact: Sue Caruso 954-684-6747 <susan.caruso@att.net> or Judy Kuchta 305-308-8913 <judykuchta@yahoo.com>.

We would like to invite you to come on one of our fun and educational outings! If you have any questions about an outing, please check with the certified Sierra Outing Leader listed for the outing. Some of the outings need no experience; others require some level of proficiency. All participants 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>.

Florida Seller of Travel Ref. No. ST37115

Unless otherwise stated, the costs for each outing represent a best estimate of actual shared expenses, for food and transportation and other direct expenses.

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

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

APR. 5, SAT. EARTH DAY FESTIVAL from 10:00 a.m. to 4:00 p.m. Sawgrass Sanctuary Park (237 North New River Circle, Sunrise 33326) featuring live entertainment; a Kids' Korner with children's activities, bounce houses, face painting, arts and crafts and more; handcrafted goods; fantastic food and beverage vendors; unique retailers; and non-profit exhibitors.

APR. 13, SUN. EARTH DAY CELEBRATION at Barnacle Historic State Park, 3485 Main Hwy., Coconut Grove, FL.

APR. 19-20, SAT.- SUN. EARTH DAY FAIR at University Woodlands Park in Boca Raton.

APR. 12, SAT. 19TH ANNUAL EARTH DAY CELEBRATION at Bahia Honda State Park in the Florida Keys 12 miles south of Marathon on U.S. Highway 1 at Mile Marker 36.8, ocean side. There will be live music, food and activities including: face painting, fish printing and a sand sculpture contest. We'll also have environmental exhibits and booths, a marine life touch tank and children's activities. For more information, please call the Bahia Honda Sand and Sea Nature Center at (305) 872-9807.

All Aboard Florida, continued from previous page

creation and stimulate under-utilized areas." This location will be able to provide connections to other transportation systems, such as Sun Trolley, Broward County Transit buses, and the Wave Streetcar.

The Fort Lauderdale station is one of four planned along the All Aboard Florida route. It will be multi-storied, with lobby, lounge, and food/beverage areas for the comfort of customers and passengers.

"For decades, Broward County's residents and businesses have advocated for passenger rail in the FEC corridor, and soon that vision will become a reality with All Aboard Florida," said Broward County Mayor Barbara Sharief. "The downtown Fort Lauderdale station will help stimulate our economy and boost our tourism industry."

All Aboard Florida's three other stations will be located in Orlando, as part of the International Airport, in downtown Miami, and in West Palm Beach.

You can obtain timely reports and information about the plans and progress of All Aboard Florida by going to their website at www.allaboardflorida.com. Make your voice be heard – add your input. Information contained in this article is compliments of www.BrowardMPO.org and All Aboard Florida.

My opinion: this enterprise should have been by the people, for the people, of the people, built and owned by Florida taxpayers from our Federal grant funds (refused by our Governor). We remain at the mercy of a private corporation, and this transportation alternative may not be affordable to all the people who need it. Time will tell.

with chlorine, used as a paper whitener, we are supporting the paper mills that pollute our environment with dioxin and other products. There are over 500 paper mills in the United States!

Why are we as a society, so sick? So much cancer, etc. Part of the answer lies with the use of toilet paper. Although direct usage of toilet paper with dioxins may not cause health issues, when the paper is flushed down the toilet into the sewage system, the dioxins find their way into the environment. Long term effects of dioxin on our bodies have been found to promote cancer in humans. Behavioral effects and learning disorders were also found in monkeys at just 10 times the dioxin levels found in our bodies. But wait there's more! It was also found that there is potential for decreased immune responses in monkeys and mice at 25% BELOW the dioxin level in our bodies. Decreased male sex hormones, diabetes occurrences at certain dioxin levels in our bodies, sperm loss, and Endometriosis, occurring at only 10 times the dioxins levels found in our bodies.

Those who are more exposed to the dangerous bleach agent dioxin would be those who eat a lot of fish, workers involved in incineration operations, those who handle pesticides, those

working in wood treatment plants, fire fighters and people exposed to industrial accidents and toxic wastes, nursing babies and anyone who was exposed to Agent Orange during the Vietnam war.

So the answer to curtailing the manufacture of our regular white paper rolls would be to buy unbleached toilet paper. How can we tell if we are buying unbleached, environmentally safe toilet paper? Look for these terms; unbleached, processed chlorine free, totally chlorine free, elemental chlorine free.

Another green option we could consider would be to install one of the high tech versions of the new toilets that wash in front or behind, with water. Some models are certainly not inexpensive. But other less fancy models are in line with regularly priced toilets. 74% of Japanese households already use these high tech toilets. Growth of these modern high tech toilets is estimated to be around 15% a year. The high tech toilets use much less water (and electricity that is required to produce toilet paper) according to the Miami Herald. The water stream is small and aerated, using one to two tenths of a gallon of water. Thus having a toilet like this will allow you to keep your roll of toilet paper much longer. .

Or we can buy bidets, like most European countries use, thus using less toilet paper as well. Some of the modern bidets blow air to help the user dry off.

Reusable toilet paper is another option, usually a stack of homemade cloth wipes made from old materials. If that seems too weird,(it would NOT be my option) try the recycled unbleached paper.

According to the EPA, if everyone in the USA exchanged only one, just ONE roll of regular toilet paper for a roll of recycled unbleached toilet paper, it would save 470,000 trees! It is not too difficult a belated New Year's Resolution to find recycled unbleached toilet paper and change our ways. Try looking for it at Target, Walmart, K-Mart, Costco, and Safeway. They also can be ordered on line at Amazon and Drugstore.com.

Resources:

1. Toilet Paper Environmental Information, The Toilet Paper Encyclopedia
2. [ENN: Environmental News Network](#) – Know your Environment (an on-line newspaper)
3. The Miami Herald, Sunday March 9, 2014

GOING, GOING, GONE?

Sea turtles date back nearly 90 million years and are among the Earth's oldest surviving species. All 6 species of sea turtles are protected under the Endangered Species Act. Sierra Club has mounted a major effort to defend and preserve threatened habitats before their inhabitants are gone forever.



Help protect our animal friends; because once they're gone, they're gone.

Join the Sierra Club and receive a FREE Sierra Club Weekender Bag! (While supplies last)



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Card Number _____ Exp. Date ____/____/____

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
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DONATE TO PROTECT FLORIDA'S WILDLIFE HABITATS



You can help protect the Florida Panther and other native flora and fauna through litigation and education. This fund, The Sierra Club Foundation was created by your Broward Group. Your **tax-deductible gift** will support our conservation work and lawsuits challenging the National Park Service and other agencies that seek to reduce or cause harm to Florida's natural resources.

Please make your check payable to:

The Sierra Club Foundation

In the notes, write "Broward Sierra Group"

Mail your donation to:

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