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Please Recycle



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.

**VANISHING SPECIES FOLLOW UP** – by Ina (Oost) Topper,  
Broward Sierra Excom Chair, and Education & Recycling Chair



Just as I was writing the previous newsletter's article about rare species which are disappearing in disastrously fast numbers, I learned that the Sierra Club's theme for this year's King Mango Strut was the possible extermination of the Bartram's Hairstreak butterfly (which is expected to be added to the endangered species list this summer) in Dade County's Rockland Pine forest.

Also found there is the Atala Hairstreak butterfly, which almost went extinct in the middle of the 20th century. In place of this still pristine stand of magnificent Dade pine trees (less than 1% left) is soon to be another strip shopping mall, possibly with a Walmart.

The theme of this rare butterfly was chosen by our joint Miami-Dade/Broward Sierrans to send a strong message to the public. Also, we looked great in an assortment of different butterfly outfits, some with light-flashing wings on our shoulders chasing business suited 'developers' with giant nets, in a satirical role reversal.

In addition to the butterflies, there's also the possible extermination in this area of a very rare green Tiger beetle, with its shiny copper-like exterior, in addition to the federally protected Bonneted Bat which still can be found in this area.

We often do not realize how many rare animals and plant species are calling South Florida home. Therefore, this year's Sierra participation made a point of drawing attention to our unique environment. The public lining the streets of Coconut Grove watching the Strut (terrific attendance, again) broke out in spontaneous applause at every corner were we turned - a sign that we did, indeed, touch a rare species nerve with all those who came to see the parade. More pix in our Photo Gallery at <http://florida.sierraclub.org/broward>.

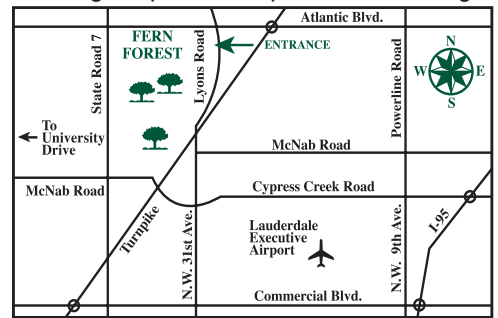
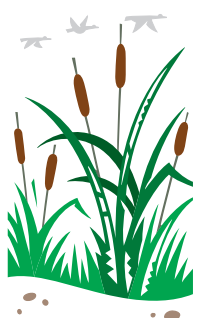
**HAPPY NEW YEAR,  
BROWARD SIERRA!**



The members of Broward Sierra executive committee would like to extend our best wishes for a healthy 2015 to all our members and their families. We also would like to thank you all for your dedication to the cause of protecting our environment – by your membership, donations, rallying, volunteering, and signing the many petitions and letters that come from the Sierra Club and other relentless organizations striving to save our Planet.

**Broward Sierra Club's General Meetings - 1st Thursday of the month at 7:30pm at 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, February 5th: Restoring the greater Everglades ecosystem** is vital to managing flood control, the water supply, ecosystem health, and the impacts of climate change in South Florida. The Comprehensive Everglades Restoration Plan (CERP) includes a series of projects designed to revive this valuable ecosystem. The Broward County Water Preserve Areas (BCWPA) project is the only CERP restoration effort in located in Broward County. **Audubon Florida's Dr. Tabitha Cale** will explain how the BCWPA will improve the health of over 700,000 acres of wetlands and what you can do to support this important project.

**Thursday, March 5th: Kathy Alemo of Clean Water Action** will be discussing **fracking and oil drilling in the Everglades**, its effect on our water supply in the form of toxic wastewaters and deep-water injection. She will also be talking about the need for laws that would protect us and our water supply.



**SIERRA CLUB**  
FOUNDED 1892

## The Broward Sierra Club Leaders

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### ExCom Member at Large

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jessica.deblois@gmail.com

### Executive Committee Meetings

in 2015 will be held on the First Wednesdays of the month at Total Wine in Plantation. Some exceptions may apply in some months. Announcements of meetings are emailed to members monthly.

### Membership Corrections -

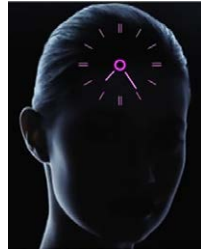
To expedite any membership change (new addresses, etc.) or problems with your membership records, please send your name, member number, old and new address or problem to: **Member Services**, 85 Second Street, San Francisco, CA 94105-3441. Phone 415-977-5653 or e-mail: <address.changes@sierraclub.org> 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](http://www.facebook.com/BrowardSierra).



## DARK SKIES - PART 2

— By Eric Vandernoot, FAU Astronomy & Physics Lab Coordinator; V.P. South Florida Chapter, International Dark Sky Association ([www.idasouthflorida.org](http://www.idasouthflorida.org))



For one billion years, life has utilized the Earth's natural day-night rhythms. Imbedded in DNA are instructions to alter some internal cellular functions in according to a natural body clock, called a "circadian rhythm." These altered functions include "cellular house-cleaning" and daily maintenance to cells and the DNA itself to deal with all the potentially cancer causing insults that life endures daily. These insults exist as cell damaging ionizing radiation or as bad chemicals that taint food or our air. Much like automotive maintenance, life works its cells during its active phase and during its quiescent or sleeping phase; life repairs itself.

As seasons progress through the year, daytime/nighttime hours vary. To stay in synch, life needs to sense this external change. Its cue is the day's varying light levels. External light "entrains" or sets circadian rhythms. While plants' "photoperiodism" is set by red and infrared light levels, animals and people are set by the blue of the daytime skies. You may have noticed that you become more alert quicker waking up to sunny blue skies as opposed to overcast skies or that you can easily work late into the night at a computer screen or reading a handheld smartphone. Like a puppet on strings, our circadian rhythms can be reset by blue light to daytime conditions, even when it isn't.

Besides the image forming rod and cone cells, our eyes also have some retinal ganglion cells that are photosensitive. They measure incoming light levels, protectively adjust our pupils' sizes and send signals back to our pineal gland, via the hippocampus' suprachiasmatic nuclei, from releasing the hormone melatonin into our blood, if it is daytime. When darkness comes, the released melatonin helps us sleep, starts our cellular repair-work and also removes damaging free radicals. For women, it also turns off other hormones, such as estrogen & progesterone. In daytime, these hormones cause her breast tissue cells to continually divide, potentially triggering DNA "transcription" or copying errors, which can lead to cancers. At night, the melatonin avoids such possible problems by preventing their occurrence. Over the long term, artificial alterations to our circadian rhythms can cause health problems.

Since the 70s, we learned that rates of breast cancer are higher in industrialized cities, but its cause was unknown. In 1987, the cancer/artificial lights at night linkage hypothesis was introduced. Evidence that confirms this hypothesis includes:

- Four studies from different nations show that blind women have half the rates of breast cancer as fully sighted women.
- A Nurse Health Study found a definite increase in cancer rates for those nurses who worked a rotating night shift for just three nights per month.
- That lights at night matched higher breast cancer rates in Israeli women but not their lung cancers.
- Another large study in Israel found that women who slept in

*Continued on page 4*

## DON'T MISS...

**Palm Beach Dark Sky Festival Saturday, Feb. 21**, 6-10pm at Okaheele Nature Center, 7715 Forest Hill Blvd, West Palm Beach. Stargazing, wildlife presentations, food trucks, exhibits, nature walks, children's activities, campfire & more. [www.pbcgov.org/erm/darkskyfest](http://www.pbcgov.org/erm/darkskyfest).

**The 13th Annual Broward Water Matters Day Saturday, Mar. 14**, 9am-



3pm at Tree Tops Park, 3900 Southwest 100th Ave., Davie. This fun, activity-filled event focuses on teaching residents about the need to conserve and protect water for people, plants and animals. The event is packed with exhibits, workshops, giveaways, children's activities, and entertainment. Please stop by the Sierra Club booth and say hi.

## VOLUNTEER OUTDOORS



**Fern Forest Cleanup Saturday, Feb. 14th & Mar. 14th**, 9am-noon

Let's give back! Our general meetings are held each month at beautiful Fern Forest Nature Center at no cost to us. Please join us to help remove exotic plants that are altering the delicate balance of this ecosystem. Wear long sleeves, long pants, sturdy shoes and bring a container of water. All other equipment will be provided. We'll meet at the visitor center at 9am and work until noon with a short break. This is a great way to get some exercise and make a difference! For more info contact Sue Caruso 954-684-6747 <susan.caruso@att.net>.

**Annual Waterways Clean Up Saturday, Mar. 7**, 9am-noon

Volunteers needed from Sierra Club to help clean up the environment during the 38th Annual Waterways clean up. Up to 18 tons of trash removal has been reported each year in the past. How shameful! Anne Kolb Nature Center in Hollywood. Leader: Judy Kuchta 305-308-8913 <judykuchta@yahoo.com>.

# Local Sierra Club Outings & Events

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



**FEB. 7, SAT. BIKING IN RIVERBEND PARK IN JUPITER.** Leisurely bicycling on hard-packed bike trails in the new Riverbend Park through Cypress stands and around watery sloughs. Bicycle helmets are REQUIRED on all Sierra Club bicycle outings. Rated moderate. Limit 20. \$3 members, \$5 non-members plus bike rental if necessary. Leader: Ron Haines 561-315-0528 <RonaldHaines@bellsouth.net>.

**FEB. 14, SAT. FERN FOREST CLEANUP.** See description in Volunteer Outdoors on previous page.

**FEB. 14-16, SAT.-MON. FAMILY CAMPING AND SAFARI ADVENTURE** at Lion Country Safari KOA. Geared toward family campers with children of all ages. You must make your own reservations (Lion Country Safari KOA 561-793-9797). Ask for the special camping discount with tickets to Lion Country Safari - \$135 for a family of up to 4 people for 2 nights and includes 2 day admission to Lion Country Safari. Cabins available for an additional charge. Bring items to barbecue and something to share for two dinners. Pancakes and sausage breakfast will be provided Sat. & Sun. Lunch is available at Lion Country Safari for \$5-10 per person. Rated leisure. Suggested donation: \$10/adult to cover cost of breakfast and s'mores. Bring camping equipment, utensils, chairs and flashlights. You will need sleeping bags if you reserve a cabin. Reserve your spot soon. Must register with the outing leader before Feb. 1. If you have any questions, contact Outing Leader: Kathy Teas <kathy.teas@florida.sierraclub.org>.



**FEB. 21, SAT. LOXAHATCHEE RIVER KAYAK.** This is one of the best kayak trips in Florida. From closed in scenery where you can hardly see the sky, to views of open sky with osprey nests on tree tops. Abundant wild life. Approx. 6 hours, with a stop in the middle at Trapper Nelson's old settlement for a lunch break (on you) and a guided tour of the settlement. The put in is at Riverbend Park in Jupiter at 9am and the take out is at Jonathan Dickinson State Park. An outfitter in Riverbend Park rents kayaks and shuttles renters back to Riverbend Park. Single kayak for \$52 and double kayak for \$62. Or you can bring your own kayak - the outfitter charges \$20 to bring you and your kayak back to Riverbend Park. Suggested donation to Broward Sierra Club is \$15. If interested please contact Manuel Monteiro 954-815-6230 <manuel\_monteiro@yahoo.com> or Judy Kuchta 305-308-8913 <judykuchta@yahoo.com>.



**FEB. 28, SAT. BIRDING IN RETENTION AREA 5.** This easy dry 8 mile walk will enable folks to learn about and explore one of the best places to view wildlife in Florida, particularly birds. There are also alligators, otters and snakes. Located about 1.5 hours from Ft. Lauderdale. We'll meet at a central location and car pool there. The interesting drive goes through the Seminole Indian Reservation. This will be an all-day outing so bring food and water, a shade hat, comfortable walking shoes and proper long sleeve clothing. Recommended donation is \$10. For more information or to reserve a spot, contact Outing Leader: Darryl Rutz 954-892-1740 <drrutz2@msn.com>.



**FEB. 28, SAT. DAY KAYAKING/CANOEOING AT ST. LUCIE INLET PRESERVE STATE PARK** near Stuart. This barrier island is accessible only by boat. A 3300 foot boardwalk takes visitors across mangrove forests and hammocks of live oaks, cabbage palms, paradise trees, and wild limes to a neatly preserved beach. The island is an important nesting area for loggerhead, leatherback, and green turtles. We'll paddle across the Intracoastal and explore the tidal creeks. We'll have lunch and go for an ocean swim on a pristine secluded beach. Rated moderate. \$3 members, \$5 non-members if you bring your own kayak or canoe. Rentals are available. Bring a lunch to share. Leader: Chas Hunt 561-967-4770 <loxoutings@comcast.net>.



**MAR. 7, SAT. ANNUAL WATERWAYS CLEAN UP AT ANNE KOLB NATURE CENTER.** See description in Volunteer Outdoors on previous page.

**MAR. 14, SAT. FERN FOREST CLEANUP.** See description in Volunteer Outdoors on previous page.

**MAR. 14, SAT. 13TH ANNUAL BROWARD WATER MATTERS DAY.** See description in Volunteer Outdoors on previous page.

**MAR. 20, FRI. AN EVENING WITH THE STARS** at Fern Forest Nature Center. The South Florida Astronomers Association hosts this gathering and is free to the public. Suggested donation to the Sierra Club \$3. Let's participate and learn the importance of a dark sky. Leader: Max Goldstein 954-296-3411 <maxgold@yahoo.com>.



**MAR. 21, SAT. ARM LOXAHATCHEE NATIONAL WILDLIFE REFUGE PADDLE IN WESTERN BOYNTON BEACH.** Experience the Everglades as we paddle along the canoe trail in the Loxahatchee National Wildlife Refuge. Bring your own kayak or canoe or rent a kayak or canoe from the outfitter, Loxahatchee Canoeing, 561-733-0192, \$33 canoe, \$28 single kayak, \$40 double kayak. Bring insect repellent and dress for the weather. Limit 20. Rated moderate. Suggested donation \$3 members, \$5 non-members. Leader: Ron Haines 561-315-0528 <RonaldHaines@bellsouth.net>.



**MAR. SAT. OR SUN. DATE TBA. FAKAHATCHEE STRAND PRESERVE STATE PARK SWAMP WALK.** Copeland, FL. Join us for a guided swamp walk in a lush environment filled with ferns and bromeliads. Learn what type of habitat is required to grow more native orchid species (including the famous ghost orchid) in a wilderness setting, than anywhere else in the U.S. Rated moderate due to uneven footing, mostly under water. Cost TBA. For more information contact Outing Leader: Jackie Fisher 954-434-2855 <jfsf812@bellsouth.net>.



**APR. 4, SAT. SHARK VALLEY FULL MOON BICYCLE RIDE AND FUNDRAISER.** If you haven't done this before, you'll marvel at the beauty of the Everglades' open space and mysterious wildlife. During this 15 mile ride you will see the sun set and the moon rise. We'll start at 6pm. Cost \$10 and for your contribution we'll have delicious snacks at the lookout tower. Rated moderate. Leader: Judy Kuchta 305-308-8913 <judykuchta@yahoo.com>, Assist Manuel Monteiro 954-815-6230 <manuel\_monteiro@yahoo.com>.



**APR. 11, SAT. BROWARD SIERRA CLUB WINE TASTING FUNDRAISER.** Please join us at 6:30 p.m. at Total Wine at The Fountains in Plantation (801 S. University Dr., Plantation). We will be sampling American wines and tasty appetizers to satisfy everyone's palate. The cost is \$20.00 per person. Come join us for a fun night out and a good cause! Please RSVP by April 8th to Sue Caruso 954-684-6747 <susan.caruso@att.net>.



**LATE APR. DATE TBA. FLORIDA'S NATURAL SPRINGS.** Details are currently being developed. This will be a two day outing calling for an overnight stay. The goal is going on the famous Ichetucknee River north of Gainesville. Those participating in this outing will learn how these beautiful springs are being endangered. This will be a 5.5 hour trip and will call for carpooling. An effort will be made to invite other Sierran's from other groups. Please contact Darryl L. Rutz 954-892-1740 <drrutz2@msn.com> if you are interested.



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 <[http://vault.sierraclub.org/outings/national/participantforms/forms/individual\\_waiver.pdf](http://vault.sierraclub.org/outings/national/participantforms/forms/individual_waiver.pdf)>. 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>>**

# STATE OF FLORIDA BUDGET DIRECTIVES FOR THE ENVIRONMENT

– by Barbara Ruge, Broward Sierra Vice-Chair & Lic. Real Estate Broker



According to the Florida Association of Realtors (FAR), the State budgeted funding for water quality control projects. The budget earmarked \$167.8 million for Lake Okeechobee, Indian River Lagoon and Everglades cleanup projects. This money will help pay for reservoirs, muck removal, elevated bridges to restore Everglades water flows south of the lake, and research. Additionally \$25 million for springs restoration was approved. The FAR, while an economic professional support organization, lobbies hard for the benefit of Florida property owners, and it is an ardent environmental advocate. This is not by accident. People want to play, live and buy Florida real estate. Good water quality, beautiful beaches, clean waterways, natural park lands, abundant wildlife, all for people's recreational enjoyment and good health are vital for Florida's economy to thrive.

Dark Skies, continued from page 2

brighter bedroom settings had stronger associations with higher cancer rates.

- Human women's melatonin rich blood was injected to slow implanted breast cancer tumor growth rates in laboratory animals by 80% compared to usage of melatonin poor blood.
- And that dim light exposure at night, such as the amount leaking into a dark room from under a door or through a window, increased tamoxifen therapy resistance of breast cancer tumors in animal tests.

Additional questions include prostate cancers, obesity rates, and depression, in addition to poorer sleep patterns in much of the general population.

Light is not a problem for biology; it is the biological reactions to incorrectly timed light that is the problem. As we are not about to change our DNA to accommodate a bunch of poorly designed lights, we need to better control or reduce artificial lights at night to accommodate life.

# OUR FLORIDA REEFS

– by Ana Zangroniz, Awareness & Appreciation Coordinator, Florida Department of Environmental Protection Coral Reef Conservation Program



The Coral Reef Conservation Program (CRCP), is in the midst of an exciting project called Our Florida Reefs (OFR). OFR is a community planning process that has been underway for about a year and a half. This project is administered by the Coral Program, and will create comprehensive management for the northern 1/3 of the Florida Reef Tract, which stretches from northern Miami-Dade all the way up to Martin County. No management plan exists for this portion of the reef system.

Since 2003, things have evolved tremendously. The Coral program now oversees the Southeast Florida Coral Reef Initiative, a group comprised of individuals representing academia, science, private businesses, non-governmental organizations, and other stakeholders (fishing, diving, boating, etc.) When first formed, the SEFCRI observed the decline in Southeast Florida's reefs and identified four major threat areas:

- (Lack of) Awareness and Appreciation
- Maritime Industry and Coastal Construction Impacts
- Land-based sources of Pollution
- Fishing, Diving and Other Uses

In the past decade, a multitude of projects were developed (called Local Action Strategies or LAS) and implemented, some still ongoing. The Our Florida Reefs process is the result of data collection and will determine the future management of these reefs. For more information, please see the website for this project: <http://ourfloridareefs.org/about/>.

SEFCRI and Our Florida Reefs needs your help. The Coastal and Ocean Use user survey collects activity, site and frequency data (i.e., surfing, kayaking, boating, fishing, etc.). Besides contributing public comment via the OFR website, this is a very significant way that members of the public can participate in this process. Here is the link to the survey: <http://ourfloridareefs.org/tool>.

Help SEFCRI get the word out about OFR by viewing and forwarding several short Public Service Announcements for Our Florida Reefs. These feature real citizens, not actors. These can be found on the Florida Coastal Office YouTube page: <http://tinyurl.com/OFR-videos>

# 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:

Broward Sierra, P.O. Box 550561, Davie, FL 33355

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



**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.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (optional) (\_\_\_\_) \_\_\_\_\_

E-mail (optional) \_\_\_\_\_

Check enclosed, payable to Sierra Club  Mastercard  Visa  AmEx

Cardholder Name \_\_\_\_\_

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
Introductory	<input type="checkbox"/> \$25		Life	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1250
Standard	<input type="checkbox"/> \$39	<input type="checkbox"/> \$49	Senior	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Supporting	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100	Student	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Contributing	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175	Limited Income	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35

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Enclose check and mail to: **Sierra Club**  
P.O. Box 421041, Palm Coast, FL 32142-1041