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

Learn About Conservation Tips AT OUR SF Valley Sierra Club WEBSITE:
http://angeles.sierraclub.org/sfvj/

(See names, phone numbers and emails of our San Fernando Valley Management Committee in the sidebar)
If you can’t see newsletter, click here

PLEASE JOIN US!

Tues, May 21, 2013
Dave Weeshoff, Past Board Chairman of International Bird Rescue
will present

**Oil Spills – Causes, Effects and Responses**

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

Come and learn all about oil spills including their causes, typical bird species affected, rescue operations, care, cleaning and rehabilitation of the birds involved and typical spill cleanup. He will also cover the Cosco Buson spill in San Francisco Bay in 2007 as well as the Deepwater Horizon oil blowout in the Gulf of Mexico in 2010. (see article below)

There will be socializing and refreshments. Start 7:00pm.

---

International Bird Rescue Helps Birds of Oil Spills

*By Elaine Trogman*

*From International Bird Rescue site. [WWW.bird-rescue.org](http://WWW.bird-rescue.org)*

In January 1971, two oil tankers collided under the Golden Gate Bridge, spilling more than 800,000 gallons of crude oil into the San Francisco Bay. Little was known about oiled bird care at that time and despite the courageous attempts of hundreds of volunteers, only 300 birds survived from the 7,000 collected. Since then much has been learned. Alice Berkner came up with the concept of International Bird Rescue (IBRRC) while trying to help the more than 7,000 birds that filled warehouses around the San Francisco Bay Area during its 1971 oil spill. Alice directed the organization for fifteen years, until 1987, and led the early research and spill responses that built the foundation for the oiled aquatic bird care that we are able to offer today.

Today, Bird Rescue operates a year-round rescue program for oiled, orphaned, ill and injured aquatic birds from two key facilities, in San Francisco & L.A., in California's Oiled Wildlife Care Network (OWCN). Making a difference to the lives of over 5,000 birds a year, the large number and variety of species admitted for care allows Bird Rescue to develop new and
Dear friends,

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

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

Contribute now!

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

### Rim of the Valley study

*CA Starving Sealions*

*Blue Whales Being Hit by Ships*

*Willis Simms cartoon*

*Are Plastics Making You Fatter?*

*Water Conservation*

**Weekend Activities**

**Monday Activities**

**Tues hikes**

**Thursday hikes**

**King-Gillette Ranch activities**

#### better methods of animal husbandry and medical treatment. The team of more than 40 highly trained specialists has led rescue efforts in over 200 oil spills in 11 States, two U.S. territories, and 12 different countries.

Besides saving such well-known birds as pelican, geese, ducks they, also, saved 20,000 African penguins. On June 23, 2000 a ship spilled over 1,300 tons of bunker oil off the coast of So. Africa, between 2 islands, which immediately oiled thousands of penguins on and around the islands. Moreover, they achieved a massive pre-emptive capture program initiated on the islands and it was successful in relocating over 19,500 non-oiled penguins. IBRRC and IFAW team rushes to the Galapagos Islands when a tanker spills oil, threatening some of the World’s most unique and endangered species.

1989 Exxon Valdez oil spill in Prince William Sound, Alaska. IBRRC staff spends six months managing three bird centers and two search and collection programs. Eagles, Puffins, Murres and other seabirds are treated. In 1990 American Trader oil spill off Huntington Beach, California. IBRRC leads effort to save over 150 Brown Pelicans, and assists with research into oiled pelican survivability. Starting in late April 2010 a team of bird rescue specialists from IBRRC and Tri-State Bird Rescue worked along the Gulf Coast for six months to help with an all-hands-on-deck effort to rescue seabirds caught in oil from the BP Deepwater Horizon well blowout. In 2011 they celebrated 40th Anniversary of caring for birds.

#### It is dangerous to throw compact flourescent lights in the garbage.

You can recycle the lights at HOME DEPOT

---

Angeles Chapter

Newcomer/Member Meet and Greet in the San Fernando Valley

Tuesday, April 30, 2013, 7:00 PM to 9:00 PM

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

**Where:** Reseda Recreation Center,

18411 Victory Boulevard, Los Angeles, CA 91335

Come and Discover the Sierra Club... Parking is limited, so it's best to arrive early. If the Rec. Hall parking lot is full, there is ample parking at the One Generation lot, directly east at 17400 Victory Blvd.

Contact info: Joe Phillips (recreationbyjoe@yahoo.com)
Please donate today!

The Executive Committee, activist leaders and our committed staff are creating new revenue streams and revamping old ones to keep the Chapter's financial conditions healthy and strong. We are establishing a new Fundraising Committee to work with our Senior Chapter Director to put the fun back in fundraising. All members are welcome to become a part of this important committee. Your participation will help grow our Cheers or Tears Tribute Program, our Cars4Causes Program and our Hike Donation and Major Gifts Programs, too. And who knows what great new ideas will be pursued! All creative people are warmly welcomed. Join this effort by contacting Ron Silverman at ron.silverman@sierraclub.org.

No experience required – only a desire to have fun while helping the Chapter.

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

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

Thank you for your generosity.

Carole Mintzer
Chair, Sierra Club, Angeles Chapter

Muriel measuring a leather back turtle in Trinidad

$25.00 Fundraising
Italian Dinner & Program
June 18, 2013
Tues., 6:30 pm
At Prince of Peace Episcopal Church
5700 Rudnick Avenue
Woodland Hills, CA 91367

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

Muriel Horacek presents

**Adventurous Travel With Earthwatch**

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

June Dinner presenter Muriel Horacek with cheetah in Namibia

---

**The Fracking Battle Stakes**

(Hydrofracturing for oil & gas endangers California’s underground water!)

From Katherine Phillips, Director Sierra Club California

(Sierra Club California is the Sacramento-based legislative and regulatory advocacy arm of the 13 California chapters of the Sierra Club)
**JULY 16, 2013**

**Energy Upgrade California**

Lore Pekrul will present "Energy Upgrade California—what does this program mean for me?”. Lore has been educated as an urban planner and is currently working towards a Masters degree in green building.

She has chaired the Sierra Club’s Angeles Chapter’s Green Building Committee for the past 5 years during which time they have supported initial green building ordinances for the City and County of Los Angeles. At present the committee is working to support Energy Upgrade California. Information about this program will be conveyed with practical details for homeowners on energy efficiency home retrofit practices. **There will be socializing and refreshments.**

**Kern County oil & gas fields**

Kern County, the home of Bakersfield, has given California a lot of neat things: kit foxes, a gateway to the Southern Sierra, Buck Owens (I love classic country music). But it is also ground zero for some of the most polluting activities in the state, if not the nation. This is where Big Oil is in charge. This is where California's dependence on planet-defiling, lung-corroding crude and its fueling products really got going more than 110 years ago with discovery of the Kern River oil field.

**The Kern County trip**: This is where the effects of that dependence are most obvious and eye opening. The air is dirty, parts of the landscape unsightly, the groundwater quality uncertain, and the politics bizarre. Earlier this month, I spent a weekend with our incredibly productive and dedicated Kern-Kaweah Chapter members in the heart of California's oil country. At one point, a few took me to a very nice Bakersfield neighborhood that reminded me of some of the nicer neighborhoods in coastal Los Angeles County. We pulled alongside a strip of park lining one side of the boulevard, got out of the car, and strolled to the edge of the park to take in the view. There, before us, for as far as the eye could see, were bare dirt rolling hills crowded with oil rigs. Scattered among the rigs were power plants to keep the rigs running. On our drive to that view, my hosts pointed out various other oil drilling operations, noting the telltale signs of the kind of hydrofracturing or fracking that the oil industry has participated in without regulation for decades in California.

On a day-to-day basis, it is easy to forget what we're fighting for in Sacramento. There's a grinding cynicism here that can be contagious. But that visit to Kern County was a solid reminder that demanding change in state policies that aid and abet oil dependence is righteous and necessary.

**So what are we doing in Sacramento?** Recently, it became clear that unregulated fracking could expand dramatically on the 1700-square-mile Monterey Shale formation that runs from Los Angeles County to the northern part of the San Joaquin Valley, including Kern County, and to the coast. This revelation has helped drive up concern about fracking's impacts. Even before the threat of new drilling became clear, Sierra Club California staff and volunteers got active in a coalition of environmental groups and others that are determined to bring fracking under control. Ten bills have been introduced this year in the legislature related to controlling fracking, a practice that has been used to escalate natural gas production around the country and brought with it degraded air, water and lives. We support most of those bills.

**Our DOGGR lawsuit**: Additionally, along with our Kern-Kaweah Chapter and our national organization, we are plaintiffs in a lawsuit challenging the state agency that oversees oil permits, the Department of Oil, Gas and Geothermal Resources (DOGGR). In a nutshell, that agency has historically been captured by the oil industry and hasn't been doing the kind of analysis and oversight that the law and common sense suggest drilling permits demand. Our volunteers are also actively monitoring and helping comment on new fracking regulations DOGGR is trying to develop. The early draft, by the way, is not encouraging.

**What is Sierra Club California aiming to achieve with all of this fracking policy activity? Two critical things**:

**First**, we want a moratorium on any new fracking until there's certainty that it is not and will not harm public health and the environment. We want to know what the chemicals the industry is using in fracking and in what quantities and how that is effecting the environment.
Steve Hartman will present “Controversy and Opportunities at the Sepulveda Basin Wildlife Areas”. Steve is a Sierra Club Life Member and for over a decade has served as the Treasurer of the State Board of Directors of the California Native Plant Society (CNPS). For 5 years he represented CNPS on the Bureau of Land Management’s California Desert District Advisory Council.

His local project is the Sepulveda Basin Wildlife Area in the San Fernando Valley, where he has guided revegetation projects and encouraged the city of L.A. to develop large-scale native landscaping projects. Recently in December, 2012 the Army Corp destroyed 43 acres of wildlife habitat. Come and find out about the flora, fauna and controversies of the Sepulveda Basin as well as the history of the Wildlife Reserve and Bull Creek Ecosystem Restoration Project. Learn how you can help restore and protect this local treasure.

The oil industry is always talking about wanting regulatory certainty. That’s what we want, too: Certainty that Big Oil’s practices won’t leave us with a dirtier world.

**Second**, we want to break Big Oil’s dominance of California politics and policy. This industry puts millions upon millions of dollars into its lobbying efforts every year and has some of the most effective folks in its lobbying corps. One state Senator from Kern County (Michael Rubio) recently resigned to work on external affairs for a big oil company (Chevron), further illustrating oil’s power. The industry has easy access to the governor, and he tends to enthusiastically embrace it.

Are we aiming high? You bet. But the stakes demand it. If Big Oil wins on fracking in California, that startling vista of oil wells, that gauzy air pollution, that worry about groundwater quality, will be a heartbreak that extends way beyond Bakersfield more powerfully than any Buck Owens ballad.

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

If you are interested in water issues in California, & especially So. Calif., we urge you to come or tune into the WATER COMMITTEE by phone. We have discussions within the committee and we, also, invite experts to speak to us. It meets every month on the second Wed. at 7:00pm. If you can’t make it in person then you can choose to tune-in from your home telephone or by video conferencing.

The **FREE phone conference line is available at 1-866-501-6174 Code: 1000 400 1892.**

Video conferencing is now available - link to video conferencing below

www.anymeeting.com/angelesvideo1

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

---

**How to Become a Wildlife Habitat Steward**

**Sept. 17, 2013**

Alan Pollack, M.D. long time member of the Sierra Club and the Nature Conservancy is a life-long gardener and has merged his passion for wildlife with his passion for gardening.

His training by the National Wildlife Federation has enabled him to become a “Wildlife Habitat Steward”. His yard is certified as an official, wildlife habitat site and for the past 8 years he has been giving free consultation and landscape designs to homeowners, churches, schools and to
anyone who wishes to create a garden that is attractive to wildlife as well as to humans.

He leads the Audubon-at-Home Project for the San Fernando Valley Audubon Society. Come and learn the 4 basic elements necessary for wildlife to survive as well as a discussion of sustainable gardening practices. This will be followed by a virtual tour of his certified habitat garden. There will be socializing and refreshments.

Safari in Kenya”

OCT. 15, 2013

Alex Oloo will present “Safari in Kenya”. Come and follow close up and personal the steps of the wildebeest migration in the Masai Mara eco-system.

Alex was born in Western Kenya by the shores of Lake Victoria. He is a Sierra Club Member and for over a decade has been a tour guide in Kenya. He worked as a tour guide for Roadscholars (formerly known as Elderhostel) for 6 years.

He is a professional Ornithologist by training and has worked with the Nairobi National Museum, Ornithology Department. He was the Guide Coordinator at the National Museum of Kenya. In Kenya he was involved in many conservation organizations including Youth for Conservation, the East Africa Wildlife Society, Kenya Museum

HELP CLEANUP LAKE BALBOA IN THE SEPULVEDA BASIN

PLEASE SIGN OUR PETITION NOW!

URGENT UPDATE ABOUT WEDDINGTON GOLF & TENNIS

The developer is progressing with plans to build 200 condos and 635 parking spaces on this site. Help us send a strong message to elected officials that we WANT TO KEEP THIS PRECIOUS PATCH OF LAND 100% OPEN SPACE!

SIGN OUR PETITION OF SUPPORT NOW!

For over 50 years this neighborhood gem along the LA River has been a beloved regional destination. Help us preserve it for future generations by SIGNING OUR PETITION.

Then show your support by forwarding this email to your friends to join the effort to support 100% Open Space.

For more information visit us at www.SaveLARiverOpenSpace.org
Society and Nature Kenya which is involved in protecting important bird areas.

There will be socializing and refreshments.

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

Call Elaine Trogman (818) 780-8345

Scrabble Group

Do you enjoy spelling? Are you into words and combinations of words? Does the idea of spending hours hovering over a Scrabble board appeal to you? If so, you might like to join our Scrabble group. We meet once a month for an evening of fellowship, refreshments, and hard-fought Scrabble games. Beginners, intermediates, and experts are welcome. For more information call Julie at (818) 999-5384 or email julieszende@gmail.com

Painted by Caria Laureen Bollinger of Santa Susana Mountain Park Assn.

carlamamay@aol.com, 818-340-7357, Mobile: 818-307-6418
BUCKWHEAT in Spring & Fall

California buckwheat grows abundant locally in the Santa Susana Mountains and Simi Hills chaparral with sages, wooly blue curls, chamise, ceanothus, and the rare Santa Susana tar plant

RIM OF THE VALLEY STUDY AREA

Los Padres Nat’l Forest (below) Angeles National Forest below & right

Santa Monica Mt. Nat. Rec. Area (above) large gray area is the San Fern. Valley
It is dangerous to throw compact fluorescent lights in the garbage. You can recycle the lights at HOME DEPOT.

SAN FERNANDO VALLEY SIERRA CLUB MANAGEMENT COMMITTEE

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

Vice-Chair....Anita Devore 818 705-2301

Treasurer...Gabe Szende 818-999-5384
russianstore@earthlink.net

Outing Chair
Gabe Szende 818-999-5384
russianstore@earthlink.net

Secretary...Belem Katzen 818 341-8304

Programs...
Michael Stevenson
818-419-5318

Co-membership Chair:
Emeline Rich 818 340-5955
Julie Szende 818-999-5384
julieszende@gmail.com

Political Committee...
Barry Katzen 818 341-8304
barkat@rocketmail.com

Outreach:
OPEN

Conservation Chair:
Terrie Brady
NEW 818-264-6731
terriebrady@gmail.com

Publicity...Joe Phillips
818 348-8884

recreationbyjoe@yahoo.com

Hospitality... Joe Phillips
818 348-8884

recreationbyjoe@yahoo.com

Info Phone... Joe Phillips
818 348-8884

recreationbyjoe@yahoo.com

Vall-E-Vents Editor
Elaine Trogman
818-780-8345
ektrogman@yahoo.com

Member at Large
Edith Roth 818-346-9692
Cartoonist

The Late Willis Simms

RIM OF THE VALLEY STUDY IN OUR AREA
By the National Park Services (NPS)

What is a Special Resource Study and why is NPS conducting one here?
Congress directed the NPS to conduct a special resource study of the area known as the Rim of the Valley Corridor, generally including the mountains encircling the San Fernando, La Crescenta, Santa Clarita, Simi and Conejo Valleys in California (P.L.110-229 – May 2008). The purpose of this special resource study is to determine whether any portion of the Rim of the Valley Corridor study is eligible to be designated as a unit of the national park system or added to an existing national park unit. The study will also explore other ways that private and governmental entities can protect resources and provide more outdoor recreation opportunities. Study recommendations may consider the entire study area or only portions of it.

Study Process Schedule

<table>
<thead>
<tr>
<th>Planning Activity</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Public Start-Up of the Study Process/Scoping</td>
<td>2010 ←</td>
</tr>
<tr>
<td>2. Resource Analysis: Significance &amp; Suitability</td>
<td>2011 ←</td>
</tr>
<tr>
<td>3. Feasibility Analysis</td>
<td>2012 ←</td>
</tr>
<tr>
<td>4. Development of Alternatives</td>
<td>2012 ←</td>
</tr>
<tr>
<td>5. Analyze Environmental Impacts</td>
<td>2013</td>
</tr>
<tr>
<td>7. Final Report/Transmittal to Congress</td>
<td>2014</td>
</tr>
</tbody>
</table>

Click on the following steps to learn more about the process:
1. Public Start-up of Study Process (Scoping)
2. Resource Analysis: Significance and Suitability
3. Feasibility Analysis
4. Develop Alternatives-- we are here
5. Analyze Environmental Impacts
6. Draft Report
7. Final Report / Transmittal to Congress

More Than a Thousand Juvenile Sea Lions Beached on California Shores

By Elaine Trogman
It is very unusual to see so many beached juvenile sea lions, over a thousand, along our California coast but it is happening from Monterey to San Diego and some of them are dead. The National Oceanic and Atmospheric Administration (NOAA) has taken the unusual step of declaring the deaths an “unusual mortality event,” or UME. By doing this they can devote
additional funds for research as well as national collaboration between agencies.

Per an article from the Christian Science Monitor, "One recipient of that additional UME funding is the Pacific Marine Mammal Center in Laguna Beach. Development director Melissa Sciacca says they knew as early as January they were facing an unprecedented event. ‘We began seeing 10 to 12 animals every day coming into the facility,’ she says, noting that this began during a time when even a single young sea lion beaching is unusual. Sea lion pups don’t typically wean until April or May, and while a certain number of pups fail to thrive annually, she adds, ‘it has never been at this rate. In our 42 years, we have never seen anything like this,’ she says.”

Dr. Melin of NOAA says they are first focusing on food shortage and disease as the reason for so many beached juvenile sea lions. “The events that impact them tell us important things about what is going on in our oceans.”

Great Whale Conservancy
http://www.greatwhaleconservancy.org/stop-ship-strikes-blue-whales

CLICK BELOW--WATCH ABOUT THE SHIPPING LANE PROBLEM!!
http://www.youtube.com/watch?v=zn3ChpmKXjA&feature=youtu.be
This video tells the story of why our shipping lanes in So. Calif. need to be moved further away from where the biggest whales, the blue whale, are feeding on krill. Whales are killed every year from collisions with ships.

Stop the ship strikes on blue whales in So. Calif.
By signing this petition (click link) and read the story of what is happening.
http://www.greatwhaleconservancy.org/stop-ship-strikes-blue-whales

MUST SEE!
INSPIRATIONAL WHALE RELEASE VIDEO
Click here
http://www.youtube.com/embed/EBYPlcSD490?rel=0

to watch a young whale being saved from drowning in fishing net and the beautiful acrobatics it does to say thanks!!!

Cartoon by Willis Simms
California awash in plastic bottles!!

Are Plastics Making America Fatter?

By Sarah (Steve) Mosko

Still disappointingly chubby after cutting back on junk foods and exercising regularly? Two-thirds of U.S. adults are now either overweight or down right obese. And while an unhealthy diet and sedentary lifestyle obviously promote weight gain, evidence is accumulating that exposure to substances in everyday plastics and other industrial chemicals can fatten you up too.

The term "obesogen" was coined in 2006 to denote environmental chemicals that promote fat. Bruce Blumberg, a biology professor at the University of California, Irvine, discovered that the hormone-disruptor tributyltin (TBT) makes mice grow up fatter even though they were only exposed in utero and ate a normal diet. TBT’s uses include preventing yellowing of clear plastics.

Blumberg thinks there is already good evidence for about 20 obesogens. Although research on obesogens is still in its infancy, among the known ones are two others associated with common plastics: BPA (bisphenol-A) and phthalates. BPA is a hardening agent found in polycarbonate plastics and in the resin lining of canned foods & beverages. Phthalates are softeners used in polyvinyl chloride plastics and some food packaging. Animal studies indicate that developmental exposure to BPA actually reduces the number of fat cells, but instead makes them grow much larger. Human studies have documented bigger waists and greater body fat in adults with more exposure to phthalates.

The hypothesis driving current research is that early developmental exposure to obesogens programs fat cells and the neural circuits controlling feeding behaviors which, combined with a less healthy lifestyle, set the stage for obesity. Though Blumberg does not think obesogen exposure necessarily destines a person to being fat, but it certainly could add to weight struggles. He recommends reducing interactions with plastics, like plastic packaging, as part of a strategy for staying healthy.

Read the full story and other environmental articles by Sarah Mosko on BoogieGreen.com.
Remembering To Conserve Water

By Michael Stevenson

Use a broom instead of water

Our water supplies in Southern California are low from several dry years and continue to face significant water supply challenges. Therefore it’s still critical that residents and businesses continue to conserve water. But because something may be important to us it doesn’t always translate into an effective action plan. We are creatures of habit and most of the time we don’t consciously think about the little mundane tasks we do every day. We need to change the fact that when it comes to water conservation we are often on auto pilot and don’t think about what we are doing with water at the time we are using it. Use the word W.A.T.E.R. one letter at a time to help you remember what you need to do to become a better water conservationist.

"W" stands for wasting water. Focusing on the different ways you waste water can be one of the most significant things you can do to limit your water use.
(1) Shorten your showers by turning off the water while you are soaping up or using shampoo.
(2) Turn off the water while brushing your teeth, washing your hands or shaving.
(3) Don’t use your toilet as a waste paper basket or flush it needlessly.
(4) You waste water through evaporation so keep your spa or pool covered when not in use.
(5) Put a layer of mulch around trees and plants to slow down evaporation and keep soil moist.

"A" stands for adjusting your thinking about how you use water.
(1) Use a broom instead of a hose to clean driveways and sidewalks.
(2) Don’t defrost frozen foods with running water. Place them in the refrigerator overnight or defrost them in the microwave.
(3) Use your water wasting garbage disposal sparingly and instead compost your vegetable food waste.

"T" stands for timing your water use. When you choose to use water can have an effect on how far it goes.
(1) Water plants only when they need it and during the cooler part of the day.
(2) Don’t water on windy days when much of the water blows away or evaporates.

"E" stands for efficiency. Water efficiency is saving water resources through the employment of water-saving technologies and activities
(1) Drought resistant native plants are a much more water efficient way of beautifying your home.
(2) Install water-saving shower heads or flow restrictors and replace your old water-guzzling flush toilet with an ultra-low flush model.
(3) Run only full loads in your washing machine and dishwasher.
(4) When you purchase a new washing machine select a front loading model which uses much less water than a standard top loading model
(5) Install an instant water heater near an area where you use the most hot water so you don’t have to run the water while it heats up.

"R" stands for reusing water. Reuse water around your home for more than one purpose.
(1) Never let water run down the drain when there is another use for it. While you wait for hot water to begin, catch the flow in a watering can to use later on house plants or your garden.
(2) Clean and rinse vegetables in a bowl and then save the water for plants.
(3) Instead of washing your car at home wash it at a car wash that recycles water.
(4) During the rainy season collect water from your roof in a rain barrel that can then later be used to water plants.

Remember, think W.A.T.E.R. to save water.

It is dangerous to throw compact flourescent lights in the garbage. You can recycle the lights at HOME DEPOT.
SEE MORE PICTURES IN HIKE SECTION BELOW

WEEKEND ACTIVITIES
COME TO OUR PROGRAMS AND PICK UP OUR SCHEDULE OF ACTIVITIES through JUNE, 2013.
The schedules have programs and hikes in the San Fernando Valley area.)

See programs and hikes thru JUNE 2013 from our San Fernando Valley Sierra Club website. Click this link below to start:
http://angeles.sierraclub.org/sfvg/

CALLING ALL HIKE LEADERS OR TRAINEES FOR SATURDAY OR SUNDAY HIKES
Help people who work to get exercise and learn about nature.
Call or email Gabe Szende 818-999-5384
russianstore@earthlink.net, gabiesende@yahoo.com

SATURDAY & SUNDAY
We have been receiving a number of inquiries from people who would like to enjoy the outdoors, either by climbing the mountains or walking around the city on weekends. We will be scheduling activities around the San Fernando Valley and the surrounding neighborhoods on the 3rd weekend of every month starting in March.
If you would like to join us please contact Gabe @ 818-999-5384 or via e-mail @ gbiesende@yahoo.com for the location and time.

2013 CAR-CAMP TRIP

April 26-28 Fri-Sun, Idyllwild Car Camp:
O: Join us for a relaxing, enjoyable weekend in Idyllwild. Stay in the campground or in a motel near the camp. Sat AM there will be hiking, with excursion into town in the afternoon. Happy Hour and International potluck Sat evening followed by a campfire. Sun AM breakfast at a charming local eatery followed by an easy hike along nature trails. Families with children are welcome. Send SASE, rideshare info, $30 (Sierra Club).
Ldr: Gabe Sende 818-999-5384, Co-leader: Barbara Madel

June 7-9 Fri-Sun
Winery Tour & Carcamp in Santa Inez Valley:
O: Join us for a relaxing, enjoyable weekend in Santa Barbara County. Moderately paced hike Saturday morning; afternoon tour of local wineries. Return to camp for Happy Hour with a delicious international potluck dinner to follow. After dinner enjoy camaraderie around a blazing campfire. Sunday options include an additional hike, sightseeing, a boat ride, or a tour of nearby California missions. Children welcome. Send phone numbers, rideshare info,
SUNDAY ACTIVITIES

Apr 27, 2013, PROVISIONAL HIKE Limekiln Canyon, Sat
0:SPV/Crescenta Valley Springtime Porter Ranch walk 3.6 miles round trip Limekiln Canyon on "Sesnon Trail" (500-ft gain) to Neighborhood Park for impressive views of the entire San Fernando Valley, San Gabriel Mountains and downtown high rise buildings. Park is highest view point in N. S.F. Valley. Open creek trail above canyon is a moderate hike on narrow dirt path with some sheltered pine and small oak trees. Trailhead is 100 yards west of intersection of Rinaldi Street and Tampa Ave, on the north side of Rinaldi (which dips down 20-ft at the 100-ft distance from the intersection where the trailhead starts and there is a small trail sign at this point). Take the 118 Freeway east or west and get off at Tampa Ave and go north 150-ft to intersection with Rinaldi and turn left and go west 100-yds. 10 am meeting place in on north side of Rinaldi at trailhead sign. Parking is along both sides of Rinaldi. Meet at Starbucks at the NW corner of Corbin and Rinaldi 100- yd west from trailhead. Bring 2 qt. water, snacks/lunch and tennis shoes are fine for the hike if you want. Rain cancels.
Leader: Jon Perica, (818) 360-8444 – Jonsperica@aol.com
Assistant Leader: Bruce Hale (818) 957-1936 – Brucehale@sbcglobal.net

Top of Reseda, Tarzana, SF Valley,
Third Saturdays of each month, 8:00am
May 11 (this one is 2nd Sat), June 15, July 20, 2013
Moderate 2hr, 5 mile RT 800’ elevation gain hike in the hills above Tarzana and Reseda overlooking the complete San Fernando Valley on fire road/trail composed of compacted dirt/sand and loose gravel. In the beginning and end, there will be very little shade and tree coverage with some shade in between. It is recommended that you bring sun block, wear light colored clothing/hat for daytime hiking, and a jacket for nighttime hiking, along with two quarts of water. Lug soles or athletic footwear for proper footing. Meet at 8:00am on third Saturdays of each month at trail-head at the Southern top of Reseda at the chainlink fence where the park entrance is and the paid parking begins. 3 miles South of Ventura Blvd after the sixth stop sign. Rain cancels
Hike leader: Joe Phillips 818-348-8884 Asst leader: TBD

May 4, 2013: Eagle Rock Stairway Hike-Sat
Join us for a relatively gentle 3 mile walk through a little-known section of Eagle Rock, full of solid local architecture and featuring some of the city’s few “sidewalk staircase” streets. The complete hike consists of 328 steps. It should last no more than two hours. After the walk we can have lunch at a neighborhood Italian restaurant. Meet at 10AM at the corner of Colorado Boulevard and Townsend Avenue near Trader Joe’s in Eagle Rock. Wear walking shoes and bring money for lunch. Rain cancels.
Ldr: Gabe Sende 818-999-5384 , Co-Ldr: Barbara Madel

May 25, 2013 Limekiln Cyn, Moonlight hike 7:00pm-Sat
O:Sierra Singles, Summer will be in the air and so will a full moon on this 2 hour long trail, moderate level hike along Limekiln Cyn in Porter Ranch. We will follow a trail that heads North up to a city parks dept building where we will stop for a break and then head back to our starting point. Flashlight, at least one quart of water and weather appropriate dress are required. Snacks to share. The trick is to allow your eyes to acclimate to the darkness and have the flashlight for emergencies. The moonlight, stars, and the little city lights will shine brightly. Meet at 7:00pm on the Northside of Rinaldi, just West of Corbin, almost across from the large church. Afterward, there are several restaurant options nearby for post-hike munchies.
Leaders: Joe Phillips - 818-348-8884 recreationbyjoe@yahoo.com
Sandra Tapia - 818-365-8789 stldermoamas64@yahoo.com

June 1 Franklin Canyon Walk-Sat
O: Join us for an easy-paced docent-led walk through Franklin Canyon Park. Walk will be 3-4 miles with little elevation. Some great views of Los Angeles are found here. Franklin Canyon has been the site of many movies, and the docent will show us the better-known sites. You will probably recognize some of them. After the hike there will be a potluck lunch. Bring your own favorite dish and drinks to share. Rain cancels. Meet at Clubhouse parking lot at
9:45AM. Take Coldwater Canyon south to Franklin Canyon Rd. Turn right and follow road to parking lot.  
Ldr: Gabe Sende 818-999-5384, Co-Ldr Jeff Slottow.

SUNDAY ACTIVITIES

TAKE A HIKE AT SEPULVEDA BASIN: Because of the plant destruction that was brought on by the Army Corp of Engineers, we are tentatively planning to conduct a public information hike around the damaged area each Sunday. If you are interested in the hike or if you are an interested hike leader please contact Joe Phillips at 818-348-8884 recreationbyjoe@yahoo.com

May 5, 2013 The LA Flower Market Sunday  
O: Sierra Singles, San Fernando Valley  
Join us as we tour the LA Flower Market, the largest flower market in the United States where virtually every variety of cut flower can be found, plus potted plants, dried and silk flowers and floral supplies. This is the time to buy your mom or yourself flowers for Mother’s Day. We meet 9am at the Metro Red Line Entrance at 7th Street / Metro Center and then enjoy a walk to the Market. Walk is approx. 3-4 miles and 3-4 hours. Afterwards we will enjoy a late breakfast or early lunch and share our purchases. Wear good walking shoes; bring money for entrance ($2.00), purchases, food and umbrella for drizzle. Heavy Rain cancels. Leader: Sandra Tapia 818.365.4571, Co-Leader Gerrie Montooth

Sunday, Join us May 19th, 2013! ♪ 9:00am - 6:00pm  
Topanga Banjo & Fiddle Contest & Folk Festival  
http://www.topangabanjofiddle.org/  
INFO HOTLINE: 818-382-4819  
Paramount Movie Ranch in the Santa Monica Mountains  
2813 Cornell Road, Agoura Hills CA  
Mountain Locations & Western Streets  
Food Available or Bring Your Own  
Vendors - Kids Area - Free Parking  
National Park Service Exhibits

May 19, 2013-Sun, Sepulveda Wildlife Basin Walk, 9:00am  
O: Sierra Singles, Come join us for an easy walk in the Sepulveda Basin Wildlife Reserve. Children and anyone not interested in climbing mountains are welcome to experience this unique piece of nature and recreation. 9:00-11:00pm. Meet at the amphitheatre off of Woodley between Victory and Burbank. After pulling into the driveway by the Japanese Gardens, bear to the right and follow that path to the end past the cricket fields and archery
range on your left. There are rest rooms facing the parking lot. Good shoes, appropriate clothing for the weather, and one quart of water are all recommended. Sponsored by Sierra Singles Rain cancels.

Leaders: Joe Phillips - 818-348-8884 recreationbyjoe@yahoo.com
Francine Oschin - 818-907-1130 foschin@sbcglobal.net

**June 2, Sun Toluca Lake Neighborhood Walk**

Enjoy a leisurely-paced approximately 2-mile level walk in lovely Toluca Lake. View the gorgeous homes and beautiful tree-lined streets that have attracted celebrity and non-celebrity alike to this hidden LA gem since 1923. Learn of its history while seeing See Gary Marshall’s Falcon Theatre, viewing the site of Gene Autry’s TV production company, walking by the former home of famed aviatrix Amelia Earhart, and the estate of Toluca Lake’s most famous residents Bob and Dolores Hope along the way.

Meet at 10:00am at Bob’s Big Boy Restaurant (in front of the Big Boy statue), 4211 Riverside Drive, Burbank CA 91505. Bring money for optional lunch afterwards at Bob’s or one of the many restaurants on Riverside Drive.

Leader: Gerrie Montooth gerriem@sbcglobal.net
Co-Leader: Sandra Tapia sltderamus64@yahoo.com

---

**MONDAY ACTIVITIES**

**Monday, May 20, 2013**

**Rocket Engine Development and Space Program Achievements at Santa Susana Field Lab (SSFL)**

Program meeting of Santa Susana Mountain Park Association (SSMPA)

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


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

**Presenter:** William Vietinghoff, Development Engineer for Atlas Missile and Space Shuttle Main Engine

Many people in the community know that a range of activities in rocket engine development and space age programs were made possible by the testing activities of Rocketdyne at the SSFL site. Programs were classified and never made public. That information is now available and will be covered in this talk. Vietinghoff feels we have a historic landmark on our doorstep, unique in America, that may not be fully appreciated. That landmark, he is afraid, is being erased.
Tues, May 21, 2013 Valley to the Sea (almost)
See write-up in activities below
Photo by Sierra Club hike leader Pixie Klemic

TUESDAY HIKES & ACTIVITIES

Photo by Sierra Club hike leader Pixie Klemic

Hike Leaders phone #
Nancy Krupa (818)981-4799, Pixie Klemic (818)787-5420, M. Vernallis(818)360-4414, Gabe Szen (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,

Tues Moderate Easy Paced 4-6 Mile.
For all hikes, bring 2 qts water, lunch, lugsoles, hat, & sunscreen. RAIN CANCELS. Possible $3-$5 park fee

May 7, 2013 O’Melveny Park to Mission Point:
O: (WA/SFV) Moderately paced 5 mile 1400’ gain/loss hike with great views of SF Valley and way beyond, depending on visibility, in our second largest city park. Meet 8:00 AM at trailhead. From 118 Fwy take Balboa Blvd exit north about 2 miles to Orozco St, turn left continuing ½ mile to end, then left on Sesnon, pass parking lot, and go about 4 blocks to Neon. Turn right and park at end of street. Rain cancels. Leader: REAVEN GATELY Asst: PIXIE KLEMIC

May 14 Hondo Canyon Backbone Trail:
O: (WA/SFV) Moderately paced 5 mile 1400’ loss hike in a dramatic, scenic canyon. Short shuttle to top of mountain and a downhill hike. Should be lots of wildflowers. Meet 8:00 AM at trailhead, located on Old Topanga Canyon Rd 0.4 mile west of intersection with Topanga Canyon Blvd. Limited roadside parking, so please rideshare. Rain cancels. Leader: PIXIE KLEMIC

May 21 Valley to the Sea (almost):
O: Moderately paced 71/2 mile 800’ gain 2300’ loss hike across Topanga State Park from Tarzana to Temescal Canyon at 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. Bring money for bus. Rain cancels. Leader: REAVEN GATELY Asst: PIXIE KLEMIC

May 28 Malibu Creek State Park / Grasslands Trail:
O: (WA/SFV) Moderately paced 4 mile, 300’ gain hike over Grasslands Trail to the Rock Pool and Century Lake. See the sites where many movies were shot. Meet 8:00 AM at Malibu Canyon and Mulholland Hwy, SW corner parking area or park along road. From 101...
Ventura Fwy take Las Virgenes Rd/Malibu Canyon exit, go south 5 3/4 miles to Mulholland Hwy. Rain cancels.

Leader: MARCIA HARRIS  Asst: STEPHEN BECK

See write-up below

Photo by Sierra Club hike leader Pixie Klemic

THURSDAY HIKES & ACTIVITIES

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

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

May 2, 2013 Valley to the Sea:
O: (WA/SFV) Moderately paced 11 mile 1600’ gain 3000’ loss hike across Topanga State Park from Tarzana to Sunset Blvd/PCH in Pacific Palisades. Ride 3 buses back to start. This is an all day adventure, lots of fun. Meet 8 AM on Mecca Ave just south of Ventura Blvd for car shuttle to trailhead (from 101 Ventura Fwy take Reseda Blvd, exit 23, south to Ventura Blvd, turn right and then left at next corner, Mecca). Bring $ for bus fare, Rain cancels. Leaders: TED MATTOCK, MIMI KNIGHTS, REAVEN GATELY

May 9 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/1-5 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. Leader: ROSEMARY CAMPBELL  Asst: NANCY KRUPA

May 16 Stunt High Trail to Saddle Peak:
O: (WA/SFV) Moderately paced 8 mile 2000’ gain hike to Saddle Peak from Stunt Road in Calabassas. Meet 8 AM Stunt High trailhead. From 101 Ventura Fwy take Valley Circle/Mulholland Dr, exit 29, go south, turn right on Valmar Rd (becomes Old Topanga Cyn Rd), then right on Mulholland Hwy for 3 1/2 miles, left on Stunt Rd for 1 mile, and park on dirt shoulder on right. Rain cancels. Leader: NANCY KRUPA  Asst: STEPHEN BECK
May 23  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: MIMI KNIGHTS, REAVEN GATELY

May 30  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 1¼ miles past Mulholland Hwy). Leader: DOUG DEMERS  Asst: NANCY KRUPA

May 9  Santa Susana Field Lab Soil Sampling Public Meeting  Thur. 9:00am to 12pm:
The California Department of Toxic Substances Control will host a soil sampling meeting and tour to present Boeing’s proposed additional sampling locations for Compound A, Hydrogen Lab and Sewage Treatment Plant 3. In accordance with Boeing’s security restrictions, children must be over the age of 12 and all tour attendees must be U.S. citizens or have permanent resident citizen cards.
RSVP required by Mon., May 6 to: tamara.k.johnson@boeing.com

Visit the King Gillette Ranch Visitor Center free parking for 2 hours
The visitors center is a very enjoyable experience with a lot of hands on exhibits regarding the Santa Monica Mountains. There is, also, a fun short hike up a hill with great views in all directions. The photo above was taken from this hill.

Interpretive Programs & Misc
These programs below are a project of the Mountains Recreation and Conservation Authority in cooperation with Santa Monica Mountains Conservancy, California State Parks, and National Park Service.
Come Visit their visitor center at King Gillette Ranch.

King Gillette Ranch Directions & Info.
(818) 878-0866 x228  RAIN CANCELS  $7.00 parking
26800 Mulholland Hwy.Calabasas, CA 91302
From 101 Ventura Fwy take Las Virgenes Rd/Malibu Canyon exit, go south approx. 5 ¼ miles to Mulholland Hwy.  Turn left on Mulholland and then right to enter the long eucalyptus alleé driveway for Ranch.

Sat, May 4th at 10am
Innovation in the Golden Era
King Gillette Ranch was home to early MGM Director Clarence Brown, who made films and threw star-studded parties. Take a story-filled walk through this still active filming location. Meet at parking lot to left of pond. 1.5 hours.

Sat, May 4th at 3pm
Capture a Nature Moment
Nature offers great photo opportunities, but can be a difficult model. We'll help you with this relaxing and rewarding art. Bring your camera. Meet at parking lot to left of pond. 2 hours.

Sat, May 11th at 1pm
Stroll Through the Seasons
Enjoy a gentle walk through the native plant garden, where we will observe how plants and animals change with the seasons. Meet inside the Santa Monica Mountains Interagency Visitor Center. 30 minutes.

Sat, May 18th at 10am
Walk into the Chumash World
Discover how local Chumash Indians have used the natural resources of their environment for thousands of years to create a sustainable way of life. Easy 1 mile walk. Meet at parking lot to left of pond. 2 hours.

Sat, May 18th at 1pm
Art in the Digital Age
Join us for the awards ceremony and showcase of the entries and winners. 3 hours. Art in the Digital Age Contest Have your artwork displayed at our new Interagency Visitor center this spring – and a chance to be highlighted in a future edition of the OUTDOORS!
High school and college students (ages 14-22) are invited to use their digital creativity to depict their Santa Monica Mountains experience. Use any medium to create your digital art.

SUBSCRIBE
http://lists.sierraclub.org/SCRIPTS/WA.EXE?A0=ANGELES-SFV-NEWS
UNSUBSCRIBE:
To unsubscribe from the ANGELES-SFV-NEWS list, send any message to: ANGELES-SFV-NEWS-signoff-request@LISTS.SIERRACLUB.ORG Check out our Listserv Lists support site for more information: http://www.sierraclub.org/lists/faq.asp

Sign up to receive Sierra Club Insider, the flagship e-newsletter. Sent out twice a month, it features the Club's latest news and activities. Subscribe and view recent editions at http://www.sierraclub.org/insider/