



Central Florida Sierran

Representing Lake, Orange, Seminole, and Osceola Counties

Sierra Club, Central Florida Group

July and August 2013

www.CentralFloridaSierra.org

National Lakes Appreciation Month Issue:

Join The Fundraising Team!

Got Slime?

Florida's Water and Land Legacy Campaign

Paved Paradise? The Scale of The Problem

Get the Facts About Mulch

Bee a Good Neighbor

Sunblock/Sunscreen is Killing Coral

July is Lake Appreciation Month

Programs, Outings, and More!



Can you help us FIGHT the slime?!?

www.goo.gl/maps/uJEE

We need more photos from around the state of bodies of water that have been affected by fertilizer run-off: "SLIME CRIMES".

Have a photo? Comments? Help us with this campaign.

Contact: slimecrimes@gmail.com to help!

More on page 3



**SIERRA
CLUB**

FOUNDED 1892

Explore, Enjoy, and Protect The Planet

Just say NO TO FRACKING IN FLORIDA!

Hydraulic fracturing is the fracturing of localized rock by a pressurized liquid. Induced hydraulic fracturing or hydrofracturing, commonly known as FRACKING, is a technique in which typically lease water with fresh water combined is mixed with sand and (undisclosed) chemicals, and the mixture is injected at high pressure into a wellbore to create small fractures (typically less than 1mm), along which fluids such as gas, petroleum and brine water may migrate to the well. The technique is very common in wells for shale gas, tight gas, tight oil, and coal seam gas[1][2] and hard rock wells.

The issue is: **Fracking is shown to contaminate the watershed.**

GasLand 2 (all about Fracking in America) just aired on HBO, more here: www.gaslandthemovie.com

Sign the petition to say NO TO FRACKING IN FL (created by our friends with Central Florida Surfrider!):

http://petitions.moveon.org/sign/no-fracking-florida.fb28?source=s.icn.fb&r_by=27705

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Marge Holt.....407-808-4106

VICE-CHAIR:

Julie Levine.....435-602-9580

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IN SEARCH OF A NEW PERSON.....

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This newsletter is intended to educate and inform local members, and interested non-members about activities and pending environmental issues critical to Lake, Orange, Osceola, & Seminole Counties. Subscriptions are included with a Sierra Club membership. Non-members or members from other groups; subscriptions are \$6 per year.

Change of address: Mail your name, old address, new address, and a Sierra address label to:

Sierra Club Membership Services
85 Second Street, 2nd Floor
San Francisco, CA 94105

or send email to: address.changes@sierraclub.org

CHAIR ARTICLE:

NOTES FROM THE CHAIR

The steamy hot summer months in Central Florida is a time for many insects to thrive in our urban and rural landscapes. While working in the garden the other day, I enjoyed watching the bees buzzing around the Gaillardia pulchella (Blanket Flower), a Florida native plant that is easy to grow and it is pest free. This makes my work in the garden so much easier and environmentally friendly since there is no need for pesticides or fertilizers. Check out this website http://edis.ifas.ufl.edu/topic_beneficial_insects for information on beneficial insects.

Since July is National Lakes Appreciation Month, we have dedicated this edition to enjoying the lakes in our area. So if you're not into gardening or when you get your gardening done, take the opportunity to enjoy the waters of Central Florida through the many outings our group has to offer.

— Marge Holt

We're online now too: Like us on *facebook*, and find us on *meetup*! There, we post all our outings, upcoming programs and fun events.



Find us on facebook:

www.facebook.com/CentralFLSierraClub

And on meetup too:

www.meetup.com/CentralFloridaSierraClub

JOIN THE FUNDRAISING TEAM!!

Join the Fundraising Chair, Josie, and help build the Central Florida Chapter Sierra Club Fundraising Committee.

We are looking to have a great 2013 by putting together social events, selling merchandise, and seeking gifts and grants from individuals and foundations for the Chapter. By joining you will be an integral part of working together with all sections of the Chapter to provide the funds necessary to achieve the Sierra Club mission and the Chapter's goals.

For more information please contact Josephine Balzac:
josieb1128@yahoo.com

GOT SLIME!?

Learn More About Sierra Club's Nutrient Pollution Standards Campaign:
www.florida.sierraclub.org/water_quality.asp

Help us TRACK the **slime** with the Florida "*Slime Crime Tracker*"!
See the link below, and upload photos of water that have been effected and impacted by algal blooms:

www.goo.gl/maps/uJEE

Please take a moment to sign the ACTION ALERT:

www.action.sierraclub.org/site/MessageViewer?em_id=226242.0

WANT TO ASSIST EVEN MORE and volunteer to help save Florida's water?

Please contact Macy Zander, Sierra Club Staffer and Orlando resident, who's currently working on the Nutrient Pollution Standards Campaign, and tell her you'd like to volunteer to help save Florida's water!!!

Contact Macy at: **macy.zander@sierraclub.org**

Don't forget to like our FLORIDA SLIME CRIMES page on facebook:

www.facebook.com/FloridaSlimeCrimes

HAVE YOU HEARD THE LATEST? There has been A LOT of attention lately in the news about the degradation of water in Florida, and how it's killing wildlife — **So far this year, more than 300 pelicans, 100 manatees and dozens of dolphins have turned up dead in the waters.**

STAY TUNED, because we're starting to work with The City of Orlando to strengthen their water quality standards. Meeting times and dates will be announced shortly, so please check our website/emails for updates on this matter. We need to fill these meeting halls with a high number of concerned, tax-paying citizens. Florida needs us more than ever.

We're looking to get The City of Orlando (and then Orange County, and other counties) to follow a similar nutrient criteria standard that the city of Rockledge (in Brevard County) has recently voted into place.

The Rockledge City Council voted on a better water standard than the weak state standard!

Learn about this recent victory for the State of Florida and Sierra Club here:

<http://www.sierraclubfloridanews.org/2013/05/rockledge-protesters-defend-fertilizer.html>

Latest News on Algal Blooms in Central Florida:

http://cfnews13.com/content/news/baynews9/news/article.html/content/news/articles/cfn/2013/7/14/toxins_from_algae_to.html

Wekiwa Springs Pollution:

<http://www.wftv.com/news/news/local/algae-blooms-sliming-wekiwa-springs-river/nYcGj/>

Please like the **Sierra Club Central Florida Group** and **Florida Slime Crimes** on facebook, since this is a GREAT way to stay informed on what is happening with this campaign, as well as, what events, meetings, and outings are going on. A great way to meet more like-minded folk, as well!

Thank you for being an advocate for the environment.

Together we stand a chance with cleaning up Florida's water — I'll drink to that! ■

Sierra Club Endorses Florida's Water and Land Legacy Campaign!

What is the Florida Water and Land Conservation Amendment? What is this specific campaign about?

The Florida Water and Land Conservation Amendment dedicates funding for water and land conservation, management and restoration by amending the state constitution. The amendment sets aside one-third (33 percent) of Florida's existing documentary stamp tax revenues (paid when real estate is sold) and guarantees that these funds can be used only for conservation purposes, such as acquiring conservation and recreation lands, managing existing lands, protecting lands that are critical for water supply and restoring degraded natural systems.

Where will the money go? How does this measure benefit Floridians?

The money will be used for land and water conservation, management and restoration in Florida. The funds dedicated by the measure will:

- Restore, manage and acquire lands necessary to protect Florida's drinking water sources and protect the water quality in our rivers, lakes and streams;
- Protect our beaches and shores;
- Protect and restore the Everglades and other degraded natural systems and waterways;
- Manage fish and wildlife habitat, protect forests and wetlands, and restore conservation lands that are an important part of Florida's natural heritage, economy and quality of life;
- Provide funding to manage existing state and local natural areas, parks and trails for water supply, habitat and recreation.

All this will be achieved with no increase in taxes.

Why do we need to amend the state constitution?

After almost two decades of support, water and land conservation is not a priority for the Legislature or the Governor. Since 2009, the Legislature has reduced funding for these programs by almost 100 percent. The amendment would ensure that water and land conservation projects are adequately funded by funds – requiring that they not be diverted to other purposes. The only way to secure significant, sustainable resources for water and land conservation for the long-term is to take this issue directly to Florida voters through a constitutional amendment.

Registered to Vote? Than please sign this petition which is available at any Sierra Club meeting or outing til the end of the year. You can legally fill out this petition once.

If you would like a copy mailed to you, please call (850) 629-4656 or Email: campaign@floridawaterlandlegacy.org
(Unfortunately, we are unable to provide a simple link with a pdf file. The state is being very specific with how they would like petitions to be printed out and collected.)

If you'd like to help gather petitions for this very important state-wide campaign, please contact Jason Brady at: Jason@FloridaWaterLandLegacy.org or (850) 629-4656

Learn more at: www.floridawaterlandlegacy.org

THANK YOU.



Paved Paradise? The Scale of the Problem

BY K. Eliza Harris, Urban Planner, CNU-a

Photo 1 | Photo 2

Which of these is better for our water system?

In the field of city planning, we worry about “impervious surface,” which means how much concrete, asphalt and building there is compared to amount of grass, garden or in some cases special “pervious” materials. This matters to city governments and environmentalists because it affects how much water is reabsorbed into our aquifers and how much pollution rainwater collects before it runs off into ponds and streams. If you live in a house there are things you can do to make your lot more pervious like replace your driveway with special pavers or installing a rain garden.

However, one thing many people never think of to reduce their impervious footprint is to move into an apartment. If you are sharing 1,200 square feet of the earth with a person below or above you then you are creating half as much impervious surface as you would in a free-standing house. Even living in a two-story house instead of a one-story house can have a similar effect (assuming, of course you didn't just buy a bigger house).

It doesn't stop there. If your apartment (or house) is in a walkable neighborhood that requires less parking and narrower streets, then you've again, created a little less asphalt. This can be counter intuitive because a downtown or urban neighborhood may not look very green or pervious but a person on foot takes up a lot less



space on the sidewalk than a car on the road. Even if you merely move closer to work and thus drive a shorter distance, then the amount of asphalt required to get you where you are going decreases. By the most conservative estimates there are 3 parking spaces for every car in America, one at home, one at work and one at a shopping center. In some suburban areas there are probably many more; some planners have estimated at many as 8 spaces sitting empty per car. If there are four spaces for your car and each space is 300 square feet each, then at 1200 square feet there is probably more impervious surface on the ground devoted to parking your car than your house. However, if you live in a place that allows you to drive a little less often, the number of parking spaces required to support your car goes down.

Because of these collective effects, some regulations intending to protect our water system can actually create systems that cause more damage. Many jurisdictions have regulations that require a certain amount of impervious surface on every building lot. At the level of a lot 40% or 60% pervious surface may sound great. More is better, right? However if it means that fewer people can share the same amount of



land then, per person, there may be more impervious surface at the community scale. Furthermore, over time some of these spaces tend to get paved over by homeowners anyway for things like patios or parking or so they aren't a great long term solution. If that regulation means that every home or business lot is just a little bit bigger, then you have to walk a little further to get to your destination for every house you pass making you more likely to drive and create the need for another parking space and maybe a wider road. If every house is a little bit farther apart then that means a few more feet of asphalt as the road passes by; it's not that much for one house but when you add them all up, that's a lot of impervious surface.

Getting it right is complicated; there are many regulatory and economic reasons that people choose where and how they live and that developers choose what to build. But next time someone proposes “paving paradise” for an apartment building or townhouses or a store, remember to keep in mind the big water picture.

Further reading: CNU Rainwater in Context
<http://www.cnu.org/rainwater> ■

Get The Facts About MULCH

BY Cecilia Height

Various materials are used for mulching in landscapes, such as leaves, grass clippings, pine bark, pine straw, pecan hulls, wood shavings, and cypress trees. Mulch has many functions: weed control (reduces maintenance time), decreases the evaporation of moisture from the soil, decomposed mulch adds valuable nutrients for plants, and mulch can be aesthetically pleasing to the eye. Since cypress mulch is the most widely used material in Florida, we will focus on the cypress tree. There are three recognized varieties of cypress trees: pond, bald and dwarf. Bald cypress trees are fast-growing, and are usually found in flowing waters. Pond cypress are located in still water swamps and are more fire tolerant than the bald variety. Dwarf cypress is pond cypress that grows where nutrients are severely limited. Cypress mulch used to be called cypress bark mulch because it was the stripped by-product of the cypress lumber industry. Over the years, the use of cypress lumber declined, but the mulch became hugely popular. The primary cypress product is now mulch. Cypress swamps are clear-cut using heavy machinery. The trees are transported to a mulching company where they are chipped and shredded into mulch or wood chips. What's left of the swamp, is a bog of broken, spindly trees and worthless stumps. Cypress trees most often form round “cypress domes” (hardwood wetlands with cypress trees in the center) or “strands” (linear wetlands) throughout the central Florida

and southeastern states. In the Green Swamp, cypress swamps comprise approximately 30% of the land area. To give you an idea of just how important wetlands are, if 80% of those wetlands were drained, available groundwater for consumption (drinking and bathing) would be reduced by 45%. Cypress swamps provide food, shelter, and nesting sites for a variety of wildlife species and endangered plant life. They also serve as a natural filtering system. The swamps absorb and filter out pollutants that otherwise would contaminate our lakes, rivers, reservoirs, and aquifers. Preservation of wetlands and cypress swamps is important for the functions they perform for free! In a world with an ever increasing population, the demand on land for food production, industrial and residential development has overshadowed the importance of watershed protection and biodiversity. Wetlands are particularly vulnerable because they often represent the only undeveloped land in an area. As mentioned above, there are several different materials you can use for mulch in your landscape. If you prefer to purchase bagged mulch, please consider varieties other than cypress. One excellent alternative is Floramulch. This mulch comes from the melaluca or “punk” tree. The State of Florida considers melaluca a very costly, destructive pest. It was imported to the United States from Australia in an attempt to soak up water in wetlands. The state and private land managers spend millions of dollars every year fighting the invasion of these pest trees in our native swamps.

Bottom line: Please stay away from Cypress Mulch at all costs!

Bee a Good Neighbor — To Love Your Fellow Pollinator is to Love Thyself

BY Pam Treadwell

Did you know North America has around 4,000 native bee species with 700 species in 66 genera in the Eastern U.S., alone?

Did you know that Florida has over 300 native bee species not including the honey bee? I didn't.

I'm a native Floridian myself but growing up I never gave its pollinators and insects much thought beyond enjoying a butterfly here, and a chrysalis there. Living in Florida meant that bugs were a fact of life. Cockroaches, mosquitoes and termites thrive in the warm moist climate here, and so far the only way we've been able to survive this insect horde is pesticides — and lots of them. I remember the mosquito spraying truck making it's way through the neighborhood at dusk most summer nights. The big plume of pesticide down the center of the road seemed arbitrary; the 'skeeters remained no matter what. All the stinging flying yellow and black insects like yellow jackets, bumblebees, hornets and honey bees were just referred to as "bees" and always feared after I'd grabbed a honey bee from a powderpuff bush blossom and learned first hand (ha) about stings as a kid. I think my behavior is typical of most people who have a sting episode at a young age in that the bug will sting and nothing more learned beyond stereotypes and societal fears promoted by the media and the extermination and pesticide industries are like, "KILLER BEES are coming!"

Now 40 yrs later, ironically, I'm a beekeeper, or what I'd like to call more of a *bee steward*. I like to call it "bee stewardship" because to me, "beekeeper" is sort of a misnomer, considering the bees will come and go as they please. I'm still teaching myself the intricacies of organic backyard beekeeping and have been doing feral honey bee rescue and relocation. I had the extreme advantage of being able to work with tree companies and collect huge nests for re-hiving which fast tracked my education. So, my mind was totally changing about honey bees because I was

able to be around many many different colonies and in doing so began seeing that each colony had its own unique personality. It became very apparent that these are not just "bugs" but sentient, communicative, very intelligent insects that are the result of eons of evolution. In a complete reversal from my past I admit I've fallen under their spell and can't imagine living without them.

So why am I telling you all this? I explained my history with insects to illustrate that if *I* can get over my prejudices and keep bees, anyone can. And to tell you that whether you realize it or not, you are already a bee steward if you have a yard or property. It's your little eco-system. And all the yards in your neighborhood together constitute an even larger system. You have thousands of pollinators, including wild bees, moths, flies, beetles and butterflies that you never see whom are affected daily by what you do or don't with your garden. I've found that there are a lot of people out there wanting to get started with beekeeping but are a bit confused on where to begin. You've already begun if you've maintained a pesticide free garden. I say just jump right in. Go where you feel most interested, naturally inclined and comfortable. That could mean assisting hundreds of pollinators already in your yard. You do not have to keep honey bees to be a bee steward. Many wild pollinators like mason bees provide lots of pollination for your garden with minimal care compared to keeping honey bees. Wild bee houses can be a sculptural focal point for the garden. It's more important to accept beekeeping as an ongoing education and process that requires patience and perseverance if you are to succeed. I would also encourage new first time beekeepers to focus on bee stewardship and conservation first before honey production. There is no perfect situation or right or wrong because beekeeping is very subjective in personal styles, needs and the environ-



ment you have to work with. And now with the global unprecedented high death rate of our honey bees and other pollinators such as Monarch butterflies, we don't have much time to lose! So please don't wait, this world needs bee stewards to step up more than ever before.

How you can help pollinators:

1) STOP the use of all synthetic pesticides in your yard. The damage these chemicals do usually far exceed the problem they're treating. Specifically neonicotinoids, or "neonics". That is the toxic chemical in the most widely sold pesticide RoundUp by Monsanto. Most systemic pesticides and fertilizers with pesticides in them are sold at garden centers and chains like Home Depot, Lowe's, Walmart, Target, K-Mart, etc. and should be avoided! The nectar and pollen all these treated plants create is toxic to pollinators. By the time they've visited a days worth of flowers across a vast foraging range they can consume the equivalent of a lethal chemical cocktail. The honeybees bring that poisoned nectar back to their hives and feed it to their family. And oh, those trace amounts of pesticides make it into their honey stores as well. The pesticides have also been found to damage the bees natural navigation abilities so they are unable to find their way home no doubt contributing to what is known as CCD or Colony Collapse Disorder. It has also been discovered that the negative effects of using pesticides in your garden extends way beyond killing the insects you do see to killing many elemental creatures in the soil around the treated areas you cannot. Deaths contributed to this new class of lethal pesticides include birds, bats, toads, lizards, aquatic life such as amphibians, who may either eat the poisoned insects or come in contact with it themselves. The pesticides on your lawn eventually find their way back into the aquifer as well. So, encourage your neighbors to avoid pesticide use. Be aware that not all organic approved pesticides are safe for bees. If you must treat consider spot treatments only with neem, horticultural oils and insecticidal soaps applied in the evening to avoid contact with diurnal

pollinators. I'll post a list of examples of products to avoid using at the end of this article.

2) Create diverse habitats that can work as housing for native bee nests; a pile of logs can become a pollinator condo. A stack of wooden pallets and crates, etc... what could you build with the odds and ends you have hanging around your place. There's plenty of DIY info online.

3) Give them plenty of food to eat. The best thing to feed your pollinators the pollen and nectar of native plants. Choose a wide variety making sure that there are at least three different plants blooming in each season from spring to fall to provide enough food.

4) Provide a clean water source. A great watering station for bees and other pollinators could be any large shallow bowl that has objects for them to rest on while drinking is good since honey bees cannot swim. Like shells, rocks, marbles, whatever you have laying around. Make sure to change water frequently if it is not a flowing water source like a fountain.

5) Consider more natural, xeriscaped or permaculture landscaping that encourages a healthy biodiversity. The food diversity of yardening (a food garden where there was a yard) is a better alternative to pollinators than an acre of Bermuda grass.

6) If they are friendly, non aggressive, and you'd like a live removal; DO NOT call an extermination company if you have a bee problem. If you do not/cannot keep a swarm call a beekeeper for a live removal. Calling the City of Orlando or an extermination company (even those that advertise live removals) will almost insure the bees will be killed. Most extermination companies that advertise live removals do not employ beekeepers and are in business to make money; saving bees is not cost effective for them. Often beekeepers will remove bees free of charge on the same day.



7) Talk to your lawmakers about your concerns. Vote green, Vote sustainable. Vote Green Party. Vote with your dollars. Due to their massive die off, honey bees should be considered an endangered species. Let's support them by demanding bans on their extermination (except of course in situations like extreme aggression/ Africanization in honey bees) and requiring live removal and relocation. Consider having a neighborhood bee garden on a rooftop or unused park area. These can be communal places to keep hive boxes for folks who may not have space or the ability to keep at home. These communal bee spaces can also be great for education as well.

So... get out there and be the benevolent bee steward ruler of your tiny piece of the eco world and help your pollinator neighbors! I'd really love to see Central Florida step up and become more progressively green and sustainable and that includes caring for our neighborhood ecosystems.

Please come visit me at Scout Bee on Facebook: www.facebook.com/pages/Scout-Bee/476590069025736

Neonic Harms Go Well Beyond Bees
http://www.panna.org/blog/neonic-harms-go-well-beyond-bees?utm_source=fb&utm_medium=socmed&utm_content=food&utm_campaign=neonics

Top 30 Flowers for Bees
<http://www.realfarmacy.com/top-30-flowers-for-bees/>

The Ultimate Guide to Attracting Native Bees:
<http://www.beautifulwildlifegarden.com/guide-to-attracting-native-bees.html>

Scientists call for an end to cosmetic insecticide use after the largest Bumblebee poisoning on record:
<http://www.xerces.org/2013/06/27/scientists-call-for-an-end-to-cosmetic-insecticide-use-after-the-largest-bumblebee-poisoning-on-record/>

Native Bees of North America:
<http://bugguide.net/node/view/475348>
Plant Exchange: Raising pollinator bees at times when honey bees aren't an option -
http://www.yankton.net/river_city/article_7ca120da-ceed-11e2-a378-001a4b-cf887a.html#.UbTMbpPB7oE.facebook

Center For Food Safety: List of Toxic Garden Chemicals to Avoid -
http://www.beyondpesticides.org/pollinators/documents/pesticide_list_final.pdf

Neonic harms go well beyond bees:
www.panna.org ■

URGENT: Please ask your Congressman to support H.R. 2692 — The Save America's Pollinators Act of 2013

"H.R.2692 - To direct the Administrator of the Environmental Protection Agency to take certain actions related to pesticides that may affect pollinators, and for other purposes."

Capitol Hill is buzzing about a new bill that aims to provide long overdue protections for America's imperiled pollinators. Today, Representatives John Conyers (D-MI) and Earl Blumenauer (D- OR) introduced the Save America's Pollinators Act, calling for the suspension of neonicotinoids, a class of systemic pesticides that are killing bees.

We have to act NOW to save what bees we have left! PLEASE sign this petition in support of H.R. 2692 :

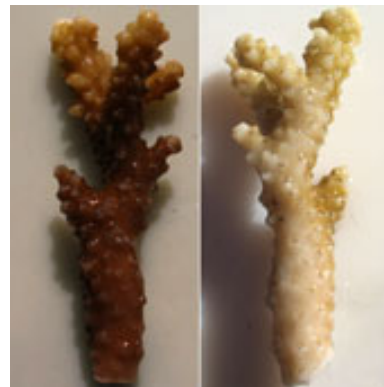
http://action.beyondpesticides.org/p/dia/action3/common/public/?action_KEY=14785

PLEASE SHARE. THANK YOU.

CERTAIN SUNBLOCK/SUNSCREEN IS KILLING CORAL

BY Maria Bolton-Joubert

While my husband, Andrew, and I were snorkeling in Hawai'i (Oahu and Kauai) this past February for our 5 year wedding anniversary, we observed that much of the coral there was very damaged — Dull, broken, and just dead-looking. Definitely not what I expected to see. I thought back to an article our friend, and CFL Sierra Club Vice Chair and Treasurer, Julie, had provided us a few newsletters back now, on how scientists/researchers are linking sunblock/sunscreen to the bleaching and damaging of coral. I have now seen this for myself. It's estimated that between 4,000-6,000 metric tons (4,400-6,600 US tons) of sunscreen washes off swimmers and snorkelers into coral reef environments every year! Up to 10% of the world's coral reefs may be threatened by sunscreen induced coral bleaching. Just horrible. On a positive note, this is preventable, and reversible. How? Read the labeling before buying and applying sunblock/sunscreen, and try to stay away from the following chemicals:



Four common sunscreen ingredients that were shown to cause complete coral bleaching at very low concentrations. They are:

Oxybenzone (benzophenone-3) – Sunscreen with several suspected human health effects.

Butylparaben – Preservative with several suspected human health effects.

Octinoxate (Ethylhexyl methoxycinnamate) – Sunscreen with several suspected human health effects.

4-methylbenzylidene camphor (4MBC) – Sunscreen with several suspected human health effects.

Allowed in Europe and Canada, not in USA or Japan.

Andrew and I ended up buying this Badger Balm brand while in Hawai'i. It's listed right on the front of the tube that it's reef safe and cruelty-free (a HUGE deal with me as well!):

<http://www.badgerbalm.com/s-35-coral-reef-safe-sunscreen.aspx>

*Another way to lessen your impact on coral is by covering-up while in the water. I choose to wear rash-guards (or t-shirts!) when swimming/snorkeling. Many rashguards are developed to actually block UVA/UVB rays (unlike most t-shirts), which is great because: (1.) didn't have to put sunscreen on my back/arms/etc while snorkeling, and (2.) I stayed warm(er) in a very cold Pacific Ocean!

Examples of rashguards:

http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=womens+rash+guard&rh=i%3Aaps%2Ck%3Awomens+rash+guard



More articles on this topic:

<http://news.nationalgeographic.com/news/2008/01/080129-sunscreen-coral.html>

<http://www.divermag.com/the-truth-about-sunscreens-and-coral-reefs/>

Education is key to saving the coral and the planet, so please spread the word on this topic.

Lets all make wise choices for sunblock (especially since we live in Florida!) and here's to protecting coral together! ■

Helpful Environmental Information from the City of Orlando:

As part of the City of Orlando's Green Works initiative, a website has been created to let citizens share, discuss, ask "How do you Green?"

Please become part of the discussion at: <http://engage.cityoforlando.net/>

The City of Orlando's Parks Division has two Tree Planting Programs: one for individuals and one for neighborhood groups or associations.

Check out the details and apply on-line at: <http://www.cityoforlando.net/fpr/Html/treeplanting.asp>

Single-stream recycling is finally available for City of Orlando residents. A 95 gallon recycling cart has been delivered to each residential home within the City of Orlando limits. All recyclables will now go in one cart and be emptied every other week. To find out more about this implementation, please visit the City of Orlando's Solid Waste website at: http://www.cityoforlando.net/public_works/solidwaste/swmrec.htm

July is Lakes Appreciation Month!

BY Mel Alves

What does a lake mean to you? Sure, you may work on them, play on them, drink from them and dive into them, but have you recently taken the time to really appreciate your local lake, pond, or reservoir? With increasing populations, development, and stressors on our waterbodies, we really need to take the time to consider where we'd be without water. All life relies on this valuable resource and we often take for granted that these resources will always be there and always be useable. And that's where The North American Lake Management Society (NALMS) comes in...

What is NALMS? NALMS was founded in 1980 during a limnologists conference in Maine. The purpose of the Society is to forge partnerships among citizens, scientists, and professionals to foster the management and protection of lakes and reservoirs for today and tomorrow. The focus is lakes, but the medium is water, and it defies governmental boundaries, human ownership, and even physical form. NALMS is a melting pot in terms of membership, and welcomes anyone interested in lakes and lake management.

What is Lake Appreciation Month? In June 2012, NALMS sent a letter to each state Governor requesting a proclamation recognizing the importance of lakes in their state and declaring July to be Lakes Appreciation Month. These letters asked each Governor to affirm "the importance of lakes for our drinking water, energy pro-

duction, food production, and for aesthetic and recreational value." Governor Rick Scott was one of only 14 governors to sign this proclamation.

Why is this proclamation important to Florida? Florida has over 7,700 lakes larger than ten acres and over 100,000 smaller bodies of water. They provide drinking water, irrigation, energy, recreation, scenic beauty, and habitats for wildlife. These water bodies have been a vital importance to Florida's history, growth, and financial health. They improve the quality of life for all of Florida's residents and their importance should not go unnoticed. Florida's lakes are valuable economic resources for Florida businesses, tourism, and municipal governments. By signing this proclamation, the state of Florida recognizes the need to protect its lakes and reservoirs for future generations.

How can you get involved? With a whole month dedicated to Lakes Appreciation,, why not take the time to enjoy your local freshwater resources and bring some attention to them, to either extoll their values or initiate action to protect, enhance, or rejuvenate them? Lakes Appreciation Month is an ideal time to set aside a week, a day or even just an hour to celebrate your favorite lake, pond or reservoir by participating in one or more of the following activities:

Assist with volunteer monitoring activities

on your water body or in your watershed (<http://lakewatch.ifas.ufl.edu/>)
Participate in the annual Secchi Disk Dip-In (www.secchidipin.org)

Take a day off and visit a local lake or pond. Go boating, kayaking, canoeing, sailing, rowing, swimming or SCUBA diving.

Contact your local lake management agency and see if you could shadow a limnologist for a day.

Observe wildlife, take pictures, draw or paint while at a lake or pond.

Organize a field trip for students.
Organize a family day at the local lake or pond.
Organize or participate in a lake clean-up or watershed event.
Organize or participate in a watershed stormdrain sign marking event - only rain down the stormdrain!

Have your septic system pumped if you live close to a waterbody.

Report any stormwater pollution discharge to your local municipality.

Most of all, remember to enjoy and appreciate these valuable freshwater resources!

Information provided by:

The North American Lake Management Society (www.nalms.org) ■

UPCOMING PROGRAMS:

All programs are held the 3rd Wed of the month at 6:30 PM, at Harry P. Leu Gardens, 1920 N Forest Avenue, Orlando Florida.

For directions to Leu Gardens, contact them at: (407) 246-2620 www.leugardens.org

Door opens at 6:30 PM, with light snacks and socializing. This is a great way to meet more environmental folk and network. Programs are held from 7 - 8:45 PM. A brief discussion of environmental issues precedes the program. Admission is always free, the public is invited, so come on down!

WED. July 17th PROGRAM: Feral Honey Bee Conservation 101 — Pam Treadwell

Pam is a local Audubon Park resident, Orlando designer & conceptual illustration artist. But one of her greatest loves is apiculture, otherwise known as beekeeping. Honey is just one of the visible and tasty benefits of bees! However, there are many other reasons why bee conservation is so important, including pollination and biodiversity. Pam believes that backyard beekeeping is one of the best ways to practice bee conservation. Sadly, many people come across feral hives, they resort to pesticides to kill the swarms. As an alternative, Pam collects and relocates the swarms to domesticize the colonies. She is on her way to becoming a certified Master beekeeper, and has relocated over 200 feral colonies for the City of Winter Park. Please join us! Interested in having your own bee box or just learning more? Visit Pam's Facebook page: **SCOUT BEE**

WED. Aug 21st PROGRAM: United States Peace Corps — Chad Chernet

Chad Chernet is the Central and North Florida Regional Recruiter for the United States Peace Corps and has also served as a Community Economic Development volunteer in Bulgaria from 2003-05. He has also worked as an attorney-at-law for over 7 years at an international corporate law firm in south Florida and operated an immigration law firm before moving to Orlando to become the regional recruiter for Peace Corps. He is currently based in Orlando. Some of the specific projects that Chad will speak about include: Ecotourism project in Cape Verde - Building stoves in Panama - Clean water and sanitation in Lesotho - Planting fruit trees in Morocco - Community Cleanup and Planting in Bulgaria. Please join us!

Chad Chernet: Peace Corps: 407.450.8840 or chernet@peacecorps.gov

VOLUNTEERS ALWAYS NEEDED!

We're always looking for more volunteers!
Feel free to reach out to us in your area of expertise:

Volunteer with Tabling at Events: Julie at julie.levine28@gmail.com
Fund-raising Ideas/Involvement: Josie at josieb1128@yahoo.com
Newsletter Article Submission: Maria at Paesan123@aol.com
Have a Speaker in Mind for Future Meetings: Mel at ecoalves@gmail.com
Have an Outing in Mind: Mary-Slater at sierraclub01@yahoo.com

THANK YOU for wanting to help make the Central Florida Sierra Club Group BETTER THAN EVER!!

UPCOMING OUTINGS:

Participants on Sierra Club outings are required to sign a standard liability waiver. To read the waiver prior to the outing, contact the Outings Department at 415-977-5528 or visit us online at www.sierraclub.org/outings/chapter/forms/ Sierra Club is a Florida Seller of Travel Ref. No. ST37115. CA Seller of Travel CST 2087766-40. (Registration as a seller of travel does not constitute approval by the State of California.)

Saturday, July 13th: Family bike ride on the Orlando Urban Trail Bike Ride with a visit to the Mennello Museum (900 East Princeton Street). Meet at 10:00am in the parking lot of Mead Gardens in Winter Park. We'll bike ride to the Mennello Museum (admission: \$5.00) and see the exhibit "Never No More: Storter's Southwest Florida". This ride is only about 5 miles round trip, with a stop at mile 1 at The Mennello Museum. Mennello is the first venue to showcase the new exhibition based on the memoirs of Rob Storter, which were published in 2000 as the book "Crackers in the Glade." Storter came from a family of early settlers in the village of Everglade. He was a self-taught artist, and sketched pictures of his rural lifestyle and environment, and annotated them with stories, often bemoaning the wilderness that was being lost to development. Don't forget a bike lock. For anyone who wants to have lunch after the bike ride, we'll stop at the White Wolf Café on Orange Ave.
Leader: Mary-Slater 407-481-4398 or sierraclub01@yahoo.com

Saturday, July 20th: Kayak the Silver River. Meet at 10:00am Ray Wayside Park on SR 40 and we'll launch from the park and paddle 5 miles upstream to the headwaters of Silver Springs. A paddle trip on the Silver River near Ocala features some of Florida's most beautiful scenery and diverse wildlife. This short river with translucent blue springs has been described as magnificent. The headwaters start at Silver Springs, the world's largest natural artesian spring, which produces nearly 550 million gallons of water each day. Because of the substantial flow, the paddle upstream can be strenuous, but well worth the effort. Beside the subtropical landscape, the river is famous for its abundant wildlife. Several troops of monkeys live wild along the length of the river. Silver Springs theme park website lists the source of the monkeys as a concessionaire who operated the Jungle Cruise boat ride during the 1930s. The monkeys were placed on an island in the river and they simply swam off and disappeared into the neighboring forest. Bring lunch and plenty of water. Parking fee:\$5.00
Leader: Mary-Slater 407-481-4398 or sierraclub01@yahoo.com

Saturday, August 3rd: Kayak the Rainbow River and the Withlacoochee River. Carpool from the Super Walmart in Ocoee at 6:15am, NE corner of the lot OR meet at 8:00am at Rainbow River Canoe and Kayak in Dunnellon (12121 River View, Dunnellon, FL, 34432). If you have a boat, the shuttle cost is \$15. Kayak rental is \$34.98, which includes shuttle. Call ahead and receive 10% off with a reservation: 352-489-7854. Paddlers also pay a park fee of \$5.00 per boat NOT included in the shuttle. The Rainbow trip is 3 miles upstream to the springhead, then 4.5 miles downstream. Rainbow River is crystal clear and one of the largest springs in the world. We often see otters on the river! Food and drinks must be in non-disposable, dishwasher-safe containers. The river is patrolled and you will be fined for having disposable containers in your boat! No Gatorade bottles, chip bags or plastic sandwich bags. Bring water, lunch, hat, sunscreen. You must call the outfitter at 352-489-7854 if you need to reserve a kayak (\$34.98).
Leader: Rodney Posey 321-436-2349 or rposey1@cfl.rr.com

Saturday, August 31st: Kayak Juniper Springs Run: Meet at Juniper Springs, 26701 E Hwy 40, Silver Springs, FL. No kayak rentals available. This is a 7-mile paddle, which is NOT for beginners as it twists and is very narrow. However, it is one of the prettiest in Florida. Starting at the canoe ramp, the upper spring run is crystal-clear and less than one foot deep with a white sand bottom. Palmetto, palms, oak and cypress form a canopy over the small creek, which is well appreciated on hot summer days. About two miles downstream, the run enters Juniper Prairie Wilderness, a sanctuary for wildlife and those seeking to get far away from the urban world. Nothing disposable allowed on the river and coolers WILL be searched on the dock. There is a \$5.00 per person entrance and \$12.00 launch/shuttle fee. Bring lunch, hat, and lots of water.
Leader: Rodney Posey 321-436-2349 or rposey1@cfl.rr.com