



## Next Meeting

Manhattan Bread and Bagel  
1808 N. Sepulveda Boulevard  
Manhattan Beach

Wednesday, July 27  
7:30 PM

We will recap the recent election and celebrate our Democratic victory. Janice Hahn defeated Huey by a wide margin, thanks to our collective efforts.

Come see how our new club year is shaping up and get the latest on the ongoing redistricting plans.

## DUES ARE PAYABLE

BCDC memberships for the new fiscal year are due and payable. The BCDC year goes from July 1 through June 30. Dues are \$25 per person or \$40 for two at the same address.

Please bring your check to the July meeting or send it in to the club at PO Box 2192, Redondo Beach, CA 90278.

Please bring your membership up to date if you haven't already: we need your participation more than ever!

## BEACH CITIES GREEN

By Dency Nelson

As a kind of follow-up to my May column on "10 Easiest Ways to Cut Your Energy Use in Half," I thought I'd "bring it home" in these next two or three columns by offering some of the things we do day-by-day in the Nelson home to live a more sustainable, Earth-friendly life. Most of these things are very easy and cost-free, some of the others, not so much. You are probably already doing a lot of them yourselves. No doubt I'll be leaving some valuable ideas out of the following rundown, either because of space or inattention. But I warn you that what I do include will be frank and descriptive. Here goes.



First thing in the morning, I head to the toilet for my morning "pee." If I'm the first one there, whatever has been deposited in the bowl overnight gets flushed now with this first morning use. To save water,

we flush as infrequently as we can comfortably tolerate, and if there are only liquids and TP in the bowl, we use the 1/2-flush levers of our dual-flush toilets. TP used in the Nelson home for almost 20 years is Seventh Generation's 1-ply recycled TP. It's not "Downey soft," but it works just fine! If that first morning flush has already been made by somebody else, I save my first morning "pee" for the shower. This saves the flush, and it all goes down the same drain! Before turning on the hot-water faucet, I hit the button on the return-flow system installed under the bathroom sink. It pulls all of the sitting cold-to-warm water out of the pipes and pushes it back down the cold-water side. This prevents our wasting water down the drain during the wait for the hot water to arrive (and almost eliminates the wait entirely). It's more energy-efficient and cheaper than the very popular hot-water-on-demand systems that have been proliferating lately. While brushing our teeth, lathering up hair and body in the shower and shaving, we turn off the water so it's not just running down the drain. (We cheat on this one a bit, but do our best to be mindful of wasted, running water in every case, indoors or out.) We also keep one eye on the small 5-minute "hourglass" suctioned to the shower wall.

We are real label readers, so here in the bathroom as well as everywhere in the house we try to use soaps, shampoos, toothpastes, deodorants, cosmetics, cleaning products, etc., that are Earth, animal and human friendly. That means using "Tom's," "Trader Joe's," "Begley's Best," "Seventh Generation" and many, many other brands, as well as some home-made remedies and brews from natural ingredients. It's a lot easier now than it was even 5 years ago to find

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## New Club Officers

Left, our newly-elected officers: Kevin Sullivan, President, and Diane Wallace, Vice-President. Both were elected by unanimous vote, as were Kathryn Campbell—Secretary and Edna Murphy—Treasurer.

*(Green, continued from page 1)*

these commercially available products on store shelves and online. They all work just fine and in some cases are actually cheaper than the other stuff, so no excuses on this one!

I usually bring my lunch to work, prepared and packed by my completely supportive wife and partner in these endeavors. While I shower and dress for the day ahead, she packs the lunch (sandwich, salad, fruit, etc.) into reusable plastic containers that she then puts, along with reusable utensils (if even necessary) and a "Seventh Generation" napkin of unbleached, recycled paper, into a reusable insulated bag. No saran wrap, aluminum foil or plastic or paper packaging of any kind is necessary. This arrangement works just great! We didn't arrive at it all at once but developed it over time and continue to make improve-

ments. First the refillable water bottles and reusable drinking cups, then the reusable lunch bags, then the elimination of the other wrapping and packaging. Eliminating the paper napkin or towel and toting a washable cloth napkin will be a next step. None of this is hard, and it is good for the planet, saves money, and makes you feel really good!

Before coming downstairs, I've dressed for work (or for play). The clothes and shoes in our closets are, for the most part, from Earth- and animal-friendly fibers and materials. We haven't been able to completely exclude leather, but if there is a workable alternative, we choose it. A lot of our footwear is still leather, but if a cloth or recycled rubber or plastic product is suitable, we buy it. Again, as with the cleaning products, this is a lot easier to do today than it was just 5 years ago. There are many practical

clothing and footwear items available in stores and online; it just takes a little research and label reading to find them. It's actually kind of fun discovering the alternatives, is often cheaper, and again, it makes you feel really good!

I'll continue with my sustainable day in next month's column, but in the meantime you can visit [www.theultimategreenstore.com](http://www.theultimategreenstore.com) or [www.ecoproducts.com](http://www.ecoproducts.com) to begin exploring what might be a whole new world for you. Or feel free to get in touch with me, and I'll try to point you in the right direction. Just drop me a line at [DLN52@verizon.net](mailto:DLN52@verizon.net).

## Monroe's Ruminations

Monroe Weinstock



I have long had an abiding faith in the power of the press and also in the absolute trust of our judiciary. This article deals with the press or more properly the 'media.' I'll get to the courts in another article.

It has been said that it takes two things to make politics work—a powerful person and a set of powerful institutions to spread the word! From kings thru dictators thru religious leaders thru executives and thru politicians....they have all been more than willing to shape ideas into their desired images!!!

Once upon a time there were "weapons of mass destruction." Recently there has been talk of "Death Panels." The infamous William Randolph Hearst with yellow journalism promoted a war because of the "Sinking of the Maine." In Viet Nam, Richard Nixon proved that truth could be a casualty by announcing

victories, while

in fact, we were losing the war. And kindly, smiling old Ronny Reagan believed that lies could be necessary and proper, especially if they served the right side of history—like the Iran-Contra illegal fiasco!!!

Somehow, when I think of the media, my thoughts go to Bill Moyers. Some time ago he thought that media consolidation was a corrosive social force. He also thought that the media should never be part of the power structure (much like a separation of church & state). Moyers felt strongly about a free public media that needed adequate support (from individuals & philanthropies). And to quote Moyers, "What you don't know can kill you, as well as other people's children."

My own opinion is that we don't just need newspapers but we DO need professional journalists who have the time to do the painstaking work at getting the TRUTH. Without an informed citizenry, Democracy cannot function. Also, in my opinion, it is folks like the Koch Bros. (in Wisconsin) and Rupert Murdoch (at the Wall Street Journal & the N.Y. Post) who can pour in globs of money to color &

taint the news & the truth!!

So, the bottom line is: A) We need a free & independent press (hopefully tax free). B) Support must come from individuals & philanthropies. C) Local coverage must be expanded. D) Professional Journalism should be combined with help from local universities. E) The FCC (Federal Communications Commission) should do all it can to support this FREE press.

## Late-Breaking News from Friends of Hermosa Beach Green Building

After a 3-year fight and several court decisions, ... the California State Supreme Court overruled a previous state appeals court ruling and this time ruled unanimously in favor of the City of Manhattan Beach and its ban of single-use plastic bags. The city's decision on when and how to implement this ban will be forthcoming.

Congratulations to the City of Manhattan Beach for your courage and for your thoughtfulness for the planet! We should all learn from your example!

*Dency Nelson*

## June Recap

Our June meeting featured updates from Ted Lieu's office and from the former 53rd ADDC, and we held our annual election of new club officers.

First, Veronica Zendejas gave a summary of the bills Senator Ted Lieu has sponsored or endorsed.

Since being sworn into office Feb. 17, Lieu has already introduced measures to ban minors from using cancer-causing tanning beds; protect grieving families from disruptive funeral protests; create jobs and improve state competitiveness through creation of a business-focused state agency using existing resources; and alleviate abusive liens in the workers' compensation system.

Other recent bills include **SB 336**, which would mitigate emergency room overcrowding; **SB 917**, which would help prevent animal abuse by banning their sale by temporary retail venues while also increasing penalties for animal neglect; **SB 919**, which would ban the electronic transmission of sexually explicit images by school-age children; and **SB 779**, a move to help ensure today's students have more financially secure futures by allowing schools to teach "financial literacy" as part of its mandated economics curriculum.

There followed questions and answers and a general discussion of the upcoming closure of the 405 Freeway to allow for a bridge expansion.

Next, Teresa Bird presented the proposed slate of officers for the upcoming 2011-2012 fiscal year: Kevin Sullivan – President; Diane Wallace – Vice-President; Kathy Campbell – Secretary; and Edna Murphy – Treasurer (returning). Acting President Lori Geitmann called for nominations from the floor and then called for a motion to approve each candidate in turn. There were no nominations from the floor and the new slate was confirmed by unanimous assent.

Diane Wallace spoke about an upcoming event featuring the filmmaker Robert Greenwald that is being planned by the Palos Verdes Peninsula Democratic Club.

The event is scheduled to take place in September at the Palos Verdes Library. BCDC has been asked to participate, and a motion was passed to do so.

There followed some discussion about redistricting; Diane Wallace has been attending meetings of the committee and the outcome is being much discussed. On Friday, June 10, 2011, the California Citizen's Commission released the first drafts of maps for the 2011 statewide redistricting process. These maps were built through more than 30 public hearings, public testimony from thousands of individuals, and presentations of statewide plans from leading civil rights and civic organizations.

Redistricting Partners and Political Data have partnered to create maps and demographic breakdowns of each proposed Congressional, State Senate, and Assembly seat. The maps also mark where current members of each body reside. The draft maps can be found at the Commission's website at [www.wedrawthelines.ca.gov](http://www.wedrawthelines.ca.gov).

From the County Committee it was reported that the Party sends its congratulations to the Navy Seals and Department of Defense for their success in neutralizing Osama Bin Laden. The Committee is trying to raise money by selling swag including tee shirts and mugs. They are looking for volunteers to help register new citizens to vote.

The 53<sup>rd</sup> ADDC held their meeting to discuss the chartering issue. The Committee was dissolved as an official entity but will regroup once new district lines are formulated, and will then decide whether to reemerge and be chartered by the state or by the county.

It was announced that campaign calls for Janice Hahn are being made at a location directly above the Craig Huey headquarters on Lomita and Hawthorne.

There was discussion of the possible upcoming grocery strike. Members were urged to tell their local grocery store managers that they support the workers and will not cross picket lines.

Lori turned the meeting over to our newly-elected President Kevin Sullivan,

who introduced himself and gave some background. He is a former Redondo Beach City Councilman and has been a member of this club and the Gardena Democratic Club off and on for years. Kevin served as Labor Coordinator for Carey Peck in his 1980 Congressional campaign against Bob Dornan. (Peck lost by a narrow margin.) He said our common purpose is to get Democrats elected to office.

Lastly, it was announced that our host at Manhattan Bread and Bagel, Mike Keegan, has launched a non-profit swim organization intended to bolster Redondo Beach's youth water sports programs that will manage the use of the new Redondo Union High School aquatics center.

Beach Cities Swimming will manage the use of the RUHS pool during times it is not being used for school classes or athletic teams. BCS will offer swimming and water safety classes, lap swimming, water aerobics, lifeguard training, and triathlon/open water clinics.



*Top: Outgoing President Lori Geitmann celebrating with friends; below, Debra Bowen's Field Organizer Esete Assefa (left) chats with Teresa Bird*

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**Beach Cities  
Democratic Club**



**Beach Cities Democratic Club**  
**Membership Form** 

*Please Print*

Name \_\_\_\_\_

I (we) understand that only registered Democrats, or those intending to register, may join the club.

Address \_\_\_\_\_

City \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Employer \_\_\_\_\_ Occupation \_\_\_\_\_

Distribution of the club newsletter via e-mail saves money. Check this box *only* if you would like to receive it by US mail.

I volunteer to:

Telephone     Help with mailing     Hospitality     Write for newsletter

Register voters     Programs     Legislative     Membership     Other

Annual dues are \$25.00 per person or \$40.00 for two at the same address.

Please make checks payable to Beach Cities Democratic Club and mail to P.O. Box 2192, Redondo Beach, CA 90278