



**SOUTH BAY CITIES
COUNCIL OF GOVERNMENTS**



**South Bay
Environmental
Services Center**

**A Program of the
South Bay Cities
Council of
Governments**

**20285 S. Western
Ave., Suite 100
Torrance, CA 90501**

Phone:
(310) 371-7222

Hours:
M-F, 9am-5pm

Web:
www.southbaycities.org

Volunteer email
[volunteerinfo@
southbaycities.org](mailto:volunteerinfo@southbaycities.org)

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Volunteer Connection

SBCCOG/SBESC Volunteer Newsletter

Spring 2014

Being an Ambassador& Leading by Example By Astrid Ollerenshaw

The role of an ambassador is to represent one's country within another nation. The Ambassador is the one of highest ranking diplomat to represent their country. In this sense, a volunteer also serves as an ambassador volunteer giving their time to help fellow citizens around the community to be more aware of environmental issues. Their work through the SBCCOG/SBESC is part of a larger movement that protects our natural resources in the region and in the world.

Our volunteer ambassadors have a number of roles including working with all kinds of people to encourage, motivate, as well as inspire them to carry out and complete sustainable tasks successfully. These volunteers also act as tour-guides as they meet, greet, and help visitors on General Assembly days, Water Harvest days, and other events. They represent our partners and cities and the communities of the South Bay.

As a volunteer, you are leading by example. To "lead by example" is to lead others by your actions, not your words. Rather than intentionally trying to teach someone, simply do your best and when others notice your good work, they will naturally follow and learn.



**and be part of a larger movement that
protects our natural resources in the
region, the country and the world.**

You can make a difference in saving the environment

**As a
volunteer
you can
participate
in different
activities**



- Office support
- Material preparation for workshops and events
- Inventory control
- Photography
- Community outreach
- Community projects.

The South Bay Environmental Services Center (SBESC) is the South Bay's clearinghouse for energy efficiency, water conservation and environmental information, workshops, materials and outreach. SBESC partners include: Southern California Gas Company, Southern California Edison, West Basin Municipal Water District, LA Metropolitan Transportation Authority, Sanitation Districts of Los Angeles County, the City of Torrance and the County of Los Angeles

**Interested call for more information at
(310) 371-7222**

also apply online at www.southbaycities.org/

Over the past five years, the SBESC volunteers have provided more than 11,000 hours of community participation through our volunteer program and all of these hours have positively affected the lives of people in the communities of the South Bay.

The SBESC is continuously looking for volunteers that feel enthusiastic about helping their local community and the environment. We are looking for outgoing and friendly people with a positive attitude who enjoy both outdoor and indoor community events. These people become our ambassadors



South Coast Botanic Garden
Rancho Palos Verdes
©2013 Astrid Ollerenshaw

Learning about our volunteers by Vibha Joshi

In each edition, we are highlighting short stories about our volunteers to learn more about our very diverse group of amazing people. This time, we present Kathy Haynes, and Peggy Kramer.

Kathy Haynes

Kathy was born in Michigan. She and her family moved to California when her father began working for Hughes Aircraft Company in Culver City. After graduating from High School, Kathy worked at Plumbing Specialties where she became the 2nd female in Southern California to sell wholesale plumbing supplies.



After plumbing wholesales, she began working in the aerospace industry where she retired with over 35 years of experience. During that time, Kathy also completed her BA in 2003, MBA in 2005 in Business, and one year towards her Doctorate in Education at the University of La Verne. She is considering completing her Doctorate sometime in the future. Now retired, she plans to spend her spare time with two of her favorite organizations: SBESC and American Red Cross.



Volunteer Kathy Haynes
helping at Live Well Expo
Northrop Grumman
Redondo Beach
© 2014 Astrid Ollerenshaw

She started volunteering at SBESC in March 2012. She enjoys helping at the SBESC table during events. She also is very active participating in training programs, learning events, and field trips. She lives in Gardena where she volunteers in supporting safety and community development.

Kathy's pride and joy is her daughter, Elizabeth, who is currently in the U. S. Navy, serving as a (Corpsman) Chief at Camp Lejeune, North Carolina, along with her husband, who is also in the Navy. Kathy has two granddaughters and one grandson.

**"Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You don't even have to make your subject and your verb agree to serve... You only need a heart full of grace.
A soul generated by love..."**

Dr. Martin Luther King, Jr.

Peggy Kramer

Born in Hampton, Iowa, Peggy is from a very small town– the current population is 4, 460. Her parents moved to California when she was 4 - but in her heart, she is still a country girl from a small town. She is a second generation born in the U.S. - on her mother's side: her grandfather was from Sicily and grandmother from Poland. Her grandparents lived in the Italian section of New York. Her dad also was a first generation born here - his dad's parents were both from Holland.

With her Dad, Peggy spoke few words in Dutch, but Italian was pretty much forgotten on her mother's side as her grandparents were so proud to be in America - they only spoke English. Today she is trying to learn Italian.

They didn't have a lot of money when they were kids, but they didn't know that. Her parents taught her to be thrifty, but also that money and things aren't everything - family and friends are. And - that education was and is very important for her and her family. As a little girl, Kramer's imagination was her best friend and entertainment: from writing stories, to drawing and painting. The little girl in Peggy never really went away as she attended El Camino College and graduated with an Associate degree in Art. She still writes stories today as well as doing numerous arts and crafts. Later she graduated from CSULB with a degree in Criminology. It took her 10 years to finish her B.S. degree, as she worked at the airlines in passenger service in Los Angeles for 25 years, recuperated from a bad car accident and later became a cancer survivor. Her illness took her out of the work force for nearly 4 years.

She has a very broad range of interests. In the past she was a Candy Stripper in Pediatrics, picked trash up off of Torrance Blvd, and pulled weeds in P.V. to save the Blue butterfly. She has been sworn in to rescue birds from the Huntington Beach oil spill, been a physical therapy aide at UCLA, staffed tables for the Wellness Community, and wrapped gifts for needy children. Currently, she is a C.E.R.T. member for Gardena, a member of A.D.T (Animal Disaster Team) of Torrance and a volunteer for SBESC. She is also the coordinator for the South Bay Water-Wise Garden Tour and she facilitates a 10 week course offered through the Beach Cities Health District/ Blue Zones Program on finding your purpose. A couple of accomplishments she is most proud of is her drought -tolerant -fairytale garden that is almost finished and her "tea house" made of recycled doors and windows. It literally is a dream come true. Her front yard is there to share with her neighbors, but her backyard is her secret garden hideaway. It is amazing.



Peggy at home
©2014 Peggy Kramer

**SBCCOG &
SBESC
Volunteers**
"We are each
gifted in a unique
and important way.
It is our privilege
and our adventure
to discover our
own special light."
Mary Dunbar



Above pictures Peggy's Garden
Courtesy of
www.southbaywaterwisegardentour.com

Development Opportunities for Volunteers

By Miguel Vazquez

"Take advantage of being a volunteer for the South Bay Environmental Services Center participating in so many events, trainings, and workshops." Miguel Vazquez invites and advises all volunteers.

We started the year with the **Volunteer and Civic Engagement Fair** held at Redondo Beach Performing Arts Center, with the purpose of promoting volunteer opportunities that maximize your gifts and talents, and help people understand the connection between living with purpose and serving their community.

Also in January volunteers had the opportunity to participate in the **Sustainable Residential Workshop Series: Reducing Your Carbon Footprint through Transportation Choices**. Volunteers and South Bay residents learned that 28% of the gas emissions come from transportation and how using alternative transportation such as electric, hybrid vehicles and buses, and bicycles are transportation options to help reduce greenhouse gas emissions.

Some volunteers benefited from the **Weather-based Irrigation Controller** exchange and were very happy after getting a free new sprinkler controller system that will help save water and money while keeping their home yards beautiful. West Basin also hosted other events such as free **Toilet Exchange** and free **Rain Barrel Program**. The rain barrel program promotes collecting and reusing rainwater. Through this program volunteers and customers in the South Bay West Basin service area, received –from 1 up to 2, free 50 gallon rain barrels.

Every year in February for the past 15 years, the South Bay City Council of Governments (SBCCOG) holds their **General Assembly**. Leaders and motivated people of the South Bay gather to listen to speakers and have a chance to learn about interesting topics that benefit the community. Again the networking and interaction is priceless.



**Amanda & Roberto at
General Assembly**
Juanita Millender-McDonald
Community Center Carson
©2014 File Photos



At SBESC Torrance
©2014 Astrid Ollerenshaw

Last March 25 at the SBCCOG/SBESC offices, volunteers had the opportunity to refresh their knowledge about SBESC programs and how to be more effective at events. This training also provided a great opportunity to network with other volunteers, share ideas, and find out what is going on in the community as well as all around the South Bay area.

We want to make sure we stay in touch with all volunteers. Our email addresses are having a minor change. All our addresses will be the same name and will end in **@southbaycities.org**.

The volunteer email is now volunteerinfo@southbaycities.org

A point of view: Lighting Energy Saving Options by Larry Sidor

By now, everyone will have read Jacki Bacharach's, Executive Director SBCCOG, article *Get Enlightened* in the SBESC e-newsletter and heard about Southern California Edison's rebate incentives for buying new types of light bulbs.

The media have ballyhooed the "banning of the incandescent bulb" as of Jan 1, 2014. In fact, it appears that this move to replace incandescent as of Jan 1, 2014 is largely voluntary. Other consumer reactions from the blogs: "...I like LEDs, but I feel like I'm being gouged. Why are LEDs still so expensive, especially the brighter ones? When will the price come down?"



Images courtesy of
<http://www.bulbs.com/>

What actually happened on January 1st, 2014? The cost of an ordinary light bulb drastically rose — and hopefully your electricity bill will fall. The so-called bulb ban is simply a government-mandated energy efficiency standard at work. Seven years ago, President Bush signed the Energy Independence and Security Act of 2007 into law, and it required that the most popular light bulbs are roughly 25 percent more efficient — that you only need 43 watts to generate the same amount of light as a 60-watt incandescent.

The massive energy savings possible by moving to CFLs is exemplified by the series of ads that ExxonMobil ran towards the end of 2013 claiming: "If every US home replaced one light bulb with a compact fluorescent bulb, the energy saved could light how many homes? Answer: 1 Mill, 2 Mill, 3 Mill answer: 3 Million"

Buying a light bulb used to be a no-brainer. Now it's a brain teaser; the transition to more energy-efficient lighting means choosing from a dazzling array of products. Most consumers are finding that choosing the right light bulb has a steep learning curve. As will be seen in the table below, the costs of some of the new CFLs will certainly get their attention.

Instead of thinking about "how many watts for my bulb", consumers have to start thinking about "how many lumens", do I need a "warm light" or a "cooler light", and the color rendering index (CRI). We've long identified bulbs by their wattage, but that is actually a measure of electricity, not the brightness of a bulb. The amount of light a bulb generates is measured in lumens. An incandescent 60-watt bulb, for example, gives off 800 lumens of light. And LED bulbs, which are more energy efficient than their incandescent counterparts, can deliver the same amount of light using as little as 10 watts.

Light bulbs are also rated by color temperature, measured in degrees Kelvin. Temperatures below 3,500 deg K are warm-toned; higher temperatures are increasingly blue, or cool. (In order words, the higher temperatures (hotter as we know it in stoves) are "cooler" in terms of light. A typical incandescent is approx. 2,500 to 2,800 deg K; candle-light about 2,000 deg K. A CRI closer to 100 represents a bulb better at accurately showing the colors of objects, as if viewed under incandescent light. Under cabinet lighting should have a minimum CRI of 85, for LEDs Whitehead (Reference 6) recommends 90. In general the higher the CRI, the higher the price of the lamp, Recommendation: if you can't find the CRI listed on the product, don't buy it.

Here is a sample label: Left: traditional incandescent. Right: compact fluorescent.

Lighting Facts Per Bulb	
Brightness	820 lumens
Estimated Yearly Energy Cost \$7.23	
Based on 3 hrs/day, 11¢/kWh	
Cost depends on rates and use	
Life	
Based on 3 hrs/day	1.4 years
Light Appearance	
Warm Cool	
2700 K	
Energy Used	60 watts

or

Lighting Facts Per Bulb	
Brightness	870 lumens
Estimated Yearly Energy Cost \$1.57	
Based on 3 hrs/day, 11¢/kWh	
Cost depends on rates and use	
Life	
Based on 3 hrs/day	5.5 years
Light Appearance	
Warm Cool	
2700 K	
Energy Used	13 watts
Contains Mercury	
For more on clean up and safe disposal, visit epa.gov/cfl .	

LED lamps and bulbs use at least 75% less energy than standard incandescent lighting. In the case displayed above, the savings is 78%.

This writer's own experience is that his CFLs did not live up to the advertised life. I have seen this complaint repeated in multiple internet blogs: "Why do some CFLs die so quickly? The whole seven-year life thing seems random. I have some bulbs that last years but others that die within a year." The box the bulb came in does carry a website where apparently you can claim the warranty within 2 years. But who keeps a box for two years? The warranty information should be part of the label as well.

To summarize, consumers should take advantage of SCE's limited-time offer of discounts of up to \$15 each on select light-emitting diode (LED) and compact fluorescent light (CFL) bulbs. Learn more about light bulb discounts at <http://www.bulbs.com/sce>.

To quote from Reference 4, "...all CFLs are created equal, only buy those that have the Energy Star logo on them. Those bulbs are not only efficient, but also meet the Environmental Protection Agency's rigorous performance requirements and must pass various tests including longevity." One suggestion is that consumers should maintain an inventory of light bulbs in their house, type of socket, type, brand, when installed, etc.... Obviously, this is a task for an Excel spreadsheet. As a final comment, I will quote Ref 1's summary of the current situation: "May the best bulb win."

LIST OF REFERENCES

Ref 1. <http://www.theverge.com/2014/1/1/5263826/the-incandescent-light-bulb-isnt-dead>

Ref 2. ExxonMobil Energy quiz. Ref 3. Bright Ideas to Save You Money up to \$1,000 a Year.

Ref 3. (Find a color thermometer web reference)

Ref 4. NPR's Guide to Changing Light Bulbs (<http://www.npr.org/2014/01/28/267185097/in-the-dark-about-picking-a-light-bulb-this-faq-can-help>)

Ref 5. Consumer Reports (October 2013)

Ref 6 How to Meet the Toughest Energy Code Yet, March 2014, Fine Homebuilding magazine, www.FineHomebuilding.com

Ref 7. Great Ideas for Home Lighting, published by Sunset Magazine (2003)