

ECOLUTION

THE ECO-HOME
JOURNAL

Bulletin



!!! SAVE THE DATE !!!

MEMBER OPEN HOUSE FORUM

Sunday, April 29, 2001 • 2 - 5pm

at the home of Glenna and Richard Citron

10844 Braddock Drive • Culver City

CULVER CITY COTTAGE COUP

BY MARY MCLAUGHLIN PROTEAU

On a recent rain-washed morning, a smiling, calm Glenna Citron, an Eco-Home™ board member, greeted me at the front door of her and husband Richard's two-story home on a quiet residential street in Culver City. She cheerfully ushered me into the living room and within moments was telling me about the two solar tubes soon to be installed in the living room. Beyond was the kitchen — or more accurately — the kitchen-to-be. Workmen were busy. Saws buzzed. Hammers hammered. A radio played golden oldies. Shadrach, the couple's 2-year-old Pekinese/ Daschund, barked his protective bark. I put the tape recorder back in my briefcase.

I was here to interview Glenna about the process of the eco-remodeling of the Citrons' kitchen, living room and dining room, the current phase of a total

house eco-renovation. The downstairs bathroom has been completed. Glenna told me how much she appreciated and relied upon Julia Russell's articles in Eco-lution, which detailed the eco-renovation of Eco-Home's bathroom.

As Glenna led me upstairs away from the din, Richard trotted down on his way to work. A quick exchange of greetings, and he was off — in his snappy, red EV1.

I nestled into a cozy chair in the peaceful, sunny upstairs suite and asked Glenna what it was that led their pursuit of an eco-friendly lifestyle. While Glenna had had a general interest and awareness of environmental issues, (she'd been solar-drying her laundry and riding a bicycle for local errands), it was at an early Homes for the Future tour that Richard obtained information about Eco-Home™. Then he and Glenna began

attending the Open House Forums. This opened their eyes to the possibilities of green living in an urban setting, and to the realization that one could start just about anywhere, that an "all-or-nothing" approach, wasn't necessary. That what was necessary was simply to make a start.

Through Eco-Home™ Glenna contacted healthy home expert Mary Cordaro. She referred the Citrons to local environmental engineer Richard Scarborough who did an overall assessment of the house. Electro-magnetic and electric field 'hot spots' and sources of dust, spores and other unwanted contaminants were located. This led to the cleaning of old heating and air-conditioning ducts, the addition of new ones and to non-toxic insulation. Now there's a Space Guard air filter in the attic space. A programmable thermostat and a fresh air return system, which circulates fresh outdoor air throughout the entire house for ten minutes every hour, were also installed. Glenna says that these systems have made a noticeable, positive difference in the air her family breathes inside their home. Her son's problems with asthma have been greatly reduced, for example. Next on board was eco-renovation project manager Larry Byrnes, principal of Environmental Home Improvement, and also an Eco-Home Board member.

Our conversation turns to the "star" of the upcoming Open House Forum — the kitchen. The Citrons determined that the renovation would be environmentally responsible in every way possible. They are reusing much of the original materials — the cabinetry, for example. And, rather than totally removing the old, toxic cabinet finish, it was determined that a light sanding would release minimal detrimental chemicals into the air and

provide the perfect preparation for a non-toxic finish. It is this kind of attention to detail, plus Glenna's and Richard's tireless, determined pursuit of environmentally correct options that is inspirational!

Here are just some of the highlights of their eco-remodel:

- spectacularly designed natural (cork and linseed) linoleum kitchen flooring
- grandly functional island with built-in Vita-Mix—a special favorite of Glenna who eats a raw food diet
- Energy-saving Amana refrigerator—additional insulation within a specially designed cabinet-like structure will make the Amana as energy-efficient as a Sunfrost!
- double-glazed glass doors leading to the backyard
- gorgeous bamboo flooring in the living and dining room
- insulated walls, ceiling, and floors throughout the first story of the house

The 2K photovoltaic system will soon be installed by Greg Johanson, owner of Solar Electrical Systems. A \$5,000 rebate on the solar panels from the state reduces this \$20,000 project to \$15,000. Greg does all the paperwork to obtain an interconnection agreement with the local utility and the state rebate.)

Undeterred by the effort, hard work and patience required for such an undertaking, Glenna and Richard look forward to upcoming projects: eco-remodel the rest of the second floor for which Glenna will again rely on Eco-Home's information resources. And while avocado, lemon and peach trees are now flourish-

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FROM THE FOUNDER

STAY-AT-HOME EARTH DAY CELEBRATION

For many years I have longed to spend Earth Day at home in my garden, celebrating the miraculous matrix that sustains earthly life, tending the soil and the plants. This year the Eco-Home™ Network Board of Directors is on the same wavelength, and so we are inviting our members to celebrate Earth Day by staying at home and engaging in some earth-loving activity. Getting down on your hands and knees and getting a cat or mouse's eye view of the earth is especially fun with young children. Close-ups reveal a bustling world of ants and beetles and bugs of all kinds busily maintaining themselves, their communities and their microecosystems. Or plant a tree or some vegetables or berries, create a butterfly garden, or a whole wildlife habitat in your yard! Maybe you just want to sit quietly in the sun and contemplate the wonder of this planetary phenomenon we call Earth. Then send us a description of your Stay-at-Home Earth Day celebration with a check for 50% of what you

Open House
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ing in the yard, major landscaping and a greywater system are also on the list. And an organic food garden. "Richard," says Glenna, "shall be the gardener!"

The Citron residence—a work in progress—is a stunning manifestation of the Eco-Home message: Rethink, redesign and rebuild the way we inhabit the earth.

Please join us on Sunday, April 29 for another resource-full Open House Forum!

would have spent if you had gone somewhere else. We'll publish your accounts in the next newsletter, and your contributions will help us continue our earth-protecting activities. Doesn't that sound like fun?

APRIL OPEN HOUSE

On April 29th, Board member Glenna Citron and her husband Richard and son, Eli, have graciously invited Eco-Home™ members and guests to see their unassuming Culver City home in the process of metamorphosing into an environmental showplace. See cover story for more details.

ARBOR DAY IN GRIFFITH PARK

We'll be at the Griffith Park Recreation Center, 3401 Riverside Drive, from 11 am to 3 pm on April 29th celebrating Arbor Day with sponsoring agencies, the Los Angeles Departments of Public Works, Recreation and Parks, and Water and Power and other participating groups. The focus will be on the importance of

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DIRECTIONS:

10844 Braddock Drive is located south of Culver Boulevard, just a few blocks west of Overland (between Overland and Sepulveda). It is easily accessible via the Washington Boulevard exit of the San Diego Freeway.

Carpool if possible. Or, even better, take public transit.

Call MTA/Metro Information: 800/266-6883 for bus and metro information. For Metrolink call 888/371-5465

trees and their proper planting and maintenance, particularly in the urban environment. City staff will demonstrate skills and techniques for successful tree care. Other activities will include a tree give-away, tree climbing, a tree art show, a Zoo mobile, arts and crafts and live music.

AT THE STARTING GATE

Granada Properties is now bidding on HUD properties on behalf of the Eco-Home™ Network. We hope to soon be owners of a home which will be rehabilitated with environmental systems and products which will conserve resources, reduce the new owners' monthly utility bills and protect their health. This is an exciting milestone in our journey toward our motto of "Every Home an Eco-Home™."

CALIFORNIA PLAN FOR ENVIRONMENTAL EDUCATION

I was pleased to participate in the first of 12 planned symposia with environmental organizations and educators, both formal and nonformal, to seek consensus on environmental education for California's children, K through 12th grades. My personal and professional agenda was to get the subject of sustainable lifestyles on the list of subjects to be



included in the environmental curricula of California schools. It was gratifying to find general agreement on this among those in attendance and my goal was achieved. By the time you receive this Bulletin I will also have attended the second symposium in Alhambra with the same goal. The remaining symposia will be held in central and northern California. I look forward to staying in touch with the California Regional Environmental Education Committee (CREEC) the lead co-ordinating sponsor of these symposia

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From the Foundere
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to track the progress of this initiative.

GETTING OUR ACT TOGETHER

One of the most important things I learned at the symposium is that the way we can best serve the formal educational community and the children under its supervision is to create curricula tied directly to the Eco-Home™ tour. This will enable teachers to easily integrate an Eco-Home tour into their course of studies with maximum benefit to the students and their over-all education.

I'm looking for people who know how to design curricula for grades 5 through 12. We will be seeking funding for this project and so a curriculum writer could expect to be paid. Are there any professional curriculum writers in our midst? Please call me at (323) 662-5207.

Of course, thinking along these lines I immediately realized that we need to have Eco-Home™ demonstration homes in every major city in California! Well, great! My original vision for the Eco-Home™

Network included an Eco-Home™ in every major city in the U.S. Maybe the time is ripe for this.

GREEN BUILDING GUIDEBOOK

We were pleased to co-sponsor some workshops presented by Global Green with the Los Angeles Housing Department and the Los Angeles Environmental Affairs Department on Creating Green Homes. The workshops are integral to the Los Angeles Sustainable Design Program instituted to inform developers, architects, contractors, city planners and others about the benefits of green building in the rehabilitation of affordable, single and multi-family housing.

Included in the workshop handouts was a very useful and well produced *Sustainable Building Program Guidebook* for residential rehabilitation. The *Resource Guide* is unfortunately marred by failure to list The Eco-Home™ Network or any mention of our demonstration home and extensive library of information on this subject. The *Sourcebook* is a handy guide to locally available sustainable materials, though a little thin. I didn't find a listing for Maxwell Pacific in Malibu from which we are obtaining recycled wood for the Eco-Home™ kitchen cabinets, and there was no source listed for sustainable lumber although it was included in the table of contents. I wish that the Global Green staff had taken advantage of Eco-Home™ Network's co-sponsorship to solicit our input and assistance in assembling the handout

materials. We could have contributed much to the final product. The *Guidebook* and the *Sourcebook* may be ordered by calling Global Green at (310) 394-7700. We also have copies here at Eco-Home™.

WORKSHOPS

The first Brain Gym workshop held at Eco-Home in January was such a success that Rosalyn Kalmar has kindly agreed to do a follow-up. Brain Gym II will provide additional information and techniques for those who attended the first workshop and will also be useful and understandable to newcomers to Brain Gym. Please see page 8 for more information.

The Don't Panic, It's Organic, Natural Pest Control Workshop is finally going to take place at Eco-Home™ on June 23rd, 2001. The one we had scheduled for January 20th didn't happen. Andy Lopez suffered from a very unusual bout of illness and couldn't make it. We're happy to report that he's fine now and looking forward to the class in June. See page 9 for the listing.

We're proud to co-sponsor the LA and San Gabriel Rivers Watershed Council's May 19th Conference entitled Habitat: Past, Present and Future. It will deal with one of my favorite subjects, local envi-

ronmental history, among other things. Check it out on page 10. This is a winner. It's going to be a treasure trove of information about our bioregion and an opportunity to contribute to developing an action plan to preserve and restore it. I'm heartbroken that I will have to miss it.

That brings me to a personal note. I will be leaving California to visit my sister on the East Coast in May. We haven't seen each other in about 10 years and we're very much looking forward to spending time together. I'll be gone for two weeks, returning on May 21st. May is a magical month back East. A sweet-scented, budding, fragile green awakening time.

Meanwhile, Eco-Home's summer garden has to get planted this month. I'm still harvesting peas, broccoli, cauliflower, lettuce and cilantro. I don't have the

heart to pull them out while they're producing, so I'll be planting corn, tomatoes, eggplant, and peppers in pony packs for later transplanting. This year

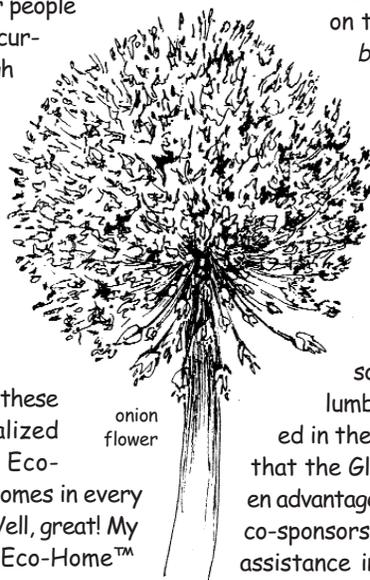
I'll be joined in the planting chores by Ed Williams who is living at Eco-Home and enjoys gardening.

I hope to see many Eco-Home members at the Citron Open House in April.

JSR



onion flower buds



onion flower

BRAIN GYM II

JUNE 9TH, 2001 AT ECO-HOME.

REQUESTED DONATION: \$25 PER PERSON

A follow-up to the first Brain Gym workshop given at Eco-Home by Rosalyn Kalmar on January 27, 2001. Those who experienced the first workshop know how important and helpful these exercises are. Because of the enthusiastic response we've scheduled a second session. Rosalyn Kalmar will lead this workshop at Eco-Home from 2-4 p.m. on Saturday, June 9th, 2001.

Brain Gym is a system of educational kinesiology developed some 30 years ago by Dr. Paul Dennison to assist remedial students in improving their reading skills. The work was very effective. It later became clear that these activities help people of all ages and abilities to do better in areas as diverse as academic work, memory improvement and test taking, sales, golf and singing.

The Brain Gym exercises are easy to learn, simple to do and effective. Performing these activities for even a few minutes can make a big difference. A 1995 Ph.D. thesis found that a group of student nurses lowered their pre-test anxiety 69.5% and increased their test results 18.7% by doing a six-minute group of activities known as PACE before taking their skills tests.

Join us at Eco-Home to see why Brain

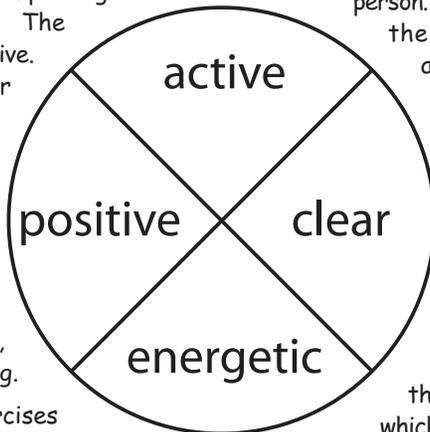
Gym is now taught in 36 countries and the Brain Gym series of books have been translated into 12 languages.

You may obtain free literature about Brain Gym by calling 800-356-2109, or reading about it on the Internet at www.braingym.org. You may also wish to read the books Brain Gym by Paul E. Dennison, Ph.D., and Gail E. Dennison (1986) or Smart Moves: Why Learning Is Not All In Your Head by Carla Hannaford, Ph.D. (1995).

The cost of the seminar is \$25 per person. Additional members of the same household may attend for \$20 each. The cost includes a pocket foldout chart of Brain Gym activities for easy reference. Please bring a bottle of drinking water. No special attire is needed.

This is a fundraiser for the Eco-Home Network, which will receive half of the net proceeds.

Rosalyn Kalmar (BS, MA), a long-time member of Eco-Home Network, is a certified Brain Gym instructor. She was a Brain Gym Mentor Teacher in the Beverly Hills Unified School District. She has presented seminars and classes throughout the Southland for diverse groups, including Kaiser Permanente, Children's Hospital of Orange, Beverly Hills Adult School and California Lutheran University.



DON'T PANIC IT'S ORGANIC!

NATURAL PEST AND DISEASE CONTROL WORKSHOP

Conducted by Author and Organic Consultant Andrew Lopez, a.k.a. The Invisible Gardener

SATURDAY, JUNE 23, 2001 • 10:00 am - 12:00 noon

SUGGESTED DONATION: \$25.00 TO ECO-HOME

Protect yourself, your children and your pets from fire ants and other pests and diseases without the use of chemicals that are harmful to the environment and us. Andy Lopez is currently seen on the



PBS series

The New Garden. He can also be heard on radio stations throughout southern California.

SOME SUBJECTS COVERED IN WORKSHOP INCLUDE:

Natural pest and disease control of roses, vegetable gardens, trees and flowers, indoor/outdoor pests and more. From ants (including fire ants) to gophers, from fleas to trees (got a sick tree?),

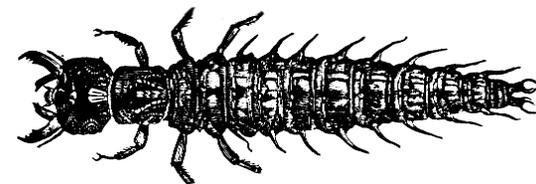
from flies to med-flies, snails to termites, Andy will teach you the basics of using natural soaps and home-made ingredients to make natural pest and disease remedies. You will also learn how to differentiate between a "good bug" and a "bad bug" and the best non-toxic methods for their control. Andy will show you how to make compost, organic fertilizers and natural sprays. There'll also be Q and A. Free samples and give-a-ways, and much more. Taping the workshop is recommended, so please bring your tape recorder.



CLUB 1G LIFETIME MEMBERSHIP DRAWING!! WITH FREE VIDEO/BOOK

For more information visit the Invisible Gardener web site at www.invisiblegardener.com

E-mail: workshops@invisiblegardener.com



HABITAT: PAST, PRESENT AND FUTURE

Saturday, May 19, 2001, 9:00 am to 3:30 pm • 111 No. Hope Street, L.A. 90012
Presented by the Los Angeles and San Gabriel Rivers Watershed Council at the Los Angeles Department of Water and Power Auditorium, \$15 fee includes coffee, lunch, conference materials and parking.

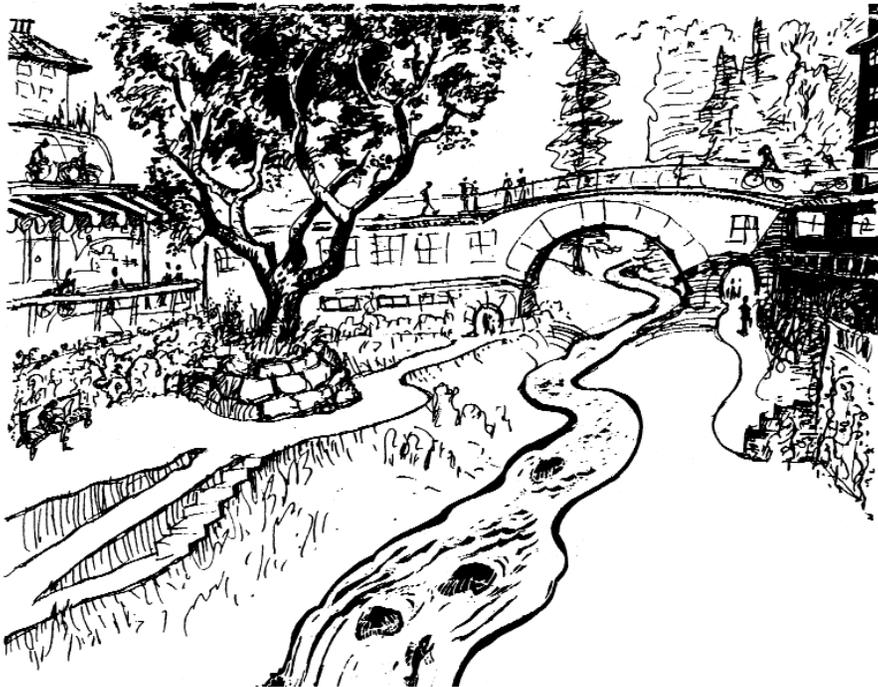
This conference will explore the incredibly diverse habitat that once existed on the coastal plains, in our wetlands, and in our local mountains; how it has changed over time, and what we can do to restore some of the biodiversity for our future.

A panel of experts will describe the past, present and future of our region in the morning. After lunch, participants will have an opportunity to explore the barriers that exist to restoration, and help develop an action plan for our future in small discussion groups, sharing conclusions with each other before we adjourn.

SPONSORS SOUGHT to help defray the costs of the conference in order to keep prices as low as possible- Sponsors will be given credit on our invitation and in conference materials. Contributions of \$500 or more are much appreciated.

CO-SPONSORS SOUGHT to help publicize the conference, and encourage attendance.

Both Sponsors and Co-sponsors are invited to present materials to conference attendees, and tables will be available in the lobby for this purpose.



Eco Home Network

4344 Russell Ave

Los Angeles, CA 90027

