THIRD LAGUNA HILLS
MUTUAL

OPEN MEETING

REGULAR MEETING OF THE THIRD LAGUNA HILLS MUTUAL
WATER CONSERVATION COMMITTEE*

Thursday, January 25, 2024 at 2:00 p.m.
24351 El Toro Road, Laguna Woods, CA 92637
Board Room and Virtual with Zoom

Laguna Woods Village owners/residents are welcome to participate in all open committee meetings in- person and virtually. To submit comments or questions virtually for committee meetings, please use one of the following options:

1. Join the committee meeting via Zoom by clicking this link: https://us06web.zoom.us/j/84989772315

2. Via email to meeting@vmsinc.org any time before the meeting is scheduled to begin or during the meeting. Please use the name of the committee in the subject line of the email. Name and unit number must be included.

NOTICE AND AGENDA

This Meeting May Be Recorded

1. Call Meeting to Order
2. Approval of the Agenda
3. Approval of the Meeting Report from July 7, 2023
4. Remarks of the Chair
5. Member Comments – *(Items Not on the Agenda)*
6. Response to Member Comments

7. Guest Speaker- Dennis Cafferty, El Toro Water District: Water Supply Conditions and Opportunities

8. Items for Discussion and Consideration
   a. Water Consumption Chart
   b. Water-Savings Guide

9. Items for Future Agendas: *All matters listed under Future Agenda Items are items for a future committee meeting. No action will be taken by the committee on these agenda items at this meeting.*

10. Committee Member Comments
11. Date of Next Meeting: Thursday, April 25, 2024 at 2:00 p.m.
12. Adjournment

*A quorum of the Third Board or more may also be present at the meeting.

Jules Zalon, Chair
Kurt Wiemann, Staff Officer
Telephone: 949-268-2565

THIRD LAGUNA HILLS
MUTUAL

OPEN MEETING

REGULAR MEETING OF THE THIRD LAGUNA HILLS MUTUAL
WATER CONSERVATION SUB-COMMITTEE

Thursday, July 27, 2023 – 2:00 p.m.
SYCAMORE ROOM AND VIRTUAL MEETING
Laguna Woods Village Community Center 24351 El Toro Road

REPORT

COMMITTEE MEMBERS PRESENT: Chair- Donna Rane-Szostak, Cush Bhada, S.K. Park, Ira Lewis

COMMTTEE MEMBERS ABSENT: None.

OTHERS PRESENT: Vu Chu (Water Use Efficiency Analyst), El Toro Water District), Kay Havens (President of El Toro Water District Board of Directors), Abel Estrada (Customer Service and Billing Manager, El Toro Water District)

ADVISORS PRESENT: Lee Goldstein

STAFF PRESENT: Robert Merget, Jayanna Abolmoloki

1. **Call Meeting to Order**

   Chair Rane-Szostak called the meeting to order at 2:02 p.m.

2. **Approval of the Agenda**

   The meeting agenda was approved by unanimous consent.

3. **Approval of the Meeting Report from April 27, 2023**

   The meeting report was approved by unanimous consent.

4. **Committee Chair Remarks**

   Chair Rane-Szostak reviewed charts provided by the Finance Committee in detail.

   Members made comments and asked questions.

5. **Member Comments**

   No comments were made.

6. Response to Member Comments

None.

7. Items for Discussion and Consideration

7a. Proposed El Toro Water District increased charges for water/sewer

Chair Rane-Szostak provided informational documents from El Toro Water District and discussed them in detail. Multiple members made comments and asked questions.

7b. Tier 4 Water Usage

Chair Rane-Szostak discussed the provided chart in detail. Members made comments and asked questions.

7c. Residential Water Usage

Director Rane-Szostak skipped this item due to addressing it earlier in the meeting.

8. Items for Future Agendas

Chair Rane-Szostak encouraged members to share their ideas for future agendas.

9. Committee Member Comments

Various comments were made.

10. Date of Next Meeting: Thursday, October 26, 2023 at 2:00 p.m.

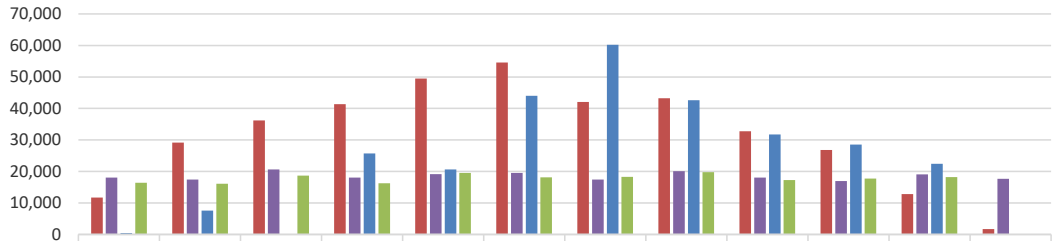
11. Adjournment at 3:44 p.m.

_____

Donna Rane-Szostak, Chair

Third Mutual Water Consumption

2022 - 2023 Trends



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2022 Irrigation, CCF	11,681	29,185	36,236	41,399	49,498	54,595	42,026	43,230	32,736	26,774	12,840	1,669
2022 Residential, CCF	18,023	17,410	20,594	18,044	19,119	19,554	17,401	20,050	18,035	16,920	19,067	17,693
2023 Irrigation, CCF	422	7,602	113	25,718	20,641	44,018	60,244	42,611	31,713	28,568	22,434	
2023 Residential, CCF	16,435	16,065	18,691	16,268	19,524	18,135	18,302	19,774	17,233	17,734	18,224	

THIRD LAGUNA HILLS
MUTUAL

Water Conservation Techniques for 2024

The Sierra Nevada snow pack so far this winter is only 25% of normal . . . and that snow pack provides roughly 30% of California's water for our (too few) reservoirs. That raises a frightening spectre: This year, we may have even less – a lot less – potable water than normal. So another drought may be in the offing. And while the vast majority of our water wasters are in agriculture and we can't control our farmers (except through our legislature), we can still do our part by using less water ourselves. So while we've already cut back somewhat on our usage, we can do even better if we just try a little harder. And we'll be solid citizens to boot.

And the sooner we learn to live within our means, the better it will be for everyone. Because if we begin to run out of water, we may be forced to spend upwards of $6Million just to retrofit all of our manors with separate meters (a cost that will come out of assessments), an expenditure that will provide us absolutely no benefit other than the knowledge that a Big Brother (the El Toro Water District) will be looking 24/7 at our water usage, and then charging us for the pleasure.

The problem is that many of us place water in the same category as air: it's free and it's limitless. And that no longer is the case.

So here are a few suggestions on how we can become even better citizens:

Most of our water problems can be solved in one room: the bathroom, It's there that three of the biggest water users are often located: the toilet, the washing machine and the shower. Let's discuss them in that order:

Toilets:

* The first thing everyone should do is to get a low flow dual-use toilet. That's the one with two buttons on the top: one for liquid waste; the other for . . . the other.

> Low flow dual-use toilets can be found at any plumbing supply house, or Home Depot or Lowes for around $150.00 for a really neat 1-piece model that is every bit as nice looking as any you've seen before. For a toilet, it's attractive and it works fabulously.

* Flush less often: There is generally no medical reason to flush every time you pee. So we can save lots of water by not flushing after peeing ... or after a nighttime visit to the toilet. Some say, "If it's yellow, let it mellow." The saying may be cliché, but it's good advice. If you're grossed-out by the "yellow," just put the toilet lid down. They also sell chemicals to completely eradicate the smell.

* Pee in the shower . . . preferably at the outset. A recent survey tells us that 80% of people pee in the shower . . . including lots of famous folks (e.g., Gwyneth Paltrow and Kelly Clarkson) who loudly encourage the practice. (The study did not explain how they obtained that data.) It saves close to 2 gallons of water (not used for a flush).

* Fix leaks quickly: If you suspect your toilet is leaking, place a drop of food coloring in the toilet tank. If the color shows up in the bowl within 15 minutes without flushing, you have a leak (make sure to flush immediately after this experiment to avoid staining the tank). You may not need to track down a plumber because there are several things you can do yourself to fix a leaking toilet. The most likely suspect is the rubber stopper, which can be replaced for peanuts at any plumbing supply house, or at Home Depot or Lowes.

Washing machines:

* Get a front load washer: The best ones use less than 10 gallons to wash a typical load, in contrast to old top loaders which can exceed 20 gallons a load. In addition, you can saved on average $30.00 a year on electricity costs.

* To save a ton on electricity, wash in cold water, which can save up to 90% of electricity on each wash cycle. Most detergents now are formulated to work in cold water.

* Save even more money – a whole lot more – by air drying your laundry: Use a drying rack ... or just run an ordinary clothes line in a little-used area of your manor. When you save energy, you also save water because power plants use a lot of water to produce electricity.

* Save both water and electricity by washing clothing less often. That will also extend the life of the items. Wool and cotton need washing less often than synthetics, like polyester. So wear clothes more than just once – or twice – and don't wash them

unless they really need washing. Because every day, they don't. (Some folks put jeans in the freezer to freshen them up.)

Showers:

Here is where we can save the most water for the least effort. The average shower takes 8 minutes and uses 17 gallons of water. That's over 2 gallons a minute!

* Low flow shower heads cost peanuts.

* Take Navy (start-stop) showers: only run the water while wetting down and rinsing off. You can easily save 15 gallons of water for each shower. You can save even more water by installing a wand shower head at the end of a flexible hose: It's more efficient than a fixed head.

* Take cold showers: This saves all the water we would waste waiting for the water to heat up ... which also saves the electricity we would use heating up the cold water that enters the hot water tank when we run hot water for a shower.

> Another benefit of taking a cold shower: There is some scientific data that indicates that **taking cold showers helps prevent colds and the flu**. Here's the science: It seems that getting cold increases the production of immune cells and helps Gamma interferon and interleukin-4, two important virus-fighting cytokines (immune system proteins) work better together, resulting in fewer viral colds. (Two recent studies – one in the UK, another in Germany – strongly support the claim.)
>
> This is important during flu season, as flu vaccines are only partly effective. Particularly since as we age, our immune systems become less robust, we can use all the help we can get to withstand the flu this winter. So by taking cold showers, we may actually be avoiding the flu or another viral cold. And that's not a bad trade-off.

So we can save a ton of water by installing a wand shower head, taking cold showers, and running the water only for wetting down and rinsing off. That way one could take a full shower running the water for less than a minute, and saving more than 15 gallons each time you shower.

* Take fewer showers: A principal reason we shower is to rid ourselves of body odor, which is caused by sweat & bacteria. (We don't want to stink.) But most of our sweat is completely odorless, so we don't have to shower to smell clean. Here's the science:

> There are two types of sweat glands. The eccrine glands secrete a fluid – mostly water (and salts) – onto the surface of our skin when our body temperature rises; so it cools our body as it evaporates. The classic example is sweating from exertion: exercise. If the body is clean, we can exercise to excess and our sweat will be odorless (if slightly salty).
>
> It's the sweat from the apocrine glands located on the hairy portions of the body (underarms; back of neck; pubic region) that creates B.O. That is a fatty sweat; and it's the fat that attracts the bacteria that leads to body odor. The principal cause of smelly sweat is emotional stress. (You already know that, right?)

So if you aren't creating much B.O. (and you'd know it if you are), you don't have to shower very often to remain clean.

<u>Bathroom Sinks</u>:

* Install a water-efficient faucet which can save over 3 gallons a minute;

* Don't waste water when washing hands: Pour just a trickle of water to wet your hands; turn off the tap while soaping up; then run just a trickle of water – cupping your hands – to rinse off. You will be amazed at how quickly the soap disappears ... and how much water you just saved.

* Take sponge baths: And possibly ward off skin cancer. Here's the science:

> Twenty percent of us have a bacteria-produced germ on our skins called 6-HAP that appears to block or reduce the growth of skin cancers. Researchers recently found that injecting the germ into the bloodstream of mice helped to prevent group-A strep (in the mice). Group-A strep causes strep throat, rheumatic fever and kidney damage. But 6-HAP can easily be removed simply by washing, especially with anti-bacterial soaps!
>
> The areas most vulnerable to skin cancers – not surprisingly – are those exposed to sunlight: the face, arms and legs. Taking sponge baths – washing

only the torso (from the neck to the pubic area) with mild soap (think Ivory) – cleans the parts of our body whose sweat pores produce body odor, leaving the cancer-fighting 6-HAP germs on our arms, legs and face (whose sweat produces only pure water and a bit of salt).

So take a sponge bath, which requires no more than half a gallon of water in the sink:

* Wet your body down by splashing water on it, using your hand;

* run soap over your body; (the cloth is still unused);

* then use the cloth and the still-clean basin water to rinse off;

*Repeat rinse till all the soap is removed;

* To get any slight residue of soap off your body, drain the basin, squeeze out the wash cloth, run a bit more water onto the cloth and rinse yourself off one final time. Poof, you have just saved more than 16 gallons of water!

* Don't run the water when shaving; in fact, use hardly any water at all:

Guys: get the best shave of your life, every time: First lightly wash your face, to remove any oils; then heavily soak a large wash cloth and nuke it till it's hot. Cover face with the wash cloth; hold it there until it loses its heat. [It's also very relaxing!] This barber trick softens and warms your whiskers, allowing even the cheapest throw-away razor to deliver the closest shave possible.

Better yet: Use an electric razor and use no water at all!

<u>In the kitchen</u>:

* Use a low-water faucet, which can save over 3 gallons a minute;

* When hot water is required, capture running water while waiting for the temperature to change; and use it to water plants. Even better, run the water into a large stock pot or plastic container; Add some liquid soap; and soak silverware, small utensils and dirty dishes in to it to prevent caking of food leftovers before placing in dishwasher;

* New energy efficient dishwashers can use as little as 4.5 gallons of water to do a full load of dishes, etc., as opposed to @ 20 gallons to wash a similar amount in the sink. And use the dishwasher only when full;

* Instead of washing vegetables, place them in a bowl of water and then scrub them with a food brush; Alternatively, you could peel them and save even more water, but that way you will lose many of the vitamins and other nutrients contained in the peels/rinds/skins. (Most fruits and vegetables have most of their nutrients in those skins: apples, potatoes, sweet potatoes, cukes, carrots, squash, asparagus, eggplants, mangos, even oranges. So it's nuts to peel fruits and vegetables);

* Steam, don't boil, vegetables, saving a lot of water;

* Steam vegetables in a basket above boiling rice, potatoes or pasta in a rice cooker;

* **Don't drink bottled water**; just tap water, which can easily be refrigerated. It takes 1.5 gallons of water to manufacturer one plastic water bottle (not including its contents).

* Filtered water: You can fill a reusable 1- or 5-gallon bottle at the filtered water machine next to Stater's or Rite Aid at the Home Depot mall on El Toro. The cost: just 50 cents a gallon, **and you won't be able to tell the difference with pricey bottled waters**.

* You can also get a water filter for your tap and save even more water – and money.

* Don't defrost by running cold water on frozen food! Leave it in the fridge overnight. In a hurry? Put it in a pot of cold water ... and change the water every 20 minutes. It should defrost in as little as an hour.

* Cook one-pot meals: They are easy to prepare, a joy to clean up after, and you avoid using lots of dishes. Typical meals: pasta primavera (pasta with fresh vegetables), stews, casseroles, curries, lasagna, New England boiled dinners. Also mac & cheese and pizza.

* Repurpose cooking water: If you boiled a vegetable, re-use the water to cook a second vegetable. If the water has no salt, you can water plants with it. Just let it cool first. But almost any vegetable water can be saved and used to make a vegetable

stock. Good examples are the water used to boil greens, broccoli, cauliflower, carrots, etc. Even bean water and cabbage water will work.

* Keep a bucket or pitcher in your kitchen to collect leftover drinking water, water used to rinse vegetables and to boil food. When it's time to water your plants or garden, use this "recycled" water before you fill up your watering can from the tap.

* If you must wash some dishes by hand, try using a little water to get your sponge soapy and wet, then turning off the faucet until you're ready to rinse a bunch of dishes at once. Better yet, plug the sink or get a tub to wash dishes in so you don't need to let the water run.

Other ways of saving water:

* If you cannot take a cold shower, at least catch the water you run as the water gets hot; then find another use for that water: watering plants, flushing the toilet . . . . And take only Navy (start-stop) showers.

* Don't run the water when brushing your teeth or shaving.

* Changing our eating habits:

According to King Charles (No, really!), it takes roughly 2,000 gallons of water to produce a pound of beef (other – U.S. – stats put the figure closer to 1,800 gallons). Compare that to his stat of 138 gallons for a pound of wheat (bread: "the staff of life") and 108 for a pound of corn and you get a pretty good idea of how wasteful our Standard American Diet is. Here are some other (U.S.) stats per pound: almonds (1,900!); Sugar (1,700); avocados (141); Oats (290); Sweet potatoes (46); broccoli (34); tomatoes (26). So what we eat can have a real effect on our collective water usage. (And we are what we eat!)

Most recognized health authorities claim that adopting a low sugar, whole foods, plant-based diet will quickly protect against a heart attack. Research also credits that diet with extending our lives; substantially reducing the risk of acquiring Alzheimer's as well as 27 different types of cancer, diabetes, and many autoimmune diseases.

* Limit gym and pool showers:

Barbara Siry (of Concerned Citizens) complains about the profligate waste of water at our gym and pool showers. She's right. At the very least, we should post signs urging our residents to take start-stop (i.e. "Navy") showers. As noted above, taking a start-stop shower can result in running the water for less than a minute, saving perhaps 15 gallons of water for that single shower. 15 gallons is more than twice the daily water ration that Capetown (South Africa) expects to allot to each resident.

Some things to think about, right?