



# Lower Blue Mountains Conservation Society

NEWSLETTER MAY 1980

P.O. BOX 119 SPRINGWOOD 2777.

President; Besse Bramsen Ph. 512787 Secretary; Wendy Godfrey Ph. 391748.

## NEXT MEETING.

Friday night 13th June, at 8pm. at the Teachers Centre Glenbrook Infants School, Ross Street.

Mick and Jill Dark will be showing their slides on the Warrumbungles. Come and enjoy the comfort of the Teachers Centre, and a good night out!

July 11th at 8pm at the Teachers Centre is the next Business Meeting.

## Excursions.

Sunday, June 15th, a trip around the quarries that are planned to be part of the Penrith Lakes Scheme. This scheme affects all of us, and first hand knowledge of the area will give a greater appreciation of the impact of this massive scheme. Meet at 10am at the Apex Battery place at the crossroads of Castlereagh Road and Cranebrook Road.

Sunday, July 13th is a weeding day at the Deanii Forest at Springwood. Meet at the site at 10am.

## OTHER EVENTS.

Saturday 14th June Ivy Market at Springwood Civic Centre.

Sunday, June 8th. World Environment day Picnic at Euroka clearing. This promises to be a great day for all. Theme for the day is "Man the Conserver" with competitions that will award points to those who walk to the picnic, who ride push bikes, who use reuseable picnic equipment, recyclable bottles and cans etc. There will be competitions for adults and children in naming native plants, and for schools in making things from litter. For those familiar with Besse's cooking, there will be a rush for tickets in a raffle of one Besse's fruit cakes.

Gary Tooth will be there to add the Australian touch in song, and a display on appropriate technology for modern living. A Mud Brick maker and a spinner will be giving demonstrations of their art, and a talk will be given on alternative energy sources.

Last years picnic was such a success, this one promises to be even better. Come along for a fun day.

AUGUST 29th to 31st is a camp, a very special camp, at Wallaga Lake Tribal Housing Estate near Mumbulla Mountain. The weekend is entitled "Renewing of the Dreaming" and it is hoped that by visiting some of the aboriginal Dreaming Sites, under the guidance of Guboo Ted Thomas, that the participants will enter a new dimension of experience of the natural environment. Further details from Philip Simpfendorfer, 278 Hawkesbury Road, Winmalee.

NEWSLETTERS. If anyone would like to contribute articles for this newsletter, please contact Christine Stickley, 393906. Also, if anyone could help in its typing, it would be greatly appreciated.

Are you financial? Please pay subscriptions for 1980 now, \$4 Single, \$5 family. This is the last newsletter to unfinancial members.



## FILMS.

Arrangements are being made to obtain a film on Nuclear Energy, which will be screened at the Glenbrook Theatre. This will cost the society some \$100, so we plan to make it a successful and interesting evening, with the possibility of a guest speaker and audience participation.

The film evening at the Teachers Centre showing the Tasmanian Wilderness Film drew a good crowd with a short discussion time following. The society was able to send a sizeable cheque to the Tasmanian Wilderness fund. The time for a decision on the Gordon River Scheme has been brought forward to July. If you haven't done so already, post in the postcards calling for the protection of the South-west, now.

The recent screening of the award winning "China Syndrome" at Glenbrook Theatre brought large crowds. For those who have not seen this excellent film, it is about an accident in a Nuclear Power Plant. In the silence that followed, as people tried to take in the enormity of the question raised in the film, a young woman in the front of the theatre stood up to say that this is happening now, this is what the government wants to build in Australia, and this IS what happened at Harrisburg!

The interest is certainly in the community for the screening of such material on Nuclear Energy, and it is hoped to tap a wide audience for the Society's showing. When dates are finalised, please lend your support, and tell your friends.

## NATURAL HISTORY MEDALLION

The society has nominated Harry Butler for the Natural History Medallion for 1980. Aleen and Wendy have the task of filling in the masses of forms for the nomination.

## TOILET PAPER

In a 4 page full colour advertisement taken out in a trade journal, Bowater-Scott proudly announce their intention over the next 12 months, to increase Australia's per capita consumption of toilet paper, paper towels and tissues, and paper napkins to reach that of the United States!!! At present, the combined profit from sales of the same is \$122 million, and to bring it in line with the figures for the States last year, will make their profits hit \$247 million. That means Australians would have to consume 14 times more toilet paper per "head" than at present, and 7 times more paper towels and napkins. Australia is trailing the U.S. in consumption of tissues by 6.3%. Toilet paper in Australia has a \$67 million market.

- Where do all the trees come from to supply this paper???
- And what of the pollution and disposal problems????

Several members of the society have decided to boycott Bowater Scott products, but why not register your protest personally, where it will be heard. You can ring the N.S.W. representative, Geoff O'Farrell on (02) 6320361.

## NEPEAN COMMUNITY RADIO.

On the weekend of May 24/25th, some dedicated members of the Nepean Community Radio worked long hours to put to air a test transmission in an attempt to have an FM broadcasting licence granted by the government. Whilst the power output was restricted, and consequently the audience area restricted to the Nepean district, the programs were varied and of great interest to the local community, involving many groups from the district in the broadcast. When the Nepean Community Radio is successful in gaining a licence, some thought could be given to making programs of a local conservation interest. Food for thought for the future.

## JAMISON CREEK SUBDIVISION.

The society objected to the subdivision of the land around Jamison Creek at the foot of the escarpment at Emu Plains. Penrith City Council has considered the objection, along with others from the Emu Plains Progress Assoc. and the Nepean District Historical Society, and has decided in favour of the objectors and will be recommending to the P.E.C. that the subdivision not be undertaken.



Mumbulla's Aboriginal elder, Cubee Ted Thomas, wrote these words of wisdom in verse during the recent camp at Murphy's Glen over the Anzac Day weekend.

"The flowing waters bring happiness.  
To drink makes me feel joyful.  
Life feels sad without  
-Makes life worthwhile to live for."

These words are all the more meaningful for us here in the Blue Mountains. As we have become more vividly aware this year, our water is very precious. How much more so, is unpolluted water!

Recent letters in the local papers have raised the question of "Fluoridation" and a debate to be held at Springwood Civic Centre on Friday 30th at 7.30pm brings a greater urgency to the prospect of our water supply being tampered with by the concerned authorities.

"Fluoridation" of a water supply has nothing to do with its purification, the choice of the word fluoridation is unfortunate and confusing. The addition of fluoride in suggested amounts of 1 p.p.m. is an attempt to protect the teeth of children up to the age of 12, from dental cavities. Whether fluoridation achieves any degree of protection is at least difficult to prove directly, when accompanied by oral hygiene instruction in schools and fluoride painting of children's teeth in clinics. Results in the United States and Canada suggest there could be only a 10% improvement in the number of cavities found in children.

Fluoride is not a nutrient, it is a poison used in pesticides, insecticides, and rodenticides.

Adding fluoride to the water supply in 1 p.p.m. sounds small in terms of a gallon, (litre), but could in effect mean that there are tons being added to the biosphere, the rivers and the ocean. Continually adding fluoride to the water will add to its concentration in the soil, water, plants, sewage and air. Even in concentrations of 1 p.p.m., fluoride is known to be toxic to man. (Dr. Ast, Public Health report, Vol 58, No. 23, June 1943.) But consider how much fluoride is being ingested each day by a person exposed to additional sources of fluoride, in the air and food.

Gaseous wastes from industry contain fluoride. Most important of the fluoride emitting industries are processors of aluminium, iron and steel, zinc, copper and other metals, manufacturers of tiles, ceramics, enamel, and glass, the petroleum industry and nuclear power plants. In Florida, such airborne pollution was found to drastically affect crops and livestock some 60 miles away.

Fluorides are also emitted in car exhaust, burning wood, and coal; fluorides are in pesticide sprays used on fruit and vegetables, they are in chemical preservatives and food additives, in aerosol-type breath deodorizers, hair sprays and spray deodorants.

Consider too, the origins of canned food. For example, condensed soup prepared with fluoridated water at the factory. Fluorides will concentrate up to 5 times in the can during the processing as water is evaporated off. If the person consuming the soup makes the product with fluoridated water, the food becomes even more dangerously contaminated. The siting of manufacturers of infant formula milk in a fluoridated area can result in milk containing 20 to 100 times the amount of fluoride in a mother's milk. Similarly with canned and bottled solid baby foods.

Plants take up fluoride from the air and from soil water (sodium fluoride, hydrogen fluoride and other fluoride compounds are readily soluble in water,) and become concentrated in plants. Animals (including man) are next in the food chain to be affected.

Sea food and fish are very rich in fluoride content, the large amounts of calcium in their bodies attracting the fluoride. Adding great quantities of fluoride wastes and fluoridated water into the waterways, and oceans further increases the contamination by the non-biodegradable poison. Fish concentrate fluoride, and pass these ever increasing concentrations through the food chain.

#### What are the effects of fluoride on man?

Firstly, people have differing levels of sensitivity to fluoride, so that even very small amounts could be extremely hazardous to a hypersensitive person.

A world renowned authority on fluorides, Arnold Busch, writes in his book, "Fluorine Intoxication" (1937), "Effects on teeth and bones, arthritic abnormalities of joints and tendons, anemia, skin and eye symptoms, degeneration of organs including the kidneys and bone marrow, as well as gastro-intestinal and neurological symptoms" are the results if an individual's intake of fluoride exceeds so called "safe" levels. What is "safe"?



The United States F.D.A. and the National Research Council have set the uppermost daily "safe" limits for adults at 3 mg. and 2 mg. for young children. However it is difficult to control the dose each day of people, given an assured intake in their water supply as a base. What to, of those whose physical condition or occupation cause them to drink unusually large quantities of water daily; athletes, foundry workers, laundry workers, diabetics, etc.

When inorganic fluorides are ingested in any concentration, 50% of it is deposited in the skeletal structures. (Archives of Environmental Health of the A.M.A., May, 1963.) A booklet published by the US Dept. of Agriculture in 1971, "Environmental Pollution by Fluorides," states that; "Fluorides in animals tend to be accumulated in the teeth and skeletal tissues. In acute cases, excessive fluorides have caused skeletal fracture and disintegration of teeth associated with severe pain."

A number of further studies have been conducted in the U.S.A. where concern is expressed about the increased number of cancers in fluoridated cities, and also the irreversible changes in chromosomes found in mice drinking water with fluoride added in as little quantities as 3 p.p.m. (Dr. Aly Mohammed - University of Missouri.)

Whilst there is any doubt what so ever about the safety of fluoride, its mass medication should not even be contemplated. Unfortunately, this decision is being made right now about the Blue Mountains Water supply. The M.W.S.D.B. have made a recommendation to parliament that fluoridation be carried out, so it is now in the hands of our politicians. Petitions are circulating the mountains (look in your local shopping centre or call into the Penrith Chiropractic Clinic, City Centre Arcade) and it is proposed that these will be presented to Mr. Mick Clough and Mr. Peter Anderson. <sup>in two weeks</sup> Ten percent of the voting population need to sign this petition for it to have any effect. Also, write to your local M.P. stating your views. Morally, it is wrong for us to be subjected to this imposed "medication."

At the very least, an Environmental Impact Study should be conducted by an independent body, before any decision is made, to ascertain the environmental effects of adding an industrial waste product and poison to the waterways.

One is lead to ask just why fluoridation is being pushed to such an extent, when its dangers are becoming more and more evident. The Dental Health Research Foundation is one of the main bodies behind the introduction of fluoride. The Foundation's backers? Coca Cola, Soft Drink Manufacturers, Arnotts, Kelloggs, C.S.R. Sugar, Tooth paste manufacturers to name a few.

As regards to the mechanics of adding the fluoride to the water, despite assurances that overdosing cannot happen, comes a report from Annapolis City in California. On November 11th, 1979, an operator at the Annapolis City water filtration plant FORGOT to turn off the two valves which control the flow of fluoride into the system. Before it was discovered 18 hours later, an extra 1,000 gallons of corrosive hydrofluosilicic acid had escaped into the drinking water. The fluoride content increased from 1 p.p.m. to 36 p.p.m. Within two days, 90% of patients examined by a doctor had chronic fluoride poisoning, some 15,000 cases were estimated.

Residents of the Blue Mountains must be allowed to have a say in this very important matter. Register your say by signing the petition and writing to your MLA.

#### MURPHY'S GLEN ANZAC DAY WEEKEND CAMP.

This was the third Bhagawan Ji Celebration to be held at Murphy's, though perhaps the name is a little confusing to some. Philip Simpfendorfer is quietly accomplishing great advances in his organizing of these ongoing camps which emphasize man's oneness with nature. Participants come away with a depth of experience not easily obtained elsewhere. These camps and meeting with others of like mind, provide an opportunity for each of us to come closer to the earth, the Australian Environment and the Australian Aborigines.

In Philip's own words; "This small but significant gathering was a milestone in the exploration of the timeless meaning of the Australian environment."

There were 52 campers at the Glen, and a wonderful unity typified each day. It was an experience of true community with each person making a valued contribution to the harmonious functioning of the group.

"As to be expected, there was a strong aboriginal emphasis as we sought to understand their relationship with nature, and to forge the links that would break down the aboriginal/immigrant dicotomy and make us all koori, (a person attuned to deeply rooted aboriginal attitudes), and therefore able to move toward a lifestyle attuned to the Australian Environment.