

# LEAD Action NEWS

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The newsletter of The LEAD (Lead Education and Abatement Design) Group Inc.

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Editor-in-Chief: Elizabeth O'Brien, Editorial Team: Rocky Huang, Mish Calvert.

## Entropy 1 and Lead Awareness

Welcome to the May edition of LAN, this month is dedicated to those who have made significant contributions towards lead awareness and environmental damage awareness in any way, shape or form.

It is up to us, every single one of us, to combat lead in our local environment and together we can work towards a lead-safe future. To do this, The LEAD Group is dedicated to uncovering and bringing to you stories from around Australia and the world to do with lead and the environment.

This month we would like to bring your attention to Isla MacGregor's exhibition and some of the work we're doing in terms of translating our articles to Spanish and French thanks to our new volunteer Orlando! In other news, The LEAD Group will be on a Grill'd Local Matters jar this month so please encourage your friends and family to support us by putting a token in our jar when you visit Grill'd Crown St.

Additionally, as we add to our large database, we highly recommend that you check out our newest project 'The Blood Lead Challenge' and encourage your friends and family to participate (<http://www.lead safeworld.com/wp-content/uploads/2014/10/Blood-Lead-Challenge.pdf>)!



*'Roaster'. Part of Entropy 1. Artist: Isla MacGregor*



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# Editorial

This edition is our Entropy 1 special, which covers Isla’s extraordinary photography of remnants of the Tasmanian Smelters site at Zeehan, giving us a shocking and eye-opening view into a side of Tasmania not often shown to the outside world. It reveals the impact of mining on Australia, even in places thought to be pristine in the public eye, turning ecological order into a perverse disorder.

Also in this jam-packed edition of LEAD Action News, we included the speech Elizabeth made via Skype for the opening of the Entropy 1 exhibition at All Saints Church in Hobart. In terms of updates to Lead Safe World, we added the Spanish and French translations for ‘Foods for Lead Detox and they’re available at <http://www.lead safeworld.com/wp-content/uploads/2015/03/Foods-for-Lead-Detox-in-alphabetical-order-SPANISH.pdf> and <http://www.lead safeworld.com/wp-content/uploads/2015/03/Foods-for-Lead-Detox-in-alphabetical-order-FRENCH-20150214.pdf> respectively.

Our most important piece of news comes to you from the NHMRC, on the 19<sup>th</sup> of May 2015 their released Statement changed the recommended investigation of lead sources for individuals with blood lead level above 5 micrograms per decilitre from the 1993 level of 10 micrograms per decilitre! For more information about this monumental event, see Elizabeth’s article in this volume.

The Lead Safe World website will continue to promote lead safety actions that everyone can use to combat this silent epidemic anywhere in the world, rather than being a broad-ranging archive of information about the history of lead, the health effects of lead, sources of lead contamination etc., as our existing web site is ([www.lead.org.au](http://www.lead.org.au)). Additionally, under **Solutions**, there’s a Blood Lead Challenge flyer for a project I encourage all our readers and supporters to participate in. This is a part of our major project in 2015, which involves collating data and creating a searchable database of blood lead information alongside results of lab analysis of environment samples like dust, paint, etc. As this is a mammoth task, we’d like to thank you in advance if you decide to be a part of this project!

We have continued to add to the Partners section (<http://www.lead safeworld.com/partners/>) and this section informs visitors of our Lead Safe World Partners' website which has information about products and services that help



manage lead poisoning and lead contamination. These organisations and products will be easily-identified by the Logos: 'Lead Free', 'Lead Safe' and 'Lead Away.'

Having said this, we would like to extend our invitation to all partnerships and companies with proven solutions to lead problems, lead-free products and lead-safe services, to join us and become a **Partner** of The LEAD Group.

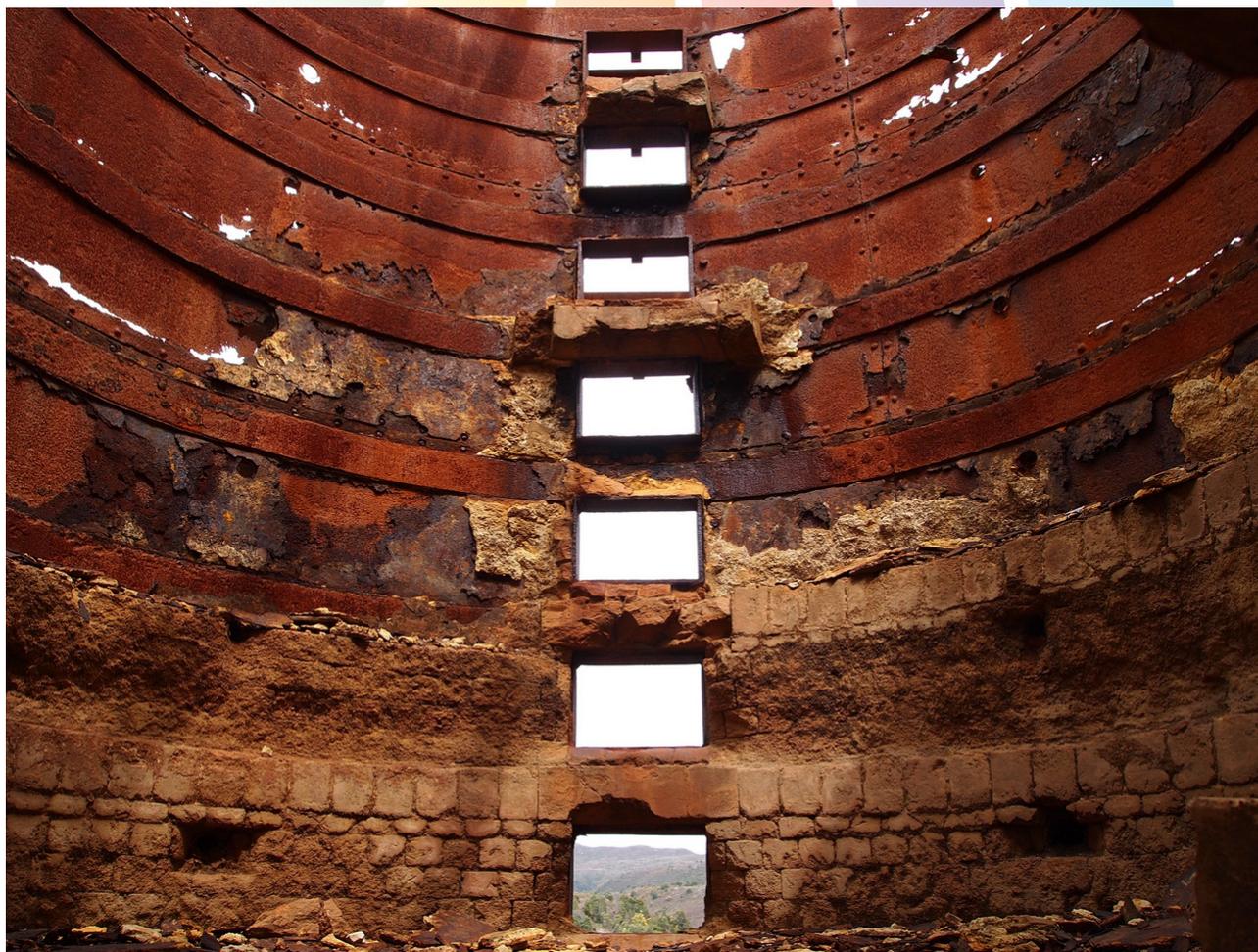
I would like to take this opportunity to remind you to get your entries in for the 2015 Volcano Art Prize (VAP) now at: [www.volcanoartprize.com](http://www.volcanoartprize.com)! Remember, we're accepting short films this year and we already have a short film entry! Entries close Monday 27<sup>th</sup> July 2015.

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## Entropy 1

Entropy 1 is an exhibition about exploring the nature of mining and other human activities and how it has “exacerbated the disorder in our earth’s systems”. This exhibition provides an awakening contrast to the dominant wilderness photography product often seen in media and alike. Isla’s depiction seeks to explore the conflicted zone between the “romanticised imagery of artists and historians and the severe degradation of the environment following mining activity”. See <http://www.mininglegacies.org/legacy-mines/entropy/> for more details about this exhibition.

Below are a few images published in VAP that we think will inspire you and urge you to take action. Furthermore, you’ll also find a transcript of Elizabeth O’Brien’s (President of The LEAD Group) speech given on the night of the exhibition’s launch.



*'Interior of Roaster'. Artist: Isla MacGregor*



*'Rust and Sky'. Artist: Isla MacGregor*



*'Rusted Ring. Artist: Isla MacGregor*



## **Entropy 1 Photographic Exhibition Launch Speech**

*SPEECH delivered by Elizabeth O'Brien (via Skype) at Isla MacGregor's Entropy 1 Photographic Exhibition Launch in Hobart, 6pm Wednesday 18th March 2015. Written by Rocky Huang and Elizabeth O'Brien, The LEAD Group Inc, Sydney Australia.*

I'm honoured to have been a colleague of Isla MacGregor in her previous "life" as a heavy metal contamination whistleblower. Having worked with Isla for 15 years, I can warrant that she is one of the best environmentalists on the planet and a quick search of [www.lead.org.au](http://www.lead.org.au) will give you a truckload of her writings.

Isla MacGregor's Entropy 1 exhibition is a transformative and provoking look at a face of Tasmania that is not often seen by the public eye. The LEAD Group would like to acknowledge Isla's contributions, created through her expertise with cameras and her natural photographic eye. She has raised awareness into the irreversible damage caused by mining on our once pristine and balanced ecology.

We have learned from Isla that Tasmania has over 4000 mine sites and there are 682 abandoned mines - 215 of which are polluting over 75 waterways. This damage is captured in her photos of acid mine drainage, which despite the toxic nature of acid mine drainage, are eerily beautiful.

Our dependence on industry has caused unwanted heavy metals to proliferate in every corner of our planet, disrupting the delicate ecology of the local environment. Isla's message in both words and images, of the ignorance of lead, its spread through leaded petrol, leaded painted, lead smelters and living in a lead or tin or zinc or silver mining community, the unimaginable constant exposure for those affected, necessitates immediate action by all responsible citizens of this planet.

With her technically excellent photographic skills and her eye for beauty, we are fortunate to have people like Isla in the community who brave travelling the distances to bring us such incredible and revealing photographs and to remind the community of the effects of over-dependence on industrialisation and ignorance of the need to protect and cleanup our natural environment in order to restore this delicate balance on our home, our only planet Earth.

It is with great pleasure that I join [Lindsay Tuffin \[Tasmanian Times\]](#) and Professor Gavin Mudd in opening this Exhibition.

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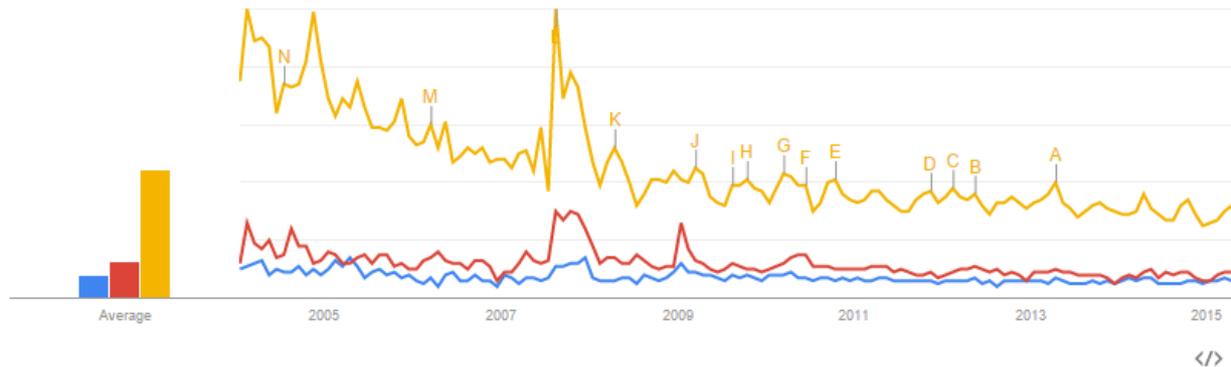
## **Google Trends and What They Tell Us About Lead Awareness**

*By Rocky Huang. Graph and map taken from Google Trends, captions and comments on the graph written by Elizabeth O'Brien. The LEAD Group Inc, Sydney, Australia.*

It has come to The LEAD Group's attention that far more people search for 'Lead poisoning' on Google than they do for 'Lead testing'. We don't expect this to change overnight or even balance (due to lead poisoning being more popular as a search in



academia etc.) but our *mission* at The LEAD Group is to tip the scale one block at a time. These blocks will be comprised of calls to action, awareness campaigns and the ultimate child of our labour, The LEAD Group's very own database of test results and statistics.



Australia	100
United States	84
United Kingdom	77
Canada	63
India	38

*The LEAD Group's work of creating the Lead Safe World Project for the inaugural World Health Organisation and United Nation's Environment Program International Lead Poisoning Week of Action (20<sup>th</sup> to 26<sup>th</sup> October 2013) seems to have made Australia the world leader in Google searches for the search term. The 100 figure on the above map for Australia denotes that Australians have Google-searched for "lead safety" more than any other country's population. The LEAD Group's aim is for "lead safety" to become the new positive term for acquiring knowledge AND taking action in the future. Today we find that web-searching for information on lead poisoning and lead contamination prevention and management, by using the Google search term is led by Australia. So we're off to a really good start after only 18 months since the Lead Safe World Project was launched! Whilst the Lead Safe World Project has until now been centred on the [www.leadSAFEworld.com](http://www.leadSAFEworld.com) website, it will soon be extended to the Lead Test Results website.*

Through getting this information to mainstream media, especially US media (I'll get back to this later), we can encourage those who search for lead poisoning to act on it and hopefully urge their local healthcare professionals to promote lead testing. Google Trends has been an incredibly insightful product and teaches us a very valuable lesson about our gap: we have to ensure that we're adding value to people's life and that they understand the long-term benefits of a lead-safe life.

In this day and age of instant gratification, we have new opponents to our cause and their names are *Attention Span Deficit*, *Financial Burdens* and *Social Media Noise*. Here begins our lesson with Google Trends. Firstly, if we examine the spikes with the search phrases



that we're using for this article, '**Lead poisoning (presented in yellow)**', '**Lead testing (presented in red)**' and '**Lead safety (presented in blue)**', we can see that there are correlations with these spikes. Google tells us that these are often triggered by major news events. For example I (the tallest spike) was triggered by the Mattel toy recall in mid-2007 in the US and we're given the Indianapolis Star article 'Lead poisoning fears send families to clinics' as the example article for that spike. This is significant as it boosted Lead into the mainstream after years and years of decline in searches. Many of the minor spikes have been the result of reports on lead poisoning by US mainstream media; hence the importance of US media in terms of lead awareness and ultimately calling for global lead testing action.

When we launch our new Lead Test Results Website project, it's vital that we have access to local media and leverage that as a boost to international media and reach our US and international audience that way. The design of our website will matter and will be a key weapon in combating *Attention Span Deficit*. We have to make the critical Lead poisoning information highly visible (preferably in graph form) and effects of Lead clearly outlined for each blood lead level threshold. Most of this information has to be accessible using maximum 3 clicks; so it's important to have responsive design for the whole project and laser-guided SEO (Search Engine Optimisation) deployed from the get-go.

In order for the 'flow of information to transaction' conversion to occur, it's important to be persuasive to our target audience in terms of convincing them that the long term health and environmental benefits of lead action is worth the financial cost of action. Infographics are incredibly useful for this sort of persuasion, as they put the information across (the hard facts) in a visually appealing yet information rich format; this is an important balance for us to get right. It's important to remember that the focus has to be on Lead testing, as testing for Lead (in blood, paint, soil, dust, water, children's products, cosmetics, ceramics, jewellery/jewelry, etc.) is the first required action and the best guarantee that further action will be taken to reduce lead exposure and therefore increase lead safety globally. In public health terms, if you don't test, you can't know which actions to take to overcome lead problems. Or, put another way, lead test results and their proper interpretation by health and environmental professionals, are the key to taking further appropriate action to reduce the enormous global impacts of lead exposure. Whereas just searching the internet or reading up on Lead poisoning and taking no action allows Lead poisoning to continue to cause IQ loss, violent crime, dementia and the early death of millions of people, Lead test results cannot be ignored by parents, renovators, workers, the aging population, companies or governments. Lead testing (not the number of Google searches) is the Key Performance Indicator of successful Lead Safety campaigns.

In terms of *Social Media Noise* (and media noise), we have to contend with buzzwords and irrelevant content as Lead (element) does not mean the same as lead (verb). In order to combat this, we have to be authentic and consistent with our content (hence the capitalisation of Lead in our articles) and our content has to stand out from the rest (this is where our large database comes in once we've wrangled all the pieces of data that it has to offer).

We hope that you'll appreciate this information and if you have any comments or feedback, don't hesitate to contact us via our contact form at <http://www.leadssafeworld.com/about-us/contact-us/> or mention us via social media. Thank you for everything and let us ride towards a lead-free future together.



## **Preventing lead poisoning – Australian-style**

### **Background to lead poisoning public health changes since 1991**

*By Elizabeth O'Brien, co-Founder and President of The LEAD Group Inc.*

On 19 May 2015, the National Health and Medical Research Council (NHMRC) of the Australian federal health department, sent the email below to interested parties. The NHMRC Statement changes to recommending investigation of lead sources for an individual with a blood lead level above 5 micrograms per decilitre (instead of the 1993 level of 10 micrograms per decilitre). This brings the Australian “action” blood lead level in line with the 2012 USA level, but still higher than the German levels which are: 3.5 µg/dL for children, 7 µg/dL for women and 10 µg/dL for men.

In my experience of having hundreds of blood lead results reported to me by callers who also reported what their GP said about their results, I have the gravest concern over the NHMRC’s use of the phrase “what is considered the average ‘background’ exposure in Australia” to describe blood lead levels under 5 micrograms per decilitre. The term “average” is a statistical term which can only be obtained (by gender and by age group) by doing a national blood lead survey of all ages in Australia. The LEAD Group has been calling for such a survey to be done for over 20 years yet no such survey has ever been carried out. Only one national blood lead study, on children aged 12-48 months has ever been published in Australia (in 1996) and the average then was above 5 micrograms per decilitre. However, with the elimination of leaded petrol in Australia on 1st January 2002, the average blood lead level for both genders and across all age groups, should have fallen well below 5 micrograms per decilitre today.

The danger of not doing a national blood lead survey of all ages, is that doctors will believe the opinion of the NHMRC that blood lead levels up to 5 micrograms per decilitre are “average” and therefore not worthy of taking action to identify lead sources and abate the sources or abolish the lead pathway or remove lead from the body (if the lead exposure happened much earlier and is not affected by current abatement of lead sources). The NHMRC simply MUST confess to medical professionals that 5 micrograms per decilitre has been chosen as the action level for economic reasons and not because it is the average level.

The LEAD Group calls on the NHMRC to undertake a GP education campaign re: lead poisoning emphasising that the only non-actionable level of lead in blood is one that is below the limit of detection of the lab, as well as emphasising the need for more data on actual blood lead levels (preferably a study) and notification by labs and collation by government of ALL blood lead results for statistical analysis.

I suggest the new level of 5 micrograms per decilitre be renamed the priority action blood lead level.



## **Release of NHMRC Statement and Information Paper: Evidence on the Effects of Lead on Human Health.**

“The National Health and Medical Research Council (NHMRC) has today released a Statement and Information Paper on the health effects of lead.

The Statement has been developed by the Council of NHMRC following a comprehensive review of the evidence on the health effects of lead, conducted by the Cochrane Public Health Group at the University of Melbourne.

The NHMRC Statement advises that a blood lead level greater than 5 micrograms per decilitre suggests that a person has been, or continues to be, exposed to lead at a level that is above what is considered the average ‘background’ exposure in Australia. If a person has a blood lead level greater than 5 micrograms per decilitre, it is recommended that the source of exposure should be investigated and reduced, particularly if the person is a child or pregnant woman. Identifying and controlling the source of lead exposure will reduce the risk of harm to the individual and to the community.

The NHMRC Information Paper provides a plain language summary of the findings of the comprehensive review of the evidence and has been developed by NHMRC’s Lead Working Committee. The Lead Working Committee comprised experts in public and environmental health, health risk management, toxicology, paediatric medicine, rural medicine, research methodology and a consumer representative.

In finalising the Information Paper, the Lead Working Committee took into consideration the submissions received during public consultation and expert review which took place between 16 July and 15 September 2014. A summary of the Lead Working Committee’s consideration of the key issues raised from public consultation and expert review is provided on the NHMRC website.

All public submissions received during the public consultation period, including the consultation draft of the Information Paper, can be found on the NHMRC Public Consultation Portal, accessible at <http://consultations.nhmrc.gov.au/>

Further information relating to NHMRC’s review of lead, as well as links to the documents mentioned above are accessible on the NHMRC website: <https://www.nhmrc.gov.au/>

Kind regards,

Lead Project Team, NHMRC”

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## **Lead in Literature UNBROKEN: Survival. Resilience. Redemption.**

*Extracts relating to lead, from the book "Unbroken: Survival. Resilience. Redemption - the incredible true story of Louis Zamperini" by Laura Hillenbrand (Fourth Estate, London, 2010) - now a major motion picture produced and*



directed by Angelina Jolie (released USA 2014, Australia 2015). Lead extracts chosen by \*Elizabeth O'Brien, BSc, President, The LEAD Group Inc (environmental health charity).

*\*NB I was inspired to read this most excellently researched and written book because LEAD Group Committee Member Alex Jewson worked as a stuntman (the stunt double for Russell Allen Phillips' character, played by Domhnall Gleeson in the **Unbroken Movie**, which I saw on its release day in Australia. Of the over two dozen awards that the film has won or been nominated for, Outstanding Action Performance By Stunt Ensemble Motion Picture, was won by Alex and two other stuntmen in the Stunt Ensemble for Unbroken, at the US Screen Actors Guild Awards on January 25, 2015. I thoroughly recommend both the Unbroken book and movie.*

[Text from the Unbroken Book Back Cover]

### **The international bestseller**

In 1943, a bomber crashed into the Pacific Ocean. Against all odds, one young lieutenant survived. Louis Zamperini had already transformed himself from child delinquent to prodigious athlete, running in the Berlin Olympics. Now he must embark on one of the Second World War's most extraordinary odysseys. Zamperini faced thousands of miles of open ocean on a failing raft. Beyond, lay only greater trials in Japan's prisoner-of-war camps.

Driven to the limits of endurance, Zamperini's fate, whether triumph or tragedy, would depend on the strength of his will ...

'One of the most remarkable survival tales ever recorded. Do yourself a favour and buy the book' *Vanity Fair*

'Staggering ... mesmerizing ... Hillenbrand's writing is so ferociously cinematic, the events she describes so incredible, you don't dare take your eyes off the page' *People*

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[P9] As Louie [Louis Silvie Zamperini, born in New York on January 26, 1917] neared his teens, he took a hard turn. Aloof and bristling, he lurked around the edges of Torrance [population 1,800, California where he was raised, after his father got a job as a railway electrician], his only friendships forged loosely with rough boys who followed his lead. He became so germophobic that he wouldn't tolerate anyone coming near his food. Though he could be a sweet boy, he was often short-tempered and obstreperous. He feigned toughness, but was secretly tormented. Kids passing into parties would see him lingering outside, unable to work up the courage to walk in.

Frustrated at his inability to defend himself, he made a study of it. His father taught him how to work a punching bag and made him a barbell from two lead-filled coffee cans welded to a pipe. The next time a bully came at Louie, he ducked left and swung his right fist straight into the boy's mouth. The bully shrieked, his tooth broken, and fled. The feeling of lightness that Louie experienced on his walk home was one he would never forget.

Over time, Louie's temper grew wilder, his fuse shorter.

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[P28] Louie Zamperini was on his way to Germany to compete in the Olympics in an event [the 5,000 metre run] that he had only contested four times. He was the youngest distance runner to ever make the team.

[P29] THE LUXURY STEAMER *MANHATTAN*, [was] BEARING THE 1936 U.S. Olympic team to Germany....

[P31] When he got off the *Manhattan*, [Louie] weighed twelve pounds more than when he'd gotten on nine days earlier.

[P33-34] On August 4 [1936], three 5,000-meter qualifying heats were run. Louie drew the third, deepest heat, facing Lehtinen. The top five in each heat would make the final. In the first, Lash ran third. In the second, Tom Deckard, the other American, failed to qualify. Louie slogged through heat three, feeling fat and leaden-legged. He barely caught fifth place at the line. He was, he wrote in his diary, "tired as hell". He had three days to prepare for the final.

[P36] With the last of his strength, Louie threw himself over the line. He had made up fifty yards in the last lap and beaten his personal best time by more than eight seconds. His final time, 14:46.8, was by far the fastest 5,000 run by any American in 1936, almost twelve seconds faster than Lash's best for the year. He had just missed seventh place.

As Louie bent, gasping, over his spent legs, he marvelled at the kick that he had forced from his body. It had felt very, very fast. Two coaches hurried up, gaping at their stopwatches, on which they had clocked his final lap. Both watches showed precisely the same time.

In distance running in the 1930s, it was exceptionally rare for a man to run a last lap in one minute. This rule held even in the comparatively short hop of a mile: In the three fastest miles ever run, the winner's final lap had been clocked at 61.2, 58.9, and 59.1 seconds, respectively. No lap in those three historic performances had been faster than 58.9. In the 5,000, well over three miles, turning a final lap in less than 70 seconds was a monumental feat. In his 1932 Olympic 5,000 victory, in which he clocked a record-breaking final time, Lehtinen spun his last lap in 69.2 seconds.

Louie had run his last lap in 56 seconds.

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[P83] Louie was shaken. [By early January 1943] He'd been in Hawaii [as a bombardier in the US Army Air Corps] for only two months, yet already several dozen men from his bomb group, including more than a quarter of the men in his barracks, had been killed. [Planes disappeared, engines failed, brakes failed, landing gear locked, gas leaked, one bomber exploded due to a fuel transfer mishap.]

[P86] The runways were another headache. Many islands [in the Pacific] were so short that engineers had to plow coral onto one end to create enough length for a runway. Even with the amendment, there often wasn't enough space. After long missions, groups of planes occasionally came back so low on fuel that none of them could wait for the others to land, so they'd land simultaneously, with the lead pilot delaying his touchdown until he was far enough down the runway for the planes behind him to land at the same time. So many planes shot off the end of Funafuti's runway and into the ocean that the ground crews kept a bulldozer equipped with a towing cable parked by the water.

For loaded B-24s, which needed well over four thousand feet for takeoff, the cropped island runways, often abutted by towering palm trees, were a challenge. "The takeoff proved exciting," wrote Staff Sergeant Frank Rosynek of one overloaded departure.



“Six of us had to stand on the narrow beam between the bomb bay doors with our arms spread out on each side over the tops of the twin auxiliary fuel tanks. The smell of the high-octane [leaded] aviation fuel was almost intoxicating. The plane lumbered down the runway for an eternity and we could see the hard packed coral through the cracks where the bomb bay doors came up against the beam we were standing on, one foot in front of the other. There was a SWOOSH and pieces of palm fronds suddenly appeared jammed in the cracks, on both sides!... Only the laundry knew how scared I was.”

...In B-24s notorious for fuel leaks, airmen lit cigarettes and blew up their planes.

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[P305] At a quarter to three on the morning of August 6, 1945, a B-29 skipped off Runway Able on Tinian Island. At the yoke was Paul Tibbets, a veteran bomber pilot. The plane headed north, toward Japan.

...Tibbets spoke over the interphone:

[P306] “It’s Hiroshima.”

The plane passed the coastline and crossed over the city. Tibbets turned the plane west, then ordered his crew to don shaded goggles. Below, he saw a T-shaped bridge, the target. Tibbets surrendered control of the plane to the Norden bombsight, and the bombardier lined up on the bridge.

At 8:15.17, the bomb slipped from the plane. Tibbets turned the plane as hard as he could and put it into a dive to gain speed. It would take forty-three seconds for the bomb to reach its detonation altitude, a little less than two thousand feet. No one knew for sure if, in that brief time, the bomber could get far enough away to survive what was coming.

One of the crewmen counted seconds in his head. When he hit forty-three, nothing happened. He didn’t know that he had been counting too quickly. For an instant, he thought the mission had failed.

Exactly as the thought crossed his mind, the sky over the city ripped open in a firestorm of color and sound and felling wind. A white light, ten times the intensity of the sun, enveloped the plane as the flash and sound and jolt of it skidded out in all directions. The tail gunner, looking out the back of the plane through his goggles, thought that the light had blinded him. Tibbets’s teeth began tingling, and his mouth filled with a taste of lead. He would later be told that it was the metal in his [mercury amalgam] fillings resonating with the radioactivity of the bomb. He looked ahead and saw the entire sky swirling in pink and blue. Next to him, the co-pilot scribbled two words in his diary: *MY GOD!*

Behind him, the tail gunner’s vision cleared and he saw an eerie shimmering warp in the air over the city, ripping toward them at one thousand feet per second. “Here it comes!” he said. The shock wave slammed into the plane, pitching the men into the air and back down again. In confusion, someone yelled, “Flak!” Then a second wave, a consequence of the force of the explosion hitting the ground and then ricocheting upward, smacked them, and the plane heaved again.

At POW Camp Io-D, on the far side of the mountains by Hiroshima, prisoner Ferron Cummins felt a concussion roll down from the hills, and the air warmed strangely. He looked up. A fantastically huge, roiling cloud, glowing bluish gray, swaggered over the city. It was more than three miles tall. Below it, Hiroshima was boiling.

[P307] On August 9, Nagasaki, like Hiroshima, disappeared.

[P326] From the top of Japan to the bottom, trains packed with POWs [prisoners of war, World War II] snaked toward Yokohama.



[P327] A few of the trains slipped past Hiroshima. Virtually every POW believed that the destruction of this city had saved them from execution. John Falconer, a survivor of the Bataan Death March, looked out as Hiroshima neared. “First there were trees,” he told historian Donald Knox. “Then the leaves were missing. As you got closer, branches were missing. Closer still, the trunks were gone and then, as you got in the middle, there was nothing. Nothing! It was beautiful. I realised this was what had ended the war. It meant we didn’t have to go hungry any longer, or go without medical treatment. I was so insensitive to anyone else’s human needs and suffering. I know it’s not right to say it was beautiful, because it really wasn’t but I believed the end probably justified the means.”

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[P381-2] Under the tent [where Louie went with his wife] that night [in September 1949], [Billy] Graham [31-year old Christian evangelist of the Billy Graham Evangelistic Association] spoke of how the world was in an age of war, an age defined by persecution and suffering. Why, Graham asked, is God silent while good men suffer? He began his answer by asking his audience to consider the evening sky. “If you look into the heavens tonight, on this beautiful California night, I see the stars and can see the footprints of God,” he said. “...I think to myself, my father, my heavenly father, hung them there with a flaming fingertip and holds them there with the power of his omnipotent hand, and he runs the whole universe, and he’s not too busy running the whole universe to count the hairs on my head and see a sparrow when it falls, because God is interested in me ...God spoke in creation.”

Louie was winding tight. He remembered the day when he and Phil [pilot Russell Allen Phillips], slowly dying on the raft, had slid into the doldrums [equatorial waters with no wind currents, near the end of their 2,000 miles westward-drifting 47-day open raft ordeal, after their B-24 plane named *Green Hornet* ditched in the Pacific Ocean]. Above, the sky had been a swirl of light; below, the stilled ocean had mirrored the sky, its clarity broken only by a leaping fish. Awed to silence, forgetting his thirst and his hunger, forgetting that he was dying, Louie had known only gratitude. That day, he had believed that what lay around them was the work of infinitely broad, benevolent hands, a gift of compassion. In the years since, that thought had been lost.

Graham went on. He spoke of God reaching into the world through miracles and the intangible blessings that give men the strength to out-last their sorrows. “God works miracles one after another,” he said. “...God says, ‘If you suffer, I’ll give you the grace to go forward.’ “

Louie found himself thinking of the moment at which he had woken in the sinking hull of *Green Hornet*, the wires that had trapped him a moment earlier now, inexplicably, gone. And he remembered the Japanese bomber swooping over the rafts, riddling them with [lead] bullets, and yet not a single bullet had struck him, Phil, or Mac. He had fallen into unbearably cruel worlds, and yet he had borne them. When he turned these memories in his mind, the only explanation he could find was one in which the impossible was possible.

What God asks of men, said Graham, is faith. His invisibility is the truest test of that faith. To know who sees him, God makes himself unseen.

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[P396] After the war, Pete [Louie Zamperini’s brother and running coach] married a Kansas City beauty name Doris, had three kids, and devoted his life to the work he’d been born to do. He coached football at Torrance High, winning the league championship, then moved on to Banning High, in Wilmington, to coach track and football. In thirty years of Banning track, he had only one losing season. Coach Zamperini was so beloved that upon his retirement in 1977, he was feted by eight hundred people on the *Queen Mary*.



“I’m retired; my wife is just tired,” Pete used to say, and he loved the motto so much that he had it printed on his business cards. But in truth, retirement never really took. At ninety, Pete had the littlest kids in his neighbourhood in training, fashioning dumbbells out of old cans [weighted with lead], just as his dad had done for Louie. He’d lead the kids onto his sidewalk and cheer them on through sprints, handing out a dime for each race run, a quarter for personal best.

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## **El Plomo en la Literatura**

### **INDEMNE: Sobrevivencia. Resiliencia. Redención**

*Extractos relativos al plomo, del libro: “Indemne: Sobrevivencia. Resiliencia. Redención – la increíble historia de Louis Zamperini” (escrito en Inglés) por Laura Hillenbrand (El Cuarto Poder, (Fourth Estate), Londres, 2010) – ahora una gran película producida y dirigida por Angelina Jolie (lanzada en Estados Unidos en 2014, Australia 2015). Extractos sobre el plomo escogidos por “Elizabeth O’Brien, BSc, Presidente, The LEAD Group Inc. (fundación para la salud del medio ambiente). Traducida al Castellano por Orlando Aguirre-López.*

*\*NB. Me inspiré a leer este muy bien escrito y excelentemente documentado libro porque el Integrante del Comité del “LEAD Group” Alex Jewson trabajó como doble (el doble para el personaje Russell Allen Phillips, interpretado por Domhnall Gleeson en la película “Indemne” que vi en su día de lanzamiento en Australia). De las más de dos docenas de premios que la película ha recibido o para los cuales ha sido nominada, el premio por Actuación y Desempeño destacados en Truco Cinematográfico para “Indemne”, en la ceremonia de Premios del Gremio de Actores de la gran Pantalla en Estados Unidos, el 25 de Enero, 2015. Recomiendo definitivamente tanto el libro “Indemne” como la película.*

[Texto de la Portada del libro “Indemne”]

### **Exito de Ventas Internacional**

En 1943, un bombardero se estrelló en el Océano Pacífico. Contra todos los pronósticos un joven teniente sobrevivió. Louis Zamperini se había ya transformado de un niño delincuente a un prodigioso atleta que corrió en los Olímpicos de Berlín. Ahora se debe embarcar en una de las más extraordinarias odiseas de la Segunda Guerra Mundial. Zamperini enfrentó miles de millas de océano abierto en una balsa defectuosa. Más allá, había solo grandes juicios en los campos de prisioneros de Guerra de Japón.

Llevado a los límites de resistencia, el destino de Zamperini, ya fuera triunfo o tragedia, dependería en la fortaleza de su voluntad...

*‘Uno de las más notables historias de sobrevivencia jamás registradas. Hágase un favor usted mismo y compre el libro’. Vanity fair*



*‘Asombroso...fascinante ... el escrito de Hillenbrand es tan ferozmente cinematográfico, los hechos que ella describe tan increíbles, usted no se atreve a desviar sus ojos de la página’ People*

[P9] Cuando Louie [Louis Silvie Zamperini, nacido en Nueva York el 26 de Enero, 1917] se aproximaba a sus diez años, hizo un fuerte cambio. Distante y atemorizado rondaba los alrededores de Torrance [población de 1800 personas, en California donde creció, después que su padre consiguió un empleo como electricista del ferrocarril]; sus únicas amistades forjadas vagamente fueron ásperos muchachos que seguían su ejemplo. Se tornó tan temeroso de los gérmenes que no toleraría a nadie acercarse a su alimento. Aunque podía ser un cariñoso niño, era frecuentemente de mal humor y estrepitoso. Fingía dureza, pero estaba intenamente atormentado. Los muchachos que iban a fiestas lo verían persistentemente afuera, incapaz de tener el coraje de entrar.

Frustrado por su incapacidad para defenderse por si mismo, estudió su caso. Su padre le enseñó cómo trabajar un saco de boxeo y le hizo una mancuerna a partir de dos latas de café llenas de plomo soldadas a un tubo. La siguiente vez en que un matón llegó donde Louie, giró a su izquierda y blandió su puño derecho a la boca del muchacho. El matón gritó y huyó con su diente roto. El sentimiento de ligereza que Louie experimentaba en su camino a casa fué algo que nunca olvidaría.

Con el tiempo, el temperamento de Louie se hizo más salvaje, su fusible más corto.

[P28] Louie Zamperini estaba en su camino a Alemania para competir en los Olímpicos [la carrera de los 5000 metros] que solo había desafiado cuatro veces. Era el más joven corredor de distancia que hubiera participado en el equipo.

[P29] EL VAPOR DE LUJO MANHATTAN, [estaba] CONDUCIENDO EL EQUIPO OLIMPICO DE EE.UU. DE 1936 A ALEMANIA...

[P31] Cuando dejó el Manhattan, [Louie] pesaba doce libras más que cuando había zarpado nueve días antes.

[P33-34] El 4 de Agosto [1936], se corrieron tres series clasificatorias para los 5000 metros. Louie salió en la tercera, la serie más fuerte, enfrentando a Lehtinen. Los cinco primeros en cada serie correrían la final. En la primera, Lash fué el tercero. En la segunda, Tom Deckard, el otro estadounidense, no calificó. Louie luchó esa tercera clasificatoria, sintiéndose gordo y pesado de piernas. A duras penas alcanzó la quinta posición en esa línea. Estaba, escribió en su diario, “cansado hasta el infierno”. Tenía tres días para prepararse para la final.

[P36] Con lo ultimo de su resistencia, Louie se arrojó sobre la línea. Había hecho cincuenta yardas en la última vuelta y vencido su major tiempo personal en más de ocho segundos. Su tiempo final, 14:46.8, era con gran ventaja, la más rápida carrera de los 5000 metros para algún estadounidense en 1936, casi doce segundos más rápido que lo major de Lash para ese año. Perdió justo el séptimo lugar.

Cuando se inclinó, jadeando , sobre sus gastadas piernas, se maravillaba del esfuerzo extra que había sacado de su cuerpo. Lo había sentido muy, muy rápido. Dos entrenadores se



apresuraron, jadeando sobre sus cronómetros, sobre los que habían registrado la vuelta final. Ambos relojes mostraban exactamente el mismo tiempo.

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En carrera de distancia en los años 1930, era excepcionalmente raro para un hombre correr una vuelta final en un minuto. Esta regla se mantuvo aún en el compartivamente corto espacio de una milla: En las tres más rápidas millas jamás corridas, la vuelta final del ganador había sido registrada en 61.2, 58.9 y 59.1 segundos, respectivamente. Ninguna vuelta de aquellos tres históricos desempeños había sido menor a 58.9. En los 5000mts., bien por encima de tres millas, hacer a una vuelta final en 70 segundos era un hecho transcendental. En su victoria de los 5000 de los Olímpicos de 1932, en la cual registró un tiempo final de quiebre de marca, Lehtinen hizo su vuelta final en 69.2 segundos. Louie había corrido su vuelta final en 56 segundos.

[P83] Louie estaba estremecido. [Hacia principios de Enero, 1943] había estado en Hawai [como bombardero del Cuerpo Aéreo del Ejército] por solo dos meses, cuando ya varias docenas de hombres de su grupo, incluyendo más de un cuarto de los hombres en sus barracas, habían sido muertos. [Los aviones desaparecían, los motores fallaban, los frenos también, los mecanismos de aterrizaje se bloqueaban, el combustible se escapaba, un bombardero explotó debido a un percance en la transferencia de gasolina. ]

[P86] Las pistas de aterrizaje eran otro dolor de cabeza. Muchas islas [en el Pacífico] eran tan cortas que los ingenieros tenían que arar el coral en un extremo para lograr suficiente longitud de la pista. Aún con esta enmienda, no había con frecuencia suficiente espacio. Después de largas misiones, grupos de aviones regresaban con tan bajo nivel de combustible que ninguno de ellos podía esperar que los otros aterrizaran, de tal modo que tenían que aterrizar simultáneamente, con el piloto guía retardando el toque de pista hasta que estuviese lo suficientemente lejos de ella para que los aviones detrás suyo aterrizaran a mismo tiempo. Tantos aviones alcanzaban el final de la pista Funafuti y el océano que las tripulaciones de mantenían un equipo de excavadoras con cables de tracción parqueados cerca del agua.

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Para los aviones B-24 cargados, que requerían por encima de cuatro mil pies para el despegue, las pistas cortadas en la isla, frecuentemente limitadas por altas palmeras, eran un desafío. “El despegue fué algo excitante”, escribió el sargento del Estado Mayor Frank Rosynek acerca de un sobrecargado despegue. “Seis de nosotros tuvimos que pararnos en el estrecho espacio entre las puertas de la bodega de bombas con nuestros brazos extendidos a cada lado sobre las tapas de los tanques gemelos auxiliares de combustible. El olor del combustible de aviación de alto octanaje [con plomo] era casi intoxicante. El avión rodó pesadamente en la pista por una eternidad y podíamos ver el coral compactado a través de las grietas de las puertas de la bodega de bombas contra el espacio que nos parábamos, un pie al frente del otro. Hubo un ruido, SWOOSH, y trozos de hojas de palma aparecieron súbitamente atascadas en las grietas, a ambos lados!...Solo la ropa en la lavadora sabía cuán miedoso era eso.”

...En los B-24, notorios por sus fugas de combustible, los viajeros encendían cigarrillos y explotaban sus aviones.



[P305] Cuando faltaba un cuarto para las tres de la mañana, el 6 de Agosto de 1945, un B-29 saltó de la pista.

Preparado en la Isla Tinian. Al commando estaba Paul Tibbets, un veterano piloto de bombarderos. El avión se dirigió al norte, hacia el Japón.

... Tibbets habló por el interfono:

[P306] “Es Hiroshima.”

El avión pasó la línea costera y cruzó sobre la ciudad. Tibbets giro el avión al oeste; luego ordenó a su tripulación ponerse gafas de sombra. Debajo, veía un puente en forma de T, el objetivo. Tibbets entregó el control del avión al visor de bombardeo Norden, y el bombardero se alineó sobre el puente.

A las 8:15.17, la bomba se deslizó del avión. Tibbets giró el avión tan fuertemente como pudo y lo puso en inmersión para ganar velocidad. Tomaría cuarenta y tres segundos para que la bomba alcanzara la altitud de detonación, un poco menos de dos mil pies. Nadie sabía con seguridad si, en ese breve tiempo, el bombardero podría estar lo suficientemente lejos para sobrevivir a lo que llegaría.

Uno de los miembros de la tripulación contaba los segundos en su cabeza. Cuando llegó a cuarenta y tres, nada ocurría. No sabía que había estado contando muy rápidamente. Por un instante, pensó que la misión había fracasado.

Exactamente cuando este pensamiento pasaba por su mente, el cielo sobre la ciudad se desgarró en una tormenta de fuegos de color y sonido y viento cortante. Una luz blanca, diez veces la intensidad del sol, envolvió el avión a medida que el resplandor, el sonido y la sacudida lo movía en todas direcciones.

*El cañonero de cola, mirando hacia afuera atrás del avión a través de sus gafas, pensó que la luz lo había enceguecido. Los dientes de Tibbets sentían hormigueo y su boca se llenó con un sabor a plomo. Más tarde se le diría que era el metal en las calzas de sus dientes [amalgama de mercurio] resonaron con la radioactividad de la bomba. Miró hacia adelante y veía el espacio entero en remolinos azules y rosados. A un lado de él, el copiloto garrapateó dos palabras en su diario: DIOS MIO!*

Behind him, the tail gunner’s vision cleared and he saw an eerie shimmering warp in the air over the city, ripping toward them at one thousand feet per second. “Here it comes!” he said. The shock wave slammed into the plane, pitching the men into the air and back down again. In confusion, someone yelled, “Flak!” Then a second wave, a consequence of the force of the explosion hitting the ground and then ricocheting upward, smacked them, and the plane heaved again.

En el Campamento de Prisioneros de Guerra Io-D, en el otro lado de las montañas de Hiroshima, el prisionero Ferron Cummins, sintió una conmoción proveniente de las colinas, y el aire se calentó extrañamente. Miró hacia arriba. Una nube turbulenta, fantásticamente enorme, brillando con color gris azulado, se contoneaba sobre la ciudad. Tenía más de tres millas de altura. Debajo de ella, Hiroshima estaba hirviendo.

[P307] El 9 de Agosto, Nagasaki, como Hiroshima, desaparecía.



[P326] Desde el extremo del Japón hasta la punta, los trenes empaquetados con POWs [Prisioneros de Guerra, Segunda Guerra Mundial] se serpenteaban hacia Yokohama.

[P327] Algunos pocos trenes pasaban cerca de Hiroshima. Virtualmente, todos los POWs creían que la destrucción de esta ciudad los había salvado de la ejecución. John Falconer, un sobreviviente de la Marcha de la Muerte, Bataan, miró a medida que se aproximaban a Hiroshima. “Primero había árboles, “ contaba el historiador Donald Knox. “Luego las hojas iban desapareciendo. A medida que uno se acercaba, las ramas iban desapareciendo. Aún más cerca, los troncos se iban, y luego, cuando se estaba un en medio, no había nada. Nada!. Era hermoso. Me di cuenta que ésto fue lo que había terminado la guerra. Quería decir que no teníamos que sufrir más hambre, o ir sin tratamiento medico. Estaba yo tan insensible a las necesidades humanas y al sufrimiento de cualquiera otro. Se que no es correcto decir que era hermoso, porque realmente no lo era, pero creía que el fin probablemente justificaba los medios.”

[P381-2] Bajo la tienda [a donde Louie fué con su esposa] esa noche [en Setiembre de 1949] Graham [El Cristiano evangélico de 31 años, de la Asociación Evangélica Billy Graham] hablaba sobre cómo era el mundo en una época de guerra, una época enmarcada por persecución y sufrimiento. Por qué, se preguntaba Graham, está Dios silencioso mientras sufre la gente buena?. El empezó su respuesta pidiendo a la gente considerar el cielo de la tarde. “Si ustedes miran hacia los cielos esta noche, en esta Hermosa noche Californiana, veo las estrellas y puedo ver las huellas de Dios,” dijo. “...Pienso para mi mismo, mi padre, mi padre celestial, colgó ahí las estrellas con la punta de su dedo en llamas y las mantiene ahí con el poder de su mano omnipotente, y maneja el universe entero, y no está demasiado ocupado manejando el universe entero para contra los cabellos de mi cabeza y ver un gorrión que cae, porque Dios está interesado en mi...Dios habló en la creación.”

Louie estaba en un final. Recordaba el día cuando él y Phil [el piloto Russell Allen Phillips], muriendo lentamente en la balsa, se habían deslizado en esas aguas quietas [aguas ecuatoriales sin vientos, hacia el fin de su calvario de 47 días a la deriva y 2000 millas en dirección oeste, después que su avión B-24, llamado ‘Avispón Verde’ (Green Hornet, por su nombre en Inglés) cayó en el Océano Pacífico]. Arriba, el cielo había sido un remolino de luz; abajo, el calmado océano había reflejado el cielo, interrumpida su claridad solo por algún pez saltarín. Asombrado hasta el silencio, olvidando su sed y su hambre, olvidando que se estaba muriendo, Louie había conocido solo gratitud. Ese día, había creído que lo que yacía alrededor de ellos era solo el trabajo de manos grandes y generosas, un regalo de la compassion. Desde esos años, ese pensamiento se había perdido.

Graham continuaba. Hablaba de Dios alcanzando la tierra a través de los milagros y las bendiciones que dan a los seres humanos la fortaleza para sobrevivir a sus penas. “Dios obra milagros uno tras otro,” decía. “...Dios dice, ‘Si usted sufre, Yo te daré el poder de seguir adelante.’”



Louie se encontró pensando en el momento en que se había despertado en el casco que se hundía del 'Avispón Verde', los cables que lo habían atrapado un momento antes, inexplicablemente, desaparecidos. Y recordaba al bombardero Japonés revoloteando sobre las balsas, acribillándolas con balas [de plomo], y ni una sola lo golpeó a él, a Phil, o a Mac. El había caído dentro de mundos insoportablemente crueles, y había renacido de ellos. Cuando él daba vueltas a estos recuerdos en su mente, la única explicación que podía encontrar era esa por la cual lo imposible era posible.

Lo que Dios exige de los seres humanos, decía Graham, es fé. Su invisibilidad es la prueba más verdadera de esa fé. Para saber quién lo ve, Dios se hace invisible.

[P396] Después de la guerra, Pete [hermano de Louie Zamperin y entrenador de carreras] se casó con una beldad de Kansas City, de nombre Doris; tuvo tres hijos y dedicó su vida al trabajo para el cual había nacido. Fue entrenador de fútbol en Torrence High, ganó el campeonato de ligas, luego se trasladó a Banning High, en Wilmington, para entrenar fútbol y pista. En treinta años de pista en Banning, tuvo solo una temporada de perdedor. El entrenador Zamperini fué tan apreciado que a su retiro en 1977, fue agasajado por ochocientas personas en el 'Queen Mary'.

“Estoy retirado; mi esposa está cansada,” Pete acostumbraba decir, y le gustaba tanto este lema que lo tenía impreso en sus tarjetas de negocios. Pero en realidad, nunca se retiró. A los noventa años, Pete tenía a los más pequeños niños de su vecindad en entrenamiento, modelando pesas a partir de latas viejas [cargadas con plomo], como su papá había hecho con Louie. Llevaba a los niños a la acera de su casa y los animaba a la velocidad y les daba una moneda de diez centavos por cada carrera y una moneda de veinticinco por la mejor marca.

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## Info Pack 20 - Lead Poisoned Pets, Poultry and Your Family

If your chooks' soil lead level is above 30 mg/kg (milligrams of lead per kilogram of soil), we recommend that you ask the doctor to test the blood lead level of anyone who has regularly eaten the eggs, and that you have an egg tested for lead. As of April 2015, egg analysis for lead (and other heavy metals and a scan for pesticides) can be done using a LEAD Group kit, available at <http://www.lead safeworld.com/shop/> – by just packaging up the whole egg - so it doesn't break in the mail, and posting it with your other LEAD Group kit sample containers, to our lab.

The lead analysis is included in the price of the kit, and you pay **extra per sample:**

- \$15 for each other heavy metal you want analysed, and
- \$60 if you want the pesticides scan.

Please note that if you want both metals and pesticides tested in eggs, you need to send one egg for the metal analysis/es and another egg for the pesticides scan (as it will be sent out from our lab to be scanned at a pesticides lab).

Currently, only the cost of lead analysis can be paid by Paypal or Credit Card when you order a kit at <http://www.lead safeworld.com/shop/> so if you want to pay for more tests e.g. other metals or pesticides in soil or eggs, you should either phone with your Credit Card details or pay by Direct Debit and email us a copy of your online banking receipt for



your transfer, along with your name, phone number/s and postal address so we can send you the kit (via snail mail, if you don't already have the kit), and by email.

Our bank account details for these payments are:

**BSB: 062257**

**Account Number: 1002 2340**

**Bank Account Name: THE LEAD GROUP INCORPORATED**

Please check out the following references on lead and poultry and pets:

[Grace Recommendations re leaded soil & home-grown eggs ABSTRACT 201312.pdf](#)

[Grace Recommendations re leaded soil & home-grown eggs FULL REPORT 201312.pdf](#)

These files were sent to me recently by the researcher Dr. Emily Grace of Newcastle Uni. I didn't find Dr Grace's research online, but I located some excellent articles about her research (that you may also be interested in), at:

<http://www.abc.net.au/local/stories/2013/03/01/3701319.htm>; and the *Chicken eggs and lead* article in

[http://www.hnehealth.nsw.gov.au/data/assets/pdf\\_file/0003/106653/HNEPHEHBulletinNo28Jan13.pdf](http://www.hnehealth.nsw.gov.au/data/assets/pdf_file/0003/106653/HNEPHEHBulletinNo28Jan13.pdf)

And from the ABC article above, I found:

*Lead contamination of chicken eggs and tissues from a small farm flock*, (September 2003) at <http://vdi.sagepub.com/content/15/5/418.full.pdf>

Also, I recently located the only online guidance yet found on recommendations re: soil lead levels for keeping chickens. Please see information by New York State Department of Health AND Cornell University:

“Healthy Soils, Healthy Communities: Understanding Your Test Results: Lead in Soil and Chicken Eggs” at

<http://cwmi.css.cornell.edu/UnderstandingTestResultsLeadSoilsEggs.pdf> and

“What Gardeners Can Do: Tips for Urban Chicken Keepers” at

<http://cwmi.css.cornell.edu/WhatGardenersCanDoChickens.pdf>

When I wrote to the lead author of the above fact sheets, Henry M. Spliethoff, (Research Scientist, Bureau of Toxic Substance Assessment, Center for Environmental Health, New York State Department of Health) in April 2014, to ask whether any other jurisdictions had written any guidance on lead in soil and eggs, he wrote back to say (in part):

“As far as guidance from other organizations, I'm not aware of much out there. There was a Question and Answer sheet from California Department of Health Services that focused on another site-related chemical in soil - polychlorinated dibenzo dioxins - getting into chicken eggs. Many of the recommendations could be relevant for lead in soil getting into chicken eggs too, so... [find it online at <http://www.ehib.org/papers/caeggs8by11c.pdf>].

“I'm also attaching a copy of our chicken egg study...” [attached as filenames: [Spliethoff et al Lead in NYC community garden chicken eggs 20131128.pdf](#); AND [Spliethoff et al Lead in NYC community garden chicken eggs 20131128 Supplementary material.pdf](#) – available for purchase from <http://link.springer.com/article/10.1007%2Fs10653-013-9586-z> ]



And the following very recent warning comes from New Zealand:

<http://www.stuff.co.nz/national/health/10663802/Backyard-chicken-lead-poisoning-alert>

Then there are the previously gathered articles on this topic:

Tamara Rubin, "Chickens eating lead not so 'sustainable': POST SCRIPT - Urban chicken advocates need to care about what they're consuming" at

[http://thevig.portlandtribune.com/opinion/story.php?story\\_id=123801660877902600;](http://thevig.portlandtribune.com/opinion/story.php?story_id=123801660877902600;)

Julie Scelfo, "High Lead Found in City-Sourced Eggs [in the USA]" at

[http://www.nytimes.com/2012/10/10/dining/worries-about-lead-for-new-yorks-garden-fresh-eggs.html?\\_r=3&](http://www.nytimes.com/2012/10/10/dining/worries-about-lead-for-new-yorks-garden-fresh-eggs.html?_r=3&)

The LEAD Group fact sheet "Lead Poisoned Pets And Your Family" at

<http://www.lead.org.au/fs/fst9.html> contains some useful tips on keeping cats, dogs and birds safe from lead and states:

"Lead poisoning of birds is common and it is often fatal... Lead poisoning can cause sudden death, or it can cause a slow debilitating death over months or years."

If a pet has already been diagnosed as lead poisoned via a blood lead test, then we recommend blood lead testing for everyone in the family as well as testing their soil and any other possible lead source for the pet, such as paint, galvanized metal egg wire or galvanized corrugated iron, water, bedding materials, compost, soil conditioners, mulches, etc. All these potential lead sources can be tested using a LEAD Group DIY-Sampling Laboratory Lead Analysis Kit (purchasable only from The LEAD Group including via the form at

[http://www.lead.org.au/clp/products/Do\\_It\\_Yourself\\_Lead\\_Safe\\_Test\\_Kits\\_Ad.html](http://www.lead.org.au/clp/products/Do_It_Yourself_Lead_Safe_Test_Kits_Ad.html)

and the samples will be analysed for lead at a NATA-accredited laboratory. Included in the kit price, The LEAD Group writes an interpretation of the results, with recommendations on what to do about them!

If you are planning to get a young cat or dog or keep chickens for their eggs, we recommend you test every possible lead source they will have access to, before bringing them in to your yard. This should definitely include a lead test on the soil where they will bury bones, or roll in or dust-bathe in (as is their wont).

Young pets often chew on things and chooks need rocks in their crop to digest the grain, so pick up any leaded items that might be lying around, for example, lead-painted objects, galvanised objects, dross from melting of lead batteries, fishing sinkers, bullets, lead washers, lead-headed nails (often used on roofs and discarded in the yard if the roof was replaced or repaired at any point), pieces of lead flashing, lead nuggets from the burning of e-waste, vehicles, buildings, etc.

Unfortunately, there are no Australian guidelines for the lead limit in soil to safely keep poultry or pets safe. The Health-based investigation level of 300 mg/kg for lead in soil in the "standard" residential exposure setting clearly relates only to:

"Residential with gardens/accessible soil (home-grown produce contributing <10% fruit and vegetable intake; no poultry), including children's day-care centres, pre-schools and primary schools or town houses or villas."



There are no lead limits given for either:

“Residential with substantial vegetable garden (contributing 10% or more of vegetable and fruit intake) and/or poultry providing any egg or poultry intake”; or

“Residential with substantial vegetable garden (contributing 10% or more of vegetable and fruit intake); poultry excluded.”

[Ref:

[http://www.health.gov.au/internet/main/publishing.nsf/Content/66E7D805C1C1AD69CA2573CC0013EA68/\\$File/env\\_soil.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/66E7D805C1C1AD69CA2573CC0013EA68/$File/env_soil.pdf) page 7 “Exposure Settings” and page 8 Table 1 of “Health-based Soil Investigation Levels” (3rd edition) by enHealth, Commonwealth of Australia, 2001.]

The following lead limits have been extracted from “Environmental Guidelines for the Australian Egg Industry” - A report for the Australian Egg Corporation Limited (AECL) - As part of the DAFF EMS Pathways to Sustainable Agriculture Program, June 2008

**TABLE 9 - LIMITS FOR CONTAMINANTS IN COMPOST, SOIL CONDITIONERS AND MULCHES FOR UNRESTRICTED USE (MG/KG)**

Contaminant: Lead

ARMCANZ – 200

NSW EPA - 150

VIC EPA - 150

References:

ARMCANZ: Australian Guidelines for Sewerage Systems-Biosolids Management (1995)

NSW EPA: Environmental Guidelines for Use and Disposal of Biosolids

VIC EPA: Environmental Guidelines for Composting and Other Organic Facilities

So you’d be wise to ask the supplier of any purchased soil, bedding materials, compost, soil conditioners or mulches for an analysis report including lead analysis.

The illustrated earlier version of this fact sheet is online at

<http://www.lead.org.au/lanv13n2/lanv13n2-14.html> – so feel free to refer others to it, or to forward this email to others who need to know how to protect pets, poultry and families from lead poisoning.

You can check out [www.volcanoartprize.com](http://www.volcanoartprize.com) and submit your own lead-related graphic with a lead-safety message, for the 2015 Volcano Art Prize (VAP). Two prize-winning finalists in the 2013 VAP competition, entered photos of pets and poultry, so why not be inspired by them? See:

[Backyard Chickens](#). Lead-Safety Message: Lead in home-grown eggs from urban areas tends to be higher than in commercial eggs; as soil lead increases, the concentration of lead in eggs tends to increase.

[Molly 1998 to 2013 & the Buddha](#). Lead-Safety Message: Unleaded cats live calmer, healthier and longer lives. Good grass cover protects pets from lead contaminated soil.

Submit your entry by Monday 27th July 2015, to be in the running for over \$2000 worth of prizes, including a \$200 and \$100 cash prize.



All the best with the lead-safety of your pets and poultry and the people who eat the eggs.

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## How to Quit Smoking to Reduce your Blood Lead Level

*By Jalal Abdallah, Written 22 October 2014 – during the Second International Lead Poisoning Prevention Week of Action: 20<sup>th</sup>-26<sup>th</sup> October 2014. References added by Elizabeth O'Brien, The LEAD Group Inc.*

In my experience, the only two simple ways to quit smoking are:

1. Have the will and the desire to quit seriously and phase-down the smoking “dose” by reversing what probably occurred when you began to smoke. When I was very young, I built-up the number of cigarettes I smoked day by day, so, once I decided to quit, I started by cutting down the number of cigarettes smoked per day until getting to one a day. Then you can get off it completely.
2. Use a nicotine replacement such as electronic cigarettes, patches or pills to satisfy the nicotine addiction without taking in all the other chemicals that come in cigarettes.

Too many different ways just provide a temporary solution but in my experience, they don't last in the long run. For example: Champix pills, hypnotherapy and laser on acupuncture points....etc.

I tried many different ways of quitting smoking, they just mask the issue but they never last. I believe it depends on the individual how long they can last.

According to Dr Steven M Melemis, addiction medicine specialist who provides the content for <http://www.addictionsandrecovery.org/quit-smoking-plan.htm> -

“Smoking increases the number of nicotine receptors in your brain. When you stop smoking, those receptors continue to expect nicotine, and when they don't get it, they begin to adjust. That adjustment process is what causes cravings and withdrawal.”

I found that smoking cessation medication such Chantix (Champix, varenicline), works for the first few weeks of quitting, but in me it had dangerous and serious side effects as it blocks the receptors in the brain and it seemed to cause changes such as changing behaviour, depression, feeling down.....it depends on the individual but I've heard that some people get suicidal thoughts or commit suicide while on smoking cessation medication.

Patches can work for a while but they can cause skin allergy, nausea and dizziness or numbness in different areas of the body.

Hypnotherapy might work for few weeks but doesn't seem to last for good.

That's why I recommend you cut down the number of cigarettes you smoke each day, cut it down by one cigarette per day, until you get to zero, but use a nicotine replacement until you're ready to phase-down the nicotine too. It might help you to keep in mind that



nicotine is not only used to kill pests, but is harmful to mammals like us! According to Wikipedia:

[Tobacco](#) was introduced to [Europe](#) in 1559, and by the late 17th century, it was used not only for [smoking](#) but also as an [insecticide](#). After [World War II](#), over 2,500 tons of nicotine insecticide were used worldwide, but by the 1980s the use of nicotine insecticide had declined below 200 tons. This was due to the availability of other insecticides that are cheaper and less harmful to [mammals](#).

“Currently, nicotine, even in the form of tobacco dust, is prohibited as a [pesticide](#) for [organic farming](#) in the United States.” (<http://en.wikipedia.org/wiki/Nicotine>)

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## How to Help the The LEAD Group Gain Awareness in Sydney

If you're in Sydney, help us by simply dining at **Grill'd Crown Street** this May! How does this work? Every time you or your friends and family order a burger at Grill'd in **Darlinghurst**, you'll be given a token. At the end of your meal, if you place your token into our jar, you will have done your bit to help The LEAD Group! The organisation with the most tokens received the largest donation so it's an excellent and delicious way to show your support. Grill'd Crown Street's address is: 241 Crown Street, Darlinghurst. Thanks!

A little bit about Local Matters:

*“Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between 3 local community groups \$300 / \$100 / \$100.”*





## Tweets

- “No matter who you are, the latest LAN will definitely have something to help you fight against the Silent Epidemic. <http://www.lead safeworld.com/wp-content/uploads/2015/03/LANv15n2-Combating-the-Silent-Epidemic.pdf>” - Yiru Rocky Huang (02/03/2015)
- “Good news for speakers of French and Spanish! Our Blood Lead Challenge is now available in these two languages. <http://www.lead safeworld.com/solutions/blood-lead-challenge-english-french-spanish/>” – Yiru Rocky Huang (03/03/2015)
- “Reminder our followers that Lead Safe World does have a support forum for all questions and discussions: <http://www.lead safeworld.com/support-forums/> #forum #lead” – Yiru Rocky Huang (11/03/2015)
- “Adani’s Carmichael mine will destroy our land and culture. We need to stop them. #NoMeansNo <http://t.co/cuEStavSkL> via @CommunityRun” – Elizabeth O’Brien (1/4/2015)

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