

# ASTROLOGICAL TRENDS FOR FEBRUARY 2007

## BIRTHDAY – AQUARIUS



by Bev Murray  
Insight Astrology

*These are the innovative and inspired thinkers of the Zodiac. Unfortunately they can find it hard to keep their feet planted on the ground and their efforts can seem haphazard and undirected! They are not generally deeply in touch with their emotions and can seem reserved and stand offish at times. They are genuinely humanitarian though and only want the best for all! They have quite a flair for working in fields associated with design, technology and scientific discovery.*

*Aquarians are innovators, who are not averse to taking centre stage. They know their own minds and are not easily convinced otherwise! Noted for their often perverse and eccentric behaviour, they are in fact merely following their own counsel!*

**Give them:** a new-age self help book, all your undivided attention and lots of personal freedom, anything unusual, spiritual or just plain odd!

**Aquarius:** The prevailing cosmic influences are about your personal needs and how you feel can best serve them in the future. Instinct can play a major role if you let it! Don't get caught up looking for approval just get going and do what feels right to you.

**Pisces:** Try to avoid a tendency to show off and over dramatize things this month! The 10th-13th can bring a new turn on and old problem. It is advisable to get this thing sorted out now! From the 18th on the Sun is in your sign bringing more energy and liveliness.

**Aries:** Travel seems to be on your mind this month and many of you will take a short trip or two. Watch out for a rift in friendships caused by money issues this month especially around the 11th. Capricorn Moon conjunct Mars on the 15th provides the impetus to get things done.

**Taurus:** You are still feeling the holiday energy this month and while this can be fun it can also affect your purse! Speculative gambles are not likely to pay off in February so stick with the tried and true for best results! The 24th can help clarify goals.

**Gemini:** The 15th is a day to stay out of trouble. Romantically you are inclined to draw on your fickle energy then and it could cause problems you don't really want! Communication in particular can get confused so be very clear in all your interactions.

**Cancer:** Socially and career wise this is a pleasant month for you guys. After the 21st you can be much in demand socially and should enjoy this to the max. Big purchases however should be avoided this month, especially before the 13th. Check the small print.

**Leo:** By being your usual extroverted self and going where others dare not, you will achieve some great success this month. Once you are on a roll it will just get better and better. Your instincts are spot on! Those working in creative or financial positions will fare best.

**Virgo:** The Mercury retrograde period from the 13th until the month's end can provide some very confusing and irritating moments for you guys! Try to complete things rather than starting anything new just now. Dithering around can be a problem in itself so act clearly and decisively.

**Libra:** A month for romance and flirtation! A creative and sensitive approach works wonders with loved ones. Great opportunities exist now for those working in hospitality. Your best days are the 10th, 11th and 12th. Plan a special treat for yourself.

**Scorpio:** Watch that budget this month! The best week for action is the last week of this month, otherwise you are better off finalizing plans and getting organised. The final days of the month are about career and some serious though is required.

**Sagittarius:** The Moon trine Jupiter on the 21st encourages expansion, a boost to your confidence and honest progress! Something good is bound to happen for you on this day! If you want co-operation this month you will need to put the effort in to keep others well informed!

**Capricorn:** You could take a little more time out for yourself, relaxation is very important for you now. Looking at alternative ways of balancing the budget can pay off nicely. Spending money for good value will reap benefits later so don't hesitate!

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# 20 natural ways to combat... Wrinkles!

by Cheryl Beasley

Aging of the skin is a natural process by which the collagen and elastin, that keep our skin looking firm and youthful, begin to decline, this results in wrinkles. Cell production and cell quality also diminish over time resulting in wrinkles. These factors unfortunately are out of our control, though diet and supplements can slow down the process, but it won't stop it.

The influences that are within our control are largely environmental such as pollution (eg; smoking) and sun damage. Reversing the signs of skin damage can begin at any age but the younger, the better, although you can get quite spectacular results when you are older. It's not just about wrinkles either, dry, scaly skin can be itchy and uncomfortable not just on the face but the whole of your body. Moisturising regularly can prevent this discomfort.

Try these 20 easy ways to reduce wrinkles and slow down the aging process.

1. Stop smoking! (It's #1 for a reason)
2. Always wear sunscreen whether it's cloudy or sunny and don't sunbake with your face directly in the sun.
3. Hydrate your skin by drinking about 8 glasses of water a day.
4. Use skin care products that contain natural antioxidants and natural AHAs.
5. Moisturise the skin on your face twice daily. Try LanaB's Fresh Face Lotion which contains Spirulina, Vitamin E and Rose Hip oil. It's light, non-greasy and a little



goes a long way.

6. Reduce stress. (Try reading, exercising, meditating) 15 minutes a day is a good start.
7. Reduce alcohol consumption. Over indulging can put enormous strain on your system and will accelerate wrinkles forming.
8. Eat healthily by incorporating plenty of fruits and vegetables in your daily diet.
9. Sleep at least 8 hours every night.
10. Eat fish three times a week. Great for the skin and general health.
11. Check with your doctor about taking supplements, your diet may be lacking some of the important ones.
12. Use an eye cream for the delicate skin around the eyes nightly.



13. Facial scrubs remove the build up of dead cells that can increase the appearance of wrinkles, try this weekly.

14. Use natural skin care products that will nourish your skin and give it lots of vitamins and minerals to help it stay fresh and healthy.

15. Jojoba oil resembles the skins natural oils. Dab this around the eyes to keep wrinkles at bay.

16. Take vitamin C supplements and use products that contain vitamin C, it will help boost your collagen.

17. Start a good skin care routine in your 20's. Prevention is easier than the cure.

18. Honey is known worldwide for its beneficial abilities. Use a honey mask weekly. Simply apply the honey to your face and neck and leave for 30 minutes then rinse off. This mask will 'feed' your skin with nutrients.

19. Aloe Vera and Avocado oil both have the ability to prevent the skin from drying out and they are both used to improve the skins elasticity. Use them straight on the skin. Remove any greasiness from the avocado oil after fifteen minutes.

20. A soothing way to help achieve a wrinkle-free face is to lie on your back with your knees elevated by placing a pillow or cushion beneath them. Try this when you are watching TV or reading.

Please visit us at <http://www.lanab.com.au> for further advice and a healing range of natural skin care products. We can make up your products fragrance free if you like and we post anywhere in Australia for free too!



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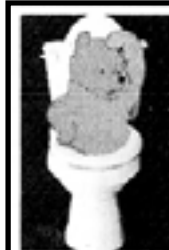
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# Pedal and/or Electric Sustainable Transport

by Peter Pedals

There are many people living in the hills around Nimbin who are approaching a sustainable lifestyle in relation to their home energy requirements thanks to a continuing local enthusiasm to embrace solar power. There has been much less of an apparent enthusiasm to embrace any form of sustainable transport, most likely because there hasn't been much on offer, other than the humble bicycle. There are a few bicycles getting around town, but if you live up in the rolling hills around Nimbin you will probably find it quite a daunting challenge like I did to cycle in and out every day. We have also come to depend upon the motor vehicle to bring the supplies home, to get us to

work and to drop the kids off at the school bus stop. Most of us depend on motor vehicles and yet we are aware that this is one of the unsustainable aspects of modern living. But what else is there? Public transport around here is quite costly and very infrequent and that situation is unlikely to change until the shit literally hits the fan. It seems that we cannot easily do any forward planning here. Anyway, most of us have gotten used to coming and going as we please. We like to just jump in the car and drive off at a moments notice and thus far there appears to be nothing forthcoming to replace the petrol or diesel guzzling beasts. We may hear stories such as that account of General Motors

in the United States shredding 2,000 electric cars because they only had a range of 150 miles and in any case they didn't have enough spare parts if they did get sold. Surely they could have given them away to a whole lot of backyard enthusiasts. But that doesn't help us reduce our emissions or prepare for the inevitable time when what we take for granted is no longer an option.

One of the problems with most electric cars is the enormous amount of weight required just to propel one or several people around. It would be much easier to find the energy to carry something lightweight and to not carry that huge chunk of steel and other materials around everywhere you go. We can try walking everywhere, but that is extremely time consuming, especially for those of us living in the bush. If we were to all start riding bicycles we can cover most distances in one third of the time it takes to walk with one third of the overall effort of walking. But the problem around here is the very hilly nature of the local countryside where having to tackle certain long and steep hills on a regular basis really puts one off cycling. It is exactly this situation which led me stop cycling to work every day. Whilst I could get from home to work in half an hour, it would take over two hours to get back home at the end of the day. I have tried out various motorised options over the years which all proved worse than useless.

Several things have attracted me to the idea of a motorised bicycle. In NSW you can have a motorised bicycle with a motor of up to 200 watts of power without any registration or license requirements. I have always found the cost of registration and license renewal a daunting process, especially with NSW being the most expensive State in Australia for motor vehicle registration fees. Another daunting aspect of running a motor vehicle is the rising cost of fuel. Although I drive a big heavy fuel guzzling vehicle, the fact that it runs on Liquid Petroleum Gas, a



mixture of butane and propane has kept the fuel cost down to about the same as a much smaller car, but nevertheless the amount spent on fuel in one year adds up to quite a princely sum. LPG is the readily available fossil fuel with the least environmental consequences. My vehicle is a very good work horse, being able to carry heavy loads and being a 4 wheel drive is able to get to otherwise quite inaccessible places. But nevertheless, the fact remains that present day motor vehicles are unsustainable. Thus I keep coming back to the same old problem, how to motorise a bicycle with a motor of 200 watts or less which can help me get from Nimbin back up to my Blue Knob Mountain home in reasonable time. All the motors I have tried have allowed me to travel quite quickly on flat terrain but have not had the torque to assist with getting up steep hills. Thus I don't just have the bike and myself to get home, but the weighty motor and battery as well and thus it takes even longer to get home. I have tried tyre friction drives with the motor pushing a rotating wheel down hard onto the tyre of the bike and motors that spoke into the hub of the wheel. I have not only tried small electric motors but have also tried small petrol motors and they've all been worse

than useless in mountainous terrain. In recent years there has been a major breakthrough in motorised bicycles with what is now commercially available.

Here I was, year after year with the same dilemma. How to motorise a bicycle in such a way as to assist in getting up hills rather than being a hindrance. It was always clear to me that the motor should not be driving the wheel directly. This is akin to having a motor vehicle without gears. If a motor vehicle without gears is designed to get a good speed on the flat, it would not be able to climb hills and if it was geared to get up hills it would not go very fast on the flat. This problem is exacerbated with a bicycle where the largest motor you can have is limited to just 200 watts. I recently discovered that motorised bicycle kits are now available that work through the same chain gears as the ones you use when you are pedalling. There are now a number of manufacturers making this type of kit. The motor has a freewheeling sprocket so that you can pedal without using the motor and the pedals themselves are freewheeling so that you can also use the motor without pedalling, or, of course, you can use the motor and pedal at the same time. It uses a motorcycle type rotating handgrip throttle on the handlebars. Now, this

is a motorised bicycle kit, that for the first time makes sense. It can give you the speed on the flat, and more importantly, give you the torque for hill climbing. One concern, of course, is the weight of the batteries. The more you wish to use the motor between recharges, the heavier the battery load that you must carry with you.

My first project, a motorised tricycle uses the geared motor arrangement just described and two motorcycle batteries that I can recharge every day. The new trike is a bit like a small utility truck in reverse with two wheels at the front and a carrying platform between the two wheels. The trike has 14 amp hours which should be enough to get me up the hills between Nimbin and home. I could increase the range with larger batteries or with solar panels fitted to the trike, but the solar panels wouldn't help much in the evening, I am also considering fitting regenerative braking to the front wheels so that the act of slowing down will put charge back into the batteries. Once I have this project completed, I have two other projects ready to get started on. One is another motorised trike, this time with two wheels at the back and with 144 gears. The other, a two wheeled sports model with lighter but more expensive NiMH batteries. I think that the electric pedal transport is an affordable option that can dramatically reduce my dependence on fossil fuels and save money in fuel bills.

The photo shows myself on the LektrikTrike. Beneath the handlebars you can see the two battery boxes on either side of steering column. Beneath the battery boxes you can see the electric motor with a bicycle chain connecting it to the pedal crankset. It has a flashing LED tail-light, flashing LED pedals and the LED headlight with 3 brightness settings is on my head.

The left and right blinker lights still need switches on the handlebars and I intend to have twin headlights low down on the twin front forks, both turning with the steering.

## Let's Solar Power the whole World



**Redefining corporate goals.** Plans for Google's new headquarters, which is to have a 1.6 megawatt solar electric installation.

by Dave Christmas  
Rainbow Power Company

I have just read an article in the latest copy of ReFocus, the official magazine of ISES (the International Solar Energy Society). The article was called "Solar can provide ALL of Europe's electricity." It was based around a report commissioned by the German Environment and Nuclear Safety Ministry.

In this report it was claimed that by placing solar collectors in the deserts of the Middle East and North Africa, Europe could receive all its energy requirements from the sun.

"Every year, each square kilometre of desert receives solar energy equivalent to 1.5 million barrels of oil." Says Franz Trieb the study manager. "Multiplying the area of the worlds deserts world-wide, this is nearly a thousand times the entire current energy consumption of the world."

The report also states "The cost to collect solar thermal energy is equivalent to \$50 per barrel of oil now, which is less than the current world price" and speculates this cost will drop to \$20 in the future.

It also states, "The existing grid is not capable of transmitting large amounts of power over long distances, and a combination of conventional AC grid and high voltage direct current (HVDC) transmission technology would be used in a trans-European electricity scheme. HVDC lines lose only 3% of power for every 1,000 Km of distance and solar electricity could be imported with only 10% loss compared to the 50% to 70% in conventional coal fired power stations."

Mr. Howard, the uranium can stay in the ground.

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