

# HomeFront NewsLetter

For the Folk Conscious Home

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Welcome to Issue No 4 of our newsletter version of Homefront publications. We are going to focus on recipes, pagan blots and feeding tips for your picky eaters, and we will throw in a few other smaller on Miron Aku and natural remedies.



Summer is now upon us living in the northern hemisphere and of course winter for those living in the northern hemisphere, here in Europe we are enjoying some unusually warm weather which means we will be harvesting local fruit soon, every summer I get to gather lots of cherries and raspberries. It is also a great time to go out and identify all your native trees, we are thankfully surrounded by many majestic and magickal trees such as Hawthorne, Holly, Oak, Yew, Rowan, Ash and Birch, my goal this summer is to become familiar with all native trees and their magickal properties.

**We hope you enjoy this issue of Homefront.**

## The Mighty Oak Tree

- The mighty Oak tree is considered to be the most powerful and most sacred of the trees to our folk the Kelts. It holds alignment of balance, purpose and strength. Our Ancient Keltic ancestors observed the oak's massive growth and impressive expanse. They took this as a clear sign that the oak was to be honoured for its endurance, and noble presence. We have so many majestic oak trees here, and I have had the pleasure of watching a young oak grow over the past 5 years.

- Us Witches like to dance beneath the great Oak Tree for the summer solstice, we honour the Keltic Allfather Dagda. It is said that the ancient druids would not meet for their rituals if there was not an Oak tree present.

- Spell For Male fertility: Hold an acorn in the palm of your dominant hand and direct your energy into it as you say your incantation. Afterwards, carry it with you for nine days and then bury it in the ground. If any male friends would like an acorn from an Irish oak, I would definitely send you one.

- The mighty Oak King rules over our summer months. Us kelts called this month Duir, which some scholars believe to mean "door", the root word of "Druid".

- The Oak is connected with magick spells for protection, strength, fertility, money, success, and good fortune. You should carry an acorn in your pocket when you go to an interview or business meeting; it will bring you good luck. If you catch a falling Oak leaf before it hits the ground, you'll stay healthy the following year.

**Hail the great and mighty Oak! 🌳**



# WE HONOUR THE ALLFATHERS

## WOTAN - The Germanic Allfather



**WOTAN** I honour your wisdom, courage and the sacrifices you have made, any time I seek your council the path in front of me doesn't ever become any easier, it ignites my blood memory and I walk the path as a daughter of Europa should,

sometimes I have fallen but I always rise, there is no other option.

Your wisdom is mine; your courage is mine and the sacrifices I have had to make reminded me that sometimes horrible things happen. We are then reminded that we have to get up and slay the world!

**Hail Wotan the Allfather!**

Wotan was our eldest God  
On this celestial ball.  
The Goddess Frigg was his wife,  
The mother of us all.

Thor was Wotan's first born.  
The sagas tell his fame.  
A hammer was his weapon,  
Mjollnir was its name.

**(Excerpt from David Lane's 'Gods of our blood')**

## Dagda - The Keltic Allfather



**Dagda** is our most important Keltic god in Irish mythology. He is also called **Eochaid Ollathair** ("Eochaid the All-Father"),

He is one of the Tuatha Dé Danann; **Dagda** is often portrayed as a father-figure, chieftain, and druid.

Dagda is associated with fertility, agriculture, masculinity and strength, as well as magick, and wisdom, he possessed a cauldron that was never empty, fruit trees that were never barren, and two pigs, one live and the other perpetually roasting.

Dagda also owned a huge club that had the power both to kill men and to restore them to life. His harp (or Uaithne) was made of oak and encrusted with jewels and it played by itself; Dagda was a very skilled musician, when he played Uaithne the seasons were restored to their correct and natural order, something we could badly do with now in Ireland lol. Dagda played three types of music which were sorrow, dreaming and joy.

The goddess Brigit, the goddess of healing, was the daughter of Dagda and Morrigan.

No wonder he is revered as our Allfather.

Would you like us to feature Dagda more? He has many wonderful stories surrounding him.

**Dagda We Honour You as Our Allfather**

# *Protect Children From the SUN!*



Please help prevent skin cancer and premature aging by protecting your children's beautiful white skin from the sun's harmful rays.

## **Here is a small list of what you can do:**

PLEASE do not put sunscreen on babies younger than 6 months of age. Keep them out of the sun and heat as their skin and bodies are much more sensitive than us adult's.

Get your children to cover up. Start by covering their head, neck and ears with a broad-brimmed hat when they are playing outdoors. Give them a T-shirt and long shorts to put over a bathing suit, when they aren't swimming.

Please choose a sunscreen that protects your children against both UVA and UVB rays with a Sun Protection Factor (SPF) of 15 or higher. Apply the sunscreen 20 minutes before sun exposure and re-apply every two to three hours – more often, if your children are sweating or swimming.

Try to keep your children out of the direct sun from 11 a.m. to 4 p.m., seeking out shade from trees and buildings, we always make sure there is adequate shade wherever we go, if that is not possible make sure to have some sort of umbrella to avoid direct sunlight! Not only will your children enjoy the summer sun without suffering sunburns.

80% of a person's lifetime sun exposure is acquired before age 18. As a parent try and be a good role model and instill skin care from a young age. Do you know that water, snow and sand reflect the damaging rays of the sun? Which can increase your chance of sunburn, so taking care of your beautiful white skin is a year-round commitment.

Please get your vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Try and no reply on the sun or if you do make sure it's a short amount of sun exposure.

Your Beautiful baby cannot physically move themselves out of the sunlight; your 6-month-old on a blanket outside is less mobile than let's say a one-year old who can move into the shade. You and your baby or child can sunburn **in only 15 minutes** depending on the UV Index. Please drink and give lots of cool liquids, water or breast milk is best.

## **HomeFront Publications**



# How do we get our finicky little angels to eat healthy foods?

I've got a couple of tips. My son's not too picky, and he really likes fruit and some vegetables such as raw carrots and green beans (fresh)... so anyway, here goes. Please pitch in if you guys have any ideas.

## Frozen Fruit

Smoothies can be a great way to get your kids to eat healthy, especially in hot weather. Throw in some low-fat yogurt for calcium, and even a small serving has huge nutritional benefits.

Freezing your own fruit can save you money. How many times have you bought berries and half of them get mouldy in the fridge? (Is it just me?) If you freeze your own berries when they're in season, it's much cheaper than buying a bag of frozen ones. You can freeze peaches, bananas, mangoes; pineapple...the list goes on and on.

Frozen fruit instantly cools down hot oatmeal, and gives it a nice nutritional boost. Think chopped up frozen Peaches or (our favourite) frozen blueberries.

## Little Extra's

Wheat Germ- I add it to oatmeal, bread, I use it in pasta dishes (has an effect sort of like adding bread crumbs). You can add some to meatloaf, yogurt, cold cereals. It's a great source of folic acid as well as fiber and tons of minerals. Keep it in the fridge.

Flax Seeds-These can be added to just about anything as well. They are rich in omega-3's which lower bad cholesterol and promote brain health. I have noticed that they take on kind of a sweet flavour like roasted nuts when I bake them in bread. Add them to salads for yourself (if your kids won't touch a salad)

## Sauce

You can sneak a lot of stuff into sauce. If you've got a picky eater at home, try making pasta sauce with carrots and broccoli (or whatever veggies you like) and running some of it through the blender so they don't know what's in it.

With a creamy sauce, or gravy, you can substitute whole wheat flour, but it has kind of a sweet, nutty flavour so you might balance that out in a savoury dish by adding some caramelized onions and/or frozen peas...

Okay, that's it off the top of my head. My son's up...

*Misty (HF Supporter USA)*



**HomeFront Tip:** Always stress the benefits of healthy eating, but do it in a fun way. Tell them eating their fruits and veggies will give them strong teeth like a dinosaur, big muscles like a gorilla, long, beautiful hair like a lion.

# Pagan Blots

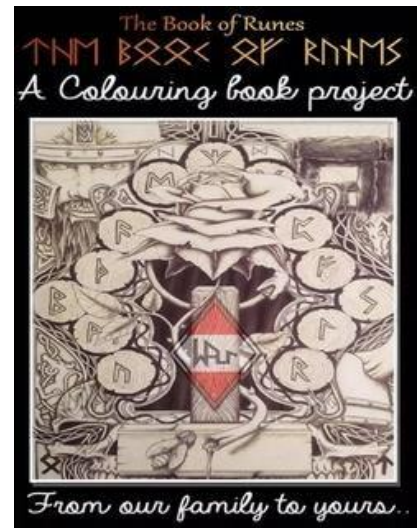
Here are 2 upcoming blots for the summer days ahead. Just a guideline, adapt for your own surroundings etc.

Haymoon Blot also called Founder's Day  
July 4  
Freys Blot Aug 23

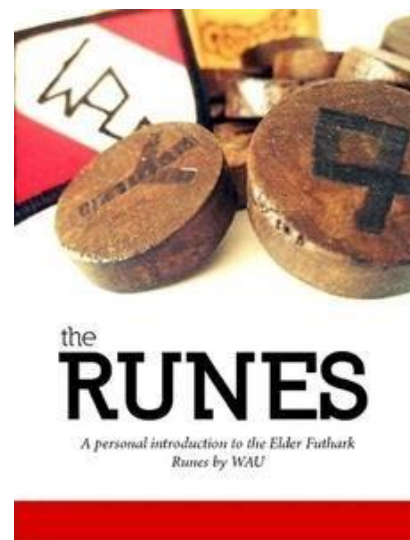
This is when Wotanists ponder and reflect upon the fruits of their labor. The God Frey (see Gods of our blood) is the God of fertility and has spent the warmest part of the year spreading his seed and now stands ready to enjoy a bountiful harvest. Golden grain will soon overflow its vessels. The rune Fehu associated with wealth bespeaks of well-deserved reward and the rune Year encourages us that our toil has not been in vain.

**Suggested meditation:** If you have worked hard for something, rest on your laurels today and admire your success. If not, admire the success of others who worked hard this year.

Georg Baldursson



A Children's colouring book featuring pictures that represent each individual Elder Futhark rune, as well as a nonsensical description of that rune's meaning. We hope that your children will enjoy colouring these pictures and that they may help awaken their cultural soul.



Welcome to our very personal look at the Elder Futhark. The Runes are broken into three sections or groups of eight, called aett (aettir, plural). This will help you to remember their order, and later, you will see their significance in magickal uses, these are how we interpret when doing readings! In this booklet there will simply be one rune featured per page!

**Both Available for purchase**

[www.lulu.com/shop/wau-sisterhood](http://www.lulu.com/shop/wau-sisterhood)

## Making your own Muesli



I don't know if any of you eat cereals regularly. Last weekend I was at the supermarket and I started wondering about doing my own mix of muesli. I usually buy wild berry organic muesli that are pretty expensive so I decided

try to make my own and see if it was cost effective. I bought a pack of whole wheat cereal, whole chocolate corn flakes and oat, then I bought a pack of dried fruits mix with nuts, almonds and all that stuff and a pack of dried cranberries. I then mixed that all together and with the same money I got 4 times more muesli.

A pack of organic wild berries muesli here would cost around 8 to 10€ for 0.5kg. Making my own muesli (all organic too) I spent around 10€ and I got almost 2kg of it. So right now, I cannot understand why I spent all that money for all these years. **Vanessa WAU Europa**

@Here are some kid-friendly recipes that add a



little flair to familiar favourites. Many of the steps are easy enough for kids to do, so get everyone involved in the cooking!

### Scrambled Egg Surprise

3 eggs  
3 Tbsp milk  
1 Tbsp snipped parsley  
Dash ground nutmeg  
1 Tbsp margarine  
1 small apple, cored & chopped (about  $\frac{3}{4}$  c)  
 $\frac{1}{4}$  c shredded cheddar or Monterey Jack cheese

Beat together the first four ingredients in a medium mixing bowl. In a medium skillet, melt the margarine over medium heat and add the apple. Cook for two minutes or so, until tender. Pour in the egg mixture and cook without stirring

until the egg begins to set on the bottom and around the edges. Gently lift the edges of the egg with a spatula and let the uncooked egg flow underneath; continue to do this for 3 minutes or until the egg is cooked thoroughly. Remove from heat and sprinkle with cheese; serve with whole-grain toast. Makes 2 servings.

### Healthy Granola

2  $\frac{1}{2}$  c regular rolled oats  
 $\frac{1}{2}$  c slivered almonds  
 $\frac{1}{2}$  c coconut  
 $\frac{1}{2}$  c toasted wheat germ  
 $\frac{1}{2}$  c sesame seeds  
 $\frac{1}{2}$  c sunflower nuts  
 $\frac{1}{2}$  c dark corn syrup or honey  
 $\frac{1}{3}$  c orange juice  
 $\frac{1}{2}$  c raisins (optional)

In a large bowl, mix together the first six ingredients. In a separate bowl, stir together syrup/honey and orange juice. Pour over granola mixture and stir to coat. Spread in a greased 15x10x1 baking pan and bake in a 300° oven for 40-50 minutes. While baking, stir every 15 minutes, and then stir several times during the final 15 minutes of baking. Remove from oven and stir in the raisins. Transfer to another pan to cool, then store in an airtight container for up to one month. Makes 5 cups.

### Sweet Tooth Popcorn

10 c popped corn (about  $\frac{1}{3}$  c unpopped)  
1 c peanuts  
 $\frac{1}{4}$  c honey  
3 Tbsp margarine  
1 tsp finely shredded orange peel (optional)  
 $\frac{1}{4}$  tsp ground cinnamon

First, find an oven-safe container large enough to hold all of the popcorn; a large roasting pan should do. In a small saucepan, heat honey, margarine, orange and cinnamon until the margarine melts. Pour over the popcorn and nuts in the large bowl and stir to coat. Bake at 300° for 30 minutes; stir every 10. Transfer to baking sheet or foil to cool. Makes 10 cups.

**Amanda (HomeFront Writer)**



# Northern Witch

**Miron Aku** was one of the Finland's last well-known witches; she was the keeper of ancient knowledge and wisdom. The rituals of Miron Aku were recorded for studies during the Ahnenerbe expedition, which was led by Yrjö von Grönhagen by the personal appointment of Henrich Himmler.

For Miron Aku, her house was not just where she lived, but it was also the home that inhabited the souls of her ancestors. How amazing would it be to own such a home? I would love to own an ancestral home, but most of us nowadays live in homes with zero ancestral connections.

In the picture below from the early 20th century the *tietäjä* Miron-Aku re-enacts the ritual of transmission of the powers of a *tietäjä* to an apprentice.



A *tietäjä* is a magickally powerful figure in traditional Finno-Karelian culture. The role of the *tietäjä*'s was to act as the community's first line of defence against hostile supernatural forces, whether they originated in the otherworld or with sorcerers and other evil-minded people. Owing to rural isolation and lack of penetration by the church, the tradition of *tietäjäs* as seers and diviners persisted relatively unchanged for millennia in the Savo region of Finland. The term *tietäjä* literally means "knower,".

Despite centuries of hostility from Catholic and Lutheran Churches, via witch trials, destruction of ancient magickal texts and sacred sites such as sacred groves, banning of rune singing the *tietäjä* tradition continued as late as into the mid-20th century in some rural areas of Finland. Today, several organizations and a number of individuals continue to practice and support the shaman/*noita/tietäjä* tradition in Finland.

*If you have more information on **Miron Aku** please contact WAU please...*

# Natural Remedies

These natural remedies have been around for a very long time, we at HomeFront recommend that you practice a bit with a few of these remedies, to get potions and ointments correct, practice makes perfect sisters :) Mother Nature created these gifts to be used, so honour our MOTHER. **The below information does not belong to anyone, we didn't create these wonderful gifts from Mother Nature, use them wisely and if symptoms persist, consult your doctor please...**

## Aloe

Break off an aloe leaf and scrape the gel to soothe minor burns, scalds, and sunburns. Aloe has tissue regenerative properties and will help heal all wounds. I keep an aloe plant all year round in my home.

## Arnica

Arnica cream or oil can be used on bruises or sprains where the skin is not broken. Homeopathic arnica tablets are used to treat shock in much the same way as Rescue Remedy.

## Calendula Cream

Homemade or store bought, this is antiseptic and antifungal. If you make it, try adding comfrey to the cream; it will help speed the healing process.

## Clove Oil

Clove oil is a good antiseptic for cuts; it is also useful for treating toothaches. This I use myself for toothaches (having a dentist phobia it's my best friend) Clove sweets are yummy too)

## Compresses

Keep squares of gauze or cheesecloth on hand to make compresses. Use comfrey, witch hazel, or arnica for sprains; St. John's Wort for deep cuts; comfrey or witch hazel for burns.

## Crystallized Ginger

Chew for motion sickness or morning sickness. Eucalyptus Oil this is a good inhalant for colds, coughs, and respiratory infections.

## Slippery Elm

Slippery elm powder is used to make poultices for drawing splinters and bringing boils to a head.

## Tea Tree Oil

Tea Tree is a great antiseptic and antifungal treatment. The antibacterial properties of tea tree oil can help control underarm odour or body odour related to perspiration. It is important to know that sweat itself doesn't smell. It is only when the secretions combine with the bacteria on the skin does it smell. Tea tree oil can be a good (and possibly healthy) alternative to commercial deodorants and other antiperspirants.

## Witch Hazel Extract

Use it to treat minor burns, sunburn, and insect bites. Apply to nasal passages to stop nosebleeds. Wash cuts with it to help cleanse them.

## Oregano Oil

Thanks to its antifungal, antiseptic, antibacterial, antiparasitic and antiviral properties, oregano oil is absolutely fantastic at fighting and conquering colds, the flu, viruses, and infections.





# Front Records



COMING SOON

[www.front-records.com](http://www.front-records.com)