

# Morrigan Rising

Spring 2016

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**In Sisterhood – WAU**

**Welcome** to the spring 2016 issue of **Morrigan Rising**,

the universal voice of WAU and their supporters! Lot's is going on in the world, we are happy to be able to share with you a wonderful and insightful interview with **Paul Fromm** on his recent trip to South Africa, we have some interviews with bands and record labels, our usual stuff like recipes and natural remedies.

WAU sisters have been busy the past 12 months with various fundraisers that were all very successful, we've been busy traveling to hang out with other comrades, traveling throughout Australia, Europe and the USA, this year we hope to have a decent sized group of us in Italy for **Ritorno a Camelot 2016**.

We are not sure when the next issue of Morrigan Rising will be available, but be sure to keep checking out [wau14.com](http://wau14.com) as we will always update our front page with new releases of magazines and upcoming projects, be sure to also check out the latest issue of **Skuld** and WAU Australia's Keltic knowledge book titled **Keltic Thunder**, we also have a fabulous booklet with our latest interview with Order member **David Tate**, you can check it out at [freetheorder.org](http://freetheorder.org) a site we have maintained for over a decade!

Thank you for all your continued support over the last 25 years, to many more years of unity!

**Hailsa**

*WAU Worldwide*



# My Race Is My Nation

Don't get me wrong, I love my country. Australia is a fantastic place and I doubt anyone could realistically deny that. I am also a National Socialist in my heart and mind. It is the only political system that serves the interest for our race. Nationalistic ideologies put grave importance on the state, which is important, but some proponents are against a pan-Aryan standpoint and say that the two viewpoints are incompatible, to which I cannot agree.

Pan-Aryanism is not to the exclusion of your own country. You are not forsaking the interests of your people here. Aryan blood is a nation without borders. We have been blessed and fortunate enough to be born into the most innovative, creative and beautiful race that has ever and will ever walk this planet. How can I ignore the suffering of my kinfolk just because we do not live in the same geographical location?

I look to South Africa and the white genocide that is occurring. I see my brothers and sister fighting overseas for our people, sacrificing their freedom and in many cases their lives. We must celebrate the sacrifices these brave folk are making. We have to honour their contributions by carrying on the fight for them. Indeed, we have people here who are just as brave, but we are fighting globally for our survival.

AFP (Australia First Party) supporters recognise Golden Dawn and their success. Supporting GD, or any other WN element overseas, does not detract from White Nationalism here at home. By strengthening the bonds we have with each other, we strengthen our race. I will always support political ideologies that are in our interest, but it is an arena I am dubious about our success in the foreseeable future. Our folk need help now, and cannot wait and hope that one day somebody comes to power that recognises and goes in to battle for our races survival.

There are so many facets to our movement. Hollywood has done it's best to make us look like inbred, ignorant thugs but anyone who stops and takes a look can see we are anything but. I don't know lots of people, but I could not be prouder to talk, meet and stand side by side with the ones I do and they all make such a positive impact. In fact in lots of cases it is downright inspiring to see what they accomplish given limited numbers and resources.

My race is my nation, and I am thankful that there are many great people out there fighting for its survival.

Dylan







# WAU Interviews - PC Records

**Hi Yves and thank you for agreeing to do this**

**Interview with WAU Australia.** *Hi comrades from Down Under and thanks for the interest in me, my label and my work.*

**Firstly how did PC records get started and how did you become involved?** *I personally started working in PC Records in 2003, as the owner opened an official shop beside the label. I worked there for 1 year and after that I got the chance to run it by my own that was in 2004. Since then I run the Shop, Label and Distribution, with the help of some friends who work for me, as a fulltime Job. The Reds wrote that I had released more than 150 CDs, but haha, I really can't say if that is true...*

**With Germany being so tough on censorship, what difficulty does this pose for you and how do you deal with the Government oppression in regards to the release of your music?**

*Hmm, the German scene has learnt to live with that stuff and it has become something like "normal". Of course there are some crazy laws and trials which happen actual and in the past, but mostly we know how to fix it and live with it. You know what is forbidden, so take care about it or get fucked. All my CDs are checked by special lawyers here and that's why I'm still a free man. I have had more than 15 house raids, computer & Internet & mobile observation, BUT I choose that way, so I have to live with that and fight against the oppression of freedom of speech. For 90% of the musicians that means, that you have to write the lyrics new or change words. But since that is nothing new, it becomes normal and people just do it.*

*I think in other countries like Czech Republic or Russia & Ukraine they do not have such laws and so it means, that no one knows what they can do and what is forbidden. So it's much easier to live here, than in those countries. I think also the difference to other countries is that the scene here changes a lot, going away from the typical Skinhead stuff into a normal political thinking person without any subculture background. Here we are a part of the society and right minded people are normal... So life is not so boring here in my eyes*

**As a record label can you give us your perspective on the music scene as it stands?**

*Hmm, good question. Of course everyone knows that the music stuff is getting down. Some say, the main problem is the download stuff, some say that just the number of people who are buying is going down. I personally think it's mainly the first one, but also the second one and also a thing which has become more and more active, if I look just my personal friends. It's the thing of "self-interest". Normally we as NS have to think more and more about the community of all, but we become more and more than the normal brainstorming people... That is really sad and destroys a lot of good work here.*

*But I think the music scene is still good and have a lot of good Bands. But as the years before, it's not the music which unifies us, it's the political thinking. Here I know many people who don't buy any CDs, just because they have no interest in that.*

*They are political on the same line as me, but have no interest in that stuff. Should I be worried about that? I think not. If he does other good things and stands on the next march near me, I'm really fine with that...*

**PC Records have released some of the bigger names in RAC, can you tell us a bit about the bands you have worked with and any interesting stories you could share with us?**

*Hmm, I can tell a lot of stories I think, but not to share gossip I will close my mouth I have met a lot of good Bands / people in the last years. But also some of my favourites became the biggest assholes on the planet. Sadly the music scene has a lot of wannabe RnR Stars in it. That behaviour is far away from the political meaning of our way of thinking... But I still love to do my job, supporting good work and don't care about that. Just go my own way I think in the 90's, there broke out a storm of all the WP music; many things went wrong here... Much money was made, too little money was given back to the scene or used usefully and that's why the work with music here is the same as the mainstream market. That's why some people still think we are in the 90's. But that's my personal view and I'm known for using hard words for the scene. But what should I do?!*

**Can you tell us how illegal MP3 downloading is hurting our music industry? Like I wrote before, Of course, but as I see my selling numbers, buyers are still there and good CDs or well-known names are still fine. Finally not the same numbers as when I grew up with the music, but still ok to share the costs and make some "profit" from it. Like I wrote before, the main problem is the thinking of the people that no one gets hurt because of it, cause**

*money is still there, and new CDs are still being released, gigs still happen - so it cannot be a big problem, if I download an album. Just because of the personal feeling - Movement, Unity? Not really, just I'm important! I really would love to speak with one of the webmasters of such forum, but sadly no one show his face...*

*Since I start PC Records I have a Way I work - Don't tell anything about upcoming releases, because NO ONE knows what will happen tomorrow and if that release will really work And if I see the work of other label in the past, it shows me, that I'm right with that way*

**What are some new or upcoming releases and projects that we should watch out for from PC Records? This year it will be mostly German stuff which will be released. Some younger bands, some older bands etc. etc... Look out on my website <http://pcrecords.net/> or get my Newsletter, that's the best way**

**Thank you Yves for taking the time to do this interview with us, do you have any final words you would like to share with our readers? Like I said before - Thanks a lot for the interest in me and my work! You All make PC Records to that, which it is today!!!**







# Our Nine Noble Virtues

**Courage:** To defend my Sisters and Folk Always, no matter what the odds are!

**Discipline:** To show restraint and self-control when around things I know are not good for me or my Folk!

**Fidelity:** To show faithfulness to my partner, sisterhood and beliefs, by demonstrating it with continuing loyalty and support.

**Honour:** To faithfully show honour towards my Kin, Sisterhood and Folk always!

**Hospitality:** To be a good hostess, showing generosity to my Kin, Sisters, Visitors, or strangers of my Folk!

**Industriousness:** To work hard, so that in return I can help my Folk in need!

**Perseverance:** I will rely on my own strengths, powers and resources rather than those of others!

**Self-Reliance:** To show self-reliance in everything I do despite the difficulty or delay in achieving goals.

**Truth:** I will live by My Word, you will NEVER be able to doubt me or speak ill of me without doubt from others!

**WAU Sisterhood**

**Est. 1990**



WATA  
Faith Folk Family





# WAU Interviews

# Hiraeth

Have you ever listened to music and when you close your eyes your entire environment changes and you can see the music playing itself out for you, like a majestic theatre performance. That is how I feel when I listen to Hiraeth.

Their second album "Eventide" is available as a free download at [hammerstorm.org](http://hammerstorm.org). And while I listened to it I can really feel the inspiration of nature. The tracks are raw, heavy and intense. They also did an awesome Graveland cover of "In the Glare of Burning Churches" which you can check out on their YouTube channel "Adirondack Resistance". The band is from upstate New York in the USA. They consist of two members Nebel and Saisir. Today we are speaking with Nebel:

**WAU / VEX:** Can you give a brief history of the band to familiarize our readers of Hiraeth?

**NEBEL:** Hiraeth started as a solo project as a continuation of a previous project. I play all the instruments and Saisir takes care of all vocal duties. Hiraeth began in winter 2014; we since then have had three albums done. We plan on releasing all of them soon through our own tiny label Adirondack Resistance Records. We plan on recording the fourth album shortly.

**WAU / VEX:** Why the name Hiraeth? What made you decide on that name?

**NEBEL:** Hiraeth is a form of nostalgia of a place you once been to or never been to but yet you still know the place. We yearn for the past, what once was. We are very anti modernism.

**WAU / VEX:** What is the lyrical inspiration for the message in your songs?

**NEBEL:** Nature, nostalgia, traditions, loss, life, death. Landscapes and etc. We are not pagan, but we are very in touch with nature, and how nature is intended to be.

**WAU / VEX:** What is your musical influence?

**NEBEL:** I have a variety of influences when writing, anything from black metal and old school death metal, all the way to Goth rock and classical.

**WAU / VEX:** When someone listens to your album, what is it you hope they gain from your music?

**NEBEL:** I hope for them to reflect on their life. I also hope to give the same effect a movie does and make you feel something. I want every listener to have their own unique experience.

**WAU / VEX:** With the band consisting of two

members, do you have plans for live shows?

**NEBEL:** We would be glad to do a show if we found a drummer decent enough to play all the songs. For now it will stay just us to doing studio work. We are both family men with little time.

**WAU / VEX:** Your second album is available as a free download. Being a fan of the black metal scene myself I admire that you are offering your music for free.

**NEBEL:** The third one will be available for free as well on the internet as soon as artwork is done. Then we plan on releasing all three as we work on a fourth album. The demo is also available on the Internet in underground blogposts. We have shirts also available at [label56.com](http://label56.com).

**WAU / VEX:** What are the near future plans for Hiraeth?

**NEBEL:** Continue recording albums, we will not stop till we are dead. There are almost 100 more songs already written ready to be recorded in my home studio. Maybe one day we will do an invitation only show.

**WAU / VEX:** What is the message you hope to get across with your music to our people in the movement?

**NEBEL:** To always follow our traditions! Stay away from the three Abrahamic religions because it was created to destroy us. Stay in touch with nature, it is who we are. [facebook.com/hiraethband88](https://facebook.com/hiraethband88)

## Vex USA Probate







**In The News**

## **White Canadian families chased out of public housing by African immigrants.**

<http://whitegenocideproject.com/>

Blair France moved into the Calgary Housing Company complex with her husband and two children, but several months later their children became victim to anti-White racial abuse and physical violence, by the children of African tenants.

Mrs France thought she would solve this problem by hosting an anti-bullying barbeque for all the tenants, but things just got worse. A few days after the barbeque, a public housing supervisor said things were getting out of hand, and the African kids were targeting another White family.

When she complained to the Calgary Housing Company, they sent a letter to the families of the bullies, warning them that they would be evicted if they don't follow the rules.

Mrs France said after that, the bullying intensified, and the bullies threatened to kill her children.

*"They are so scared, they don't want to go to school or even outside," she wrote. "We just need to move."*

Fortunately, they were relocated the next day.

Despite writing to the mayor of Calgary and the public-housing officials, as well as the story being picked up by the media, no one actually did anything to stop the bullying, except threatening the bullies with eviction, which clearly had failed. Anti-Whites claim that because White people are the majority, we cannot be the victims, so therefore do not need laws which defend us from attacks such as these.

If this was the other way round, and White children attacked and threatened to kill a Black family, we all know there would be severe consequences for the White parents.

A US study shows us White children are the most likely group to be bullied, especially girls.

White children are growing up in schools where they are now the minority, and this is leading to a lot of increased bullying. This sometimes ends badly, like the 9 year-old boy in Britain, who was bullied by Muslim children, and hanged himself.

But I guess White children don't really seem to matter as much to the anti-Whites in power? Maybe that's the reason why these anti-Whites campaign for White genocide without any guilty conscience what-so-ever?



WATA

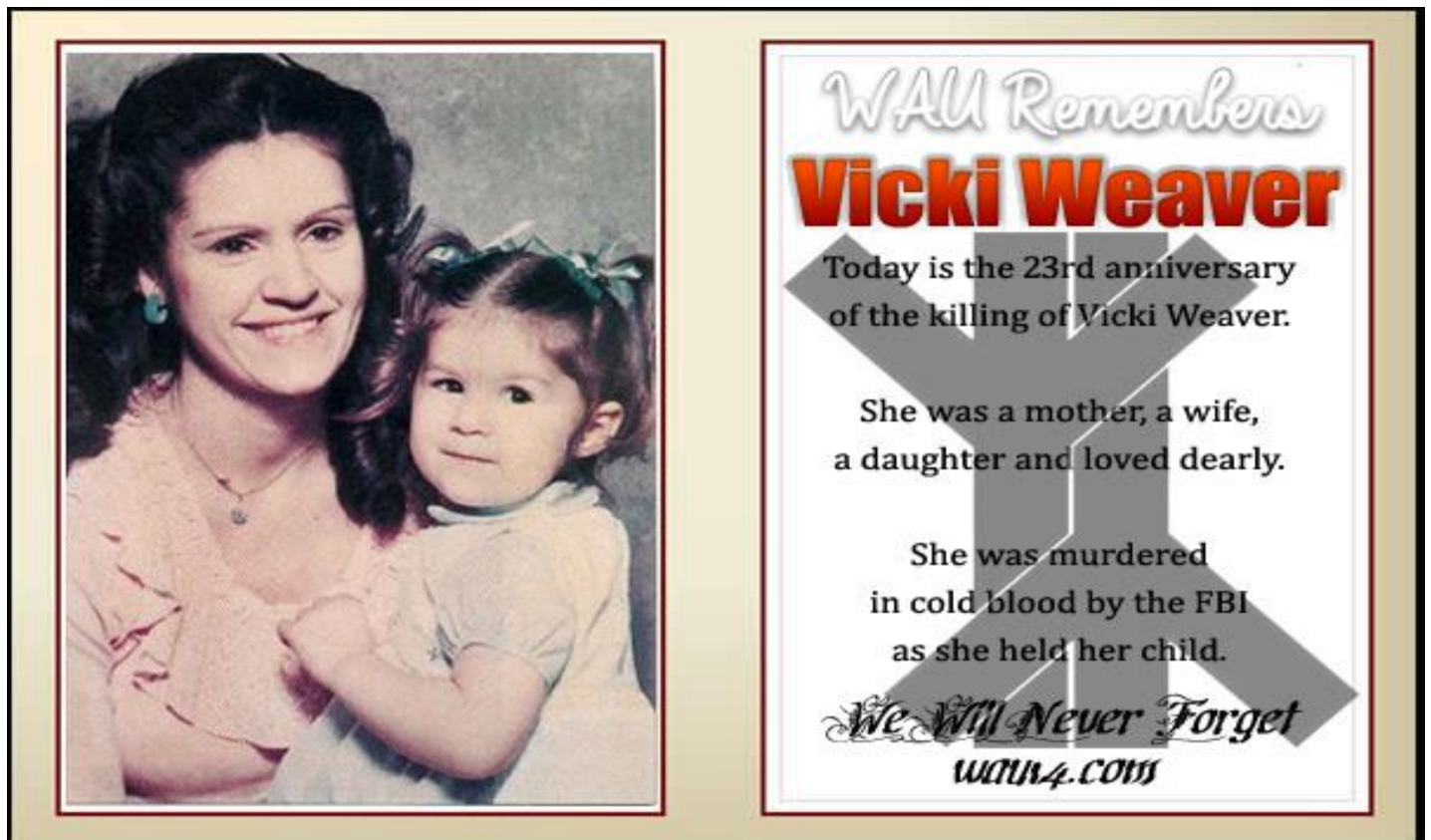
Faith Folk Family



# REMEMBERING RUBY RIDGE

On August 21st 1992, six heavily armed, camouflaged U.S. marshals sneaked onto Mr. Weaver's property. Three agents threw rocks to get the attention of Mr. Weaver's dogs. As Mr. Weaver's 14-year-old son, Sammy, and Kevin Harris, a 25-year-old family friend living in the cabin, ran to see what the dogs were barking at, U.S. marshals killed one of the dogs. Sammy Weaver fired his gun in the direction the shots had come from. Randy Weaver came out and hollered for his son to come back to the cabin. Sammy yelled, "I'm coming, Dad," and was running back to the cabin when a federal marshal shot him in the back and killed him.

On August 22<sup>nd</sup> 1992 as Randy Weaver walked towards the small shack where his son's body lay, he was lifting the latch on the shack's door and he was shot from behind by FBI sniper Lon Horiuchi.



As he struggled back to the cabin, his wife, Vicki who stood in the doorway holding their 10 month old baby in her arms and calling for her husband to hurry was shot in the face killing her instantly.

Though federal officials now claim that the killing of Vicki Weaver was an accident, the Washington Times's Jerry Seper reported in September 1993: "Court records show that while Vicki's body lay in the cabin for eight days, the FBI used microphones to taunt the family. 'Good morning, Mrs. Weaver. We had pancakes for breakfast. What did you have?' asked the agents in at least one exchange."

**This is YOUR government, a government that is supposed to PROTECT ITS PEOPLE!**

**WE WILL NEVER FORGET! WAU14.COM**

SOME TEXT TAKEN FROM:

<http://jimbovard.com>

# The Golden Saying of Babylon, shut up any “heretic”

Today I will introduce you to the Golden Saying of Babylon, this universal answer with the power to shut up any heretic who questions egalitarian Marxist fantasy. It's a weapon so powerful that even good intentions, reason, and logic cannot come up against it. A word so meaningless and yet so powerful; “racist”. In today's world most problems are somewhat connected to a small minority but we may not talk about it because doing so would be “racist”. Problem solving has become basically impossible since it's no longer politically correct to call problems by their names, or in some cases, to point to them at all. And precisely for that reason the term “racist” was invented by the Jewish communist revolutionary and mass murderer Leon Trotsky (Bronstein)! It was to discriminate against white Russians and to shut them up whenever one dared to speak out against the destruction of his country by the Jewish mafia which took over in Russia after the revolution and which started the greatest genocide in recorded history.

And the invention of “hate crimes” goes back to Stalin; it was a “Hate Crime” to openly identify the Bolshevik Revolution as being Jewish punished with death!

“Anti-Semitism is dangerous for the toilers, for it is a false track which diverts them from the proper road and leads them into the jungle. Hence, Communists, as consistent internationalists, cannot but be irreconcilable and bitter enemies of anti-Semitism. In the U.S.S.R., anti-Semitism is strictly prosecuted as a phenomenon hostile to the Soviet system. According to the laws of the U.S.S.R. active anti-Semites are punished with death.” – **Joseph Stalin, in a reply given on January 12, 1931 to an enquiry made by the Jewish Telegraphic Agency of America (Stars and Sand, page 316)**

**Two other quotes to think about:**

*“And since our nation is now ruled by Jewish autocrats who control our money, media, religion, education, medicine, food, drugs – through schools and media they control our very perceptions – how are we going to address our problems in the world when we can't even perceive the proper parameters of the threats we face because of this institutionalized media thought control, which through Hollywood, big newspapers, and a drug-addicted and pornographized school system works to infect every person in the world with this soulless Jewish*

*mindset?”* – **John Kaminski, the Jewish war on freedom of speech**

*“The Jewish people as a whole will be its own Messiah. It will attain world domination by the dissolution of other races...and by the establishment of a world republic in which everywhere the Jews will exercise the privilege of citizenship. In this New World Order the Children of Israel...will furnish all the leaders without encountering opposition...”* – **Baruch Levy in a letter to Karl Marx, quoted in Review de Paris, June 1, 1928, p. 574**

As a white man, or any non-Ashkenazi for that matter, you have to stfu, feel guilty of anything, pay taxes, do the manual labour, and fight their wars. You have to be a good dog, and a good dog does neither question his masters nor their intentions, a good dog after all is too stupid to question anything! Ashkenazi compulsory education is making good dogs out of our children, we should be thankful for it!

Our children are being dumbed down but we may not talk about it, for it's almost impossible to talk about compulsory schooling and all that is wrong with it without pointing into “racist” directions. Talking about the fact that all may not equal and that mixed education may be harmful for all is considered “racist”, and pointing to a certain minority and their influence is “racist” as well. It's only “political correct” to talk in meaningless terms and definition, talking about culture, religions and other artificial divisions is fine, talking about those real divisions nature made is not. Artificial divisions are after all only masks and may be switched freely. Reality today is in most cases considered to be “politically incorrect and often “racist” and some may not talk about things that are real. “Racism” is a part of realism because it based on the acknowledgment that nature created different groups that share different traits which we call “races”, the definition of “races” after all is something like “people holding different traits”, for without differences there would be no races to begin with.

*“The courage of the truth is the first condition of philosophic study.”*

– **Georg Wilhelm Friedrich Hegel (1770-1831)**

**metadave.wordpress.com**





**In the news — In the news — In the news — In the news**

## **'Jews using Holocaust to suck the blood of Germans,' Egypt TV host says'**

An Egyptian television news anchor accused “the Jews” of exploiting the Holocaust to “suck the blood of the Germans.” The video footage of host Gaber al-Karmoty first appeared on the Egyptian ON TV network and was translated by the Middle East Media Research Institute.

Karmoty lamented the fact that publishing cartoons of the Prophet Mohammad was permissible but that the Holocaust was “off limits.”

"I'm talking about what people call the Nazi Holocaust, for which they are still sucking the blood of the Germans. Who? The Jews!" said Al-Karmoty.

Egyptian media, which is tightly regulated and controlled by the state, is rife with anti-Semitic discourse.

## **Calais Police May Not be Able to Handle Migrants by Summer**

In the Northern French port town of Calais, police are worried that the increasing number of migrants trying to cross over to the UK may create chaos this summer. The past three weeks has seen a surge of migrants who have hitched rides on commercial trucks, hiding themselves away in attempts to reach Britain, *The Local* reports.

A spokesman for the police in the town said, “Migrants once again attempted to slow down the traffic by placing branches on the road to obstruct lorries heading to the port of Calais. Migrants are cutting down and putting branches, and even tree trunks, on the road and they are operating simultaneously in several places.”

The behaviour echoes the events of last week when migrants in a Paris camp rioted, requiring police to subdue them with tear gas.

Just last month the migrant camp known as the Jungle was cleared by French authorities, and they were met with resistance from the migrants and the ever present open borders activists who have repeatedly been encouraging migrants to riot in the camps and in Calais itself.

The town was subject to violence earlier in the year when migrants went on a rampage, defacing a statue of wartime leader Charles De Gaulle and storming a ferry that was headed for Britain.





## Interview with

# Travis Goalie

**Travis, for our readers who might not be familiar with you, could you give a brief description of who you are?**

Those who know me closest know there is nothing "brief" about me. I am always long winded; however, I shall try my best. I am an honest hard working American like so many others. We love our homeland, defend our liberties, and serve our people. But at the same time, we hate the chains of equality, despise the whip of diversity, and resist tyranny.

**At one time you were on our POW list. Could you explain how you ended up there and a little about your time inside?**

When I was young and dumb, and intoxicated, I was involved in a road rage situation with a Jew and the Courts decided that he was so important because of his heritage that they enhanced my charges to Robbery in the 2nd Degree even though the victim testified that nothing was taken. The judge even made it very clear during sentencing that it was going to take ten years to convince me to turn away from my nationalist family and "walk the straight and narrow". Ever since the beginning of my time in the gulag, I was very active for this cause through The Nationalist Movement. I took part in helping, writing for, drawing for, networking with, learning from, and any pro-white organization. As the years past, many patriots outside of the forty foot walls have seen my true zeal. I had a ton of literature, newsletters, books, etc. coming into me through the mail. With that material, we began operating an educational course (tests and quizzes after someone studied a book, pamphlet, etc.). This of course got me labelled as the "number one white supremacist in the State of Iowa." Somehow whereas this to me was a great accomplishment, the Department of Corrections (D.O.C) considered

it to be "Security Threat Group" (S.T.G) activity. This of course resulted in huge persecutions which only increased my popularity inside as well as out, and finally resulted in a standoff. I said I had a Constitutional Right, and the DOC said they were above the law. After all the dust settled, I was sentenced to five years in solitary confinement because of our cultures political and religious beliefs. The words of truth became so dangerous as I exposed the tyranny for its anti-white agenda and reprogramming courses, that the DOC condemned me to mail restrictions, no visitation rights, and no phone calls or any other communications with the outside world or general population inmates. This obviously again, only increased my popularity inside as well as outside the forty foot walls and in return caused more persecution, however, that is when a sister from Women of Aryan Unity (W.A.U) contacted me. As my letters were intercepted by staff, I had to think outside of the box (while remaining moral and legal) to get my messages delivered to friends and family. The sister from WAU played a vital role in receiving my messages and contacting others. The diehard dedication of this sister single handily, literally, delivered a blow that shook the tyrant's entire world. On June 15th, 2009 The Church of the National Knights of the Ku Klux Klan protested outside of the Iowa State Penitentiary, the wardens home, and the Administrative Law Judge (who condemned me to slanderously a high security status) home. In the end, this earned me a status of being a "security threat" to the entire State of Iowa DOC. For the second time in history, an inmate was placed on "the shuffle". (For three years, every thirty to sixty days I was transferred from prison to prison but always kept in max or super-max security). Whereas the previous inmate in the shuffle was allowed access to the outside community, I was denied any contact because I refused to make any compromises.

**Continued next page**

**I have heard you talk about how the letters you received or didn't receive helped you keep hope. Could you explain more about that and how it felt to receive mail even when you weren't allowed to read it?**

Since I wasn't allowed to send or receive any mail, once in a blue moon when something would slip through (but that was just because it was so hard for mail rooms to consistently enforce such illegal bans that didn't actually exist in DOC policy) I was delighted to get anything or even send anything out. Even when I received a "Notice of Rejection" in my mail, my eyes swelled with pride knowing that the battle was not over. Several organizations stood in my corner faithfully, fighting with me for my rights, as well as the rights of all nationalists, and my safety from all angry tyrants. All the "Notice of Rejections" merely said my name, inmate number, and the return address of who wrote me, but that alone changed my entire month. It helped me find strength as the slow days turned into months, which crept into years. Though the seasons changed over and over, our stances, our zeal, our solidarity, our activism NEVER DID!!! Not once. These simple "Notice of Rejections" or letters that slid through motivated me to never let the tyrants break my passion. Though my persecution was intense, those simple pieces of paper gave my knees power to lock, my back the pride to straighten, my hands the zeal to make a pen into a sword, and my eyes the courage to face the enemies of our folk face to face.

**How do you feel today's movement treats their POW's?**

Although I think inmates for the most part are miserable misfits and despicable degenerates

that are not worthy of life, let alone a letter, a small part is clean in conscious, pure in heart, and more loyal than a Pitbull. Unfortunately, I believe most movements are led by profiteers. And as we all know, profiteers are out for self, not others. So even though we see groups with thousands of members, we lack to see large charities or devotion to the fallen. I think it is shameful how self-centred groups are. Though many great men and women do write or support political prisoners, I find it greatly discouraging to see how many fallen are simply forgotten, especially if their name is not well-known. Many more could be doing so much more.

**Any closing remarks on how important it is that we remember and keep in contact with those behind bars. Especially in these days as more of us could face that possibility ourselves?**

As I admitted previously.....I am long winded. In conclusion though I would like to brag about our ideology. I proudly served on the frontlines of the gulag for ten straight years and have seen first-hand, that while the DOC had a recidivism rate of 97% we had not one single confirmed white supremacist or nationalist return to prison the entire time I was there. We are patriots, not criminals. And time, along with our actions, has proven it! For all of you in the gulag right now know this, "I remember! And the POW flag has a home upon my shoulder because I know you would be here if you could."







Italia

# Bruder Schweigen

## Words of Wisdom

You are no criminal, their laws are criminal, you're just an offender of their laws; i.e. an outlaw. A criminal is someone that violates natural law. Any law contrary to nature is not true law, it's a crime, and you are obligated to rebel. You cannot be obligated to do what is immoral. Nature dictates what is or is not moral....

– Gary Yarbrough

We may as well not have borders to define our territory... And our folk have no territorial imperative anywhere in the world. These Authorities will call me a racist for pointing all this out, but all their policies are directly aimed at destroying my folk.

That is genocide. We whites are now, and always have been the minority in this world, and right now we are at zero population growth. That is by design. What, it's not "racist" for them to attack and destroy my race, my heritage, my culture? Am I to just accept this and say or do nothing?

– Gary Yarbrough

Greetings! I am sending this brief missive to thank ya'll for the Yule cards. I cannot express enough how much it raises my spirits to receive such cards. They let me know that my sacrifices were not in vain and make my time in here a bit more easier. Kobie's Irminsul card touched my heart. Our youth is what this struggle is all about. I am honoured when one takes the time to make a special card for me.

– Richard Scutari

Your Government does the same traitorous things this one does. The Japs own Hawaii, Tenn and Ky. As do half a dozen other foreign nations. It is betrayal & robbery of America. Every day it gets worse.

- Gary Yarbrough



# Yuletide Thank You list

## Bruders Schweigen support

**January 3rd 2016** – Blessings to all of you who have continued to support our Bruders. A huge thank you must go out to SCHS QLD, Scott, Aileen and everyone who bought the endless goods we sell and were generous enough to give donations. All up we were able to send all the Bruders an extra \$800USD for the Yule/Midsummer period on top of the usual monthly sponsorship, which is an accomplishment as it works out to around \$1200 AUD. You guys and gals are awesome and we love you all and I know the Bruder's are very thankful and appreciative of all your support.

Also a big thanks needs to be given to our Adopt a Bruder sponsors for their continued contributions each and every month. We couldn't achieve what we do without you all; you guys are truly a blessing. Let's hope 2016 will see us all continuing to work together in showing our support for these men who sacrificed their all for our Folk. After 30 years in ZOG's Gulags lets show them that they are not forgotten and that we WILL NOT forget them.

Another big thank you must go out to the guys of the NWHS, who raised another \$400USD for all the bruders, at their annual Martyrs Day.

Thank you to everyone who has helped and supported us over the past 12 years with this fundraising. We Salute you all.

# They Made a Stand for YOU!





## Will you make one for them?

### *Adopt a Bruder*

Please help the Women of WAU and friends, to continue their financial and moral support for the 4 remaining incarcerated members of Der Brüder Schweigen. We have strived to help them financially for over 12 years , and we **NOW** need YOUR SUPPORT!

With each new sponsor or group of sponsors donating \$25 per month, we can allow these men to feel their sacrifices were not in vain.

Contact us @ [adopt-a-bruder@davidlane1488.com](mailto:adopt-a-bruder@davidlane1488.com)





Spain





## Why I like being a part of WAU!

There are many things I love about being a part of WAU, firstly there is the senses of belonging, for these women are not only my friends they are my family. The women of WAU are always there to pick you up when you stagger, to support you through the tough times; they are there to laugh and to cry with.

WAU is my home and it is where I feel I can give my best to help my Folk. In WAU we don't just talk about the 14 words, we work our hardest to achieve them, even though it is usually a lonely and thankless task. Where many organisations are all about the hate, we at WAU are about love, the love for our Folk and the love for our children and the hope for a better and brighter future for our people.

They truly are the most remarkable women I have ever known and I feel honoured to be their sister.

### WAU Sisterhood Australia



# I'll Be Frank about Anne Frank



Anne Frank's diary originally consisted of 300 loose sheets of paper, totalling 3 books. She died of typhus (a common wartime condition) in 1944.

- 1) A scientific analysis of the (later) diary revealed it could not have been written prior to 1951.
- 2) One of the three original "books" was lost in 1942.
- 3) Miep Gies, an employee of Anne's father, Otto Frank found the pages in late 1944. After the war, she gave them to Otto Frank, who 'condensed' everything into one 'narrative'.
- 4) Otto Frank edited out parts describing Anne's relationship with her mother, and some personal and 'disturbing' material.
- 5) Otto Frank became very wealthy from sales of the book.
- 6) The diary was 'embellished' by Otto Frank. This is an earlier entry of a 13 year old Anne Frank and a later entry.

"During recess I passed out cookies to my teachers and my class.... (June 14, 1942)

- and a later entry -

"problems have a far greater impact on us"...."but they keep thrusting themselves on us until, finally we're forced to think up a solution, though most of the time our solutions crumble when faced with the facts".....  
(July 15, 1944)

Now you decide.

**Reynoldsg**



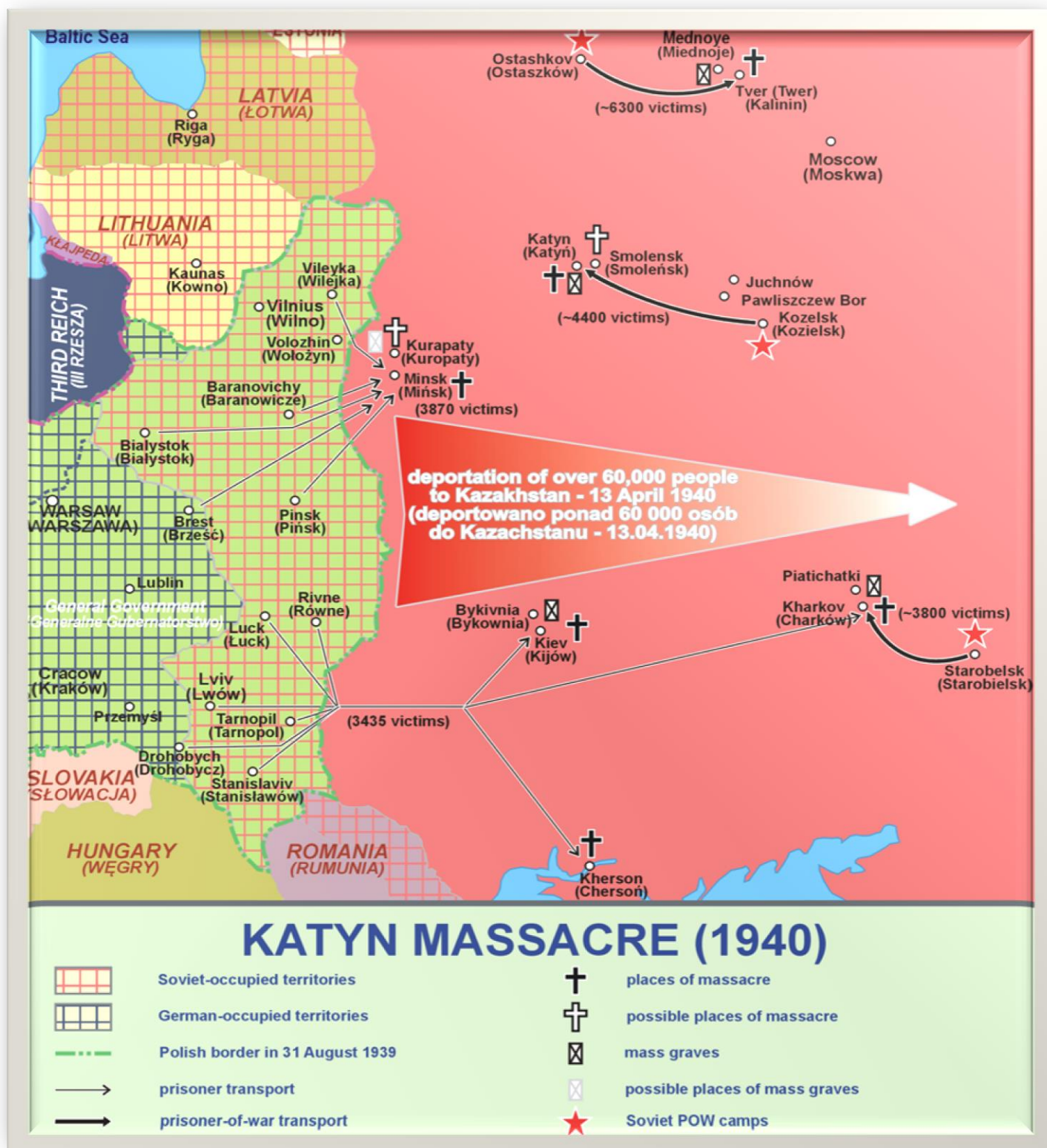


Women for aryan unity

April 10<sup>th</sup> 2016 was the 76th Anniversary of Katyn massacre committed by Jewish NKVD. They killed around 22 000 Polish prisoners of war who were arrested by them after Soviet invasion of Poland on 17 September 1939. In March 1940 Stalin, Molotov, Kaganovich, Voroshilov, Mikoyan and Kalinin signed an order on Beria's note to execute Polish "counterrevolutionaries".

Nobody was judged for this war crime. For 50 years Communists lied and accused Germans of Katyn massacre. You can go to YouTube and listen to Katyn by Bound for Glory and see other visual information about this forgotten crime against our folk!

WAU Sisterhood







**#NationalSocialism  
is #Creativity**

“Through my  
optimism I naturally  
prefer and capture  
the beauty in life.”

*Leni Riefenstahl*

**#NationalSocialism is  
#Strength**

“Only she can be strong who  
knows sorrow and deprivation.  
Overcoming oneself, and life,  
leads to strength. And that also  
leads to clarity. In all this,  
however, we must be strong and  
cheerful people.”

*Gertrud Scholtz- Klink*



WHITE PRIDE







## August 28, 1963: Rockwell vs. King--and "The Valiant 87"

On August 28, 1963--50 years ago--hundreds of thousands of Negroes, Jews, communists, beatniks, homosexuals and White liberal race-traitors descended on Washington, DC, for a gigantic "Civil Rights" demonstration. It was on this occasion that the notorious Black agitator Martin Luther King gave his infamous "I Have a Dream" speech, which prophesied the end of America as a White people's country and its emergence as a multiracial cesspool.

Although the event was publicized months in advance, allowing for plenty of time for a mass counter-demonstration by pro-White groups and political leaders, no such act of unified White defiance took place. The White people of America meekly allowed themselves to be run out of their nation's capital without a peep of protest -- except for that organized by George Lincoln Rockwell and the American Nazi Party.

On that day, Rockwell and 86 of his followers stood alone to champion the White Man's Cause in the face of overwhelming opposition by its enemies, apathy by the White masses and cowardice by so-called White leaders.

Rockwell had spent the previous months on a speaking tour trying to drum up support for a mass "united front" counter-protest. He had appealed to prominent White politicians of the time, such as George Wallace and Ross Barnett. He had tried to build bridges with the anti-communist John Birch Society, with Christian Nationalists, with the Klan and with the old-style White segregationist organizations and others. They all spurned his advances. Privately, some warned him that what he was proposing was "suicide": not metaphoric suicide but *actual* suicide: the "n#ggers," they warned him, would *kill* any Whites who showed up to counter their march.

Disgusted by their cowardice but undeterred, Rockwell directly appealed to the White people of Virginia and neighbouring states to join him in defending White rights. Thousands responded by signing written pledges to attend. But when the day finally arrived, only several dozen people were on hand, and most of them were Movement regulars.

The counter-protest itself was anti-climactic: Rockwell and his 86 followers marched into Washington single file, dressed in civilian attire. The police had disallowed any signs, flags or banners. Once they had arrived at their designated location, a battalion of military police officers formed a perimeter around them. No one was allowed in or out of the cordon. Sympathizers arriving late who sought to join Rockwell were unceremoniously turned away.

A photo essay of the event entitled "The Valiant 87" subsequently appeared in the July-August 1963 issue of the ANP publication *The Stormtrooper Magazine*. The accompanying text included the following description of the day: "It was August 28, 1963, Washington, DC. The N#ggers and Jew-Communists massed by the tens of thousands for the first great testing blow of the revolution. But the White people and the Right-Wing had evacuated their nation's capital in fear. The lone protectors of the White race were the Valiant 87 of the American Nazi Party...Tall and proud they marched, thin in numbers but mighty in spirit, like the few early Christians who rose to shatter an empire and build another." Rockwell, ever the political realist, gave a bleaker assessment in an interview with the *Washington Evening Star*: "The right wing, I'm sorry to say, is the most cowardly thing in the world. The Negroes are brave enough to go out and be arrested by the thousands [for their cause]. But the White man is a coward at this point. I'm ashamed [for] my race."

It was indeed a dark day for White America, and what little light there was came solely from George Lincoln Rockwell and the men and women who followed him on that occasion: **The Valiant 87**.

**James Harting**



# *My Fight for the Truth*

**Florentine Sophie Rost van  
Tonningen - Heubel**

I was then forced to make a living for my family and myself, not an easy thing for the widow of a prominent National-Socialist sympathizer in post-war Holland. Before the war I had studied biology under the great ethologist Konrad Lorenz, and my studies had brought me to China and the Dutch East Indies. Like other "collaborators," however, I was excluded from work in my own field.

At first I tried to support my sons by painting lampshades. No sooner had my persecutors

learned of this than the rumour was spread that the lampshades were made of human skin (the same lie that was spread about Ilse Koch). I had to give up that enterprise. Thereafter I started an electrical equipment business. Trained as a biologist, I made myself into a businesswoman and technical expert. Beginning with 100 florins, over the course of 34 years I built up my business to a factory employing 25 men.

Since my release from prison I have worked tirelessly to establish the truth about my husband's death, of which I learned in my captivity. Due to the refusal of the allegedly "humane" and "democratic" regime which the Allies restored in the Netherlands. I have so far been able to learn very little.

In April 1945 M.M. Rost van Tonningen was captured by Canadian troops during the Allied invasion of the Netherlands'. At first he was held, together with other Dutch SS officers, at a concentration camp in Elst. Following a visit by Prince Bernhard, consort of Queen Wilhelmina, my husband was transferred to Utrecht and then, on May 24, to a jail in Scheveningen, near The Hague. Thirteen days later he was murdered by his captors in Scheveningen. I never received official notice of my husband's death, which authorities later claimed was a suicide. They have never produced any evidence to support this claim: the records pertaining to my husband have been sealed until the year 2069.

I was presented, however, with a bill from the municipal sanitation service of The Hague, for on June 6, 1945, the day of my husband's death, his remains were transferred, first from the prison to a hospital and then to a cemetery, in a garbage truck. It was given to me by a policeman named Gross, who carried a dossier with gruesome details of my husband's mistreatment.



When I visited the hospital to which my husband had been taken, the physician-in-charge was badly rattled when he learned who I was. When I asked him about my husband's death, he stammered, "No, no, Mrs. Rost van Tonningen, I can't talk about it." Then he took off his white coat and led me out of the hospital, where he hailed a taxi and directed me to the Witte-Brug Cemetery.



When I arrived there, it was the same story. The director was frightened, for he had been told to say nothing regarding my husband. He simply pointed to a row of portfolios, labelled "Secret," on a shelf, and told me that one of them told the story of my husband's death, of which he could say nothing more. Then he showed me the grave, a mass-grave set aside for paupers, into which my husband's body, without coffin, had been tossed.

Although I tried for years to obtain permission to reinter my husband in our family plot, I was unsuccessful. My request was taken under consideration by the Council of State, which procrastinated for some time before informing me that the grave had been cleared. In 1950, which had been proclaimed a Holy Year by Pope Pius XII, I visited the Pope in Rome. He was aware of the mistreatment and murder of my husband, and he promised to help me. On my return to Holland, I visited the papal nuncio in order to obtain a document concerning my husband's death.

I was unsuccessful, however, since the Minister of Justice, a Catholic who was cooperating with the nuncio, was suddenly transferred to the West Indies, where he had been appointed governor. His successor, who was Jewish, was not friendly to my case. My attempts to present my case to the International Court of Justice at The Hague were similarly frustrated.

When I reached seventy years of age, I fell ill, and required two operations. My sons were not interested in taking over the running of my factory, and during my convalescence some of my enemies, allegedly former members of the resistance, were able through various tricks, to gain control of my business. During the past five years I have received over one hundred bomb threats, and my windows have been smashed many times. My brake cables have been cut. For my opponents, everything is allowed.

The press has stepped up its campaign against me as well. Since my husband had been a member of the Dutch parliament, I am entitled by law to a small pension. In 1984 a Dutch magazine discovered this, and the professional "anti- Nazis" succeeded in pressuring parliament to hold a hearing on whether my pension should be cancelled. So far they have been unsuccessful.



Nevertheless, I have become something of a judicial "muscle-meter," called "the Black Widow," on whom litigants and lawyers can try their strength. After my periodical *Manuscripten* published a picture of an unknown woman in the costume of a fisherman's wife, I was astounded to receive a letter from a lawyer demanding 50,000 florins for his client, an actress. Since we had (quite unawares) used her picture without obtaining permission, I was eventually forced to pay her 2,500 florins, as well as assume the costs of the lawsuit, an additional 10,000 florins.

My home has been twice searched by police looking for allegedly anti-Jewish literature. On their first search the police found a brochure which questioned the factuality of the Holocaust. The court found that to challenge the Holocaust was anti-Jewish, and I received a three-month

suspended sentence. The second search resulted in the police confiscating Hitler's *Mein Kampf* and the *Great Holocaust Trial*. My trial for possession of these books will begin on March 9, 1989 Mrs. Rost van Tonningen was subsequently convicted of possessing these forbidden books, each available from the IHR.

I hope that I have been able to communicate successfully to an American audience something of my husband's life and the ideals for which we both struggled. My husband refused to abdicate his responsibilities or abandon his people. He stayed and fought honourably, only to be butchered. Why? I believe not merely because Rost van Tonningen was a Dutch National Socialist, but because he knew too much about those of his countrymen who cooperated with the Germans in the beginning, then went over to the Allies as Dutch patriots, "heroes of the resistance," and the like. Had my husband stood trial, his defence might have proved embarrassing for many Dutchmen in high places. In my life I have experienced many high points, as well as low points. I have tried to be equal to each situation, always attempting to live in accordance with the spiritual basis of life, the mission that is given each of us to carry out on the earthly plane. The life of each of us is merely a thread in the larger fabric or plan.

I still count our meetings with Adolf Hitler as highlights in my life. For us he was a leader who dedicated, and sacrificed, himself for his people, one who eminently fulfilled his life's mission. He united his countrymen, of all classes and stations, from the aristocracy to the farmers and labourers, as had no man before him. His soldiers fought heroically to the last, particularly the men of the Waffen SS, not only Germans but from across Europe. Like my beloved brother, who died in combat in the ranks of the SS, and my husband, I think of Adolf Hitler as the first European.

**Florentine Sophie Rost van Tonningen - Heubel**



# Vegan Stew

## Ingredients:

1 medium cabbage  
7 small potatoes  
3 carrots  
1 big onion  
olive oil  
1 can of beans  
2 full hands of small macaroni  
(originally i use rice but well i wanted to use macaroni this time)

## Directions:

In a pan put the olive oil, chopped onions, the potatoes cut in 2 half, the chopped carrots and the stripped cabbage. Cover all with water and let it simmer until its half cooked. Then add the beans and the macaroni and let it boil until the macaroni is ready.

You can serve this with bread as a soup, or don't add the macaroni cook the rice separately and serve it with rice as a stew. This one it's quite simple and I love it.



# Cod Fish Pie

## Ingredients

Cod fish  
Spinach  
Carrots  
1 Onion  
1 garlic clove  
ground Nutmeg  
Olive oil  
Salt  
lemon juice  
Mashed potatoes  
Béchamel sauce (mine is homemade but you can buy it already done)

## Directions

- 1- While you boil and make the mashed potatoes and the béchamel sauce, Chop the onions, garlic, spinach, carrots, and strip the cod.
- 2- Stir fry in olive oil the onion and the garlic.
- 3- Add the spinach and the carrots.
- 4- When the veggies are almost cooked add the striped cod.
- 5- Season with salt, pepper and nutmeg. Add a few drops of lemon juice.
- 6- Add the béchamel sauce and let it boil a 1 minute or less.
- 7- In a large baking bowl add one layer of mashed potatoes, one layer of the codfish filling and finish with one layer of mashed potatoes.
- 8- Take it to the oven for about 15minutes at 200°C.



**This is an Interview with Paul Fromm** who has recently returned from a fact finding trip to South Africa. Paul Fromm heads the Canada First Immigration Reform Committee and the Canadian Association for Free Expression, Canada's leading defender of free speech. He has battled Canada's Internet censors and supported political prisoners Ernst Zundel and David Irving. His free speech work has made him the object of arson and death threats from the ARA, who staged a protest in August, 2006, outside his Port Credit home. As part of state pay-back for his free speech work, he is routinely hassled by Canada Customs, has had books, including Irish Fairy Tales, seized. In October, 2006, Customs seized his laptop on suspicion of containing "hate."



An author and former English instructor, Mr Fromm was fired from his position by the Peel Board of Education in 1997, after years of pressure from Jewish lobby groups who hated his support for victims of censorship and his opposition to the Third World invasion of Canada.

**1. Hello Paul, thank you for taking the time out of your busy schedule to speak with us. Can you tell our readers a little bit about yourself?**

I was an English instructor for 24 years. In 1997, I was fired, despite being hailed as an "exemplary teacher" by a former Director of Education. My crimes were my political activities outside of school hours on my own time. Six years of pressure by the Canadian Jewish Congress finally resulted in my being fired for showing "contempt for multiculturalism and ethno cultural equity" which is "core values of our education system." [Silly me, I had thought literacy, numeracy, computer competence and scientific competence were "core values."] They were furious at me for my opposition to the Third World immigration invasion of my country and my defence of the victims of our thought crimes legislation.

I saw our education system deteriorate. Most evil was the mental abuse of our young folks that resulted from inculcating "low self-esteem." Europeans were presented as having ripped off technology from others [the Chinese, especially] despite the fact that 90% of scientific inventions were made by Whites. We were accused of having holocausted the Jews, enslaved the Blacks, decimated the native Indians and having raped the environment. No wonder many young Whites have no knowledge of and, therefore, no pride in their heritage and Race. 😊

We have a lot to do.

**2. Can you tell us about the reasons behind your recent trip to South Africa?**

I was asked by the American Freedom Party of which I am an international director to do an investigative study of the plight of Whites in South Africa. Whites are the victims of an ongoing low-level campaign of genocide to kill them or drive them out of THEIR land. Whites settled South Africa, a virtually empty land in the 17th century, at the same time as the various Bantu tribes migrated south from what is now Kenya and Tanzania. The Afrikaners are the White tribe of Africa.



**3. How are the ANC's Black Economic Empowerment (BEE) laws affecting the white citizens, what does this mean for them?**

The ANC's BEE plan insists any business doing business with the government or government bodies must be BEE compliant. That means at least 70 per cent of their employees must be Negroes AND their suppliers must also be BEE compliant. Whites, especially White males are being frozen out of the job market and reduced to poverty. Businesses and government cannot get the qualified White employees they need, whilst many incompetent Negroes are hired. The result is mass corruption and inefficiency and a deteriorating infrastructure. Most of South Africa experiences 2-4 hours a day of "load sharing" -- a cute euphemism for power black outs.

**4. What did you witness over there, what conditions are the poor Whites in South Africa living in?**

Thousands of Whites are so poor that they have become homeless. I visited a number of homeless camps. It was pitiful to see Whites poor and in bad health cared for by churches or kind South Africans like the privately funded South Africa Family Relief group.

**5. What type of assistance do the poor white families receive?**

Charities or shelters devoted to Whites get nothing from the government. Charities must be BEE compliant; that is, give mostly to Negroes. It is outright racist anti-White discrimination.

**6. I know there is a group over there that helps to support the poor white families, South African Family Relief Project. Did you meet any of these people and how are they assisting?**

I met and worked closely with this group. Here are some further observations. Whites, including 40 children, live in makeshift tin and wooden huts.

Leigh Oxley Du Preez, hundreds of miles away in Durban, works her e-mail and phone list of volunteers. Within a half hour, she locates a volunteer in Pretoria who will pick up the nebulizer from a pharmacy and drive 30 miles to deliver it to the desperate mother.

Leigh heads the South African Family Relief Project, which has over 7,000 supporters on its Facebook page. Her group, barely a year old, brings food, clothes, medicine, household goods and toys to thousands of Whites who are destitute and homeless, living in what might be called squatter camps.

On the way to a shelter run by a Pentecostal minister, Leigh's cell phone rings again. The caller is another White mother. Her five children haven't eaten in two days. The mother, father and two of the five beautiful blonde children have AIDS. The father is too sick to work. The family lives on a friend's porch. The woman is stressed and at her wits' end. Leigh gently reminds her to get in touch before the food runs out. She calls and finds a volunteer in the city, Pietmaritzburg, who will go and deliver some food. "You can't let the children go hungry," Leigh says half to the woman, half to me.





**7. Daily on Social Media I read about another White South African murdered, raped or attacked in some way by Blacks, but we never hear about this in our media. How bad is it for the Whites over there, how much fear do these people live with, how do they try to defend themselves and their homes?**

Every White I met had personal experiences of Negro violence -- rape, burglary, assault and even murder of a friend. Since South Africa was handed over to the South African Communist Party and its ally the African National Congress, 70,000 Whites have been murdered, including more than 5,000 White farmers. South Africa has the highest murder rate in the world. Negro violence is out of control. Large numbers of Negroes are raped or murdered. The belief that sex with a virgin can cure AIDS, which is rampant, means

that many Negro children, some as young as 18 months are raped. There are twice as many people employed by private security firms as there are members of the police and armed forces. South Africa is more dangerous than many areas of Iraq!

**8. How are we able to help these people, besides monetary assistance, is there a way that we can raise awareness to our Governments or media about the plight of these white families?**

We must publicize the fate of our fellow Whites and urge churches and other groups to raise money to help them. We should also demand, as an online petition does, that Whites in South Africa, South West Africa (Namibia) and Rhodesia (Zimbabwe) be granted the right to return to their tribal homelands in Europe, as Jews anywhere in the world have the right to return to Israel.

**9. What kind of future do you see for our Folk in South Africa?**

I see a grim future for Whites in South Africa, unless they can carve out, as many hope to do, their own independent homeland.

**10. With Mass Immigration happening in all White countries of the world, what kind of outlook do you see for our countries? Can you see us succumbing to the masses and eventually becoming as disadvantaged as our people of South Africa?**

Whites were once a majority in South Africa. Their percentage of the population has dwindled from 20 per cent 40 years ago to less than 10 per cent today. The warning for us is grim. If we do not stop the Third World invasion of North America, Europe and Australia, we shall end up like White South Africans. Numbers are everything. When the Third Worlders become a majority, they will seize power and jobs for themselves. There will be no "affirmative action" for the White minority. Cultural Marxism has hopped up Negroes in South Africa and non-Whites everywhere with a sense of entitlement and hatred of Whites for, supposedly, exploiting them and abusing them. In fact, due to savagery and disease, Blacks were a relatively sparse population in Africa. Massive foreign aid and Western medicine have allowed Negro populations to explode.

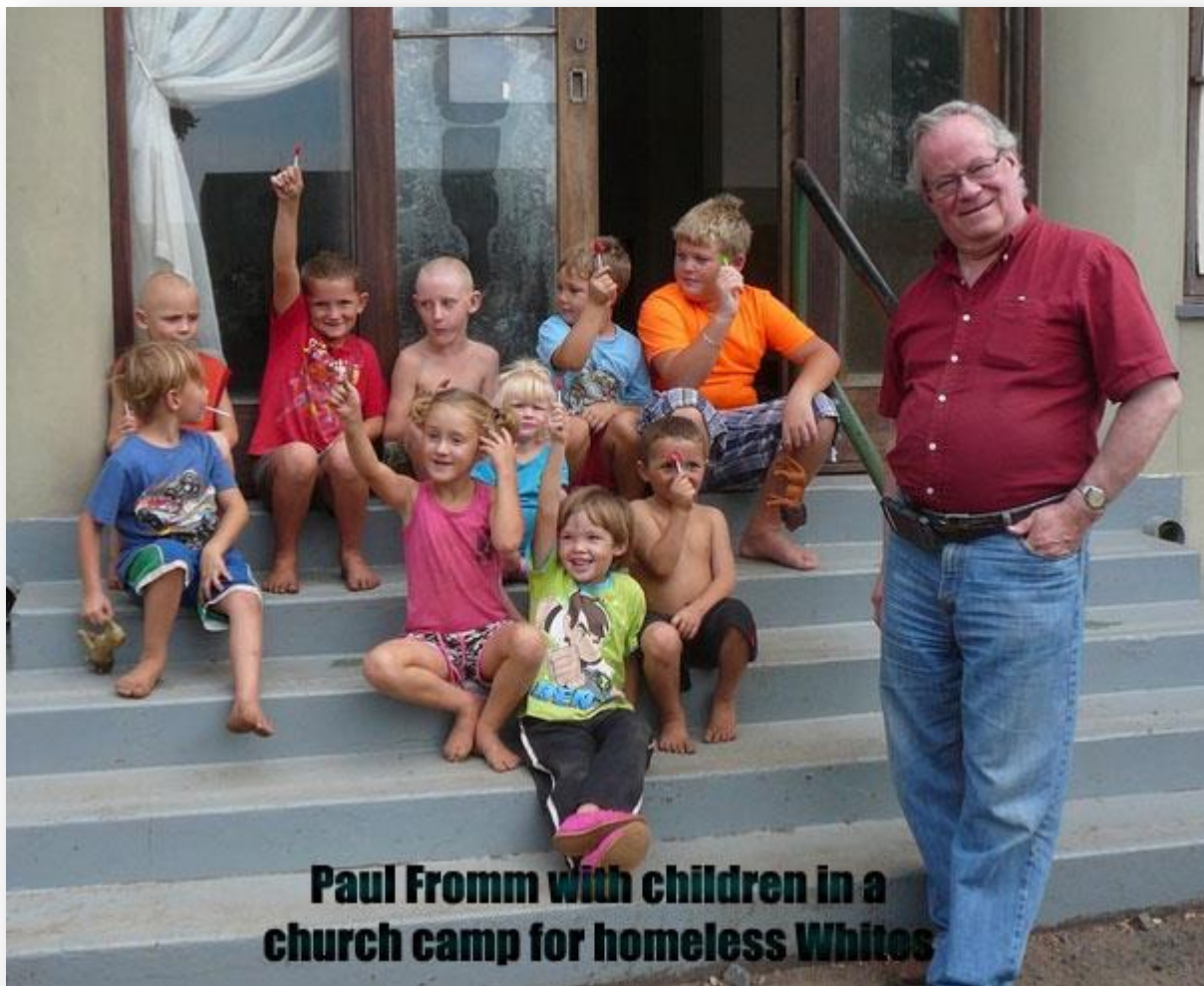


**11. I hear you are writing a book about the White plight in South Africa, can you tell the readers what we can expect to see in this book and when do you expect it's release and where will we be able to buy a copy?**

I hope to have my book on South Africa published by this fall. It is vital to get this message out immediately. For copies, people can contact me at [paul@paulfromm.com](mailto:paul@paulfromm.com)

**12. Thankyou Paul for taking the time to do this interview with us and to speak to our readers about the situation in South Africa, I look forward to reading your book. Do you have any final words you would like to share with our readers?**

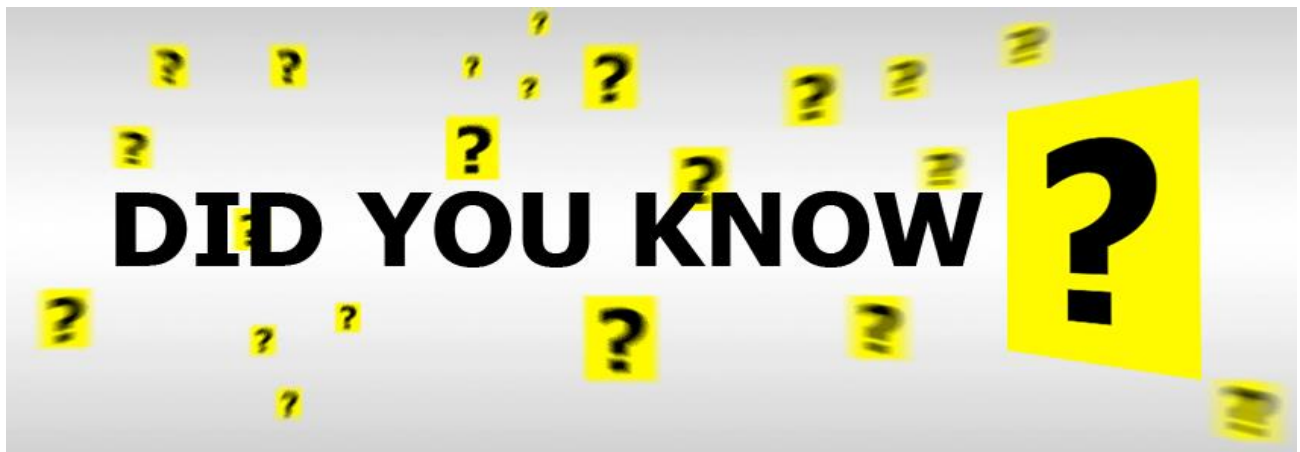
I want to compliment WAU for its fine work to support our people.











Fragrance oils soften wax in candles. In order to keep wicks on the candles nice and firm, they contain lead. 40% of scented candles contain lead wicks. These lead wicks contain five times the permissible amount of lead children can breathe in. Children exposed to high amounts of lead may encounter serious health problems such as: hormone disruption, learning disabilities, and behavioural problems. If you're using candles in the home, make sure they are beeswax candles, which contain cotton wicks instead.

If you have children or are into DIY projects, you might have numerous art supplies which can be harmful to your health. Rubber cement glues, permanent markers, acrylic paints, and solvents, which can damage organs and cause cancer. Most importantly, if there are kids in the home, they are at a higher risk because their immune systems are not as strong as grown-ups

Deodorants and antiperspirants stay on your skin for longer periods of time, so the skin absorbs all of the harmful chemicals they contain. Some of the ingredients cause virulent cancer.

Many shampoos contain ingredients which may be harmful to your health, such as toxic chemicals. When given the option, always choose natural or homemade shampoos.

The vinyl curtains you use in your showers contain chemicals called Volatile Organic Compounds (VOC). Hundreds of VOCs can be released into the air after you shower in just a month's time. They can contribute to respiratory irritation, damage to the central nervous system, liver and kidney, nausea, headaches and loss of coordination. Instead, purchase shower curtains made of cotton, polyester, or nylon.

# Natures Kitchen

## Chamomile Tea



Herbal tea isn't really made from tea which we know is a specific kind of plant. The French use the word *tisane*, which is a little more accurate, since **herbal tea is really just an infusion of leaves, seeds, roots or bark, extracted in hot water**. In drinking a well-steeped herbal tea, we get all the plant's benefits in an easily digestible form. Chamomile is known non-caffeinated herbal concoction made by pouring hot water over the leaves, stems, and roots of plants. You can make your own chamomile tea with other plants like lavender or tulsi to vary the flavour, or drink it alone.

**Chamomile Tea: Treats Cuts and Wounds** – Chamomile tea was used by the Greeks, Romans, and Egyptians as a salve for wounds to expedite healing. In a recent study, rats given chamomile flavoured

water healed faster than those who were not given the elixir. It worked especially well for burn wounds. This is because *Matricaria chamomilla* has anti-inflammatory, antimicrobial and antioxidant effects.

**Helps with Diabetes** – Some research has shown that chamomile can help those suffering from diabetes. It also helps with hyperglycaemia; my mother drinks this tea to help with her type 2 diabetes.

**Antibacterial** – The antibacterial effects of drinking chamomile tea can help to prevent and treat colds while protecting against bacterial-related illness and infection, it is my go to tea when I feel an itchy throat coming on! It is very soothing,

**Soothes Stomach Ache** – Further adding onto chamomile benefits, the herb is a wonderful for soothing an upset stomach. Helping to soothe and relax the muscles and lining of the intestines, chamomile can help with poor digestion and even those suffering from irritable bowel syndrome (IBS).

**Promotes Sleep** – Drinking a cup of chamomile tea helps soothes the nervous system so that you can sleep better. It has been used as a solution for insomnia for centuries.

**Fights Cancer** – It's very likely that chamomile tea can help reduce cancerous cells, although research is still ongoing to see exactly how chamomile reverses abnormal cellular growth.

**Promotes Healthy Skin** – With its anti-inflammatory and anti-septic properties, chamomile helps in clearing up skin irritations such as eczema, acne, and allergies.

**Migraines** - Chamomile is a wonderful cure for migraines. Take a cup of tea when you start noticing the symptoms of a migraine headache. It works best if you take it before the headache actually gets severe.



## Home Remedies for Age Spots

Age spots are also known as sun spots, liver spots, and lentiginous and they are perfectly harmless, flat, yellow or brown discolorations of the skin which usually occur on the back of the hands, neck and face of people above the age of 40.

These age spots are usually not serious, but instead are mainly an annoyance since they can reveal a person's age. However, if you have irregular, dark spots that increase in size or change colour texture, have them checked by a doctor since they could be a sign of skin cancer.

Age spots are most commonly a sign of sun damage by having the skin exposed to the sun over many years. In more serious situations, they can be due to impaired liver function or dietary and nutritional deficiencies.

### Age Spots Home Remedy Using Apple Cider Vinegar

When Apple Cider Vinegar is mixed with some onion juice and applied directly to the skin, it can help you to get rid of age spots and sun spots. Finely chop or blend an onion, and use a strainer or cheese cloth to squeeze and extract the juice. Take one part of Apple Cider Vinegar and one part of onion juice and mix them together. Dab a cotton pad into the solution and apply it directly onto the age spots. The smell is not great in all honesty; Leave your homemade concoction on the skin for a minimum of 30 minutes, and as long as you are comfortable with it. Repeat this once a day for approximately 6 weeks and you should begin to notice a gradual improvement. If the spots have not completely disappeared after the 6 weeks but they have started to fade, keep repeating the process until they do.

To help speed up the healing process, you can also mix 3 tablespoons of Apple Cider Vinegar into a cup full of water (hot or cold), and drink this twice daily for a month. This will not only improve your age spots, but it will also give you a healthy young glow and make you feel energized and active. If you find the taste of the vinegar to be too strong, try adding a tablespoon of honey as a natural sweetener, I usually just drink my ACV like a shot of whiskey and then follow it with a glass of water, oh they taste is foul and not for the faint of heart, but I also have a friends who takes it right from the spoon with no gagging issues like me lol

### Using Castor Oil as a Remedy for Age Spots

Castor Oil has been shown to improve the appearance of age spots. Simple rub the oil directly onto the affected skin areas once in the morning and once in the evening. This should help fade the spots within a month. I haven't tried this remedy yet but I am definitely trying it for the month of May!

**Good Luck My Fellow Crones**

*WAFU Sisterhood*