

# HomeFront

Issue n°14 - A Publication for the Racially Conscious Home PUBLICATIONS

**RECIPES:**  
Five WAU recipes  
and much  
more...

## 14 WORDS

what these words mean to you

## ALCOHOL ABUSE

Abusing Alcohol is nothing to be proud of

## OVER TO YOU...

*would you as a parent of a daughter allow them to use birth control to avoid a teenage pregnancy?*

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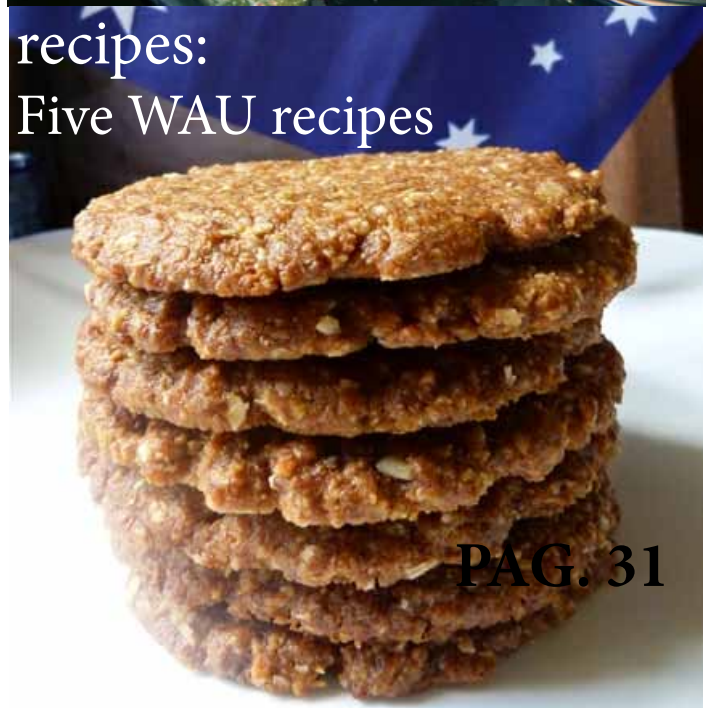
over to you...

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ALCOHOL ABUSE

recipes:  
Five WAU recipes



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*“Treat the Mother Earth well: it was not given to you by your forefathers, it was loaned to you by your children”.*

Welcome to issue No 14 of HomeFront Publications, we always want to make sure each issue is out on time, but with families and busy schedules it never seems to happen, it's harder to sit indoors formatting a publication when the weather outside is good, but we are here at last with issue No14.

Summer is a great time of the year for friends and families to gather around and have BBQ's, picnics, trip to the park and beach, but we need to make sure we are protecting our beautiful European complexions, there seems to be an epidemic of bad tans walking around, I love my pale skin with freckles and I hope to have good skin as I age, my mother and grandmother both look easily 15 years younger than their age and it's all due to good skincare and staying out of the sun as much as possible, there was a time when pale skin was revered and tanned skin was a sign of working outdoors in fields etc. which meant you were of a lower class, but today our kin seem to think that baking their skin to a leathery looking complexion is attractive, would you rather your skin looked like a porcelain doll or a leather handbag? Protect and take care of your skin...

At this time of the year we remember loved one's who have left us, I know the ache of such losses never leave us, some of us have buried children, father figures and best friends over the last year, people always think time heals but it doesn't you just learn to put on a better smile that hides an ache of such a loss, to those we have loved and lost we will never forget you because to breath is to remember you and miss you. The cover picture is of the Faery Tree of Tara in County Meath Ireland, the pink ribbon has the names of friends, loved ones and Martyrs who have passed...

“Treat the Mother Earth well: it was not given to you by your forefathers, it was loaned to you by your children”.

## Natural Home

**DID YOU KNOW....**  
You

should always eat fresh fruit by itself. Don't consume fruit with other foods. Fruit only takes about 15 minutes to breakdown in your gut and begin to pass to the intestines (where the nutrients are absorbed). If you eat fruit with other other foods, it will sit in your tummy waiting for other foods to digest and you will LOSE the nutritional value in the fruit. Always eat fresh fruit at least 45 minutes before of after other foods.

## NATURAL HOMEMADE CONDITIONER

Here's a great NATURAL HOMEMADE CONDITIONER that will leave your hair feeling smooth and soft.

2-3 tbsp. warm water  
2 tbsp. protein powder  
1 tbsp. jojoba oil  
1 egg yolk  
7 drops myrrh essential oil  
3 drops geranium essential oil  
1 tbsp of coconut oil  
1 smashed overripe banana  
1 smashed avocado

For deep hair conditioning, apply conditioner to wet, washed hair. Cover with a shower cap or plastic wrap. Wrap your hair in a towel, one that has been warmed in a dryer. Leave on for 60 min or more, and then rinse.

## Sun-care tip Lips...

We all seem to forget that our lips are part of our skin too, and unfortunately a very common place for cancer to form. Most people miss or simply forget to apply any protection to this area of their face, I use a good quality chap-stick with an SPF in it and use it on my lips everyday regardless of weather. Your chap-stick or lip balm should be at least an SPF 15, please avoid petroleum based balms during your time in the sun as they don't help at all. Just like you do with your sunscreen, you should reapply lip balm every two hours. This will ensure they don't get burnt and they stay soft and supple.

HomeFront



## FRESH EGGS

Spring Towry :I have an awesome tip. I have chickens and also love hard-boiled eggs. As anyone who has owned chickens knows its impossible to peel a fresh egg as the membrane is still stuck to the shell due to freshness. I started steaming mine. I put a little water in the bottom of the pot and put my veggie steamer in and put the eggs on top. I steam them on low for 30 minutes. Its amazing now we can have hard boiled eggs again.



# COMPULSIVE BUYING: WHEN BUYING BECOMES AN UNCONTROLLABLE OBSESSION

Ok, many people enjoy spending long afternoons shopping for clothes, house appliances, books and so on. Buying is a daily activity and a need in this modern society (whether we agree with it or not). However, sometimes buying becomes an illness...a pathological behaviour that should not be overlooked because, like any other obsessive behaviour, it hides a cry for help. But how much "buying" is too much in this society that tells us that shopping is good and necessary for the economy and where credit cards are made available to more and more people despite their credit ratings?

Compulsive buying is usually defined as buying goods or products in excess of a person's needs and resources. In other words, a person buys something that he or she does not need (but feels that they "must" have it). It is widely accepted that shopaholics buy in order to fill or cover up an interior void or to boost up their self-esteem. They try to "buy-out" their unsatisfied affective needs.

First of all, both men and women can be compulsive buyers or "shopaholics"; It is a misconception to believe that only women can be affected, probably fueled by the popular belief that women just "love" buying in order to have a wardrobe fully stocked with a variety of outfits.

Like any other addiction, compulsive shopping brings about many serious problems, such as engaging in large debt to be able to continue buying and it can spoil personal relationships too. "Shopaholics" tend to hide the goods they have bought in fear that other family members find out about this overspending and demand an explanation. In addition, they may lie about the prices paid for the goods they have acquired, claiming that it was "10% off" or similar arguments.

Experts state that, while some compulsive buyers do not feel any regret after a shopping spree because they just like having many of certain items (clothes, electronic devices, shoes, etc.), which can be considered a "materialistic" behaviour, other compulsive shoppers experience regret after buying in excess because they know that they are buying something they do not need or that they cannot afford. They buy as a kind of reaction to a bad feeling caused by problems at home, at work; at school...they buy to cover up their fears or insecurities. And it is such cases that help becomes necessary in order to look deeper into the reasons why a person cannot control their overspending and avoid the subsequent feeling of guilt and frustration for being unable to control their need to spend.

Of course, not all is lost. Compulsive shoppers, through adequate therapy and family support, have a chance of overcoming their disorder. Just as in any other addiction, their behaviour will not change overnight and even if they do get better, they may relapse from time to time. It is a slow process but one that has a high chance of succeeding.

If you suspect that a member of your family might be a compulsive shopper, do not ignore the signs and try to find out what problems lay behind such conduct.

## OVER TO YOU:

*As much as abstinence is the right route for some people, a lot of teens don't want to wait to have sex until they're ready to have a baby. Puberty brings with it a lot of sexual feelings, and many choose to have sex for the first time during their teenage years, would you as a parent of a daughter allow them to use birth control to avoid a teenage pregnancy?*

*Would you put them on it prior to losing their virginity? My Mother gave birth to me 5 months after her 17th birthday and in-turn my sister gave birth to her daughter when she was also 17, we never had the birds and bees conversation and in Ireland we didn't have sex education in school, so what is the route you as a parent take in regards to your teenagers and sex?*

# OUR READERS...

**Margy Button:** All I can say is thank the gods I have boys and don't have to pain over this. I have already had the birds and the bees talk with them and stressed the need for 'protection' should they find themselves doing more than holding hands!

**Sheild Maiden:** My daughter will be 19 in October, she started dating at the age of 17, I have an open and trusting relationship with her, in saying that I am also realistic to the fact that things happen that teens don't want to discuss with their parents. I offered to put my daughter on some form of contraception at the age of 16 her and I then took a trip to the doctors and discussed her options, once we got home she assured me there was no need for it and she would certainly let me know when there was. As I mentioned she is nearly 19, and recently had the same conversation, this time, she approached me I would have put her on contraception if I felt she needed it. It's not just about the age; it's about protecting your child by any means possible.

**Jamie G:** Well, Aryana is only 2 but I'm planning on sitting her down when she's older and telling her that if she has any questions about ANYTHING, she can come talk to me. I won't condone her being sexually active until she is an adult & can make her own intelligent, informed decisions (rather than acting on a hormonal impulse), but I know that when teenagers want to do something, they are going to find a way to do it. She has beta thalassemia minor, which means that her blood doesn't transport oxygen the way that it should. She will be fine (aside from possible slight anaemia as she gets older), but if she has a child with someone who also has the trait, their child won't survive without daily blood transfusions.

For that reason alone I plan on putting her on BC when she tells me she is ready. I also plan on stressing the mistakes that both her father and I made and how important it is for her to be safe....but we're planting holly bushes outside her windows and putting a padlock on the outside of her door, so really the rest is just overkill.

**Nicole Vigdis:** Obviously, I can never be a mom so my advice or tales can only be shared from how I was personally raised by my mother. My parents were very uncomfortable actually talking about sex to us girls so the open conversations never happened. What did happen was the use of thought provoking "shock value" sorts of props and trips. Mom picked up a child birthing video from the library, sat me in front of the TV around age 9 or 10 and said "if a boy wants to have sex, remember this is what comes next..." I was grossed out, horrified and begged to turn it off. Later, when 8th grade rolled around, mom took me to volunteer at a home for teen moms. All were girls tossed aside by their families or abandoned by the fathers of their illegitimate children. That same year, she dropped a photo book of STD's onto my desk and suggested I take a look. I was abstinent until I graduated high school!

**Sara WAU:** Refuse to let them date until I'm dead and lock them in their rooms LOL Just kidding, with my girls (16 and 17) we have had several awkward conversations about sex and boys but the main thing I kept reminding them is they could talk to me no matter how weird it seemed and I'm hoping that is the part they remember. For my son, I let his father talk to him about sex and condoms, but I covered the

emotional stuff, like how the girl may feel differently than he did... etc. He is a good boy, just drives me nuts because he is charming and knows it, especially now that he is in uniform. Other than that, I don't think I would ever put either girl on birth control.....

**Spring Towry:** I put my daughter on it at 17. It was as a precaution and also for her heavy periods. We had a pregnancy scare and that was enough. Teens like to say they are not active but I know that is a lie. BC is not a permission slip it's a just in case thing. I would rather the pill then have my child's youth taken away. I have 2 girls to go so I will answer again when they get older.

**Maria Christina:** My parents were pretty open and honest about it; there was nothing we couldn't say to each other. I was curious about sex at a young age, so my mom figured she had better sit me down and tell it how it is. But, just as much as I was at risk for getting pregnant, so were my brothers able to get someone pregnant, so she told all of us about taking proper precaution. My parents have this theory that if you allow your kids moderate exposure to something (things that won't harm them, that is), they'll have more common sense about it as adults. We were pretty open about everything. Even letting us have alcohol with dinner, because they figured by the time we grew up, the thrill was going to be gone and we wouldn't feel the need to get sloshed on 21st birthdays and kill ourselves in a DWI accident. If we could be open about sex, they figured we'd be less promiscuous and have healthy sex lives as adults. It is true the more you forbid something, the more kids will likely rebel.



# ALCOHOL ABUSE

by wau Australia

## COMMON SIGNS AND SYMPTOMS OF ALCOHOL ABUSE INCLUDE:

- Repeatedly neglecting your responsibilities at home, work, or school because of your drinking. For example, performing poorly at work, or unable to hold a job, flunking classes, neglecting your kids, or skipping out on commitments because you're hung over.
- Using alcohol in situations where it's physically dangerous, such as drinking and driving, operating machinery while intoxicated, or mixing alcohol with prescription medication against doctor's orders.
- Experiencing repeated legal problems on account of your drinking. For example, getting arrested for driving under the influence or for drunk and disorderly conduct.
- Continuing to drink even though your alcohol use is causing problems in your relationships. Getting drunk with your buddies, for example, even though you know your wife will be very upset, or fighting with your family because they dislike how you act when you drink. Lying to others or hide your drinking habits. Having friends or family members who are worried about your drinking.
- Drinking as a way to relax or de-stress. Many drinking problems start when people use alcohol to self-soothe and relieve stress. Getting drunk after every stressful day, for example, or reaching for a bottle every time you have an argument with your spouse or boss.
- Blacking Out. Or forgetting what you did while you were drinking.
- If you find yourself sitting at home by yourself & getting hammered then yes I say you have a problem.

I am constantly seeing & hearing people brag about how drunk they've got or how much they've drunk like it's something to be proud of, well I have news for you Abusing Alcohol is nothing to be proud of. Then you get the people that encourage this behaviour in others, when, maybe we as their friends, brothers and sisters should be doing everything we can to help them with this problem & actually be telling them to pull their heads in. Being a drunk is no better than being a drug addict. As White Nationalists who supposedly strive to be better than others, this behaviour should not be tolerated, and I personally find it appalling that not only is it happening but it is being encouraged. Those that have been involved in the movement for a long time and who are looked up to, should be acting as an example to the youngsters/new comers.

Abusing any drug including Alcohol will not only harm the body but also that person's spirit. While drinking may be a part of our heritage/culture, Alcoholism is a cultural disease. There is nothing wrong with using alcohol but please try not to abuse it, drinking yourself into a stupor is not something that should ever be a regular habit. The easiest target is one that's hammered. Remember self-discipline is a mark of higher man.

Alcohol abuse is characterized by the uncontrolled consumption and need for it even though the person who is abusing it knows that it is negatively impacting his/her life in many ways. It is important to be able to spot the warning signs of alcoholism so you will be able to help a person who is going down the road of alcoholism. When you start seeing a person introduce alcohol into more of their activities then this may be a warning sign that they could be now or become an alcoholic.





Drinking is woven into the fabric of many societies—sharing a bottle of wine over a meal, going out for drinks with friends, celebrating special occasions with champagne. But because alcohol is such a common, popular element in many activities, it can be hard to see when your drinking has crossed the line from moderate or social use to problem drinking.

If you consume alcohol simply to feel good, or to avoid feeling bad, your drinking could become problematic. Alcoholism and alcohol abuse can sneak up on you, so it's important to be aware of the warning signs and take steps to cut back if you recognize them. Understanding the problem is the first step to overcoming it.

Since drinking is so common in many cultures, especially the Skinhead culture, and the effects vary so widely from person to person, it's not always easy to figure out where the line is between social drinking and problem drinking. The bottom line is how alcohol affects you. If your drinking is causing problems in your life, you have a drinking problem.

Denial is one of the biggest obstacles to getting help for alcohol abuse and alcoholism. The desire to drink is so strong that the mind finds many ways to

rationalize drinking, even when the consequences are obvious. By keeping you from looking honestly at your behaviour and its negative effects, denial also exacerbates alcohol-related problems with work, finances, and relationships.

If you're ready to admit you have a drinking problem, you've already taken the first step. It takes tremendous strength and courage to face alcohol abuse and alcoholism head on. Reaching out for support is the second step.

**You cannot force someone you love to stop abusing alcohol. As much as you may want to, and as hard as it is to watch, you cannot make someone stop drinking. The choice is up to them.**

# Urgent Message

# ADOPT A BRUDER

## Urgent Message



I'm pretty sure that most people are not aware that WAU's Adopt a Bruder program is the only source of financial support that most of the imprisoned men of The Order are getting on a regular basis. You may not have thought to sponsor before thinking that these men were being well taken care of by the Movement, but I can personally tell you that this is not the case.

At the moment we are desperately in need of some sponsors. Presently we only have 1, yes only 1 American sponsor and this is very disappointing. These men are Americans and they have fought, were imprisoned and some have died/ been murdered for us, for America, for the White Race.

It is extremely hard to get funds to these men if you live outside of America and unfortunately we have been denied many sponsors because of this. But if you live in America sending money is as easy as a trip to the post office. I know America is in the shit financially with a lot of people out of work, but really we are not even asking for a lousy \$1 a day, just \$25 a month will help these men who have given so much, with the simple necessities to make their stay in ZOGs' Gulags that little bit more comfortable.

When WAU first approached these men, they had nothing, they were walking around with holes in their shoes had no financial support at all and had basically been left to rot by our so called Movement. Is this how we treat our heroes? Please do not allow this to happen again.

I must give a huge shout out to the Australians as this is where the majority of our sponsors come from.

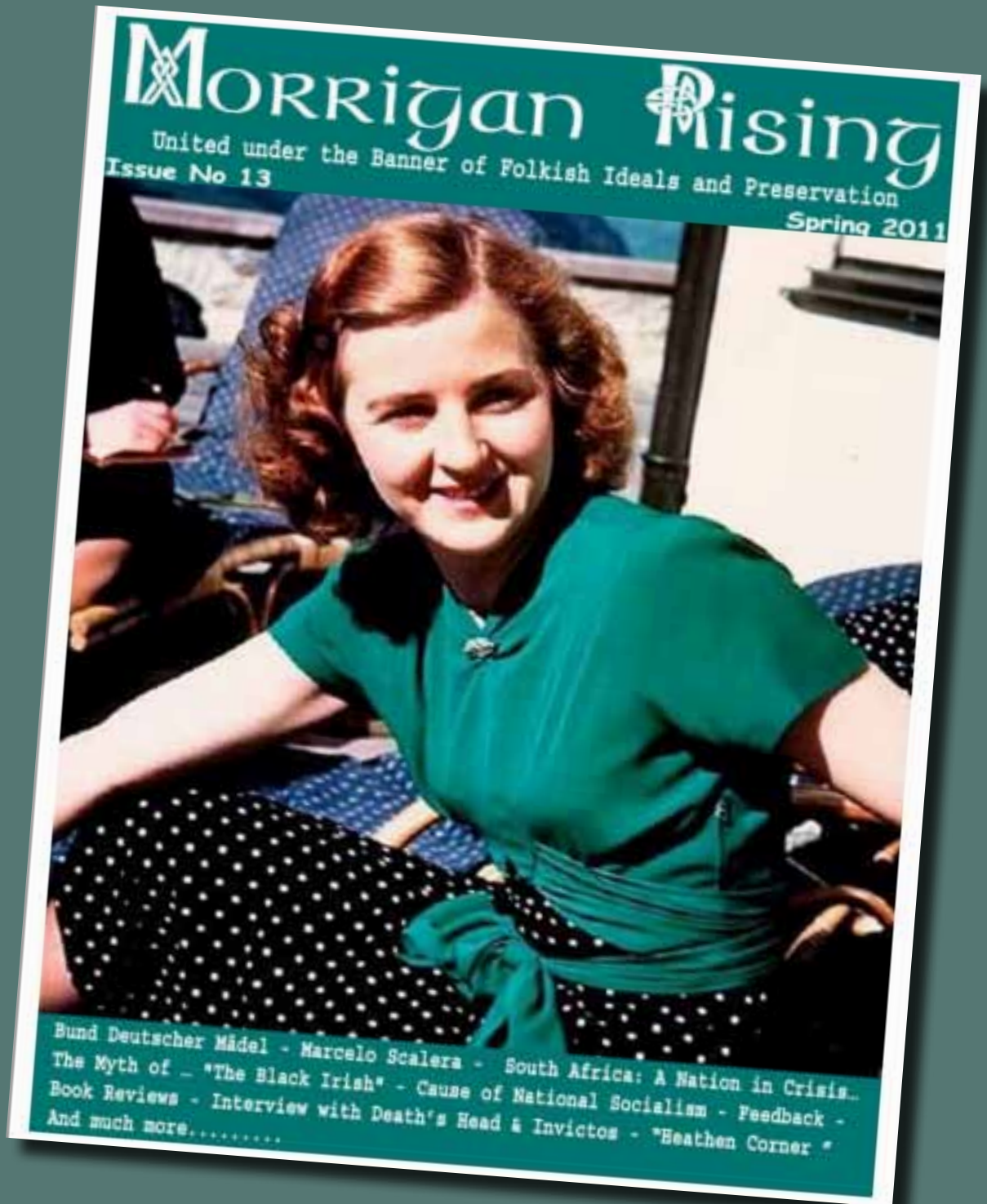
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SUPPORT ADOPT A BRÜDER  
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# MORRIGAN RISING

ISSUE 13



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<http://homefrontmagazine.org/wau14/>

Should little boys also be taught how to cook, do laundry, and basically take care of themselves when older? I personally think men & women should be able to take care of themselves in every aspect of life from inside the home to the outside world.



**WAU Finland** - I believe yes, and in fact in our schools domestic science is taught to all pupils. Those skills are equally important for both sexes, especially today when it is common that young men live alone before marriage. Even in the household of two it is helpful that also man knows such things so he can help out when needed - or vice versa! Girls are not born with a dipper in their hand and neither are boys born holding a screwdriver. What is taught to our children and what they acquire and what they are interested in mostly reflects the traditional division of labour - it is just a matter of taking those things up in the family and giving an equal possibility to try different household work.

The more skills in this world the better, and even if he doesn't need to use them no harm knowing them. You never know when you need "typical" male/female skills, when I moved alone to study I put together a bed, a desk, a bookshelf etc. by myself no dad around, you need to learn at latest

when you live alone, so if you have experience of that stuff before you move away it's only a plus. Here when I find single socks left in the laundry machine at the laundry room I always think, oh that student guy's mom didn't teach that you must always check inside the machine with your hand lol... or simple things like white/coloured clothes separate, such basic things everyone must learn.





**Margy Button** - Absolutely! My eldest son cooks for the family once a week and really enjoys it. Plus both boys can prepare basics for themselves like noodles, fried / scrambled eggs and bacon, pasta with sauces. Their daily chores include washing dishes and vacuuming. Both know how to iron. Needless to say when I was a stay at home mom I took care of all of these things as I considered being a homemaker my full time job. Today it's a financial necessity that both parents have to work so in our household we all chip in now. However, if I was a full-time housewife I would still be teaching these life skills to my boys.

**Sara WAU** - I think it's vital to teach them to take care of themselves. I won't want my son to settle, just because he needed someone to take care of things. He loved to hang out in the kitchen with me when he was little, so he has always known the basics, he can also do laundry the right way and clean. Sometimes the cleaning part gets neglected, but that's not because he can't it because he gets lazy. Good thing the Navy worked on that. On a different note, we also taught the girls to check oil, fill the car tires...etc.

**Talena WAU Australia**- Most definitely, my son was taught to cook, clean, do laundry at a young age, now as a grown man he is quite capable of taking care of himself.

**Dixie Doll** - Absolutely, I'd hate for any future wife of my dear sons to have to be with someone like my husband who can't even figure out how to make toast.

**Kerri Ruth** - Yes definitely. If only so they can truly appreciate it when there wife ends up doing it all for them. And also they are not always going to be partnered or living with their mother.





# LITTLE WARRIORS

Women For Aryan Unity

## Kids Craft Ideas

I have recently received a book for children it is titled "Step into the Viking world" By Philip Steele.

Anyhow there are many cool craft ideas for children in the book. A lot of the information in the book is a bit inaccurate and there is non-white children wearing allot of the crafts they make.

I figured I would mail you one of the simpler ones that don't really need the pictures to follow along. This one in particular is a silver bracelet. Let me know what you think and I will look threw the book and see what else I can come up with.

It might help out some these parents who have kids staying home with them this summer.

Justine



### Make a Silver Bracelet:

You will need:

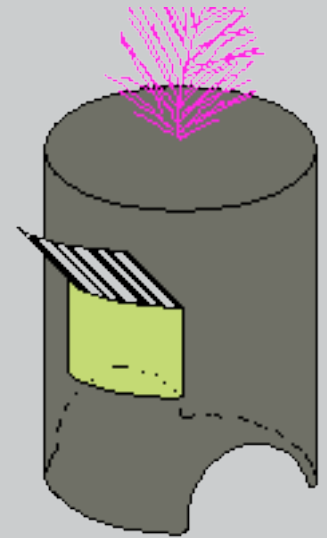
Tape measure, self-drying clay. Board, thin white Cord or string, modeling tool (butter knife), scissors, Silver acrylic paint, paintbrush, and water pot.

1. Measure your wrist with tape measure to see how big your bracelet should be. Allow room for it to pass over your hand, but not fall off.
2. Roll the clay between the palms of your hands. Make three snakes that are just longer than your wrist measurement. Try to make them of equal thickness.
3. Lay out the three snakes on the board in a fan shape. Cut two lengths of white cord, a bit longer then the snakes, and place them in between.
4. While the clay is still soft, braid the snakes of clay and the two cords together. Ask an adult to help if you are not sure how to braid.
5. Trim each end of the braid with modeling tool. At each end, press the strands firmly together and secure with a small clay snake wrapped around both ends.
6. Carefully curl the bracelet around so that it will fit neatly over your wrist, without joining the ends. Leave it in a safe place to harden and dry.
7. When the bracelet is completely dry, paint it silver. Cover the work surface if necessary. Leave the bracelet to dry again ---then

# Knights Theme

## 1. Helmet

An old plastic ball can be cut into two halves to make a helmet (one ball=two helmets). The ball is then covered with tin foil or sprayed with silver paint. A linen sack can be tacked or screwed onto the helmet as a neck/chain protector. If required, the linen can also be sprayed with silver paint. A rubber band holds the helmet in position.



## 2.Box helmet

Another possibility to make a helmet is by using a used washing powder box (ideally round). In the shoulder area, two rounded indents are made into the box using a Stanley knife or a sharp, stable pair of scissors. The visor is cut into the box as a square or pentagon. Do not cut the top; this is used to push the visor up. A further 3-5 slits are carefully cut out for the knight to see through. 1-2 feathers can be stuck to the bottom of the helmet. The helmet is decorated with coloured cardboard.



## Knight's robe

If putting a set of knight's armour together is too difficult, you can also cut a simple robe in a knight style. A hole is cut into the middle of an old sheet or table cloth of that the head fits through the hole. A belt holds the front and back pieces of the garment together. A coat of arms or cross should not be missing. The best option is to use coloured materials to make the design.

## Club or spiked mace

Obviously we do not want to make a real club and hurt anyone with it. However a dummy club is suitable. Take a wooden stick approx. 40cm long and 4cm wide and tie a foam ball (or similar non-dangerous ball) onto it with a piece of string.

Source: [http://www.youthwork-practice.com/adven ... -camp.html](http://www.youthwork-practice.com/adven...-camp.html)

# "We must secure the existence of our people and a future for white children"

We are always hearing people quoting these words by David Lane, so I decided to ask a few what these words mean to them personally, and what they are doing to help achieve them? To be fair I have also added my own thoughts on this.

**WAUSouthoz** – when I hear the 14 words I also hear a lot of people saying that we need to have lots and lots of white children; well I disagree with this sentiment. I believe that the importance should not be placed on the amount of children we have but the types of people we help these children become. This also means finding that right someone to have them with, really getting to know this person and know that that person is going to stand by your & your child's side through whatever may come and not just randomly having children for the sake of breeding more white babies. We need to be able to offer our children the security and love they deserve and to educate and raise them to become proud white men and women. We need to help them grow into people of substance and this is the way we will be able to secure our existence and our future. There are already plenty of white people out there, who in my opinion are no better than the scum we are fighting against, and what we don't need is hoards of our children becoming like them. We must educate as many people as we can and for us to achieve this, we must educate ourselves.

What am I doing to help achieve this? I try to raise my daughter white; I educate her on White history, culture and accomplishments. I don't teach her to hate other races, as they mean very little to me, I teach her to Love her own. I educate myself and in turn try to awaken others to what is happening to us as a race. I am a part of a Sisterhood that works towards the good of our folk, by educating and informing others, by helping those that are in need and by being there to support and stand with our men and folk.

**Lulu Roman:** The 14 words mean a future for my son and my people. It should be the thing that binds us as a community. It means looking out for the interest of your brothers, sisters, and kinsmen, without looking for something in return. It is a way of life in which you put white children and families at the top of your list of priorities and protect them as they are sacrosanct. We give respect and do our part only for those that have and will sacrifice for our cause. Everything else that this struggle, this movement, or this scene might entail falls far beneath these things.

**AryanQueen4444** - Above everything else my ex opened my eyes to being racially aware & for that I will be forever grateful. My parents are from European decent (Latvian & Polish/German) & to say I had a different upbringing is to say the least. But by doing so I have been taught skills of the old way, the white way. I have worked hard all my life & with the house I bought 6 years ago I have secured my children's future. Along with the values that my parents taught me my children will be taught the same & I will make sure that these will be passed on to my grandchildren. I am self-sufficient; I know how to change a tyre, fix a leaky tap & cook a mean roast. I have my own little vegetable garden & I love to make preserves/jams/sauces & give them to friends. I began discussing my views at work some time back just to get a feel of what other whites think in my workplace & have found quite a few are more racially aware than I first thought which is inspiring. I am trying to encourage them to spread the word so to speak. To wrap this up I have a wonderful proud white man in my life &





hopefully we will be contributing to our race very soon.

**Lpurciful3** - Many feelings arise when I see the actual phrase or the abbreviated number 14. I applaud David Lane for the ability to take so many emotions and simplify them into a single statement of faith. Having said that - I must admit the words themselves mean very little to me personally, probably because the statement has been used arbitrarily so many times and by some groups who have taken it and used it as a reason to hate and bitch about everyone not like them.

Words always lose meaning or their definition will eventually change with time. For me personally its not a phrase I need to read repeatedly or a number I need tattooed on me to define who I am. I believe the meaning of the 14 words and everything they stand for are a way of thinking and lifestyle that people are either born with or not. I believe along with many others like and before me I was born with those thoughts. The 14 words are just that - words. Words attempting to define an entire lifetime of feelings and thoughts.

One of my Vinlander friends comes to mind when I think of this lifestyle. To those who don't understand him like Morris Dees.(SPLC) and all the others assume living a pro white lifestyle is a form of hate they see him and portray him as a simple "hateful thug". If they knew him like I do they probably wouldn't feel the same. I've have watched and listened to my friend respect everyone who shows him respect in return. He lives in a neighborhood that most wouldn't want to with races of every color and still doesn't have the need to burn a cross in every yard that belongs to someone of a different race. A white family lives next door to him but the

parents are at best drug addicts with little concern for their own children - they have a little boy who almost the same age as one of my friends sons. Instead of passing judgment on the parents or the child he does something about it. He treats neighbor boy nearly as well as his own. He is always welcome over to have a safe place to sleep or when his parents are "leaving" for the night. My friend is pro white, he loves his race and his children... because of that love he can embrace and respect anyone else even if they are a different color or come from different backgrounds. I have often wondered if any of the people who work for the SPLC had to live in my friend's home if they would ever take the time to notice the little boy next door let alone go out of their way to make a hopeless feel not so hopeless.

**WhitePrideWorldWide** -Speaking to others about our cause, encouraging others to stay strong whether they are in prison or right next to me. Remembering to cherish the time I have with my brothers and sisters. To lead by example. To be the very best white man I can possibly be. Holding REAL white woman to a high standard, honoring them and appreciating their very vital purpose and role. Educating myself and others on important topics. To be prepared for the worst, saying what others are too afraid to say and being part of something bigger than me.

**1488surrey** - For me the 14 Words makes me feel the pride of my ancestry and the need to continue it proudly for all future generations and to spread these most important words to all who will listen. I teach these words to many. Being an in town truck driver I meet a lot of people every day and south western BC is the new Europe of the 80s. The people are finally beginning to open their eyes and I think it's time for the movement to gain momentum here. The white working class has had enough and the giant must awaken from its slumber. I do what i can to rouse him every day.

**Phantom4** - The 14 Words are to me a blood oath binding me to every true racial patriot. A daily call, beckoning me forward toward the realization of victory for our great Cause. It is truly the filter which all decisions should be sifted through in our lives.

We Must Secure the Existence of Our People and a Future for White Children"

This thread asked what the 14 Words meant to each of us and it got me thinking about the true meaning of this simple sentence. I thought about how Catholics and Lutherans are taught the Nicene Creed and how church teachers break down each word or portion of the creed so that it can be understood at a foundational level. I hope my humble thoughts are well received.

**WE - We** means not just Aryans, but specifically Aryans that are conscious to the threats mounted against our race. Aryans that are actively engaged in behavior to resist these threats and awaken as many comrades as possible before our time in this world comes to an end.

**MUST SECURE** - Security means not just being safe but the totality of this statement includes an Aryan physical homeland with political, social, and military geographical separation from the Jewish led multi-cultural world.

**THE EXISTENCE** - Existence goes beyond life, but additionally means the transformation from a dying or stagnate people to the Aryan race growing in numbers again as we were in the previous centuries. It means Aryan men and women having large families with Aryan values, pride, and education to ensure our growth and projection on Earth as a communal people.

**OF OUR PEOPLE** - Our People means all humans of wholly Aryan (European) ancestry. This is inclusive of any and all countries where racially conscious white people reside and live by the 14 Words, whether in Mexico City, Moscow, or Minneapolis.

**AND A FUTURE FOR WHITE CHILDREN** - A Future for White Children means not just having education and employment doors open to our kids in nice neighborhoods, but creating the means for self-determination for each subsequent generation of our posterity. Giving them the land, willpower, and spirit to eventually al-

low the Aryan Race to realize it's destiny on planet Earth. A future where our children's children will find it common for our people to once again become explorers and frontiersmen to the cosmos and beyond.

If we live each day with the filter of the 14 Words applied to our comings and goings, someday all of this will be a reality, and our future generations will thank us.

Hail the New Dawn

**Phil** - To me these words are my way of life. I help my Brothers and Sisters anyway I can. I try to forge the bond of brotherhood into something worth fighting for. We regularly have BBQ's and tattoo days at my place to strengthen that bond. To build a good crew is what we are trying to achieve. To help your brothers as you help your blood family. To help them to learn to read and write better or to fill out job applications, maybe help get them to get work with you, although this can lead to some problems later as I found out lol. To watch over them as you hope they watch over you. It's only by being a solid unit that we can defeat the enemies of our race. All that I do is for my wife, my sons, my daughter, my brothers and sisters of the Nation and for the white race as a whole. 1488



*May 28th 2012*


On this day of Remembrance I spread ashes of Thee, always I will remember you David as a friend, teacher and father figure. From the halls of Valhalla where great warriors drink mead, I can still feel your presence in the rays of sunshine that you have sent down to me.

To you David Eden Lane I raise my horn to drink mead with you, to you on this day of remembrance many hails!

As once said before and many times again. I love you, you are truly missed.

*Your Sunshine*

# The breakdown of family, parenting, and the consequences...



This weekend one of the headlines in the local paper read "27 year old accused of molesting 3 year old".

Normally - everytime I read something like this its pisses me off but this story hit close to home. I knew the little girl and the mothers accused boyfriend. This little girl had spent time in my home playing with my daughter and the two had hugged each other when it was time for her to return home. No one knew what was happening behind closed doors.

As I continued to read the article - feelings began to surface that I can only compare to the descriptions of the fires of hell.

With the accused safely behind bars - there was nothing I could do except to reflect on what had happened, what the long term effects would be, and wishing I could somehow have prevented what had happened. It is at times like these that I remember why I am and what makes me a "Skinhead".

It is not to hate only for the sake of hate. I hate because I know love as well. Because of love I feel the need to protect the people and morals that burn inside of me.

I hate the breakdown of white families. I hate the single parent who puts more energy and time into the new significant other than the child. I hate the child molester and rapist of any color.

I am a skinhead because our race and children matter to me. My hope is that the new and next generation of the white race will recognize the effects of the breakdown of the family and the impact of self first parenting.

Lpurciful - Anderson, Indiana USA



## In The News...

Esther in her coffin at the service at which pro-life activists honored her body and her life.

Orlando, FL, July 25, 2011 (LifeSiteNews.com) — On this past Thursday, July 21, Fr. Frank Pavone, National Director of Priests for Life, preached at a memorial service for an aborted baby girl.

The child was intact and her body was retrieved after a late-term abortion. The memorial service, organized by Operation Save America, was held outside of City Hall in Orlando.

"We are here because this baby was killed in the darkness, and we come to honor her in the bright light of day," Fr. Pavone declared in his remarks. "The abortion industry wants to hide the violence done to these children, but we must be committed to expose it. Therefore we need to hold many more of these services, with tens of thousands of people looking at these children and recommitting themselves to end abortion."

"Those who are moved to grief by such scenes need to know there is hope for healing after abortion," Vicky Thorn, Founder of Project Rachel commented LifeSiteNews. "We are here to help you embark on that road to healing. Give God the permission to heal you," she added.

During the service, the name "Esther" was given to the child.

Fr. Frank invited any pro-life activists who obtain the remains of aborted children to be in contact with him to arrange for a proper wake service and burial.

It's not the first time that aborted babies are afforded funerals. In 2008, Detroit Bishop John Quinn offered a funeral for 18 aborted babies whose bodies were discovered in dumpsters at the Woman Care abortuary. Later that same year, Fr. Pavone offered a funeral for three aborted babies at the Shrine of the Most Blessed

Sacrament that EWTN's Mother Angelica built in Hanceville, Alabama. In 2010, Michigan Bishop Earl Boyea celebrated a funeral mass for 17 aborted children.

Legislation on the matter was passed in 2001 in the Czech Republic when President Vaclav Havel signed into law a bill regarding funeral arrangements which included a clause ensuring that the remains of aborted babies receive a proper burial. In 2010, in Michigan a bill was proposed to protect the remains of aborted babies from being simply discarded as biohazardous waste.

Feedback from other people who read this horrifying news story..

Nicole Vigdis: Abortion of White babies = murder. I get to live with the fact that no matter how awesome of a mom and mentor I would have been, I can never have a child. And yet every goddamn day, women with the blessing of a healthy body rip out and throw away their unborn children? I want to cut their heads off and the doctors too. I understand that 1 in 10 White babies are now aborted. That is the legalized slaughter of our race. Dismembering an adult will get you the death penalty but dismembering an infant gets you two days off work. If these filthy c\*\*\*s are so confident in their "choice", do they take the jar home with the parts of their vacuumed out baby or the ripped off head from a partial

birth abortion? Of course not. They cannot even bring themselves to look at what they have done.

Spring: Its a double standard. Remember Lacy Peterson? Her husband murdered her and their son in utero and got double murder. How can they call one thing a duck and another a swan when clearly they are the same freaking animal??? I had the misfortune of seeing a video on partial birth abortion, It made me so sick for days.

Morrigan: There will always be double standards when it comes to money but they hide it all under the disguise of a "woman's right" when she has the right to use birth control, a condom or abstain from sex, i have only been pregnant once and that was with my son so i know it's possibly to practice safe sex if you don't want to get pregnant..

Sarah: Poor little baby. Never got a choice or a chance.

Michaela: Oh my god this is heartbreaking.... A perfect little girl just murdered because she was an inconvenience.... Plenty of couples could have given her a living home.....

Susan: This should be in every newspaper, television station, etc. in the nation....What a sad, sad thing! So much potential for her lost to the act of murder!

## FORMER ABORTIONISTS SPEAK OUT

Below are revealing statements made by former abortion industry personnel. These are direct quotes from men and women who worked in abortion facilities. These former abortion providers are now pro-life. They regret their involvement with abortion so much that now they are speaking publicly to warn people about what goes on before, during and after abortions. Their statements were made at a videotaped conference called, "Meet the Abortion Providers."

1) Former abortionist, Anthony Levatino, M.D., says, "I want the general public to know that the doctors know that this is a person, this is a baby.

That this is not some kind of blob of tissue . . ."

2) Former abortion counselor, Nita Whitten, says, "It's a lie when they tell you they're doing it to help women, because they're not. They're doing it for the money."

3) Former abortion counselor, Debra Henry, says, "We were told to find the woman's weakness and work on it. The women were never given any alternatives. They were told how much trouble it was to have a baby."

4) Former abortionist, Joseph Randall, M.D., says, "The picture of the baby on the ultrasound bothered me more than anything else. The staff couldn't take it. Women who were having abortions were never allowed to see

the ultrasound."

5) Former abortionist, David Brewer, M.D., says, "My heart got callous against the fact that I was a murderer, but that baby lying in a cold bowl educated me to what abortion really was."

6) Former abortion counselor, Kathy Sparks, says, "The counselor at our clinic could cry with the girls at the drop of a pin. She would find out what was driving them to want to abort that child and she would magnify it."

7) Former abortionist, McArthur Hill, M.D., says, "I am a murderer. I have taken the lives of innocent babies and I have ripped them from their mother's wombs with a powerful vacuum machine."

# How Soon Can I Take a Pregnancy Test?

All pregnancy tests that you take will look for the presence of (HCG). HCG is short for "Human Chorionic Gonadotropin" It is a hormone that is produced by your placenta during pregnancy. It is not produced until implantation, that is when your fertilized egg attaches to the uterine wall. Implantation will not occur until about six to twelve days after you ovulate. So the soonest you can take a pregnancy test and get a positive test result is seven days after ovulation, though many women will get a false negative at this time, so it's always better to wait a little longer for a more reliable result.

It can be hard to wait especially if prior months showed negatives, but you should try to wait and take your pregnancy test about 10-12 days after ovulation. You should also remember that even if you wait that long, you may still show a negative result. If you miss your period, you should do another test. 90% of women will get a positive result the first day after a missed period, i know i did, but about 10% of women will test negative even though they are pregnant.

If you're trying to get pregnant and get a negative test result, you should still avoid alcohol, cigarettes and recreational drugs, just in case you are actually pregnant. Keep taking your prenatal vitamin and exercise at a moderate level a few times a week, proper care pre-pregnancy is just as important as taking care of you and your unborn child when you are pregnant.

Happy Baby Making

## UNDER-ACTIVE THYROID (hypothyroidism)

I have suffered from an under-active Thyroid for over 2 years now and this condition has many horrible and life altering symptoms. In a 4 month period i gained 30lbs, so i restricted my diet to 1200 calories and worked out 2 hours a day 5 days a week and i didn't shed a single lb, i then tried to resolve it with herbs and after a year i couldn't take it anymore because my depression, chronic fatigue and body aches were becoming too much to handle. I then made an appointment and went to the Dr who took my blood and sure enough my Thyroid was under-active so i was put on medication right away, the first medication they put me on made me so drowsy i was falling asleep 2 hours after waking from a full night sleep, so I was then put on a Thyroid medication from a pharmacy that deals in natural medicine and right away i felt more alive, i could get through a day without this mind numbing depression, my bones stopped aching. The weight gain will be the hardest hurdle to jump and one of the major things people with an under-active thyroid complain of. Below are a list of symptoms for an under-active Thyroid. Hypothyroidism is more common in older people, and women are more likely to be affected than men.

Hypothyroidism usually develops gradually. The symptoms are mild, and you may not even notice them at first. This is called subclinical hypothyroidism. Hypothyroidism can be diagnosed by monitoring the levels of TSH and thyroid hormones in your blood.

Hypothyroidism causes a general slowing down of your body's functions. Some of the symptoms include:

Feeling tired and sleeping a lot, Feeling the cold easily  
Dry and/or pale skin, Coarse, thinning hair and brittle nails, Sore muscles, slow movements and weakness  
A hoarse or croaky voice, A change in facial expression, Depression, Problems with memory and concentration, Weight gain, Constipation, Fertility problems and increased risk of miscarriage, Heavy, irregular or prolonged menstrual periods, A slow heart rate

If you have any of the above symptoms please contact your Dr and have your blood taken so they can check your numbers...

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## PRE-PREGNANCY & FOLIC ACID

Taking Folic Acid daily which is the synthetic form of the vitamin Folate for at least three to six months before conception makes a woman 70 percent less likely to have a baby with a birth defect. There is a huge misconception that once you get pregnant you then start your Prenatal Vitamins and all is well for you and your baby, that is so not the case, you have already missed out on the opportunity to get that 70 percent reduction if you haven't been taking it, so if you are a female who is having sex then you should be taking a prenatal vitamin because not every pregnancy is planned and it's better to be safe than sorry.

Folic acid and a B vitamin can help prevent spinal and brain birth defects, such as spina bifida and anencephaly. Health officials recommend that women take a folic acid supplement daily to ensure they are getting the recommended 400 micrograms a day. Women can also take too much folic acid, according to the U.S. Department of Health and Human Services. More than 1,000 micrograms of folic acid a day may cause nerve damage in people who do not have enough vitamin B12, such as those who are 50 or older and vegans. Vitamin B12 can be found in meat, dairy products and eggs. I personally take those vitamin B strips that melt on your tongue a few hours after i take my folic acid, i also make sure my folic acid is in a capsule so that it breaks down easier and many people say caplets / tablets take longer to break-down in your body.

The following foods are rich in folate: spinach, broccoli, strawberries, orange juice, beans and fortified breads, breakfast cereals and other grains. Folate deficiency is associated with neural tube defects, a type of birth defect that affects a baby's spinal cord.

The American Dietetic Association encourages all women of childbearing age to consume at least 400 mcg of folic acid through food or supplements each day.



# BURNOUT



Thought I'd do something on the cause, effects & prevention of Burnout, as our jobs & life in general is very stressful, I have noticed quite a few people of late who are suffering from it (me included).

WAU Australia

There are many causes of burnout. In many cases, burnout stems from the job. But anyone who feels overworked and undervalued is at risk for burnout. If constant stress has you feeling disillusioned, helpless, and completely worn out, you may be suffering from burnout. When you're burned out, problems seem insurmountable, everything looks bleak, and it's difficult to muster up the energy to care—let alone do something about your situation. The unhappiness and detachment burnout causes can threaten your job, your relationships, and your health.

# What is burnout?

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place.

Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

Dealing with Burnout: The "Three R" Approach

- Recognize – Watch for the warning signs of burnout
- Reverse – Undo the damage by managing stress and seeking support
- Resilience – Build your resilience to stress by taking care of your physical and emotional health

## Warning signs and symptoms of burnout

Burnout is a gradual process that occurs over an extended period of time. It doesn't happen overnight, but it can creep up on you if you're not paying attention to the warning signals. The signs and symptoms of burnout are subtle at first, but they get worse and worse as time goes on.

## Physical signs and symptoms of burnout

- Feeling tired and drained most of the time
- Lowered immunity, feeling sick a lot • Frequent headaches, back pain, muscle aches
- Change in appetite or sleep habits

## Emotional signs and symptoms of burnout

- Sense of failure and self-doubt
- Feeling helpless, trapped, and defeated
- Detachment, feeling alone in the world • Loss of motivation

- Increasingly cynical and negative outlook
- Decreased satisfaction and sense of accomplishment

## Behavioural signs and symptoms of burnout

- Withdrawing from responsibilities
- Isolating yourself from others
- Procrastinating, taking longer to get things done • Using food, drugs, or alcohol to cope
- Taking out your frustrations on others
- Skipping work or coming in late and leaving early

## Burnout prevention tips

- Start the day with a relaxing ritual. Rather than jumping out of bed as soon as you wake up, spend at least fifteen minutes meditating, writing in your journal, doing gentle stretches, or reading something that inspires you.
- Adopt healthy eating, exercising, and sleeping habits. When you eat right, engage in regular physical activity, and get plenty of rest, you have the energy and resilience to deal with life's hassles and demands.
- Set boundaries. Don't overextend yourself. Learn how to say "no" to requests on your time. If you find this difficult, remind yourself that saying "no" allows you to say "yes" to the things that you truly want to do.
- Take a daily break from technology. Set a time each day when you completely disconnect. Put away your laptop, turn off your phone, and stop checking email.
- Nourish your creative side. Creativity is a powerful antidote to burnout. Try something new, start a fun project, or resume a favourite hobby. Choose activities that have nothing to do with work.
- Learn how to manage stress. When you're on the road to burnout, you may feel helpless. But you have a lot more control over stress than you may think. Learning how to manage stress can help you regain your balance.

resourced from <http://www.helpguide.org>

# Dry Skin Tips

Here are some tips to help you keep your skin soft, i know that after Winter my skin always seems to go through that dry itchy stage, then we have spring and it feels good again and then we have dreaded summer and even with the best suncare protection it still tends to get a dry, so here are some tips you can implement into your daily skin routine...

- Drink at least eight glasses of water a day, some days for me this is a chore and i find it easier to drink at least 3-4 of these glasses of water at room temperature.
- Eat a high-quality diet rich in fruits, vegetables, oily fish, nuts and seeds, I try to snack on nuts when i can, i leave them by computer desk so i can just pop a handful into my mouth. And we all know that fruits and vegs are a must each day.
- Try to limit sun exposure, my skin is not a huge fan of the sun and even 30 minutes in the sun can leave me burnt, so i try to sit in the shade when i can, wear glasses to protect my eyes and apply sunscreen throughout the day.
- Try to maintain healthy vitamin levels by eating colourful fruit and veg, like carrots (source of vitamin A), oranges (vitamin C) or spinach (vitamin E).
- Exfoliate your skin on a regular basis to remove traces of dead skin, i do my face everyday as my skin is prone to clogging very easily, and don't forget your face is not a scrubbing board so be gentle, i find those exfoliating gloves great for the shower...
- Avoid direct contact with highly alkaline products such as washing powders as these can dry your skin, there is an abundance of scent free washing powders and liquids out there so start using them especially on baby clothing and underwear.
- Avoid very hot water in the bath or shower, i am terrible for having hot hot showers and coming out looking like a lobster, but i do try and keep it as cool as possible...
- Pat your skin dry after washing – rubbing with a towel can whisk away the skin's natural moisture barrier.

- Apply a good moisturiser while your skin is still damp, most people forget this and I too am guilty of this, after you pat dry your skin apply your moisturiser right away...



## Flip Flop Ready Feet

Summer is approaching fast and it means the time to bring out your sandals and flip flops has arrived, so make sure that your feet are ready, there is nothing worse than men and women wearing sandals or flip flops with dry cruddy feet, it makes me want to gouge out my own eyes, I don't like feet as it is then cruddy feet all over the place makes me really hate this element of summer...

Over the cold winter months, you cram your feet into warm shoes and your toe nails suffer from neglect. So, the thought of sporting open toes shoes might scare you. Never fear, you can have perfect feet in no time. I put cream on my feet everytime i shower, so come Summer my feet are already in good shape, i know from experience that many people don't take care of their feet during those cold winter months. The first thing to do is fill a foot spa or basin with hot water and sea salt, then rub your feet with a pumice stone and then let them soak for about 20 minutes, repeat with pumice stone if necessary. Take advantage of your softened toe nails after you soaked them, then proceed with a trim then file your toe nails. Make sure that you always trim your toenails with clippers, keeping the cut as straight as possible, i always seem to end up with an ingrown toenail so i always trim just a little and then use a nail file to make them shorter, you will never see my toe nails not painted a nice colour either, it doesn't take that much time to make your feet look cute and presentable. That goes for the guys too minus the nail varnish

# Honey Vs Sugar

What  
are their differences?

With both of these they will contain sweeteners, glucose and fructose. In the case of sugar when it's being processed, the organic acids, protein, nitrogen elements, enzymes and vitamins in the sugar cane are destroyed, whereas with honey, a natural sweetener, it is subject to only minimal heating. Honey also has certain beneficial antioxidants and antimicrobial properties which are not present in your average table sugar. White sugar is bad for your body. It is highly refined and full of empty calories. It doesn't contain any vitamins, minerals, or antioxidants. But there is more calories in honey than in sugar.

Granulated sugar is also 100% carbohydrate that is derived from sugar. Honey carbohydrates are also comprised almost entirely of sugar, however, the types of sugar is entirely different. Granulated sugar consists of 100% sucrose, whereas honey consists of only about 1.5g of sucrose, and the rest is Fructose and Glucose. There is about 60 calories in 1 tablespoon of honey and one tablespoon of sugar gives you about 46 calories. However, because honey is a lot sweeter than sugar, you don't need to use much. So in the end, you may end up eating less calories. Honey also doesn't give you that crazy sugar rush like you get with refined sugar. Refined sugar doesn't give you any nutrients at all, so then your body has to take those nutrients from your bodies reserves to help your body break down the sugar. That is how sugar depletes your body of nutrients and is one of the major reasons why sugar is so bad for your body.

For every 1 cup of sugar, use 1/2 to 3/4 cup of raw honey instead. When using honey, you'll also need to reduce the liquid in the recipe by 1/4 cup and to lower the baking temperature by 25 degrees F. Here's to a happy healthier you..



## USES FOR ROSEMARY

Apart from culinary uses, rosemary has many more beneficial uses.

It is a stimulating herb and makes a wonderful herbal bath for when you are feeling worn out. Just put some in a muslin bag and get in the tub with it. You can also treat yourself to a cleansing and pick-me-up facial steam with a strong infusion. It can be woven into wreaths and garlands. Rosemary sachets are very nice for scenting drawers. Combine rosemary with lavender, santolina, tansy, and lemon-grass into a tulle sachet and hang in the closet with woollens as a moth repellent. These are a lot better smelling than mothballs and are not toxic. It is also said that placing rosemary at your front and back doors will keep ants out of your house.

In Hungary, in 1235, Queen Izabella was stricken with a paralysing illness. A hermit came to court with a preparation of rosemary soaked in wine, which cured her. Since then, this combination, known as Queen Hungary's Water has been used to treat gout and baldness.

### QUEEN OF HUNGARY WATER

2 oz. unscented alcohol and the following essential oils:  
30 drops rosemary  
12 drops lemon

5 drop rose 5 drops neoli  
2 drops sage  
2 drops mint

Medicinally, a warm tea is good for colds, flu, rheumatic pain, indigestion, and as a stimulating drink for headache and fatigue. It is antiseptic and promotes sweating and the flow of bile. It acts as an antidepressant, a circulatory stimulant, and a tonic for the nervous system and the heart. It is a rich source of vitamin A and vitamin C, phosphorus, iron, magnesium, and zinc. It also has antioxidant properties. A strong infusion makes an antiseptic mouthwash and gargle. The essential oil can be used externally as an ingredient in salves for arthritis and to soothe aching muscles. Extracts are found in shampoos. A hair rinse of a strong infusion can help dandruff and is good for dark hair. Do not use the pure oil internally. Like all medicinal plants, be cautious when using as a healing herb. The essential oil should not be used internally and when used externally, it should be diluted as is true for all essential oils except lavender. It should not be used in pregnancy, as it is a uterine stimulant. Large doses are irritating to the kidneys and stomach, but used in lesser amounts as a seasoning, it is perfectly safe.

### REPLACE SUGAR WITH UNSULPHURED BLACK STRAP MOLASSES FOR IRON AND OTHER VITAL MINERALS - CALCIUM AND MANGANESE.

For those with increased iron needs--growing children, pregnant, lactating or menstruating women--black strap molasses provides a ready source of iron.

Black strap molasses is also rich in calcium, a mineral important to many anatomical functions. In addition to fortifying bones and teeth, it helps to detoxify the colon and plays an important role in muscle contraction.

Black strap takes care of a whopping 18 percent of the body's need for manganese. This is a trace mineral that uses protein and carbohydrates in the production of energy. It also helps to synthesize fatty acids used by the nervous system.

# ANZAC BISCUITS

*Anzac biscuits were made and sent in tins to Australian soldiers during world war 1. They have since become a favourite in many Australian homes.*

## Ingredients

- 1 Cup plain flour
- 1 Cup rolled oats
- 1/2 Cup sugar
- 3/4 cup desiccated coconut
- 125g butter
- 1 Tbsp golden syrup
- 1 1/2 tsp bi-carb soda
- 2 Tbsp boiling water

## Instructions...

Preheat oven to 150 degrees Celsius. Grease two oven trays. Place flour, oats, coconut and sugar in a large mixing bowl, stir until combined. Combine butter and golden syrup in small pan, stir over high heat until melted. Mix bi-carb soda with boiling water, add to melted butter and syrup. Add to flour mixture, stir until combined. Shape level tablespoonfuls of mixture into balls and flatten slightly, place onto trays about 6cm apart. Bake until crisp and golden, about 20 mins. Remove from oven, stand 2 mins, loosen biscuits and cool on a wire rack.





## VEAL MEATBALLS WITH SWEET POTATO MASH

*Easy Healthy Dinner recipe currently my hubby's favourite, not all meatballs need pasta!*

750g sweet potato  
400g lean veal mince (can also use pork mince)  
3 green shallots, thinly sliced  
400g Jar pasta sauce  
300g Broccoli florets

1. Cook sweet potato in a large saucepan of boiling water for 12-15 minutes or until tender. Drain well, return to saucepan and mash until smooth. Season with salt and freshly ground black pepper. Cover and keep warm.

2. Combine mince and shallots in a medium bowl (i also add some salt n pepper, garlic, Worcestershire sauce, whatever seasonings you want...) Shape mixture into 24 balls. Lightly spray a large non stick frying pan with oil and heat over medium-high heat. Cook meat balls in batches for 3 minutes or until browned. Add pasta sauce, return all balls to pan and simmer, uncovered until meatballs look cooked all the way and sauce is hot.

3. Boil, steam or microwave broccoli florets until tender. Divide mash among serving plates, top with veal meatballs and sauce. Serve immediately with broccoli.

# HONEY SPICE LOAF

1 1/2 cups plain flour  
1 tsp baking powder  
1/2 tsp bicarbonate of soda  
1 tsp ground cinnamon  
3/4 tsp all spice  
2 small eggs  
1/4 cup caster sugar  
6 tsp canola oil  
6 Tbsp honey  
1/4 cup apple sauce (preferably unsweetened)  
1/4 cup blanched almonds, flaked  
1 tsp fresh lemon rind, finely grated

Preheat oven to 180°C. Spray deep 12cm x 24cm loaf tin with cooking oil spray. Line base with a piece of baking paper and set aside.

Sift flour, baking powder, baking soda, cinnamon, all

spice and pinch of salt into a medium size bowl. Set aside.

Meanwhile in a large separate bowl, combine eggs, sugar, oil and honey. Beat until combined and mixture is a pale yellow. Stir in apple sauce and lemon rind.

Slowly incorporate flour mixture into egg mixture using an electric beater. Mix thoroughly, but do not over beat.

Spoon loaf mixture into prepared loaf tin and sprinkle with almonds. Bake for 45-50 minutes on centre shelf of oven, or until a skewer inserted into middle comes out clean.

Cool loaf in tin for 5 minutes, before turning onto a cake rack to cool completely.







# LEMON CAKE

## Ingredients

200 g (1 2/3 cups) plain flour  
40 g (1/3 cup) cornflour  
2 teaspoons baking powder  
140 g (2/3 cup) white sugar  
2 eggs  
125 g (½ cup) butter, softened  
Juice of 2 lemons  
Grated zest of 2 lemons  
180 g (1½ cups) icing sugar

## Preparation

1. Preheat oven to 180°C. Grease and flour a cake tin.
2. To make batter, mix flour, cornflour and baking powder in a bowl. Set aside 4 tablespoons of lemon juice for the icing. Add the sugar, eggs, butter, lemon zest and remaining lemon juice to the flour mixture. Beat until smooth and pale.
3. Pour the cake batter in the cake tin and smooth the top. Bake for 45 minutes or until a skewer inserted in the centre comes out clean. Remove cake from the oven and leave to cool slightly; turn out onto a wire rack.
4. Mix the reserved 4 tablespoons of lemon juice with the icing sugar and heat in microwave for 20 seconds. Pour over the cake while still warm. Leave the cake to cool completely before slicing.

# Potato Cakes

Turn leftover mashed potatoes into a yummy, kid-friendly food.

- \* 1/2 onion, very finely chopped
- \* 2 cups mashed potatoes
- \* 1 tsp salt or to taste
- \* Pinch of freshly ground black pepper
- \* 1/2 cup flour
- \* 2 tbs butter

1. In a large bowl, stir together the chopped onion, mashed potatoes, salt, and pepper. Measure the flour onto a shallow plate.

2. With your hands, mold the mixture into 6 patties (using about 1/2 cup for each). Dredge the patties in flour and set aside.

3. In a large skillet, melt the butter over medium heat. Cook the potato cakes in the melted butter, about 2 minutes per side, flipping once. When cakes are golden brown on the outside and heated through, remove from the pan and keep warm until serving time.



# The Dreaded Housefly

In the warmer weather we all like to keep our windows open, but when they are left open we end up with flies in our home, i know i have had at least 10 in my room over the last few weeks and now i have the dreaded ugly fly strip hanging up so i decided to find a better way to get rid of these pests..The common house fly is a small pest that can be a real nuisance. Additionally, many flies carry E-coli and other diseases. Using these steps to eliminate your unwanted house guests within 24 hours using common, safe household ingredients.

If you have a infestation of flies, you will have to find the source before you can even get out the fly swatter. Most flies lay their eggs in animal feces, old food, and stagnant water. Clean out your cat's litter box, wash any unclean dishes, take out your garbage, and clean your house thoroughly, it is a must during warm weather to wash dishes right away, keep all containers closed, all food in your cupboards and fridge. Cleanliness is imperative to keep those pesky flies out of your home.

## Bye Bye Flies:

Start by heating 2 cups of water on the stove. Do not boil.

Stir in 1 cup of granulated sugar, 1/2 cup maple syrup, and 1/3 cup white vinegar. Continue to heat until everything has dissolved.

Pour the mixture evenly into glass jars, i use the jars i have left over from used candles, I then fill each of them half way, its best to fill them in your sink, try not to spill the mixture as it is very sticky, and if you do spill any please clean it up properly as it will distract flies from your traps.

Stretch a piece of plastic wrap over the top of each jar, make sure it is secured in place with a rubber band round the neck of the each jar, then poke 3 or 4 holes in the plastic wrap, large enough for a housefly to crawl through, i use the lid from a pen to poke the holes.

Make as many jars as you need, it all depends on how many flies are in your home, place the jars in open areas around your home, if you have children or pets, be sure to place the jars out of their reach. The flies will be attracted to the sweet smell of the sugary vinegar mixture

and will find the jars in no time. Once they crawl through the plastic holes, they will try to land on the mixture for a drink, where they will get stuck and die.They should all be gone within 24 hours, make sure you then dispose of the mixture and flies and clean your jars out good, I keep my jars for such mixtures in the garage as you wouldn't want to reuse them for ingredients for baking etc.



## BASIC HOME SAFETY

### Last thing at Night -

Switch off all gas and electrical equipment.

Place a spark-guard in front of all open fireplaces.

Check that all cigarette butts are safely out.

Close doors to all rooms.

### In your Bedroom -

Use electric blankets in accordance with instructions.

Do not smoke in bed.

Avoid the use of Candles.

Remember to switch off an unplug all heaters..

### In The Kitchen -

Keep a fire blanket or extinguisher in a easy to access place.

Keep Flexes clear of cooker rings and knobs..

Place pots and pans with handles turned in but not over other rings.



# PET CARE

## Lick Alert!

Cats and Dogs lick themselves clean. If they've got toxic chemicals on their coat, this is dangerous.

~Avoid using chemicals in the garden. Even after using 'natural' solutions, keep your pet indoors.

~Certain plant oils are toxic to pets. Avoid using these on surfaces they inhabit.

~Never use solvents to clean a spill off a pet's fur!

~If your pet accidentally gets a splash of a chemical, wrap them in a towel and take them to the vet immediately.

## Poisonous plants

Some common houseplants are poisonous:

~Lilies and other plants that grow from bulbs-daffodils, crocus, hyacinth, iris and narcissus.

~Ivy, holly, mistletoe and poinsettia

~Rhododendron

~Cyclamen

~Foxglove

~Hydrangea

~Laburnum

~Lantana

~Rhubarb

~Taro(elephant's ear)

~Wisteria

~Yew

~Certain types of sage, verbena

~Fruiting trees and stones or seeds of apples,pears, cherries,aubergines(eggplant),tomatoes,apricot,peach and plums. Just part of a leaf of some plants can be dangerous! Check with your local garden centre and your vet. Don't grow or use them in floral arrangements.

## Quick! make it Sick!

If you spot your pooch swallowing something poisonous or toxic, try to get it to throw up

~Give your dog some salt-one teaspoon for smaller breeds, two for larger ones should do it.

~However, if you didn't catch it in the act, don't waste time. Get to a vet immediately with a sample of the substance or its packaging.

~Even if it did throw up at once, you should still see the vet. Call immediately after making the dog sick.

# Getting outside?

Europe is our homeland, and it belongs to no one else but us. The parasitic invasion that is slowly creeping in to our countries may try to take our cities, but they will never take our soil. It is who we are, what has shaped our superior and formidable spirit, and is what ties us to our ancestors. It is our home, not just 'where we live.

It is always easy to "fight" for our environment and our soil, but in the midst of our zeal to recycle, reduce, and reuse, how often do we actually GO out and enjoy what we're fighting to save? It's so important to save this lost connection to our land. What lies dormant in our spirits is awakened out there, among the careless breezes and blue skies.

It is almost impossible to write only hiking trip in here, as Switzerland holds such immense and unbelievable beauty. This tour is one of my favorites though, so I think it should be first:

This is a beautiful trip that takes you from Gibswil, Täuferhöhle, Bachtel, and then back to Gibswil. The Bachtel is one of the most beautiful viewing points in all of Canton Zürich.

It takes approximately 4 hours, including a small break or two. To get there, take the train from Zürich to Gibswil, and it's easy to start from there. From Zürich, it is about 1 hour, 10 minutes to get to Gibswil.

From Gibswil's train station, take the street in the direction of "Chli Bäretswil" and take the first right turn onto a small street that goes in the direction of

the mountain forest. By the edge of the forest, turn right on to the forest path. Later on, you will return to the road until Chli Bäretswil. It's a little difficult to follow the path until Chli, so be sure to bring a map along (1:60000 Zürich) and look for the posts with blue stripes on them.

From Chli, you will take the path in the direction of Bergkamm Stüssel up to the Täuferhöhle, which is behind a waterfall. You'll pass 3 small lakes along the way full of emerald green water, always a nice photo opportunity!

The path then continues in the direction of "Allmen" and then in the direction of "Bachtel."

The Bachtel is a huge tower that you can climb to the top of, just be careful as it is VERY high. The view of the surrounding area is incredible though. The walk from the path up to the Bachtel tower (Bachtel-Kulm) is composed of wooden steps pushed in to the side of the hill, and it is annoyingly strenuous but very worth it. The first iron tower built on this spot was built in 1893, and in 1986 it broke. The new one was built and has been fine ever since. (Hopefully!)

After enjoying the view from the Bachtel, return to the trail in an East direction which goes along the edge of the forest. Then, when the path returns to the paved road, follow the signs back to Gibswil's station and return home. Tell your feet you love them!

# HOW TO JUMP-START YOUR CAR



On average car batteries have a lifespan ranging anywhere from 3 to 5 years. When car batteries die some of the many causes are due to the following;

- Leaving your headlights on without the car running
- Low water levels in the car batteries
- Sulfate build-up on the plates
- Overheating
- Undercharging / Overcharging

## How to jump start a car.

Always have a pair of jumper cables in your car ladies, it's as essential as my red lipstick. I don't travel without it, as you shouldn't travel without them.

If your car automatically does not start and refuses to budge, or you may hear a small clicking noise when you try to start the car and last but not least you can try to turn on the lights to check and see if there is enough charge to turn them on. If all these small little tests fail you have a dead battery you have e and the cause is not a corroded battery terminals, don't call out the tow truck company right away.

A few things to know when jump-starting a car with cables are:

Making sure that you know the Positive (+) and Negative (-) sides of the jumper cables before you apply them to the car batteries

You want to turn everything off; A/C, blinkers, radios, and headlights; jump starting your car battery can potentially send over 300 volts through your systems and destroy electrical equipment.

Cleaning off and removing corrosion of the terminals makes charging the car batteries more efficient; otherwise corroded posts may prevent the flow of power to the battery.

Now that you know the precautions, it's time breathe a little life into your car.

### Car Battery Procedures

Position cars close together but do not have them touch.

Step 1: Connect the red cable to the Positive (+) side of the discharged battery.

Step 2: Connect the other end of the red cable to the Positive (+) side of the booster battery.

Step 3: Connect the black cable to the Negative (-) side of the discharged battery.

Step 4: Connect the other end of the black cable to the solid metal ground on the engine or frame. (a metal ground is any unpainted clean piece of metal preferably on the chassis or engine block)

Step 5: Start the jumper car and wait a few minutes before trying to start the dead car.

Once the dead car is started you now want to remove the cables in reverse order.

Step 1: Remove the black Negative side (-) cable from the ground.

Step 2: Remove the black cable from the Negative side (-) of the booster battery.

Step 3: Remove the red cable from the Positive side (+) of the booster battery.

Step 4: Remove the red cable from the Positive side (+) on the battery that was discharged.

\*It is important to keep the engine running on the dead car in order to have the alternator fully charge the battery. It may be required to have your foot lightly on the gas for about 5 minutes. Then, let the car idle for about 10-20 more minutes to be safe. If your car continues to die you may have a dead battery or a malfunction with the alternator.

# FROM WAU'S PAST TIMES ISSUE NO 24

*Down to the deepest depths I peered  
I know I hung on that windy tree,  
Swung there for nine long nights  
Wounded by my own blade  
Bloodied for Odin.  
Myself an offering to myself.  
Bound to that tree  
That no man knows  
Wither the roots of it ran.*

The Ash tree is represented by the a rune, and the most important tree of all is the great Yggdrasil, an Ash tree. The Eddas tell us the first man, Askr, was made from an Ash tree. The Magical tools of wise men and women were made from the Ash tree. Ash also attracts lightning, which only increases its magical powers and allows it to be a powerful conductor of 'ond'. Wood taken with thanks from an Ash tree, particularly in the Summer Solstice is a stronger protector against ill wishes. Ash tree leaves are also lucky, especially the rare ones found with an even number of leaves on each side, these are called Even Ashes. An ancient rhyme for good luck is ...

*"Even Ash, I do thee pluck,*

*Hoping thus to meet good luck.  
If no good luck I get from thee  
I shall wish thee on the tree"*

The smoke from the burning of an Ash-tree has a strong incense, which will force away evil and bad fate. Ash has been a long time provider of protection, for it was the wood our ancestors made spears from, and it also fashioned the thrones of High Kings and Queens. The black buds and horseshoe shaped scars on the leaves of the Ash denote its dedication to the Odin and it's springtime covering is dedicated to the Goddess of that season, particularly Frigga and Ostara.

If you give someone a branch or flowers from an Ash tree, it means: "with me you are safe." Sleeping with leaves of an Ash tree under your pillow increases the magical power and insight of your dreams, and having the Ash tree near you, helps your understanding and visions as you travel amongst the nine worlds. The Ash

helps us in a similar way as we meditate. In Sweden pregnant women hugged an Ash tree to ensure an easy delivery.

Ornaments created from the Ash tree can be fastened on to doors, or all about your house to protect you from evil spirits. The Ash tree also has healing properties, sickly children were passed through split ash trees, to grant them health. The Yuletide log is made from an Ash tree, and gives good fortune to the family when it is lit.

In older times, a grove of three Ash trees was a place where fairies could be found. To protect yourself from drowning in the sea, you can carve a sun wheel on to a piece of Ash wood and carry it on yourself while on the waters. The three sacred trees of the ancient Celts were the Oak; Ash and Thorn. To those people, Ash was the span of existence from past to present to future - Abred, Gwynedd, and Ceugant: Creation, balance, and destruction. When working with the Oghams, 'The Alphabet of Trees' the Ash stave, represents that all things are linked and that everything becomes connected, earthly and spiritual, from lowest to highest. It demonstrates that ones deeds form part of a far greater, even endless, chain of events, and that ones inner pathways have reactions to the outer world. An Ash-tree was also Gwydion's steed in the famous Celtic 'Battle of the Trees'.

The wood from an Ash tree is excellent for forming runes. Another wonderful way of using the Ash tree for rune work is to gather 9 branches and cast them on the ground, search for the runes as they appear, just as Odin did. Perhaps the most beautiful aspect of doing so is it's pure simplicity and honesty. There are many ways of casting the more standard runes, and the choice is yours as to how many you chose to cast and if you follow a formula as to what each rune means, for example, actions, past events, future events, situation and resolution. But if you cast 9 staves, the Gods direct the amount of runes shown to you.

The Ash tree-lore was found in many different books, all of it was passed down from one person to another of our folk, I would like to thank my Nanna for passing on what she taught, to me.

WAU Australia

## Blast from the Past..

*This article originally appeared in the premier issue of W.A.U' s Magazine Morigan Rising, being a great admirer of my sister(s) rituals, i thought it would be nice to share it with some of our online readers, ENJOY!*

# Home Protection

Prepare your house against attack, have brave dogs to guard you, have useful objects around your house for defense, live in the most white, and safe area you can. The homes of our ancestors where also under threat, and they created some very power magical practices to protect their home and their loved ones. Protect your home... use a little magic!!!!!!

Environment magic: Go outside and have a good look at the trees surrounding your house, do you see any Ash, Oak, Rowan or Elm trees? Our race has long worshiped these trees for their magical and practical powers, from these trees we where given weapons, supplies to make our homes, our Runes, talisman, protection, and in turn we worshiped them...where would we be without the great Yggdrasil? To harness protection for your home and those who live their, approach a tree and ask for protection, now you can ask this as plainly as you wish, or you can make it a very elaborate spoken ritual, with magic is matters not so much how you go about it, (as long as the basic elements are correct) the reason why you are doing a ritual is more important. Next, make an offering to the tree, now this can become a lovely way of introducing pagan practices to your children's lives. A simple offering could be watering the tree, and while doing so murmuring what you feel are magical words, you may also want to give the tree something of value, such as gold, this can be as simple as pushing some gold coins into the ground around the base of the tree or presenting the tree with some flowers, again, it can be as simple handful scattered around the tree, or a beautiful garland. Give thanks for protection by making an offering or holding a simple ritual whenever mood strikes you, during a full moon is a particularly good time. As you are wishing the tree to grant you protection, you in-turn have to protect the tree, this is not the tree to set your children's swing up in, or to tie your boxing bag to.





Runic Magic: We all know about hammering a horse-shoe above our front door for good luck, but did you know that is a time honoured Odinist tradition? As your hammer (representative of might Mjollnir) a nail (which represents the 'Isa' rune) chant:

Thrice I smite with holy crock,  
With this mell I thrice do knock  
One for Thor,  
One for Wod  
And one for Lok.

After doing so you have invoked the protection and blocking of the 'Isa' rune, the binding power of the 'Isa' rune is activated when we hammer a nail into wood.

When using runes to the protect your house, you should do it with some sort of ceremony, as simple or as elaborate as you wish, for you are creating a talisman. On the roof of a house a weather vane, in the form of 'Wunjo', brings joy to the household. Using the younger Futhark form of 'Hagalaz' modified to become the familiar Dutch 'hex' sign, protects entrances. The 'Ingwaz' rune, carved in its enclosed or out going form, has the power to protect the building from harm, as can 'Othala', both have traditionally been used in brickwork. Many runes can be used decoratively and magically around your home, in paintings, carvings and needlework.

A rite: A simple rite dedicated to the goddesses Frigga, who is the protector of happy households and children, amongst many things, will aid in protecting your house. You may wish to use the following words;

Good Frigga, guardian of the home,  
Mother of the most ancient times, hear our calls  
Frigga be with us here in this rite.  
Place your protection about this home,  
Bless all those who live here,  
Give us a home of love, warmth and safety.  
Banish those who would harm us,  
Protect us against danger in the day and night,  
With the bravery and strength of the Gods and Goddesses.  
We thank thee Frigga,  
For having heard our prayers  
And know that you will answer them.  
Hail the All-Mother!

Now some will tell you, rites should be performed at certain times, following strict methods and practices

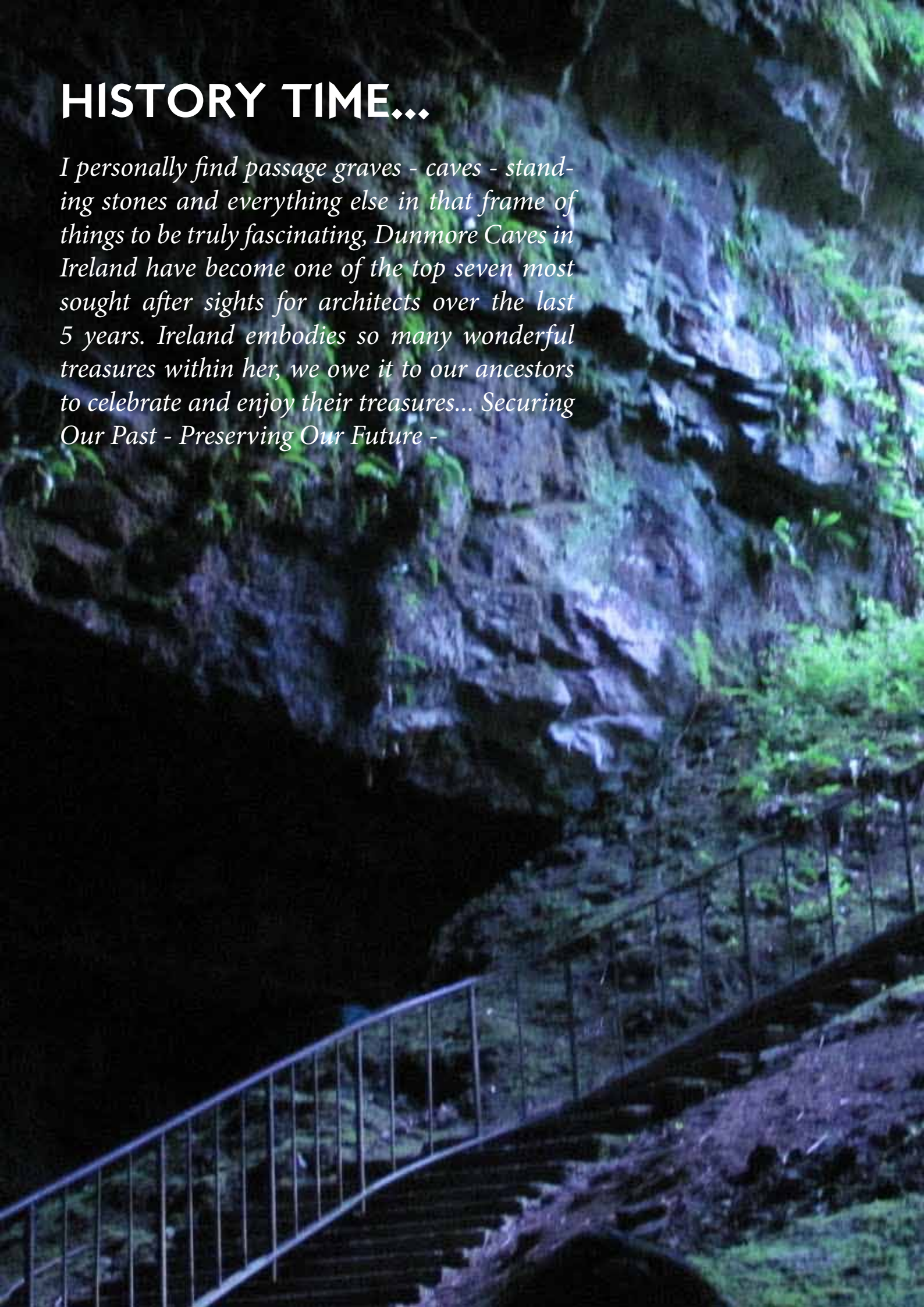
and must contain certain elements. We really don't know exactly how our ancestors practiced their rites or magic work, it is more important why we create a rite or working magic, not the means by which we have done so. We are all aware of certain elements of ritual that were practiced in times long before us, some of these I believe is innate within us, some we learn and others just make common sense. When you request help from anyone, be they a God, or otherwise, you give respect, address them accordingly, you ask for assistance, you offer your thanks, verbally and also in the form of an offering. I won't tell you how to perform this rite, trust your blood, I do not believe Frigga would ignore your appeal, because you left out a step that a book or some other person felt was important. You might like to incorporate, music, dance, it can be jovial, or solemn. Carve or paint runes, offerings of beautiful objects, or simple crafts that children have created, drink mead, making signs of the hammer or leaving loafs of bread out. You could perform this with your whole family, get the children involved, hold hands and form a circle, or you might do this while the rest of the house sleeps. You might even do this sky clad, or in your jacket and boots, or have drawn the rune 'Pertho' with your finger tip, until you see a silver shadow of the rune, you can do this ritual as a once only or when ever you feel the time is right. Perhaps the most important part of any kind of magic ritual, is not so much how you perform the rite, but that you have done it in the first place, drawing strength from our Gods and from the power that flows through us.

Protect your hearth and kin,  
Protect our future.

This work is copyright to WAU. The only section which required reference to literature was a small part of the 'Runic Magic' section, 'Secretes of the Runes' by Nigle Pennick was used in those parts.

# HISTORY TIME...

*I personally find passage graves - caves - standing stones and everything else in that frame of things to be truly fascinating, Dunmore Caves in Ireland have become one of the top seven most sought after sights for architects over the last 5 years. Ireland embodies so many wonderful treasures within her, we owe it to our ancestors to celebrate and enjoy their treasures... Securing Our Past - Preserving Our Future -*



# DUNMORE CAVES

## - DEARC FEARNAS -

### CO. KILKENNY

Dunmore Cave is described in folklore as the mouth of a huge beast, with ten thousand teeth above his head and as many under his feet. The huge, imposing entrance, has been known for centuries, but it is only comparatively recently that it has been fully explored. Until the seventeenth century caves were regarded with dread and awe as being entrances to Hell. From the eighteenth century onwards a number of visitors, including scientists and historians, have written about the cave. Research on geological and historical aspects of the cave has been pursued making it one of the best documented cave sites in Europe.

## DUNMORE CAVE- A VIKING MASSACRE SITE.

January 2000 saw the natural cave at Dunmore, Co. Kilkenny under the world spotlight as a hoard of 43 silver and bronze items which had been discovered late in 1999 was displayed to the public at the National Museum of Ireland for the first time. The hoard was dated by several coins minted in the North of England to around 970 AD. It consisted of hack silver and ingots as well as conical buttons made of fine silver wire woven expertly to form their present shape. The richness of the hoard which had been concealed in a rocky cleft deep in the cave and the fact that it was never returned to, hints that a personal tragedy overcame its owner.

The cave was known in the Irish Annals as 'Dearc Fearná' - the 'Cave of the Alders' and was one of the three darkest places in Ireland. In the Annals of the Four Masters it is recorded that 'Godfrey, son of Imhar with the foreigners of Dublin plundered Dearc Fearná and killed 1000 people in 928 AD. Bones have frequently been found by cavers

giving credence to the tale of a massacre. A recent study of bones from the cave identified 44 individuals, 19 of which were adult, 25 children. The bulk of the adult bones were female. In 1996 a group of bones were discovered and analyzed by the author which gives a sad insight into one personal tragedy that happened at Dunmore.

The bone was from a cavity beside a feature in the cave known as Town Hall. It consisted almost entirely of animal bone but there was a small amount of human bone present. The majority of human bones were from an infant but there were also three fragments of long bone from an adult and one fragment of adult rib.

The frontal bone, part of the right temporal bone and the left maxilla survived from the infant skull. The partially formed crown of a central incisor was the only tooth present.

Most of the left side of the infant, including the left clavicle and scapula, three left ribs, left radius and ulna and left tibia were complete and in a relatively good state of preservation. The right ilium remained from the pelvis and there was also a fibula and fragments of a femur present.

The infant bones were probably from one individual and from the state of development of the incisor and from the length of the long bones it was probably not a full term infant.

The length of the long bones was used to estimate the body length (Kosa 1991) and hence to estimate the state of foetal development. All the bones are consistent with a foetus of about 36 weeks gestation.

As the group of bones was so small it is not possible to assess how the tragedy came about. The infant could have been born prematurely and did not survive or the infant could have died when the mother died. Whether the mother died of an infection, during childbirth or as a result of the massacre is also unknown but this case study does serve to bring home the personal nature of this distant tragedy.

# Sisters we salute you...

Marie Schellinck, a Belgian, fought for France in the Napoleonic Wars. She was wounded at Jemmappes, Austerlitz and Jena. She received the French Legion of Honor and a military pension in 1808. Virginie Ghesquiere who fought under Junot in Portugal and Angelique

Brulon were two other women awarded the French Legion of Honor in the 18th century.

In 1569 Marguerite Delaye lost an arm fighting in the battle which lifted the siege of Montelimar. A one-armed statue of her was erected by the grateful town.

In 1518 in Guienne, France, the Protestant Garrison, a group of 350 girls, were pressed into service to construct and defend fortifications in the wars against the Emperor Maximilian.

In 1808 an army of 12,000 French soldiers besieged the Spanish city of Saragossa. Augustina, called the "Maid of Saragossa", refused to leave her cannon on the walls and rallied the other defenders. She was later offered both military and civilian honors but merely asked to retain her rank of artillery captain, along with its pay and benefits and the right to continue to bear arms and wear her uniform. She was written about by Byron and Southey and painted by Goya and Wilkie.

In 1568 two sisters, Amaron and Kenau Hasselaar, defended the Dutch city of Haarlem against a Spanish invasion. They organized and led a battalion of 300 women who fought on the walls and outside the gates.

In the late 18th century Despo Botssi, along with her 11 daughters and granddaughters were among the defenders of the Greek city of Souli. When it was obvious they would be overrun, the women blew up the powder rooms of the Castle of Dimoula killing themselves and the invading army. Lascarina Boubalina commanded four warships which she used to liberate coastal towns from the Turks and engage Turkish ships at sea.

In 1643 during the English Civil War, Blanche the Countess of Arundel, defended Wardour Castle against a Parliamentarian army while Brilliana the Countess of Harley, who was pregnant at the time, defended Brampton Castle against the King's army.

## 14 REASONS TO BE A WAU WOMAN

1. I have European blood
2. I acknowledge the risk that threatens my lineage
3. I've decided to act
4. I want to spread the Western values that made Europe great and civilized America
5. I feel comfortable in a women's organization
6. I find in my sisters the support I need to fight
7. I'm willing to die for my country and my forefathers
8. I decided to be a respected woman
9. I want to make my voice heard
10. I have guts and face adversity with courage
11. I believe that death is honourable if you live fighting for your beliefs
12. I'd rather act than talk
13. She who does not fight does not have the right to judge the future
14. My biggest wish is to fulfill the 14 words

