

Homefront

Issue No 8 - A publication for the Racially Conscious Home & Family

Matriarchs of The Folk

Dear Ladies we should remember

Helping the Environment

Respect and love the Mother Nature

Heritage at Home

Cernunnos, Banshees and much more....

HEALTH BY DAVID LANE

**"EVEN IF I SHOULD DIE IN THE NEAR FUTURE IT SHOULD NOT AFFECT
THE VALIDITY OF THE OPINIONS"**

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Editorial



For Our Faith, Folk and Family Always

Welcome to the 8th Issue of HomeFront.

We finally got the 8th issue of HomeFront compiled. 2007 has been a year of many changes for the women and men who write for HomeFront. Lot's of changes in regards to family situations, relocations, new relationships, old ones ending and so forth, the normal things we as people experience every day.

Winter is upon us once again, this is my favourite season as i always feel a renewed energy with the coldness of Winter upon us. It makes me want to make sure i succeed in the coming year and make 2008 a better and more fruitful one for all. I want to make sure the men of the Bruder Schweigen continue to have their voices heard, to make sure that their legal cases become victories, to make sure the words of David Eden Lane are out there for all to read, wheter we fully agree with any author within our cause we can still always learn something for our Kin.

Our Traditions are what make our families stronger, so lets spend more time with our children, our sisters, our brothers, our parents, lets become the Folkish Community we seem to have lost. Be proud of who you are in every aspect of your life, let your life be an example to others, if we all lived with honour and lived by that code then we as a movement will have at least lived a decent honourable life worthy of any true White man or woman. Let stop talking about doing the right thing lets start living it, it is within us all.

This issue of HomeFront is dedicated to all the people who fought before us and made their way to Valhalla, Heaven or the Summerlands, whichever one that was part of their belief system. You gave us the tools to succeed now we take them with honour and we will continue **the fight you started.**

Enjoy the Eighth issue of HomeFront!
Faith ~ Folk ~ Family



Homemade All-Purpose Cleaner

By Leigh UK

Your home cleaners do not have to be pricey or chemical-laden to be effective in your home. In fact, they don't even have to be store-bought, we can help you make your own homemade cleaners right in your own kitchen. Create your own all-purpose cleaner by filling a spray bottle with equal parts white vinegar and water. Shake the mixture up and let the cleaning begin.

WHY VINEGAR WORKS

The acetic acid in vinegar kills viruses, germs, bacteria and mold. It also dissolves tough mineral deposits and stains like those found in sinks, toilets and tubs.

SOME OF BENEFITS OF CLEANING WITH VINEGAR

- inexpensive
- no harsh chemicals
- effective sanitizer
- effective stain remover
- safe for most surfaces

SOME WARNINGS

- 1) Do not use on marble
- 2) Test on a small area before using on finished wood surfaces or tile
- 3) As with any cleaner, you should avoid all contact with the eyes and prolonged contact with the skin

Source: Frugal Living

NATURAL HOME

LOWER BACK PAIN

We all have the dreaded lower back from time to time, lack of Vitamin D can be the root of the pain, back pain can be a symptom of vitamin D deficiency, Vitamin D is found in fish with small bones, fortified milk and cereal, and exposure to sunlight.

Vicky - Ireland



ANTISEPTIC

Tea Tree oil is well known for being antiseptic and healing. Add it to a spray bottle with water. Use a few drops of tea tree oil, 2-3 lemon oil, 2-3 orange oil and 3-4 lavender in a 1 quart spray bottle. You can use it in the kitchen and bathroom to wipe off the counters, toilets, tub, shower, stove and the refrigerator.

Stacey USA

PMS

All the men run for cover at this time of the month, one of the most common reasons for PMS suggests that calcium levels are lower in women with PMS and that calcium supplementation may reduce the severity of symptoms, as we get older we definitely need to make sure our calcium intakes are good anyways, i don't eat dairy or drink milk so for me i have to take it via a supplement. Try keep active when you are going pmsing and keep your body active.

Vicky - Ireland



7 SUITABLE NATURAL SUGAR SUBSTITUTES

By Valkyrie Gunnr - USA

Natural sugars often contain traces of vitamins and minerals that are stripped away from highly processed table sugar and high fructose corn syrup. Below is a list of suitable natural sugar substitutes:

Stevia: Stevia is 300 times sweeter than sugar and is a plant-based sweetener but has no calories. Native to Paraguay, it's been used since the 1970s to sweeten soft drinks, candy and other foods. Stevia can be used for cooking and baking since it's heat stable, plus it blends well with other sweeteners such as honey. The FDA has not yet approved stevia as a food additive, it's offered as a supplement in health food stores. Stevia plants are widely available at garden centers and can be easy to grow in containers, as well as in the garden. Simply harvest and dry the leaves, then crumble them into a powder.

Brown Rice Syrup: Similar to barley malt syrup, but milder in flavor, rice syrup is made by fermenting cooked brown rice with sprouted barley grain. The enzymes in the sprouted barley convert rice starches into sugar. Rice syrup can be used interchangeably with honey.

Date Sugar: A true fruit sugar, date sugar is nothing more than ground dried dates. The resulting powder contains small amounts of several vitamins and minerals.

Honey: The best known alternative sweeteners. Honey has antibacterial properties - in fact, it outperforms conventional antibiotics when used as a dressing to treat burns, and actually promotes healing. Versatile honey can be used in just about anything. Use one-half as much honey as you would sugar in a recipe.

Maple Syrup: Made by boiling down the sap of maple trees, it takes about 40 gallons of sap to make 1 gallon of syrup. Maple syrup contains several trace minerals and some calcium and iron. It's great on waffles and pancakes, it's also wonderful in baked goods.

Molasses: A byproduct of making sugar, molasses contains most of the nutrients that are spun out of cane juice as it's refined into crystals. Rich in potassium, molasses also contains calcium, as well as some iron, magnesium and trace amounts of several other minerals.

Naturally Milled Sugar: Unlike white sugar which is refined several times and whitened, naturally milled sugars go through a single crystallization process that leaves some of the trace nutrients of the cane juice behind. This is available organically, these full-flavored sugars, such as turbinado, are cream-colored to light brown in color, depending upon the amounts of molasses present.



CROSS-ALLERGIES

By WAU Finland

The phenomena named cross-allergy means the reactions that are caused by the similarities in the protein structure of pollen and different foods. The symptoms can vary in each individual; others may get symptoms only during the pollen time, others get them around the year and others don't get any symptoms at all. The reactions of foods are also very different. There may occur smarting of lips, mouth and throat, itching, burning or swelling, leaking of eyes and itching, sneezing and nose symptoms, stomach pain, diarrhea or asthmatic symptoms. Strong, perilous anaphylactic symptoms may be caused by nuts, celery or kiwi.

Those allergic to birch pollen may get allergic reactions from...

Fresh fruits such as apples, cherries, peaches, plums, pears, kiwis, pineapples, avocados, mangos, nectarines or passion fruits. Raw root vegetables: carrots, parsnip, celery and potato. Fresh vegetables: tomato and paprika. Some also get symptoms of nuts, almonds and spices.

The pollens of leaf trees - birch and alder - cross-react with fruits, root vegetables and spices.

Cross-reactions with mugwort pollen cause by:

Celery, parsnip, carrot, chamomile, coriander, caraway, parsley, peppers, tarragon, mustard and garlic -also other plants that belong to the tribe of composite plants may cause symptoms: wormwood, tarragon, solidago plants, marguerite, asters, achilleas, dandelion and marigold. They are used as herbs in spices, tea-mixes, wines and cosmetic products.

Cross-reactions with hay pollen cause by:

- cereals that belong to hay plants
- pea, peanut and soya

Spices that most commonly cause symptoms are:

- peppers (white, black, green, rose, cayenne, chili pepper)
- cinnamon, curry and ginger
- caraway, curcuma, coriander and mustard

Pollen allergy is most often a problem of school children, young people and adults. Mostly the food allergies related to pollen are permanent of their nature. However, it's not recommended to leave any food stuffs off the diet. The handling of food stuffs may help for their suitability:

- cooking
- light steaming or juicing
- roasting
- mashing (children's mashes)
- conserving
- storing (potatoes and carrots)

Handling affects the structure of the allergy-causing proteins so that the organism no longer recognizes them harmful. Potato may be well suitable in the winter as stored, as deep-frozen potato mash or in frozen and grated form. There may be differences between different species, for example domestic apples may be better than foreigner apples. Also vegetables and fruits may have differences in their ripeness level.

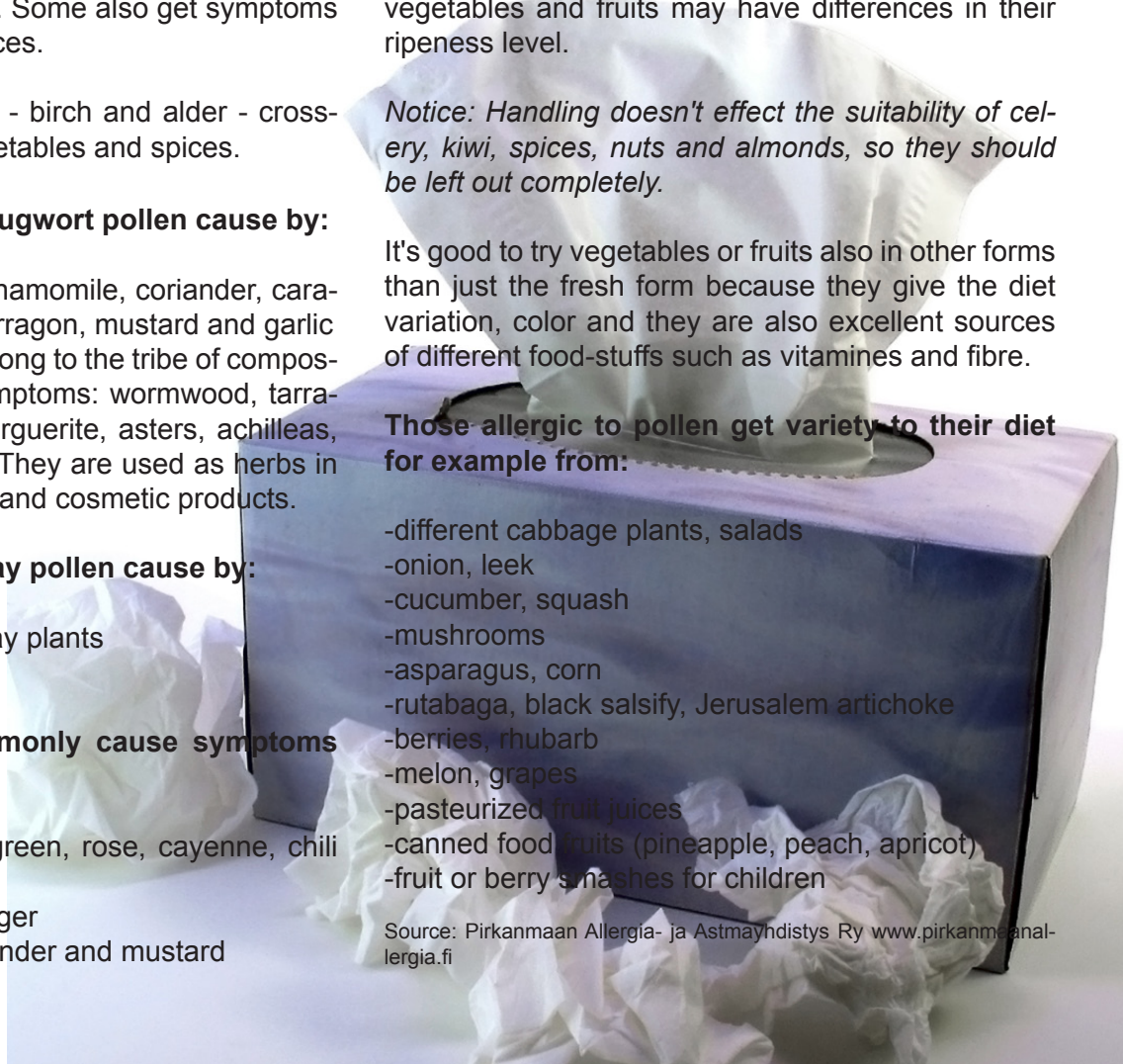
Notice: Handling doesn't effect the suitability of celery, kiwi, spices, nuts and almonds, so they should be left out completely.

It's good to try vegetables or fruits also in other forms than just the fresh form because they give the diet variation, color and they are also excellent sources of different food-stuffs such as vitamins and fibre.

Those allergic to pollen get variety to their diet for example from:

- different cabbage plants, salads
- onion, leek
- cucumber, squash
- mushrooms
- asparagus, corn
- rutabaga, black salsify, Jerusalem artichoke
- berries, rhubarb
- melon, grapes
- pasteurized fruit juices
- canned food (fruits (pineapple, peach, apricot)
- fruit or berry smashes for children

Source: Pirkanmaan Allergia- ja Astmayhdistys Ry www.pirkanmaanallergia.fi





TO BE A PARENT

Jani WAU Hungary

First of all I would like to tell you that in November 2006 I gave birth to my beautiful daughter! Now, proudly, I can call myself "Mother"!

A Mother, during all their child's life, stays for her child the most important person, whom they trust and believe!

Many of us, who wish to have a baby, cannot even imagine the responsibility that lies on our shoulders. The responsibility for your baby, to care for her, to love and give all to our baby.

Our child is growing. She is watching us - our usual life; learning from us - good manners or sometimes bad. All that forms your child's mind.

That's why parents need to be attentive and patient!

Some time ago I have visited my friend, who had a baby. She told me: "you will understand what fear means!" Yes, I understand now, its basic instinct, living in each of us!

LET'S GET FOCUSED

By Sara

"Dogs and cats living together, human sacrifices, mass hysteria..."

A quote from a very funny movie that I always think of when I hear people overreacting to a situation.

The other day I found myself in yet another stupid debate on a forum board. The thread concerned an article about multi-cultural dolls being sold at Kmart. Apparently some people felt this was the perfect example of the downfall of the world. Yes! Hispanic barbies=The end of the world!!! As if this madness was not enough, a couple of the posters felt that the Jews were behind this. Don't get me wrong, I would never underestimate the influence Jews have on the world but for the love of god these are children's dolls. Do multi-cultural barbies bother you? Don't buy them! You are not being forced to. Can't stand even seeing them in your local store? Make the choice not to shop there. It really is that simple.

Its funny how a person can get themselves worked up over things that in the big picture don't mean a thing, yet they will remain silent when it comes to the core issues of our movement. What it comes down to is we need more action and less reaction. Did you know, right at this moment in Arizona, illegal immigrants are walking into our country carrying drugs and IF they are caught, not only are they not deported, they are not prosecuted for it. The excuse? The State attorney for Arizona has lost federal funding, so there is no manpower or money to prosecute. This is a real problem. There are lobbyist out there that are pushing for thoughts to be added to hate crime legislation. Can you imagine? A law that would allow you to be prosecuted for what people perceive that you think . That is scary. Right now, we have POW's that are serving unfair amounts of time for their beliefs, not for what their crimes are. This is something to get worked up over.

My main goal these days is to insure my children and myself have the right to have pride in our heritage and our race. I'm ok with other races having pride in their culture as long as it is not pushed on me and mine. Hispanic, black, and Hmong kids have their own dolls selling at Kmart, well good for them. My kids won't be playing with them. Multi-cultural dolls are nothing. Lets get worked up about something that matters.

CHILDREN AND TV

By Ivana WAU Argentina

It is no news for any of us that today's TV is not healthy for White children. Everyday our kids are fed with all kinds of trash that their young heads swallow: gay characters in soap operas(of course, those characters have many times a "funny" personality, as if being homosexual was fun), gay and interracial couples, niggers being heroes and "cool" in almost every Hollywood movie...and the list goes on. It is our duty to protect our children from the bad influence of TV and it is necessary to exert some degree of supervision over what they watch.

That doesn't mean that children shouldn't be allowed to watch TV; the point is not trying to isolate them; the point is that they should be encouraged to watch

programs that have a positive content and that can add to a child's intelligence: documentaries, ecology programs, and so on. TV should be a tool used to promote positive interests in our children. The same applies to computers and the Internet, except for the fact that in this case it is even worse. Internet can be both useful and harmful: it is possible to find all kind of trash online, things that our children must stay away from.

In any case, there are always better things for children to do than watching TV or surfing the net: making exercise, playing with friends, reading, or making activities together with their family. A healthy family environment is the basis for a healthy White community.



CLEAN OUT YOUR FRIDGE

By Natalie USA

Yogurt – Good about a week past the sell by date

Milk - Stays fresh 2 to 3 days past the sell by date, Whole milk spoils faster than skim.

Eggs- Fresh eggs last several weeks past the sell by date. Toss any with hairline cracks.

Cheese – Hard cheeses like Swiss or Parmesan last for weeks if wrapped tightly. Soft cheeses like cream cheese last a week once opened.

Lunch meat - Good for about 3-5 days after opening

Meat - If fresh, cook or freeze within two days. In the freezer, steaks and chicken last 6 months or more; pork chops last 3 months; ground beef, ground pork or pork sausage last 1-3 months.

Pickles etc - Toss every three months or if the colour or consistency has changed.

A GIRL SHOULD REMEMBER

By Anybell - Argentina

There are some things that a girl is richer for remembering and the poorer for forgetting. Here they are, and it is possible for most of us to acquire them without much expense; in some instances without any outlay at all.

- *Every girl should know how to sew and make dresses.
- *To cook and clean.
- *To mend her own and the household things.
- *To dress neatly and becomingly and daintily.
- *To keep a secret and respect confidences.
- *To be a self-reliant and not helpless.
- *To keep a house tidy and have a place for everything.
- *To respect old age.
- *To be above gossiping or listening to slander.
- *To control her temper.
- *To care for the sick and the young.

If she has these accomplishments then she needs not trouble very much if fate has denied her chance of acquiring some other that may be a trifle more fashionable, but are certainly not so delightful and useful.

Published The Southern Cross, April 23rd, 1926. *The Southern Cross is the newspaper for Irish community in Argentina.

Household Hints from 1948

By Morrigan WAU

More "vintage" tips from 1003 Household Hints and Work Savers, written in 1948. We now live in a society where folk don't take care of household items because they are cheap and easy to replace, if we took a little extra care we could save our families some money each year, that money could be used on educational items, for fund raisers within our folk and so much more. I know it's been mentioned many times in the media that we are becoming a disposable society, meaning that we don't tend to keep things for a long period of time, and therefore don't expect them to last as long as they did in years past. I don't think this is a good trap to fall into. We should care for our appliances and the things we own and expect that they will last longer if we do so. There are many great tips for appliances and these are just a few to start off with.



VACUUM TIPS

Cords are costly to replace (on appliances/vacuums). During cleaning, release only the required length. Don't drag yours across the room or chafe it against furniture. Keep it properly coiled on the handle when the cleaner is stored. When disconnecting turn off the current first, then grasp the plug. Don't yank the cord. To remove thread that winds around the rotating brush in a vacuum cleaner, run a pair of scissors lengthwise through the bristles and clip the thread; then brush them off.

TOASTER CARE

Don't let crumbs collect in your electric toaster, or a short circuit may result. Use a soft brush to remove them. Never thump the toaster or shake it violently-you'll damage fine wires. (also always keep it unplugged when not in use!)

WAFFLE BAKERS

Waffle-bakers won't break down or need replacement if you remember to practice these musts: After cooling, wipe off the outside of the baker with soft cloth wrung out of soapsuds. Rinse in the same way. Polish dry. If necessary clean grids with a stiff brush. Use absorbent paper to remove excess grease from the grids. Leave the baker OPEN to cool.

If you have trouble with sticking waffles, and you are sure the temperature is right, it may be that the recipe you are using doesn't call for enough fat. Try adding one or two extra tablespoons.

EASY DECORATION IDEAS

By WAU Finland

Sometimes we all get bored of how our home looks like and want to make changes without spending too much money on it. Not all decorating ideas require much time or money investment. Here's a few tips on how to make a new look for your home:

-Try rearranging your furnitures. Take them away from the walls and position them in different angles. A sofa that is arranged diagonally across a small living room makes the room look wider, for instance.

-Try painting a wall. You can paint one wall with your favourite color and make it draw attention. You can hang some nice art on that wall and place some furniture there. However, make sure that the color is not in conflict with the other objects and fabrics of the room.

-Buy plants. They always bring some fresh looks into the room. If you're not the type who has a green thumb you can also buy silk plants and trees. Nowadays it's hard to distinguish them from real plants!

-Lay a rug-area. It's a great way of creating a conversation area. You can lay it at an angle beneath the coffee table.

- Use mirrors and pictures. Hang pictures that reflect of who you are. Try ornate frames. With mirror, try positioning it so that it reflects some nice view. You can also frame photos of your friends and family and place them on shelves and tables. This makes the room look cozy and comfortable.

-Use group figures. If you have collectibles of some kind, use them to show off your personality and you interests.

-Use decorative pillows. They are an easy way to add color and patterns to your room.

-Change your curtains. This can make a whole new look for your room. Remember to match the curtains with the rest of the fabrics.

-Replace old lamps. This gives your room an up-to-date impression. Different kinds of lamps bring details and light to your room. Notice that you can also use coloured lamps that create softer light.

-Find a throw or an afghan. Like pillows, they add colour and texture to your furnitures. They come in all kinds of fabrics, some more allergy-friendly than others.

-Use candles. They create soft light and atmosphere to the room.

-Avoid disorder. It tends to eliminate the nice atmosphere of the room. Use storage boxes for papers, toys and other items that take away room in your home. These boxes come in all shapes and colors, and thus they can also be used to complete your decoration.

Source: Some tips by M. Holland



HEALTH

By David Eden Lane

From the Publisher:

This treatise on diet and health should be judged at least partially by the possible motives of the author, as well as his research.

Contrary to the pharmaceutical industry, the established medical system, the dairy and meat industries, and the promoters of certain vitamins, mineral supplements, the author has nothing to either gain or lose for himself. Who benefits is still a valuable tool in searching for the truth.

The reader should also be aware that despite a life of perhaps unparalleled stress, the author is still alive and is approaching 70 years of age. Nearly dead of starvation and beatings when entering an orphanage at age four, later twenty years of high stress revolutionary activity, and now twenty two years in an America's strictest prisons, including mental and physical torture, are stress most cannot imagine. Yet so far he remains alive and defiant. So disregard these words about health and survival at your own peril.

From The Author:

Would like to dedicate this treatise to several girls and ladies who have been true soldiers for nature's first law, which remains forever, the survival of one's own land. Let me begin with some basic concepts and then expand.

First, if given the proper nutrients, and if not overloaded with toxins, the human body will attempt to recover from illness, stay healthy, and survive. This does not mean we are all born with equal immune systems or equal life expectancies. But it does mean that proper diet and exercise increase the odds of health and survival. The best we can do is increase the odds, and hope that destiny is kind. But certainly we don't want to decrease the odds.

Before beginning this article I acquired the wrappers of two processed foods in order to peruse the ingredients. Here is a partial list from a pastry called a Honey Bun and candy bar. 28 grams of fat including 14 grams of saturated fat. 50 grams of sugar. Thiamin Mononitrate. Mono diglycerides, Pyrophosphate, ethoxylated monoglycerides, Calcium sulfate, calcium Iodate, Calcium propionate, Potassium Sorbate, Glutamate, Malic Acids, Sodium diacetate, disodium Phosphate, Artificial colors, disodium insonate, disodium guanylate, and sodium caseinate.

I won't try to assess the possible toxicity of most of these substances. Instead let me begin with the saturated fat and sugar. 28 grams of fat and 14 grams of saturated fat is a little under 10 teaspoons and 5 teaspoons respectively. Picture 10 teaspoons of butter or lard in your mind.

There is abundant information from both establishment and alternative medical sources on the dangers of saturated fat, the most obvious as a clogger of the arteries. Additionally most saturated fats are animal derivatives. The animals raised for food in this era are fed hormones, steroids, antibiotics, and even animal parts of their own specie. The last being the source of mad cow disease.

Representatives of the beef, pork, poultry and dairy industries naturally defend their products. Some even insult followers of a Vegan diet. Two of their claims are that meat is necessary for protein, and that milk is necessary for calcium and vitamin D. Both claims are self serving lies.

Now two sides for men. Prostate problems including cancer are virtually unknown in societies which consume very little animal products. Second, milk produced today is loaded with hormones. Perhaps that is why so many men today have pectorals that resemble women's breasts? Even worse, do you know of any mammal that drinks milk after it is weaned.?

And for women, nature means for your baby to drink YOUR milk, not that of some drugged up other specie.

Is it any wonder that dairy products are the most common food allergen?

Finally on the subjects of saturated fat and animal foods, have you ever known a fat person on a Vegan diet? I haven't. The suicidal effects of obesity I will cover after a diatribe about sugar.

In the aforementioned pastry and candy bar there were a total of 50 grams of sugar, or approximately 16 teaspoons. Sugar is poison, pure poison. Not because it contains carcinogens, but because it does not contain any nutrients. So when we substitute sugar for healthy foods, our bodies pull the necessary nutrients from their cellular storage tanks. This weakens the immune system leading to a host of problems.

Then if we add sugar to the sufficient diet of otherwise healthy foods the surplus calories turn directly into fat. And fat is the greatest curse and biggest health problem of the western world. Fat is unhealthy, ugly and a sign of little self discipline. Fat contributes to diabetes, heart problems and much more. To say nothing of subtle social ostracism and lower self esteem.

Sadly in this age even many children as young as preschoolers are obese. Usually they are taught to desire junk food by the electronic toilet called television and many other sources of influence. And our socially sensitive media plays games with words like fat and obese.

You often hear someone say they are only 10 or 20 lbs overweight. They should strap 10 or 20 lbs of butter or lard around their waist or onto their rear ends and look into the mirror. Then consider that each pound of fat that person carries is composed of billions of cells, each filled with toxins.



This leads me to the subject of thousands of books, programs, articles and so on. That being diets for weight loss. Granted, dieting does take a little discipline and will power. There are no magic pills, But there are ways to make the task quite bearable. And the results in health, appearance and self esteem are enormous.

The staples of a proper diet which is filling and contains fiber, protein, vitamins, minerals, and all necessary nutrients are in order of importance, vegetables, fruits, whole grains, legume and nuts. With vegetables front and center.

First about fiber. Colon cancer is now one of the top killers in the western world. I believe primarily because our refined processed foods have very little fiber. It is fiber that makes food travel quickly through the digestive tract. Without lots of fiber all the toxins, preservatives, nitrates, and animal products in our modern diet sit and putrefy in the colon for days.

Our human digestive system tracts are four times as long as that of carnivorous meat eating animals. Milk turns sour in less than a day in 98 degrees heat and meat quickly turns rotten. If you are determined to eat animal products foods, or packaged processed foods with all the chemicals, at least find a way to eat enough fiber to ensure daily elimina-

tion and quick passage. Also drink plenty of water. Constipation due to lack of fiber and too little water is another modern curse.

About Calories: Contrary to the propaganda of the politically correct apologists for obesity, we do not need 14 calories per pound of our ideal weight daily unless we are extremely active. This translates to 1680 calories for a 120 lbs woman and 2240 calories for a 160 lbs man. In each case this is 4 - 5 hundred calories too many. Between 10 and 11 calories of ideal weight, of healthy food is quite sufficient.

This is easy to do, in fact with proper foods is it difficult to pack in that many calories. A fair sized baked potato is about 100 calories. Imagine a 120 lbs woman trying to cram 12 -14 of these into herself per day. Not that I advocate a potato only diet. But do learn the calorie content of foods. A large banana or apple is 100 calories. A kiwi about 60, a slice of whole grain bread about 100.

You can feel comfortably full while eating a large variety of healthy foods and keep yourself fit and trim. Become a lean mean fighting machine in nature's ordained battles for life and civilization.

Some things to especially avoid are soda pop which

usually contains 40 - 45 grams of sugar per can. Also ice cream, cake, cookies, pastries, pies and candy bars.

About Vitamin - mineral supplements. Alleged medical experts have widely divergent opinions ranging from invaluable to worthless. For most people a wide variety of health foods as afore mentioned are probably sufficient. However as we get older our digestive systems become less efficient, and people with existing health problems or weakened immune systems might benefit from supplements.

But whenever possible get supplements derived from plant sources, not from minerals. Humans were not designed to eat dirt. Plants eat dirt, along with water air and sunlight. Then after the plants have processed these essentials they are ready for human consumption.

Women who are worried about calcium deficiency should contact their local holistic health suppliers for natural foods or supplements high in calcium, again from plant sources. Thus avoiding the bovine slime called milk

About sunlight - I once has a sister in law who spent much of each summer tanning herself in a bikini. At age 35 she looked almost twice her age. If you are middle aged or older, drop your pants, or whatever, and look at your skin where the sun has never shown. You will not see wrinkles, old age brown spots, skin cancer or pre cancers. In fact your skin in that area will differ little from when you were a teenager.

Less than two centuries ago white women wore large brimmed hats and used parasols to avoid the sun, and stayed beautiful well into middle age. Of course that was before many decades of propaganda about the evil white people with their white skin.

The story that large amounts of sun on our skin is needed for vitamin D is also a lie. Exposure of a significant portion of legs or torso to the sun, a few minutes per month, along with a healthy diet is sufficient.

On Exercise: Being physically active is hugely beneficial to health. The human body is wondrously designed to benefit from walking which should be the basic exercise all our lives. Exercises that keep us limber, firm and lean are preferred.

Many will disagree with what I next say, but mortality rates are on my side. Those who strain to the limits of human capability with weight lifting or sports end up regretting it later in life. I repeat, be a lean mean fighting machine. Learn martial arts instead of becoming muscle bound.

About Drugs: Prescriptions first. The pharmaceutical industries lobbyist are among the most powerful. Additionally they help find the medical schools where doctors are trained. So we are a drugged up nation that doesn't know better. Most drugs have negative side effects so whenever possible try to heal ailments without them.

However in cases of needed surgery, trauma, and other vital necessitates, modern medicine is indeed wondrous, so don't throw the baby out with the bath water.

About recreational drugs and alcoholic beverages- They have destroyed more individuals, families, and children than we can count. For my part I won't touch them. I believe that setting a good example for our children is the ultimate code of morality. We must conquer this idea of rights and instead realize responsibilities.

Two points in conclusion:

First, considering all I have been through, even if I should die in the near future it should not affect the validity of the opinions.

Second, I recommend that anyone who publishes this treasure include a disclaimer stating that the opinions are mine and not necessarily those of the publisher. As always it is best to avoid blood sucking lawyers and government tyrants.



ANIMAL-AIDED THERAPY

By Anybell

There are several reasons why animals are an important part of our lives. Of course, they are our friends, they are loyal and faithful to us, and they promise us everlasting love and care. But that is not all...their influence in our lives is so great that it is difficult to asses.

Animals in general (not only pets like cats and dogs) can have a strong connection with human beings that knows no limits.

Animals perceive when a person is sad, nervous, or when that person is hiding something. This means that animals have the unique ability to communicate with humans and act upon them when we experience those feelings.

This is why animals are trained to help disabled or handicapped people. The most well known example of animals used for therapeutical purposes is represented by dogs that are trained to help blind persons, or persons with limited mobility.

In addition, animal help can also be beneficial for people with psychological problems. For instance, it has been proved that caressing and interacting with cats has helped persons presenting behavioral problems; this is a very suitable way to relax for hyperactive children or people presenting an aggressive behaviour.

Horses are also very suitable for this kind of therapies, since horses and men maintain a relationship which dates from very ancient times. According to Josep Ferrer Talimé, a famous writer, horses and humans can have a very special relationship. The Templar Knights could communicate with their horses telepathically, which gave them an advantage over their enemies in the battlefield. Thus, while the enemy had to concentrate on controlling their horses, Templar Knights needed not do so.

Another example of animal help is provided by dolphins. Dolphins are sensitive, affectionate animals whose help has proved very successful when treating autistic children.

It would be impossible to provide with a complete list about animals that can help humans with their problems, since every species has their own features that render them unique.

This is why we must love animals and take care of them: not only they are part of the Nature, but also they make us the gift of their unconditional love and support, among other wonderful feelings.



SKIN BURN DEFINITIONS

First degree burns involve the upper layer of skin. Skin may be red and swollen.

Second degree burns involve deeper skin layers. Skin may have blisters.

Third degree burns involve all layers of the skin.

If you or your baby get a second or third degree burn, go to the nearest emergency facility. If your baby receives a minor first degree burn, remove all clothing covering the burned skin. Run cold water over the skin for 15 - 25 minutes. Don't use ice or butter, it makes the injury worse. Even if it seems minor it's always best to call your doctor.

Shaken Baby Syndrome

By Julie WAU Colorado

You ask what SBS is? It is called Shaken Baby Syndrome. It is when a child's brain and body are injured when a baby is shaken done by a caregiver, a mother or father when they get upset with a crying baby and they lose control or stresses and shakes the baby. Most cases show that a baby is shaken by the father or a mother's boyfriend.

SHAKING BABY SYNDROME CAUSES:

Brain Injury, Cerebral Palsy, Blindness, Learning and Behavior Problems, Seizures, Paralysis, Death.

To Prevent these injuries never shake a child and make sure your other children or younger children around your baby know this. Always support your baby's head and neck when holding your them. Always be gentle with your baby's head.

SIGNS AND SYMPTOMS OF SHAKEN BABY SYNDROME:

Extreme irritability, Rigidity, Lethargy, Seizures, Decreased appetite, Dilated pupils, Feeding problems, Difficulty breathing, Vomiting, Blood spots in eyes, Poor muscle tone, Coma.

What you can do to make your baby stop crying? Well all babies do a lot of crying the first few months of life but that does not mean that they are being bad. Sometimes babies just need to cry, they have no other way of communicating.

HERE ARE SOME TIPS:

Check to see if they need a diaper change.
Check to see if they are too hot or too cold, or are hungry, feed your baby slowly and burp often.
Rock your baby.
Give your baby a pacifier or let your baby breastfeed.
Play soft music, sing or hum to your baby.
Take a walk with your baby out in the stroller.
Let your baby cry out it out.

If none of these tips work, put your baby in a safe place like a crib and take a time out, then take a deep breath count to ten and call a friend or family member for support. Call your doctor to, maybe your baby could be sick.

What you'll need for A DIAPER CHANGE

By Morrigan USA

Get all your diaper items together.

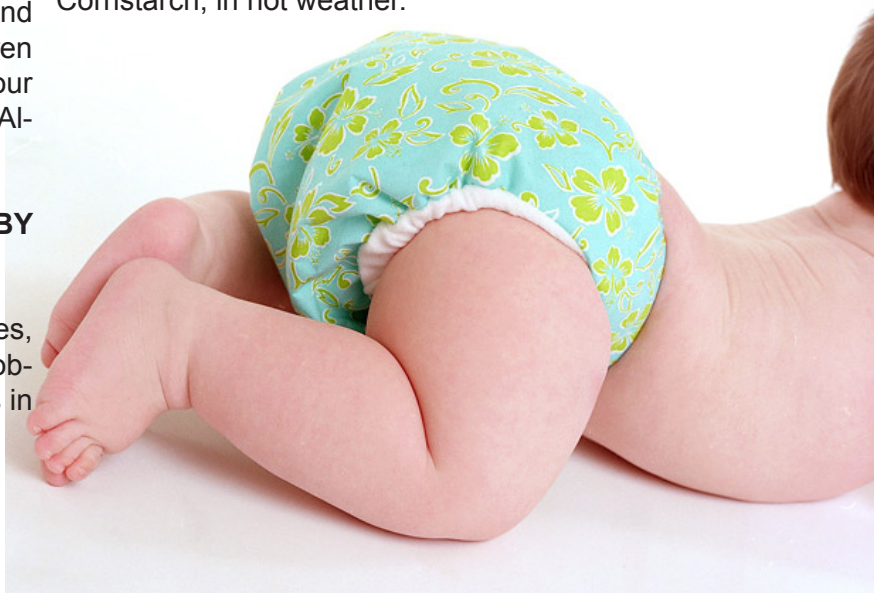
Clean Diaper.

Clean cloth to lay your baby on.

Clean washcloth with warm water, do not use diaper wipes until your baby is at least 6 weeks old even then I wouldn't suggest using them.

Dry, clean towel.

Cornstarch, in hot weather.



Family Recipes

CHEESY MASHED POTATOES

Ingredients:

1 lb. (about 3 small potatoes) red potatoes, cut into chunks
 1 cup bite-sized cauliflower florets
 1/4 cup reduced fat sour cream
 1 cup shredded reduced fat sharp cheddar cheese

Preparation:

Place potatoes and cauliflower in large saucepan. Add enough water to cover. Bring to boil on high heat. Reduce heat to medium; simmer 20 min. or until vegetables are tender. Drain; return to pan. Add sour cream; mash until vegetable mixture is light and fluffy. Stir in cheese.



APPLE CHEESE SPREAD

Ingredients:

8 ounce package of cream cheese, softened
 1 cup grated cheddar cheese
 2 tablespoons lemon juice
 1 medium-size peeled cored apple
 1/2 teaspoon black pepper
 1 tsp. lemon thyme or other lemon herb--lemon basil, lemon verbena

Preparation:

In a bowl, combine the cream cheese, cheddar cheese and lemon juice. Grate the apple into cheese mixture. Add in the pepper and herbs. Mix well and chill. Makes 2 1/2 cups. Use on bagels, toast, crackers or apple slices.



No Cook Holiday Mints

By ScarlettWAW - USA

Ingredients:

1/3 c Soft butter
 1/3 c Light corn syrup
 1/2 ts Salt
 1 ts Flavoring 3 1/2 c (1 lb) sifted confectioner's sugar
 Large bowl
 Wooden spoon
 Paper plates
 Pencils

Preparation:

This is a no-cook recipe the children can mix with their hands. Flavor it with any of the liquid flavorings in the supermarket, such as strawberry and lemon. If you want, you can instead divide it into three portions and add a few drops of food coloring to tint it yellow, red, and green. Then knead a small amount of flavoring into each one. This recipe makes about 1 1/2 lbs of candy. Help the children measure all the ingredients into the large bowl. They can take turns stirring it with the wooden spoon until it becomes too stiff. Then they can knead it with their hands. They should continue kneading until the dough is smooth. Roll into balls or use a fork to make a design. Leave the mints on the plates and refrigerate them for 30 minutes, until they become firm. The mints taste even better the second day. Cover with plastic wrap and keep them in the refrigerator.

MEAT PIES

with tomato sauce (ketchup)

By WAU Melbourne

Ingredients:

tbps oil
2 rashers bacon, finely chopped
1 medium onion, finely chopped
1 clove garlic, crushed
500g beef mince
2 tbps plain flour (i use gravy powder instead)
1/4 cup tomato sauce (ketchup)
1 tbps worchester sauce
2 cups beef stock
1/2 tsp dried mixed herbs
4 sheets ready-rolled shortcrust pastry
1 egg yolk, lightly beaten
4 sheets ready-rolled puff pastry
tomato sauce, extra for serving



Preparation:

1 Preheat oven to moderately hot 210C (400F). Heat oil in pan, add bacon, onion, garlic, stir over medium heat for 3 minutes. **1.** Preheat oven to moderately hot 210C (400F). Heat oil in pan, add bacon, onion, garlic, stir over medium heat for 3 minutes.

2 Add beef to pan, stir over high heat for 3 minutes or until meat is well browned. Add flour (or gravy powder) stir 1 minute. Add tomato and worchester sauces, stock and mixed herbs. Bring to boil, reduce heat. Simmer, uncovered, 5 minutes or until mixture has reduced and thickened, stirring occasionally. Allow mixture to cool.

3 Using a plate or bowl as a guide, cut shortcrust pastry into eight 14cm diameter circles. Line eight 11cm pie tins. Divide cooled filling evenly into pastry shells. Brush around pastry rim with beaten yolk.

4 Using a plate as a guide, cut puff pastry into eight 12 cm diameter circles. Place over tops of pies, press edges to seal, trim pastry edges. Decorate if desired. Brush tops with yolk. Using a sharp knife, make 2 small slits in top of each pie. Place tins on a baking tray, bake 15 minutes or until golden. Serve hot pies with extra tomato sauce.

Meat pies go well with hot chips or mashed potatoes yummmmy

My Thoughts ON STRIP CLUBS

By Abbie - Portland

Those of you who know me most likely know of my strong hatred of strip clubs. But some of you may not know why. Often when women feel this way people assume it's because they're insecure or jealous. Oh please....I have no desire to look fake and haggard and old before my time. I am a proud and dignified woman--there is NO envy involved. Another common misconception is that my opposition comes from my faith. And while my love of God and dedication to following His laws is foremost in my life, I have felt this way even before I was a believer. I feel ALL racialists should take this stance, regardless of faith. And that is my whole point in writing this.

I feel strip clubs are low-life, tacky places to spend your time, and no racially aware white person has any business being in one. The best way we can reach out to our people is by leading by example--live your life in a way others can respect and look up to. Then you will be in a position to defend or explain your beliefs to others of our race. But if you are behaving shamefully and not living up to your potential, no one is going to take you seriously. Think of our children; what kind of values do you want to install in them? Pro-White Ones!!! And strip clubs are the antithesis of everything we stand for. How so, you ask? Welllllll, let me expand....

Firstly, they denigrate women. No, I am not a feminist--far from one, but as white people there are certain standards we should hold our women to. When I think of our women, I see strong, proud, dedicated activists; women who stand by their husbands, run the home, and raise their children. I do not see half-dressed hussies shaking their shit around for everyone to see. I know it is a woman's choice to be there, so let's not make it a choice. White men should value their women more and make it known this is not an acceptable profession. (And don't cry to me about single moms, because my mother was one. We were poor, but there was always food on the table, and my mother never had to degrade herself to put it there.)

While we're on the subject, what do you think visiting these whore-houses does to a family, a marriage? From the man's point of view it's basically infidelity. At least I see having a woman dance on your lap w/ her tits all up in your face as cheating. How do you think your old lady feels, sitting at home while you get off on some other chick? As far as the "dancers", if they are in a relationship, it's definitely not a faithful one. Seriously though, even if all she does is "dance" (yea right!), I still believe a woman's body is sacred and no one should be seeing it except her old man. And God forbid she does have kids!

What are they learning? Nothing good, I can tell you that. A happy and stable family unit is essential to establishing the type of society we want. We should ALWAYS put that first!

Ok, so what else is wrong w/ these filth holes? How about race mixing? Yea, you MIGHT be able to find a club w/ all white girls (in BFE) but that doesn't guarantee the clientele are. And we all know those bitches don't care what color you are. They'd just as soon suck a black dick as a white one (yes, they do that!!!) as long as the money's good.

Then there's homosexuality. And two broads kissing IS gay, no matter how you try to sugar coat it. Kissing isn't even the worst, you know those bitches would full-on dyke out for some cold hard cash. Basically, they're completely moraleless and will do anything for money, which is not a trait we should condone. And if you find any of those actions "sexy", you're fuckin sick and wrong, and just as degenerate as they are.

And let's not forget drugs. Amphetamines are rampant in those places--to keep weight down, help the whores work late or rid them of inhibitions, etc. I know drug use is another evil that is often ignored in our movement. Not by me. If you use any type of drug (including abusing RXs) you're a fuckin nigger and I want nothing to do w/ you!!

Lastly, strip clubs, and the porn industry in general, are mainly ran by jews w/ the mission (I believe) of spreading these negative traits I've detailed among our people...to corrupt our race. If we can complain about them doing it on MTV, why do we accept it in our own backyard??? And why do some of us even go so far as to support it? And don't even give me that tired, old excuse about how "everything's owned by jews---your food, your clothes, there's no way to escape it". Ok, true, but you know what? I have to buy food, I have to buy clothes, But I don't have to spend my money in a fuckin whore house!!! And what a waste---YOU don't get anything out of it (except maybe blue balls). At least when I buy food w/ a circle K I'm nourishing my body. When you spend money at a titty bar, you're just lining some fat jew's pocket and nourishing his whores's noses w/ coke. Like I said, what a waste.

And yes, I know we're all human and therefor subject to sin and lust. But what sets White people apart is our ability to recognize our faults and rise above them. I cannot stress enough how important it is for us to set a good example. Going to strip clubs is not White, and it's not right! Period. If I offended anyone by this---GOOD!

Innocents

By Jay Merrell

This pretty young lady was nobody's wife,
when she went to the doctor to snuff out a life.
"It's only a fetus", I once heard her say
So they chopped it to pieces and sucked it away.
But that little one was a person you know,
when the girl and her doctor dealt it death's blow.
And what is the reason to put it to death,
and so innocent to have never drawn breath?

"I just can't afford him", is all that she said,
and it wasn't for love that she romped on that bed.
And this little one is a trouble you know,
and so inconvenient that he'll have to go.
He'll wreck my career and he'll drive away my friends
So this little guy must come to his end.
So off I will go to the doctor today,
to get out the vacuum and suck it away.

There is something here that we'll never know,
what he could have been if she'd let him grown.
Perhaps he's the one who could open up doors,
the one diplomat who could end all wars.
Or maybe his mind was the one to devise,
a way for our species to live in the skies.
But that little mind shall never see day,
the Abortionists vacuum has sucked it away.

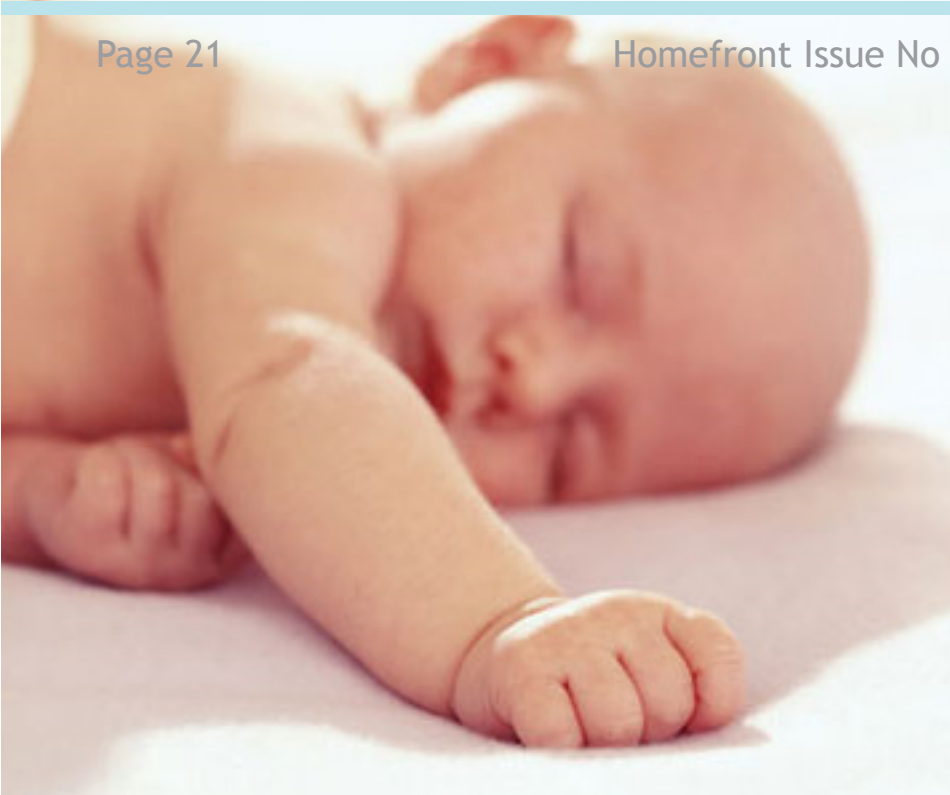
Could he be the one who had been heaven sent;
the one fertile mind who could see to invent,
A way to end hunger, a cure for disease;
or perhaps a device to clean up our seas?
But we'll never know if he was the one,
for those little eyes shall never see sun.
And that little brain shall never see day,
the abortionists vacuum has sucked it away.

So all the potential that he could have been,
has been put to death by our country's great sin.
And all of the innocent blood that has flowed,
has charted our nation down death's dusty road.
For there is no nation that long can remain,
that butchers the unborn and labels it sane.
And we know for certain that we'll have to pay,
for all of the innocents vacuumed away.

Now that was a baby that lived in that womb,
a flesh and blood person cast of to it's doom.
But this is all legal the bureaucrats say,
to snuff out our infants day after day.
We'll call it a fetus to ease our minds,
to calm down or conscience so we can unwind.
But that was a baby and murder I Say,
for the abortionists vacuum to suck them away.

Now murder is easy and simple it seems,
if the one that you murder is too young to scream.
But all of the judges who sit in "our court",
say that it's proper and "right" if you want to abort.
And all the officers will lock you away,
if you picket a clinic where murderers slay.
Millions are gone and are going today
As abortionists vacuums suck them away.
And what will you say as you stand alone,
in front of our GOD at the foot of his throne,
And he asks the question on our judgement day,
And calls your account for what you will say?
What will you tell him when he asks you why,
you let all this pass without raising a cry?
So on your account shall be tallied that day,
the whole list of innocents vacuumed away.

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General Baby Tips

27 Weeks Old

By WAU Colorado

TIPS FOR EASY SLEEPERS

By Vicky WAU IRELAND

Establishing a sleeptime routine is essential for making bedtime tear free. Even as adults we know that if we have a daily routine that our day seems like stressed and chaotic, children also adapt better to bedtime if its done in the same manner each night, here are a few tips to help you make bedtime a stress free time with no tears.

Establish a routine, it can be any of the following or a combination of them all...

Having an evening time bath, Getting into pajamas, Feeding, Lullabies.

The sleepier your baby is when you put them down, the better your chances of having your little one stay asleep. Turn the lights out (leave a night light one), pat your baby on the back, say goodnight and leave, start as you mean to continue.

If your baby cries, go back in, rub their back until they settle down, say goodnight again, and then leave.

Avoid roughhousing or any other stimulating play right before bedtime, a lot of light in the room, having the TV blaring, and letting your baby fall asleep nursing or sucking on the bottle.

When you feed your bundle of joy, take their mood into account. If your baby is happy when it is time for them to eat, feed them their solids first, then breastfeed them. If they are fussy, breastfeed first as it helps them settle down.





Matriarchs of The Folk

By David C Tate

Thinking back to my early days of service to the Cause (late 70's and early 80's) I can recall so many pro white movement leaders of our past. Two who are no longer with us, Pastor Richard Butler of Aryan Nations and Pastor Robert Miles of the Mountain Kirk, come clearly back into my mind as dear friends who were both like grandfathers to me. But many forget the women who stood beside them.

Mrs Betty Butler was beside Pastor Butler through thick and thin. When the Scriptures say of a married couple "the two become one flesh" this could be no more clearly proven than in Pastor and Mrs Butler. I can honestly say that without Betty the original Aryan Nations in North Idaho would have never gotten off the ground. Betty worked a full time job outside of the struggle and even more so at the church, allowing Pastor Butler to dedicate his full attention to the Church and Aryan Nations. She helped keep the place in order and was the Hostess that so many of us remember when visiting the church for the first time and for meetings. And as many have pointed out, she did so well despite that many misfits that seem to be attracted to places like Aryan Nations. No one believed that Betty, who was always full of energy, would ever leave us before Pastor Butler, but she succumbed to cancer after a couple of years of struggle against it. Pastor just did not seem the same afterwards, and the Aryan Nations of the Northwest continued on a serious decline. Betty is a figure I will always remember as Mother and Matriarch at the "original" Aryan Nations of our past.

In Michigan Pastor Butler's counterpart was Robert E Miles, some might remember him as Fafnir who published from The Mountain. But unless you were part of those times you might not remember Dotty Miles. Dotty Miles like Betty Butler worked beside her man and built a church that is fondly remembered by so many of the old stalwarts of the movement. I remember her from the many visits they made to Aryan Nations during congress time. Dotty was a truly kind soul, a person that was easily accessible and enjoyable to talk to, a genuine Mother. I could not get enough of either Bob or Dotty Miles. They lived a personal form of New Testament Christianity that was unique to our age and unimagined by modern American standards. And I am not talking about their Gnostic doctrines which differed greatly from old hardline identity. Rather, they understood friendship and the brotherly love of the New Covenant in a way that is so often missing from religious circles. The two were very close and when Dotty passed away, Rob followed her exactly one month later. Like Pastor Butler and Betty Butler, no one believed Rob would have outlasted Dotty, for he had many heart attacks over the years from which Dotty nursed him back to health.

Another dear Lady we should remember was Janet Hounsel, the Aryan Nations secretary from the very beginning. Janet lived by herself in a little place in Hayden Lake not too far from the church. She was separated from her family and her children lived in Canada, and so she put her life into the Cause. Everyday, and even weekends, she made her way to the church and did office work for little more than gas money, Janet's personal project was her prison ministry, and I can say that the Church of Jesus Christ Christian / Aryan Nations would have never had a prison ministry without Janet. In fact, I can say that Janet pioneered the whole concept of prison ministries among the Folk even before Robert Miles started his own after his prison time as a POW. If Pastor and Betty Butler were as Grandparents to me, then Janet was a dear Aunt. I worked with Janet personally from my earliest years as an activist. I was 17 when I took on the task of managing the AN print shop. And we worked on so many daily projects together. It broke Janet's heart and spirit when we members of the Bruder Schweigen fell to prison. It had been her hope that men would come to the Father and get away from these places of living death, not that we might end up here! I don't think Janet realized that she actually laid the groundwork for men we would all meet in the different prisons after our arrival. I came to know many of the Brothers Janet ministered to after my imprisonment, and even twenty years later have occasion to meet old cons who remember her work.

These are only three great Ladies of our Folk I remember personally and fondly. Yet there are so many others from our past and present that I could not possibly recount them all, and who our next generations of young Sisters should hope to emulate. That they too might one day join the ranks of the Matriarchs of our Folk that follows a long line back to the very origins of our People, and who are all awarded the precious title : Mother.

Heritage at Home

Cernunnos, Banshees and much more....

By Triplehorn28VF

I remember as a child, my mother was fairly vocal about her Irish heritage. Even then, I felt a mysterious connection to my ancestors. In my quest, I bought my Mother a book "Irish tales of Terror." My mother did not appreciate anything relating to "horror/terror" but I did read it, when she did not. It had standard tales such as boy meets girl, boy loses girl, and boy regains girl with their kingdom living happily ever after. My interests(which would not fully develop until I was much older) fell mostly upon tribal lines. Fearing death from a young age, the banshee held my interest with fascination.

The banshee signified death. It could often be heard by the older members of the household, while the young ones would hear nothing. As I grew older my interests expanded to other aspects of Celtic and Norse culture. I noticed similarities between the banshee and the Celtic Wild Hunt. Usually it was only heard by the older members of the household or travelers. It was always an indication of doom. It was made famous in Wagner's "ride of the Valkyries" and is lead by Odin in the Norse religion.

In the Celtic Religion, it is called the Aes Sidhe, where the Sidhe(Faery folk) emerge as a host from their hollow hills at the eve, of the great fire festivals Samhain, Oimelc, Beltane, and LughnaSadh. Amongst the faeries their would be hounds, horses, various animal followers and its leader. When you see the wild hunt, you are expected to throw yourself upon the ground, averting your eyes and quaking with fear, until the procession has passed. If you do not do this, you will join the wild hunt.

In the Celtic Tradition, Horned Cernunnos leads the wild hunt. An ancient figure in Celtic Mythology whose known depictions date back to the Paleolithic age. Even the cave drawings associate him as a horned male God closely associated with snakes and stags. His main attributes are fertility, produce, and an obvious Phallic symbol.

Cernunnos can also draw various references(some real, some imagined) from various Gods and Pantheon's across Europe. Possibilities include Odin, Frey, Green Man, Pan, Minotaur, Herne the Hunter, and the Arthurian Green Knight.

Cernunnos Horns and his color of nature(Green) are so distinctive that he was made into the image of the Devil during Christian conversion. The artwork in Dante's inferno shows a green devil with stag like horns. St. Patrick driving the snakes out of Ireland, is a representation of the Christian removal of the Druids. Whose symbol was the snake, an animal closely associated with Cernunnos.

Devotes of Cernunnos follow a life/fertility/Death cycle celebrated on his death at Samhain October 31, of the Gaelic New Year. Which leads into the next story.

A piece of Arthurian legend passed down after the Christian conversion tells the tale of Sir Gwain and the Green Knight. It begins with the mysterious Green Knight entering King Arthur's Court. The Green Knight challenges any of Arthur's Knights to take up the axe he had brought and remove the Green Knight's head. Only to be given a return blow on his own neck, one year from the day(New Years Day) at the Green Chapel(presumably at the Green Knight's residence). Sir Gwain accepts the challenge and easily removes the Green Knight's head with the axe. After the removal of his head, the Green Knight remains animated while walking and talking. He picks up and begins to carry around his head. Eventually he leaves King Arthur's court reminding Sir Gwain to meet him in one year. Through a series of adventures(and misadventures) Sir Gwain retains his honour.

The Story of the Green Knight has many obvious references to the Celtic nature of Cernunnos. It reminds us of the color, cycles of life, and the date. The color green is an obvious reference to the Cernunnos color of nature. The removal of the head, on New years day(Samhain) represents the seasonal cycle of Cernunnos' nature. With the winter following autumn which will destroy all naturally green plant life. Only to resurrect itself the following spring and Summer.

The Final story I wish to share on the subject is Herne the Hunter. A Horse mounted Ghost, Herne the Hunter wanders the Windsor forest. During the Rein of Richard the 2nd, Herne is employed as a local hunter for the king. During a hunting expedition, the King is attacked by a cornered white hart(deer). Herne, saves the King's life only to have himself mortally wounded. A local magician(Druid?) can save Herne's life by attaching the stag's horns on his head and forcing him to give up hunting, upon which Herne accepts. Without his favored pass time, Herne soon becomes mad and runs into the forest. Soon, he is found dead. Apparently he hung himself upon an oak tree.

Often he is seen leading the “wild hunt” in Windsor forest. With a florescent glow, demon hounds, and a horned owl, and various other creatures. His “wild hunt” always signifies doom and especially disaster for the Royal family.

The Windsor forest was settled by Saxons(Germanics) in the middle ages. In their religion, Wotan leads the wild hunt and hung himself from an ash tree to learn the runic alphabet. Herne is often depicted with Runes and gives us a possible glimpse into a Nordic-Celtic religious crossover with a watered down version of Cernunnos. Herne’s wild hunt represents a Banshee like figure and is a fitting story to end with.

The Natural cycle of life, rebirth, and death plays an important role in Cernunnos and is an important concept to our community. Many ignore the teachings of the “wandering mystic” in favor of the “obedient soldier.” However, modern culture is very individualistic and lacks the national unity and traditions already deeply ingrained in previous countries and generations. The voice of our ancestors remains strong to those willing to listen and community traditions must be rediscovered in order to maintain and give our people a reminder for a reason to survive.

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EASY HOMEMADE BY SCARLETTWAU

STAINED GLASS VOTIVE CANDLE

FOR THIS PROJECT YOU'LL NEED:

A glass votive holder
Small pieces of colored tissue paper
White glue diluted water
A small brush

Put about three tablespoons of white glue into a jar or cup and add about one tablespoon of water. You want it about the consistency of watery paint.

Cut the tissue paper into small squares or other patterns. We tore the paper for a more random pattern.

Brush on Some Glue
Layer on the Tissue
Coat with Glue
Let Them Dry and Coat Again
Add a Votive and Enjoy!



Images taken from About.com

ANDREW 'STINKO' LEWIS

16-06-1970 - 18-08-1998

WE SALUTE YOU BROTHER

You Were the One - This song is dedicated to the memory of a fallen warrior, Andrew Stinko Lewis, our friend, our comrade, you fought a heroic battle mate, but your mortal soul has been taken from us, words cannot express the sorrow we feel, things will never quite be the same without you, you will always belong in our hearts and through your music, a real Celtic warrior, you truly were the one.....

John from Nemesis played a few Skrewdriver ballads to start off, then a new band called Unit 28 of 16 to 18 year olds from Southampton played about 6 of their own songs for us. This band has two vocalists also!

Then Sniper from Finland played nearly a 2 hour set of their songs and a few covers and everyone was enjoying them so much, I didnt seen more than 5 people leave the room!

Blackout from Wales played a brilliant set from their recent CD, in which all the money goes to Stinko's family. As Blackout was originally started by Stinko himself whist he was playing for Celtic Warrior.

Then Celtic Warrior played followed by Whitelaw to finish off the evening!

Over £1500 was raised to be given to Stinko's family. It was also fantastic to see so many younger faces supporting this and even bigger thanks for Unit 28 for proving just what the youth of white Britain can do!

Blood and Honour UK



LASKARINA BOUBOULINA

By Phallanx

I believe that the woman below deserves a place in your "Heroes and Heroines" section. Even if the reason that she was the only woman Admiral in the whole history worldwide, could be enough, her life was really bigger, much bigger than this achievement... Read her story and you won't feel that you lost your time...

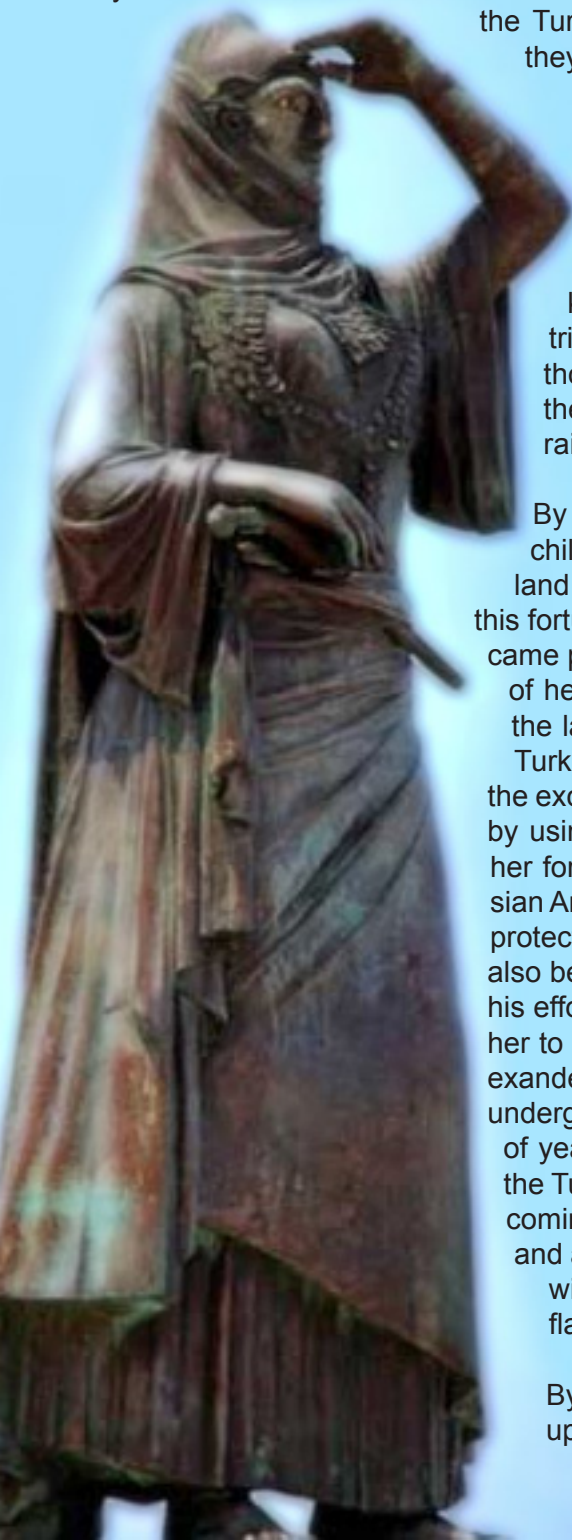
Coming from the island of Hydra, she was born inside the prisons of Constantinople (Istanbul) on May 12th, 1771, when her mother, Skevo, visited her dying husband, Stavrianos Pinotsis, who had been imprisoned by the Turks due to his participation in the Peloponnesian revolution of 1769-70 against

the Turks. After Pinotsis' death, mother and child returned to Hydra, where they lived for four years, thereafter moving to Spetses island when Skevo married a Spetsiote captain, Dimitrios Lazarou-Orlof. From childhood, Bouboulina had a passion for the sea and loved to listen to the stories of the sailors and their talk of freedom for the nation. Greece had been under Turkish occupation for 400 years.

Pale in colouring, and with a regal stature and untamed character, Laskarina Bouboulina married twice, first at the age of seventeen to Dimitrios Yiannouzas and again at the age of thirty to Dimitrios Bouboulis. Life though was very cruel to Bouboulina and both her husbands, captains of their own ships, died in sea battles with Algerian pirates who were then raiding the coasts of Greece.

By the year 1811, Bouboulina was twice widowed and the mother of seven children, but at the same time, extremely rich from the fortunes of ships, land and cash inherited from her husbands. She managed not only to keep this fortune intact but also to increase it, due to her successful trading. She became partner in several Spetsiote vessels and in time managed to build three of her own - one of which was the later famous Agamemnon, the first and the largest Greek battleship during the 1821 War of Independence against Turkey. In 1816, Turkey attempted to confiscate Bouboulina's fortune, using the excuse that her second husband had taken part in the Turko-Russian wars by using his own vessels alongside the Russian fleet. In her efforts to save her fortune, Bouboulina traveled to Constantinople, where she met the Russian Ambassador, Strogonoff, a known filhellene [lover of Greece]. She sought protection from Strogonoff because of her husband's services to Russia but also because her ships were under the Russian flag at the time. Strogonoff, in his efforts to protect her and save her from imminent arrest by the Turks, sent her to the Crimea for three months, to an estate given for her use by Tsar Alexander. Whilst in Constantinople, Bouboulina had become a member of the underground organisation, Filiki Etairia (Friendly Society) which for a number of years had organised and prepared the Greeks for the revolution against the Turks. Thus, on her return to Spetses, she began her preparations for the coming revolution. These preparations included the illegal buying of arms and ammunition from foreign ports, which she brought to Spetses in secrecy with her own vessels, and hid them in her own home. She also built her flagship Agamemnon, a corvette armed with eighteen heavy cannons.

By the beginning of the revolution she had assembled a private fleet made up of Spetsiotes - her "brave lads" as she used to call them - which she



herself armed, fed and paid, as well as her own vessels' crews. This continued for a number of years and she spent thoughtless amounts of money on food and ammunition, which she sent to help the Greek armies surrounding the Turkish strongholds of Nafplion and Tripolis. This explains why Bouboulina spent all her large fortune during the first few years of the revolution. On March 13, 1821, the first revolutionary flag was raised on Spetses island by Bouboulina on the main mast of the Agamemnon and she saluted it with cannon fire. On May 3rd, the island of Spetses, which along with the islands of Hydra and Psara were the leading naval forces of the Greek revolution revolted. Bouboulina herself commanded her own fleet plus others, and a total of eighteen vessels sailed towards Nafplion to begin the naval blockade of this massive fort which was armed with 300 cannons at the time. Landing her forces at nearby Mili, her fireful words and great enthusiasm gave courage to the Greek land forces to keep on with the siege of Nafplion.

Her naval attacks on the seaside fortifications were actions of unrivaled heroism - as told by historian Anargyros Anargyrou in an eye witness account: "...Indeed the very rare fact in the history of nations, of a woman to take arms, a very rich woman who decided to offer a sacrifice to the altar of her country, her ships, her money and her sons. This woman was Laskarina Bouboulina, whom the nations of the world saluted as a heroine. She was indeed lionhearted. On December 4th 1821, as I remember, on board her own vessel, she alone gave orders for the boats to attack the fort.

"They immediately sailed forward but a rain of bullets and cannon fire from the seaside fortifications made her brave lads fall back for a moment, and an angered Amazon, watching the battle over the side of her boat, she then shouted: 'Are you women then and not men? Forward!'

"Her officers obeyed, regrouped and attacked -- they fought, but died in vain since the fort was impregnable by sea. For this reason she herself landed with her forces and stayed until the fall of the fort on 22nd November 1822, leading her men in battle, spending her fortune...."Another historian by the name of Filimon, in a phrase describing her bravery, stated: "...against her, the unmanly were ashamed and the brave stepped back..."

Apart from the naval blockade of Nafplion, Bouboulina took part in the blockade of Monemvassia and the surrender of its castle, also the battles of Pilos, Galaxidi and Haradros, near Nafplion, where her eldest son, Yiannis Yiannouzas died heroically, and at the siege and fall of Tripolis.

Here, during the terrible massacre that followed the fall

of the city of Tripolis, Bouboulina managed to save the harem of Hoursit Pasha, the city's ruler. This she did at the risk of her own life after she received a plea from the Pasha's wife to save the lives of the Turkish harem women and their children.

After the fall of Nafplion to the Greek forces, Bouboulina stayed on there, in a house given to her by the state as a reward for her services to the nation and received the title of "Admiral of the Hellenic Navy". Later though, due to fighting between opposing political factions for the leadership of the newborn country, and the imprisonment of General Kolokotronis, one of the leading figures of the Greek revolution, and a man whom she always deeply respected and followed, Bouboulina, as a protest, gave back the house in Nafplion to the state and returned to the island of Spetses. The year 1825 found Laskarina living in her house in Spetses, bitter with the politicians and without her fortune. Suddenly the nation was again in grave danger - the Egyptian admiral, Ibrahim, commanding a massive Turko-Egyptian fleet, landed on the Peloponnese in a final effort to kill the revolution. Bouboulina's love for her country suppresses all other emotions and while she was again making preparations to lead the Hellenic fleet against the Turko-Egyptians, death came - sly and unexpected.

From a dark bullet she fell, in a dispute with members of the Koutsis family of Spetses. The reason for this was the elopement of a Koutsis daughter with Bouboulina's son, Georgios Yiannouzas. Her implacable and angry words were enough to offend the manhood, and arm the hand, of her killer. Thus an unjust and inglorious end for this woman who did so much for her country, the love for which was above all in her life and filled her heart. Her name remains forever linked with the siege of Nafplion --her name, whose fame traveled the whole world, can still be heard above the sound of the cannons.

On her ship, standing fearless and undaunted, with her piercing look, she points to the fortifications of Nafplion and urges her sailors to charge, and with her warm and deep voice gives the command to fire against the forts!!!

After her death the Russians gave her also the title of Admiral, so she became Admiral of two nations' navies, an honour unique even now in world naval history for a female figure.

Our nation owns too much to this outstanding woman. A true patriot, warrior, mother, companion, leader.

Best regards

Baby Care

"CHAPPED SKIN"

By Morrigan WAU

Chapped skin is very common during the winter months, especially when we increase the heat in our homes, your babies skin may appear dry and flaky and often slightly reddened. We all know that when our skin gets dry during the winter months that we start to itch, so it would make sense that your little one too also feels this discomfort. To ease your little one's discomfort, follow these simple guidelines

- Bathe Baby less frequently.
- Use Soap sparingly.
- Pat their skin dry.
- Apply lubricants to dry areas before chapped areas become inflamed.
- Use a cool mist humidifier in rooms with dry air.



COMMON HOUSEHOLD BABY KILLERS

By Vicky WAU Ireland

There are dangers all around your home, here is a list of some of the most common dangers in your families home, we are going to list off some that you will find in your kitchen, laundry room and closet. We will work on others rooms in your home in future issues of HomeFront publications.

Kitchen

Alcoholic beverages, dishwasher detergents, oven cleaners, vitamins, any cleaning products or detergents, furniture polish, ammonia, bleach, sharp knives, and matches.

In the Bathroom

Aftershave lotion, aspirin, makeup, drain cleaner, hair spray, iodine, laxatives, mouthwash, perfume, toilet bowl cleaner.

In the bedroom, den, home office, or living room

Correction fluid, mothballs, room deodorizer, tobacco, many common household plants, such as holly, mistletoe, poinsettia, and english ivy (check you local poison control center for a complete list).

In the garage or basement

Anti-freeze, fertilizer, gasoline, insecticides, batteries, motor oil, paint, paint thinner, weed killer, and windshield-washer solution.

Source: A Guide for Parents.

IMPROVING ENERGY EFFICIENCY DURING WINTER

By Abbie Portland

Put insulation in your ceiling.

Use curtains and window treatments to prevent loss of heat, but do open them up to let the sun in---especially from southern windows.

Close off areas that don't need to be heated.

Don't overheat your home. Raising your thermostat one degree can raise your electrical bill by 3%. The recommended setting is 68-72 when home and awake, and 65 or lower when asleep or not home.

Clean and/or replace your filters frequently.

Pile on the winter clothing!

Turn off or unplug any appliances when they're not in use.

Keep heaters dusted, especially around fan and reflective surfaces.

Use fluorescent lighting in appropriate areas. It can save you up to 80% in costs.

Use towels or door sweeps to stop drafts from coming in.

Broil your meals instead of baking whenever possible. Also, use your exhaust fan when cooking.

Keep refrigerator closed at all times and make sure seal does not leak.

Only run full loads through the dish/laundry washer.

Place furniture against coldest walls for added insulation, but makes sure vents aren't blocked.

Lower water heater temperature from factory setting of 140 to 120.

Always check exterior of home for cracks, holes, etc. and add weather stripping, caulk, sealant where needed.



HELPING THE ENVIRONMENT

By WAU Argentina

The importance of keeping a healthy, clean environment in our cities should be evident to everybody. However, the state of the streets in any city is pitiful: broken trash bags and their content scattered everywhere, excrement from animals whose owners take them for a walk, dirty parks and squares where children are supposed to play, etc. It is particularly outrageous to see people of all ages and social status throwing bottles, papers, etc on the streets when there are waste baskets a few meters away from them. These people do not realize that this behavior is counter-productive for all of us.

This careless behavior is aggravated by the appearance of "cartoneros". Cartoneros is a term that describes unemployed, poor people who rummage in trash bags in order to take out whatever may be useful for them and are one (if not the main) reason why our streets are so dirty. After rummaging in trash bags, the cartoneros move to the next bag leaving behind them the trash they cannot use. The result: streets looking like a battlefield, a battlefield through which we will have to walk the following day. Let us also consider the fact that Buenos Aires has become a favorite city for tourists. Most tourists describe Buenos Aires as a very nice city BUT also very dirty. This is a very embarrassing description!

We can help to have cleaner streets by simply adopting some habits, such as:

Do not throw paper, bottles or other trash on the street; it is much better to keep it in our purses or pockets until we find a waste basket.

- If we are on a bus or underground train, let's do the same.
- If we take our pet for a walk, don't let them perform some of their "bodily functions" and then go away. Instead, we can take with us all the necessary elements to pick it up or clean the dirt they made. It is not a nice job but having a pet implies responsibilities and this is one of those responsibilities. In addition, we can try to avoid taking our pets to parks where children usually play.

It is also important to bear in mind that dirt attracts cockroaches, rats, worms (among others) all of which carry diseases whose transmission to humans can be avoided in simple way: putting trash where it belongs!

It is our duty to teach children to be clean and respect and love the Mother Nature, and we must correct adults who are disrespectful toward her. A change of attitude concerning this issue will improve everyone's life quality.

YULE SAFETY

FOR OUR FUZZY FRIENDS

By Valkyrie Gunnr

For all who are wanting to bring a new pet into the home. It is strongly recommended you bring your new pet in a few days before or after the holiday, should you choose to do the "Look what santa brought you" routine. You need to have a room already made up from all the hustle and bustle.

Your new pet needs to be treated as the baby it is. Remember, babies get sick easily and stress causes sickness. Additional handling and picking up the new addition to the family by eager youngsters should be avoided. Also take extra measure in doing what is best for your new pet as well as your child.

Your Tree holds many dangers for all types of pets; tinsel is the number one on the list. Pets can not resist its shiny texture and if eaten it can require surgery to be removed from the intestines. Breakables ornaments that are hung low enough to be batted of the tree can cause cuts in paw pads or can be ingested and will also have to be surgically removed. Use garland instead of tinsel and place all breakable ornaments higher on the tree. Pet safe ornaments can be purchased and put on lower branches to keep kitties occupied.

Keep all chocolate stored and out of your pet's reach. Even small amounts of chocolate can prove to be toxic to your pet. Poinsettias can irritate and cause some upset stomachs if your pets do any chewing on the leaves, stems or the flower itself so if they are a must in your house keep them a place where your pets can not reach.

Dinner is a favorite to all, and most of us give holiday dinner to our pets. However it is important to only give your pet what you yourself would eat! Do not give any kind of bone that could splinter off inside your pet. Do not ever give your pet fatty scraps. If it's not good for you, it's not good for your pet either!

If your pet stays outside for long periods of time, provide a dry, warm, draft free, sleeping area and fresh water. Very important to remember that cats like to seek out warm engines of visitors. When leaving always check under the hood or this could be a disastrous result.

Cats and dogs are always attracted to the sweet taste of antifreeze. With even a tablespoon it could prove fatal to your pet so use a non-toxic antifreeze. You have no control of what your guests use in their cars.

Always be careful as many animals are lost each year when they get into a car with antifreeze.





CALMING SPIRIT TEA BLEND

This very tasty tea is wonderful iced or hot. These herbs are traditionally used to calm the nerves, settle the stomach, and uplift. Other herbs can be added, as desired.

You will need:

- 1 cup dried rosemary leaves
- 1 cup dried lavender flowers
- 1 cup dried spearmint
- 1/2 cup dried chamomile
- 1/4 to 1/2 cup dried cloves

To make:

Blend all herbs thoroughly and store in an airtight container away from heat and light.

SUGGESTED USES:

To make tea, use one teaspoon of loose herbs per cup of water. You can prepare the tea in a tea ball, or mix the loose herbs with water in a tea pot and then strain tea into a cup.

Place a handful of herbs in a muslin bag and add bag to your bathwater for a soothing treat.

PRINT OUT AND COLOUR



CONGRATULATIONS



Homefront would like to Congratulate the following families on their Pregnancies, living the 14 words.

Congratulations to **Misty** our Sister and Friend, we wish you the best on your new path as a Mother, we are proud to call you sister and friend and we walk this path with you. Be happy and enjoy your life. - Vicky & Jules

Congratulations to **Melissa and B** on their pregnancy we wish you both the best of luck.

Congratulations to **Mrs Badger and family** on their ever growing family, may the gods watch over you all.

Congratulations to **Abbie and Randy**, we wish you both all the happiness you deserve.

Congratulations to **Spider and Amy** on their pregnancy, may your life together be a joyous and fruitful.

To anyone we may have forgotten we wish you well..

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