

# THE EARTH

Online Monthly Newspaper



APRIL 2008

THE EARTH - Online Monthly Newspaper of the "Ringing Cedars" movement.

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# In the World:

## RUSSIA:

### An Oasis of the Future

A kin's estate—is it not a dream? A parcel of land granted for lifelong possession with the right to transfer it by inheritance, without any taxation of the land or the harvest. Is this a fairy tale? A fantasy? Not at all. Students of the Saratov University of Sociology and Economics believe that the kin's estate can solve such pervasive problems for Russia as unemployment, bribery, corruption, terrorism, divorce, a drop in the birth rate, an aggravation of the ecological situation, a worsening in the health of the nation, the fertility of soils, the quality of food products....

“For a period of centuries Russia has been trying to solve these problems, but thus far the result has been pitiful, the situation in the country only deteriorates with each passing day. It is possible to cope with all these problems. A way has been found, and it is called the ‘kin's estate,’” confidently declare the authors of draft legislation respecting kin's estates and villages. The authors: M. Ermilova, I. Krasnova, and O. Savenko - were among the winners of a law students' contest for the best legislative initiative for the Oblast and State Duma. The contest was organized by the deputies of the Oblast Duma as part of the celebration of the 100th anniversary of the parliamentary system in Russia.

How to solve global problems and, from a legislative perspective, organize one's idea, and bring it to life, was described by the students in detail and, honestly, in a very interesting way (which is why we are dwelling on this draft legislation) in the eleven sections of the their paper.

Just imagine... People living on their kin's estates can choose whether they will work for low wages or not. The majority of people will have the opportunity to leave a boring and low-paying job without hesitation and to work on their plot of land with greater benefit for themselves. As a result, a demand is created in the labor market, and the businessman will have to pay his workers more. In addition, people who have received land not for a short-term lease but for lifelong possession will strive to restore the soils and to use everything that is better and useful, and causes less harm to the environment. They will not start to add pesticides or chemical fertilizers to the soil, or to raise contaminated products. With regard to demography, out of more than 2000 persons surveyed, 1995 answered that, if they had a kin's estate, they would want to have no fewer than two children, and rather three or more. Where does this desire come from? “Because people who are creating a wonderful, living oasis understand that they are creating something eternal, and want their children to rejoice in life,” answer the students. By the way, they anticipate another question: “But where can we get that much land, so there will be enough for everyone?” First, not all people will want to have kin's domains for themselves. Second, one kin's estate may be home to an entire family consisting of several generations.

How can this not be a way to save Russia? But most of all, it was a pleasure to read this draft legislation - it was written in a language that was lively and emotional, not bureaucratic. Perhaps this style has a future?

There is no doubt that there will soon be a promising change of parliamentarians. Young people are not simply energetic, active, and inventive, they are intelligent and competent. They know all too well what problems are worth solving at present in the society and how to solve them. They have proved this not only with their competitive work, but also with their intelligent speeches at an inter-university “round table” that recently took place at the provincial parliament. At this event, the authors of the draft legislation respecting kin's estates received well-deserved awards from Pavel Bolshedanov, the Speaker of the Duma. And they were not the only ones. The contest committee also noted the papers of N. Malyugina and N. Denisova (Saratov State University of Economics) entitled “The social support of young families requiring housing,” and of S. Katusheva (Saratov State Academy of Law) entitled “The mobility of citizens.”

## Wonderful! Cossack Kin's Villages will be revived in Siberia

Natalia Graf, Omsk Oblast

Print version, Rossiyskaya Gazeta [Russian newspaper] - Priirtyshy, No. 4620 dated 25 March 2008

The village Generalovka in Odessa Oblast was the site of a gathering of the chiefs of Cossack military associations stationed on the territory of Siberia. A decision was made to create a Council for Cossack Affairs with the fully authorized representative of the President of the Russian Federation in the Siberian Federal District.

Anatoliy Kvashnin himself, the authorized representative of the President of Russia, came to the meeting with the Cossacks.



Anatoliy Kvashin

“We have great hopes for the revival of Cossack villages in the country,” he addressed the chiefs. “Siberia was opened up by your ancestors, and I hope that the real Cossack spirit has not disappeared from the local villages. For that reason, we shall today discuss the problems associated with the development of Cossack village societies and speak about the prospects for cooperation.”

“Wonderful!” All the chiefs together voiced their support of the representative.

Historically, the Siberian Cossack troops guarded the borders of the homeland, and in return received land allotments from the Russian government. In the words of Anatoliy Kvashnin, the time has come to restore good traditions that have been forgotten. Cossacks must participate not only in the patriotic military training of young people, but also in guard activities in the border area, the conservation of forest and water resources, and the guaranteeing of ecological security. The formation of Cossack kin's estates on the land will restore life to neglected Siberian villages and will raise agriculture from the depths to which it has fallen.

“The history of the Cossack village of Generalovka in this regard is unique,” noted the representative, and advised the chiefs to follow the readily available experience of the Omsk Cossacks.

The Cossack village really looks interesting. In only a few years, Staff-Captain Grigoriy Ostapchenko and his comrades-in-arms have succeeded in converting the village, which had collapsed after perestroika, into one of the leading Cossack villages in Russia.

“We undertook the creation of kin's estates so that the strong houses we built and the gardens we planted alongside them would forever bind the young people and not let this little homeland perish,” says the chief. “Of course, it was incredibly difficult at the beginning. The former chairman of the collective farm was too stingy to give us even a plow. We lived in a paramilitary condition, worked without any rest. But the result is worth it.”

Today a peasant farm holding has been organized in Generalovka, where more than two hundred Cossacks work under Ostapchenko's leadership. The association protects the forest and hunting areas, it sows fields and raises cattle.

“Last year we decided to take up fish-breeding as well,” says Ostapchenko. “People laughed at us—has anyone ever seen fishing flourish in the steppe? But for a real Cossack, fear might be in his eyes, but his hands do the job. We filled a dried-up lake with water, dug out ponds, released young fish. And raised more than thirty tons of marketable carp. People were waiting in lines to buy from us at the provincial fairs!”

Ostapchenko and his Cossack brothers do not like to give up on their undertakings. Specialists from France and Germany now come for puppies to the Generalovka kennel that specializes in raising hunting borzoi. But the plans of the chief already included the creation in the village of a Russian center for the breeding of rare species and the country’s only racetrack for horses and dogs.

“When I noticed that the village children were not even able to mount a horse, I was horrified,” says Grigoriy Anatolevich. “Can this be right, that our children, who grow up in the countryside, have never seen horses and do not know how to swim? We built leisure areas, sports complexes, and opened a horse section. Now in Generalovka all first-graders sit in the saddle with confidence! And there is a horse and dog in each yard.”

Viktor Gayduk, the principal of the local school, cannot be more happy with the sponsorship of the chief. After his students joined the Cossack ranks and put on the traditional striped trousers, problems with discipline and achievement disappeared in the classes.

“The children are proud of their school and native village,” says the teacher. “Before they go into the army, they make sure they go around to all the offices, say goodbye to everyone, and after demobilization, the first thing they do is go see the teachers. They ask: ‘How can we help?’”

Day by day there are more and more people who wish to enter the Cossack association in Generalovka. However, the chief is not striving for a quantity of proteges, and sets a year-long probationary period for each potential Cossack:

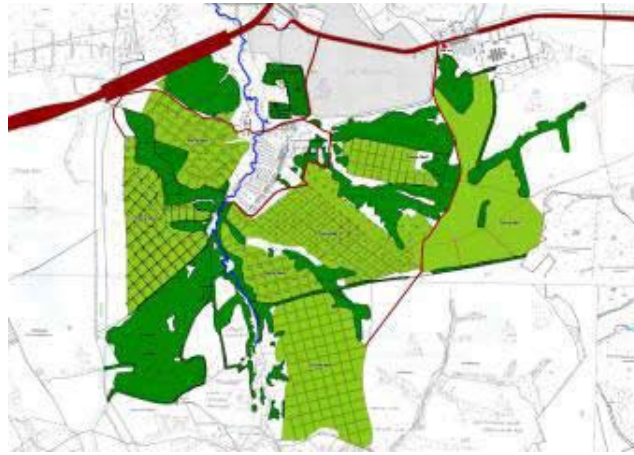
“If a person is able to live according to our laws, make contributions to the fund of common causes, and work for the good of the Cossack village, it means that something will become of him. The Cossack association needs intelligent people, whose words are not at odds with their deeds.”

In the opinion of the representative, similar villages should fortify the border territories of all Siberia. A whole series of programmes has already been envisaged for the development of small agricultural enterprises. And in the near future the issue of building Cossack towns on border posts and the service of Cossacks in the border forces will be studied at the legislative level.

“They have finally paid attention to us,” says Anatoliy Ostryagin, the chief of the Siberian Cossack troops. “Indeed we have been trying to get the passage of a law respecting Cossacks for many years already, but even now some still consider us to be people in fancy clothes. Meanwhile the development of border regions is really our historical mission.”

Natalia Graf, Omsk Oblast  
*Rossiyskaya Gazeta* [Russian newspaper]

## Rodovoe Ecosettlement



### Brief information



**Location:** Tula Oblast, Leninskiy District and Dubna District, Aleshnya Village District, Village of Borshchevka, Village of Baboshino, fields 1, and 3 to 7 are located in Leninskiy District, the field 2 is in Dubna District.

**Direction and distance from oblast centres (names of the roads):** By car from Tula along the P132 Kaluga Highway, turn toward Aleshnya, arrive at Natalinka, go to the last house on the left. Total distance: 35 to 40 km. Trip from Moscow on Highway M2, turn onto the P132 Kaluga Highway.

**Contact information:** (4872) 37-35-70 Nina and Yevgeniy Titov, planeta.tula@rambler.ru

**Total number of estates:** 257 (fields 1 to 5) total of 300.6 ha (of these 257 ha are estates, between the estates are 6-metre roads, on each field one or two 15-metre wide roads, forage areas). In addition 292 ha (fields 6 and 7) are rented out.

**Kin's domains being sold by owners:** location: fields 1 to 5, cost of 50 000 rubles (a portion of the amount is set by the owner, the remainder consists of expenses for re-registration, wages).

**Vacant kin's domains:** location: fields 6 and 7, the land is given out to lease for two years (a lease agreement is concluded) with future purchase as property; it comes to 25 000 rubles (10 000 rubles as an advance plus 15 000 rubles for the road); conditions for receiving the land as property: plantings on one's hectare within a period of two years, making one's presence felt at festivals, for social matters, and in the development of the village. If a person has not made his or her presence felt for two years, his or her money is returned, and the parcel remains in the villages fund. If a person leaves a parcel, he or she can take care of the registration of the documents, or hire someone (in the latter case, the cost of registering the documents comes to 50 000 rubles).

**Type of right:** ownership.

Subject of the right: parcel of land on agricultural-purpose lands for the operation of personal, secondary farm.

Registrations (encumbrances): rights have not been registered.

Previous owner: Krasnyy Agricultural Cooperative, Sverdlov Agricultural Cooperative, collective farm shares.

Land surveying evaluation of the land: 153 undivided hectare interests (fields 1 and 3), 241 undivided hectare interests (field 2) (fertile).

Work already done: registration of a Certificate of Parcel Ownership (registration of documents, survey, land survey plans, engineering survey) for fields 1 to 5; purchase as common-share property of fields 6, 7.



Forests, bodies of water: a pond, Upa River is two kilometres from the edge of the village, deciduous and fir forests, Pesochnyy Stream, springs.

All fields are surrounded on one or several sides by forest plantations. There are no industrial sites in the area. There are berries and mushrooms, as well as hares, foxes, roe deer, wild boar, and a family of storks.

Roads: from Tula it is 35 to 40 km along the Kaluga Highway, the Tula-Aleshnya-Merlinovka bus (Zareche Bus Station, departures at 8:00 a.m. and 4:00 p.m.), the Tula-Aleshnya microbus (departure from the Dm. Ulyanova stop, make an arrangement in advance with the driver regarding the trip to Natalinka), a local railway line runs several kilometres away.

#### Utilities:

a) water: spring several hundred metres away, the Pesochnyy Stream is 7 km long, originates in a forest, construction of wells;

b) electricity: a local electrical power line is strung across the third field;

c) gas: a gas pipeline runs along the edge of the second field (the area above it has been freed for a road and forest belt), the gas pipeline may be extended on request.

Electricity and gas will be connected for those who desire it, they can get together and jointly draw up the necessary documents.

Stores, school: in Aleshnya 5 to 8 km from the village.

Other (including plans): filling fields 6 and 7; construction of a road, houses, a school; organization of festivals.

<http://rodovoe.ru/>



## An amazing journey



In the airplane returning home from Russia, where I visited the amazing village of Pshada, I reflected on the fact that I had never before in my life rested like that! This journey cannot be compared either with the trips to famous cities of the world, from which I returned even more tired, or even a vacation at sea or in nature. Three weeks alone with dolmens and with myself! This feeling, as if my soul had bathed in the crystal waters of the mountain rivers that flow along the paths to the dolmens of Pshada. In this valley of majestic megaliths, I was able really to break away from the hustle and bustle for the first time in my life. To touch the primary sources with my feelings.

It is difficult to put into words what I experienced at the dolmens, I do not even think it is necessary, after all, the experience of contact with the dolmens is unique for everyone. I will even say more, that, before the trip, I had read a great deal of different information about so-called guides and channellers with the spirits of the dolmens. And at first this terribly disturbed me. But I nevertheless want to speak a bit about one of the dolmens.

Each time I came to that place, I experienced an inexplicable feeling of domestic comfort, childhood, and my native land. It was similar to the times in my childhood when I went to my grandmother's in the country for vacations. Although I lived in the city, to this day I consider my native land to be this place where I knew each sapling and each path far beyond the borders of the village, in contrast to the city, where the feeling of home was limited to a crowded apartment.

This forgotten feeling would possibly have never returned to me, as my village, which I left behind in another life, could not be returned to me. But one day, I realized that I would be able to recreate my native land in a new place, for myself and my family, and my reference point would be this very sensation that the dolmen gave back to me.

The last day before my departure, I saw an unusual phenomenon. Above the dolmen, it was as if the air were vibrating. It was similar to what is usually observed above a bonfire or hot asphalt. I had my camera with me, I took several pictures and, on two photographs taken at the very same time, the representation of the image on the photographs looks different.



After my return home, at a forum I by chance discovered photographs taken by other people. Especially amazing were the photographs taken during a visit to Mount Neksis, where a group of dolmens is located. These photographs were taken by different people and in different years, but they all recorded on film the same pink pillar of light that many people had observed.

Unfortunately, the mountain is being destroyed, the rock face is being worked to produce crushed stone. This is a plea to all who are not indifferent to the fate of dolmens to send letters of protest to the administration of Krasnodar Krai.



Neksis 2002



Neksis 2003



Neksis 2004



Neksis 2008

I wish you all well, I wish you all happiness,  
Alena Saveleva, Toronto, Canada.

# The dolmens need your help!

Join the protest, send a letter to the Governor of Krasnodar Krai  
or the President of Russia

Appeal to A. N. Tkachev, Governor of Krasnodar Krai:

Dear Governor Tkachev:

In spite of numerous appeals from representatives of the public, there is no end to the continuing destruction of Mount Neksis - a unique natural site in Krasnodar Krai, marked on maps of tourist routes as a landmark. It is startling, but it is a fact: before the eyes of tourists from various countries this site is being turned into...crushed stone, because of the quarry located alongside.



We, the undersigned, propose that the work in the quarry at Mount Neksis be halted, and the mount's barbarous destruction be stopped for the following reasons:

- Each year Mount Neksis is the destination of thousands of tourists from many countries because of the historical and archeological monuments located on it: the Great and Small Aderbievka Dolmens, which are protected by the State;
- Many types of vegetation covering the mount are on the endangered list and are protected by the State;
- The blasting work in this district is causing anxiety and material loss to the residents of Svetlyy Village, and is also causing ecological damage to the district.

In our view it is necessary to close the quarry at Mount Neksis and restore the natural landscape that has been disturbed by the economic activity of people. If you make the appropriate decisions and display the will to implement them, you will preserve a site of large-scale tourism for the district and monuments of human culture for your descendents.

With respect and hope, residents and guests of the resort city of Gelendzhik.



Copies of the letter have been sent to:

V. P. Kondratev, Chief of Staff, Committee for Culture of the State Parliament of the Russian Federation, 1 Okhotnyy Ryad, Moscow 103265;

I. G. Krivich, Chief of Staff, Committee for Natural Resources and Nature Management of the State Parliament of the Russian Federation, 1 Okhotnyy Ryad, Moscow 103265;

N. G. Pugacheva, Director of the Department of Culture, Administration of Krasnodar Krai, 28 Mira Street, Krasnodar 350063;

M. I. Medvedev, Head of the Administration for the Conservation, Restoration, and Operation of Historical and Cultural Treasures, Department of Culture of Krasnodar Krai, 16 Krasnoarmeyskaya Street, Krasnodar 350063;

V. A. Khrestin, Chief of the MO, City of Gelendzhik, 1 Revolyutsionnaya Street, Gelendzhik 353460;

S. Livshits, Editor of the magazine Kraeved Chenomorya [Black Sea area historian], 10 Voykova Street, Tuapse 352800;

E. V. Khomutov, Editor of the newspaper Kubanskiye Novosti [Kuban news], 2 Pashkovskaya Street, Krasnodar 350000.

## **YOUR VOICE CAN HELP IN THE QUESTION OF PERSERVING THE DOLMENS!**

If you want to join the protest, you can sent the foregoing letter to A. N. Tkachev, Governor of Krasnodar Krai, in English and in Russian languages.

### **Letter in English:**

*Dear Governor A.N. Tkachev:*

*In spite of numerous appeals from representatives of the public, there is no end to the continuing destruction of Mount Neksis - a unique natural site in Krasnodar Krai, marked on maps of tourist routes as a landmark. It is startling, but it is a fact: before the eyes of tourists from various countries this site is being turned into...crushed stone, because of the quarry located alongside.*

*We, the undersigned, propose that the work in the quarry at Mount Neksis be halted, and the mount's barbarous destruction be stopped for the following reasons:*

- Each year Mount Neksis is the destination of thousands of tourists from many countries because of the historical and archeological monuments located on it: the Great and Small Aderbievka Dolmens, which are protected by the State;*
- Many types of vegetation covering the mount are on the endangered list and are protected by the State;*
- The blasting work in this district is causing anxiety and material loss to the residents of Svethyy Village, and is also causing ecological damage to the district.*

*In our view it is necessary to close the quarry at Mount Neksis and restore the natural landscape that has been disturbed by the economic activity of people. If you make the appropriate decisions and display the will to implement them, you will preserve a site of large-scale tourism for the district and monuments of human culture for your descendents.*

*With respect and hope, guests of the resort city of Gelendzhik.*

### **Letter in Russian: PLEASE COPY THE TEXT FROM THIS PAGE:**

**[http://www.ringingcedarsofrussia.org/theearth/letter\\_tkachev.html](http://www.ringingcedarsofrussia.org/theearth/letter_tkachev.html)**

**AND CONTINUE WITH INSTRUCTIONS BELOW.**

### **PLEASE FOLLOW THESE INSTRUCTIONS:**

- Go to the link <http://admkrain.kuban.ru/feedback/>**
- In the first field enter your name, patronymic.**
- In the second field enter your e-mail address.**
- In the third field enter your postal code.**
- In the fourth field enter your home address.**
- In the fifth field enter the text of the letter, in both versions, English and Russian.**

## **YOUR VOICE CAN HELP IN THE QUESTION OF PERSERVING THE DOLMENS!**

If you want to join the protest, you can sent the foregoing letter to V. V. Putin, President of the Russian Federation, in English and in Russian languages.

## Letter in English:

*Dear President V.V. Putin:*

*In spite of numerous appeals from representatives of the public, there is no end to the continuing destruction of Mount Neksis - a unique natural site in Krasnodar Krai, marked on maps of tourist routes as a landmark. It is startling, but it is a fact: before the eyes of tourists from various countries this site is being turned into...crushed stone, because of the quarry located alongside.*

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*With respect and hope, guests of the resort city of Gelendzhik.*

**Letter in Russian: PLEASE COPY THE TEXT FROM THIS PAGE AND CONTINUE WITH INSTRUCTIONS BELOW.**

**PLEASE FOLLOW THESE INSTRUCTIONS:**

**Go to the link [http://kremlin.ru/eng/articles/send\\_letter\\_Eng1a.shtml](http://kremlin.ru/eng/articles/send_letter_Eng1a.shtml)**

**Follow the step-by-step instructions on the screen.**

**In the fifth field enter the text of the letter, in both versions, English and Russian.**



**Mount Neksis**

**Set out the photograph <http://helpneksis.narod.ru/photoalbum2.htm>**

## Cigankovo Dolmens - Photo and Video



Cigankovo Dolmens - Dolmen



Cigankovo Dolmens - Stone Structures



Cigankovo Dolmens - Destroyed Dolmen



Cigankovo Dolmens - Damaged Dolmen

View the full gallery:

[http://www.ringingcedarsofrussia.org/Photos/main.php?g2\\_itemId=2129](http://www.ringingcedarsofrussia.org/Photos/main.php?g2_itemId=2129)

Watch Video - Cigankovo Dolmens.

<http://www.ringingcedarsofrussia.com/1/dolmensTsigankovo.avi>

**BELARUS:**

**GREMYACHIY FARMSTEAD, "KORENSKIE RODNIKI"**



## Land

The largest part of the land on the field in question has been actually separated: nine kin's domains of the former shares: 39.55 ha.

The actual separation and legal registration of the kin's domains is being carried out by future villagers on the instructions of the owners. Three owners have given kin's domains of land to villagers. A sales transaction of kin's domains of land has been registered with the remaining six owners.



## Village

### Individual kin's domains and houses



The ecovillage will consist of 26 individual kin's domains (kin's estates) with a size of one or two hectares, including one section to be given to a children's home. A family will live on each parcel. The larger part of an individual parcel will be used for the running of a personal, secondary farm on ecological principles. Residential and farm buildings will occupy approximately 5% of the area. Houses will be built in accordance with the "Conception of an Ecohouse," i.e., relatively small, from ecological materials, with a self-contained water and heat supply, and a self-contained biosystem for the purification of

solid and liquid waste. There are plans to provide the electric power supply to the village from a 110 kV power line for 10 kV. Over the long term there are plans to acquire self-contained electric generators.

### Public land

Furthermore, 1.5 ha are planned for social needs: area for meetings, social center, school, botanical garden. The social center can accommodate a grocery stall, a room for medical examinations and services, a room for the reception of tourists (campground), a room for an administrative employee, and a library.

### Streets and roads

В соответствии со СНиП 2.07.01-89 «Градостроительство. Планировка и застройка городских и сельских поселений» улицы будут - 15 метров. Участки будут разделены 3-метровыми межами для удобства подъезда машин экстренного вызова и проходов. Большинство улиц будут без твердого покрытия - грунтовые (щебень). Дорога до поселения на хуторе будет с твердым покрытием.



## Communications

Communications will be handled using cell phones and the Internet.

## Villagers

The villagers are residents of Belgorod Oblast, their children and parents. The income level is average for the Oblast. The level of education is above average.

## Job placement

Since a majority of the villagers are urban residents, they will keep their existing jobs in the initial period. Subsequently, after the planting of woody plants and the construction of houses, the basic source of income for many will be the sale of food products grown on their parcel, nurseries of forest and cultivated trees, folk trades (wood carving, weaving, pottery), the building of ecohomes, landscaping work, ecotourism, etc.



View the full gallery:

[http://www.ringingcedarsofrussia.org/Photos/main.php?g2\\_itemId=2003](http://www.ringingcedarsofrussia.org/Photos/main.php?g2_itemId=2003)

<http://www.rodniki.bel.ru/>

# LITHUANIA:

## “Ringing Cedars” Club



This is not the name of a musical work or national park. This is a club founded by young people who decided to create a unique of ecologically pure settlement. People, who desire to break free from civilization, and live well and harmoniously.

It sounds like a fairy tale. The supporters of the idea say that they are fed up with living in the city, where there are not enough plants or greenery. They are fed up with the cold interrelations of people and alienation. For precisely those reasons, they decided to improve their life, surround it with greenery and the love of each other and the environment. Mindaugas, one of the founders of the club, and master Virgis, a member, speak of this unique idea to create ecovillages. “We had a desire to live differently: in a house with a garden, and not in a crowded high-rise. It is very expensive to acquire private property in the city, so we decided to search for vacant kin’s domains of land outside the city, close to picturesque bodies of water—rivers and lakes. We first looked at some land 40 km from the city, and now, 70 km. away. It is important that there be enough land—we need at least 50 ha, and in the ideal case, 150 ha. But where can we get that much in Lithuania? After all, here we don’t have the wide open spaces of Russia.”

### A hectare for each

“Each person must get one hectare. Only on a parcel of that size is vegetation able to renew itself on its own, there is no need for fertilizing or weeding. If you farm with intelligence, laying out the plants, there will be no need to do much work in the garden or vegetable-garden, all you have to do is admire nature. Just imagine: your own house, you walk outside barefoot, you breathe in the pure air.... No noises from cars.... Is it possible that the majority of people would not want this?”

“Two thirds of each parcel would be occupied by a forest or cedar grove. The fence around the house would be created by trees: cedars, nut-trees and apple trees, dog roses. So that the possibility would exist not only to admire all this, but also to pick a nut or fruit of another tree and eat it. Not only carrots or cabbage will be grown on the kin’s domains, but also bilberry, raspberries, mountain cranberry....”



In short, both maintain that they are doing nothing phenomenal—and at the present richer people are buying land near beautiful lakes and are building houses, the majority are settling in collective gardens. “A person who works on the land begins to love it, becomes more spiritual. Creative abilities are revealed, the desire to improve spiritually appears. Interrelations become more sincere.... This may seem strange to others that complete strangers become united in an association. But strangers very soon become one of us.”

## In the world with everyone



Of course they do not say that everything in their society will be ideal, that no one will take offence, but in any event a person out in nature is more energetic and healthier. “People are inflicted with diseases, their thoughts become dark, since there is not enough vital energy,” Virgis explains.

“After moving out into nature, we will not give up washing machines, televisions, or computers. Perhaps some will build simple wooden cottages, and others will build modern houses. This is each person’s private business,” maintain Virgis and

Mindaugas. “Basically, so people would want to live in the world with themselves, with nature, with the people around them.”

Any person could acquire small parcel and construct a house on the bank of a lake, but these people are creating a society for a safer and happier life.

### Anastasia’s idea

The question has most likely not arisen for either of them about who inspired them, who urged them on to create a different life. They both say that the thought of a more beautiful, more ideal existence arose after reading the books of Vladimir Megré about Anastasia. Just who is she? A very beautiful woman, who has lived in the taiga for her entire life, does not grow old, she is healthy, radiating energy and possessing a lively mind, almost a genius. How does she succeed in doing this? She takes her energy from nature, from a cedar grove, feeds on its fruits—berries, mushrooms, and nuts—and she maintains that a person is a child of nature, and can live splendidly in nature. It is to her that belongs the idea to create ecovillages, in which a great number of cedars grow, and an abundance of plants and berry bushes bloom.

Is Anastasia alive? “We think she is. In reality, this is not the point. In her words, I exist for those for whom I exist.”

### Like-minded people around the entire world

There are like-minded people who are interested in this idea of a better life in nature around the entire world. Anastasia’s movement is spreading in Russia—numerous villages, each 150 ha in size, have been created. There are also like-minded people in England, Ireland, America, Canada, Italy, Latvia, and Estonia. The Lithuanians communicate with them by e-mail, receive images and plans of already existing villages. And they themselves are creating plans for future villages.



The Ringing Cedars Club will soon be two years old. It brings together about 100 residents of Kaunas, just as many residents of Vilnius, Panevezys, Klaipeda, Siauliai, and other cities. Meetings of the like-minded people take place in each city once a week.... Once a week they organize general conventions. In the summer, there are hikes with tents, gatherings before a bonfire. During cold spells they gather inside and seriously discuss their plans for the future.

The club brings together people of different ages, different religions and professions. Accountants, businessmen, managers, jurists, builders, farmers, people in the arts, and so forth. Thus, we will always find our own specialists.

But indeed, and entire life may not be enough to create such an ecovillage and organize a community.... “Well then, our children and grandchildren will continue....”

### Cedar saplings, photographs, and a newspaper

The majority of the club’s members grow cedar saplings at home, in flower pots, so they will be able to plant them on their own land. “The cedar is a special tree: it purifies the environment and air, and emits energy. Its seeds and oil are very wholesome for the body, and provide it with all valuable substances.” There are no kin’s domains yet, they plant the trees in the cities and parks. They organize work and clean up the environment. They write poems, sketch plants, and photograph nature. They exhibit their art on Internet sites that they themselves have created. They publish an intermittent newspaper, The Space of Love. It can be acquired at the club, read on the Internet. “Lithuanians who have gone abroad and are interested in this movement ask us to send them the newspaper,” they say. They are really with all their might trying to create their own space of love. Each issue of the newspaper will be accompanied by a monologue by Anastasia—quotes from Megré’s book—her thoughts and dreams about a better life, friendship, pleasant relationships, beautiful existence, and the future.

And the last question: and if it does not work out? “But what can not work out? The main thing is to purchase the land—a hectare each will cost about two thousand litai. This is actually cheaper than paying for heating year after year. And then, the main thing is enormous desire. If you really want it,



View the full gallery:

[http://www.ringingcedarsofrussia.org/Photos/main.php?g2\\_itemId=2065](http://www.ringingcedarsofrussia.org/Photos/main.php?g2_itemId=2065)

# UKRAINE:

## ECOMYSL ECOVILLAGE

on the farmstead of Lubskoe  
near the village of Byshev, Makarov District, 56 km from Kiev

(Ecomysl Group of Co-Creators)



The purpose of creating the village: the co-creation of a space of love in order to renew our connection with the Primary Source; in a joint creation with the Father to create Paradise on Earth and in the entire Universe.

Our basic principles:

1. A conscious understanding of the purpose for creating villages.
2. Maintaining the purity of our thoughts and following the principle of internal honesty.
3. Striving toward a change, here and now, from a consumer world view to a creative world view. To try a little less to destroy, and not to leave garbage after oneself.
4. Spiritual self-perfection.
5. A display of activity and initiative.
6. Positive thinking.
7. Use of the strength of collective thought.
8. An ability to hear and understand each other.
9. To make all decisions collectively and unanimously.
10. To follow Anastasia's advice consciously.
11. An observance of the principle: treat the surrounding world the way you would want it to treat you.
12. Each person is free until his or her freedom begins to limit the freedom of another person.
13. Mutual aid and mutual support.
14. A conscious renunciation of the "blessings" of civilization, realizing that the use of technocratic "crutches" does not bring us nearer to God, but moves us further away, and therefore also further away from our purpose. Land and Water are living essences. When diverting rivers by dams to obtain electrical power, we enslave Water, we change its energy information structure, it is dead. When we force Water through pipes, the same thing occurs. In its own turn, electricity exerts a negative influence on a person's biofield and disrupts it. In addition, the use of the "blessings" of civilization leads to a slavish dependence on them. keep any animals themselves become the servants of these animals, are tightly bound to them.



15. A refusal to keep animals in captivity, for sale or slaughter. God created animals to help man, but on the condition that they be free and willing to help voluntarily. Now those who keep any animals themselves become the servants of these animals, are tightly bound to them.

16. Leading a healthy life-style, converting to nourishment with “living” products.

17. A conscious decision to prepare one hectare of land for a domain so that a few more like-minded persons could settle next to us. Not to sow envy and discord in the association. The more Bright People there will be in the village, the stronger the Image of our village will be, and the village’s influence will spread to the surrounding area. More and more people will want to change their style of life. The main thing is not what you will build, what quantity of plants you will sow, but the type of energy you will use to fill the space of your kin’s domain.



Our contact information:

Telephone numbers in Kiev: 203-55-60 (work) and 8-066-705-70-40 (Lyuba Kosyakova), 552-63-58 (home) and 592-81-39 (work) (Roman Danilenko),

Telephone numbers in Lyubskoe: 8-066-202-37-39 and 8-067-402-66-16 (Oksana Inte), 8-066-754-82-13 (Irina Irkhina), 8-066-272-44-11 (Sergey and Marina Matsyuk)

e-mail: [ecomysl@yandex.ru](mailto:ecomysl@yandex.ru)

If you have decided to join Ecomysl ...

- First, you should read our principles carefully, they are the basis of our vision.
- Second, it would be good to contact one of us by telephone and inform us of your desire to join us.
- Then it is advisable to become acquainted with our project for the village—you might possibly want to obtain some explanations and answers to your questions or, on the other hand, you may want to give us some advice. You may not be able to give time to the project, after all, it is fairly large, and we will understand this, but you must remember that, if you really want to join us, you will nevertheless have to read it at some time.
- Third, we expect you to come as a guest to one of the meetings devoted precisely to making the acquaintance of all those wishing to join, the meetings take place each Monday beginning at 6:30 p.m. at the premises of the Creators of Kin’s Estates Information Centre (near the OZ Club) at 5a Buchmy Street, Second Floor, Kiev.
- If you cannot come to this meeting, then please telephone any one of us and find out when and where it would be possible to meet with us somewhere else and at a different time—we get together three or four times a week in different parts of Kiev.
- Fourth, when you arrive at the meeting, be prepared for us to ask you to talk about yourself, your family, your plans for life on the domain, village, etc., and we shall also give you a villager’s questionnaire, which must be completed (you may do this at home). Do not forget that you also have the right to ask us any questions—we understand only too well that it is not only us who are selecting neighbors, but that you are also selecting us as neighbors.
- And finally, fifth, if you have not been frightened by everything that was listed above, have had the energy to fill everything out and join our large but close-knit Ecomysl family, be prepared for the fact that we expect from each other and, so, now from you as well, the most active participation in the life of our group (even if by telephone), and as a consequence - in the life of the village.

View the full gallery: <http://www.ecomysl.iatp.org.ua>

## Related News:

### RUSSIA:

#### Cedar Bread

Siberia will not treat you to an apple, but it has a treat given to man by the taiga: cedar nuts. Since my first meeting with her (twenty-two years ago), Agafya Lykova has sometimes furtively, as a joke, poured a handful of nuts brought them in a birch box to our farewells. The Lykovs sowed rye, but they crushed the grain into groats—for kasha. Their “bread” was potato and cedar nuts.

Nuts are the favourite delicacy of Siberians. At one time, gathering them was the most profitable trade of the taiga. The confectionery industry used nuts by the thousands of tons, and each house stored a sack or two of the nuts for the winter, the nuts were more prized than sunflower seeds in the Russia of the steppes. Now ten times fewer nuts are gathered than before—Siberian cedar forests are cut for furniture, for the production of pencils. Now at the markets nuts are sold in cans, buckets, and in plastic bags.



Nut lover - nuthatch

I have long dreamed about seeing how the nut is gathered. And now here, this past August, while waiting for good weather for the helicopter, I met Sergey Petrovich Lesun, a hunting guide from Tashtyp, and he proposed that we take a trip to the place where the nut is gathered by the Shorets—the indigenous residents of this area.

After leaving the car by the side of the road, we went deep into the taiga. In a clearing, near its edge, we admired the small stacks of hay piled up by the local Old-Believer farmers, and then the path led us somewhere under a curtain of broad birches and aspens, along a brushwood of bird cherry and rowan, under a canopy of ancient fir trees. From the fresh tracks on the path, the hunting guide determined: “Someone is already in the cedar forests ....”

Single cedars were always in our path. In number they gradually began to crowd the birch and aspen grove. Among them stood out trees with heights of up to forty meters and of a very venerable age. Cedars are among the long-lived inhabitants of the southern taiga. Their usual age is two hundred years. But the record holders of the mountain forests live for five or six hundred years. Pausing near these giants, you can only guess how many generations of people they have outlived.

The path led us for about four kilometres to the production clearing. It was quiet in the forest, only the tits chirped in the branches, and cones, falling from above, broke through the crowns of the trees. A sprightly chipmunk, hiding behind the trunk of a birch, followed us with his attentive, frightened gaze, and something, possibly a moose, invisibly but noisily crossed our path.

But here we heard the barking of dogs and, after approaching the production base, we saw a small fire, barely smoking, above it a pail with some broth, and teapot. Two people—one elderly, the other still a youth—greeted us warily. Opposite the fire, beneath an awning, we could see a table with dishes remaining from dinner, coats were hanging on a post, all the remaining space was filled with a mountain of cedar cones that had been gathered since morning, smelling of resin. At the edge of the clearing stood the rickety frame for storing the nuts, and over here—a hut with bunks to spend the night.

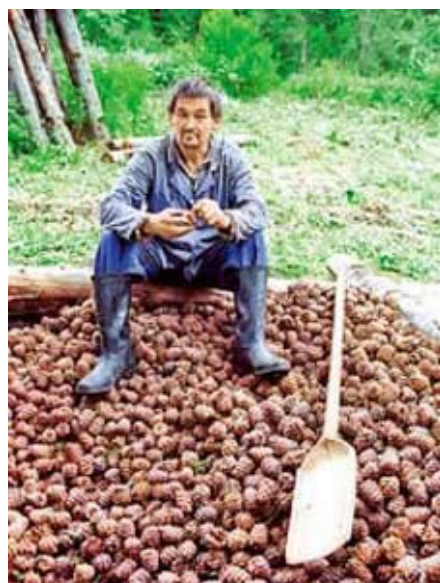
In our conversation with the people resting by the bonfire, we found out that they were not the important ones here. The head man was somewhere nearby in the forest. He was the one who climbs the trees, and it was their job to gather the cones.

After hearing their master's name, the dogs guessed that he was the one needed at the fire, and with a bark they rushed into the forest. About ten minutes later, we saw a Shoret about fifty years old. "They pulled me down from a cedar..." he smiled, pointing to the dogs. The Shorets's name was Valeriy Semenovich. "Katashov..." he added his surname for my notes.

After learning why we were here, Valeriy Semenovich willingly offered to demonstrate the process of the trade. He himself has been doing it since childhood. "I started to climb at seven years of age..." And there and then he showed us how it was done. It took two minutes for us to see him almost at the top of a cedar. "I'm like a cat, aren't I?" he understandably boasted from on high. From the heavy climber's impacts on the branches, about twenty cones, fragrant and sticky from resin, fell to our feet. And here he was, the cone-getter, already on the ground. "Isn't it dangerous?" "Not dangerous? Of course it's dangerous! The main thing in our business is to climb up a cedar and come down alive. But even a child is capable of gathering the cones." He did not spare the feelings of his companions.

Cedars are climbed in two ways. During the clearing of a production area, a sapling is left beside almost each fruit-bearing giant, from the sapling someone can easily get up to the lower branches of the cedar. If there is no suitable thin tree nearby, it is possible to reach the branches of the cedar using a light ladder. But there are trees with inaccessible crowns. These cedars are called "unclimbable." Cones can also be taken from them, but only when the tushken blows—the strong autumn wind. "During the night everything gets blown down. It's quite good, but the weather is already bad—it's difficult to maintain the standard of the harvest, and besides, working with wet cones is a chore."

The piece of land in the taiga that Valeriy Semenovich works with his assistants has been allotted to the Katashov family since time immemorial. "After forty years of climbing, I know each cedar to its smallest twig." Now Valeriy Semenovich leases this parcel: he buys the permit based on the calculation that he will collect four hundred kilograms of nuts. "Multiply four hundred by six rubles, this is my forestry fee. And how much I gather, how much I take out and sell as nuts—that is my own business. If a cedar gives two bags of cones—good. Seven bags—very good! This is the only trade we live on. And I'm introducing my son to it. He just arrived back from the army—he doesn't have anything else to do now."



Valeriy Semenovich Katashov  
with taiga's riches

But climbing a cedar and collecting cones is only half the work of the trade. The shelling of the cones begins each day, toward evening. They are poured into a rectangular chute with wooden wedges and a screened bottom, and a heavy beam with handles at each end is pulled back and forth on top like a saw. The husk and its nuts pour out beneath this apparatus. This fragrant loose mass is first sifted through a sieve with holes for the nuts. But a part of the "chaff" also falls with the nuts. To get rid of the chaff requires something resembling an art.

In a flat area, Valeriy Semenovich and his son spread out a wide sheet of the plastic that is usually used to cover frames for greenhouses ("previously we used a sheet sewn from cloth"), the end of the sheet is attached to a low fence made of stakes, and thus a small hill is formed. All this takes two or three minutes. Then Valeriy Semenovich pours out a large basket of the sifted but still contaminated nuts and begins to "winnow" them.

How? There was no wind in the taiga at that hour. But here's how.... Using an elegant wooden shovel with sides and a long handle, the expert took an exact portion of yet not completely cleaned nuts and, after assuming the necessary pose, with a light and dexterous wave of the shovel, sent everything on it toward the clean sheet that slopes into a little hill. It's a miracle! It can be compared to a blast from a shotgun: the wad falls immediately, and the heavy shot flies toward the target. Something similar happens here as well. All the light material settles along the way, and only the nuts fall on the sheet: at first the shrivelled, light ones; further, the lighter, valuable ones. But striking against the obstacle—the little hill—is the “buckshot” of the heaviest, most valuable nuts. Throw after throw.... What might have fallen randomly with the “chaff” is generously left for the wood grouses, who will be sure to fly here later to root around in the waste from the cones. Those nuts that fall at the edge of the sheet are destined for a “re-throw.” They will be thrown again: the lightest will fall for the wood grouses, and the heavy ones will thoroughly be swept off with a broom and mixed with those that struck the hill. This is ancient technology for you.

In about twenty minutes Valeriy Semenovich winnowed a pail of select nuts. After learning how much he will make for it at a city market, I immediately got my money and transferred the nuts to my knapsack as gifts for my Moscow friends. Valeriy Semenovich added about twenty cones: “Let them know where the nuts come from.”

How many nuts are extracted by these diligent gatherers of this tribute from the taiga? The cedar bears fruit abundantly once every four years. But since each tree has its own “schedule,” then each year the gatherers get something. And a constant rhythm exists: the majority of cedars bear fruit once every four years. “Here there is no time to rest. You remember a good year for a long time. In 1999 I gathered seventy-eight sacks (large bags) of select nuts.”

Not only people live on the cedar “bread of life” in the taiga, the “golden nut” is important to an even greater degree for birds and animals. Wood grouse, grey-hens, hazel-grouse, nuthatches—they all love nuts. But the noisy long-billed nutcracker with its bright speckles lives only on the nuts. Storing them for future use, it hides them beneath moss. It forgets many of its stores, of course, and thus it contributes to the spread of cedars. Squirrels, martens, wild boars, foxes, sables, bears, and mice greedily search for nuts. Small chipmunks collect up to two pails of nuts for the winter in their stores. The bear (the Shorets call it an apshak), smelling a chipmunk's store, moves stones and tears up the roots of trees in order to reach the cedar treasure. This food is sweet and nourishing, and is seventy-nine percent oil, the best of the oils provided by the plant world.

While we speak with Valeriy Semenovich, the dogs, with mouths askew, are also chewing nuts. All the cedar pine trees (what scientists call the cedars) offer their fruit free of charge—it's there for the taking. But if you accidentally drop a nut, then this is to the cedars' benefit, this helps them spread. “To cut down a cedar is a crime, to plant one, a blessing,” Valeriy Semenovich Katashov concludes our conversation. The Shorets is a master of his trade. For him a cedar is a breadwinner in the fullest sense of the word.

Valery Peskov  
<http://www.kp.ru/daily/23392/33425/>

# Art of Soul

Poetry, art, music, photography and anything else that flows from the heart.

## Co-creation

Co-creation  
is the ultimate art.  
Crafting its work  
with a pure mind and heart.

Aligned to Divine will,  
dreams manifest.  
Finding within,  
our own treasure chest.

With love as our essence,  
Man will unite,  
and Nature will bathe  
in our glorious light.

Let's ascend to the heavens  
on Earth as our school.  
Infinite imagery  
is our Divine tool.

Breathe in the Cosmos,  
we'll spread love to the stars.  
In God's image and likeness,  
the Universe is ours.

by ecomonk - From the forums of [SourceofLife.ca](http://SourceofLife.ca)

## How Could I Forget

### Sun gazing

A magical and ancient way,  
is to gaze upon the Sun,  
in the first or last hour of the day,  
when eye damage won't be done.

Starting with ten seconds,  
each day ten seconds more,  
stand bare-foot with both palms out  
on Mother Earth's great floor.

When finished cover eyes,  
with your hands until you see,  
the phosphenes in your vision  
have cleared up totally.

Building over time,  
nine months the maximum.

No need to carry on then,  
your life's Sun gazing is done.

To walk bare-foot each day,  
is then all that is required.

Forty five minutes is ideal,  
if full solar power desired.

Hunger, pain and illness,  
will all just fall away.

A primary source of energy,  
to uplift us through the day.

Activating our inner core,  
our love will start to flow.

The Sun will feel our warming rays  
and Life will always glow.

by ecomonk - From the forums of SourceofLife.ca

[http://www.sourceoflife.ca/forum\\_ca/](http://www.sourceoflife.ca/forum_ca/)

## MOTHER EARTH

It descended on me like a flash of light  
and I wondered then at my lack of sight

Mother Earth agreed to let us grow  
whatever crops the farmer could sow

She agreed for the animals to pull and eat  
her hair of green so luscious and neat

not content with this harmony of life  
man has now propelled us to one of strife

Did he not think when he covered her skin  
with roads of tar, cement and a constant din

that she would not longer have health  
and would die gasping for lack of breath

Her body was there for man to plunder  
and no thought came to him to wonder

for how long he would be able to live  
when the Mother could no longer give

Kin's Domains are needed now to restore  
Mother Earth back to the ways of yore.

Una Wood  
driftwood@uq.net.au

# Forum

Please visit the forum at Source of Life Association and share your opinions on the books of Vladimir Megre. Discuss Anastasia's ideas about harmonic life, and how you use them for yourself. Share your impressions.

You can now discuss your ideas on the following topics:

- Opinions - Anastasia's ideas in books by V. N. Megre. Share your thoughts.
- Let's get to know each other - A section in which you can create your personal profile for people to see as well as your personal page if you have something to share.
- Get Together People! - Searching for friends in your community.
- Forgotten Knowledge of Our Ancestors - All new, well forgotten old
- Health - Share your experiences.
- About Our Children - Forum that is dedicated to our children, from birth to education.

Let's build a strong community together. Support each other with positive thoughts and create a real plan for making our dreams come true.

Visit the Forum: [http://www.sourceoflife.ca/forum\\_ca/index.php](http://www.sourceoflife.ca/forum_ca/index.php)

## Forum Talk

Posted by Jamie in a topic Living Earth Village. Join the discussion of this topic here:

[http://sourceoflife.ca/forum\\_ca/viewtopic.php?t=614](http://sourceoflife.ca/forum_ca/viewtopic.php?t=614)

*Donannedean, I am just finishing the seventh book and have just been browsing this sight for about a month. I have tried to catch myself up on what has already been discussed. There was alot of pos ts about the Shasta-Shambala eco-village. This is my first post and I expect there will be many more.*

*As I've been reading these books I've been noting possible solutions to problems we might encounter in establishing a domain and what I would like my domain to look like (location, design, etc.). I also signed up on your website. I live on the east coast and quite frankly feel my motherland is NE United States. I know the majority if not all of the eco-village ideas are coming from the west coast/ California/ Portland/ Seattle.*

*I agree with Bruce, I have reservations against the environmental impacts the west coast may be enduring in the coming years and the possibility of disaster ie; earthquakes, volcanic eruptions, drought, fires...*

*There is alot of open/farm land in New York State (upstate). There is plenty of water and rainfall. The ocean is potentially not far and there are rivers and bodies of water. Much of the land is rural or wild. And within a days drive of NYC there could be an outlet for buyers of our produce or crafts and spreading the concept to visitors.*

*I've been trying to make a map of your (which matches my) criteria but havn't been able to find a good map showing elevation above sea level. I did find a website for open land maybe you want to check out. [http://www.landandfarm.com/lf/asp/search\\_form.asp](http://www.landandfarm.com/lf/asp/search_form.asp) I just watched a show on channed thirteen last night about the huge amount of subsidies (billions) going to farmers in the country. The trouble is that back in the day, many of the farms/properties were given a flat amount of money it would recieve every year no matter what the circumstances. Now farms have been left dormant long ago but some individuals (doctors, lawyers, people with no farming intentions) have bought property of hundreds or thousands of acres to live on but they get paid by the government as a farm anyway. I was thinking if policies like this exist in the goverment and the taxpayers are getting screwed over, I think people like us should use the governments unfairness and bureacracy in our favor. We should find ways to turn the system to our advantage instead of trying to fight their regulations and permits.*

*And lastly, I really believe the houses, buildings we put in the eco village are green, self sufficient and sustainable. And they should also be beautiful or artistic and reflect the surrounding environment. Building cement rectangles on a space of love is just as bad as staying where I am. People who want to do this are very creative, artistic, and innovative and I'm sure it will be amazing.*

*If there is anything I can do, let me know.*

*Thanks, Jamie*

**Page 26**

# Related Resources

This section is devoted to the information that will be useful in the creation of a Kin's Domains.

**Culture, children's upbringing and education.**

**WHAT EVERY PARENT NEEDS TO KNOW!**

American Education History Tour

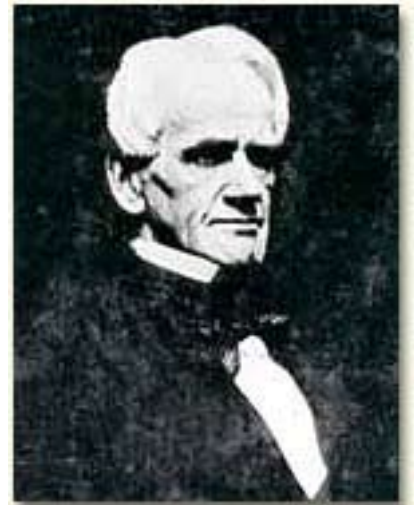
by John Taylor Gatto

New York City Teacher of the Year, author of *The Underground History of American Education*

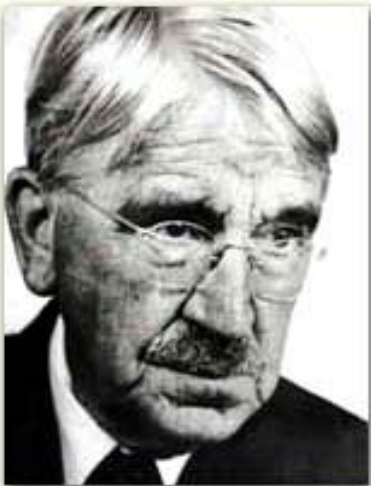
The real makers of modern schooling weren't at all who we think.



Not Cotton Mather

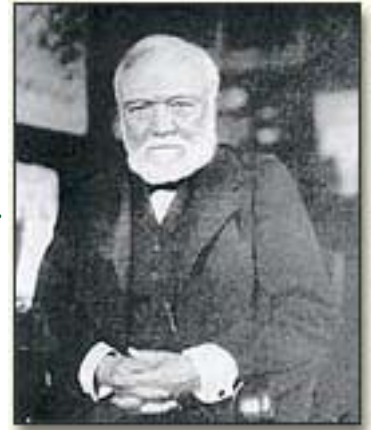


or Horace Mann



or John Dewey.

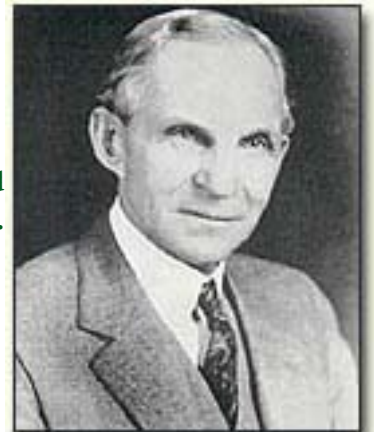
The real makers of modern schooling were leaders of the new American industrialist class, men like:



Andrew Carnegie, the steel baron...



John D. Rockefeller, the duke of oil...



Henry Ford, master of the assembly line which compounded steel and oil into a vehicular dynasty...



and J.P. Morgan, the king of capitalist finance...



Men like these, and the brilliant efficiency expert Frederick W. Taylor, who inspired the entire “social efficiency” movement of the early twentieth century, along with providing the new Soviet Union its operating philosophy and doing the same job for Fascist Italy and Nazi Germany; men who dreamed bigger dreams than any had dreamed since Napoleon or Charlemagne, these were the makers of modern schooling.

# The Business of Schooling

If modern schooling has a “Fourth Purpose,” there must be an earlier three.

Traditional forms of instruction in America, even before the Revolution, had three specific purposes:

1. To make good people
2. To make good citizens
3. And to make each student find some particular talents to develop to the maximum.

The new mass schooling which came about slowly but continuously after 1890, had a different purpose, a “fourth” purpose.



The fourth purpose steadily squeezed the traditional three to the margins of schooling; in the fourth purpose, school in America became like school in Germany, a servant of corporate and political management.

We should reveal the mechanism of mind control training, habits, and attitudes.

Children were literally trained in bad habits and bad attitudes!

Teachers and principals, “scientifically” certified in teachers college practices, were made unaware of the invisible curriculum they really taught.

The secret of commerce, that kids drive purchases, meant that schools had to become psychological laboratories where training in consumerism was the central pursuit.



Since bored people are the best consumers, school had to be a boring place, and since childish people are the easiest customers to convince, the manufacture of childishness, extended into adulthood, had to be the first priority of factory schools. Naturally, teachers and administrators weren't let in on this plan; they didn't need to be. If they didn't conform to instructions passed down from increasingly centralized school offices, they didn't last long.



In the new system, schools were gradually re-formed to meet the pressing need of big businesses to have standardized customers and employees, standardized because such people are predictable

in certain crucial ways by mathematical formulae. Business (and government) can only be efficient if human beings are redesigned to meet simplified specifications. As the century wore on, school spaces themselves were opened bit by bit to commercialization.

These processes didn't advance evenly. Some localities resisted more than others, some decades were more propitious for the plan than others. Especially during and just after national emergencies like WWI, the Depression, WWII, and the Sputnik crisis, the scheme rocketed forward; in quieter moments it was becalmed or even forced to give up some ground.

But even in moments of greatest resistance, the institutions controlling the fourth purpose—great corporations, great universities, government bureaus with vast powers to reward or punish, and corporate journalism—increasingly centralized in fewer and fewer hands throughout the twentieth century, kept a steady hand on the tiller. They had ample resources to wear down and outwait the competition.

The prize was of inestimable value--control of the minds of the young.



## School Becomes a Dangerous Place



After 1900 the new mass schooling arenas slowly became impersonal places where children were viewed as **HUMAN RESOURCES**. Whenever you hear this term, you are certain to be in the presence of employees of the fourth purpose, however unwitting. Human resource children are to be molded and shaped for something called “The Workplace,” even though for most of American history American children were reared to expect to create their own workplaces.

In the new workplace, most Americans were slated to work for large corporations or large government agencies, if they worked at all.

This revolution in the composition of the American dream produced some unpleasant byproducts. Since systematic forms of employment demand



that employees specialize their efforts in one or another function of systematic production, then clear thinking warns us that incomplete people make the best corporate and government employees.



Earlier Americans like Madison and Jefferson were well aware of this paradox, which our own time has forgotten. And if that is so, mutilation in the interests of later social efficiency has to be

one of the biggest tasks assigned to forced schooling.

Not only was the new form of institution spiritually dangerous as a matter of course, but school became a physically dangerous place as well.

What better way to habituate kids to abandoning trust in their peers (and themselves) than to create an atmosphere of constant low-level stress and danger, relief from which is only available by appeal to authority? And many times not even then!





Horace Mann had sold forced schooling to industrialists of the mid-nineteenth century as the best “police” to create moral children, but ironically, as it turned out in the twentieth century, big business and big government were best served by making school-rooms antechambers to Hell.

As the twentieth century progressed, and particularly after WWII, schools evolved into behavioral training centers, laboratories of experimentation in the interests of corporations and the government. The original model for this development had been Prussian Germany, but few remembered.



School became jail-time to escape if you could, arenas of meaningless pressure as with the omnipresent “standardized” exams, which study after study concluded were measuring nothing real.



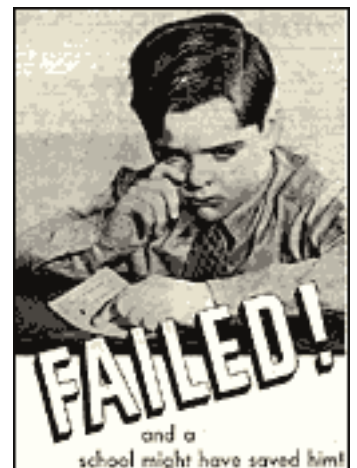
For instance, take the case of Bill Bradley . . .



and George W. Bush,

two of the four finalists in the 2000 presidential race. Bradley had a horrifying 480 on the verbal part of his own SATs, yet graduated from Princeton, won a Rhodes Scholarship, and became a senator; Bush graduated from Yale, became governor of Texas, and president of the United States—with a mediocre 550.

If you can become governor, senator, and president with mediocre SAT scores, what exactly do the tests measure?





Perhaps they sort out good scientists from bad? If so, how is it that both the scientists principally involved in the Human Genome Project have strange scholarly backgrounds to say the least.

Francis S. Collins, the head of the public portion, was home-schooled, never followed any type of formal curriculum, and is a born-again Christian.

Craig Venter was a very bad boy in high school, a surfing bum who nearly flunked out, and he didn't go to college after graduation, but into



the U.S. Army as an enlisted man before being shipped off to Vietnam!



As you'll learn when you read *The Underground History of American Education* the new purpose of schooling—to serve business and government—could only be achieved efficiently by isolating children from the real world, with adults who themselves were isolated from the real world, and everyone in the confinement isolated from one another.

Only then could the necessary training in boredom and bewilderment begin. Such training is necessary to produce dependable consumers and dependent citizens who would always look for a teacher to tell them what to do in later life, even if that teacher was an ad man or television anchor.



# Kinsey's Crimes Against Children

May 1999

By Robert Stacy McCain

America has been duped and damaged, led astray by a monster named Alfred C. Kinsey.

This is the only possible reaction after viewing *Secret History: Kinsey's Paedophiles*, a startling documentary from British filmmaker Tim Tate, first broadcast in October 1998 on London's Channel Four. I received a video copy in the mail, accompanied by a letter which described the facts documented by Tate as "disturbing."

Enraging might be a better word for it. I defy any intelligent person with a shred of human decency to watch this hour-long film without feeling an overpowering rage at the fraudulent and criminal activity which Kinsey and his fellow "sex researchers" at the University of Indiana encouraged and abetted in the name of "science."

I brought Tate's work home and sat down with my wife to watch it. Toward the end, veteran Kinsey Institute "researcher" Clarence Tripp was defending Kinsey's cooperation with predatory pedophiles. "The thing that [Kinsey] hated most about [pedophilia] is that people use words like child molestation. What is that?" Tripp asked, mockingly. "As Kinsey said, by this kind of paranoia you do the child more damage for life than all the pedophiles in the world would do."

My wife, who had been watching in stunned silence, said slowly and deliberately: "I'd just like to shoot that man."

What is amazing is that such reactions did not greet Kinsey's work at the outset. Instead, his publication of *Sexual Behavior in the Human Male* in 1948, as well as the 1953 publication of the companion volume *Sexual Behavior in the Human Female*, were celebrated as a triumph of science. Kinsey appeared on the cover of *Time* magazine. His work was funded by the National Research Council and the Rockefeller Foundation. In the words of journalist and historian William Manchester, his 1948 report made Kinsey "one of the first instant celebrities." Tate's film accurately describes Kinsey as "the father of the sexual revolution."

In *Partisan Review*, then one of the most influential journals among America's intelligentsia, Lionel Trilling described the 1948 Kinsey Report (as it was commonly known) as "an event of great importance to our culture" which had "surely been made richer" by Kinsey's work. Kinsey's work, Trilling said, should be welcomed because its "permissive effect" would help create "the community of sexuality."



In *Partisan Review*, then one of the most influential journals among America's intelligentsia, Lionel Trilling described the 1948 Kinsey Report (as it was commonly known) as "an event of great importance to our culture" which had "surely been made richer" by Kinsey's work. Kinsey's work, Trilling said, should be welcomed because its "permissive effect" would help create "the community of sexuality."

In an age where scientists had but recently split the atom, Kinsey's status as a tenured professor and his report's general tone of dispassionate clinical research (complete with impressive-looking charts and tables of "data") seem to have simply overwhelmed skepticism, despite the outlandish nature of some of his claims. Kinsey reported, for instance, suspiciously high levels of homosexuality and bestiality. He cited some case histories which seemed rather dubious, as in the case of a man (hailed by Trilling as "a new folk hero") described as a "scholarly and skilled lawyer" who reported that he had had 30 orgasms a week for 30 years. Do the math, and this lawyer was getting off a minimum of four times a day -- impressive even for the horniest 13-year-old, but highly suspicious for a middle-aged attorney in straitlaced (not to say puritanical) America circa 1948.

Such suspicions eventually proved warranted. Judith Reisman has detailed the serious methodological flaws -- amounting to outright fraud -- behind Kinsey's "research." Much of Kinsey's work was based upon uncorroborated testimony of prison inmates, including convicted rapists and sex offenders, while much of his other "research" relied heavily on questionnaires and interviews with respondents whose self-reported sexual activities were similarly unverified. Given these glaring flaws, it is unlikely that either of Kinsey's reports provided anything approaching an accurate reflection of American sexuality at a time when reliable data -- high rates of marriage, low rates of divorce and illegitimate births -- suggest most people were thoroughly conventional in their sexual behavior.



Despite the exposure of Kinsey's fraud by Reisman and other researchers, his influence on how we think about sex is undiminished. More than anyone else, it was Kinsey who convinced Americans that "everybody is doing it," that profligate sexual indulgence is "healthy," and that the only alternative to a laissez-faire endorsement of promiscuity is "repression" and "hypocrisy." As late as 1991, the *Grolier Encyclopedia of Knowledge* still described Kinsey's bogus reports as "empirical studies," "respected" and "authoritative." Gay activists continue to cite Kinsey's claim that 10 percent of American men were "more or less exclusively homosexual" for at least three years of their adult lives; even 50 years into the sexual revolution Kinsey helped launch, more credible studies estimate that no more than 2 percent of American men are homosexual.

But what seems to have been overlooked or ignored at the time he graced the covers of national news magazines was the fact that Kinsey claimed to have extensively studied the sexual responses of children, including even infants. Whatever Americans may have thought of Kinsey's other claims -- of farmers habitually bugging their livestock, for example -- the extensive documentation of "research" into the orgasmic potential of infants and toddlers should have raised an alarm. Yet nothing of the kind occurred during Kinsey's lifetime, as Tate's film shows. As recently as 1973, William Manchester cited without comment Kinsey's claims that infants "measured in the nursery with special instruments, were found to experience orgasms at the age of four or five months" and that "[o]ne preadolescent child had 26 orgasms in 24 hours." Manchester did not seem to wonder how or by whom these phenomena were recorded, nor did he seem to wonder whether there was something exploitative (immoral? criminal?) in the sexual stimulation of children for purposes of "research."

Kinsey's "scientific" claims about juvenile sexuality may have done much to encourage pedophiles to pursue their desires -- a pursuit which Kinsey never condemned. Reisman told Tate that Kinsey "approved fully and wholly of adult-child sexual interaction" and even "recommended" it, a claim clearly suggested in Kinsey's writing: "Without help from more experienced persons, many preadolescents take a good many years to discover masturbatory techniques that are sexually effective .... It is probable that half or more of the boys in an uninhibited society could reach climax by the time they were three or four years of age." [Emphases added.] Both of these claims are false, of course: I have never heard any man complain of adolescent difficulty in discovering "sexually effective" masturbation techniques and think I was not alone in getting it right the very first time I tried; whatever pleasures a boy might experience from sexual stimulation before puberty, it is profoundly misleading to describe it as an "orgasm" or "climax" -- the underdeveloped preadolescent equipment simply doesn't produce such a response.

While the Kinsey passage cited above does not explicitly advocate "an uninhibited society" where "more experienced persons" give masturbation lessons to toddlers, neither does it argue against such activity. And, in a series of elaborate charts, Kinsey listed "data" supporting his claims of orgasmic infants and toddlers. These "data," Tate shows us, were supplied by habitual pedophiles whom Kinsey encouraged to keep careful records of their "contacts" with children, even suggesting that they time the "orgasms" which these children supposedly experienced. One such Kinsey correspondent was a man who claimed to have molested hundreds of children, while another was -- no kidding -- a Nazi stormtrooper who sexually exploited children in occupied Poland and was eventually accused of murdering a 10-year-old girl in postwar Germany.

These and other unsavory aspects of Kinsey's "research" (he encouraged his colleagues to perform sexual acts that were documented on films still kept tightly locked away in Kinsey Institute archives in Indiana) must inevitably inspire some to reconsider what we have come to consider "normal" in the half-century since this "event of great importance to our culture," as Trilling called the first Kinsey Report. Even if the revelations of fraud and criminality behind Kinsey's work don't lead one to my wife's murderous impulses, it is difficult to avoid questions about the motives and morality involved. Why would educated people -- Kinsey was a respected entomologist before he started researching human sexuality -- exhibit such indifference, if not indeed hostility, toward centuries-old societal restraints on sexual behavior? Did none of Kinsey's cohorts question the ethics of soliciting "data" from adults engaged in the sexual exploitation of children?



Alfred Kinsey and the co-writers of "Sexual Behavior in the Human Female"

Qualms and questions, however, are far from the minds of the Kinseyites. The current director of the Kinsey Institute, John Bancroft, appears in Tate's film and is utterly unrepentant about the validity or morality of Kinsey's methods. Paul H. Gebhard, who co-authored Kinsey's report on female sexuality, tells Tate: "It was illegal and we knew it was illegal but it's very important for people to study childhood sexuality. In other cultures, anthropologists can sometimes do this, but in our culture, because of our insistence that children are non-sexual, studies of childhood sexuality were essentially impossible." Gebhard says that one of Kinsey's criminal correspondents "contributed a fair amount to ... medicine's knowledge of childhood sexuality." If one believes the charts in Kinsey's book, this "contribution" took the form of a man sexually molesting children for hours on end, while chronicling their responses with the aid of a stopwatch.

Tate even manages to find a woman who was apparently a victim of one of Kinsey's "researchers." The woman is gray-haired, probably well into her sixties, yet she cannot help breaking down in tears as she recounts how her father, a former college classmate of Kinsey, repeatedly raped her and kept a careful written record of these "contacts." Like all the other "data" collected from Kinsey's correspondents, those records are now locked away in the vaults of the Kinsey Institute.

Kinsey died in 1956, and never lived to see the full effect of his influence on American society. You have probably not seen Tate's shocking film, which has still not been broadcast in this country. The forces of political correctness in the American media establishment are powerful enough to suppress anything which undermines establishment dogma, and one tenet of that dogma is that the sexual revolution has been a glorious success. That this revolution was launched by a man who thought nothing amiss in pedophiles using stopwatches to record the results of their "contacts" with children is something the establishment wants to sweep under the rug of Kinsey's America. So far, so good.

<http://home.att.net/>

# INDIGO CHILDREN

by Anna Hayes



The Indigo Children are not to be considered “superior or elite” in comparison to other humans, but rather viewed as living demonstrations of the dormant abilities that are NOW beginning to rapidly unfold among ALL HUMAN POPULATIONS.

Scientific communities in China, the US and other countries are now identifying small groups of infants and children that display rare abilities such as purging HIV, advanced genius and psychic/telekinetic abilities and other extra-ordinary

attributes. These are the identified Indigo Children. Indigos can display some or all of these qualities and others not yet identified. In Indigo Children, fragments of DNA science identifies as ‘junk DNA’ and other portions of the DNA chain that science has yet to identify, are more organized and operational at birth than in the average populations, which gives Indigo Children biological, mental and/or spiritual skills and abilities that appear advanced, compared to that of the norm, these attributes can also present developmental challenges for some young indigos, as our present environment and cultural structures are harmful to humans with the advanced biological and psychological sensitivities that come with accelerated genetic development.

One little understood attribute of Indigo advancement is that of **PERCEPTUAL EXPANSION**, an accelerated psycho-spiritual biological orientation and natural usage of sensory abilities that are beyond the range of the commonly known 5 senses.

Attributes associated with Perceptual Expansion are a direct result of valid/heightened sensitivity caused by accelerated genetic development and organic advancement in spiritual orientation. Though phenomena associated with Perceptual Expansion are increasing among general populations as a result of human evolutionary progression, this attribute is more distinct and advanced in Indigo Children, which places them at risk within the present environmental, sociological and political atmosphere. The attributes of the Indigo can rapidly become heightened challenges for them personally and in relation to those around them.

The phenomena of **PERCEPTUAL EXPANSION** due to genetic progress is presently evidenced and demonstrated in global culture through rapidly increasing occurrences and reports of ‘unexplained’ events such as ESP, NDE, OBE, angelic encounters, ‘ghosts’, inter-dimensional communications, paranormal activity, Sightings, “UFO-Abduction”, Lucid Dreaming, etc.

Evidence of biological and psychological challenges involving the genetic acceleration associated with Perceptual Expansion can be found in the increasing frequency of ‘senseless crimes’ - such as “School Yard slayings”, acceleration of suicide and drug use among teens, the progressively advancing appearance of ADD, Behavioral Problems, Bio-chemical imbalances and allergies among children, and the advancement of Thyroid Malfunction, schizophrenia, Bi-polar and Cognitive disorders, Psychosis, cancers, and other maladies among general populations. In Indigo Children the attributes and challenges of genetic advancement are amplified.



Many Indigos are now being mis-diagnosed and inappropriately treated as cases of ADD, Schizophrenia, Bi-polar Disorder, etc. because of medical, psychiatric and spiritual communities do not yet recognize the symptoms , causes and remedies for the biological, perceptual, psychological and spiritual sensitivities characteristic to advancement of the human genetic code.

The Indigo Children are the forerunners of what will eventually be the norm for the human collective as we progress in our genetic evolution, through Bio-instinctual Response to changing environmental conditions. Challenges presently faced by the Indigo Children will progressively become challenges of the norm, as humanity is now evolving into the genetic acceleration currently exhibited by the Indigo Children. Medical communities, whose paradigms of treatment area also based upon common physical science theories, have yet to recognize the full spectrum of DNA imprinting function or the direct connection between DNA, consciousness and the manifestation of disease, and so do not routinely look for such connection sin research and diagnosis. If society is to progress to accommodate the needs of Indigo Children and the general progression of human genetic evolution, these paradigms will need to expand. There are complimentary alternatives. The evolution of a culture begins with each individual.

<http://www.annahayes.com>

## Meaning of food in our lives.

### Food Fight The Truth About Genetically Modified Organisms



Greenpeace magazine, Spring 2000



#### MYTH:

Genetic engineering is merely an extension of traditional breeding

#### REALITY:

- \* Genetic engineering is a new technology that has been developed to overcome the limitations of traditional breeding. Traditional breeders have never been able to cross fish genes with strawberries. But genetically engineered “fishberries” are already in the field. With genetic engineering, these types of new organisms can be created and released into the environment.
- \* Food and Drug Administration scientists stated that genetic engineering is different from traditional breeding, and so are the risks. Yet the FDA continues to assert that GMOs are not different and don’t require special regulations.

#### MYTH:

GMOs can make foods better, more nutritious, longer-lasting better-tasting

#### REALITY:

\* The reason for the 70 million acres of GMO crops grown in this country today has nothing to do with nutrition, flavor or any other consumer benefit. There is little benefit aside from the financial gains reaped by the firms producing GMOs. Nearly all of the GMO corn, soy, potatoes and cotton grown in the United States has been genetically altered so that it can withstand more pesticides or produce its own.

#### MYTH:

GMO crops will reduce chemical use and are necessary for environmentally sustainable J farming.

#### REALITY:

\* The most widely grown GMO crops are engineered to withstand high doses of herbicides or to contain their own insecticide. In the first case, studies have shown that many farmers actually use more chemicals on their fields. One study of over 8,000 university-based field trials suggested that farmers who plant Monsanto’s engineered soy use 2.5 times more herbicide than non-GMO farmers who use integrated weed-control methods. Monsanto created “Roundup Ready” (RR) soy, corn and cotton

specifically so that farmers would continue to buy Roundup, a chemical weed killer that is Monsanto's biggest money-maker and that is sold together with the RR seed.

\* GMO crops that produce an insecticide may be the greatest threat to sustainable agriculture on the planet. Many organic farmers rely on a natural bacterial spray to control certain crop pests, but the advent of "insect-resistant" crops is likely to lead to insects that are no longer killed by this natural pesticide. When the natural bacteria is rendered ineffective, other farmers will turn to toxic chemicals to deal with the "superbugs" created by GMOs-but organic farmers will be out of options.

**MYTH:**

The Government ensures that genetic engineering is safe for the environment and human I health.

**REALITY:**

\* Neither the FDA, the Department of Agriculture (USDA), nor the Environmental Protection Agency (EPA) has done any long-term testing of GMOs in food or the environment, nor has any regulation specific to bioengineered food been established. Biotech companies are on the honor system. They have virtually no requirements to show that this new technology is safe.

\* FDA scientists and doctors warned that GMO foods could have new and different risks such as hidden allergens, increased plant-toxin levels and the potential to hasten the spread of antibiotic resistant disease.

\* The USDA has reviewed more than 5,000 applications for biotech crop field trials without denying a single one.

\* USDA officials claimed they would conduct long-term studies of GMO crops, but have no plans to require any pre-market or pre-release assessment. Studies conducted after our environment and food supply have been contaminated will be too late.

**MYTH:**

There is no scientific evidence that GMOs harm people J or the environment

**REALITY:**

\* There is no long-term study showing that GMOs are safe, yet the biotech industry and government have allowed our environment and our families to become test subjects in these experiments.

\* Laboratory and field evidence do show that GMOs can harm beneficial insects, damage soils and transfer GMO genes in the environment, thereby contaminating neighboring crops and potentially creating uncontrollable weeds.

**MYTH:** GMOs are necessary to feed the developing world's J growing population.

**REALITY:** ·Genetic engineering could actually lead to an increase in hunger and starvation. Biotech companies eagerly pursue a genetic engineering technique named "terminator" technology that would render a crop's seed sterile, making it impossible for farmers to save seed for replanting. Half the world's farmers rely on saved seed to produce food that 1.4 billion people rely on for daily nutrition.

[http://www.thirdworldtraveler.com/Health/Food\\_Fight\\_GP.html](http://www.thirdworldtraveler.com/Health/Food_Fight_GP.html)

Watch the feature film - Genetically Modified Food - Panacea or poison:  
<http://daholetruth.blogspot.com/2007/09/genetically-modified-food.html>

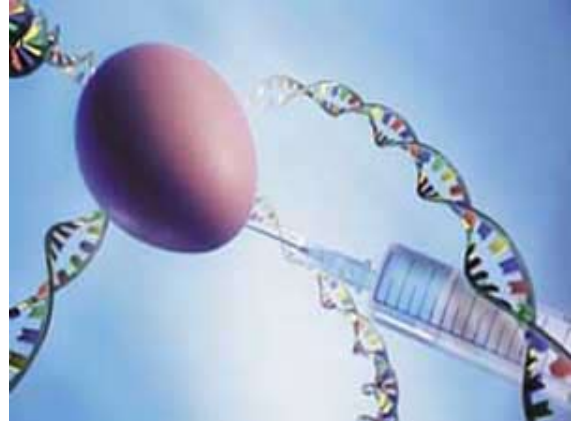
# Weird Science - Genetic Engineering and Food Safety

by Lisa Turner

*what you need to know about genetic engineering*

Pig genes in your potato chips? Human genes in your flounder? It's possible, in the weird world of genetic engineering. Shuffling genes between species raises plenty of scary health and environmental worries, and a slew of ethical questions.

No long-term tests have been conducted, so no one really knows what we're getting into. And because they aren't labeled, you have no way of knowing if you're eating genetically modified foods (unless you stick to organic). Here, we look at the most-often asked questions about genetic engineering, with answers from experts in the field.



**What is genetic engineering?**

According to the National Organic Standards Board (NOSB), genetic engineering involves “techniques that alter the molecular or cell biology of an organism by means that are not possible under natural conditions.” The idea: to make food crops grow bigger, better and faster. Genetic engineering of crops/plants is designed to allow foreign genes, bacteria, viruses and antibiotic marker systems (which render resistance in plant cells against antibiotics and herbicides) to be engineered into food.

**What's the difference between cross-breeding and genetic engineering?**

In nature, the distinct boundaries between species are observed. So a squash can cross with a different variety of squash, but never with a pig. Genetic engineering, however, allows the mingling of genes from different species. So fish genes can be inserted into tomatoes, insect genes into potatoes -- and worse.

“Genetic engineers ,can modify the DNA of any living thing by adding genes from anything else,” says Robin Ticciati, co-author of *Genetically Engineered Foods: Are They Safe? You Decide* (Keats Publishing, 1999), and general science advisor to Mothers for Natural Law. “But (scientists) have neither the theoretical knowledge nor the experimental results necessary to foresee the consequences of their modifications.”

In truth, the cross-breeding of plants of the same, or related, species has been a part of conventional agriculture for many hundreds of years. Example, the tomato, which is a crop that has been cross-bred so many times over the past 500 years that it barely resembles the tiny, bitter South American fruit from which it was originally derived. GMOs, or “Frankenfoods,” are also genetically modified crops, but artificially modified.



For example, an “anti-freeze” gene from flounder is inserted into tomatoes so that they are more tolerant to frost. There are many such “weird science” examples of what are truly experiments, on a massive scale, with GMO products that never existed in nature before. We don’t know that these plants won’t cross-breed with wild/weed plants to create super weeds. We don’t know that certain species won’t be killed, such as the Monarch butterfly. We don’t know what long-term health effects there may be since it would take anywhere from 30 years to hundreds of years to look at what would be astronomically complex epidemiological data on the effects of these plants

on humans -- and that’s if there were hundreds of long-term studies starting now, which there are not.

### Why are foods genetically engineered?

The U.S. Department of Agriculture (USDA) says it wants to use biotechnology to boost the nutritional value of foods, combat animal diseases, fight world hunger, increase the financial viability of agriculture and reduce pesticide use. Opponents say that’s hogwash. The truth is, genetic engineering is mostly in the name of profit and yield. Crops are genetically altered to develop certain characteristics, like resistance to insects and mold, faster growing times, greater drought tolerance and larger yields -- meaning greater profits. Ironically, however, though higher yields were promised, yields are generally less, Ticciati says.

### Are GE foods safe to eat?

Its opponents don’t think so. Some human health concerns:

\* **Decreased nutritional value.** Fresh-looking, brightly colored GE foods may actually be weeks old, with compromised nutritional value. Even FDA scientists warned the agency that genetic engineering could result in “undesirable alteration in the level of nutrients” of GE foods.

\* **Toxicity.** The FDA has conceded that genetic engineering could result in “increased levels of known naturally occurring toxicants, appearance of new, not previously identified toxicants, (and) increased capability of concentrating toxic substances from the environment (e.g., pesticides or heavy metals).”

\* **Allergic reactions.** GE foods can increase the risk of allergic reactions by transferring allergens from one food to another -- and without labeling, the avoidance of potential allergens becomes a dangerous crap shoot. For example, if nut genes are engineered into soybeans, the consequences could be tragic for those with nut allergies. Additionally, genetic engineering could actually be creating new allergic responses.

\* **Resistance to antibiotics.** Nearly all GE foods contain “antibiotic resistance markers” which confirm that new genetic material has been transferred to the host organism. If these antibiotic marker genes are introduced on a large scale into the food supply, some fear that antibiotics could be rendered useless in fighting diseases.

<http://www.findarticles.com/>

## **Health, natural methods of health improvement.**

Paul C. Bragg



Paul C. Bragg (1895-1976), Nutritionist, is one of the earliest advocates of the wellness movement in America.

He was well known for the Bragg Health Crusades, the Bragg Healthy Lifestyle, deep breathing, water fasts, organic foods, drinking water, juicing, exercise and listening to one's body.

Paul Bragg was a strong advocate of the healing power of exercise. Near the end of his life, in 1970 he started a free exercise class called the Health & Happiness Exercise Club on the Fort DeRussy lawn, Waikiki Beach, Hawaii, USA. Bragg suffered an accident in 1976 at the age of 81. He was injured by a wave in the surf in Hawaii. His health started to decline, and six months later died of a heart attack in Miami, Florida.

Bragg in his famous Health Crusades liked to preach Natural Health with an evangelistic born again style. In an Oakland City Women's Club, California, USA, Health Crusade Paul Bragg's topic was how to take personal responsibility for health and happiness. Paul told the audience that:

"It matters not what your present age is or what your physical condition. If you obey nature's laws, you can be born again."

Natural Health legend has it that a 15 year old Jack LaLanne was in the audience that day. "I will never, ever, ever forget what he said," Jack recalls. Paul C. Bragg was the person who inspired Jack LaLanne to be physically born again. And thus, Jack LaLanne, the man who would become the single most recognized worldwide icon for the personal benefits of proper diet and exercise, was reborn thanks to the Natural Health message of Paul Bragg.

Paul made it to the ripe old age of 81, even if he did fall short of his target of 120 years. Paul Bragg should be remembered for maintaining a high quality of life through exercise. And, for authoring some 40 different books on health.

<http://www.naturalhealthperspective.com/>

Watch Film - Paul C. Bragg, Father of the Natural Health Movement

<http://video.google.ca/videoplay?docid=-7493367238911958627&q=paul+c+bragg&total=5&start=0&num=10&so=0&type=search&plindex=0>

## The Bragg “Healthy Lifestyle”!

Excerpts from the book **THE BRAGG HEALTHY LIFESTYLE - Vital Living to 120! BODY PURIFICATION, TOXICLESS DIET & HEALING SYSTEM** by Patricia Bragg, N.D., Ph.D., and Paul C. Bragg, ND, Ph.D.

Can Keep You Ageless

Dr. Patricia Bragg

No system can “cure” disease. No person can “cure” you of your ailments, aches, pains and diseases. Only the internal functions of your own body banish diseases. The human body is self-repairing and self-healing. Every human body has a built-in healing mechanism. Burn that into your consciousness.

To simplify, we are going to call this healing power vital force.

You must have vital force to stay alive. When your vital force is exhausted, then there is death. Every day of your life you meet people with a huge vital force. On the other hand, every day you see tired, exhausted, nervous, frustrated people full of aches, pains, disease, stresses, strains and tensions. Most of these people are prematurely old.

Every three months you get a new bloodstream, so it is not the blood that gets old.

Every eleven months every cell in your body has renewed itself, so you have a practically new body every eleven months.

Every two years you get an entirely new bone structure, so in three years you are really born again.

People with a low quota of vital force have a low resistance to infectious diseases ... they are the people with frequent colds, flu, strep throat and many, many other infectious diseases.

They are the people who are chronically fatigued. They are the people with poor memories. They are the people who are full of aches and pains. They are the unhappy people. They are the irritable people.

With the vital force at a low ebb, then enervation takes over. When enervation takes over, physical troubles multiply!

The tongue should be called “The Magic Mirror” because it reveals the great amount of toxic poison stored in the body.

One way a doctor diagnoses a person is to say, “Let me see your tongue.” If the tongue is white-coated, she knows that person is in a highly toxic condition. This is one of the oldest methods of diagnosing a person’s health that doctors follow.

Remember, the tongue is one end of a thirty foot tube extending from the mouth to the anus. When your tongue is coated, nature is trying to extract and eliminate the toxins buried deep inside your body. Help by brushing and cleaning your tongue daily.

You can now see by your tongue how much toxic poison is stored in your body. Your tongue's surface reveals to you the great amount of encumbrance that has been clogging up your entire body through wrong, toxic-forming foods and liquids.

That is the reason I'm not interested in the name of your physical trouble. All physical problems are due to a local clogging of the circulation, the tissues and the entire pipe and tube system.

You often hear people say, "A new virus is attacking people. It seems that everyone is picking it up." That is exactly right, there are thousands of germs floating around everywhere, and remember they are here for a purpose. Infections, germs, bugs, viruses and bacteria are scavengers. They clean up decaying filth. If that decaying filth happens to be in your body, they are going to start eating the toxic slime.

Just remember it is impossible for any kind of germ or virus to attack clean healthy tissue. They only eat decaying matter.

### If You Want to Attain Vitality Supreme . . .



It is possible, in my opinion, to live in a perfect state of agelessness. Let's reason it out together: Every three months you get an entirely new bloodstream, so it is not the blood that gets old. Every eleven months every cell in your body has renewed itself, so you have a practically new body every eleven months. Every two years you get an entirely new bone structure, so in three years you are really born again . . . the renewal process has taken place.

In my many years of travel, I have met hundreds of people 100 or more years old. Their vision was perfect, they had no hardening of the arteries, no blindness or aches or pains. These people never ate refined or processed foods, but ate foods that were close to nature. Their natural diet continually purified their bodies with each meal.

Avoid food and drink that clog, obstruct and throw waste into your arteries, organs and cells. Study the following list of so-called foods, drinks and other materials and never again let them into your body.

These processed, sugared, salted, refined, chemicalized foods work slowly, but very effectively and are deadly.

People will often tell me: "My Grandfather is 88, eats any food he wants to, and still he is living." There are a lucky few who have a stronger constitution than others. They have inherited bodies that have wide arteries and veins and have a capacity to burn poisons three times faster than the average person. But remember: When that 88-year-old was born, there were 86,000 others born that same year yet, there are very few of those 86,000 left . . . not a very good percentage.

So the first thing to do is to avoid forever the following so-called foods and materials which humans put into their bodies . . .

- Refined sugar and all refined sugar products such as jams, jellies, preserves, ice cream, sherbets, Jell-O, cake, candy, cookies, chewing gum, soft drinks, pies, pastries, tapioca puddings, sugared fruit juices, fruits canned in sugar syrup.
- Catsup and mustard made with salt or sugar, Worcestershire sauce, pickles, green salted olives. White distilled & filtered vinegars.
- Salted foods such as corn & potato chips, salted nuts, pretzels, salted crackers.
- White rice and pearled barley.
- All refined, sugared, dry cereals such as corn flakes and others.
- Deep fried and greasy foods.
- Saturated fats and hydrogenated oils are enemies and premature killers of your heart.
- Food which contains cottonseed oil. When a product is labeled vegetable oil, find out what kind before you use it.
- Oleo and margarines, saturated fats and hydrogenated oils.
- Peanut butter that contains salt and all hydrogenated oils used for hardening.
- Coffee, decaffeinated coffee and black and China teas. (100% herbal teas are O.K.)
- Fresh pork and pork products.
- Smoked fish of any kind.
- Smoked meats, ham, bacon, sausage.
- Luncheon meats such as hot dogs and salami, bologna, corned beef, pastrami and meats containing the dangerous preservatives sodium nitrate and sodium nitrite.
- Dried fruits processed with dangerous sulphur dioxide (a preservative).
- Chicken & turkey injected with stilbestrol or fed chicken feed that contains drugs.
- Canned soups (read labels - look for sugar, fillers, starch, white or wheat-white flour and preservatives).
- Food that contains benzoate of soda, or cream of tartar (a preservative).
- Bleached and unbleached white flour products such as white bread, wheat and rye bread that uses a mixed wheat-white flour, dumplings, biscuits, buns, gravy, noodles, spaghetti, pizza pie, ravioli, sago, pies, pastries, cakes, cookies, prepared and commercial puddings, and ready-mix, refined bakery goods. If you use wheat, it should read whole wheat; then you know it contains no white flour. - Substitute whole grain flours in all bakery goods.
- Leftover cooked veggies & premixed old wilted salads.
- No self-drugging: no aspirin, buffered aspirin, antihistamines, laxatives, sleeping pills, tranquilizers, pain killers, strong cathartics or antacids. Correct your problems by living a healthy lifestyle so you won't need any of the above. The above listed all have side effects. It's best to live a healthy lifestyle.

I want you to remember first and keep it in mind at all times that the ideal diet is raw fruits, salad, sprouts; raw, steamed and wokked or baked vegetables; and raw nuts and seeds with a preponderance of raw and cooked green leafy vegetables (chard, beet tops, spinach, cauliflower, broccoli, turnip and mustard greens, collards, kale etc.)

I do not expect you, unless you are very ambitious about internal cleansing, to try to reach the 100% state of purification. There are various degrees of health that can be obtained by controlling the diet. I feel that if you can, in time, balance the diet to 60 percent raw fruits and vegetables and properly cooked vegetables and minimize animal proteins, fats and sugars, then you can live in a higher state of wellness and enjoy a healthier, longer life.

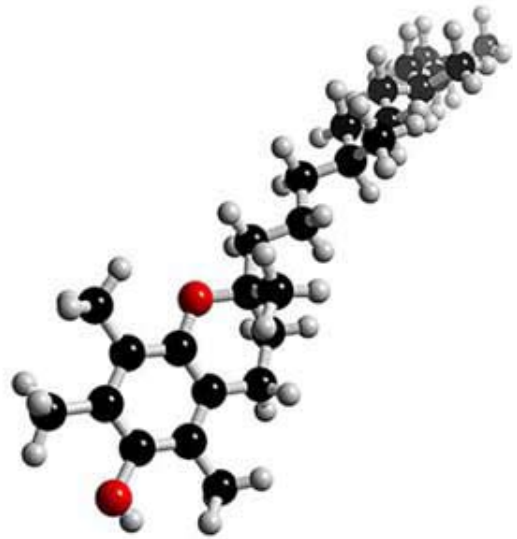
<http://www.bragg.com/>

## Vitamin E: The Natural Health Benefits

Vitamin E was discovered by Evans and Bishop in 1922 while conducting research on nutrition and fertility. Originally, vitamin E was considered to be solely a lipid (fat) extract from plants that was essential to maintain fertility. Today, however, vitamin E is being termed a wonder nutrient with its positive effects being seen in a vast number of health areas.

### What is Vitamin E?

Vitamin E is an essential nutrient, which means that the body cannot produce it so it must be obtained from dietary sources. Vitamin E is a fat soluble vitamin, and in the body it is found predominantly in cell membranes. The term "vitamin E" is actually a generic term for complex chemicals referred to as tocotrienols and tocopherols and including alpha, beta, gamma, and delta tocopherol, with alpha-tocopherol being the most abundant.



Model of Vitamin E

### How does vitamin E work?

First, and most importantly, vitamin E functions as an antioxidant. To understand how antioxidants function, one must first understand what free radicals are and they act in the body. Free radicals are toxic compounds that are naturally produced in the body as a by-product of metabolic oxidation. Free radicals have lost a negatively charged electron in their chemical structure, and are therefore considered unstable. In excess, they can be extremely damaging because they have the ability to attract electrons away from body cell membranes resulting in damaging effects, as well as an inability for the cell to adequately function. Free radicals are produced in excessive quantities from exposure to air or water pollution, toxic chemicals, or cigarette smoke - so basically from simple day to day living.

The only way to counteract the damaging effects of free radicals is to "stabilize" or "neutralize" them. This is where antioxidants play a role. Antioxidants, such as vitamin E, are potent free radical neutralizing agents. They "quench" free radicals before they have a chance to attack body cells and exert their damaging effects. This is extremely important because free radical damage is believed to play a role in many conditions such as premature aging, cancer, coronary heart disease, cataracts, as well as an array of other degenerative diseases.

A second function of vitamin E is its ability to lessen the severity of inflammatory disorders such as rheumatoid arthritis, as well as premenstrual syndrome, and circulatory irregularities such as nighttime leg cramping.

Third, vitamin E has the ability to halt the conversion of nitrites found in smoked, pickled, and cured foods, to nitrosamines in the stomach. Nitrosamines have been found to be strong cancer tumor promoters.

Lastly, vitamin E has been shown to slow down the growth of smooth muscle cells, which are involved in the development of atherosclerosis. This is a very important area of vitamin E research that warrants further discussion. Vitamin E and Cardiovascular Disease: Today, one of the best documented roles of vitamin E is that of cardiovascular protection, specifically in the prevention of atherosclerosis. Atherosclerosis is the process whereby cholesterol accumulates to form waxy plaques in the walls of arteries. The cholesterol in question is LDL-cholesterol, also known as “bad cholesterol”. Although LDL cholesterol has a bad reputation on its own, when it becomes oxidized by free radicals it is more likely to accumulate in the arteries, which is the first step in atherosclerosis. Vitamin E will therefore protect LDL cholesterol from oxidation, and subsequent deposition in the artery walls. In addition, vitamin E is also believed to stop the excessive formation of muscle cells in damaged arteries and keep blood clotting in check, both of which are important in the prevention of heart disease. As a matter of fact, a recent report by Cornell University’s Weill Medical College stated that “more cardiologists take vitamin E supplements to protect their hearts than any other common antioxidant vitamin”. Of the 181 doctors surveyed, vitamin E was the most popular antioxidant, at a daily dose of 400 I.U’s.

#### Natural vs. Synthetic Vitamin E:

A common question among consumers is “which is better...natural or synthetic vitamin E?”. To answer this question one must first understand the difference between the two forms. With most vitamins, the body has a hard time distinguishing between the natural and synthetic forms. With vitamin E however, there is enough of a chemical difference between the two that the body can tell them apart. In recent studies, natural vitamin E was found to be better absorbed, and better retained, in comparison to its synthetic form. It was also found that people taking the natural form had approximately two times the level of vitamin E in their blood in comparison to those consuming the synthetic form.

Overall, any form of vitamin E is better than no vitamin E at all. What is important to note however, is that a larger dose of synthetic vitamin E must be consumed in order to be equal to the same potency offered by natural vitamin E. As a rule of thumb, natural vitamin E is roughly one and a half to two times as effective as synthetic vitamin E. To distinguish between the two forms, natural vitamin E will be listed on the label beginning with the letter “d” (ie. d-alpha tocopherol), whereas synthetic vitamin E will begin with “dl” (ie. dl-alpha tocopherol).

#### Dietary Reference Intakes (DRIs):

Recently, the Institute of Medicine (IOM) recommended an increase in the DRIs for vitamin E. Recommended intake levels were nearly doubled in comparison to former values. New recommendations suggest that both men and women should consume 15 mg of vitamin E from food sources such as nuts, seeds, liver, leafy green vegetables, as well as some vegetable oils. In terms of IUs this would equal 22 IUs of natural source vitamin E, or 33 IUs of the synthetic form. The new 15 mg recommendation is opposed to the former 10 mg for men, and 8 mg for women. However, it is important to note that these recommended intakes are based on dietary sources, not supplementation. Recent research, however, suggests that a higher quantity of vitamin E than what is consumed from dietary sources is required in order to prevent free radical cell damage. Current research states that adults should consume approximately 400 IUs of natural vitamin E daily, a quantity that is achievable only through supplementation.

#### Cautions:

Even in high doses, vitamin E is generally well tolerated and produces no significant side effects in normal, healthy individuals. However, vitamin E has been shown to somewhat slow blood coagulation, therefore patients on medications or under a physician’s care for any medical condition should consult with their physician prior to supplementation.

By Kelley C. Fitzpatrick, MSc President Saskatchewan Nutraceutical Network

## Our Toxic World – a Doctor’s View

February 28th, 2008

The following is taken from Dr. John Cline’s upcoming book entitled, “Detoxify for Life!”:

Most of us do not realize how toxic a world we live in, or how rapidly our already toxic world is changing for the worse. Each week we hear and read about new sources of toxic exposure and how they can impact our lives. For instance, in 2002, a study was published looking at the levels of toxins found in the stools of newborn babies. The shocking results show significant levels of heavy metals including lead, mercury, and cadmium, as well as a number of insecticides including Lindane, Malathion, Diazinon, Parathion, DDT, Pentachlorophenol, Chlordane, and Chlorpyrifos.<sup>i</sup> In 2005, the US Department of Health and Human Services added 11 more compounds to its list of 246 cancer-causing agents in humans,<sup>ii</sup> and in all likelihood this already long list will increase as industry goes on producing new chemicals.

A further serious problem arises from the fact that the toxic effects of such chemicals might go largely undetected until extensive damage has been done to people’s health. This is so because the symptoms of toxicity often mimic symptoms found in other disease processes. We can therefore carry a significant toxic burden without realizing the harm it is doing to us, as we attribute our failing health to other causes. During my many years of medical practice I have interviewed thousands of people whose illnesses I have been able to trace back to toxic exposures which had previously gone un-noticed. Only when the underlying toxic influences were discovered, could treatments be initiated, often producing a remarkable improvement in health.

In describing to patients how toxins affect our health, I often find it useful to refer to the “TILT Phenomenon.” “TILT” is an acronym that stands for “Toxin Induced Loss of Tolerance,” and it also suggests a tipping–point, which causes a system to tilt, so that a sudden re-distribution of weight occurs. When our cells are exposed to toxic influences they can resist up to a point, but when they lose their tolerance and begin to fail, a shift or “tilt” occurs. Our intricate cellular processes are then thrown out of balance; cellular dysfunction, and even cellular death, can then occur, depending on the extent of toxic exposure.

For most of us, our toxic burden grows slowly over decades by way of exposure to substances we are used to in our environment, such as herbicides for our lawns, various household cleaning agents, molds in our homes, lead found in multiple products, and even mercury amalgams (silver fillings) in our teeth. When our bodies fail to tolerate the accumulated effect of such ongoing exposure and we reach a tipping point, a state of imbalance causes a sudden descent into ill health, as if the heavy end of the see-saw were to come crashing onto the ground.

<http://www.herbalcollective.ca/>

# Ecological farming, permaculture.

## Forest Gardening in Ohio

Travis Beck, Department of Horticulture and Crop Science, The Ohio State University

Martin F. Quigley, Department of Horticulture & Crop Science, Ohio State University



Forest gardening offers a new approach to home landscaping in both urban and rural areas of Ohio. Forest gardens are attractive, low-maintenance gardens that combine food production with ecological function.

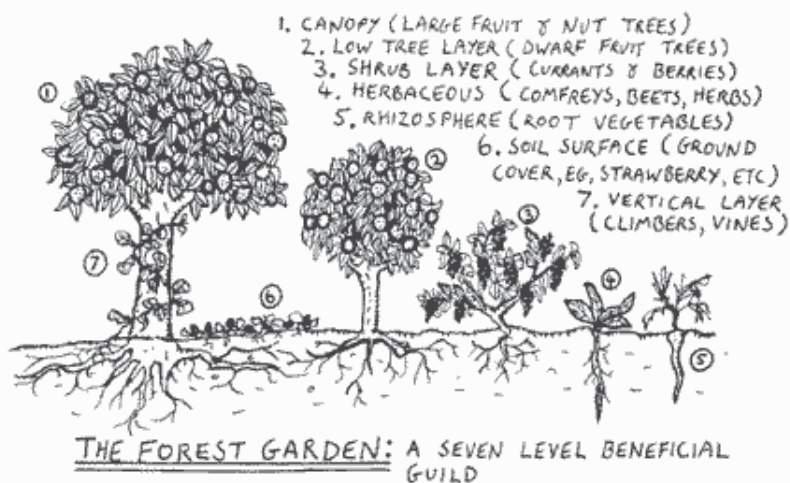
What is a forest garden?

Quite simply, a forest garden is a garden modeled after a natural forest. Forest gardens usually have a diverse collection of plants arranged in multiple layers above a deep mulch. These plants produce flowers, food, and other products for human use. The plants function together, along with the insects and other animals that come to inhabit them, as an ecological system (Figure 1). Forest gardening is a term coined by Robert Hart of Shropshire, England. Indigenous peoples throughout the tropics, however, have created similar gardens for centuries. These gardens, known as tropical home gardens, include a diversity of crops arranged in multiple layers, and in many ways mimic the structure and ecological function of the surrounding natural forests. Robert Hart and others have applied the same principles to the design of gardens modeled after temperate deciduous forests. Forest gardens are especially appropriate for Ohio as up to 95% of the state was forested before its settlement, and because there are many native plant species that can be used successfully.

How to design a forest garden

In a natural forest, plants belong to one or more layers.

There are the high canopy trees, and an understory of shorter trees. Beneath the trees is a layer of saplings and shrubs and beneath that a layer of herbaceous plants. Just above the forest floor are groundcovers. Finally there are the vines, which grow up through all the layers. The key to designing a forest garden is to think vertically—how many plants can I stack into this space? Suggestions for plants for each of the layers can be found in the plant list below. For a new garden area or yard, plans can be drawn up from scratch. Forest gardens can also be built around existing trees or shrubs, or in established woods. For very small spaces, such as an urban back yard, the canopy layer can be omitted, and the design built around a dwarf fruit tree.



The plant layers in a natural forest are not uniform across space. Different species live on high slopes as opposed to in a river bottom, for example. Forest composition is different at the edge of a clearing from the center of a large wooded patch. Similarly, in a forest garden we design with the environment and according to our specific uses. If one corner of a forest garden is more poorly drained than another, that corner should include plants that can tolerate having “wet feet.” A forest garden can be set up like a forest edge, with low growing species to the sunny side and taller plants in the rear.

Forest gardens can perform structural functions, such as screening an unpleasant view or cold wind, or, if mostly deciduous, can shade a house in the summer and let the sun in to warm it in the winter. Aesthetic concerns are also important. The principles of grouping plants, achieving balance, and creating harmonious designs that are covered in basic landscape design texts still apply to the forest garden.



Natural forests grow magnificently with no human intervention. Forest gardens too seek to provide many, if not most, of their own needs. A sheet mulch (explained in the installation section) will keep the plants moist without the need for much additional irrigation, and, as it breaks down, will furnish the plants with valuable nutrients needed for their growth. To increase the fertility of the system, forest gardens often include nitrogen-fixing plants and plants grown specifically to provide mulch. Forest gardens also often include insectary plants to attract and support beneficial insects that can reduce pest populations. Perennial and self-seeding plants are emphasized

in forest gardens because they reduce the need for the annual chores of starting and planting out seedlings. Designs may also include habitat for birds (who spread seeds, provide fertilizer, and eat insects), toads (who eat insects), and snakes (who eat rodent pests).

Like natural forests, forest gardens are, to an extent, self-designing. The gardener may introduce more seeds and plants than will eventually survive. Only those that are well-suited to the environmental conditions present in that place at that moment will thrive. Also, a forest garden is designed to evolve over time. The plants that predominate at the beginning will likely fade away as others grow to take their places.

The plant list presented here is not meant to be exhaustive. Any plant that can grow in the cultural conditions of a forest garden can be included. This includes strictly ornamental plants and certain vegetables. Many cool season vegetables will appreciate the shade and moisture of a forest garden. Heat-loving summer vegetables can grow in a forest garden in its early years. Or they can be grown in sheet mulch on the garden's edge.

<http://www.ohioline.osu.edu/hyg-fact/1000/1256.html>

### Watch movie: PERMACULTURE TRIO: Forest Gardening, Edible Landscaping, Urban Permaculture.

This is infact three short (about 15 minutes) documentaries!

- 1) Robert Hart's garden. Find out loads what forest gardening is, and how to make your own!
- 2) Edible Landscapes Second is amazing case study about rural permaculture in Britain by Ken Fern, showcasing loads of amazing edible plants and aquaculture and flowers, as well as fantastic medicinal plants! Look out for a cure of female infertility that's dropped in here!
- 3) Urban Permaculture. This is a brilliant and inspiring documentary of permaculture techniques used effectively in an urban back garden!

<http://video.google.it/videoplay?docid=659155658226666080>

## Plant Portrait - *Amelanchier alnifolia* Juneberry

Ken Fern "Plants for a future"  
[www.pfaf.org](http://www.pfaf.org)



There are many different species of Juneberries, and they all produce more or less edible fruits - though some are certainly more desirable than others. Perhaps the most exciting is the Saskatoon, *Amelanchier alnifolia*. This is one of the smaller-growing members of the genus, forming a deciduous shrub that seldom exceeds 3 metres in height and occasionally suckering to form a slowly spreading clump.

An easily grown plant, it prefers a rich loamy soil and thrives in any soil that is not too dry or water-logged. The largest yields, and best quality fruits, are produced when the plant is grown in a sunny position, though it should also do reasonably well in semi-shade. The plants are fairly lime tolerant and they will also grow well in heavy clay soils. They are very cold-hardy and will tolerate temperatures down to at least -20°C and probably much lower.

Juneberries first make us aware of their presence in the garden in early to mid-spring when they come into flower. These white flowers are produced before the plants come into leaf, and are usually produced so abundantly that the whole plant turns white. They look particularly beautiful at this time. By late June, or more commonly early to mid July, the plants will usually be carrying large crops of fruits. These fruits are about 15mm in diameter, they are soft, sweet and juicy with a taste that reminds us of apples. There are usually 2 - 5 seeds contained in an apple-like core at the centre of the fruit, these are small enough to be eaten without problems, though they can add a slightly bitter almond-like flavour to the fruit if they are crushed whilst eating. We have found very few people who do not enjoy eating these fruits raw - it is more a problem of finding enough fruit to supply all the clamouring mouths! The fruit can also be cooked in pies etc., when dried it is quite sweet and can be used in the same ways as raisins. The main draw-back we have found to producing fruit in this genus is that birds adore the fruit at least as much as we do and will often completely strip a plant before the fruit is fully ripe. At least this particular species is small enough to make it practical to protect the fruit from the ravages of the birds.

Come the autumn, and the plant once more makes its presence felt in the garden as the leaves take on lovely yellow and red shades of autumn colour before falling.

Juneberries are very easy to propagate and seed is the simplest method if this can be obtained. It is best sown as soon as it is ripe in the summer, and should then germinate in late winter. Stored seed can be a bit slow to germinate - don't give up on it for at least 18 months. The main problem of growing from seed is that you can never be sure of the quality of your seedling plants. Juneberries are very promiscuous creatures and will readily cross-pollinate with other Juneberry species growing nearby. Unless you want to experiment with producing superior fruiting forms, it is best either to obtain seed from a known wild source so that you can be fairly sure the seed will breed true, or to grow plants from suckers. Simply dig up 2 - 3 year old suckers in the winter and either pot them up or, if they are well-rooted, plant them straight out into their permanent positions. These plants should be exact copies of their parents and, whilst seedlings can take up to 5 years before they start to produce fruit, these suckers will generally start to produce within a couple of years.

*Amelanchier alnifolia* is available from a number of nurseries and garden centres. There are also a number of named varieties that have been developed in N. America for their improved fruiting qualities. These are not generally available in Britain, though we are hoping to obtain a number of them in the next few years. Watch this space for more information!

Another species of juneberry that we highly recommend is *A. stolonifera*. This is a bit larger than *A. alnifolia*, perhaps reaching 5 metres in height, and it also suckers much more freely to eventually form quite large clumps. The fruit is larger than *A. alnifolia* and, if anything, is even nicer flavoured. Another positive attribute is that it can start to fruit in its second year of growth and is giving very good crops by the time it is four years old. This species, unfortunately, is not currently available in Britain though we are busy propagating our plants and hope to be able to supply it within the next few years.

Ken Fern

[www.pfaf.org](http://www.pfaf.org)

## Green construction, energy saving technologies.

### Loghouse Construction

#### Log Houses Advantages

We realize that the home you choose to live in is more than just a basic need. It constitutes an important, if not the most important, factor and indicator of quality of life. You dream of a home that is functional, while at the same time serves your individualized needs, and satisfies your aesthetic needs. A home constructed of the finest quality and safest materials, constructed with care and fine craftsmanship, safe in the knowledge that your home will continue to provide the same comfort, calm, and warmth many, many years from the day you first took key in hand and unlocked the entrance to your new home! A home ecologically and structurally sound, where you may live safely and healthily with your family and loved ones, but without exhausting you financially for construction and maintenance. We recognize your needs because our needs are the same as yours!



Signature Log Homes by Peco Log Homes  
[www.pecologhomes.com](http://www.pecologhomes.com)

But can a log house offer you everything you seek and require in a modern residence? In a word, yes!

A log house has many advantages and benefits in comparison to a conventional residence. In summary, a log house is:

Economical; both the initial construction, as well as the maintenance later on.

Energy efficient; on the level of heating insulation as well as sound-proofing

Ecological and healthy

Safe; in cases of fires and earthquakes

Durable and long-lasting

Quickly constructed

Modern, environment-friendly, adaptable to both needs and personal aesthetics

#### Log Houses Are Economical

##### Construction

The total construction cost of a log house is considerably lower than that of a conventional residence. Also factored into this are the lower costs of public building licenses, due to lower worker insurance payments (I.K.A.)

##### Maintenance

After the initial treatment of varnish, internally and externally, there is no need to ever varnish your residence again, under normal circumstances. If you wish, you may decide to refresh the exterior coating every 7 to 10 years, using specifically recommended preservatives that are both easy to apply and very economic. The cost of interior maintenance is minimal, due to the natural attributes of wood. Your walls will never be troubled by damp, mold or mildew, thereby saving you the costs of paints and painting crews, as opposed to conventional residences.

## Log Houses Are Efficient



Courtesy of Custom Log Homes Ltd.

### Heat Insulation

Wood is one of nature's best insulations, due to its cellular structure. Wood is made up of many fibrous cells which are surrounded by tiny quantities of motionless air. With the simultaneous placement of insulation materials between the logs, we achieve even greater energy efficiency. Research has proven that log houses have 24 to 46 percent less consumption of energy for heating needs. During the summer months, the excellent insulation works reversely to insure a cool environment.

### Soundproofing

The smallest log (with a thickness of 95x 170 mm) used in our residences has soundproofing of 35 db. With each increase of thickness, i.e. 120x170 mm, 145x170 mm, etc., the soundproofing is exponentially increased. This means that we are well able to cover soundproofing requirements for hotel and lodgings, where the soundproofing requirements are from 39...60 db proportionate to the nature of the spaces the wall encompasses. The constructional supports of the intermediary floors are proportionally insulated to limit the transmission of sounds between floors. Windows and doors have a soundproofing of 38 db (double panes, airtight). In the event we wish to increase soundproofing of an area, this is achieved by the application of insulation in the walling and paneling with the same appearance as the logs.

## Log Houses Are Ecological and Healthy

Wood is a natural material which lives and breathes along with you. The special chemicals, with which the wood we use is impregnated to prevent mold and mildew, are completely harmless to humans. The regions from which trees are cut for timber are controlled or cultivated, while Finnish legislation requires replanting in proportion of 1:2-meaning for each tree cut, two trees must be planted. Moreover, the consumption of oil and electricity for heating in winter and cooling in summer is much reduced, due to the natural insulating attributes of wood. Thus, you also contribute to the reduction of emissions of harmful pollutants into the atmosphere, which has unfortunately led to the greenhouse phenomena worldwide, and simultaneously to make financial savings.

## Log Houses are Durable

The lifetime of log houses exceeds 3 centuries in many cases, while the minimum life expectancy is roughly 100 years; almost double that of conventional residences.

## Log Houses Are Quickly Constructed

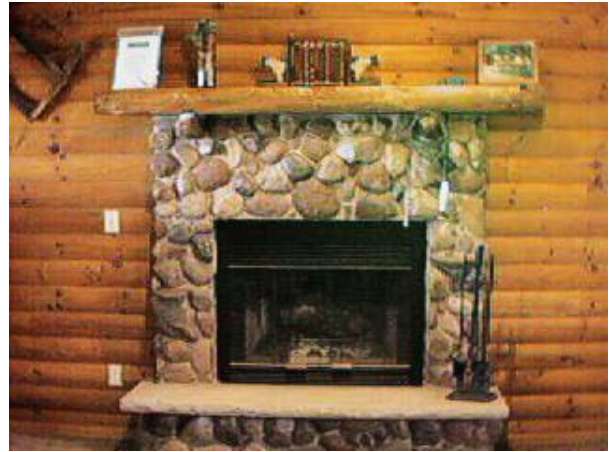
The time required for the construction of a log house is roughly 3 months from the time ordered to day of completion, regardless of size.

## Log Houses are Safe in Case of Fires or Earthquakes

### Fire Protection

#### Natural Properties:

In laboratory trials conducted in various countries such as The U.S.A., England, Austria, and others, as well as studies made on burnt habitats, it has been proven that wood is difficult to ignite. You have probably noticed this property of wood yourself: a large log is almost impossible to ignite in the fireplace without the presence of smaller kindling, and also takes a long time to burn completely, even with a strong flame. In particular, wood burns at a speed of 0,67 mm per minute, while the effect of heat increases the resistance to heat as a material, due to the reduction of inner moisture. On the contrary, with the effect of heat, steel and concrete lose their resistance to heat quickly and abruptly. As a result, conventional residences which catch fire or are close to nearby fires (thus being subjected to very high temperatures), are rendered useless; while wooden structures are able to maintain their resistance to high temperatures, and are easily repaired, even if they suffer damages.



Courtesy of [www.deistloghomes.net](http://www.deistloghomes.net)

#### Additional Structural Protection

Resistance to fires is further increased by special treatment with substances designed to add to fire resistance, therefore increasing protection.

#### Anti-seismic:

Wood as a material has great mechanical resistance, and behaves anti-seismically, resisting the pressure and forces of an earthquake. More specifically, the small weight of wooden structures, in combination with the high elasticity of wood, results in less oscillation of the building making it much more difficult for the building to collapse.

## Log Houses are Modern

Log houses are luxurious structures that provide all the comforts of modern life. In collaboration with an architect, you may plan a home which serves both your needs and wishes, both functional and beautiful, but also in harmony with the natural environment, since it is possible to combine different materials, such as stone and brick together with wood, when working with the architect.



Modern Log House by Southland Log Homes - [www.diynetwork.com](http://www.diynetwork.com)

# MILLED VS. HANDCRAFTED LOGS - WHAT'S THE DIFFERENCE?

by: T. Johnston

## MILLED LOG HOMES

People are sometimes confused by the distinction between milled and handcrafted logs. A milled log is one that has been put through a saw mill, lathe, or planer and has been cut into a specific shape or profile. When you look at a milled log home all the logs will be uniform size.

Logs may have a flat top and bottom surface, may be coped, or may be tongue-and-grooved. The sides of the log can be sanded smooth, left with a rougher or more rustic look, or hand peeled with a draw knife. Milled logs are usually air and or kiln-dried to a specific moisture content before they are used to build your home.



A milled log home - courtesy of  
Tennessee Log Homes, Inc.

## HOW MILLED LOGS STACK UP

There is a large variety of logs species, shapes, sizes and styles available and it can be very confusing for the potential home owner.

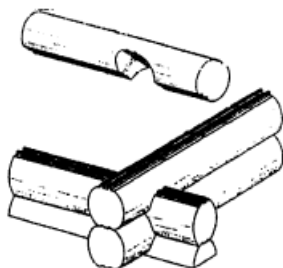
- Which species of wood is best suited for your building site?

Traditionally, Pine, Spruce, Fir, Cedar are the most popular species used in milled log construction. Pricing approximately follows the same list with Pine/Spruce being the least expensive and Cedar the most expensive. All species appear to do equally well in drier climates. In wetter climates, care must be taken in the design and exterior maintenance of the log home.

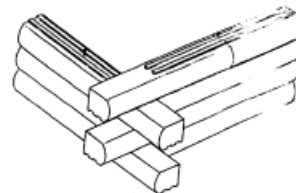
- Do you prefer the look of a home built with 6" diameter logs or with much larger logs?

- Do you like a flat interior wall or do you prefer the logs to be round on both the interior and exterior of your home?

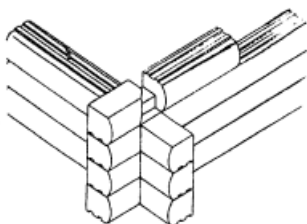
There are additional questions about how your home will be put together. The diagrams below show the most common methods used in milled log construction.



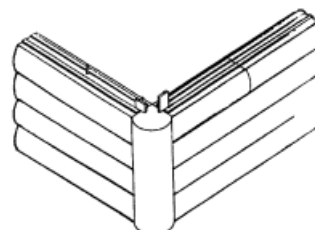
Double Tongue & Groove Round Notch



Butt & Pass Method



Interlocking Corner Method



Post & Beam Method

## HANDCRAFTED LOG HOMES



A scribe fit log home - courtesy of A Place In The Sun Log Homes, Inc. North America).

Handcrafted logs are either hand-peeled with a drawknife or water-peeled. Logs used in handcrafted construction most commonly are Douglas Fir, Pine, or Spruce. Several other species are occasionally used such as Oak, Cyprus, Juniper, and True Firs, such as Alpine Fir. Logs can be used Green, basically within days/weeks of cutting and hauling; Air Dry, which is a designation that is subject to vast debate as to when does a Green log become an Air Dry log, and in a very few cases kiln dried. (Kiln drying full size logs for handcrafting is an expensive process and used by only 1 or two companies in

The logs are then fit together in one of several ways. Scribe-fit is a style popular in this region. In this style, one log is scribed to precisely fit over the log below it. The scribe-fit style needs no chinking and is usually joined at the corner using a shrink-to-fit saddle notch system. Another way logs are fit together leaves a space between each round of logs that will be filled with a backer rod material and chinking. This style is called chinked. Other styles are piece-en-piece and hand-hewn dovetail.

Handcrafted log homes are generally most expensive than milled log homes because there is so much more labor involved and often larger material is used.

<http://www.loghomelinks.com/>

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Watch a video with tips on financing your log home:

<http://www.youtube.com/watch?v=WWdIAJVhcFs>

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These articles come directly from researchers and are passed on to everybody. The company assumes no liability for any content in these articles.

For more great articles go to <http://www.ringingcedarsofrussia.org/infoE.php#article>

# Articles

## Cedar products fight depression!

Spring is a wonderful season. However, in each passing season our body becomes vulnerable, chronic diseases are exacerbated, depressions appear. It would seem that the energy of the bright sun and the lengthened period of daylight should contribute to an improvement in mood, but frequently the mood changes from good to bad “at the speed of light,” the ability to concentrate disappears, and sleep does not bring rest.

These changes may be explained by the development of seasonal depression.



Cedar Nut Oil

By the beginning of spring, the reserves of most biologically active compounds in the body are exhausted. For this reason, it is especially important in the spring for people to monitor their food intake in order to provide the body with substances capable of protecting it from depression.

Cedar oil and cedar nut bearing the Ringing Cedars of Russia trademark contain a complex of natural vitamins, minerals, and amino acids, which actively maintain the nervous system.

Especially valuable is the high content in cedar oil of a number of amino acids, which prevent the development of depression: phenylalanine, methionine, tyrosine, tryptophan.

According to studies, phenylalanine proves to be more effective in the treatment of depressions associated with apathy and sleepiness than many medicinal antidepressants. It is interesting that phenylalanine is used in the body for the synthesis of a special substance - PEA - which creates the feeling of being in love.

Methionine is successfully used by doctors in Italy and North America for the treatment of depression. The amino acid tryptophan is excellent for alleviating stress and anxiety, and for improving sleep. Using products rich in tryptophan in one's food, it is possible to regulate one's emotional state. Another amino acid, tyrosine, helps to focus attention in situations of stress. The greater our reserves of tyrosine, the easier we cope with stress, and are capable of remaining in good, balanced moods.

In the natural products bearing the Ringing Cedars of Russia trademark, nature itself has combined all the amino acids for our health, cheerfulness, and emotional stability. The content of the irreplaceable amino acids methionine and tryptophan in these products is one and a half times more than in the “ideal protein”!

All the wholesome components that form part of the natural products bearing the Ringing Cedars of Russia trademark combine with each other perfectly and are easily taken. The ingestion of health-promoting cedar products provides rapid and noticeable results - signs of an improvement in general health and mood appear even in the course of one month.

Roman Smirnov  
Naturopath, Acupuncturist  
Lvov, Ukraine

# Cedar products make Spring brighter and more joyful!

## Useful tips from the ancient Russian folk medicine

The shell of cedar nuts is rich in tannins. It is used to prepare infusions and broths (2-3 tablespoons to a cup), which are used in cases of an inflammation of the mucous membranes of the oral cavity and other organs, and in the form of washes and baths it is used for skin diseases (lichen, pustular lesions, eczema, etc.) and burns.

For the preparation of baths, the husk and oil cake of the cedar were previously used, bran was added to them. The bath had the most beneficial effect on skin that was especially cracked or hardened. Such baths are recommended in cases of diathesis, eczema, pustular and other diseases of the skin. A bath with the addition of the broth of the husk and oil cake of cedar nuts has a calming effect on the nervous system. It is useful both for overexcitement and exhaustion.

An infusion of cedar nut shells acts beneficially on the gastrointestinal tract. It increases the tonicity, provides strength, and restores the normal functioning of the organs of the gastrointestinal tract.

In cases of hemorrhoids, Siberian healers advise the use of an infusion of the shell of cedar nuts.

Hearing disorders are treated with an infusion of cedar nut shells in vodka.

Folk medicine recommends the drinking of an infusion of cedar nut shells for diseases of the blood. An infusion of cedar nut shells may be drunk in cases of osteochondrosis and arthritis.



Cedar Nut Kernels

<http://www.anastasia.ru/forums/>

## Siberian cedar resin will prove useful with many illnesses

The resins of cedar, pine, spruce, fir, and Siberian larch have healing power

A. Baranov, Doctor of Biological Sciences

T. Baranov, Journalist

*Songs should be sung and poems should be written about Siberian cedar resin. Among the people it is said that this remedy has been given to us as a legacy. Can we manage it properly and increase it? Therein lies the question.*



Cedar Resin Essential Oil

The following story may be told about the possibility of the diverse use of Siberian cedar resin for medicinal purposes. Three patients come to see a doctor with, in their view, different diseases, but the doctor does not know that they are from the same family. The father came in first, complaining of a stomach ulcer, and the doctor gave him some medicine. Then the daughter entered complaining of furunculosis and eczema, and the doctor gave her the same medicine. Finally a hearty lady came in, the daughter's mother, complaining of a cold, a cough, and the doctor gave her the same medicine. On returning home, all three noticed that the doctor gave them one and the same medicine for the most varied diseases.

In reality, Siberian cedar resin has helped and continues to help very many people, from the very young to the very old. In the Russian lands, from remote antiquity until the present it has been the custom to chew pine resin to strengthen the teeth and gums, and to disinfect the oral cavity. In ancient Egypt, pine resin was among the embalming compounds, moreover it has been established that these balsams have not lost their bactericidal properties over the course of the last 3000 years. Pine resin displays an unusual healing effect in a usual period of time. For example, for chapped lips (split lips) with unbearable pain, three days of applying the resin is sufficient to heal the wound.

In cases of catarrh or stomach ulcer, it is taken internally in small doses. In cases of furunculosis, Siberian cedar resin is placed on a cloth and applied to the painful areas. The anesthetic effect begins almost immediately, and after two to three days these procedures will lead to the complete resolution of the boils. If the Siberian cedar resin has been obtained as a solid, then it is possible to make it pliant and even liquid after mixing it with hot vegetable oil.

Many people are cured of wet eczema in several days using Siberian cedar resin by applying it to the painful areas. It has a broncholitic and anticarcinogenic effect.

In cases of diseases of the respiratory organs, Siberian cedar resin is infused in water and a glass of the infusion is drunk during the day in three to four doses. Sucking on a piece of pine or spruce resin can help fight Angina.

Refined turpentine oil, refined turpentine is obtained by steam distillation of Siberian cedar resin, and is used in a mixture with petroleum jelly for rubbing into the skin. Terpin hydrate is obtained from turpentine. It is taken as an expectorant and phlegm-diluting agent in cases of bronchitis and tracheobronchitis.

We are often asked for help when people suffer from stomach pains caused by an ulcer. Patients complain that neither oatmeal nor antacids help them. In such cases, Siberian cedar resin is an indispensable remedy, a pea-sized portion is dissolved in the mouth on an empty stomach, and it is even better to repeat the procedure during the day before meals. It helps! What is more, it is useful in cases of colitis, anacidic gastritis, hepatitis, cholecystitis, and enterocolitis. It improves the intestinal flora, controls bacteriosis. Siberian cedar resin ointment has a tremendous medicinal effect in cases of hemorrhoidal bleeding.



Cedar Resin Chewing Gum

Problems frequently appear in elderly people because of dry corns on the soles of their feet. The best prescription turned out to be the application of Siberian cedar resin to the painful areas of the soles, which have been steamed, and securing it with a band-aid for the night. In cases of a bad cold, when it becomes difficult to breathe because of a convulsive, severe, persistent cough, Siberian cedar resin is dissolved in hot water and mixed with granulated sugar. Small pellets the size of a pea or bean are made from this mixture and dissolved in the mouth after meals.

For me the most convincing example of the wholesome use of Siberian cedar resin is my uncle, a front-line soldier, who decided to quit smoking after the war. All his attempts at using the most diverse remedies ended in failure: first, he took special tablets, then applied nicotine patches to his skin - and nothing! Until, finally, someone advised him to chew pine resin that had been gathered in the forest during a full moon. The desire to smoke did not disappear immediately, but gradually, after about two weeks, he felt that the urge to smoke began to weaken, and after a month he noticed that he had wholly lost this craving. He chewed the resin no less than three times a day after meals for 15 to 20 minutes. At first, because of the reduction in the number of cigarettes smoked, nausea, sweating, and slight dizziness may possibly occur, but all this soon passes. If problems appear when chewing the resin in its pure form, then it can be chewed together with chewing gum, the combination is softer, and the resin does not crumble when it hardens. (Natural taiga resin prepared in the form of chewing gum has now appeared for sale in our drugstores.) In addition, he was cured of chronic gastritis, his teeth stopped hurting, and even the number of his cavities decreased.



Larch Resin Chewing Gum

The resin of not only the pine, but also of the spruce and fir is healthy, but the resin of the Siberian larch is considered to be especially curative. Resin contains many vitamins and mineral substances, it restores the structure of dental enamel and protects teeth from the pathogenic bacteria that cause periodontosis and cavities.

Chewing Siberian cedar resin increases the secretion of saliva, which helps to clean the oral cavity, and strengthens the gums and roots of the teeth. The even load on the gums strengthens the muscles of mastication and promotes the formation of a correct bite, for that reason it is so wholesome to give to children.

An incident with a sprain of the ligaments of the ankle joint convinced me of the benefit of the medicinal properties of fir resin. It is known that in a ligament sprain, the joint swells, and sharp persistent pains occur. If the internal fat (of a pig, bear, etc.) is melted and mixed in equal parts with Siberian cedar resin, thoroughly heated on a water bath, some home-made vodka is added (one-eighth of the total volume of the mixture), then a compress with this mixture will not only remove the pain, but also the swelling, as well as the claret-cyanotic spot on the area of the sprain related to the injury.

In attacks of radiculitis, Siberian cedar resin dissolved in oil is rubbed into the painful area until the skin reddens. Then dough (the best is rye), wrapped in cloth, should be placed on this area, then parchment paper is placed on top, and the body is wrapped up in a woolen shawl. The compress is left for 40 to 60 minutes, after which the pain disappears.

Siberian cedar resin helps to heal wounds from burns. In my childhood, for example, it happened that, in a woods, near a bonfire, a child stepped on an ember, which burned through the thin rubber sole of his running shoe and burned his foot. The local healers immediately knew what to do. They took one tablespoon of quicklime, added one litre of cold water, let it stand for six hours. At the same time they prepared an ointment from Siberian cedar resin, wax, and internal pig fat in equal parts. After heating this over a small flame with constant mixing, they let it cool. They washed the wound with lime water, and then rubbed the prepared ointment on it and bandaged it. The bandage was changed daily, but four days was sufficient for not so much as a trace of the burn to remain.

Siberian cedar resin dissolved in vegetable oil (1:4) in the form of drops helps in the treatment of eye diseases - cataracts, leukoma. One drop should be placed into each eye at night over the course of two months.

A. Baranov, Doctor of Biological Sciences  
T. Baranov, Journalist

# RECIPES

## TAHINI SAUCE

Makes: enough for 1 Prep. time: 5 min

Ingredients: 2tbsp Raw Tahini 1/2 Lemon, juiced 1tbsp Honey 2 cloves Garlic pressed 1-2tbsp Pine Nuts

Directions: Mix all ingredients together, spread on top of any crackers and sprinkle with Pine Nuts.

## STUFFED TOMATOES

Makes: enough for 2 Prep. time: 10min

Ingredients: 4 firm, ripe Tomatoes 1 1/4tbsp Pine Nut Oil 3/4 cup diced Onion 1/4 cup diced Carrot 1 1/2tbsp Curry powder 2 cups Baby Spinach 1/3 cup Raisins 1/3 cup Pine Nuts 3/4tbsp Sea Salt

Directions: Combine all above ingredients except tomatoes. Mix well. Cut tomatoes in half crosswise and scoop out insides, which you can save for tomato soup. Fill each half with combined ingredients. Serve on Lettuce leaf.

## TASTY OATMEAL

Makes: enough for 2 people, prep. time 5 min.

Time 10 min.

Ingredients: 2/3 cups oatmeal, 1,5 cups water, 1 pear, washed, cored and chopped coarsely, 1/4 cup pine nuts, 3 tbsp maple syrup or honey, 1 tbsp pine nut oil.

Directions: Bring water to a boil, add oatmeal lower heat to simmer, cook oatmeal until thick. Remove from heat and cover for 2 min., add the pears, pine nuts and Siberian cedar (pine) nut oil, maple syrup or honey, mix well. Enjoy!

## VEGETARIAN BLUEBERRY CEDAR (pine) NUT CHEESE CAKE

Makes 1 pie, prep.

Time: 10 min, cook time 30 min.

Ingredients: 3/4 cup pine nut, 1 cup warm water, 1/2 cup honey, 16 ounce firm tofu, 1 tsp vanilla, 1/2 tbsp lemon juice, 1 tbsp arrow root.

Directions: In a blender, puree pine nuts with water until smooth. Add remaining ingredients and blend. Pour mixture into Graham cracker pie shell. Bake at 350 until set, about 30 minutes. Cool. Top with blueberry topping.

# Our Sponsors

## SPRING PROMOTIONS!

Strengthen your immune system this season with the help of nature! Make use of our discounts:

**Siberian Cedar Resin and Siberian Larch Resin Chewing Gum - 40% off!**



For a limited time get 40% off when you buy a family pack of Siberian Cedar Resin and Siberian Larch Resin Chewing Gum at 40% discount!



Among the people, the resin of the Siberian cedar has acquired the name zhivitsa, related to the Russian unbelievable ability to heal wounds and regenerate cells, cedar resin has, since ancient times,

been considered to be a very valuable product, and was used by the peoples of Siberia and the Urals in the treatment of various diseases.

Siberian cedar resin contains 30-35% of volatile substances: turpentine and its derivatives, oxygen compounds and succinic acid. The remaining part (65-70%) is represented by resin acids and their derivatives, resinols and resinotannols, rubber (inert substances), plant matter, vitamins C and D.

Siberian cedar resin has a maximum medicinal effect if the tree is not tapped during its collection. It is thought that if harm is done to the tree, then it will not provide the life-giving force that it is capable of providing. For that reason, Siberian cedar resin is collected only from those cedars that exude their resin themselves.

Siberian cedar resin for preparing chewable tablets bearing the Ringing Cedars of Russia trademark is collected exclusively from the surface of cedar trunks without the use of tapping. Flour made from the cedar nut is added to the resin.

Visit our online store: <https://www.ringingcedarsofrussia.org/location.php>

## Siberian Cedar Essential Oils

ENJOY OUR LIMITED TIME PROMOTION - get all three fragrances of Siberian Cedar Essential Oils (25g) at a discount of 25%! To buy: <https://www.ringingcedarsofrussia.org/location.php>



“The ethers of the cedar represent the spirit of the Universe. They can cure the body - the ethers of the cedar can protect Man from harmful influences.” - Anastasia, Co-creation.

Siberian Cedar Essential oils have a warm, balsamic aroma. Relaxing and soothing when used for massage. Can be used as a perfume.

Siberian health in every drop. Each of the three oils have their own distinct fragrance. Available fragrances: Siberian Cedar Wood Essential Oil, Siberian Cedar Needle Essential Oil, Siberian Cedar Cone Essential Oil.

Siberian Cedar essence for you!

Visit our online store: <https://www.ringingcedarsofrussia.org/location.php>

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## Shelled Siberian Cedar Nuts 100g (3.5 oz)

For a limited time only enjoy this special promotion for 100g of Shelled Siberian Cedar Nuts - 25% OFF if you buy 5 or more! Cedar nuts (the seeds of the cedar tree) take two years to mature, during which time the tree accumulates a huge volume of positive cosmic energy. Crops of nuts are harvested manually by people lovingly devoted to this task, working in a pleasant environment without undue haste to create unique products full of positive energy reflecting the infinite powers of Nature. Click here to go to our online store



Visit our online store: <https://www.ringingcedarsofrussia.org/location.php>

# Customer Feedback

## FEEDBACK ON PRODUCTS:

I began to take cedar oil because of a weakened immune system, a low capacity for work, and a deterioration of my vision. In addition, I wasn't happy with the appearance of my skin. I drank five packages of cedar oil. I noticed that my capacity for work increased and the appearance of my skin improved. My vision became stronger. Now I can read small print at a great distance.

Gloria W.  
Ashland, Oregon

\* \* \*

I want to tell you about the improvement in health and well-being of my father, who is 86 years old. He took cedar oil bearing the Ringing Cedars of Russia trademark, as a result of which his general health improved, his depression ended. He even went to visit relatives (travelling by bus, airplane, and train).

Susan M.  
Santa Barbara, CA

\* \* \*

Dear Friends,

I have received my package of Cedar Nut Oils, Spoons and Cedar Pendants, which I will share with my friend. Thank you.

I have already started using the oil externally and internally and have found several benefits. I will send you another email to explain this. I am very happy. I will say, however, that within 15 minutes of applying the oil to my face, chest and throat, my emotional feelings completely changed. I became happier and joyful as though a negative oppression was lifted from off me.

Maria R.  
Melbourne, Australia

\* \* \*

I noticed that taking cedar oil before running races tones me up, gives me strength, and increases my chances for victory.

Michael R.  
New York, NY

## WHAT CUSTOMERS SAY ABOUT OUR COMPANY:

Many blessings to all that are stepping up and acting according to Anastasia's visions!! Much love!!!  
Amy, Portland

\* \* \*

I know about Anastasia for more than 8 years and I resonate with everything she says. I love her and her work. I will recommend your website to many people and if it is possible connect it to my soon to be created web site.

Pavlina Gogueva  
USA

\* \* \* \*

Please send us your feedback and reviews. Share your feelings with each other. You can use this form to submit a message or e-mail us at [info@ringingcedarsofrussia.org](mailto:info@ringingcedarsofrussia.org)

## BOOK REVIEWS:

Of the books I have read so far in the series this is the most powerful. We see here that we can take back our power which we have given away thru various arms of our society. Anastasia gives us powerful prayers to reaffirm our divinity. I found this book very uplifting and enabling to be able to claim our own link with thye divine in no uncertain terms.

Lara

\* \* \*

I want to do all I can to bring Anastasia's vision to fruition. There is nothing else that really measures up and I have been looking since 1974 in various ways and paths . My son is 4 now so I am anxious not to enroll him in the way of life that is only now falling away.

James Giunchetto

\* \* \*

I know about Anastasia for more than 8 years and I resonate with averything she sais. I love her and her work. I will recommend your wesite to many people and if it is possible connect it to my soon to be created web site.

Pavlina Gogueva  
USA

\* \* \*

I am reading the books and they really speak to my heart. They contain a message that brings you close to nature and at the same time help you understand what a magnificent creation Man is.

Regards,  
George Kelaiditis  
Greece

\* \* \*

My name is Semisi and I am a Pacific Islander raised in the Islands of Hawaii. I now reside in the Mountains of Utah in the U.S.A. I am married with four beautiful children, and I have been a Massage Therapist for thirteen years. I am the fifth oldest of fourteen children raised in the Mormon religion. One of my brothers is also a Massage Therapist, and we throughout our careers have experienced a great deal of "spiritual" phenomena working with our clients.

My brother told me about your books he ordered, and highly suggested I begin with book one. I did, and my life was and is changed FOREVER!!! :) I proceeded all the way to book six, and anxiously await when the next books in Russian will be translated into English. How do I put into words my feelings of gratitude for you, Anastasia and your son without writing a book??? Ha-ha! I even would offer a word of American Political Blasphemy and say that: I would go so far as to willingly give up my American Citizenship to become a Russian, to actively participate with you and the creation of Anastasia's Dream!

Well, thank you, thank you, thank you, for your books! Have a blessed day wherever you are, and I hope to come and visit your beautiful Domains in Russia someday. I now have my most ultimate Goal to create a family Domain here in Utah, and in my home islands in Hawaii as well! Please, please, please, let me know when the next books are translated into English.

Have a wonderful day, Sincerely with all my Heart,  
Semisi, Hawaii.

**RinginCedarsofRussia.org is the official literary agent of Vladimir Megre.**

**This is the official message to publishers and editors.**

Dear Publisher:

We are inviting you to participate in the interesting project of publishing the books of the writer Vladimir Nikolaevich Megre.

Vladimir Megre's books embody the human striving for harmony with oneself, the nature that surrounds us, and society. His books have been translated into more than 20 of the world's languages, more than 11 million copies have been printed, the books are international bestsellers.

All Vladimir Megre's works were originally written in Russian.

If you are interested in translating the books into one of the available languages and publishing it in the appropriate country, we are prepared to consider your proposal and give you an answer within a period of three days.

Our requirements:

- 1) The translator from Russian to the selected language must be highly qualified, with wide experience in prose and poetry styles.
- 2) The fundamental meaning of the works or any part of that meaning may not be changed or abbreviated in the translation.
- 3) Professional design work.
- 4) The presence of a distribution network or a professional business plan.

Some of the existing translations of the Ringing Cedars book series can be found on the Ringing Cedars Information page

Sincerely yours,

Rights Department  
RinginCedarsofRussia.org  
Official representative of Vladimir Megre

**Looking for a Spanish Translator.**

Dear Friends!

The company "Ringing Cedars LTD." is searching for a translator from Russian to Spanish for the creation of a Spanish translation of the "Ringing Cedars of Russia" series. The translator must be highly qualified, with wide experience in prose and poetry styles. If you would like to participate in this project please send us your profile to [contact@secure.ringingcedarsofrussia.org](mailto:contact@secure.ringingcedarsofrussia.org). If you have contacts of such a translator referrals are highly appreciated.

With all Respect,  
Rights Department  
RinginCedarsofRussia.org  
Official representative of Vladimir Megre

## www.RingingCedarsofRussia.org contact information.

All services are available 24 hours a day / 7 days a week / 365 days a year!

www.RingingCedarsofRussia.org currently has three regional warehouses in Europe, USA and Canada. Our Customer Service department is available to serve you 24 hour a day, 7 days a week including ordering by phone and inquiry assistance. Ringing Cedars of Russia Customer Service Representatives respond to our customers on a timely basis with accurate information. We work hard everyday to improve our customer service to the level of satisfaction our customers deserve and have come to expect. Personalized attention is what we provide. Understanding your questions and solving any problems as quickly as possible is of great importance to us. Our customer service department is available 24 hours a day, 7 days a week, 365 days a year.

Please feel free to contact us in the manner in which you are most comfortable. We will be happy to get back to you as soon as possible.

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Canada

### Customer service and orders

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### Webmaster

[leo@ringingcedarsofrussia.org](mailto:leo@ringingcedarsofrussia.org)

# Classifieds

## Kin's Domain Eco-Village Initiative

Message submitted from: Tor Fjelldal

Email: [creatingabeautifulworld@gmail.com](mailto:creatingabeautifulworld@gmail.com)

Title: Kin's Domain Eco-Village Initiative

Interested in making difference? Investors needed to start up a kin's domain eco-village concept based on the Anastasia books. Visit <http://creatingabeautifulworld.org> - all kinds of input and help is highly appreciated and welcomed! our aim is to purchase land and return it to people free of charge to create abundance and diversity and a good place to raise our children. the plan is to start it off in Golden Bay New Zealand and eventually make it a world wide project inspiring others to fulfill our beautiful destiny!

Tor Fjelldal

\* \* \*

## Green Garden Earth

Message submitted from: Green Garden Earth

Green Garden Earth (GGE) is a project to serve as an engine for cooperation. Our Mission is to facilitate cooperation of individuals who want to share their ideas and better society, environment, and themselves. We are based in Toronto, Canada and up until now utilize several ways of connecting like-minded individuals and groups:

- Green Garden Earth Almanac is an online periodical discussing the evolution of consciousness  
<http://www.greengardenearth.com/almanac/>

- Online Forum: <http://www.greengardenearth.com/forum/>

- Mailing List and GGE newsletter: <http://www.greengardenearth.com/maillinglist.html>

We are looking for any like-minded groups or individuals and creative artists to join the project so that we can work together toward the same goal.

\* \* \* \*

Dear Ladies and Gentlemen,

This Classifieds column is created specifically for the announcements related to the "Ringing Cedars of Russia" Movement (please view example below). If you wish to submit your message please fill out the form on this page and click "Submit":

[http://www.ringingcedarsofrussia.org/theearth/2008\\_apr.html](http://www.ringingcedarsofrussia.org/theearth/2008_apr.html)

(Note: The Administration of The Earth online newspaper reserves the right to review all of the announcements. There are no guarantees that your message will be posted.)

# Submit Material

Dear Ladies and Gentlemen,

Earnest request to authors of articles and scientific works to please send your materials to us to the address [info@earthlife.info](mailto:info@earthlife.info) with a subject "Articles". Upon a separate agreement your works may be published in the internet newspaper "The Earth", in separate collections, in the Resource Library of the Source of Life Association, and on the pages of the websites devoted to the "Ringing Cedars" movement.

Also you can open a tread on a forum devoted to readers of Vladimir Megre, at [http://sourceoflife.ca/forum\\_ca/](http://sourceoflife.ca/forum_ca/) and publish your works.

We value your work greatly and consider publication activity one of the highest priorities.

Please send your works of art, poems, songs, and paintings, inspired by the books of Vladimir Megre to the following address [info@earthlife.info](mailto:info@earthlife.info) with a subject "Art". Best ones will be published in "The Earth" Newspaper. Also, you can open a thread in the ART OF SOUL section of the forum devoted to readers of Vladimir Megre, at [http://sourceoflife.ca/forum\\_ca/](http://sourceoflife.ca/forum_ca/) and publish your works.

For a possible answer to your question we advise you to review with the content of the internet conferences held by Vladimir Megre for the readers of the "Ringing Cedars of Russia" series of books and our Frequently Asked Questions.

You can direct your questions to the Letter Department of [theearth.ringingcedarsofrussia.org](http://theearth.ringingcedarsofrussia.org) website. Your question will be answered within 7 business days.

Thank you for your attention,

Administration,  
The Earth online newspaper.

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