

IIHA News

CHILD HEALTH CARE

Helping without the Hi-Tech

Russian doctors tend to believe that if only they could afford the latest Western drugs and technical equipment, all would be well with their health service.

This is simply not true. Since IIHA launched its Cystic Fibrosis project in Moscow, it has been demonstrated that our success depends more on our approach to child health care than the provision of medicines, important though they are.

CF children need pancreatic enzymes. Without them they would die. But even with them, if they don't get all the other things that are associated with good clinical care, they would not survive for long.

Paediatric consultant Chris Rolles, who has done so much to improve the care of CF children in Moscow's Republican Children's Hospital, says: "It has become clear that, contrary to what many Russian doctors believe, our success in the West is not so much due to hi-tech as to the way healthcare is delivered."

Know How grants

Earlier this year an evaluation team from the Know How Fund Healthcare Small Partnerships Scheme (HSPS) visited the CF Department of the Republican Children's Hospital and were most impressed with what they saw.

"What else can we do to help?" they asked.

The result is IIHA has been offered grants (1) to extend our work into the regions, starting with Omsk and Novosibirsk in Siberia; and (2) to develop a community-



MAMA RUSSIA IS MORE CARING

based service for CF patients and their families in Moscow.

This is quite a new idea for the Russians with their fragmented specialist health service and little experience of carrying out a more integrated, community-based service

"From our perspective," says Christine Forrester, Manager of HSPS, "the development of a successful community-based practice for CF children could have a considerable influence on other health areas where collaboration with parents at a community level would be valuable."

One of IIHA's main aims is to foster more home help for CF patients.

APPRECIATION

Self-help in Odessa

Anna Kolesnick, President of the Odessa CF Trust, has been pushing parents of CF children in her area to play a more active part in getting better treatment for their children.

"It is difficult for all parents in this region to meet together regularly," writes Anna, "but we have formed a small group who are eager to do all they can to help all parents."

Anna goes on to say that committees are being formed in provincial towns in the Odessa area and fund-raising events are being organised. They are also lobbying the Ukraine Ministry of Health to do more for CF children.

"The experience we gained in the UK of the way you organise yourselves has been a great help to us in our work here," says Anna.

"We are endlessly grateful to Roy and Dorothea Ridgway, Isabella Block and Dr Mark Rosenthal (of the Royal Brompton Hospital) who came here to Odessa to help our children. We hope the European Commission will continue to help you in your great work." *Continued >*

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Self-help in Odessa *continued.*

When IIHA first went to Odessa in 1995 the parents of CF children were in despair. Nothing was being done to help their children and all they wanted then were medicines. We were able to get the medicines for them, but they are no longer so dependent on us. They are doing a lot more for themselves.



Anna Kolesnick (top left) with her son Tolya, who has CF, and friends in Winchester

IIHA HELP FOR NORTH CAUCASUS

There was a very good response from readers following Fatima Dzutseva's appeal in our summer newsletter.

As a result, a self-financed IIHA delegation is going to Vadikavkaz to find out what can be done to help with some of the appalling health problems of the region.

Fatima writes: "Thank you very much for what you have done already merely by offering your moral support. You will be interested to hear that we have formed a charity called Unicorn, which will be happy to work in partnership with you.

I have told our health authorities that if anyone can help I am sure IIHA can. We really need someone to help us tackle the TB epidemic in the area.

However, Unicorn is not expecting to be entirely dependent on your help. We hope to make the charity financially independent by establishing a number of small businesses whose profits will come to us."

Partners in Siberia

Two CF medical exchange programmes between CF wards in the Siberian cities of Novosibirsk and Omsk and CF departments of the Wessex hospitals of Bath and Poole are being launched later this month.

The programmes are being administered by IIHA and financed by HSPS.

The Siberian teams will consist of: Dr Irina Zaidman, a paediatrician, who is helping to run the CF clinic in Novosibirsk and two associates; and Dr Vitali Mechtcherakov, chief pulmonologist of the Omsk region, who will also be accompanied by two associates, including a member of the parents' support group.

The parents from Siberia will be meeting parents and children in Wessex and learning something about the way they run their groups and organise fundraising events.

Visit to Novosibirsk

The twinning programmes arose following a visit by Dr Chris Rolles to Novosibirsk last year. Dr Rolles is a consultant paediatrician and a member of IIHA's management committee.

"Novosibirsk, which is the capital of Siberia, is actually the third largest city in the Russian Federation," says Chris, "but was largely isolated from the outside world until six years ago when it ceased being 'a closed city'. It has a medical school with a separate children's hospital.

"The doctors working with CF children include a senior woman consultant, who speaks no English and an enthusiastic younger doctor, Irina Zaidman, who speaks English and is very keen to come to England to see how our doctors and parents groups collaborate in improving the quality of life of CF patients. She will also learn how the regional centres work with the Southampton CF Centre."

The clinic in Novosibirsk is developing a role as a reference centre for children from other smaller towns in the region.

Bright, cheery wards

They have developed a ward within the Pulmonology Department which, following the Moscow model, has already adopted a very human approach to child healthcare with posters, toys and the cultivation of a bright cheery atmosphere.

The Quakers in Moscow, in particular IIHA trustee Patricia Cockrell, were mainly responsible for organising the brightly coloured murals on the CF ward in the

Republican Children's Hospital. They also organised parties for CF children and their families.

One of the problems for patients living outside the main centres in Siberia is that they cannot afford the fares involved in attending these new clinics, which could be such an enormous help to them. IIHA is looking for some initial funding to help with travel expenses, but we are hoping eventually that the parents support groups will, with the training they'll be getting in organising fund-raising events, be able to help those families - and there are many of them - who are too poor to travel

FROM RUSSIA WITH LOVE

We were very pleased to receive the following unsolicited testimonial from Alexander Zashkov, President of the Russian CF Association; Dr N. Fomine, Director of the CF Charity Centre; and E. Savitsky, CF Association International.

On behalf of all CF patients and the Charity Centre in Moscow, we would like to express the deepest respect to the citizens and organisations of the United Kingdom for their very important charity aid during the past three or four years.

During the years 1993-1996 the prominent humanitarian Roy Ridgway (Director of IIHA), a retired medical journalist and the father of a CF child, has brought together compassionate people and organisations in the UK that have helped us to organise our charity and provided CF families in Russia with medical facilities, information about CF, and social support. As the result of his initiatives CF centres have been established in Moscow, St Petersburg, Samara, Saratov, Sverdlovsk, Novosibirsk, Veronezh and Odessa.

We would particularly like to express our thanks to:

IIHA members

UK Department of Health (Senior medical officer Caroline Collier; Virginia Bottonley)

Charity Know How (Claire Walters)

Rotary Club, Southampton (Greg More. Pat Parker)

CF Trust (Peter Kent John Edkins Martin Scott)

Southampton General Hospital Paediatric Department (Dr Chris Rolles)



PREPARING FOR PARENTHOOD CONSORTIUM

IIHA is leading a consortium of reproductive health care specialists and charities who will be working in partnership with similar organisations in the Ukraine. Their aim is to promote healthy lifestyles and to improve the working and home environments of young people planning to have children.

This may seem ambitious in a country where there is high infant mortality and epidemics of diseases such as diphtheria, cardiac disorders and rampant tuberculosis and where there is horrible overcrowding, industrial pollution, inedible food and the absence of basic medical care. But we have found partners in the Ukraine who have already accomplished a great deal in promoting healthier lifestyles in young people who are hoping to become parents.

In the UK IIHA will be managing the project with the technical assistance of the Mother and Child Foundation. We also hope to be joined by NICARE, the Northern Ireland Centre for Health Care Co-operation and development, which is the overseas business unit of the Northern Ireland Health Service. The unit was established in 1990 by the Department of Health and Social Services and since then has undertaken many health and social care assignments in more than 30 countries.

In the Ukraine our partners are Mama 86, a woman's environmental group; Blagoniste (Health of the Nation) a charity aimed mainly at helping teenagers with their sexual and drug abuse problems; and the Ukraine Family Planning Services.

Blagoniste

During IIHA's visit to Kiev in April we had talks with members of the staff of *Blagoniste*, who have their offices in the Kiev Institute of Paediatrics. The charity is working closely with Professor Irena Vovk, Head of Family Planning in the Ukraine and Dr Larisa Novik, Head of a service called Mother and Baby Care.

All these services operate as part of the Institute of Paediatrics.

We spoke to Blagoniste Vice President Valenta Ruschenko, a former physics school teacher, who told us about the activities of the charity, which, like Mama 86 and IIHA, was founded in 1992.

They started off by helping gifted children from poor families, but later extended their work to teenage sex education, including reproductive health, the prevention of abortion and the dangers of smoking and drug addiction.

They are assisted by Professor Vovk's department in their Kiev family planning campaign and their health work in schools, generally among teenagers.

Blagoniste has the help of six volunteers, who are family planning workers. In a country where family planning is something of a novelty it is surprising to hear that three of the charity's assistants have had training in the Queen Elizabeth Hospital, Birmingham, in natural family planning, which even in the West is perceived by some as the old-fashioned rhythm method, based on calendar calculations, and is associated with religious scruples and called unkindly "Viatican roulette."

In point of fact natural family planning is now a sophisticated and reliable method, combining two or more indicators of fertility, which is probably the safest form of contraception. It helps a couple to select the best time to have a child as well as preventing pregnancy.

Working in Kiev's poor areas

The NGO aims to organise small centres around Kiev's five poorer dormitory areas, where there is a lot of poverty. They are associated with two European charities with similar aims - the Spanish *Galina Blanca* and the Dutch *Chernobyl Women*. The NGO hopes eventually to extend its area of operation to include Chernobyl, Chernogiv, Minsk and Espayn.

They run classes in physical and psychological fitness. One of their ambitions is to open a sports centre, incorporating a swimming pool, library and health information centre.

Though public discussion on contraception is not generally encouraged in the former Soviet Union, barrier methods are becoming acceptable, particularly the use of condoms.

Communication between the different specialities and authorities - medical, educational, social protection and so on - is still a problem, but contact with the West is resulting in a better understanding of the multidisciplinary approach.



Irena, Simon and Dorothea toast the success of our new partnership

Historic occasion

At a meeting IIHA had with Professor Elena Lukyanova, Director of the Ukraine Institute of Paediatrics, Obstetrics and Gynaecology and Professor Irena Vovk, Elena expressed her profound concern for the health of the present generation of children in the Ukraine.

"Only 7% are born healthy," she said. This was one of the findings of some recent research not yet published.

Professor Lukyanova agreed wholeheartedly with Roy Ridgway when he said, "What we must promote is total health, involving social, ecological and economic as well as medical factors."

"When we sign the partnership agreement," said Elena, "we will get all the media here - television, radio, the press - and advertise your splendid work. Our collaboration with you is important. Thank you. This meeting is a historic occasion."



International Integrated Health Association

ABOUT US

International Integrated Health Association (IIHA) was founded in 1990 by Roy Ridgway, a medical journalist and former editor of *BMA News Review* and of the BHMA journal, *Holistic Medicine*. A well-known figure in Moscow, he had spent seven years organising medical exchanges on behalf of the UK-USSR Medical Exchange Programme (now HealthProm) and had also been European Press Director of the International Physicians for the Prevention of Nuclear War (IPPNW), which won the Nobel Peace Prize in 1985 for the part it played in the dissemination of the facts about the medical consequences of nuclear war. Dr Bernard Lown, co-chairman with Dr Yevgeni Chazov, of the IPPNW, wrote: "Roy played an important and impressive part in the doctors' campaign, which influenced Gorbachev in his policy towards the nuclear weapons issue."

IIHA was established as a registered charity in 1992, following a meeting in the House of Commons, attended by leading Russian and British doctors, including a former editor of the *Lancet*, a former admiral surgeon of the Royal Navy, a former deputy Minister of Health of the Soviet Union and the head of the Moscow Government Health Committee. In a letter to Roy Ridgway, Sir James Watt, former President of the Royal Society of Medicine, wrote: "I greatly enjoyed meeting with the Russian doctors. I understand you are continuing the dialogue and I believe that with your expertise and fertile mind, you are the ideal person to work with the Russians on the promotion of an holistic approach to health."

WHAT WE DO

At the meeting Roy Ridgway discussed his vision of East-West collaboration in a new holistic or ecological approach to health. This meant looking at the whole of life as a delicate balance of relationships in which any disturbance in the environment in one part of the world (e.g. Chernobyl) can affect everyone's health in many other parts of the world. This new approach saw a nation's health as an expression of its response not only to local needs - i.e. the physical needs of its citizens - but also to the needs of the global environment, including the need to create healthy social and educational environments for everyone and a more equitable distribution of health resources, such as the establishment in all countries of community-based medical centres of excellence, and, most important of all, the provision of nutritious food and clean water for everyone.

MISSION STATEMENT

Believing that health is a fundamental human right, IIHA regards the promotion of healthy lifestyles and the prevention of ill-health brought about through poverty, poor nutrition and environmental pollution as important social goals.

At present we are working mainly with children with chronic illnesses and their families in the former Soviet Union. Our approach is community-based and multi-disciplinary. We are supported by the European Commission TACIS/LIEN Programme, the Foreign and Commonwealth Office Know How Healthcare Small Partnerships Scheme and Charity Know How.

HEALTHY CONNECTIONS

News from the Network.

THE LITTLE STAR

A children's centre in Grozny

Patricia Cockrell, who first came to our aid in Moscow in 1994 when we asked her to help cystic fibrosis families with some of their emotional problems, is now an IIHA trustee. This month she will be visiting Fatima Dzutseva in the North Caucasian city of Vladikavkaz to find out what we can do to help the newly formed charity Unicorn to deal with some of the appalling health problems brought about by pollution in this highly industrialised area. Patricia will then cross over the border to the dangerous terrain of Chechnya, where she and a Quaker colleague, Chris Hunter, founded a children's centre, The Little Star. This is what she says about it

An abandoned sanatorium on the north west side of Grozny was, with a lot of help from our friends, turned into a psychological rehabilitation centre for children. It is a very pleasant site with extensive neglected gardens full of broken play equipment bordering on a wood on one side and fields on another.

The buildings have not suffered bomb damage but they were in a poor state of repair. It was not necessary or possible to restore all the buildings at once: \$10,000 was sufficient for the immediate needs of 25 children in terms of heat, light and water. Medicins du Monde offered a team of local builders who completed the work in three weeks. Chris Hunter has signed an agreement with the

Chechen Ministry of Health for a five-year lease. The Little Star was opened on May 11, 1997.

The children most in need of psychological rehabilitation were identified in schools by a team of psychologists who reported that about 10% of Chechen children are suffering from post-traumatic stress; some are thought to be so badly affected that if they do not get help within the next six months or so they will be permanently damaged. There are very few abandoned children in Chechnya (unlike Moscow). Because of strong family ties, everyone belongs to someone; everyone has therefore lost someone in the war and many will have watched their parents or siblings die.

Ten groups of 25 children between the ages of 9 and 14 have spent a week at the Little Star. The programme, which is designed and run by a team of 10 psychologists, nurses and teachers includes games, movement, art, drama and individual psychotherapy sessions. Parents and guardians are invited to meet with staff and learn about the programme; they also watch performances and see displays of the children's creative work. They are assured that staff at the Centre will continue to support them as they continue the process of healing at home. The feedback from parents has been very positive. Many have remarked on changes in their children's behaviour at home; some have been helped to find the desire to play.



Patricia Cockrell

It is hoped to be able to expand the work of the Little Star to include the rehabilitation of landmine victims for whom at the moment there is no provision in Chechnya.

The Little Star was set up under the aegis of the Society of Friends Centre for Peacemaking and Community Development which was established in Moscow in 1995 by Chris Hunter and myself with a TACIS Democracy Programme grant.

A Dieu, Pierre!

Our good friend, Pierre van den Wyngaert, returned home on 16 April. So says an obituary in a French newspaper, under the heading *A Dieu, Pierre!* Good bye Pierre! God be with you!

In the early days of the Renaissance Group Pierre was a good friend to my wife, Dorothea, and myself, and to members of our group.

We had many fruitful discussions in his flat in South Kensington, in the Belgian Club and in letters about how we could turn our ideas about "changing our way of thinking" (which was how we saw our mission) into a practical plan.

Pierre was sympathetic with our aims - based on Einstein's statement that unless we changed our way of thinking, there was no future for mankind - but he was an unashamed Cartesian, and saw the world in dualistic terms. Yes, indeed, it was imperative to change our thinking which had become very sloppy. But he didn't see

thinking itself, as we did, as the problem, but rather the way we trained our thinking process to solve problems. Thinking logically and objectively, he believed, was the way out of the mess the world was in.

Pierre was a man of order and will be remembered because out of his orderly thinking he co-ordinated the activities of thousands of leprosy projects around the world. He was mainly responsible for the establishment in 1979 of an international anti-leprosy federation (ILEP). As an essential part of its services a medical commission, made up of all the member associations around the world, was established to give technical advice and frame the guidelines for the management of leprosy.

In the last few years he had been working on a book on Co-ordination. It was about co-ordinating the efforts of people and organisations, who were working on the same or similar lines. He saw the establishment of the European Common Market as a victory for co-operation and co-ordination over confrontation and fragmentation, which led to conflict and wars.

In the same way, he felt that if all the anti-leprosy associations co-ordinated their efforts a great deal could be achieved.

Pierre joined our board of trustees, but then left Britain and moved to the South of France where he bought a winter residence. He developed Parkinson's disease, and felt the need for a mild climate in the winter, but his illness didn't prevent him from working hard, mainly on two books. The first was the one on Co-ordination. His second, *Les Amis du Pere Damien*, was about a boyhood hero - the Belgian whose name is most closely associated with the fight against leprosy. This went to press on the day he died.

He and his wife, Pierrette, were good friends. Adieu, Pierre! We shall miss you terribly.

Roy Ridgway

Moving into another intensity

We were very saddened to hear of the death of Richard Rowntree in July after a long illness. He was a keen supporter of IIHA, particularly in

the early days when I was struggling to put this charity on the map. He helped financially through the Joseph Rowntree Reform Trust - but, more than that, he and his brother Michael have been friends since the war when we served in the Friends Ambulance Unit together and they have given me their unstinted support, through good times and bad. I have never received a censorious word from either of them, even at times when in my youth I strayed from the straight and narrow and probably deserved a rap over the knuckles. At least!

The one criticism sometimes levelled at Quakers is that they tend to be smug, but this was never true of Richard or Michael and, I must say, of many other old colleagues of those far-off war days.

The following is taken from something Michael Rowntree wrote for those who wanted to publish an obituary:

Richard served with the FAU in hospital and ambulance work at home, and overseas working in Egypt and Yugoslavia among refugees and displaced persons

His wartime service stimulated his interest in international co-operation. He showed his concern by

co-funding the Educational Interchange Council, of which he was chairman, and which has over the years brought over 30,000 teachers, students and children from Europe on exchange visits to this country.

He was one of the earliest Friends to develop an interest in ethical investment and social responsibility, and it was in part his persistence which led to the Friends Provident taking on responsibility for the Stewardship Unit Trust.

But business activity was only a small part of his many interests. One to which he was particularly devoted was as a Trustee of the Joseph Rowntree Social Service (now Reform) Trust, one of three Trusts set up by his great uncle Joseph, on which he spent much time and energy. This Trust, which is not a charity, is concerned with such things as the preservation of the democratic process, constitutional reform, the funding of research, and support for pressure groups for liberal and progressive causes.

His religious faith was always at the core of his activities and of his life. He took an active part in the life and work of the Society of Friends, both as a devoted and regular member of Pickering Meeting and as a member of Meetings for Sufferings and other central Quaker committees.

He served as a magistrate. He indulged his life long passion for railways by working hard for North Yorks Moors Railway as

chairman, and the Friends of the National Railway Museum in York, as secretary.

Michael tells me that one of Richard's favourite poems was T.S Eliot's *In my beginning is my end.*

It was printed on the invitation card to the thanksgiving service for the life of Richard Rowntree:

*In my beginning is my end.
Home is where one starts from. As we grow older the world becomes stranger, the pattern more complicated.
Of dead and living
Love is most nearly itself when here and now cease to matter.
Old men ought to be explorers
Here and now does not matter. We must be still and still moving
Into another intensity
For a further union, a deeper communion.
In my end is my beginning.
And all shall be well and
All manner of things shall be well.*

There's nothing more to add except to say how grateful we are for a life lived to the full and devoted mainly to peace, democracy and international co-operation. This is what I like to believe IIHA is about. Peace and health go hand in hand

Roy Ridgway

CITIZENS WORLD BANK

IIHA will be represented at the CAF conference in Edinburgh to discuss the establishment of a citizens world bank so that individuals throughout the world to help each other with the increasing number of global problems.

The attempts by governments to address issues such as epidemics of TB, malaria, diphtheria and so on and the appalling effects of pollution, deforestation, the drying up of lakes etc seem to be fairly ineffective.

CAF believes that funds and resources can be generated from the private sector for much needed projects and programmes to parallel the work of the World Bank and other institutions.

The Edinburgh conference in which CAF will consult NGOs such as ourselves on their ideas will be held at the same time as the Commonwealth Conference.

If you have any ideas to contribute to the discussion, please write to us at 26, St Thomas Street, Winchester, SO23 9HJ or send a fax to 01962 865858

IIHA helps to obtain diagnostic equipment for babies.

An IIHA appeal to the Innholders Livery Company in the City of London for £1,764, which is half the cost of a gas-liquid chromatogram, an essential piece of equipment to speed up analysis of babies' blood samples, met with a positive response. The cheque for this amount was handed to the Mother and Child Foundation, a charity which supports Professor Michael Crawford's work on the effect of nutrition before and at the time of conception on the health of parents and consequently on the health of their offspring.

Professor Crawford gave a talk on his work at an Innholders' dinner last month. Among other things, he spoke of the essential roles of two fatty acids (AA and DHA) in the formation of blood vessels and the cells in the eye and brain. Professor Crawford's work in this area won him the 1995 International Award for Modern Nutrition.

Michael, who has supported IIHA since its inception, has been invited to exhibit his work under the Greenwich Millennium dome. His research is basic to IIHA's Health of Future Generations Programme (see *Preparing for Parenthood Consortium*, p4).

The soil is the unifier of lives - to upset that is to upset all life.

Alison Redman, a good friend of IIHA, has been learning how the earth responds with vitality to sensitive management.

My husband and I live in Hampshire where we have a small farm of 72 acres, which until four years ago we farmed intensively, growing arable crops year after year.

On one of our boundaries there is a very beautiful area of ancient chalk downland belonging to the Wildlife Trust that has never been cultivated by man. In summer it is covered with a carpet of fragrant wild flowers and delicate grasses; and on sunny days it shimmers with a kaleidoscope of brilliantly coloured butterflies.

Healing spirit

Immediately I step over our boundary fence into the downland I feel at peace. The place is full of the healing spirit characteristic of undisturbed meadowland and grassland that is brimming with life.

By contrast, our arable fields, which for many years had been ploughed, fertilised and sprayed to achieve the maximum yield, seemed denuded of life and moribund, sending out unpleasant

vibes. I could almost sense the pain of the earth.

Suddenly we decided we could stand it no longer. We were ashamed at the way we had been exploiting the earth and decided to change direction, if it was not too late.

That was four years ago. We received grants and expert advice to restore the land to something like its original condition. We ploughed, sowed and planted, putting back what we believed had been taken away from the earth. The earth responded with amazing abundance and generosity - but not always in accordance with our plans!

The first year we were overwhelmed with huge Scotch thistles and hundreds of docks that we dug out. We had problems with sheep that needed winter grazing; and fields that were too large to manage.

Many offers of help

A friend gave us the most generous present - enough money to plant and fence two mini-woodland belts to divide the fields and to plant two more spinneys and a small hazel copse. We must have been on the right track as we were bombarded by creative ideas from all and sundry and many offers of help.

We have a 13-acre field that nestles under Broughton Down, near Stockbridge, the centre of trout fishing on the river Test. We decided that this field should be sown with grasses only and no bought in wild flower seed. We gathered seed from the Down and footpaths around our village and sowed them by hand onto the grass sward.

We have worked on this for three years. This summer there has been plenty of rain, especially in

June, and it has helped the seeds to germinate. I must say how thrilling this has been and how it has been a real learning process, coming as it does from the solid earth of direct experience. Collecting seed has opened my eyes to one of the wonders of nature - the amazingly intricate beauty and diversity of the seeds and their cases.

An abundance of life

This summer our fields have been filled with colourful flowers and there are many butterflies feeding on the nectar on sunny days. More larks have been singing; we have open spaces for their nests and, due to an increase of voles and mice, we hear more owls at night. One of the lessons we have learned is that as soon as we get things right in the way we look after the earth, nature will respond with astonishing vitality.

We are only at the very beginning of our adventure, but there is abundant evidence that the soil on our farm is really coming to life - worms, fungi and micro-organisms are returning.

We are beginning to understand how dependent we are upon a healthy soil. As Wendell Berry wrote in *The Unsettling of America*, "The soil is the great connector of lives, the source and destination of all. You cannot damage what you are dependent upon without damaging yourself."

