

# Free Britain

Newspaper of the Campaign for an Independent Britain

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**QUIT THE E.U.!**

**OR THE KITTEN GETS IT!**

The European Union is bad news for the peoples of Europe, but now it turns out to be a pretty poor deal for many animals too.

Under current rules concerning the welfare of laboratory animals, any newly born puppies, cats, and other animals not required for scientific research must be put to sleep humanely.

However, in order to save the research and drugs companies money on the cost of lethal injections, the EU has decided that unwanted laboratory animals can be destroyed by a "percussive blow to the head" – clubbed to death, in plain English.

These new EU rules will come into force in 2013.

## E.U. PLANS TO TAX THE FOOD WE EAT

By Philip Ridley

In the midst of economic turmoil, one would expect countries to support their key industries. Not so in Denmark, famous for processing over 4.5 billion kilogrammes of milk into value-added dairy products such as butter. The Danes have passed a "fat tax" on its unsuspecting citizens which is now in force and will initially add an extra 25p per pack of butter. I say initially, because new taxes always begin low and grow over time. The ironically named "Hungary" has just adopted a similar tax.

This should be taken very seriously here in the UK because Prime Minister David Cameron stated recently that the Government will consider introducing a tax on all foods with more than 2.3% fat. This would dump a tax on olive oil and whole milk.

**In fact, the obesity epidemic was caused by the very politically-correct, low-fat, high-carbohydrate diets that the EU bureaucracy is now gearing up to impose throughout Europe.**

The economic impacts of a fat tax will be severe, particularly on traditional family farms and artisan producers of food, because most of our traditional, cherished foods, that we have consumed for millions of years, are more than 2.6% fat. Think also for example of all the cheeses and other wonderful things that provide cultural identity. Kiss your clotted cream goodbye!

To make matters worse, the financial impact on consumers will primarily affect the poorest individuals and families because everybody has to eat, and we are talking about taxing some of the key staples here like butter and cooking fats. Tax on food is therefore probably the most regressive taxation possible. This is why VAT is not payable on food purchased from shops in Britain. VAT is unfortunately payable in restaurants, which could explain why it can be hard to find good food at an affordable price when eating out. Maybe ending

that practice and providing tax breaks for family farms, not higher taxes, would be the best way to improve our diet.

### A global war on obesity

Often today we see the same proposals propping up at a similar time across Europe because most of our policies and laws come from the EU. Indeed, many of them are implemented globally, because many of the EU policies actually come from the United Nations.

Regarding obesity, all EU countries signed up to the European Charter on Counteracting Obesity at the Counteracting Obesity Conference in Istanbul, Turkey in 2006. That event was promoted by the World Health Organization. The treaty commits signatory nations to "economic measures that facilitate healthier food choices", which is precisely what we see here in Denmark.

There is also currently a bill passing through Parliament called the Public Bodies (Sustainable Food) Bill, which will enforce low-fat, high-carb diets upon all public institutions, including schools, hospitals, care homes and prisons.

Prior to the 1980s, the UK Government's nutrition policies were based on resolving deficiencies and malnutrition. Then suddenly, in

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Of all the many social, economic and environmental problems caused for Britain by our membership of the European Union, perhaps the worst are those brought about by the Common Agricultural Policy (CAP) and the Common Fisheries Policy (CFP) which have distorted food prices, disfigured the countryside, destroyed tens of thousands of jobs and decimated whole communities.

It was heartening to see the publicity given by Channel Four to the campaign led by TV personality Hugh Fearnley-Whittingstall against the CFP ([www.Fish-Fight.net](http://www.Fish-Fight.net)) and many of you will no doubt have signed Mr Fearnley-Whittingstall's online petition. In his Channel Four series, Mr Fearnley-Whittingstall highlighted the devastating impact of the CFP on British coastal towns such as Hastings and showed up the absurdity of the EU's fisheries policy in which fishermen are set highly restrictive and pointless quotas on certain species of fish, supposedly in the interests of "conservation".

### Fisheries

Far from helping to conserve fish stocks in the waters around the British Isles, the EU's fisheries policy has led to an utterly crazy situation whereby millions upon millions of dead fish have had to be dumped back into the ocean rather than being sold and eaten. In fact, half of all the fish caught in the North Sea are thrown back overboard. This has been going on for decades – and it is totally insane, as Mr Fearnley-Whittingstall showed. Thanks to the nonsensical CFP, millions of tonnes of fish have been wasted, fishermen have been put out of business, entire fishing fleets have been put out of action, and the policy has forced British fishermen – many of whom come from families that have made their living harvesting the fruits of the sea from generation to generation – either onto the dole or in many cases has driven them to suicide.

Mr Fearnley-Whittingstall is to be commended for waging his "Fish Fight" and, indeed, for securing from Brussels some recog-

nition of the devastating social impact upon British fishing, and the ludicrously counter-productive nature of the CFP with regard to marine conservation in the waters around the British Isles – but campaigning for CFP "reform" is not enough. We want an end to this iniquitous policy once and for all, and compensation for the damage that it has already done to Britain's coastal communities. Mr Fearnley-Whittingstall is in the same dilemma as former Conservative leader Michael Howard who made a pledge to come out of the CFP one of the main planks of his leadership platform but who then had to backpedal frantically as soon as it was pointed out to him that Britain could not unilaterally withdraw from either the CAP or CFP whilst remaining a member-state of the European Union.

Even today, Conservative politicians such as former Prime Minister Sir John Major, who famously wanted Britain to be "at the heart of Europe", and now calls for the UK to repatriate certain powers from Brussels, and the Fresh Start Group of Tory MPs, formed to lobby David Cameron and the Conservative Party leadership on EU "reform" – still fail to grasp the essential truth that we can only free Britain from the shackles of such anti-British policies as the CAP and the CFP if we come out of the European Union completely. That is why it is vital that we have the Campaign for an Independent Britain to keep up constant pressure on Parliament, the media and the British people to secure the UK's eventual withdrawal from the EU and restore our country's sovereignty and freedom.

*Andy Smith*

# A Positive Vision: The ultimate "Plan B"

By David Campbell Bannerman MEP

**Never before has the European Union been more unpopular. Fifty seven per cent of people in an Angus Reid poll in July 2011 said the EU was negative for Britain; whereas only 32% said they thought it had been positive. Withdrawal from the EU was favoured by a two-to-one majority.**

Now is the time for Eurosceptics to start the process of preparing for a future In/Out Referendum that will shape our country's future. That Referendum may be years away, but to overturn the status quo, the lessons of 1975 and the recent AV Referendum dictate that we must use all of the those next few years to convince the British people of our case. We must start now. Whilst recent opinion polls are encouraging, the reality is that under the pressures of an In/Out Referendum campaign, with huge resources at the disposal of the pro-EU side, public support for the cause of withdrawal will probably weaken.

Those promoting EU membership will use every trick in the book to scare, misinform and cajole the British people into remaining locked inside the EU prison – claiming that there is "no alternative". This is why we have to be armed with the proper facts and myth-busting arguments. We must all paint an exciting, positive vision of an independent Britain prospering outside the EU, and not just rely on horror stories of EU waste, bad legislation and diktats. We must make the case for withdrawal effectively, and shoot down the nonsense about losing influence, investment or peaceful relations.

### Opportunities

We need to demonstrate that leaving the EU won't just be "business as usual" between Britain and the EU, but that it will provide new opportunities, new freedoms and new jobs for the British people and our economy. Jobs will always be at the front of the debate. The myth holds we will lose three million jobs (10% of the UK economy's 30 million jobs depend on EU trade). Why should any job be lost with an alternate EU/UK Free Trade Agreement in place to secure trade? The reality is that we are the EU's biggest single customer and four million EU jobs are dependent on trade with the UK. Nobody on either side of the English Channel will want these jobs to be lost, which is why we can facilitate a Trade Agreement – the EU already has 53 such agreements in place in-



cluding with Switzerland and Norway. Mexico trades with the EU but no one expects Mexico to join the EU or let the EU dictate what light bulbs Mexicans can use in their homes. Why can't we have that same type of agreement? We want Trade not Takeover.

The point is that 90% of our economy has nothing to do with the EU, so why do EU regulations have to affect 100% of our economy: costing jobs, increasing energy, food and consumer prices, and changing our society against the wishes of the people? We could confine the impact of those 100,000 EU laws to just the 10% and have a true 'bonfire of regulations' with the rest. Free from the EU we can reclaim new freedoms, do our own free trade deals with other nations, restore traditional justice, use reclaimed net contributions to pay for 44 new hospitals or 268 new schools or a 1p cut in income tax every year, and secure our borders through properly managed immigration.

Victory in an In/Out Referendum depends on our ability to represent a Positive Vision for life outside the EU. My recently launched report, "The Ultimate Plan B: A Positive Vision of an independent Britain outside the European Union" is designed to help start that process, and may well represent the first shot in a long In/Out Referendum campaign. Please download the full document from my website [www.dcbmep.org](http://www.dcbmep.org) or request a hard copy to be sent to you.

### Common Fisheries Policy – stop the waste

**"At a time when pressure on the world's resources is at an all-time high, and when we are quite literally exhausting the oceans, it is sheer madness that crazy laws require us to waste so many fish. All it takes is political will. We can so easily stop the waste, and rein in the factory fishing units. If we do, our oceans, our real fishing communities and the environment will prosper. If we don't, we will hit a wall. It is a no-brainer."**

— Zac Goldsmith MP



Campaign for an Independent Britain's Edward Spalton shares a joke with Sigrid Heiberg of Norway's "No to EU".

## TEAM players...

By Edward Spalton

**TEAM is the acronym for The European Alliance of EU-Critical Movements. For many years the British media assumed that anyone opposed to the EU was simply a nasty person who hated foreigners. I thought about this quite successful Big Lie, as I looked around the room of good natured, civilized colleagues from other EU countries, gathered in London on 1st October.**

Another assumption is that EU opponents are "right wing". A trade unionist told us of the agreement which the EU is negotiating with India. It will compel the acceptance of more immigrants and facilitate the export of capital to boost Indian businesses. Our Parliament will have no say.

Independent Norway was also represented. Their 30,000-strong association, called "No to EU", includes people of all political parties. Proportionate to the size of the UK population, their membership would be 360,000 – twice as big as any of our mainstream parties. Young people are prominent. Their speaker was No to EU Board member Sigrid Heiberg who said that in Norway there was now strong opposition to EU membership by a majority of 70% across all sections of society.

This could lead to complacency, said Sigrid, which could be dangerous, as some in the leaderships of the main Norwegian parties still hankered after strutting on the EU stage. With low unemployment and steady growth, Norway could see the pitfalls of the failing EU model and there were moves to end the automatic introduction of EU Directives, as part of the "Common Market" with the EU. These are only a small

fraction of the total of EU laws affecting Britain.

All the conference delegates spoke excellent English. Yet our last government reduced foreign language teaching in British schools. Many leading British Europhiles are monoglot. Edward Heath's French was excruciating! It is an advantage to the EU that British people get their most trusted news through the BBC, a committed EU propagandist since the Seventies.

A common concern of all the TEAM delegates was the loss of democracy in their respective countries. You can vote for different parties but the same EU-decided policies will always be enforced. A few years ago, a parliamentary question in the Bundestag revealed that 84% of the laws being passed for Germany were required by EU Diktat. Even a former Federal President questioned whether Germany could properly be called a democracy. No mention on the BBC!

But, as the EU makes yet another power grab to shore up the euro, even 16% democracy is too much. A book entitled "Dare less Democracy", published by the influential *Frankfurter Allgemeine Zeitung* (FAZ) and written by Laszlo Trankovits, the bureau chief of Deutsche

Presse Agentur in South Africa demands just that. He calls for fewer elections and longer periods of office and more careful selection of candidates. A bit of dictatorship will make for more efficiency, he believes.

Peter Mandelson once wrote, "The era of pure, representative democracy is coming to an end." He proposed that the state should engage in focus groups and consultative referenda on safe subjects. But the EU was not amongst those. As soon as an EU referendum was mentioned, Lord Mandelson became a stern upholder of parliamentary sovereignty – just like David Cameron. But a parliament subject to the EU is not sovereign and is no true parliament.

## Uniting the Eurosceptic Movement

By Jago Pearson

The prime method of popular political communication is rapidly becoming the viral movie clip, which is the political leaflet of our times. In light of this development, the Campaign for an Independent Britain has launched an International Activists' Film Festival ([www.cibfilmfestival.org](http://www.cibfilmfestival.org)) and is inviting the submission of videos of any variety, whether YouTube clips, mobile phone movies, or something produced to professional standards – each of which illustrates, in its own way, an aspiration to something better than the "Europe" which exists today. These submissions can be about a particular policy, aspect, institution or the European Union as a whole. We are encouraging submissions from groups and individuals from across the continent and around the world.

There is no particular political alignment expected and it is anticipated that supporters and participants in the film festival will have a wide range of political views and allegiances but will share a desire to lift the shadow of the present-day European Union from us. The uniting of different individuals, groups and organisations, in different European countries, who may on other issues be in opposition to one another, will only aid the Eurosceptic movement, help to develop a cultural awareness between groups, and forge an understanding of the contrasting reasons people have for views on the EU.

This is a great project and whether you wish to submit a film, show your support for the film festival, or merely view and vote on the movies already uploaded, please take a look at our website. There is something for everyone to enjoy and an opportunity to acknowledge the varying reasons for Euroscepticism, in Britain, on the Continent and around the world.

In addition to the website, which can be found at [www.cibfilmfestival.org](http://www.cibfilmfestival.org), you can follow us on Twitter ([www.twitter.com/cibfilmfestival](http://www.twitter.com/cibfilmfestival)) or 'Like' us at [www.facebook.com/cibfilmfestival](http://www.facebook.com/cibfilmfestival).

Considering the current woes within the Eurozone, and the wider European Union, increasing airtime being awarded by the media to the EU debate, and increasing numbers of individuals and groups questioning the long-term viability of the "European project", I believe the CIB International Film Festival could not have come at a better time.



## Free Britain

Further copies of *Free Britain* may be obtained by visiting [www.eurosceptic.org.uk/free-britain](http://www.eurosceptic.org.uk/free-britain) or from Jim Reynolds, Brentwood House, Cornsland, Brentwood, Essex. CM14 4JL or 'phone 01277 219140 or fax. 01708 641211. There is no set charge; however any donations towards postage costs are greatly appreciated. Stamps are accepted for smaller quantities or cheques should be made payable to 'Campaign for an Independent Britain'. Please note that the 20p printed on the newspaper is only for the newsagent/stores where these are sold.

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## C.I.B MEETING

On Thursday 12th January 2012, the Campaign for an Independent Britain will be holding a meeting in the Houses of Parliament on the subject "The EU and Freedom of the Press". The meeting starts at 7.00pm in the Macmillan Room, Portcullis House, London SW1, and is hosted by Mark Reckless MP (Conservative). Speakers will include representatives of the Chartered Institute of Journalists and the National Union of Journalists.

All members and supporters of the Campaign for an Independent Britain are welcome to attend this meeting, but it is advisable well in advance of the start time as there is often a long queue due to the security arrangements at Portcullis House. Westminster tube station is 2 minutes' walk from Portcullis House.

## CAMPAIGN FOR AN INDEPENDENT BRITAIN

Campaign for an Independent Britain is a non-party political campaigning organization, supported by membership subscriptions and public donations. We uphold freedom of speech for all people of goodwill from all countries, races, and creeds who share our objectives and values. Our members are people from all walks of life who recognize that continuing British membership of the European Union poses grave threats to our liberties, independence, and economic prosperity.

If YOU believe that Britain should leave the corrupt, undemocratic, obsolete and fraud-ridden European Union – why not join us?

### Join our campaign

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#### Campaign for an Independent Britain

78 Carlton Road, Worksop,  
Nottinghamshire, S80 1PH

Tel/fax: 07092 857684

E: office@eurosceptic.org.uk W: www.freebritain.org.uk

#### Campaign for an Independent Britain

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*Hon. Life Members:* Lord Stoddart of Swindon (Labour MP 1970-83; Currently an Independent Labour member of the House of Lords); Sir Richard Body (Conservative MP 1955-59 and 1966-2001).

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## EU to tax the food we eat

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1983, the government decided that malnutrition was no longer a problem, but that we were eating too much from a combination of wealth and stupidity. That we suddenly became wealthy as a result of losing all our manufacturing industry to globalization, offshoring and outsourcing during the 1970s, may have passed us by, but this honestly was the belief of the then Conservative government. Since that time, successive governments both left and right have focused on upper limits of consumption rather than lower levels which indicate deficiencies.

Obesity has exploded since the low-fat policy has been promoted and as the British turned away from their traditional nutrient dense diet. One could not for example purchase skimmed milk in Britain prior to the 1980s.

Carbohydrates are always broken down into glucose, which is only used for energy and the body has very limited capacity to store excess carbohydrates which are instead converted into mainly useless try-glyceride fats that are stored away from the organs around the waist and bottom. The obesity epidemic can therefore be blamed on excess carbs, but the government's dietary guidelines seek us to cut down on fats and have more than half our calories in the form of carbs. We are told by government that starchy carbs are OK because they are high on the glycemic index. Whilst slow release of carbs somewhat helps avoid the sugar high-low roller coaster, those excess carbs will still be stored as fat and, starch has more calories per pound than non-starchy sources of carbohydrate, solving one problem to create another.

We are also told to cut out red meat with no mention that unprocessed protein from grass fed animals is

perfectly healthy. Protein, unlike carbs is used not only for energy but also for producing muscles and other body parts. Excess protein is excreted as urea so it cannot be the cause of obesity.

How about saturated fat? Again, it is a very unlikely candidate. It is true that saturated fats have more calories than carbohydrates per pound. However, like protein, saturated fats have many other uses in the body. They are a primary building block of the cell membrane, along with cholesterol, and are also a primary component part of our vital organs, forming a primary functions in our lungs, brain, liver and other fatty organs. As such, their consumption boosts metabolism tending to cause weight loss. Also, unlike tri-glycerides, formed from excess carbs, saturated fats are deposited in invisible places around the organs, where they are needed. Animal fats also therefore cannot have caused the obesity epidemic, but we are told to cut them out along with most of our most popular foods including our cherished English Breakfast.

You are still free to decide what you eat. However, remember that our government has committed itself to "economic measures" to imposing the unelected, undemocratic World Health Organization's dietary guidelines when it agreed to the European Charter on Counteracting Obesity. It is therefore time that Britain withdraw from that treaty before it further decimates our food and farming community along with the nation's health.

*Visit [westonaprice.org/london](http://westonaprice.org/london) for events, DVDs, free videos and more priceless information about wise traditions in food, farming & the healing arts.*