

The Self-Sufficiency

Shoppe Newsletter



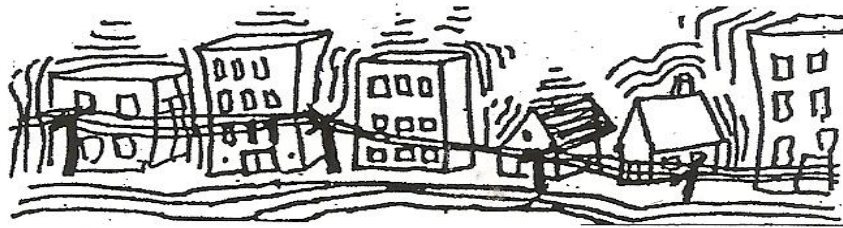
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The Planet is Changing

(and we must adjust)

There seems to be a general human assumption that, in terms of the planet, everything stays the same and that we are 'safe' for eons to come. Unfortunately we have a false sense of security about the planet's stability. Our complacency comes about by the fact that we have not - as a race - encountered or experienced great planetary change. We have evidence of it in fields such as geology, evolution, history (example: as depicted in historical writings such as the Bible) - but in our 'time' there is no memory or experience of the impact of extreme patterns of change on earth.

Our Problematic Lifestyle

More than any other race or culture on the planet - past or present - we are particularly vulnerable to planetary change. We have established and live within a complex structural society that is very dependant upon continuing environmental stability. Buildings that collapse during earthquakes or tsunamis, high energy consumption for survival, dependence on world consumerism, a vulnerable monetary system, off-shore food dependence - are all examples. Any changes in these structures will cause great disturbance to the stability of our lifestyle. If we were less 'dependent' on the earth and more 'independent' and resourceful surviving disturbances to the surface of the earth would be more manageable and less traumatic. An earthquake in an isolated area of the planet has much less impact then in urban 'built-up' areas. Living 10 stories up in a high-rise building is of a much higher risk than in a simpler structure on ground level. The less complex and



dependent our lifestyle on the earth's resources the less affected we will be when changes happen. This will be important in time to come.

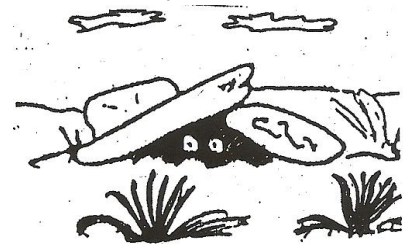
We Must Connect with Our Planet

Over the last years an awakening has begun to take place within humanity. People are becoming more 'connected' to their planet. They are realising the impact of their actions on the stability of the planet and making changes so that we are more respectful and considerate to the environment (and ultimately the planet's welfare). The reason for this awakening is partly due to human evolution in aspiring toward a greater understanding about our place in the Universe (and solar system), but it is also in response to the moods and evolution of the Earth in preparation for earth-changes. We are, in actual fact, responding to the energies of the Earth and sensing change ahead. Being connected to the planet and understanding it's ways will help greatly in understanding and coping with intense environmental change in time to come. And more change IS coming - reflected by the fact that earthquake activity has slowly been increasing since records begun and disaster such as floods, droughts, tornadoes are now more frequent and intense. The Earth is changing - and expression of that change is through the 'energy of the earth' via earthquakes, unusual weather patterns and extremes.



Nothing Else Matters

Without a planet we would cease to exist. At this point in time if we, as individuals, are not focussing on changing our habits to benefit the planet then we are out of sync with the times. We must be thinking everyday in every way about how we can work to benefit the planet and make transition to a new level easier. If not, then the process will be more traumatic than is necessary. As a culture we have everything, we are comfortable, fed, safe, secure and informed. The next step is to move beyond ourselves to the outer - the external beyond - that is, the planet and the environment. It's time to move past inner pre-occupation to a higher awareness because, as members of a planet, that is our responsibility.



We should be, by now, considering everything we use on a day-to-day basis - from where it came, the environment disturbed and resources used to produce/acquire it, how it will be disposed of, will it break-down back into the earth or will it sit for thousands of years in the environment. We should not see it that we are exempt from responsibility merely because 'someone else created it and therefore should be responsible for it' or that the item is 'essential' and therefore exempt from any environmental responsibility issues. Everything we take into our possession becomes our responsibility - it is only through this thinking and changing that the right energy for survival will be achieved. And it's not just for the earth and environment - this new thinking is also for ourselves - to ensure our continued survival and peace of mind. It's the only way 'out' of the dilemma we have created.



Recycling Booklet Set

8 booklet downloads: No. 15 – 60 Ways to Recycle a Tin Can, No. 16 – Waste Not Want Not, No. 17 – Home Paper-Making, No. 31 – 50 Ways to Recycle Newspaper, No. 32 – Home-Made Envelopes & Other Paper Projects, No. 48 – 60 Ways to Recycle Plastic Supermarket Carry Bags, No. 63 – Making Play-toys from Recycled Materials, No. 77 – Recycling Rags. **Price: \$69.00**

Available for download at www.theshoppe.com.au See page 6 for ordering information



DVD/CD packets made from recycled paper - Instructions/template in No. 32 - Homemade Envelopes and Other Paper Projects

Recycling Computer Paper

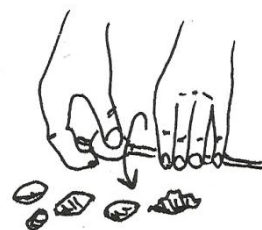
Like most people (with a computer) I'm constantly battling to find resourceful ways to utilize used good quality computer paper (usually A4 size). I'm also frequently using my photocopier - adding further to my load of left-over paper.

The sad reality is that the advent of computers was supposed to herald a new era of saving on paper in preference to emailing and 'electronic transmission'. However statistics indicate that paper sales have increased - not decreased - as people 'print-out' information from their computer - usually gathered from the internet.

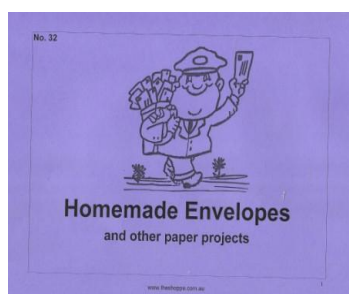
For my paper recycling I most often use it as note-paper. I cut A4 sheets into half or quarters and secure with a sturdy bull-dog paper clip. And just to make sure I use it I hang clips full of paper in various places for easy access - such as the kitchen note-board, office, lounge area (where I watch telly and come up with my thoughts/ideas!), etc. My second most practised recycling technique is homemade paper. Good quality bond paper (printed or plain, white or coloured) make good quality homemade paper. Booklet No. 17 - Home Paper Making explains it all. It's a clean, safe craft and easy for kids (and adults) to do.

I also make envelopes and DVD packets from computer paper (and magazine pages). I've placed a template in Booklet No. 32 for easy reference or you can simply undo any common commercial envelope or paper DVD packet and use that as a template by placing it on recycled paper and tracing around it. Cut it out, fold and glue using the original item as a guide. It is particularly effective if the template is strategically placed over illustrations, words, drawings, etc. to create an interesting design. I have a friend that makes homemade special occasion cards using recycled material - she makes all her envelopes using old magazine pages which adds to the effectiveness of the end-product.

You can also make paper beads for jewellery-making from recycled paper - something to do during idle-time in front of the television (if, like me, knitting is not your thing!). Booklet No. 32 contains all the necessary information. Good luck with your paper recycling - every little bit helps!



Making paper beads



No. 32 - Home-made Envelopes and Other Paper Projects

Ways to recycle discarded computer paper. Includes template and instructions for making envelopes, DVD storage packets, note-pads, books, paper beads - all using recycled computer paper. (16 pages) **Price: \$8.00**

Available for download at www.theshoppe.com.au

See page 6 for ordering information

'Hope in a jar' an expensive fantasy

FELICITY WILLIAMS
MELBOURNE

EXPENSIVE collagen creams that promise to reduce wrinkles don't work, experts say.

The co-called miracle creams are a waste of money, they say, as collagen molecules are too big to penetrate the skin but instead sit on the surface until rubbed off or washed away.

Melbourne cosmetic physician Alicia Teska, a board member of the Australasian Society of Cosmetic Medicine, said that collagen creams were "a complete scam".

"I'm continually perplexed by the lack of advertising restrictions that apply to any cosmetic product, even those using scientific terms to appear more credible," Dr Teska said.

"If the medical profession has to abide by advertising regulations for therapeutic products, why don't cosmetic companies have to? If they aren't considered therapeutic substances, they shouldn't be allowed to use any scientific or misleading quasi-

The Advertiser 18/1/11



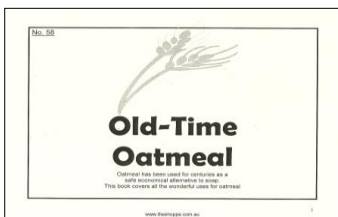
Good Skin Care Comes Naturally

It seems commonsense to me that applying chemicals to the skin in an effort to beautify the face is contrary to the Laws of Nature. The skin is a natural organism that responds to natural things. Chemicals are unnatural and alien - and just as the environment struggles to process chemicals (to break down back into the earth) so too would the body (and skin). As this newspaper item states - tests have proven that the magic of chemicals is something of a myth!

Skin care should be a natural approach: fresh vegetables, herbs, oatmeal, natural oils, etc. As a non-chemical skin cleanser and rejuvenator I strongly recommend oatmeal - it works particularly well and has been used since the olden days to treat various minor skin conditions. I recently had to 'practise what I preached' - so to speak. With aging my skin had become very dry, itchy and red. I immediately followed routine and bought a couple of specially designed skin creams for dry skin. Neither made any difference. I then decided to try an old-time remedy: oatmeal. Being considered more than just a simple cleanser - it is also known for it's ability to help deal with dry skin.

I began simply washing and massaging my face with oatmeal night and morning (when in the shower). I made a point of gently massaging the drier areas of the skin and then leaving the oatmeal-water paste on my face while I showered to give it time to do it's job. I was already removing make-up and grime from my face in the evenings with an oatmeal bag - but obviously in my 'later' years I needed more. So I was hoping a longer regime of scrubbing and massaging night and morning may help. Well, it did! It took just a couple of days and my skin returned to it's normal healthy state - no itchiness, peeling skin or redness. I surprised myself with my theories! To keep my skin healthy

(because it's obviously not going to get any younger and the problem will most likely persist) I have continued with the same regime everyday. I still use a light (homemade) moisturiser in the mornings - consisting of beeswax, almond oil and rosewater. Best thing also - it costs me very little money - unlike the many commercial offerings! All of the above information about natural skin care - including recipes and various techniques are in:



No. 30 - Natural Skin Care: Natural alternatives to commercial skin-care products. Part 1: Using 5 basic ingredients: oatmeal, vinegar/lemon, herbs, almond oil and beeswax/honey for all your skin care requirements - cleansers, scrubs, masks, astringents, toners and moisturiser. Part 2: Other alternatives - using what's available in the garden or kitchen. (25 pages) **Price: \$12.00**

No. 58 - Old-time Oatmeal: Used in earlier times oatmeal is a valuable and versatile agent that has many uses. Contains recipes for facial cleansers and scrubs, skin-care, baby-care, oatmeal breakfast cereals, biscuits and so much more! It's cheap, natural (chemical free), very soft and gentle plus Australian produced! (21 pages) **Price: \$12.00**

Both booklets available for download at www.theshoppe.com.au

See page 6 for ordering information



Your Questions & Comments

Dear Pam - I have a horse and in summer the flies are unbearable (for him and me) - making riding uncomfortable. I have purchased chemicals but I do not like spraying them around his face and mine! Can you make any suggestions? Many thanks. Janette (by email)

Hi Janette,

I've copied a recipe below from Booklet No. 35 Natural Pet Care. I haven't tried it – an experienced horse owner gave me the recipe some years ago – so it must have been effective. I wouldn't spray it on the face as I would think it would sting the eyes. I would dab it around the eyes and mouth instead. I too feel that the commercial chemicals available for pet care are a bit dubious. I hope it is of some help. Pam

Fly Repellent Spray

To make a fly repellent spray for 'larger' animals (horses, donkeys, pigs, etc.): Mix together 300ml alcohol*, 400ml water and 10ml eucalyptus oil, 10ml bay oil (or juice from the leaves of the bay tree**) and 10ml clove essential oil. Spray over the animal as required. (Add 10ml citronella oil to deter biting insects – such as sand flies and mosquitoes if also a problem).

**Vodka can be used as a substitute for pure alcohol – it's similar to pure alcohol but a little cheaper and easier to find. **Bay oil may be difficult to find - as a substitute process/pulp some fresh bay leaves (bay trees are common garden shade trees) strain and use the remaining juice.*

Hello Pam

My daughter and I attended one of your workshops on environmentally-friendly gift-making. We both enjoyed it - thank you. We have since tried to make the liquid soap using a recipe the Recycling Soap booklet. The booklet says to use to rich soap jelly mix as the basis, but this has formed a very thick product, and even though we have watered it down quite a bit, it is still too thick to be pumped up in a hand pump container. It splits too, maybe because we watered it down with cold water? My question is what recipe was the basis for the workshop liquid soap? The small samples we took home work really well in a pump container. Was it the economical soap jelly mix or the rich soap jelly mix? I would prefer to rescue the mix we have made because we added almond oil to it. Thank you Louise (via email)

Hi Louise,

The outcome of making soap jelly depends on the type of soap used. Some soaps are good and others have additives that affect the soap jelly. I usually make the rich soap jelly mix for the workshop as that allows for leeway to add more water without affecting the mix – such as product-making in the workshop. However when I make the rich mix at home it nearly always has some water separation. It is not a lot – about 200 ml per 5L bucket of soap jelly - at the same time the soap jelly is usually quite thick. I use my stick blender to re-blend the mix (liquefy the soap jelly and blend the water back into the jelly). It seems to work and does not separate again. Use a stick blender – as a hand-whisk or electric beater will froth it up too much. It sometimes helps to add some washing soda – one tablespoon per 600mls of water with the grated soap-water mix at the start – that will soften the water and help with the blending – but I do find it makes the soap jelly even firmer. But, again, blending it will thin it out. I'm pretty sure that if you used a stick blender on the mix you have already made it will solve the problem of both separation and jelly that is too solid. But I'm not sure how much water you have separating from the mix – if its a lot (more than what I have outlined above) pour some off and only blend in part of it. Pam

Send your recipes and questions to: pam@theshoppe.com.au or
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