

The Self-Sufficiency

Shoppe Newsletter

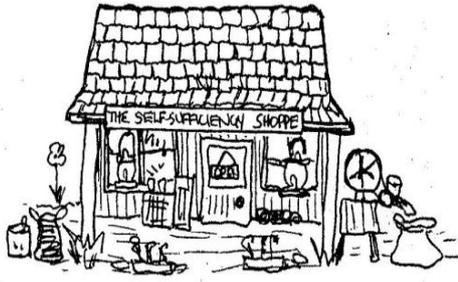
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The

'3 C's'

Consumerism, Commercialism, Capitalism

According to history books 'capitalism' (as we know it today) originated in the 16th century in Italy. It's loosely based upon four main concepts:

1. The endless accumulation of wealth and capital
2. The endless pursuit of growth and profit
3. The exploitation of labour
4. The exploitation of nature (animals, the environment).



Although the above may have been a wonderful concept when first begun in medieval Europe (and served humanity well over the last 400 years). Times are now very different. No longer do we live in adverse poverty and strive for a more even distribution of wealth. Nor do we have a narrow-minded view that the Earth is flat and life on Earth is only about as far as we can travel on foot or with a bullock and cart! Attitudes change – and one is now well due. Thankfully we now see ourselves universally as inhabitants of Planet Earth – billions of inhabitants in fact! We see the whole picture, that is, billions of people using resources, living a lifestyle, that they rely solely upon Earth to maintain into the future. How irrational that now seems?

The question before us is: Can Planet Earth (and its 'gifts' - its resources) maintain capitalism and the endless accumulation of wealth into an indefinite future? I think not! The planet would be totally stripped of all its resources, out of balance and teetering dangerously on self-destruction if we continued our over-indulgent lifestyle. The concept of 'capitalism' is archaic and out-dated – no wonder – it's over 400 years old! It's time for a new approach. It's time to put aside our selfish desires for 'more or better' and consider the planet – our home. Can we change? Implementing change can be unpleasant. No-one likes their security and balance upset. No-one likes change after hundreds of years of familiarity. Change is part of every culture: starting with the 'uncivilized' (cannibalism, sacrifices on the altar, burning of witches) to more modern times (equal pay for both genders, pensions for the aged, 'free' health care, etc.). Soon, too, 'capitalism, consumerism and commercialism' will also be relegated to the rubbish bin of our naive cultural past and life will be seen in a new light of:



1. Working **with** the planet and it's resources,
2. Making **personal sacrifices** for the sake of the planet,
3. Respecting the earth's precious resources (i.e. **less wastefulness**)
4. Curtailing our lifestyle so that fits within the confines of '**planetary affordability**'

And although the above, at this early stage, may be considered 'unheard-of' by some – the reality is that soon it be the 'norm'. And we will look back on current times with a sigh of relief that we have, at last, changed to a better future and no longer live in such wasteful times.

On a Personal Level: *I grew up within a family of very enterprising people that have used every opportunity to 'make money' and aspire to the ideals of capitalism by running a business. It is considered, by most people, a great personal achievement. And I'm grateful for that early learning because it taught me about persistence, determination and hard work (it does have it's downfalls). But amongst that I also have a strong sense of 'the planet' and what will the future hold if we continue as we are? It's been difficult to blend to two 'opposites' – but it can be done. I would imagine that most people would go through the same process of assessing their personal values, attitudes and belief system before being able to reconcile with the idea that 'accumulation of capital' – while it may be good on a personal level – is not an ideal long term goal for the planet.*

On that note: Here's a recent newspaper article. The first sentence reads: "Humanity would need five Earths to produce the resources needed if everyone lived as profligately as Americans – according to a report issued yesterday". It could not be said any more clearer. Whether it be 'Americans', Australians, New Zealanders, Italian, British – the message is the same: we are now living way, way beyond our means. It's time for change.

All live like US? It'd take 5 Earths

WASHINGTON: Humanity would need five Earths to produce the resources needed if everyone lived as profligately as Americans, according to a report issued yesterday.

As it is, humanity each year uses resources equivalent to nearly 1½ Earths to meet its needs, said the report by Global Footprint Network, an international think tank.

"We are demanding nature's services – using resources and creating CO₂ emissions – at a rate 44 per cent faster than what nature can regenerate and reabsorb," the document said. "That means it takes the Earth just un-

der 18 months to produce the ecological services humanity needs in one year."

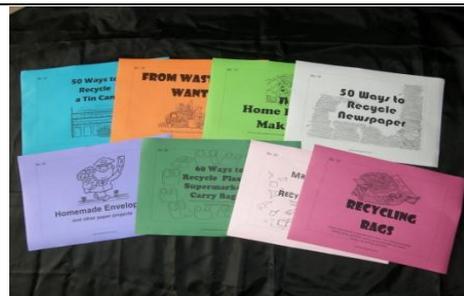
And if humankind continued to use natural resources and produce waste at the current rate, "we will require the resources of two planets to meet our demands by the early 2030s".

Global Footprint Network calculated the ecological footprint – the amount of land and sea needed to produce the resources a population consumes and absorb its carbon dioxide emissions – of more than 100 countries and the globe.

In 1961, the planet used slightly more than half its biocapacity.



Where to start? What better way to give consideration to the resources we use than to recycle what we already have taken from Earth. Here's a selection of 'recycling' booklets:

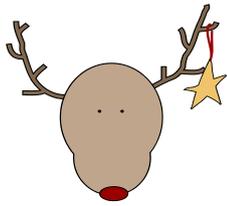


Recycling for the Planet Booklet Set

Contains 8 Booklets - No.'s 15,16,17, 31, 32, 63, 48 and 77 (see website for details)

Price: \$69.00

(see page 4 for 'How to Download Booklets')



Make it a 'Resourceful Christmas'

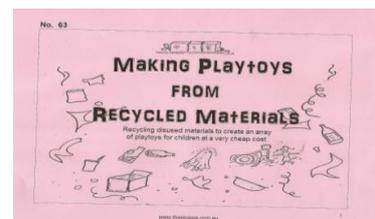
Every year at Christmas I plan to put a bit in the Newsletter about making Christmas more resourceful and respectful toward the planet. But every year I am usually too late for Christmas or have other items taking priority for publication. But now, after 5 years (that's how long I've been doing The Shoppe Newsletter) of procrastination I have finally found some space for the topic – in particular alternatives to Christmas wrapping paper (albeit a little bit late – because probably - unlike me - you already have your gifts for Christmas all wrapped up and ready to go!). Gift wrapping paper is one of least used or appreciated of Christmas 'trimmings'. It usually goes straight into the rubbish after the frenzy of opening gifts at Christmas. So here are a few resourceful ideas.

- Newspaper coated with a mixture of 50/50 PVA glue and water makes an interesting wrapping paper idea. You'll need to do 2 coats to get a lovely shiny affect. Newspaper wrapped gifts look wonderful tied with brightly coloured ribbon (red looks great). Or, even better use wide strips of coloured recycled paper – plain or decorated with pictures, stick-ons, etc. Or for a simple environmental statement why not wrap gifts in plain newspaper and tie with string! The 'comics' pages look great!
- Butchers* or brown paper decorated by finger painting, straw blowing with paint, potato prints, ink prints from rubber stamps, or your own artistic designs also look great.
*Use paper from food bought at the supermarket deli department – sometimes they use 5-6 sheets of butcher's paper for one small item!
- Other ways to decorate plain paper: use spray paints and create simple stencils using leaves, flowers, cookie cutters, doilies, old lace curtain or cut out shapes, etc. Pictures cut from magazines, last year's Christmas cards, calendar tops, magazines, etc. glued decoratively to the paper also look very effective.
- Pretty coloured pages from magazines, calendars, etc. also look effective for wrapping small items.
- Or, as an environmental alternative wrap the gift in a useful calico or reusable bag.
- Scarfs, towels, tea-towels etc. when given as part of the gift can be used to wrap the gift and save on wrapping paper
- Another very interesting way to make gift wrap is to place flowers, leaves and other decorative flat items between two layers of wax paper. Iron the sheets together with a warm iron – very effective and great talking point!
- And finally, recycle this year's wrapping paper by unwrapping your gifts carefully (if you can) – remove as much of the sticky tape as possible and iron with a cool iron (place a towel between the iron and paper).



The planet sighs in relief and smiles in acknowledgement every time we re-use and recycle!

We're all in this together! Send your recycling ideas to The Shoppe (see address page 1)



Christmas Gift Ideas! If still looking for Christmas gifts for family, friends, etc. here's 3 booklets that might help: No. 43: **Practical Gifts to Make** (\$12.00), No. 67: **Gift Giving with a Difference** (\$12.00), No. 63: **Making Playtoys from Recycled Materials** (\$12.00). (Download from www.theshoppe.com.au See page 4 for details)



New Shoppe Website and Email Address

The new Shoppe website is now up and running. It's been a long time coming, but I'm please with the new format. I now have full access to the site so can update it with new workshop dates, products and information when necessary. I've divided the site into sections relevant to each workshop with lots of useful information, recipes, personal experiences, and other information. I hope you enjoy it and find some useful information:

www.theshoppe.com.au

Plus The Shoppe email address has changed to: theshoppe@tpg.com.au



How to Download Booklets

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7. When payment has been processed your booklet will appear immediately for download in PDF (Acrobat) format
8. Save to your computer for printing, ebook reader, tablet, etc.

That's it! If you have any problems email pam@theshoppe for help To order 'Booklet Sets' simply follow the same procedure - i.e. Click on 'Booklet Sets'.

'The Shoppe' Mailing List

Receive Newsletters, updates and other information by email by adding your name to The Shoppe Mailing List. Simply send your email address to theshoppe@tpg.com.au. If you would like information about workshop dates for Adelaide or interstate please indicate so in your email. Back issues of newsletters are available at www.theshoppe.com.au .

Receiving The Shoppe Newsletter by mail: Not all issues of the Shoppe Newsletter are posted to mailing list recipients. Newsletters are free but postage is not. If you would like to have the newsletter mailed to you on a regular basis send 6 postage stamps to The Shoppe for postage of next 6 issues.



Wishing all my readers a happy Christmas and New Year. Many thanks for your wonderful support over the last year!

Pam Marshall – The Self-Sufficiency Shoppe



Your Questions

Hi Pam, Thankyou for the laundry liquid recipe. I have been looking for one that doesn't have Borax in it. Just wondering, can the water from the machine be used on the vegie patch and fruit trees. Again thank you.
Aroha (via email)

Hi Aroha, ,

Yes, the soap-based laundry liquid is more 'natural' than commercial laundry detergents on offer - including some the 'biodegradables'. When I used commercial detergents, even though it was stated to be safe for plants I found it affected their growth and health. When I converted to soap-based jelly (some years ago) it had no adverse affects on the plant. So most definitely its the best for grey water recycling. I do not, however, use it on my vegie patch - not so much because of the 'chemicals' but because I do not want to interfere with the plant's produce development. I use my grey water on ornamentals, lawn and fruit trees. I use rainwater for the vegies.

Pam

Dear Pam,

I made the soap jelly which I use for my washing machine. I also made the shampoo using the soap jelly and almond oil but this made my scalp very itchy. Would it be better to use Lux flakes instead of soap for hair recipes - or any other suggestions?

Many thanks - Narelle.

PS - I gave 5 family members and friends a laminated copy of the basic soap jelly recipe with a cake of soap and Lectric soda (washing soda) in a small bucket - all ready to go! I know at least one has made it!

Hi Narelle,

Good on you! What a great Christmas gift idea!

On the topic of using soap-based shampoos: My scalp sometimes itches a little on the second or third day after using my soap-based homemade shampoo. As I wash my hair about every second day its not a problem. I think the itching has something to do with the natural oils in hair - so in my humble opinion that's good (detergent based shampoos strip the natural oils from the hair). Natural oils keep the hair healthy and growing. It takes awhile for your scalp to adjust to not using detergents so the itching may eventually subside. I have noticed though if I use my homemade soap as a base for my shampoo there is less itching. So maybe it has got something to do with the type of soap used as a base to make the soap jelly (some commercial soaps contain harsh chemicals). So - yes - experiment and try different soaps. Lux is supposed to be good quality - but I'm not able to vouch for that! Health-food shops usually sell good quality soaps.

Pam

PS: I've placed the two relevant recipes below for readers:

Economical Soap Jelly - Turning a bar of soap into 20 litres of soap Jelly

Grate one bar of soap. Put one half in one 9 ½ – 10 litre bucket. Put the other half of grated soap in another bucket. Add ½ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Leave to cool. Use approx. 1 cup of mix to full wash tub (for clothes) OR use to wash dishes (in place of detergent) OR as a liquid hand wash or hair shampoo.

Homemade Rosemary Shampoo

To 2 cups of the soap jelly mix (outlined above) add 1 cup boiling water (or rosemary & lavender herbal infusion). Stir until the soap jelly has dissolved. Add two tablespoons of almond oil and a 5 drops each rosemary & lavender essential oils (optional – not necessary if using herbal infusion). Pour into jar ready for use. No need to use a conditioner – simply give your hair a final rinse with spring or rain water!



Your Quick and Easy Xmas Recipes

Your letters, recipes, comments are always welcome. Please keep them coming in – send to: The Self-Sufficiency Shoppe address via mail or email (see page 1).

Hi Pam,
Snack foods can be very expensive at Christmas. Here's how I make a noodle mix for snacks that is easy and cheap – plus my Rocky Road recipe.
Jenny (Normanville SA)

Nibble Noodles Deep fry one packet of dry Chinese noodles – any type of rice or egg noodles - until crisp. Drain well. Coat with a mix of 2 tablespoons curry powder and 1 tablespoon salt and sugar by placing both spice mix and fried noodles in a bag and shaking. Add sultanas or roasted (unsalted) peanuts if desired.

Handy Hint: For another quick snack food suggestion bake triangles of pitta bread in a slow oven until dry and crisp – much healthier than buying corn chips for dipping! NB: Out-of-date pitta bread is often sold at a reduced price for extra savings.



Quick & Easy Rocky Road: You'll need the following:
A bag of marshmallows (pink & white) cut in quarters or halves.
1 cup of peanuts (unsalted) or other nuts and fruit according to taste
350gm bag of cooking chocolate 'Melts' that have been melted in microwave.
1/3 of a block of copha mixed with the melted chocolate.
Method: Mix all ingredients together. Pour into a rectangular tray and place in fridge for 1 hour to set. Cut and eat!

Yummy (and healthy) Christmas Fruitcake

(without butter, eggs or sugar)

- 1 kg mixed fruit
- 2 cups orange juice
- 2 cups sifted SR flour
- 1 teaspoon mixed spice



Method: Pour orange juice over mixed fruit and allow it to soak approx 10-12 hours. Mix in the flour and spices. Pour into a greased 20cm (8") square tin and bake for 1½ hours in a 300°F/155°C oven (or longer if necessary).

From Tim via email

Hi Pam,
My young son is right into collecting stamps (a very expensive hobby!). So what I did to help him get started was save all my postage stamps for the year (I have overseas relatives – which helps). I also asked my friends and family to save their stamps. Then gave the stamps as a gift to my son along with a stamp album and tweezers! He loved it! It kept him busy for hours!

Here's my quick and cheap zucchini slice recipe.
Daniella (via email)

Zucchini Slice: 2 zucchini (grated), 2 large carrots (grated), 1 onion (finely chopped), 4 beaten eggs, 1 cup SR Flour ½ cup grated cheese.

Method: Mix all together. Pour into a 20cm (8") square greased baking dish. Sprinkle a little extra grated cheese over the top. Bake 180°C for 30-45mins. Serve cut into squares

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