

The Self-Sufficiency

Shoppe

Newsletter



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Happiness comes from the Smallest things!

An important aspect of human nature is to aspire toward 'happiness': to find that place in ourselves that is peace, contentment and security. Living in a society of relative wealth and security does not necessarily lead to 'happiness' nor does it reflect an increase in 'happiness'. In fact it reflects just the opposite.

In our developed modern world happiness is even more difficult than ever to find and according to various surveys is on the 'decrease'.

Material wealth does not necessarily lead to happiness - in fact some say it undermines happiness! It has been found that levels of happiness are much higher in simpler poorer communities than the wealthy - reflecting that people that live 'closer to Nature' are much 'happier' and content than those that don't. So what does that say about materialism and wealth? What does that say about technological development and growth? We are beings of planet Earth. Our true happiness as citizens of Earth lies within 'the Earth'. Attempting to attain happiness through other means - particularly destructive means - will only lead to unhappiness. The source of our energy for life and living is the Earth. It sustains us, nurtures us and keeps us safe. Connecting with the Earth - OUR EARTH is the 'quickest' way to true, deep happiness. Why? Because it comes free and is not aligned with status, wealth or intellectual ability. The Earth's energy is a simplistic, unconditional acceptance of our soul's place within Earth's realm (and hence, the solar system and the Universe). The Earth does not make judgement on any level - it seeks only our respect for it's balance and harmony ... which is a very simple thing to give.

So how do we find happiness through Mother Earth? By connecting with it. Doing things that involve the Earth enables us to appreciate and feel it through its various avenues: soil, plants, animals, sun, water, etc. This issue of newsletter is dedicated to 'the Earth' and appreciating the simple things it offers us.

Money can only buy you a little happiness

DAVID DERBYSHIRE
DAILY MAIL, LONDON

If you think that winning the lottery will leave you feeling contented for the rest of your life, think again.

Money can buy you only a little happiness, says the biggest survey of its kind ever held.

It found that while wealth improves quality of life and "life satisfaction", it has only a small impact

on day-to-day mood. The poll of 136,000 people in 132 countries found that happiness was much more strongly linked to being respected and the sense of having control over life.

Support of family and friends and working at a fulfilling job were also far more important than income, the researchers found.

The survey, carried out by Gallup and published in the Journal of

Personality and Social Psychology, is one of the most detailed polls of its kind. Dr Ed Diener, who led the study at the University of Illinois, said: "We knew from earlier research that money to some degree is associated with happiness, although the effects are often fairly weak. So the answer to the question, Does money make us happy? was, 'Yes, a bit'. But we see a much more interesting pattern than that simple

answer. It's pretty shocking how small the correlation is with positive feelings and enjoying yourself."

The pollsters used telephone surveys in richer countries, and door-to-door interviews in poorer parts of the world, to ask about income, standard of living, housing conditions and diet.

Respondents were invited to evaluate their life on a scale of zero to 10, and to describe the negative

and positive emotions experienced the previous day.

The poll also asked if the respected, whether they had and friends they could count a crisis and how free they choose their daily activities.

The survey found that when satisfaction rises with personal national income, positive feelings were much more strongly with other factors.

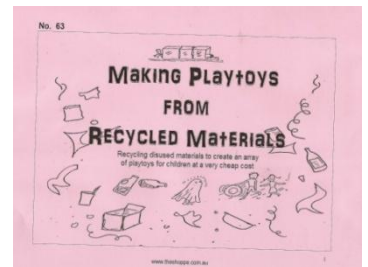
From 'The Advertiser' 2/7/10. (For a full size copy of email: pam@theshoppe.com.au)



Children's Activities from Simple Things

Children will play for hours with the simplest of objects. Here's a few ideas to encourage children into the great outdoors with minimal financial outlay!

- Turn a disused carton into an outdoor post box. Paint it red (or cover with red paper). Then cut a small slit for delivery of letters. Place it outside - in the backyard or some distance from the indoors. Children just love posting their own letters!
- Hang old pots, saucepans, utensils from a tree branch to make a percussion tree that 'sings' in the wind. Encourage children to 'play' their own music.
- Use old sheets as an outdoor lean-to or tent for children to play under.
- Or drape blankets or sheets around and over the clothesline, and peg into place to form a sheltered enclosure.
- Hang an old sheet against a wall or fence for children to paint a wall mural or 'fun' wall hanging.
- Go on an inexpensive family outing to the local park, beach, national park or even the backyard. It might not even be necessary to take the car - walk if you can. 'BYO' food and drink. It doesn't have to be expensive - sausages are a good all round favourite and cheap barbecue food (take your own gas barbeque or use one supplied at parks and picnic areas). If a barbeque does not suite than there are plenty of other food items that are cheap and within the budget, such as sandwiches, salad, nibbles, left-overs, etc. 'Kids love simple meals - they'll keep coming back for more!



(From Information Booklet No. 63 'Making Play-toys from Recycled Materials' \$12.00 - Download from www.theshoppe.com.au)



Growing Plants

What Better Way to Appreciate and Connect with Mother Earth!

There is nothing more wonderful then pottering in the garden and experiencing the first rays of the Spring sunshine and connecting with the wonders of Mother Earth. Even if you do not have the advantage of a back-yard plot (or larger!) then a tub or two of newly planted spring seedlings will do wonders for your sense of 'earth'. I am an absolute lover of home-grown vegetables. I plant my usual array every spring and I just revel in watching them grow. Every morning I sit outside with my coffee to observe the progress in the garden. It gives me a great boost to start the day! My sweet peas are growing in abundance and will look wonderful soon in full bloom. My rocket has taken off - like a rocket - all my visitors take home a plastic bag full of home-grown rocket for their salads. I have spinach galore (so easy to grow in winter) - and its just wonderful as this time of year with new growth and plants springing up in the garden. I've passed on lots of seedlings and cuttings to friends - no-one goes home empty-handed! Gardening can be such a wonderful experience - and it costs next to nothing!



Backyard Self-sufficiency Booklet Set

For Safe Organic Economical Gardening

6 Booklets: Recycling and Improvising in the Garden (No. 36), Composting for Beginners (No. 19) and Safe & Organic Sprays (No. 21), 'Growing Vegetables in Containers' (No. 76), Keeping Hens (No. 41), Companion Planting Guide (No. 78)

Price: \$42.00 (download at www.theshoppe.com.au)



The Simple Pleasures of:

Home cooked food

What better way to appreciate the earth all it provides for us than through FOOD. It is the very source of our survival.

We do not have to be the 'world's greatest cook' in order to receive maximum pleasure from home cooked food. Whether we cook and consume it ourselves or to satisfy others - friends and family - it still works wonders! People love 'mum's homemade food' because it brings back memories and feelings of warmth, love, comfort and satisfaction.

I like my cooking to be quick, no fuss and if possible, successful. I have little tolerance or time to spend decorating and making the food 'just right'. So my collection of recipes reflect my impatience – all contain minimal ingredients, one simple step to make and preferably in one bowl or dish (saves excessive dishwashing!).

The recipe below is my favourite. I make it in the 'Old Time Kitchen Skills Workshop' for people to sample; for sale in a monthly cafe at the local LETS Market; or just for friends over coffee - it never ceases to impress - yet so easy to make.



Easy Quick Mix Date-Walnut Cake

Place in bowl the following: 1 cup SR Flour (sifted), ½ teaspoon bicarbonate of soda, 2 teaspoons cinnamon (or mixed spice), ½ cup raw or white sugar, ½ cup chopped dates and ½ cup chopped walnuts. **Place in saucepan:** 2/3 cup water and 1 tablespoon butter or margarine. Heat to melt the butter. Stir the water-butter mix with the dry ingredients.

Pour into greased round cake tin. Bake IN moderate oven for 30 minutes. That's it!

(Recipe from Booklet No. 12 - Improvising in the Kitchen Price: \$12.00

(download from www.theshoppe.com.au)



Improvising in the Kitchen Booklet Set

Back to the days when food was unprocessed & uncomplicated!

8 Booklets: No. 12 Improvising in the Kitchen, No. 42 – Eggstatic!, No. 53 Homemade Spice Mixes, No. 54 – International Meals on a Budget, No. 70 Homemade Breakfast Cereals, No. 64 – Coffee Alternatives, No. 65 – Natural Sweeteners, No. 80 – Uses for Stale Bread **Price: \$69.00** download from www.theshoppe.com.au



Practical Kitchen Skills

Kitchen skills of times past – for making butter, bread, yoghurt and cheese.

4 booklets: No. 11 - Making Butter, No. 29 – Making Bread, No. 60 - Making Yoghurt, No. 62 - Making Cheese.

Price: \$24.00 instant download from www.theshoppe.com.au

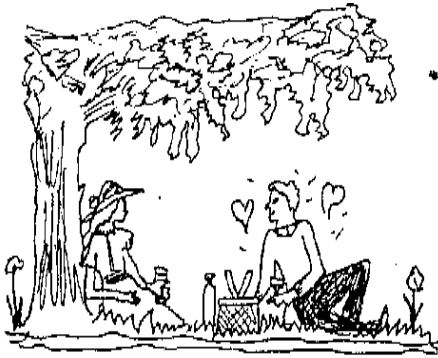


Old Time Kitchen Skills – Preserving

Back to the days when food was flavoursome, unprocessed and uncomplicated!

6 Booklets: No. 46 – Preserving Without a Preserving Outfit, No. 52 - Salubrious Sauces, No. 49 - Bringing Back the Beverage, No. 72 - Drying Food, No. 73 – Food Storage Techniques, No. 74 – Ways with Fruit.

Price: \$42.00 (Available for instant download)



Enjoying the simple things in life

Old Fashioned Picnic for Two

Restaurant dinners can be very expensive – here's an alternative suggestion:

First set the mood by bringing the right 'ingredients': A cheap bottle of bubbly or grape juice; some favourite foods: fresh bread, salad with fetta and olives, fruit, dip, biscuits. Pack into a cane basket with champagne glasses, plates, bowls, knives, forks and spoons (if required), salt and pepper shakers, a large blanket (to sit on) and a small tablecloth (to place food on). For a special touch bring along candles and bunch of flowers! Add a thermos of coffee and chocolates. Take your partner and pre-packed picnic items to a quiet spot along the river, near the sea, in the local park, under a gum tree, the back-yard or wherever - and enjoy!



Recycling tip:

Plastic net bags (commonly used to pack onions and oranges) when rolled tightly into a ball and secured with sewing thread become kitchen pot scourers. Or use to hold scraps of soap to make a 'soap saver'. Hang under tap for soapy water in the bath or dish-water. Or, fill with sweets for gifts or hang on the Christmas tree.

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8. Save to your computer for printing, ebook reader, tablet, etc.

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

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