

# The Self-Sufficiency

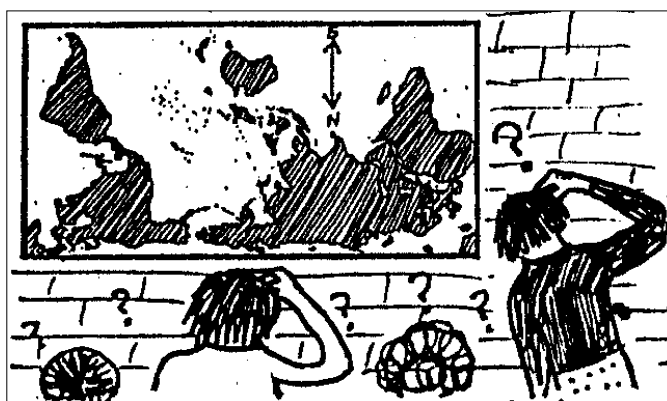
# Shoppe Newsletter



Issue No. 39

P.O. Box 390 Park Holme 5043 Sth Aust.  
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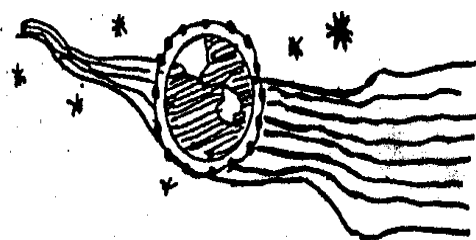


## A New Era is Coming

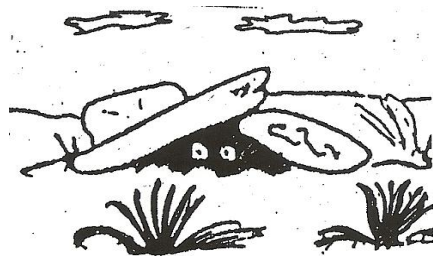
Our planet is constantly changing and evolving on many levels (human, animal, plant, mineral) - progressively moving 'upward' from one level to the next higher level. What was yesterday is no longer tomorrow. The past becomes obsolete replaced by newer more forward ideas. On the human level the abolition of slavery and capital punishment in past times are examples of moving to higher, more humane and 'evolved' levels of existence.

In line with this evolutionary change there is much happening in the world at present that reflects movement to new levels of understanding and existence. There is, coming to the forefront, a new concern and empathy in such areas as:

- the plight of our fellow humans (whether it be the tragedy of war, famine, natural disasters)
- the welfare of animals (eating meat, treatment of animals, destruction of natural habitat and extinction of species)
- the welfare of the earth and the environment (degradation of the planet in the name of progress, ecological damage of natural environment, etc.).



All are examples of humanity 'awakening' and moving to 'higher' levels of existence by becoming aware of and questioning human activity and considering some actions (past and present) no longer acceptable. 'Old energies' of the past where existence is viewed in terms of 'profit and growth potential' are changing to one of respect for all things - human, animal, plant and mineral. Where all of humanity is viewed as equal and should be treated as such. No person, no animal, no part of the planet - starves or suffers whilst another wallows in wealth. Respect should be given to the welfare of all levels of existence: human, animal, plant, mineral in accordance with the new evolutionary energies of the planet.



The 'old' energy is dying and becoming obsolete. Not so unusual - every past human culture has, eventually, waned to make way for 'new' thinking and functioning. Any culture that exploits resources in the name of riches and wealth solely for a the betterment of a privileged few was doomed from the start - even though it may not have been obvious at the time. The happiness and satisfaction that some thought would come about by the acquirement of riches has been replaced with a deep sense of duty and responsibility to do what's right for the planet and humanity. True happiness is now found in ways we never thought possible.

Every day in many ways, all around us, we see examples of people awakening to this new energy. Environmental concerns, animal welfare, human welfare are now all common topics for campaigning, supporting and instigating change in how we do things in daily life. And it will not stop there - more will continue to unfold as we move into a new era, new level of planetary existence. It surely is exciting times!



*"Earth provides enough to satisfy every man's need - but not every man's greed"*  
**Mahatma Gandhi**

## **e-Booklet No. 40 - Surviving the Hard Times**

**30 pages Price: \$12.00**

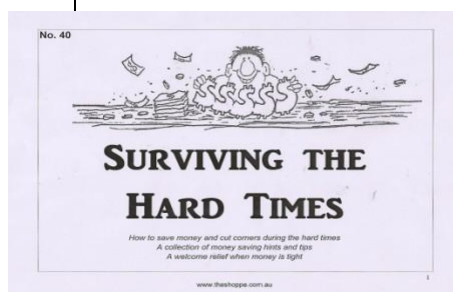
*I've been 'fortunate' in my life to have experienced many powerful lessons with money. During extreme 'money squeezes' I'd always ask "why me" – but now, down the track in retrospect, can see that that very frustrating process taught me much about 'money'; of developing valuable survival skills and find reassurance that there*

*are ways of coping during the hard times. Much of what I have learnt is documented in No. 40 'Surviving the Hard Times'.*

*Pam*

**(Download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or see ordering information page 4)**

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## Where to Start?

*Many people seem unsure where to start in terms of changing to a more chemical free and environmentally friendly (and cheaper) life-style. I do agree that it can be over-whelming. It's very habitual and convenient to buy commercial products - whether it be for cleaning, personal products (skin, body, hair) or general household - and it takes considerable effort and*

*determination to turn old habits into new. The first tool for success in this area is KNOWLEDGE - knowing what are the alternatives and how best to use them.*

*My recommendation (and what works for me) are 6 basic items - all of which have a multitude of uses: bicarb soda, vinegar, lemon (optional - only if you have a lemon tree), eucalyptus oil, bar of soap and oatmeal. Bear in mind also that it's easier (and likely to be successful) if you focus on changing just one or two things (say, using bicarb soda for cleaning the kitchen sink in place of a commercial preparation) instead of expecting to change 'everything'. Once a new habit has been established it's much easier to move into more options, such as using bicarb for cleaning the stove, bathroom tiles, as deodorising agent, etc. and leading to more challenging changes, such as cleaning your teeth with bicarb soda or as a personal deodorant.*

*For this reason I've grouped a specific series of booklets into a set called 'Environmentally-friendly Basics'. It contains information about how to use these 6 basic products. It's a good place to start and offers many options for using each alternative as a simple, cheap replacement for numerous commercial products:*



### Environmentally-friendly Basics Booklet Set

*6 common household products – Bicarb Soda, Vinegar, Lemon, Eucalyptus Oil, Soap, Oatmeal - that have a multitude of safe, environmentally friendly uses around the home. Very cost effective!*

**Contains 6 Booklets:** No. 9 - Uses for Bi-carb Soda, No. 10 - Humble Lemon, No. 33 - Versatile Vinegar, No. 51 - Uses for Eucalyptus Oil, , No. 50 – Recycling Soap, No. 58 - Old-time Oatmeal. **Price: \$42.00**

(Download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or see ordering information page 4)

### Other Booklet Sets

(Note: Booklets are 20% cheaper when purchased as a set):

**Green Cleaning** (10 booklets) Price: \$69.00.

**Natural Skin Care** (4 booklets) Price: \$39.00

**Soap-making** (4 booklets) Price: \$33.00.

**Body & Hair-care** (5 booklets) Price:\$39.00

**Beeswax** (5 booklets) Price: \$39.00.

**Backyard Self-Sufficiency** (6 booklets) Price: \$42.00.

**Chemical-Free Options** (7 booklets) Price: \$59.00

**Practical Kitchen Skills** (4 booklets) Price: \$24.00

**Old Time Kitchen Skills - Preserving** (6 booklets) Price: \$42.00

**Old Time Kitchen Skills - Improvisation** (8 Booklets) Price: \$69.00.

**Recycling for the Planet** (8 booklets) Price: \$69.00.

**Air fresheners & Deodorisers** (5 books) Price: \$39.00

**Practical Plants** (3 booklets) Price: \$24.00

**Self-Sufficiency Skills** (6 booklets) Price: \$49.00

**Practical Gifts & Crafts** (6 booklets) Price: \$42.00

**Ways With Set** (10 booklets) Price: \$96.00

(For detail about the titles in each set go to [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact The Shoppe.

To order: See ordering information page 4. For more information about booklet sets visit [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact The Self-Sufficiency Shoppe

## How to Purchase Booklets

There are 3 ways to purchase publications:

### **Method 1. From the website:**

All booklets are available **for immediate download**. This is the quickest way to access the booklets.

1. Go to [www.theshoppe.com.au](http://www.theshoppe.com.au)
2. Click on 'Shoppe Publications'
3. Scroll down to find your chosen title
4. Click 'ADD TO CART'
5. Click 'Continue shopping with The Shoppe' to order more booklets or
6. Follow the prompts: 'Proceed to Check-out' to pay. (You do not need to have a Paypal account to order via this method. You can pay by debit or credit card, Mastercard, Visa, American Express or Paypal)
7. When payment has been processed your booklet will appear immediately for download in PDF (Acrobat) format on the screen.
8. Save to your computer for printing (full booklet or just relevant recipe pages) or use ebook reader.

### **Method 2. Internet Banking or Direct Payment:**

Electronic funds transfer into The Self-Sufficiency Shoppe account. Booklets can then be emailed or posted\* to you. Email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) for The Shoppe's bank account details for payment transfer. \*Please add \$2 to the price of each booklet to cover printing and postage costs.

### **Method 3. By Mail**

Send cheque/money order to The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme, 5043 (add \$2 per booklet for printing & postage). Your booklets will be downloaded and printed for you and sent to your address. Please add \$2 per booklet for postage and printing costs.

**If you have any problems or queries contact: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) - ph: (08) 8374 2531**

## 'The Shoppe' Publication Downloads

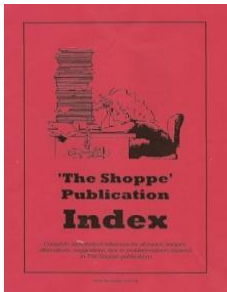
90 booklet titles available for download in readable e-book format

Green cleaning, natural skin care, environmentally friendly and frugal living, chemical free, recycling, old time kitchen skills. practical crafts and skills.

Numbered 1 to 80 for easy reference. Prices range from: \$8.00- \$12.00

**Download from:** [www.theshoppe.com.au](http://www.theshoppe.com.au) (go to 'Shoppe Publications') or email:

[pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) or order by mail (Please add \$2 per booklet for printing and postage). Send to: P.O. Box 390 Park Holme 5043.



**Free Booklet: 'The Shoppe Publication Index'** A to Z resource listings for all The Shoppe publication information, recipes, ideas, tips, advice. 20 pages. *Find what you want quickly and easily!*

*(Also available by mail - send 4 postage stamps to address above)*

## 'The Shoppe' Newsletter 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](mailto: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](http://www.theshoppe.com.au).

**Receiving The Shoppe Newsletter by mail:** 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 to receive the next 6 issues. **Back Issues of The Shoppe Newsletter:** Available for free download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact The Shoppe for hard copies.

**The Self-Sufficiency Shoppe** - P.O. Box 390, Park Holme 5043 email: [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au)  
[www.theshoppe.com.au](http://www.theshoppe.com.au)

**Your letters, comments, recipes are always very much appreciated. Send to: Pam, The Self-Sufficiency Shoppe: P.O. Box 390 Park Holme 5043 or email: [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au)**



# The Shoppe Publications

*Now available as e-books*

*Hi All,*

*I'm just putting the finishing touches to The Shoppe's range of publications (90 booklets in total). As many people will already be aware over the past 12 months I've been rewriting all the booklets in The Shoppe's publication range and transforming them into e-book web downloads. That's Booklet No.'s 1 to 80 and 10 titles for the 'Ways With' range.*

*It's been a mammoth task working into the early hours of the morning. So much so that I became accustomed to hearing the regular 2.30am newspaper delivery van pass my house! The company of my cats in the early hours of the morning has been a wonderful tonic as they seem to 'come alive' at that time of the morning to entertain (and keep me alert) with their antics.*

*Up until January of last year the e-book concept had been merely an 'idea for the future - when time allowed'. But in early January (2011) I received a phone call from a reporter for 'A Current Affair' interested in running a story. The story did not eventuate - however what it did do is give me the impetus to finish the booklets and have them ready - available on The Shoppe website - in case such an opportunity comes round again. So I have the fickleness of the media to thank for helping me get the job done. Life can sometimes take unusual turns!*

*Although I'm not an enthusiast when it comes to computers - coming from the 'old school' I'd much rather be in the garden or kitchen than in front of a computer. However there are various reasons why I made the conversion to the internet. The first being it is particularly environmentally friendly to offer the booklets in computer format. I would expend many hundreds of dollars on photo-copying costs: repairs, maintenance, ink (toner), paper, etc. and many hours of labour collating, folding, stapling, etc. - with most of it becoming out-of-date or 'dog-eared' and relegated to the rubbish bin. It was such a waste. Plus after many years of repetitious work my body was beginning to pay the price with shoulder pain and hand numbness becoming a problem. The other factor was that prices needed to increase in order for me to survive and be able to continue what I'm doing. The booklets had not increased in price and some had not changed in content since their inception in 1990! So the change was well over-due. All the books needed updating - converting to e-books has provided an opportunity to do just that. The new booklet format is now very comprehensive containing more information (recipes, instructions, explanatory information, comments, etc.), more pages and in larger print (one of the major complaints I received over the years was that the print size in the old style booklets was too small). I found it particularly rewarding in re-writing the booklets to have more pages to work with - so was able to include and say everything I wanted to in each book - previously I was limited to between 4 to 8 pages. Each booklet now has my personal comment on: my experiences, what worked, what didn't work, my interest in the topic, etc. - and I look forward to your same feedback on the topic. Each booklet also has*

a page devoted to 'Sourcing Ingredients' - as the most asked question over the years from customers and workshop attendees has been: 'Where can I get that ingredient from?' So every booklet is now quite different in content from the original printed version, with many being completely changed in format. Plus, of course, the greatest benefit of the booklets in terms of the environment is that, once downloaded, you'll only have to print those pages containing recipes when required (rather than wasting pages of paper on the other general information).

My camera has been a most useful tool - I've taken over 1,000 photographs and hand-drawn nearly as many illustrations for the e-books. Everything from vegetables growing in my garden, herbs, craft projects I've undertaken over the years (basketry, pottery, sewing, drying plants, flower pressing, candles, paper-making, incense, hand-made gifts, to name a few) to old lanterns and flour grinders I've collected, recycled creations, etc. In the kitchen the camera is now always on hand - it has become a regular routine to photograph almost everything I've made or about to eat just in case I may need it for one of my booklets! In fact it's starting to drive me quite crazy! Not to mention all the photographs taken of homemade products: skin creams, body and hair products, pot pourri, cleaning products, sprays, deodorising products, and lots more. Many a time I've been working on



a particular title and thought to myself 'I've got one - somewhere - to photograph. Now where did I put it?' So a rather frustrating search begins to find it - thank goodness I'm a bit of a sentimental junk collector! It seemed to me that my life had passed before me as I dug up 'relics' and projects from the past for 'photographic' sessions. The garage and cupboards have been turned inside out looking for specific items! On many occasions my photography exploits caught the curiosity of my cats - it sometimes became a 'battle' to keep them 'out of the picture' (left- Daisy and Daphne in the middle of paper-making



frames being photographed for Booklet No. 17 - Home Paper-Making!). Right - Daisy ravaging a pom-pom made for illustrating in Booklet 68 - Ways with Wool.

I like to be frugal and watch my pennies. Over the years everything that I've ventured into has been in, one way or another, a means to by-pass commercialism, do it on the cheap and in an environmentally friendly way. All that I've written in the booklets fits within this theme. Nothing irritates me more than spending copious amounts of my money to fill the pockets of an enterprising commercial world with the sole philosophy of 'profit before planet'. Everything covered in the booklets I have undertaken and practised in some way over the years - so it has all been written from the perspective of 'personal experience'.

*I realise that a lot of people over the years have purchased the paper version of the booklets and may feel a little let down in the conversion to e-booklets. As a consequence I have been offering people who have raised the issue with me a discount in part value of e-booklets to compensate. If you would like more information please contact me.*

*To compliment the booklet collection I've put together a 'Shophe Publication Index' (20 pages) containing references (and in some cases photos) for the many recipes, information, tips and ideas in all the booklets so that you know exactly what title to find a particular topic. It's free and can be downloaded from the website. All booklets have been grouped into sets of relevant topics - for example: Natural Skin Care, Green Cleaning, Self-Sufficiency Skills, etc. Booklets are 20% cheaper when purchased as a set. Again, this information is available on the website (or write to The Shoppe for more information).*

*You'll find more information about the e-booklets at [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) or write to The Shoppe address. People without internet access have not been overlooked - e-books can be ordered via mail (please add \$2 for postage) - each order includes a copy of the 'Shophe Publication Index'.*

*Pam Marshall - The Self-Sufficiency Shoppe*



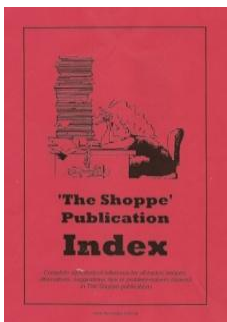
*PS: Although I'm not particularly adept with the computer or camera - on occasions I surprised myself with my creations!*

*This photograph for No. 57 - Making Incense (displaying the components for incense) turned out really well - almost professional!*

*Pam*

## 'The Shoppe' Publication Downloads

90 booklet titles available for download in readable e-book format  
Green cleaning, Natural skin care, environmental and frugal living, chemical free, recycling, old time kitchen skills. Numbered 1 to 80 for easy reference. **Prices:** \$12.00/\$8.00 **Download\* from:** [www.theshoppe.com.au](http://www.theshoppe.com.au) (go to 'Shophe Publications') or email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au)



**Free Download: 'The Shoppe Publication Index'** A to Z resource listings of all The Shoppe publication information - recipes, ideas, tips, advice. 20 pages. *Find what you want quickly and easily!*  
(By mail - send 4 postage stamps to address below)

**\*Ordering by mail:** Please add \$2 per booklet for printing and postage. Send to: P.O. Box 390 Park Holme 5043



# 'The Shoppe' Publication List

*I've been researching, collecting and writing information (much of which is no longer available) on 'using alternatives' for over 30 years. I've put together these booklets to share my knowledge and huge collection of recipes, ideas & information*

*.I hope you enjoy them! Pam (The Self-Sufficiency Shoppe)*

Title	(Price)
1. Homemade Toothpastes & Mouthwashes .....	\$8.00
2. Homemade Deodorants.....	12.00
3. Simple Soap-Making .....	12.00
4. Make Beeswax Products.....	12.00
5. Homemade Cleaners & Polishers..	8.00
6. Making Whitewash.....	8.00
7. Herbal Vinegars & Oils.....	8.00
8. Uses for Essential Oils .....	12.00
9. Amazing Bi-carb!.....	8.00
10. Humble Lemon .....	8.00
11. Making Butter.....	8.00
12. How to Make Do .....	12.00
13. Making Simple Salves & Creams	8.00
14. Natural Hair-care .....	12.00
15. 50 Ways to Recycle a Tin Can	12.00
16. From Waste to Want .....	12.00
17. Home Paper-making .....	12.00
18. Homemade Glues Pastes and Putties .....	8.00
19. Composting for Beginners .....	8.00
20. Natural Insect Repellents .....	12.00
21. Safe Organic Sprays .....	12.00
22. Air-Fresheners & Deodorisers ..	8.00
23. Green Cleaning .....	12.00
24. Back-To-Basics Cleaning .....	8.00
25. More Soap-Making Recipes ....	12.00
26. Beautiful Hands .....	8.00
27. Fantastic Feet .....	8.00
28. Home Flour Grinding .....	8.00
29. Making Bread .....	8.00
30. Natural Skin-Care .....	12.00
31. 50 Ways to Recycle Newspaper .	8.00
32. Home-made Envelopes & other paper Projects .....	8.00
33. Versatile Vinegar .....	8.00
34. Practical Candle-making .....	12.00
35. Natural Pet-Care .....	12.00
36. Recycling & Improvising in the Garden .....	12.00
37. Beautiful Baths .....	12.00
38. Sweet Scents .....	12.00
39. Beginners Flower Pressing .....	8.00
40. Surviving the Hard Times.....	12.00
41. Keeping Hens .....	8.00
42. Eggstatic .....	12.00
43. Practical Gifts to Make .....	12.00
44. Home Hair-Dressing .....	12.00
45. Home Distillation .....	12.00
46. Preserving Without a Preserving	

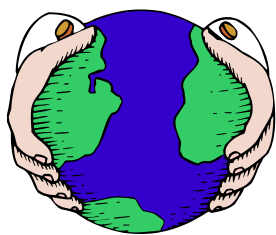
Outfit .....	8.00
47. Making & Using Soap-savers .....	8.00
48. 60 Ways to Recycle Plastic Super-market Bags .....	\$8.00
49. Bringing Back the Beverage .....	8.00
50. Recycling Soap .....	12.00
51. Uses for Eucalyptus Oil .....	8.00
52. Salubrious Sauces .....	8.00
53. Homemade Spice Mixes .....	12.00
54. International Meals on a Budget	12.00
55. Handyman Hints .....	12.00
56. Lamp Lore .....	8.00
57. Homemade Incense .....	8.00
58. Old-time Oatmeal .....	12.00
59. Caring for Nat. Woods & Fibres....	8.00
60. Making Yoghurt .....	8.00
61. Harnessing Herbs .....	12.00
62. Making Cheese .....	8.00
63. Making Playtoys from Recycled Materials .....	12.00
64. Coffee Substitutes .....	8.00
65. Natural Sweeteners .....	12.00
66. Back-to-Basic Pottery .....	8.00
67. Gift-Giving with a Difference .....	12.00
68. Ways with Wool .....	8.00
69. Simple Basketry .....	8.00
70. Homemade Breakfast Cereals ..	8.00
71. Natural Hair Rinses & Dyes .....	12.00
72. Drying Food .....	12.00
73. Natural Food Storage .....	8.00
74. Ways with Fruit .....	12.00
75. Natural Colours and Dyes .....	12.00
76. Growing Veg. in Containers .....	8.00
77. Recycling Rags .....	12.00
78. Companion Planting Guide .....	8.00
79. Natural Baby Body-care .....	12.00
80. Uses for Stale Bread .....	12.00
Publication Index .....	free download
Ways With – Lavender .....	12.00
Ways With – Roses.....	12.00
Ways With – Mint.....	12.00
Ways With – Parsley.....	12.00
Ways With – Rosemary.....	12.00
Ways With – Thyme.....	12.00
Ways With – Sage.....	12.00
Ways With - Nasturtiums.....	12.00
Ways With – Tomatoes.....	12.00
Ways With - Zucchini.....	12.00

All booklets available for download:

**[www.theshoppe.com.au](http://www.theshoppe.com.au)**

(or contact The Self-Sufficiency Shoppe, P.O.  
Box 390 Park Holme, 5043 or  
[pam@theshoppe.com.au](mailto:pam@theshoppe.com.au))





# LIVING IN HARMONY WITH THE PLANET workshops

Emphasis on safe, economical and environmentally responsible alternatives to commercial products

*Learn how to make your own products and discover the wonderful world of alternatives!  
Practical, hands-on workshops that include take home samples,*

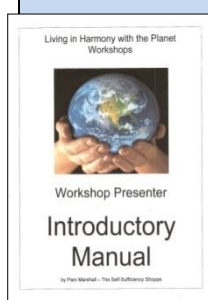
***"Now that I have finished the e-booklets I've begun work on the Workshop Packages so that they too are more accessible in the form of downloads.***

***Here in South Australia the workshops are a regular event. Since 2004 I have travelled to venues in both Adelaide city and country SA to run workshops and encourage people to practise more environmentally friendly ways. But I'd would like that same information to be available to everyone - Australia-wide (and further!). So I've documented all the information necessary for running the workshops: from the workshop format (theory, practical exercises for take home samples, demonstrations, etc) to additional information (questions, problems, etc.) to packing checklists and advertising and promotional material - into a series of Packages for people to run the workshops in their area. In the long term it could earn you extra income. I receive frequent enquiries about the workshops from all around the country - so there certainly is an interest. To date, Natural Skin Care and Green Cleaning (the two most popular workshops) are ready for download. Other Packages: Soap-Making, Making Your Own Body Products, Environmentally Friendly Living, Old Time Kitchen Skills will be available soon. In the long term Back-yard Self-Sufficiency, Recycling and Surviving the Hard Times - are also in the pipeline. For more information I've put together a Workshop Presenter Introduction Manual to explain things much further. It's a free download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or send 6xpostage stamps to The Shoppe address and I'll send you a copy. Plus I'm open to answering any questions you may have about the workshops or becoming a workshop presenter".***

***Pam Marshall***



## BECOME A WORKSHOP PRESENTER



**Natural Skin Care - Green Cleaning - Make Your Own Body Products - Environmentally Friendly Living - Old Time Kitchen Skills - Soap Making** Full Packages available for download

**FREE DOWNLOAD: Workshop Presenter Introductory Manual**

Go to: 'Becoming a Workshop Presenter' - [www.theshoppe.com.au](http://www.theshoppe.com.au)  
or send 6 postage stamps to: P.O. Box 390, Park Holme, 5043