



# The Self-Sufficiency Shoppe Newsletter

Issue 24

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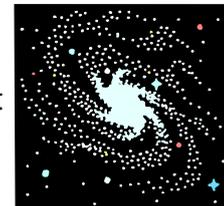


## Human Evolution and the Planet

With Christmas nearly upon us – many people are experiencing the busiest time of the year so now is a good time to shift our focus back onto the things that matter in terms of our future. In our rush to ‘live life’ – to organise our lives, connect with friends and family, prepare for the festive times ahead – we tend to forget that as humans we are part of a much bigger picture of planetary movement. Earth is just one small planet amongst a solar system of many planets – most of which are bigger, more powerful and influential than mere Earth. Our human existence upon Earth is influenced not only by Earth itself but the state of the more powerful planets. Part of the changes happening upon Earth right now and the human awakening toward the importance of our relationship with Earth (i.e. concerns about climate change and the environmental changes taking place on Earth at present) are due to the direct influence of these more powerful planets in our solar system – which are, in turn, influenced by the movements of the galaxy of which we are all member. The whole process is brought about by the interplay of all these systems: humans, Earth, solar system and the galaxy. That doesn’t mean to say that humans are exempt from the responsibility of the future of planet Earth. It just means we are keepers of our own planet and part of our evolutionary path is to evolve to the point of accepting and acting upon that responsibility – just as it has been so for the other planets. I say ‘has been’ because I believe that Earth is the last planet to come in line with solar system evolution and realise the same lessons interred on other planets.

### The World Beyond

Over the last 50-odd years of my life I have often sat outside at night looking at the star filled sky feeling quite strongly that my



home; my real home is 'somewhere else'. That somehow I do not 'fit' the attitudes and confines of most of the community around me. I have this strong sense of duty toward the planet and puzzlement that my fellow humans do not have the same awe and respect for what sustains us: the Earth. It is our home, real home, and without it where would we go? It seems so obvious and simple to me – but not so, it would seem, for much of humanity. And even more so for those of us (including myself) of the 'privileged' 'western society – if I were part of Earth's starving disadvantaged population I would forgive any pre-occupation with 'self-greed' or survival. But as members of a social environment of 'plenty for all' we are more in a position to do something about what is happening around us. Maybe it's our duty to learn the lesson of sharing and 'not resting until every man, woman and child is safe, secure, fed and equal to all others'? What is mine is yours.



### **From the Outside In**

Whilst viewing the night sky I would wonder if more evolved, higher beings from another planet were looking at our Earthly planet (and our actions toward the environment, plants, animal-life and our fellow humans) and cringing in horror at the stupidity of our actions and ask: How could they treat their livelihood like there is no tomorrow – don't they 'see'? That's a question difficult to answer – even for the beings of Earth. But humans are evolving – just like everything around us – and part of that 'evolvment' is realising our relationship with Earth. And the highest possible level of that 'evolvment' is to become aware that it is our responsibility to act in a way that sustains the planet and all its life forms. The pinnacle of where we are heading is to become absolute keepers of our Earth – it is then that we have reached the point of moving to even higher levels. The 'climate change' and environmental awakening happening on Earth at present is part of the

In order to understand this process of awakening it's important to take into account the difference between 'intellect' and 'emotion'.

We (as 'westerners') live in a very intellectually orientated society. While 'intellect' is very useful in analysing and discerning information -



it is the 'emotion/feeling' part of us (via the heart) – that brings real impetus and motivation to change and 'do something about' a problem. The two come hand in hand. We can 'intellectualise' until the 'cows come home' but its 'doing' that is the real point. We've been intellectualising for years about 'environmental degradation' (now called 'climate change') – since the 70's in fact as many of us will remember! - but it is only been within the last couple of years that society as a whole has begun changing its behaviour and doing things differently in its day-to-day activities in order to conserve energy and address 'green' issues.

### **No Stone Unturned**

The Australian aborigine (and most probably other great cultures of the past) believed in absolute respect for the Earth. Even displacing a rock from where it had laid for many eons of years was considered a disrespectful action toward the planet that incurred a price to pay. We realise now that they were right – so where does intellect come into play in their culture? The aborigines felt very connected to their Earth and planet, their beliefs and behaviours originate from this powerful heart-intuitive connection. The goal of all of humanity is to evolve to the point of acting from that same innate intuitive connection with the planet. This is the next level of Earthly evolution.

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*"I do not know what I may appear to the world. But to myself I seem to have been only like a boy playing on the seashore and diverting myself and now then finding a smoother pebble or prettier shell than usual, whilst the great ocean of truth lay all undiscovered before me"*

**Isaac Newton**

***Self-employment options for self-sufficiency orientated individuals:***



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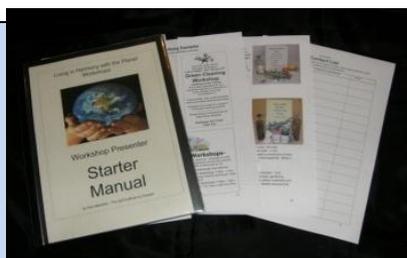
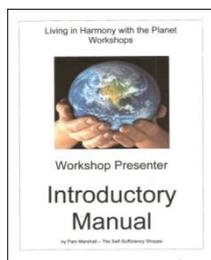
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# Your Letters & Questions



Many thanks for your letters, emails and messages. I appreciate your support and wonderful ideas. Please send your recipes, comments and questions to: The Self-Sufficiency Shoppe, P.O. Box 390, Park Holme 5043 or email: [pam@heshoppe.com.au](mailto:pam@heshoppe.com.au) Wishing you a Happy Christmas and 2009! Pam Marshall

Dear Pam, Hi and thanks for your newsletter. It instantly reminded me of this story.  
Rachel

## THE MEXICAN STORY- GONE FISHING

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them. "Not very long," answered the Mexican.

"But then why didn't you stay out longer and catch more?" asked the American. The Mexican explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, "But what do you do with the rest of your time?"

"I sleep late, fish a little, play with my children and take a siesta with my wife. In the evenings, I go into the village to see my friends, have a few drinks, play the guitar and sing a few songs. I have a full life."

The American interrupted, "I have an MBA from Harvard and I can help you. You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat. With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers. Instead of selling your fish to a middleman, you can negotiate directly with the processing plants, and maybe even open your own plant. You can then leave this little village and move to Mexico City, Los Angeles or even New York City! From there you can direct your huge enterprise."

"How long would that take?" asked the Mexican.

"Twenty, perhaps 25 years," replied the American.

"And after that?"

"Afterwards? That's when it gets really interesting," answered the American, laughing. "When your business gets really big, you can start selling stocks and making millions!"

"Millions? Really? And after that?"

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings drinking and enjoying your friends."

The moral of the story:

**KNOW WHERE YOU ARE GOING IN LIFE, YOU MAY ALREADY BE THERE!**

## Butter Extender

Issue No. 17 of The Self-Sufficiency Shoppe Newsletter contained information about making butter. Since then many people have asked about ways to extend butter so that it lasts longer or a way to make it more 'diet-friendly'. Here's a couple of ideas:

### **Butter Extender** (Submitted by one of our readers & printed in Issue No. 17)

Place 250g butter in a basin. Pour in ½ cup boiling water. Cool. Pour in ½ cup sunflower oil and beat with electric beater until blended. Pour into container. Seal.

Note: You can just blend olive oil with the butter if preferred and omit the water. I prefer to use olive oil (but virgin olive oil is strong and can over-power the subtle flavour of the butter – so use 'light' Olive Oil).

### **Low Calorie Butter Extender**

1 sachet (3 tspns) gelatine powder, 500g butter (softened), 2 cups milk (use skim milk or water if preferred), ½ tspn salt (help enhance the flavour)

Place gelatine powder and ½ cup of the milk in a bowl. Place over hot water and dissolve the gelatine. Add remainder of the milk. Place softened butter in a mixing bowl. Add gelatine-milk mix and salt. Beat at slow speed to blend. (Makes double quantity of butter extender. Use within 1 week (can be frozen). Suitable for spreading on bread, biscuits, etc. – NOT suitable as shortening in baked food (cakes, biscuits))

## Using Buttermilk

Many keen butter-makers have reported to me that their homemade butter is delicious – but what do they do with their buttermilk (a by-product of making butter)? Information Booklet No. 11 'Making Butter' contains information on ways to use buttermilk- including for medicinal purposes and skin-care (Buttermilk & Honey Cleanser), plus a recipe for Danish Desert Soup using buttermilk. However any recipe containing milk (cakes, puddings, white sauce, etc.) can have the milk substituted for buttermilk – it offers a 'tarter' flavour and because it contains less fat (which has been extracted to make butter) it is lower in calories. Here's a recipe for buttermilk biscuits:

### **Buttermilk Biscuits:**

1 ½ cups plain flour  
¼ tspn baking powder  
1 cup white sugar  
125g butter (softened)  
1 teaspoon grated lemon rind  
¼ tspn salt  
2 eggs  
1 teaspoon vanilla essence  
1/3 to ½ cup buttermilk

**Method:** Sift flour, baking powder and salt. Beat butter and sugar until creamy. Add lemon rind, vanilla and eggs. Mix in flour and buttermilk alternately until smooth and of stiff consistency. Place teaspoonfuls onto greased oven trays. Bake in moderate oven 10-15 minutes.



### **e-Booklet No. 11 'Making Butter'**

Contains detailed information on how to make butter plus other useful hints, tips and recipes related to butter, buttermilk and making butter. 13 pages. Price: \$8.00 (download from [www.theshoppe.com.au](http://www.theshoppe.com.au))

## Recipes Using Jam

Dear Pam,

About this time of the year I realise that I have lots of left over, half eaten jars of jam and wonder what I can do with them, I did have a nice recipe for biscuits using jam in the mixture (about 8 tablespoons from memory). It was cheap, easy and made heaps, but I can't find the recipe. I wondered if you or other readers might have the recipe for these biscuits or any other suggestions for using left over jam.

Thanks Pat

Hi Pat,

I too often want recipes to use up stale jam. Here's a couple of my recipes that you might find useful. The Old English Matrimonials (don't ask me why its named that!) are very tasty and popular at my Cafe at the local market. I do not have a recipe using jam as the mix for biscuits. Maybe one of the Newsletter readers might be able to help up both out!

Pam

### **RASPBERRY SLICE**

4 oz (125 g) butter, 1 cup sugar, 2 eggs, 1 ½ cups SR Flour, warm raspberry jam (or other type of jam), 1 cup desiccated coconut

Cream the butter with ½ cup of the sugar. Beat in one of the eggs. Add the sifted flour & mix well. Press the mixture into a greased slab-tin and spread with raspberry jam. Beat the remaining egg with the remaining cup of sugar and the coconut. Spread over the base in the tin. Bake for 20 minutes in moderate oven.

### **OLD ENGLISH MATRIMONIALS**

1½ cups self-raising flour, ¾ cup brown sugar, 1 cup rolled oats, 1 cup desiccated coconut, 6 oz (185 g) butter, ¾ cup raspberry jam (or similar)

Sift the flour into a mixing bowl. Stir in the sugar, rolled oats, and coconut, mixing well together. Melt the butter and pour into the mixture, stirring well. Press half the mixture into a greased slab tin. Spread with the jam which has been warmed. Crumble the remaining mixture over the jam. Bake in a moderate oven for half an hour. Leave to cool in the tin, then cut into slices or fingers.

## Skin Lotions

Hi Pam,

*I have tried to make a few creams and cannot make one which isn't too oily or thick for my face. Do you have any suggestions or other recipes...I am really looking for a lotion, one you can use during the day without making your face too oily. I love using the oatmeal as a cleanser - its quite unbelievable how soft it makes your skin feel. Kind regards, Narelle*

Hi Narelle,

I too like my skin creams 'light' - so here's what I do:

1. When making a beeswax/oil based face cream use a 'light' oil - such as almond oil (or 2nd choice – grape-seed oil) - olive oil, sunflower oil, etc. are 'heavy' oils.
2. A little trick with the beeswax-oil based skin cream to make it as 'light' as possible to add extra water. Whip up the homemade cream after it has cooled. While whipping (use electric beaters) add tablespoons of cold water. And keep adding more water bit by bit until the mix has absorbed maximum amount of water and 'lightness' – that is, when the water starts flicking out of the bowl (while whisking).
3. If this type of skin cream is still too heavy for you. You can make a skin cream or lotion using sorbolene as the base. Sorbolene is not as 'natural' as a beeswax-oil based cream but it is better than some highly 'chemicalised' skin products. Buy a sorbolene based product that has the least amount of additives - preferably just sorbolene and water. Or you can get from specialised outlets & health-food shops pure sorbolene that has no other additives. Add to the sorbolene your choice of 'extras' - like oil, essential oils, etc. Just keep adding small amounts until it is of the consistency you desire. It's simple and a quick way to make gift creams for friends and family. Pam

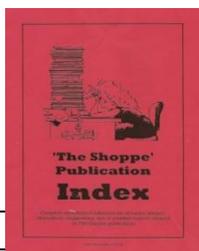
**NB: e-Booklet No. 30 'Natural Skin Care' (Price: \$12.00) contains information about making a beeswax based skin cream or 'cleansing cream' and e-Booklet No. 13 'Making Simple Salves & Creams' (Price: \$8.00) contains details about making lip salves with beeswax.**

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