

# The Self-Sufficiency



# Shoppe Newsletter

Issue 15

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## Its Time to Put Words into Action

Theories abound in the science world and media about the 'why, how, where & who' of global warming. And much has been said of late about 'global warming' and what can be done to help deal with the problem. But theory is just one small part of the whole picture, the real solution lies in 'practising what we preach' – that is, getting down and doing something about it. In our intellectually orientated consumer society of busy people it's the practical side that is the most difficult. Installing low energy globes, solar hot water and a water saving shower head helps, but there's a lot more that can be done that is rarely addressed.

Companies will continue to produce large volumes of goods, utilise large amounts of the Earth's resources and act irresponsibly while there is a 'dollar to be made'. It's up to the consumer to say 'no thanks' and find better, more resourceful ways to meet their everyday needs. Buying less mass-produced and consumer orientated goods is the answer. If there is 'no market' (demand) production will cease or be diverted to more responsible ways.

### **Practical Skills are Important:**

Developing and utilising our practical skills is the key to the future. Having a fast paced 'consumer' society may make sense to some – but in actual fact is complicating the problem. The attitude seems to be that 'progress' is positive and the 'way to the future'. But 'progress' involves more mass produced products, more packaged items, more of what we should be doing in a practical sense transformed into commercial conveniences to save us time from performing tedious and laborious tasks. 'Doing it yourself' in a time consuming way or using simple alternatives is not considered the 'modern way' – it is, in fact, seen more as a backward step. But sometimes in life sacrifices have to be made for the sake of principles and commonsense. The reality is inconveniences and sacrifices are the only solution to a better future.



### **Affordability is Important:**

Many people feel alienated from energy-saving solutions suggested to them because of the cost. Surviving day-to-day and just making ends meet on the financial front to feed the family and maintain a reasonable lifestyle level will always come before the needs of the planet. Solar hot water systems, environmentally friendly building methods, expensive commercial 'environmentally-friendly' products are a low priority on the list of economical survival for most people. Many even consider such options are for the 'rich' and not within their reach. But living an environmentally conscious lifestyle can actually be cheaper and more frugal if approached in the right way. Recycling what you already have in place of purchasing new, using homemade instead of commercially made, using simple, cheap alternatives – such as bicarb soda and vinegar for cleaning, oatmeal and almond oil for skin care, etc.- are some of the options. Sure, it can, in some cases, be more time consuming – but when added to the cost savings people are often a little more motivated and 'encouraged' to practise alternative techniques.



# Responsible Recycling

Kerbside recycling implemented by many local councils is fantastic – a responsible step toward re-using the Earth's resources. But it's unfortunate to note that kerbside recycling discourages personal responsibility for re-using recycled materials (in place of purchasing new). Once deposited into the recycling bin it becomes 'someone else's problem' – and exempts us from the responsibility of curtailing the amount of material we purchase or finding ways to re-use what we throw in the recycling bin.

Not everything placed in recycling bins is recycled. Facts and figures about how much of the material deposited into kerbside recycling bins is actually reused are difficult to ascertain. In some cases, such as with newspaper, there is an oversupply with much of it being placed in landfill – a fact many people are not aware of. Some material, such as plastic bags, cling wrap,



polystyrene, etc cannot be recycled. Only clean material is recycled – it's too time consuming or costly for recycling companies to clean contaminated or dirty items – they are instead dumped as landfill. A quick search of the inter-net reveals the following – although figures may vary in different states and countries:

- Recycling aluminium involves 95% less energy than from natural sources – nearly all aluminium cans collected for recycling are re-used.
- Recycling steel and tin requires 75% less energy than mining from natural sources. Only 38% of tin cans are recycled - the rest are used for landfill.
- It takes 6 times more energy to make paper from its natural source than to recycle used paper. All white (bond) paper is considered high quality and recycled. Newspaper and cardboard have limited recycling options (currently there is an excess of recycled newspaper – some of which is dumped).
- Only 40% of glass collected for recycling is actually recycled. The best option for glass is for it to be re-used (washed and refilled) - but there is no collection and re-use facility available for this purpose. (Note: there used to be – i.e. glass milk bottles).

## Some Recycling Options:

*So what's the solution? The consumer should take responsibility as much as possible by recycling their own discarded material at least once BEFORE placing in recycling bins or – purchase less. There are many, many ways to reuse recycled items – it just takes a bit of lateral thinking. Here's some ideas:*

**Tin Cans:** (From Info. Booklet No. 15 – 50 Ways to Recycle a Tin Can)

- Punch holes in the base and use as seedling or plant holders.
- Use as storage containers – particularly suited to tins with sealable lids.
- Different shaped cans make ideal pastry cutters for scones, biscuits, etc.

- Follow Grandma's lead and store soap scraps in a tin can. Punch holes in the base and hang under tap. Running water will create froth and bubbles in the wash-bowl or sink!

**Newspaper:** (From Info. Booklet No. 31 – 50 Ways to Recycle Newspaper)

- Newspaper torn into small pieces can comprise up to 10% of your compost heap.
- Layers of newspaper or shredded newspaper laid around the base of plants will provide organic matter (through it's decomposition) while at the same time discourage weeds and conserve water.
- Crumpled newspaper makes ideal packing around breakable items when packing for storage, etc..

**Plastic bags:** (From Info. Booklet No. 48 – 60 Ways to Recycle Supermarket Bags)  
Plastic supermarket bags have a multitude of uses: they can be used as liners for the cat litter tray or small garbage bins, such as food scrap bins, can be hung on hooks in accessible places to hold knick-knacks, rags, shoes, socks, dirty underwear, etc. They also make handy refuse holders when working in the garden or shed.

## Recycling for the Planet Booklet Set

*Packed full of lots of resourceful & clever ideas that will save \$\$\$'s and aid the planet!*

8 Booklets: **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 instant download from [www.theshoppe.com.au](http://www.theshoppe.com.au))

## How to Purchase Booklets and Workshop@Home

*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 \$3 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 \$3 per booklet for postage and printing costs.

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

## Pesticides brain risk

USING pesticides on house plants could more than double your risk of developing a brain tumour, a new study suggests.

Those who use fly sprays, weedkillers and chemical treatments on pot-plants are 2.25 times more likely to develop brain cancer, the findings show.

The findings come a week after British researchers warned using pesticides while gardening could increase the risk of Parkinson's disease by more than 40 per cent.  
7/6/07 The Advertiser

## Make-Your-Own Sprays!

### Chemical Household Sprays are Dangerous

Here are some suggestions for household sprays:

- **Milk** sprayed onto the leaves of indoor plants will provide nourishment and give a nice shine.
- **Pure soap** mixed with water will be effective against apids, caterpillars and whitefly.
- **Eucalyptus oil** (one teaspoon diluted with 2 litres water) sprayed onto leaves will deter scale, aphids, and other similar sucking pests.
- **Bicarbonate of soda** will combat powdery mildew on plants. Mix 1 level teaspoon with 2 litres of water.
- **Sea-water** (diluted one cup to 3 litres of water) will provide vitamins & minerals and make leaves glossy.

**For more detail, recipes, proportions and usage see e-booklet No. 21 'Safe & Organic Sprays for Home and Garden'** (Price: \$12.00) – Contains over 40 suggestions using simple, safe and easy-to-locate ingredients.



## Soap-Savers

A handy household utensil that enables soap or soap scraps to be used for cleaning tasks. Soap is encased in a mesh basket – when agitated through the water it creates soapsuds. Named 'soap savers' because in

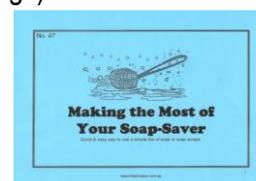
Grandma's day it was a frugal way to use very small amounts of soap for numerous household-washing chores (clothes, dishes, bath, floors, etc.). Today soap savers provide a safe environmentally friendly alternative to chemically orientated detergents. (Soap is more natural & biodegradable than detergents).

Many people have asked me whether commercial soap-savers are available for purchase. I have made numerous enquires and it seems unfortunately plastic or metal commercially-made soap-savers are not currently available in Australia. They were some years ago, having been imported. Hopefully they will be imported again some time in the future for sale.

A suggested alternative are recycled plastic net bags (orange or onion bags). This has the added advantage of utilising something that is recycled as opposed to using something newly purchased.

Pam

**For more information about Soap savers, how to use them, hints, tips, etc. Information Booklet No. 47 'Making the Most of Your Soap Saver' has it all. It costs \$8.00 (see download info page 3)**



## Green Cleaning Workshop@Home

Do all your cleaning with just four basic household items. Never walk down the supermarket cleaning lane again! Safe, cheap and environmentally friendly.

**Recipes and procedures for making:** Deodorising powder, Disinfectant, Air-freshener, Furniture polish, Heavy duty cleaning powder, Soap jelly, Lemon dish washing soap, All-purpose surface cleaning/stain removal spray. *Plus many other recipes & cost saving ideas!*

**Price: \$25.00**

**To order download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or contact:**  
pam@theshoppe.com.au OR send \$25.00 (plus \$3 postage) to:  
The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043



## My Favourite Recipes

*I would like to be able to make alternatives to everything 'commercial and chemical' – but with time constraints this is rather difficult. But there are some recipes I make on a regular basis for various reasons that I just couldn't live without. Here's my selection. Pam*

### Homemade Shampoo

Place 6 tablespoons of soap jelly (see below) in a bowl. Add 150mls boiling water and ½ teaspoon washing soda or bicarb soda. Stir the mixture to blend and dissolve ingredients. Add 20mls of almond oil, 10 drops each of rosemary and lavender essential oils. Pour into suitable dispenser (squeeze bottle or pump action container) ready for use or store in jar and scoop out as required.

*(After many years of using commercial shampoo my hair has thinned. I attribute this as a reaction to the chemicals in commercial shampoo. I now use this homemade recipe all the time – it does not froth like commercial shampoo but it still works very well. Many people comment how shiny and healthy my hair looks!).*

**Soap Jelly Mix:** Grate one bar of soap (unscented soap is best) into a saucepan - add 600 mls water (or for smaller proportion use 3 tablespoons grated soap to 300 mls water). Gently heat the mixture to dissolve soap and blend. Leave to cool to a thick opaque jelly. Note: The mixture may be runny at first, but will thicken as it cools.

### Spray Deodorant

Pour 10 mls cider vinegar into a suitably sized spray bottle. Add 80 mls water. Add 2-3 drops of lavender essential oil. Apply lid and shake.

*(I use this mix twice daily in place of commercial deodorants. It's chemical free, very cheap to make and very effective. Occasionally on really hot days I use commercial deodorant just to be sure. Small size spray bottles can be difficult to find – The Shoppe sells 100ml spray bottles – see Catalogue for prices & details).*

### Homemade Disinfectant

Half fill a recycled plastic bottle (an old vinegar bottle is ideal) with cheap (white) vinegar. Fill the remainder of the bottle with water. Add a few drops of eucalyptus oil and 2 drops green food colouring. Apply lid and shake. For Lavender disinfectant use lavender oil and pink/purple colouring. *(This disinfectant looks just like commercial disinfectant – but cheaper and definitely much safer to use)*

### General Purpose Spray Cleaner

Mix together 1 cup of biodegradable detergent or soap jelly (see previous recipe) and 1 cup hot water. Add 1 cup cloudy ammonia and 10 drops eucalyptus oil. Pour into recycled spray bottle.

*(I use this for just about every cleaning job – such as dirty surfaces - stove top, walls, around light switches, etc), for stain removal on clothes before placing in washing machine and disinfecting really smelly areas).*

### Lemon Slice

**Base Ingredients:** 90g (about 2 tablespoons) butter, ¼ cup castor sugar, 2 tspns grated lemon rind, 1 egg, 1 cup plain flour, 2½ tablespoons cornflour

**Method:** Cream butter and sugar. Add lemon rind, egg and flours. Press into greased lamington tin. Spread topping over base. Bake in moderate oven for 35 minutes. Serve sprinkled with icing sugar.

**Topping Ingredients:** 2 eggs, pinch salt, 1 cup castor sugar, 2 tablespoons SR flour, 1 cup coconut, 2 tablespoons each of lemon juice & grated lemon peel

**Method:** Beat eggs and salt until thick and creamy. Gradually add sugar, beat until dissolved. Fold in sifted flour, coconut lemon juice and rind.

*(This lemon slice is the most popular choice from customers at my Café at the local LETS Market. The two lemon layers blend to create a luscious lemony centre to die for!)*

### Send in your favourite recipe!

*Everyone has his or her favourite recipe/s. Sharing your practical experience and knowledge benefits everyone (and the planet!). I'd like to hear about your favourite recipe/s or practical ideas. Please send them for publication in the Shoppe Newsletter to: P.O. Box 390 Park Holme 5043 or email: [theshoppe@tpg.com.au](mailto:theshoppe@tpg.com.au) Pam*