

The Self-Sufficiency

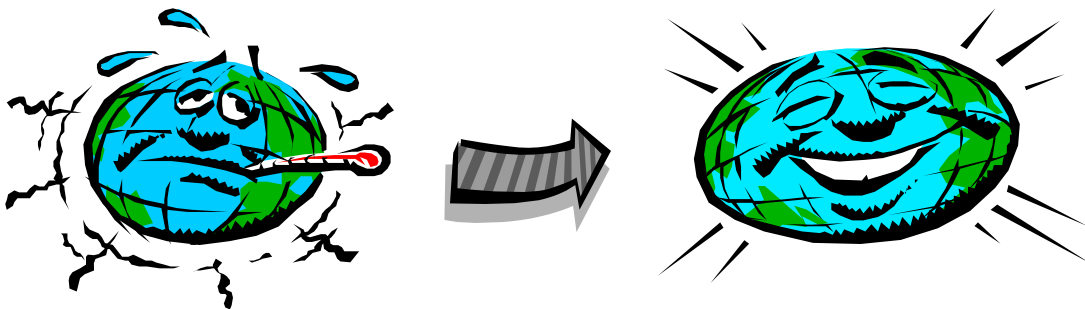


Shoppe Newsletter

Issue 10

P.O. Box 390 Park Holme 5043 Sth Aust.
Editor/Proprietor: Pam Marshall

www.theshoppe.com.au
email: theshoppe@tpg.com.au



Buy Second-hand (It's Good for the Planet!)

Everything we touch, everything we do, everything we purchase (i.e. take into our possession) – in one way or the other comes from the Earth resources or involves the use of Earth's resources or creates by-products that destroy the purity of the Earth.

Some of these resources can take many, many thousands and sometimes millions of years to replace/rejuvenate. Some of these by-products take just as long (and even longer!) to break down in the environment and become 'safe' again. Taking anything from the Earth or disturbing anything of the Earth's 'balance' is a huge 'privilege' for any being and huge responsibility of incurred debt. Everything, absolutely everything that is taken must be replaced – to maintain crucial ecological balance.

Besides recycling and re-using what we have already purchased (instead of buying more of the same thing) - one of the other most advantageous ways to help our planet is to purchase second-hand. When we buy new we are using MORE of the Earth's resources and complicating further the problem of over-use and depletion of the planet's resources.

The way I see it there are five great advantages to buying second-hand or used:

1. Its cheaper – usually much, much cheaper
2. Its what's best for the planet (as already mentioned)
3. Often 'older' type items (such as furniture) are sturdier and built more thoughtfully (i.e not in terms of immediate profit but for value for money and long term resilience)

4. Its more fashionable and up-market and makes for very interesting and exciting shopping!
5. And you're not feeding into the hands of 'big business, profit and multi-nationalism'!

Where to Go?

Op-shops, Salvo stores and the like are great and have the cheapest prices (if you are not already able to get it free from other sources!). On some days they even reduce the price further! It never ceases to amaze and excite me what I find in these stores. I never buy new kitchen-ware – old saucepans are usually of a better heavier quality than the new stuff (which usually doesn't last long enough to get to the op-shop!). Often I can pick up replacement pieces for a dinner-set for just 50c or a dollar. There are plenty of other sources: markets, car boot sales, garage sales, etc. And the wonderful thing about second-hand furniture is that a bit of man-handling and an extra scratch or two will not frazzle you as much as the brand new stuff!! And it allows for creativity – with a coat of paint, bit of decoration, nice cover, etc. it looks unique and your very own creation!



So ignore those enticing ads on TV about shopping at the 'best places' and instead drop in to a second hand store for a bit of a look! You'll be doing the planet a great service.

Recycling – another option

It's absolutely great the huge strides local councils have taken in offering recycling services to the community. But we can take it one step further by recycling BEFORE it becomes someone else's responsibility. The wonderful thing about this is that using something just once saves purchasing new – just once – which helps the planet – just once! And all this adds up to a big plus for the planet - its resources and our future. The other aspect to this is that in some cases there is a surplus of items collected for recycling (with all good intention). Example: Only 38% of tin cans are recycled - the rest becomes land-fill. Yet another problem for the planet!

I see it that recycling is simply about 'creative thinking' – changing how we think by finding ways to use and reuse what we have taken into our ownership (purchased). The 'way to the future' is 'back through the past' - when resources were more limited; items were less mass produced and more appreciated (because they were harder to come by); and we used our creativity and resourcefulness to find alternatives and 'make do'. The 'right' way into the future is to 'recycle' by using what has already been created instead of accumulating more.

At this point I was intending to slip in a tip or two on ways to recycle a particular item – but looking through the huge list of ideas in The Shoppe's e-booklet publications it was impossible to choose – so here's a list of recycling publications for you to make your own choices! (All are downloadable from The Shoppe's website)

No. 15 - 50 Ways to Recycle a Tin Can: Many interesting options for utilising the humble tin can: such as canisters and containers, candle-holders, plant containers, fruit picker, musical instruments, child toys, Christmas decorations, make-shift camping and kitchen equipment, seed collector, soap-saver, utensil holder, drip watering system and many more money saving ideas. **\$12.00**

No. 16 - From Waste to Want - 70 Innovative Ways to Recycle Kitchen Waste: Includes various uses for paper and cardboard, plastic wrap and bags, re-using food, egg cartons, rubber gloves, plastic containers, glass bottles and jars, cork, matchboxes, aluminum foil - even oven mitts, old cutlery and other discarded kitchen equipment. **\$12.00**

No. 17 - Home Paper-Making: Comprehensive coverage of how to make paper from recycled paper or rags). For beginners and advanced - includes creative techniques, (improvised and home-made) paper-making frames, paper-making from discarded paper, recycled fibres or plant material. Plus handy hints, possible problems, colouring techniques, sizing **\$12.00**

No. 19 - Composting for the Beginner: The ultimate in recycling! Turning household waste into nutrient rich compost for the garden! Easy to follow and concise information for people new to the art of composting. Covers various methods for composting, container options (commercial or recycled), how to make compost, uses and trouble-shooting. **\$8.00**

No. 31 - 50 Ways to Recycle Newspaper: Many innovative, money saving suggestions: fire starters, fire bricks, eradicating earwigs from the garden, protective covers, packing material, children's activities, clean-up material, making a hay-box, cleaning, flower-pressing, foot warmer, garden mulch, wrapping paper, recycling to make homemade paper and lots more. Why purchase expensive commercial items when recycled materials can do the job cheaply and effectively? **\$8.00**

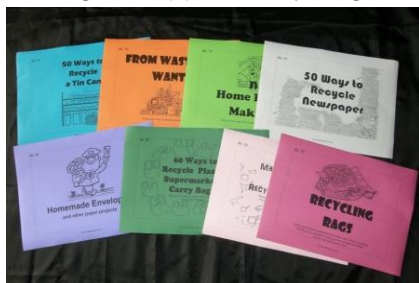
No. 32 - Home-made Envelopes and Other Paper Projects: Ways to recycle discarded computer paper. Includes template and instructions for making envelopes, DVD storage packets, note-pads, books, paper beads - all using recycled computer paper. **\$8.00**

No. 48 - 60 Ways to Recycle Supermarket Bags: Dealing with these environmental menaces by recycling and re-using. Huge array of suggestions: storage in the home, garden, garage or work-shed, liners, crochet to make head-wear, protective covers, seed collection, cleaning, as ties (cut into sections), plaiting to form rope, hair-care, ripening fruit even freshening fruit cake! **\$8.00**

No. 55 - Handyman Hints: Contains: environmentally-friendly and recycling ideas for the shed, garage, carport. Covers: ways to remove difficult stains (car oil, rust, mildew, stains on brick surfaces), polishing, water-proofing (canvas, shoes, boots), natural treatments and techniques for wood, recycling, glue alternatives, car care, etc

No. 63 - Making Play-toys from Recycled Materials: Recycling disused materials to create an array of play-things for children at next to nothing cost. Covers using: cardboard cartons, old sheets & bedding, paper bags, ice-cream and margarine containers, rubber tyres, tin cans and lots more. **\$12.00**

No. 77: Recycling Rags – Covers simple recycling techniques to the more complex. Suited to the craft person and non-craft person. Topics include: general recycling, new clothing from old, sewing techniques, non-sewing techniques, ideas for children, special techniques (weaving, plaiting, hooking, patch-work, quilting, appliqué. Contains instructions for making clutch-bags, bandana, hair scrunchy, draught-stopper, carry bag from old jeans, bath-bags and more. **\$12.00**



Recycling for the Planet Booklet Set

Packed full of lots of resourceful and 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)



About Commercial Shampoo

Much has been said recently about the nasties (in terms of chemicals) in commercial shampoos and whether they really are beneficial to our hair. Commercial shampoos are not 'soap' but 'detergents' with added ingredients to mask their true affect. Pure soap, on the other hand, is more natural, safer and less drying to the hair (and better for the environment!).

Most people wash their hair daily. Its worth noting that years ago our Grandmothers considered washing hair more than once a week detrimental to good, healthy hair. With the treatment we give our hair now days its little wonder that hair problems abound!

Most people, eventually, react to something in our modern chemical world – for me, my hair, after years of washing in commercial shampoo and continual 'dandruff' problems has now thinned on top to cause me great concern. I switched to making my own shampoos some years ago – and its really helped. You can use just a simple bar of soap (instead of shampoo – but remember that soap will feel quite different from commercially created shampoos).

Here's my recipe – it contains rosemary to stimulate hair growth and blood flow and almond oil to soften and rejuvenate the hair:

Homemade Rosemary Shampoo

Grate half a bar of soap to fine 'grains'. Place in a saucepan add 500mls of water (or rosemary herbal infusion (see Newsletter No. 6). Bring to boil and simmer until the soap has dissolved. Add four tablespoons of almond oil and a 5 drops each rosemary & lavender essential oils. Store in jar ready for use. No need to use a conditioner – simply give your hair a final rinse with spring or rain water!

From the and Booklet No. 14 'Natural Hair Care' and 'Natural Hair and Body Products Workshop'



e-Booklet No. 14 - Natural Hair Care

Includes natural recipes for shampoos, conditioners, rinses, herbs for hair care, specific hair problems: dandruff, oily hair, baldness, graying hair frizziness. Covers dry shampoos, hair spray and hair setting lotion.

22 pages **Price: \$12.00**



Natural Body & Hair Products Workshop@Home

Natural, safe alternatives for deodorants, body powders, shampoos, hair dyes, toothpaste and foot care. All chemical free using natural ingredients (from kitchen and garden)

Recipes and procedures for making: Lavender spray deodorant, herbal deodorant spray, rose deodorant/body powder, chamomile body powder, herbal hair shampoo, deodorising foot powder, teeth-cleaning powder, lemon hair bleach, dry hair shampoo

Price: \$25.00

To order download from 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



The Self-Sufficiency Shoppe downloads – all publications can be downloaded from www.theshoppe.com.au or send payment plus \$2 for printing and postage costs to The Self-Sufficiency Shoppe, P.O. Box 390 Park Holme 5043.



-The Self-Sufficiency Shoppe- How it started

Many people have asked me about The Shoppe and how it all came to be. In actual fact I started writing and researching alternatives to commercial products and other related topics in about 1985. I was once a nurse – more particularly a psych nurse.

I started The Self-Sufficiency Shoppe in 1989 – but it's been a particularly hard journey over those years – both business-wise and personally. But I've never given up – some people say I'm a little over-zealous! I really believe the concept of The Self-Sufficiency Shoppe has great purpose – particularly in the coming years. Not only is there growing concern about the plight of the planet, chemicals in our daily life and health issues – but changes within the money system of our society will make alternatives or at least knowing about cheaper, easier options look inviting. Nothing stays the same – every great culture has its ups and downs – look at the Romans, the Aztecs, the Mayan Indians. Our's is no different. Great change comes from hard times and self-examination. When times are good we are not motivated to change – I've learnt that from my own life.

For more reading on the Philosophy and Development of The Self-Sufficiency Shoppe I've put together a small pamphlet. Its on the website: www.theshoppe.com.au or send a self-addressed stamped envelope to The Shoppe address.

Wishing you all well.

Pam Marshall



The Self-Sufficiency Shoppe

Working for the Planet - Rekindling our Relationship with Earth
Safe, economical and environmentally responsible
alternatives to consumerism

- ◆ Publications
- ◆ Products
- ◆ Workshop@Home
- ◆ Workshop Packages (become a workshop presenter)
- ◆ Shoppe Newsletter (free)

The Self-Sufficiency Shoppe - P.O. Box 390 Park Holme 5043
email: pam@theshoppe.com.au

website: www.theshoppe.com.au

Do you want to receive this Newsletter?

If you are receiving this newsletter by mail it means your address is on the regular Shoppe Mailing list – usually because you have requested so or enquired about workshops or other Shoppe activities in the past. In the interests of saving resources (both mine and the planet) and if you do not want to receive this newsletter by mail please tell me so or send The Shoppe your email address.



Getting Started

How to Make or Use Your Own Alternatives

The focus of my publications and workshops for The Self-Sufficiency Shoppe is to encourage people to make their own as an alternative to commercial products (and show them how easy it is). During my workshops people make their own take home sample/s to try. It works really well and

provides that all important initial step to getting started in making and using safer, cheaper and uniquely hand made products.

Why Make Your Own (or use simple, safe alternatives)?

Because it's:

- 1. SAFER/BETTER** - for you and your family (in terms of sensitivities to chemicals and long term reactions).
- 2. CHEAPER** – and more economical because in using natural ingredients that do not involve a lot of processing it is cheaper for you. All ingredients used in The Shoppe's products are easily available from the home or garden or supermarket and very economical!
- 3. ENVIRONMENT** – its better for the environment in that by making your own/using safer alternatives you use less containers (the disposal of which has become a problem) & contribute less to the remaining residue from making commercial products (waste)
- 4. REASSURING** – its also very reassuring to know that there are alternatives and YOU HAVE CONTROL over what you and your family use and what's in it. You are, therefore, not so dependant on commercialism and being trapped into buying it's products.

There are two major hurdles to overcome when moving away from using chemicals and/or chemically made commercial products and toward homemade alternatives:

First step – Overcome the belief that commercial offerings are 'the best' for you. Big business and advertising are very powerful mediums that most of us have grown up with and therefore have become 'conditioned' into believing. Their interests are about money, profits and 'progress' – and not necessarily about YOU, your well being or your family's well being or the well being of the environment. Start believing and accepting that what you have made and/or use (in terms of natural & simple alternatives) ARE good for you & WILL do the job just as well.

Second step – Get used to how natural/homemade alternatives work. Big companies have invested millions of \$\$'s into creating the types of products that you will buy. When changing to more natural alternatives they will be different in many ways – in how they feel, look, behave & smell!

For more information about The Shoppe's publications and workshops visit: www.theshoppe.com.au

**or contact The Self-Sufficiency Shoppe P.O. Box 390 Park Holme 5043
ot email: theshoppe@tpg.com.au**