



# The Self-Sufficiency

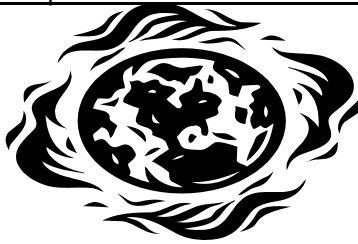
# Shoppe

# Newsletter

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## Earth's Crimes Against the Universe

There are, according to the Universe, certain laws or standards of existence expected of every planet. These laws are based upon the understanding that planetary bodies are sacred homes for the evolution and growth of its beings. The degradation of the planet or its beings is considered a 'crime' that incurs consequences. Earth is our (humanity's) 'home' and its beings are: plants, animals and humans. The greater the being the greater is its responsibility to protect and respect lower beings. Humans (the greatest being on planet Earth – and through that 'greatness' has been given certain powers and privileges over lower beings) have a Universal responsibility to use its powers and privileges for the benefit of Planet Earth and all its beings. However this has not been the case and listed below are just some of our misdemeanours:

1. Exploiting the planet's resources for personal gain and gratification (and wealth) to the point that the balance and sustainability of the planet is in jeopardy.
2. Destroying the safety and habitat of other living systems on the planet, i.e. environment, plant forms and animals (including wildlife).
3. Failing to correct the poverty-wealth imbalance between humans.
4. Land ownership – to the detriment of all other life-forms on earth and cultures that previously lived upon the land.
5. Lack of responsibility for our 'individual ecological footprint' – i.e. what we leave behind whilst living upon this planet – our garbage, degradation to life forms, etc.
6. 'Domesticating' animals so that they are disconnected from their own natural survival instincts (i.e. making them dependent upon humans for survival) and then neglecting and mistreating them.
7. Exploiting the Laws of Existence (our personal power) for personal gain and to create systems and objects of planetary and environmental destruction.

8. Failing to treat all beings (mineral, plants, animals and humans) as equals that are living upon Earth as a collective group for the one Universal and individual goal of 'survival and evolution' (without a planet where do we plan to go to do our evolutionary 'work'?

In the eyes of the Universe 'nothing goes unnoticed'. The imbalance must, and will be, corrected. It is vitally important that we nurture and protect our precious planet (environment) and live in total harmony with all its living systems: plants, animals and humans. The most important and only lesson for every civilisation on earth (past, present and future) is to live upon the planet without destroying its all-important ecological balance. Until we get that 'right' we cannot assume the Earth will remain indefinitely as a stable and reliable basis for our survival into the future. In reality nothing else matters but to ensure the survival of planet Earth and all its life-forms (plants, animal, human) into the future. Unfortunately attaining that goal requires our personal sacrifice by changing the way in which we live – this is the only way out of the dilemma we are in. There is no other solution.

# Biggest threat to planet?

An insatiable appetite for new cars, power stations being built at an alarming rate. Forget Australia's efforts to go green – this is where the future of the world will be decided. **MICHAEL HANLON**, Science Editor of London's *Daily Mail*, reports

**S**LOWLY the world is being transformed. The United States is now a nation of cities, as the world's population grows to 10 billion. The world is now a global village, with people living in cities that are growing at an alarming rate. The world is now a global village, with people living in cities that are growing at an alarming rate. The world is now a global village, with people living in cities that are growing at an alarming rate.



## FEEDING THE DRAGON

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# Every step counts

**EACH HOUSEHOLD PRODUCES AN AVERAGE OF 15 TONNES OF GREENHOUSE GAS EMISSIONS A YEAR**

- HEATING & ENERGY**
- The average Australian household's electricity use results in about 7 tonnes of polluting emissions a year.
  - Install ceiling insulation. Start your air conditioner before it gets too hot and don't overcool the building. Dress for the season - rug up indoors for winter, choose lightweight materials in summer. Use energy efficient compact fluorescent light bulbs.
- FOOD**
- A weekly 150g serve of red meat emits 10,000 litres of water and 300kg of greenhouse pollution a year.
  - Dairy farming is water intensive. Two cups of milk each week requires 13,000 litres of water and 250kg of greenhouse pollution each year to produce.
  - Reduce your intake of red meat - particularly beef. Try kangaroo instead.
  - Transporting food consumes a lot of fuel. Whenever you can, try to buy from local markets and other local providers.



- FLYING**
- The fuel and energy costs of flying means one domestic return flight - say flying between Melbourne and Sydney - generates about 1 tonne of carbon dioxide.
- CLOTHES**
- It takes about 150,000 litres of water to produce and transport all the clothes bought by the average household each year. Cotton is a particularly thirsty crop. A new T-shirt takes about 1.5 kilograms of pesticides and fertilisers to produce.
  - Buy second-hand clothes or repair old items.
- RUNNING A CAR**
- The average car spews out 4.5 tonnes of greenhouse pollution (travelling 15,000 kms a year). Every litre of petrol consumed translates to 2.3kg of greenhouse pollution. It would take about 20 trees to offset one year's driving.
  - Maintain correct tyre pressure. This can reduce your fuel consumption by up to 3 per cent. Carpool when you can. If buying a new car, choose one with a smaller engine or a hybrid. Don't store heavy objects in the boot - the added weight means higher fuel consumption.

Pressure is building for governments, business and individuals to deal with the pollutants they emit. **CLARE PEDDIE** reports.

the answer lies within the power of the individual," he says. He says the average person in an industrialised country is responsible for about 15 tonnes of carbon dioxide per year. If one billion people each reduced their emissions then governments

## The Reminders are Everywhere

It wasn't that long ago (maybe only 5-10 years) when the topic of the state of the environment was rarely discussed. It certainly did not warrant important enough to be the headlines of daily newspapers. But as momentum increases and the situation intensifies concern about our future on Earth is now to the forefront. We now admit that our days are numbered – the 'Global Warming' Conference last week attended by Scientists from around the world

took the major step of specifying that by 2030 the current lifestyle enjoyed by humans is doomed. How frightening it is to face our own immortality and the downfall of our great culture!

Two other headlines in the above newspaper were just as eye-catching. The first related to China and its enormous growth into becoming an industrialised, modern country. That any effort by Western society (America, Europe and Australia) to 'become more environmentally responsible' was far outweighed by what is happening in China today. The Chinese population is huge – imagine the consequences for the planet if they, too, like the 'Western world' exploited the planet to attain the same privileged lifestyle. And who are we to say they cannot? Have we set an example of how things should be done? The second article very blatantly outlines just how many tonnes of greenhouse emissions each household produces per year. We do not realise the hidden factors that contribute to the problem – a weekly serve of 150g of red meat, for example, required 10,000 litres of water and 300kg of greenhouse pollution to produce. In terms of fuel and energy costs a return flight between Melbourne and Sydney generates 1 tonne of carbon dioxide. For clothing it takes 1.5 kilograms of pesticides and fertilizers to produce one cotton T-shirt – not to mention the many litres of precious water it takes to grow the raw material. Something to think about while we ponder and wait for the end of our time on Earth? Scary – isn't it?



### **Preserving Garden Produce**

At this time of the year backyard fruit trees are usually producing an abundance of fruit. Here's a way to utilise it by preserving.

It was when I moved into a house with a backyard full of fruit trees that I became interested in preserving fruit as cheaply and easily as possible. I couldn't, at the time, afford a preserving outfit to do the job so I started looking for ways to preserve using recycled jars – it seemed such a waste to me to have all these jars I'd collected and not putting them to use in some way. I came across an easy method using the common metal twist top lid (or sometimes called clip top) glass jars to preserve fruit (and tomatoes) so that they last all year round. The method is very easy and it's difficult to make a mistake, as you'll know by the fact that the jars have not sealed correctly during the preserving process (this fruit is refrigerated and eaten within a week). Preserved fruit will last years – in fact I have jars of plums and apricots still edible from 2001. Besides the jars you'll need a thermometer and large cooking pot (or you can use the oven). e-Booklet No. 46 contains all the info.

#### **e-Booklet No. 46**

#### **Preserving Without a Preserving Outfit.**

*For immediate download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or send payment plus \$2 (printing and postage) to The Shoppe address.*

Price: \$8.00





## The Hidden Wonders of Rice Flour

Rice flour is, quite simply, finely ground rice. There have been some correlations found between talcum powder and certain cancers and health problems. A natural, safe alternative to talc is rice-flour. It is very natural and a completely chemical free product. It has a lovely light and silky feel and does not cake or clump when moist (due to perspiration). It absorbs and carries the natural scents of flowers and herbs in a subtle way that is not too overpowering.

In times past rice flour, along with cornflour, arrowroot and orris root powder were often used as cheaper alternatives to expensive and imported talcum powder.



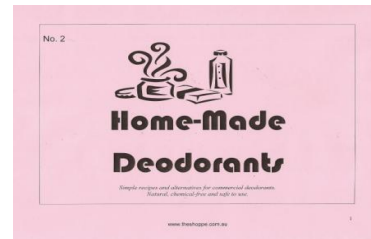
### Talc Alternative in Recycled Jar:

Pour rice flour into a clean small to medium sized jar with metal lid. For plain 'talc' leave as is. Or for scented 'talc' add essential oils, dried herbs or flowers. Pierce holes in lid with nail and hammer to allow for easy sprinkling.

### e-Booklet No. 2 'Homemade Deodorants' –

Suggestions, recipes and instructions for making a variety of deodorant sprays & powders. Covers: a practical approach, simple procedures and alternatives for deodorants. Contains recipes for spray deodorants, deodorant powders & creams using such ingredients as cider vinegar, rice flour, lemon, bicarb soda and herbs.

**Price: \$12.00** (download from [www.theshoppe.com.au](http://www.theshoppe.com.au))



### Natural Body Care e-Booklet Set

**Safe and chemical free alternatives for: hair-care, hair dyes and colours, deodorants, foot and teeth care.**

**5 Booklets:** No. 1 Homemade Toothpastes & Mouthwashes, No. 2 Recipes for Homemade Deodorants, No.14 Natural Hair Care, No. 27 Fantastic Feet, No. 71 Natural Hair Colours & Dyes.

**Price: \$39.00 (Available for instant download)**



## **e-Booklet Sets**

***'Information Packages' containing titles specific to a particular topic or special interest. Offered at a reduced rate (compared to individual purchase).  
A great way to get started in a particular area of interest!***

### **Green Cleaning Information Package**

**Price: \$69.00**

10 Booklets: 23-Green Cleaning, 24-Back-to-Basics Cleaning, 9-Amazing Bi-carb, 10-The Humble Lemon, 33-Versatile Vinegar, 51-Uses for Eucalyptus Oil, 50-Recycling Soap, 47-Making the Most of Your Soap-saver, 5-Natural Polishers and Cleaners, 59-Caring for Natural Woods and Fibres

### **Natural Skin Care Information Package**

**Price: \$39.00**

5 Booklets: 30-Natural Skin Care, 13-Making Simple Salves and Creams, 26-Beautiful Hands, 58-Old-time Oatmeal, 37-Old-Time Oatmeal

### **Soap-Making Information Package**

**Price: \$33.00**

4 Booklets: 3-Simple Soap-Making, 25-More Soap-Making Recipes, 50-Recycling Soap, 47-Making the Most of Your Soap-saver

### **Beeswax Information Package**

**Price: \$39.00**

5 Booklets: 4-Making Beeswax Products, 5-Homemade Cleaners and Polishers, 30-Natural Skin Care, 13-Simple Salves & Creams.

### **Natural Body & Hair Products Information Package**

**Price: \$39.00**

5 Booklets: 1- Homemade Toothpastes & Mouthwashes, 2-Recipes for Homemade Deodorants, 14-Natural Hair Care, 27-Fantastic Feet (foot care recipes), 71-Natural Hair Colours & Dyes

### **Backyard Self-Sufficiency Information Package**

**Price: \$42.00**

6 booklets: 36-Recycling & Improvising in the Garden, 19-Composting for the Beginner, 21-Safe & Organic Sprays, 76-Growing Vegetables in Containers, 78-Companion Planting, 41-Keeping Hens

### **Recycling for the Planet Booklet Package**

**Price: \$69.00**

8 Booklets: 15-50 Ways to Recycle a Tin Can, 16-Waste Not Want Not, 17-Home Paper-Making, 31-50 Ways to Recycle Newspaper, 32-Home-Made Envelopes and other Paper Projects, 48-60 Ways to Recycle Plastic Supermarket Carry Bags, 63-Making Play-toys from Recycled Materials, 77-Recycling Rags

### **Air fresheners & Deodorisers Package**

**Price: \$39.00**

5 Booklets: 22-Air freshener & Deodoriser Substitutes, 38-Sweet Scents, 57-Home-made Incense, 8-Uses for Essential Oils, 34-Practical Candle-making

### **Environmentally-friendly Basics**

**Price: \$42.00**

6 Booklets: 9-Uses for Bi-carb Soda, 10-Humble Lemon, 33-Versatile Vinegar, 51-Uses for Eucalyptus Oil, 50-Recycling Soap, 58-Old-time Oatmeal.

### **Chemical Free Options**

**Price: \$59.00**

7 Booklets: 4-Making Beeswax Products, 6-Making Whitewash, 20-Natural Insect Repellents, 18-Homemade Glues, Pastes & Putties, 75-Natural Colours and Dyes, 55-Handyman Hints, 35-Natural Pet Care.

### **Practical Plants**

**Price: \$24.00**

3 Booklets: 7–Herbal Vinegar, 45–Home Distillation of Flowers and Plants, 61 – Harnessing Herbs.

### **Practical Kitchen Skills**

**Price: \$24.00**

4 booklets: 11-Making Butter, 29–Making Bread, 60-Making Yoghurt, 62- Making Cheese.

### **Old Time Kitchen Skills – Preserving**

**Price: \$42.00**

6 Booklets: 46–Preserving Without a Preserving Outfit, 52-Salubrious Sauces, 49-Bringing Back the Beverage, 72-Drying Food, 73–Food Storage Techniques, 74–Ways with Fruit.

### **Old Time Kitchen Skills – Improvisation**

**Price: \$69.00**

8 Booklets: 12-Improvising in the Kitchen, 42–Eggstatic!, 53-Homemade Spice Mixes, 54–International Meals on a Budget, 70-Homemade Breakfast Cereals, 64–Coffee Alternatives, 65–Natural Sweeteners, No. 80 – Using Stale Bread.

### **'Ways With' Booklets**

**Price: \$96.00**

10 titles: 'Ways With' – Mint, Parsley, Tomatoes, Lavender, Roses, Zucchini, Rosemary, Thyme, Nasturtiums, Sage.

**How to Purchase all 80 Booklets:** *The following 13 Booklet Sets contain one of each title (except No. 79 - Natural Baby Body Care):* **Green Cleaning (10 booklets) - Natural Skin Care (5 booklets. Body Care (5 booklets) - Backyard Self-Sufficiency (6 booklets) - Chemical-free Options (7 booklets) - Practical Kitchen Skills (4 booklets) - Old Time Kitchen Skills - Preserving (6 booklets) - Old Time Kitchen Skills - Improvisation (8 booklets) - Recycling for the Planet (8 booklets) - Natural Air Fresheners & Deodorisers (4 booklets) - Practical Plants (3 booklets) Self-Sufficiency Skills (6 Booklets) - Practical Gifts & Crafts (7 booklets)**  
= 79 booklets (Total Cost: \$606.00) . No. 79 - Natural Baby Body Care - **FREE** (normally \$12.00) when purchasing all of the above booklet sets.  
Email pam@theshoppe.com.au after downloading your booklet sets for your free booklet.  
(**Ways With Booklet Set** - 10 booklets - additional set)

## **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**
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 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**