

# The Self-Sufficiency



# Shoppe Newsletter

Issue 9

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

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



*And What of the Future....*

## The Importance of Being Resourceful

Sometimes we forget just how dependant we have become on our 'made-for-you' society where everything we could possibly want is supplied to us (at a cost, of course). Our resourcefulness and independence has slowly and silently been eroded over the years. And as each generation disappears more and more of those precious skills and knowledge are lost.

It never ceases to surprise me the 'good feelings' people get when doing my workshops. I'm really quite baffled at what it is that people get out of it – it seems to be related to 'empowerment' in some way. The workshops are based on 'making and creating' and showing people how easy it is to make or locate simple alternatives to just about everything commercial. Somehow this makes people feel good. I guess I have always been resourceful and curious about how to do things myself and never really felt that I didn't have a 'choice' about life or what society offers me. I've always believed that there is a solution to everything – albeit it might take a long time or a lot of energy, BUT you will eventually achieve what you set out to achieve. My life has not been an easy one on many levels – because of my 'unusual' beliefs about life, the planet and looking after the environment I've attracted antagonists, lots of knocks and negative people. But my opinion is that our planet – particularly for our affluent, wealthy western culture – should be our very first priority – NOT wealth, NOT assets, NOT ego-ism and NOT self-motivated greed. Its quite simple really: without a planet where do we plan to live? Without a planet what is the purpose of: money, or physical assets (wealth), or an over-inflated ego (sense of importance) or greed? When its all falling down around us – how frivolous human civilisation in its present state must seem.

There are great changes about to happen in our society into the future. 'Time is nearly up' and society will soon be pressured into changing its ways for the betterment of ourselves and the planet. Being resourceful and knowing how to survive using simple alternatives is a vital skill or art that will dictate our ability to cope into the future - plus it's the right path in terms of environmental responsibility. The best thing we can all do for ourselves right now is to become more resourceful by learning alternatives to anything and everything commercial. These are the very reasons behind developing The Self-Sufficiency Shoppe – finding ways to be more

'in tune' with the 'needs' of our planet and becoming more individually resourceful. The common term applied to this process in our modern day is 'sustainability'.

No time should be wasted - start today in discovering more resourceful ways in your day-to-day living and putting into practise behaviours and patterns that are considerate and respectful to not only the earth but the whole environment around us - people, plants, animals.



## Workshop@Home

Making alternatives to commercial products at home using ingredients from home and garden.  
Safer, cheaper and better for the environment and you!  
Easy to follow recipes and procedures.

Topics include:

### ◆ Natural Skin Care **Workshop@Home**

*Make your own facial skin care products using ingredients from the home and garden! Complete natural facial skin care regime (cleanser, astringent, moisturiser) using affordable, safe and environmentally friendly ingredients*

**Recipes and procedures for making:** Facial cleansers, Facial scrub, Oatmeal bag, Herbal astringent, Antibacterial astringent, Herbal moisturiser, Lip salve, Lipstick, Lavender Hand cream, Bath-salts

### ◆ 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!*

### ◆ Soap Making **Workshop@Home**

*Making plain soap simply and quickly. Easy to follow basic recipe with numerous variations. Transforming a bar of soap into a range of alternative soap-based products (detergent alternatives). Safe & environmentally friendly.*

**Recipes and procedures for making:** Basic soap (like Grandma used to make) with 10 variations, Soap bag, English wash balls, Soap Crayons (for the children), Pressed Soap Shapes, Herbal wash-balls, Rose Liquid Hand Soap

### ◆ 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 each or all four workshops for \$85.00**

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

For more information go to 'Workshop@Home' at [www.theshoppe.com.au](http://www.theshoppe.com.au)

# Sweet smell of housework makes us sick, says study

**JULIE SEVRENS LYONS**  
SAN JOSE, CALIFORNIA

HOUSEHOLD cleaners and air fresheners – particularly those with pine, orange and lemon scents – may emit harmful levels of toxic pollutants.

A study suggests that exposure to some of these may exceed regulatory guidelines when used repeatedly or in small, poorly ventilated rooms.

U.S. researchers have found: **PROFESSIONAL** house cleaners who clean four homes a day, five days per week take in double the recommended formaldehyde levels.

**A PERSON** who cleans a shower stall for 15 minutes with a product containing glycol ethers – known as toxic air contaminants – may be exposed to up to three times the recommended one-hour exposure limit.

The Advertiser . [www.theadvertiser.com.au](http://www.theadvertiser.com.au) Thursday, May 25, 2006

**USING** air freshener in a child's room along with an air purifier that creates ozone can result in formaldehyde levels 25 per cent higher than recommended. Formaldehyde is a carcinogen.

The report, Indoor Air Chemistry: Cleaning Agents, Ozone and Toxic Air Contaminants – available online through California's Air Resources Board – is the first to measure emissions from cleaning products during indoor use, as well as the health risks associated with inhaling them.

"My suggestion is don't stop cleaning, but clean with consciousness that cleaning products themselves contain materials that shouldn't be inhaled," says study author William Nazaroff, a professor of environmental engineering at University of California-Berkeley.

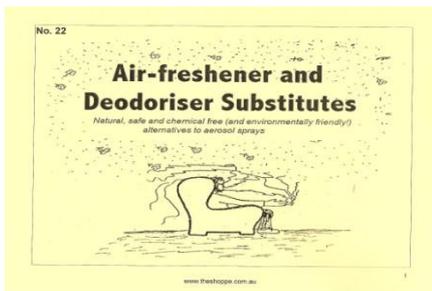
Many consumers just aren't aware, he says, that common household cleaners can be a major cause of indoor air pollution.



## Air-Fresheners and Deodorisers

*Another interesting newspaper article – it seems a little contradictory to be poisoning ourselves through the process of deodorising our homes! Anyway here's the good news: You do not need toxic, expensive aerosols and sprays to make the house sweet smelling. It can be done with some quite easy alternatives and techniques. In fact I've devoted a whole e-booklet to the topic. I sell a lot of these – so it must be a popular topic:*

### e-Booklet No. 22: Homemade Air-Fresheners and Deodorisers



Suggestions for deodorising the home cheaply and naturally without using expensive, chemically-laced commercial air-fresheners or energy consuming devices - pot pourri, natural flowers and plants, lemons, vinegar, incense, essential oils, candles, etc. Contains recipes for homemade air-freshener spray.

15 pages **Price: \$8.00** (Download from [www.theshoppe.com.au](http://www.theshoppe.com.au) or send payment plus \$2 for postage and packaging to The Shoppe address)



## Natural Air fresheners & Deodorisers

**Safe, chemical free alternatives to fit everyone's budget!**

**5 Booklets:** No. 8 – Uses for Essential Oils, No. 22 - Air freshener & Deodoriser Substitutes, No. 34 – Practical

Candle-making, No. 38 - Sweet Scents, No. 57 - Home-made Incense

**Price: \$39.00**

(Available for instant download from [www.theshoppe.com.au](http://www.theshoppe.com.au))



### Lemon Air-freshener Spray

Simmer half a lemon in 1 cup water for 20-30 minutes (to extract the natural lemon oil). Strain, pour lemon scented water into a spray bottle and use spray as necessary. (Ideal way to use the remaining lemon skin after extracting the juice)

**Handy Hint:** Add fresh thyme to the mix while simmering to make a refreshing lemon-thyme spray. Add 1/3 vinegar for extra disinfecting properties.

## 'The Shoppe' Publication Downloads

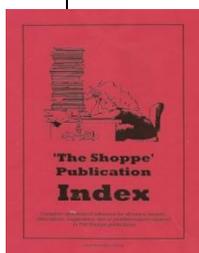
90 booklet titles available for download in readable e-book format  
Green cleaning, Natural skin care, environmental and frugal living, chemical free,  
recycling, old time kitchen skills. Numbered 1 to 80 for easy reference.

Price: \$12.00/\$8.00

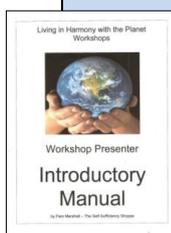
Download from: [www.theshoppe.com.au](http://www.theshoppe.com.au) (go to 'Shoppe Publications')

### 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!*



## 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)

## 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.