Self-Sufficiency Course *with* Isabell Shipard

Isabell Shipard - Sunshine Coast author of best selling books: *How can I use herbs in my daily life?* and *How can I grow and use sprouts as living food?* and *How can I be prepared with Self-Sufficiency and Survival Foods?* will share with participants in a 1 day Course, **How to be more Self-Sufficient**.

DATE & TIME

(b) Sat. 1st October 2011 $50

hall open from 9.30 am, for a 10 am sharp start, to 3.30 - 4.00 pm (with ¾ hour lunchbreak). Note: as seating is limited, please book in for the course early to be sure of a seat. (As an incentive we are giving a discount to people for the Friday course, as people who work on Fridays, will have first preference on the Saturday). When booking, please check web site to see if seats are available: http://www.herbs-to-use.com/news/news.html

VENUE for COURSES: Hall under Lutheran Church, 10 Sydney St., Nambour (note: parking in the vicinity of the hall may not be easy to find, so please allow time for parking - council car park situated almost opposite the Hall in Sydney Street could be a possible place to park, also some parking in church yard at back)

COST OF COURSE: $50 Saturday

(this day course includes morning tea, photocopied information on some plants, samples to taste of a variety of herbs and survival foods, and a free seed packet of a survival food plant) **BRING:** note book, pen & your **cut lunch**.

TOPICS THE COURSE WILL INCLUDE * Is your family prepared for calamities? Will we always have a 'free country' with abundance of food? *Global challenges and the importance of emergency supplies *Grow an edible garden of hardy practical foods *The importance of saving seeds and how to store *Edible weeds *Valuable herbs in your survival garden *Powerful antioxidants in plants and herbs to boost the immune system *The pro-active approach and preventative medicine with herbs *Bush tucker plants *The benefits of sprouts *Preservation and storage of foods * Simple savings, getting back to basics, and there is no better time than NOW to start preparing for the future… and more topics. Participants will see many practical plants, and there will be a variety to smell and taste.

The course will start with a morning tea, which will be garnished with herbs & sprouts. **Note**: it is recommended, if at all possible, that people doing the course have **the Self-Sufficiency Book** before doing the course, as this will make the course more meaningful. The Self-Sufficiency Book is $37, or the book can be purchased at the Herb Farm,

139 Windsor Rd., Nambour (4th driveway past Tafe College) during Open Hours on Mon, Tues, Thurs, Sat, 10 am - 2 pm.

As a Special Course Offer: for people who receive this email, the Self-sufficiency Book will be posted, post free within Australia only (a savings of $10) until Sept. 3rd 2011, whether you plan to do the Course or not, on orders of 1 to 7 books.

As a number of people have indicated they wish to join in the Course travelling from across far-flung Queensland, some Local Accommodation: Nambour Lodge (Motel), 171 Currie St., Nambour Ph 07 54412611, single $80, double or twin $90 (quote Self-sufficiency Course when booking for these 15% discount rates); Nambour Rainforest Holiday Village Ph 07 54421153 ($85 cabin for 2; or a villa $95)

Note: people who will be travelling a distance, who wish to order plants, seeds and visit the Herb Farm Nursery, we ask that **orders be phoned through and pre-paid** by the 3rd September, which could then be picked at a pre-arranged time Thurs, or Fri, & Saturday at the end of the Course, or possibly on the Sunday. Orders placed before 3rd September will be given a 10% discount. Shipard's Herb Farm current catalogue available at http://herbs-to-use.com/articles/catalogue.pdf or e-mail us for one.

In this course, Isabell will share valuable information, which every person will find practical for daily living. It is often said that we live in 'the lucky country'… we really need to start being 'the get smart country' and be more prepared with self-sufficiency foods, and our own natural medicines. The course will share many ways of using plants and seeds for food, edible weeds, herbs, sprouts, flavouring, prevention and healing.

The Self-Sufficiency Course will be filmed, to possibly be produced as a DVD. *(By enrolling in this course you are giving your consent to being filmed on Isabell Shipard's forth coming DVD on self-sufficiency. Possibly in the filming, some backs of heads, may be seen on DVD)*

Note: at the course, books, seed packets, and a few plants, etc will be available for sale (**no credit card facilities will be available at the course**)

TO ENROLL complete form, please print clearly, then phone, post, fax or deliver. **Payment** can be made by -

* **Credit Card** by phone in Herb Farm OPEN HOURS – Mon, Tues, Thurs, Sat, from 10am – 2 pm; **or** Credit Card details and enrollment information can be faxed to 07 54716430.

* **Cash Payment** with enrollment form brought to Shipards Herb Farm,139 Windsor Rd, (4th driveway past Tafe College) Burnside, Nambour, in open hours - Mon, Tues, Thurs, Sat, 10am - 2pm.

(No Cheques or Money orders, will be accepted, for course enrolments as seating is limited. Note: bookings need to be immediate, and if we are full, we would, then have to post back cheques and money orders; we apologise for this inconvenience).

If you are not local to South East Qld., this course will be videoed and a DVD will be produced. So you can still get the teaching and benefits of Isabell's course with out the expense of long distant travel.

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Self-Sufficiency Course Enrollment Details

By enrolling in this course I give consent to being filmed on Isabell Shipard's forth coming DVD on self-sufficiency.

Name: …… Ph. Number: ( ) ……

Address: …… Town/Suburb…….... State ……..

Postcode…… Email address: ……

Note: if more space is required, turn to reverse side and use the back of the tear off slip section.

☐ Please tick box if you would be interested in the Self Sufficiency and Survival Foods DVD, when it comes out.

Course enrolment fee **please tick** course day and number of bookings (a) **Saturday 1st October $50** ……. $ ……

I wish to order … (number required) Self-Sufficiency Books x $37 (posted free if ordered before 3rd Sept. 2011) $.....

Credit Card No: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ TOTAL $.....

Cardholders Name …… Expiry Date ……/…… Signature ……