

A Few Tips for a Simple Life



by Michael Guilfoil, *The Spokesman-Review*

Organic farmer MaryJane Butters long ago embraced Thoreau's dictum to "simplify, simplify." As a Forest Service ranger in the 1970s, she spent two summers roaming Utah's Uinta Mountains with her home on her back. Later, she maintained the most remote wilderness ranger station in the Lower 48. Today, Butters and her family live eight miles outside Moscow, Idaho, on their farm, headquarters of her mail-order dry-foods business. But even e-commerce hasn't tempered Butters' enthusiasm for simplicity.



MaryJane's

Imagine ...

2. Turning Your Passion into Profit

Imagine ditching your day job and doing what you love full-time. There are countless women across the nation who are doing just that, and they have nothing on you, girlfriend. The key to profiting from your passion is simply making the decision to go for it, no holds barred. Lifestyle design expert Tara Gentile turned her own soul's calling into a profitable business, and she helps others follow suit. Tap into Tara's motivation at www.scoutiegirl.com. The "Free Resources" link will lead you to her "Spacious Goals Guide + Workbook."

Imagine ...

3. Helping Homeless Pets

So many of us yearn to lend a helping hand to animals in need, but it can be hard to decide where to start. In northern Arkansas, volunteer Pam Taylor has helped create a county-wide network of concerned citizens who are committed to helping homeless pets. The Izard County Animal Rescue Effort (icare-ark.com) doesn't have a shelter facility, but network members band together to fund foster and veterinary care for those in need. All it takes is a small group of big hearts to start a virtual sanctuary where you live.

Imagine ...

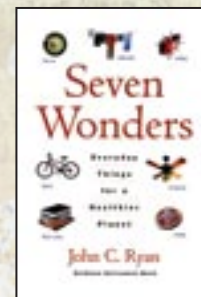
4. Finding Your Inner Photographer

Who doesn't love the creative possibilities of photography? With today's digital cameras, it's easier than ever to express yourself as a visual artist. At the tender age of 20, avid photographer Cait Brady is blazing a trail from behind the lens of her camera (www.caitbrady.com). By capturing images that inspire her, Cait is building an online portfolio and her own business (for free!) using wix.com. Without a doubt, the hardest part of becoming a photographer is believing in your own potential. The rest is as simple as point and shoot.

background©iStockphoto.com/Jodie Gandolfi, bird frames/Pei Ling Wu, quail eggs/Natikka

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In December 1999, a newspaper reporter from Washington called. He was writing a review of the book *Seven Wonders: Everyday Things for a Healthier Planet* by John C. Ryan. Michael Guilfoil of *The Spokesman-Review* newspaper asked me if I had my own "seven wonders." The story that ensued was headlined

"Simple Solutions." Here, then, is the continuation of that story. Each issue of *MaryJanesFarm* will feature in detail new solutions, and will give you all the information you need to make them your own.

"Maybe a person's time would be as well spent raising food as raising money to buy food." – Frank A. Clark



Solutions from previous issues are available in the magazine section of my website: www.maryjanesfarm.org/Recipes-Patterns-Instructions.

seven wonders

Imagine ...

5. Sharing Your Story

If you've always dreamed of being a writer, now is the time to get your words out there. Bypass the competitive publishing industry and blossom as a blogger. Heather, a farmgirl from Kansas, compares blogging with keeping a journal that she gets to share with readers all over the world. "It's paper-free, and I can easily add digital pics to my posts. It's kind of like a scrapbook journal of my life that is totally free and completely 'green!'" Publishing your own blog is a snap at Blogspot.com.

Imagine ...

6. Getting Paid to Go Wild

Maybe you're young, restless, and in search of employment that's more interesting than the average 9-to-5. Or maybe you recently sent your kids off to college and crave reinvention. Whatever the case, if you're itching to go a little wild in the great outdoors (and get paid in the process), you'll find inspiration and job leads at coolworks.com.

Imagine ...

7. Starting an Urban Homestead

You don't need a farm to create your own flourishing homestead. If Kelly Coyne can do it on a 1/12-acre lot in Los Angeles, you can too! Kelly and her husband are tending vegetable gardens, fruit trees, and a chicken coop right in their big-city backyard. Check out their "6 Easy Steps to Urban Homesteading" at www.secondact.com.