


THE MAKEOVER PLUS: SWEET RECIPES - HOW TO DIY - ECO TIPS

# MAKING MAYA

THE MAGICAL MOBILE  
ART MACHINE

SALES: CRAZY JOE'S - 11/11/11



**Includes behind the  
scenes of  
Mushpa y Mensa  
working their magic!**

## Contents

**Kickstartin' It**  
**Save the Bees**  
**Phe(women)on**  
**A Poppy**  
**Working It**  
**Paint Some**  
**Natural Cleaner**

**Little Boxes**  
**Ceilings of Glory**  
**Sugar Body Scrub**  
**Sew on Point**  
**The Details**  
**Compost This**  
**Healthy Dessert**

**Marmoleum Floors**  
**Stained Glass Effect**  
**Dorothy's Slippers**  
**Sun Salutations**  
**Behind the Scenes**  
**Thank Yous**  
**Koi Quote**

# OUR MAGICAL MOTOR MACHINE MAKEOVER



Mushpa y Mensa welcomes you to our magical journey. Inside this zine we will take you through our multitudes of endeavours over the last few months. Starting with our successful "Mushpa y Mensa's Magical Motor Machine Makeover" Kickstarter campaign, to installing an unprecedented solar panel system that feeds electricity to our mobile art shop, to building anything and everything inside of a box truck by trial and error (and YouTube). It has been a blessing to get here, finally finished. Every time we look at our truck Maya, it is hard to believe we built this ourselves with no experience. We set out to accomplish something we had no idea how to do and never gave up. It has had its ups and downs, laughter and tears, but we did it and are very excited to share these moments with all who helped us get here and new friends.



# KICKSTARTIN' IT

Before Maya the Magical Mobile Art Machine, there was a white step-van sitting in the middle of Staten Island waiting to join the Mushpa y Mensa team. We took some of our savings and invested it into making our dream a reality. Since our funds were running a bit low after acquiring Miss Maya, we decided to reach out to every human that we knew, and many whom we did not, to see who would be willing and able to lend some support. We did so by launching Mushpa y Mensa's Kickstarter campaign, "Maya's Magical Mobile Machine Makeover"! We were successful with help from friends, family, and random beautiful strangers who made it possible to reach our goal of \$7,300.

How did we come up with that number? It took a lot of thinking, research, and crunching of the numbers. We created a 3-D cardboard model of what we wanted our mobile art shop to look like, and went through a vast list of all the materials we would need



to make this dream into a reality. At first it was a very BIG list, so we narrowed it down to the essentials, budgeting penny by penny with a buffer of less than \$100. We did not have too many unexpected expenses, and only had to cut our costs with smaller things. Having to do that definitely pushed us to find creative solutions.

We made promises to use the most eco-friendly materials as possible, and to buy from small and local businesses. Those are hard promises to make, especially when we live in a nation that makes it easier to not do the right thing. You can always find plastic hubcaps made in China at Autozone and spray paint them with red spray paint from Walmart. That is much easier than finding four matching used hubcaps made in the U.S.A. and paint them red with no-voc paint. Trust me WE know. We went to a million small used tires shops in town and the junk yard to no avail.

We did however use no-voc paints, sustainable flooring, refurbished fabrics, re-purposed wine boxes, LED lights, and a whole solar powered system in order to avoid using a generator and gas. We bought most of our supplies at the local family owned hardware store in town. We even got our hands on some eco-friendly silicone!

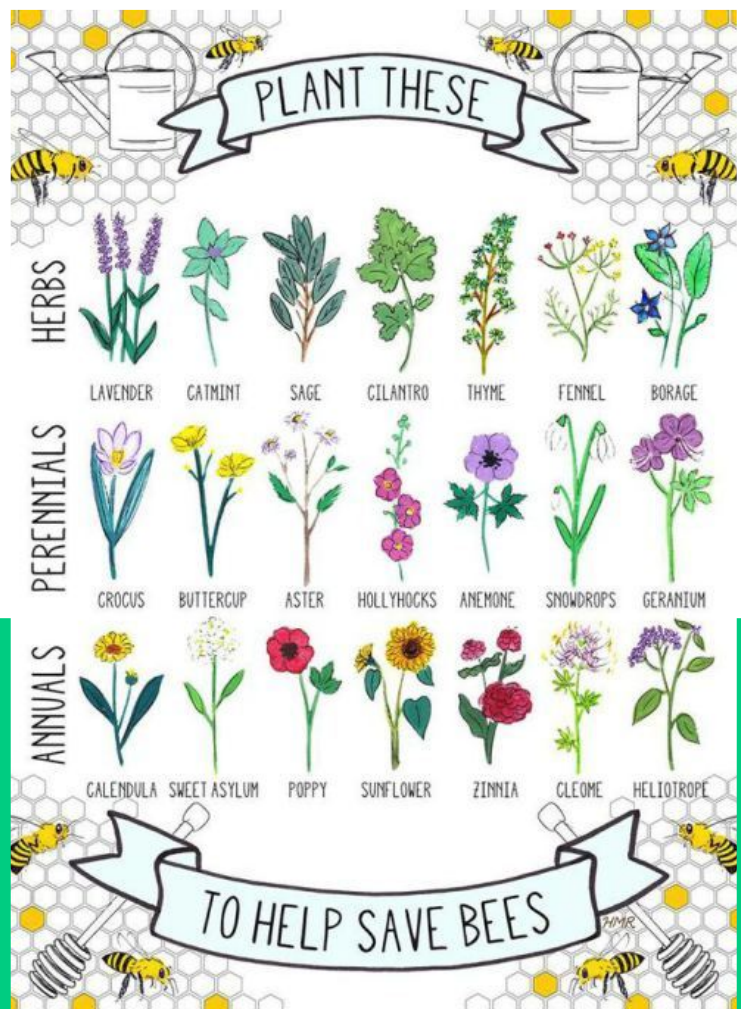
# Bzzt... Save the Bees!



1. PLANT BEE FRIENDLY FLOWERS AND FLOWERING HERBS IN YOUR BACKYARD
2. WEEDS CAN BE A GOOD THING, AND ARE FOOD FOR BEES
3. DON'T USE CHEMICALS OR PESTICIDES TO TREAT YOUR GARDEN
4. BUY LOCAL, RAW HONEY
5. BEES ARE THIRSTY. PUT A SMALL BASIN OF WATER OUTSIDE YOUR HOME
6. BUY LOCAL, ORGANIC HONEY FROM A FARMER THAT YOU KNOW
7. LEARN HOW TO BE A BEEKEEPER WITH SUSTAINABLE PRACTICES
8. UNDERSTAND THAT HONEYBEES AREN'T OUT TO GET YOU
9. SHARE KNOWLEDGE WITH OTHERS IN YOUR COMMUNITY.

"In the fall of 2006, newspapers around the United States began to publicize an unnerving phenomenon. Honeybees were a mysteriously disappearing from beehives all around the nation. Dave Hackenburg, a outspoken beekeeper, and the first to raise a stir about the crisis, reported that bees were simply vanishing from his hives. That fall, beekeepers and commercial beekeeping enterprises around the country reported losses of 30% with some beekeepers reporting losses up to 90% of all of their colonies."

**More Knowledge? Watch This!**



**Queen of the Sun:  
What Are Bees Telling Us?**



## PHE(WOMEN)ON

Yes, get with the times, its a word. **Phe(women)on**. At least that is how we felt after completing one of the most challenging aspects of Maya's Makeover, the solar powered electric system. Before the Kickstarter campaign, we did a tremendous amount of research on what it was we needed to make a solar power system work with our truck. It was only after we received all the components that we realized we needed to do a lot more research for the magnitude of the project we were embarking on. Once we were well versed with the solar panel system (like how the solar panel connected to the charge controller, the charge controller to the watt meter, the watt meter to the batteries, and those to the inverter), we realized we needed a little technical help from a close electrician magician in the family, Mensa's father Alberto. He helped us figure out where the positive and negative cables connected to the switches, fuses, etc. When he left, we were on our own to continue with our electrical journey. This time, with brains full of new and exciting electrical knowledge.


**Talking solar?** If you want to install a small solar panel powered system somewhere, and you already have all the electrical connections (unlike us, but like RVs), it is not as complicated as it may seem. Make sure you do copious amounts of research! Even though it might seem like a big purchase, it is a fantastical financial investment in the long run, and not so bad for the health and future of our planet. We have a sun that apparently won't be turning into a "red giant" star that will fry all life until 4.5 billion years from now, so lets use what the Universe has given us and make the best choices we can when it comes to keeping our planet as green as it can be!

**Mushpa y Mensa Tip:** Installing American lights? It should always be Black = negative, Red = Positive. European lights installations: Black = Positive, and White = Negative. Green always is to ground.

**“Don’t bother just to be better than your contemporaries or predecessors.**

**Try to be better than yourself.”**

**– William Faulkner**



“Never Be  
Afraid to  
Be a  
**Poppy**  
in a Field  
of  
Daffodils”

-Michaela DePrince

Before we continue, we have to make a disclaimer.

All this work that we are doing, that we have done, and that we continue to do has a little to do with planning, finances, and logistics, but more to do with faith and believing in God and ourselves.

When people talk about jumping and taking risks, when they say that it is worth it when you do it, and that you have only one life so you better make the most of it, it's because that is the truth.

Listen, as you read this, we are STILL trying to figure things out, like where exactly can we park to sell? Who wants our truck at their event? Where will we travel next? As you can imagine the challenges are never-ending.

But truth, beauty, and all of this magic, does not happen only because of the hard work. It happens because we have found the strength in our faith, and believe in our own magic. Believe and achieve, it's that simple.

# WORKING IT

We really became close with our jigsaw, circular saw, power drill... basically all our power tools. We built storage boxes out of 2x4's and put up plywood walls on the inside and the doors. We learned how to cut circles and odd shapes, sand them into seamless square boxes, and even built a cool purple dashboard!

**Tip:** If you are going to be building something, it never gets old: measure, measure and measure again. We had to undo a couple of things in order to get them right, just because we didn't measure three times. More importantly, since we had to do lots of custom building, we sketched out very detailed drawings with exact measurements to follow. The good thing about building with wood is that it doesn't matter if it is not perfect. With a bit of spackling, sandpaper and paint, we were able to hide any imperfections!

We not only had to craft storage boxes, but we also had to build boxes that would keep our electrical system intact. We custom built six boxes. One which holds the two golf cart batteries, and the another which holds all the electrical necessities, wires, and

inverters in order to run the electrical system. In these boxes we made space to have switches to turn on and off all electrical components, and we even cut up a hole to include a two outlet plug for when we need to plug anything from our phones and computers, to an electric kettle to make some nice hot coffee and tea! The options are endless.

From this experience, we have acquired enough knowledge to feel comfortable with power tools, and literally build anything that we set our mind to. Hey, we may even build our own house someday!







Let's talk about painting every nook and cranny! When it came to painting, we went all out, starting with priming the ceilings and walls, back doors, and metal anything. Then we added color to everything. Icy blue for the walls, a violet mist for the trims inside, marigold mustard distressed with white rose for the storage boxes, and even hospital green with a black lace stencil for the engine cover! Somehow it all came together to bring the Magic Mobile Art Machine to life. This amazingsness done using zero VOC paint!

#### DIY: Want to distress something?

1. Paint it with a base coat
2. After it dries use a candle like a fat marker, write thin and thick lines (stay away from circles) focusing on the parts you want most distressed, like the corners.
3. Paint the second coat (another color) and wait until it dries.
4. Use sandpaper and your shear strength to start distressing! You can't really go wrong, but practice on a spare piece of wood if you need a sense of security. If you want to really distress it, put some rocks in an old sock and bang it out. That was Mushpa's jam! Go crazy! Remember, you can't go wrong.

# PAINT SOME





# 3 INGREDIENT ALL NATURAL EVERYDAY CLEANER

**One:** Don't throw away your old spray bottle! Keep it, and fill it half way with white vinegar.

**Two:** Fill the rest of the bottle with all-natural tap water!

**Three:** Add about 5-10 drops of essential oil. We used peppermint because it smells oh-so-fresh, but you can do anything from lavender to patchouli!

**THAT'S IT!**

You can use this anywhere and everywhere. There are also dozens of combinations out there where you can use vinegar to clean everything from your laundry to removing stains and odors! So why bother buying "green" cleaners when we can make them at home!?



# little boxes



**“The woman who does not require validation from anyone is the most feared individual in the planet”**

**-Mohadesa Najumi**



In such a small space as the back of our truck, we had to think creatively on how we would combine an awe inspiring display and make it compact enough to not feel cramped. We wanted to use refurbished materials. We thought about using driftwood from nearby rivers and beaches, but we had connections via moonlighting at a Brooklyn wine shop and were able to acquire several wood wine boxes from new and old world wine regions. Score! We cleaned them up and decided not to stain or wallpaper them to retain their charm. We had our fair share of color on the walls as it was!



# CEILINGS OF GLORY

“Success is liking yourself,  
liking what you do, and liking how you do it.”

-Maya Angelou



# A WALLPAPER VENTURE

Oh Wallpaper, why did you treat us so bad?

Before, we said that electrical was our biggest challenge, but the one that got on our nerves, the one that made us almost kill each other, was wallpaper on the ceiling. She was a tough lady to tame.

We originally wanted tin roofs, which our budget would unfortunately not allow. So we figured that faux tin roofs would do. Strangely enough, those were just as expensive! We were worried about what we would do, until we were walking down an aisle in a home improvement store and alas, there it was, wallpaper that looked like tin roof, for a sixteenth of the price! We knew we had found what we needed.

To start, we had to prime the metal roof to attach the wallpaper. It needed something to grasp onto. This was challenge number one. Challenge number two, gravity was against us. Hanging wallpaper to a metal ceiling takes a bazillion times much more work than pasting it to a vertical surface. Our necks and arms ached as if we had lifted an elephant above our heads for hours! Lastly, the combination of cold metal and humidity did not help our cause. The hard work in the end was totally worth it though. It looks SO COOL!

Now, the wallpaper makes the truck look elegant, bright, clean and crisp. And if we get bored with the wallpaper? No worries! It's paintable!



# MINTY LAVENDER & ROSE

## Sugar Body Scrub

Good for the body .

Good for the soul!

- a clean glass jar
- leftover fabric, a rubber band & some ribbon
- organic sugar
- organic coconut oil
- peppermint oil
- organic lavender and dried rose hips



Heat some water in a saucepan and place the coconut oil jar in the water. This will quickly soften up the oil **without the need of a microwave!** Measure about **1/3 cup of coconut oil** and place in a bowl. Slowly add about **1 cup of sugar**, until it starts absorbing most of the oil. If you pour too much sugar and it becomes dry, add more oil!

After mixing the sugar and coconut oil, add about **20 drops** of peppermint oil. Start with less, and keep adding until you **find the perfect balance**. Add between **1-2 tbsp. of lavender**, and mix it all up. After you have the perfect scrub, line the bottom of your glass jar with rose hips. This is a nice little detail, and **it looks beautiful** at the bottom of the jar! Once the scrub is in, the roses will also absorb the oil and you can use them as part of the scrub too.

After the layer of rose hips, add a layer of the scrub and fill it half way. Then add a layer of lavender, placing the **dried lavender on the outer edges** of the glass so you can see it better. Then add the second layer of your scrub, and once again, one more layer of lavender. Close the jar. Cut a round piece of fabric, place it on the lid and hold it down with a rubber band. Then add the ribbon..... **Ta-da! A home-made, all natural scrub!**



# SEW ON POINT



Mushpa y Mensa sometimes snuck inside to escape the weather, and sat around the dinning table with our sewing machines. From the curtains we hung in the dressing room, to the intricate fabric boxes that we constructed, we took our sewing skills to the next level. It is amazing what you can create with a bit of fabric and lots of patience!

**Tip:** If we have learned something, it is that you have to befriend your seam ripper. You cannot, and we mean absolutely cannot hold any resentment towards this tool! It will get you out of the worse sewing conundrums, and even though you will feel frustrated while using it, you know it is because of this little guy that your project turned out as amazing as it did. So here is a special shout out to our little blue seam ripper!

# THE DETAILS



What makes this project amazing, and what we pride ourselves in is the details. When you come into our shop, everything has a place. We have put so much effort into the details because both Mushpa y Mensa are quite extraordinarily detail oriented. From the "Thank You" exit sign, to the rope we use to cover up seams in the walls. We wanted this project to be as professional and inspiring as we could make it. We knew that if people were going to support us in this journey, we had to show how well we could accomplish what we set out to do. From the matching knobs to the electrical outlets, all look as if you are in an actual brick and mortar shop. We wanted our truck to be inviting, and cozy, but also bright and full of life.

On a less fun note, we had to figure out some bureaucratic details. Did you know that 15 minutes could save you hundreds of dollars, as can moving to a different state!?! We were happy to know that as we sadly said goodbye to our NY license plates, we also said hello to a less expensive insurance premium! For now Maya lives in North Carolina and happily so.





# COMPOST THIS!

- ▶ Fruits and vegetables
- ▶ Coffee grounds and tea bags
- ▶ Manure and bedding from animals that **ONLY** eat plants
- ▶ Cut or dried flowers, houseplants and potting soil
- ▶ Sawdust and wood shavings (from untreated wood)
- ▶ Stale beans, flour, and spices
- ▶ Feathers
- ▶ Breads and grains
- ▶ Egg shells
- ▶ Nutshells
- ▶ Corncobs
- ▶ Food-soiled paper towels and napkins
- ▶ Shredded newspaper.

## Freeze your compost!

Fill a bin of compost and store it in your freezer until you drop it off at a local composting site. It slows down the decomposing and reduces the stahhknky smell!

**You MAY NOT compost:** meat or fish scraps, cheese and dairy products, fats, grease or oil, cat or dog feces, kitty litter, colored or glossy paper, sawdust made from pressure-treated plywood or lumber, coal or charcoal ashes, non-compostable materials such as plastic, metals or glass, diseased or insect-infested houseplants/soil, biodegradable or compostable plastics .

# THE HEALTHY DESSERT



**The yummiest, and healthiest dessert you will ever eat....**

Required time: less than 5 minutes.

- 1 package of Silken Tofu
- 1 tablespoon of sweetener like maple syrup, honey or stevia
- 2 tablespoons of cocoa powder
- 1 teaspoon of vanilla essence

Mix all ingredients in a food processor or blender... and boom! That's it. Let chill for 20 minutes. Enjoy!

It was so good, that we couldn't even get a picture in!

**Tip:** Experiment with it. Add peanut butter, mint essence, espresso, or some chili powder and cinnamon!



# MARMOLEUM FLOORS

This Marmoleum floor was the missing piece of the puzzle for the reconstruction of Maya. We decided to leave it until the end so we would not damage the flooring. And we were right. The original metal floor was a hot mess before the installation! We had to scrub it like Cinderella before the ball.

For the flooring, we decided to go with a fun and adventurous design. We could have done bamboo, or reclaimed wood, but a Magical Mobile Art Machine has to have magical floors, Magical Marmoleum!

What is this crazy Marmoleum? According to Forbo, who makes it, "Marmoleum is a natural floor made from 97% natural raw materials, 70% of which are rapidly renewable, along with a 43% recycled content. The key raw materials used in its production include linseed oil, which comes from the flax plant seeds, wood flour as production waste from

controlled forestry plantations and jute, a crop whose fibres provide the material for the membrane onto which the linoleum is calendared."

We made the good decision to leave the floor installation to the pros. Yet we are very proud to say that this was the only thing that we hired out when remodelling the inside of Maya the truck!

Our new found friends Pete and Dan installed the floor using an environmentally conscious adhesive, and glued it all in one day.

Now our floors are bright and colorful as if we had drawn on it with a rainbow of crayon colors. If you want to install an environmentally friendly floor, and are not afraid to play with color, we definitely recommend using this unique alternative. It looks fabulous!



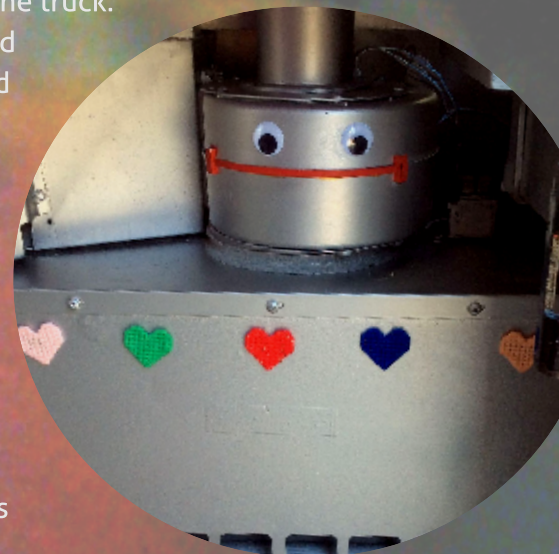
# THE STAINED GLASS EFFECT



When it comes to getting creative, Mushpa y Mensa made the best of every opportunity. We had four glass windows in the back of the truck which needed to be covered from the outside for privacy. We decided to do our own "stained" glass windows. We designed a pattern with roses and a bird on a branch in a style similar to a traditional stained glass, with sharp edges and large geometric shapes. Since real stained glass wasn't in our budget, we used a "faux stained glass" paint typically used in kids crafts projects. We decided to take it to the next level of crafting, and using "faux" led-strips we outlined the design onto the back windows of the truck.

The biggest challenge during this project was the temperature outside. We had days that fluctuated between 30-40 degrees, and unknowingly we went ahead and started painting in the picture. After a cold night, we woke up to a dry stained glass look, but due to the cold weather it had cracked completely and started peeling off! Oh no! Lesson learned, we had to work on warmer days, and when time did not allow, we turned up a little space heater until the paint dried. After five days, an expected one-day project was finally complete! Live and learn.

And when it came to taking advantage of every opportunity, we figured out that the AC in our truck had a slight robotic appearance. Just by painting it silver, adding googly eyes and painting on a mouth, we had our own robot girl companion in the front of our truck! We added a few handmade heart magnets made by our crafty friend Cecile, and the AC was ugly no more!



# FRIENDS

# OF

# DOROTHY



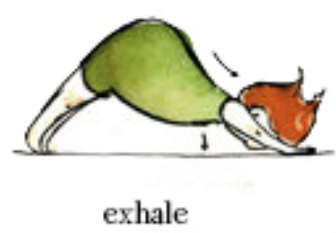
For Maya's exterior paint job Mushpa y Mensa choose a majestic gold, soft lilac and Caribbean sea blue to dress her up a bit. We then sketched out an original design representing what Mushpa y Mensa are all about. We covered her with multitudes of yarn balls, pens, pencils, paintbrushes, our cat Jefe chilling, our sewing machine, sketches of our art, and even our little rose plant. We then took the drawing to our friend Sidney who blew it up into gigantic stickers of our design, and stuck it to the sides of our truck.

After being done with most of the inside and outside design of Maya, we were left looking at some ugly black wheels with grey metal rings. Since the outside colors were very soft, we decided that bold hubcaps would do the trick. We found some hubcaps and covered them with red glitter paint which made them t like Dorothy's ruby red slippers!



**“LIFE IS EITHER A DARING  
ADVENTURE  
OR NOTHING AT ALL.”**

— HELEN KELLER



# SUN SALUTATIONS

Practice these every morning to feel happy and healthy.

They stimulate your heart, make your blood flow, increase flexibility, and teach you how to breathe.



# Mushpa y Mensa: Behind the Scenes





# Mushpa y Mensa: Behind the Scenes

To all the beautiful souls  
that made this happen...

THANK  
YOU!

Mom + Dad Mami + Papi Gina + Rio Natasha Achanzar Lourdes Anderson Mike Anicette Anne Anker (Oma) Lucia y Esteban Anker Roberto Anker Aracely Aragon Raquel Aronhime Benjamin Arredondo Viviane Baerenklau Steve-O Cristina Berg Chris Berry Maria Bonta de la Pezuela Camila Borja Tia Clemen Borja Tio Paco Borja y Familia Marine Boudeau Henry Broaddus Elena Camacho Erin Victoria Cargill Jeanne Cargill Tia Marita y Familia Alex Castro Ana Lucía Castro Francisco Castro Niko Centeno-Monroy Marion Ceraso Gabriela Riofrio Ciufo Alex Cobo Conchu y Faamilia Wilda Crespo Elisa Torres Cuapio Julie Dahlgard Sandra Del Pilar Michele Delozier Daisy Diaz Jose Maria Donoso y Familia Barbara Drews Adam Elmakias Ruth Feeley Rachel Fennimore Diane Figueroa Tia Elvira and Peter Figueroa Peter and Toni Ann Figueroa Veronica Fischmann Jessica Flamholz Male Fresan Kemi Fuentes-George Glenn Fung Alexandra Garcia Kimberly Garrett Yolanda Gordillo Sara Griffin Sergio Guzman Jennifer Harford Vargas Audrey Hawkins Jocelyn Kirouac Pace Klein Arthur Knight Wendy Koelling Jesse Kovnat Marina Koyfman Jason Lande Mary Lavin Lynn Leazer John Lee Anne Leek Sole Leon Aaron and Gaby Leppanen Mercedes Lozano Angie Lugo Viosa Lukaj Janet McGill Ximena Mejia Maria Cecilia Mera y Familia Rick Monk Ginette Moreira Gaby Morillo Shaun Moss Jason Mount + Gianna Michelle Myles Claire Nelson-Lifson Amanda Nichols B. Nicholson Veronica Ordoñez Maribel Orihuela Tia Charito Paredes y Familia Tia Iki Paredes Tio Ivan Paredes y Familia Juank Paredes Maria Cristina Pazmiño y Familia Mauricio Pazmiño Tia Leo Pazmiño y Familia Alexandra Perry Abuelita Lucy Plata Hunter Platin Oficina Sonotec + Prisma Iluminacion Abuelita Alico Proaño Abuelita Ines Proaño (Awe) Agnes Raborn Maggy Recalde y Familia Laura Reece Adrienne Riofrio y Familia Alexie Riofrio + Matt Anita Riofrio Margarita y Patricio Riofrio Ivory Farley-Rios Lissa Robinson Aunt Peggy Robinson Marcy Rosenborg Chris Shey Adam Steely Catherine Stephens Carina Sudarsky Gleiser Debbie Summer Lauren Vedal Marcelo Velez Vivian Wallens Anna White Sabrina Whiteman Tiffany Willoughby Herard Clifford Yun Andon Zebal + New Forest Earth..... plus all the other beautiful souls who supported us in our journey.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

-Marianne Williamson





Mushpa y Mensa Press

Copyright 2015