



Spring Newsletter 2012



Hi there fellow LETS members, my name is Sarina and I am looking after the Central Coast LETS Quarterly Newsletter for the time being. My background is in sales and marketing, however my computer skills are still a bit wanting as I am a self-taught "Granny-Geek". But as my layout skills improve, so will this little newsletter (hopefully....) I hope you enjoy reading my first attempt at getting this newsletter out for you.

Cheers, Sarina Sharp, Editor.

2012 MARKET DAYS AND EVENTS

OCTOBER 14, 2012: WOY WOY MARKET DAY:

The venue has been changed and will now be held at a new venue in **Umina**, in the grounds of the Gospel Garden Space, 207 West Street, Umina. This is a new and exciting venue which we decided to try due to our Southern members wishing to try something different. The event will take place between 10am and 1pm. Tables are 10 shells or byo table for 5 shells. (Coordinator: Sonja Halton, mobile 0402 816 890, email members@centralcoastlets.org).

OCTOBER 28, 2012: WOYTOPIA FESTIVAL, WOY WOY PUBLIC SCHOOL:

Come along and show your support for Central Coast LETS at our Promotional Stand at this event. Here is the link for more information: <http://www.woytopia.info/>

NOVEMBER 25, 2012: KARIONG XMAS MARKET DAY:

Get ready for the last and biggest trade day for the year. This time, we are holding it early to give you plenty of time to organize your Christmas prezzies.

We are putting the call out for items suitable for gift giving (e.g. hand crafted, homemade goodies and brand new items). Tables are 20 shells in the hall*, a



byo table in the hall will be 10 shells and a byo table or rug in the garden will be 5 shells. (*Please note that you have to offer items that are handmade, homemade or brand new to qualify for a spot in the hall.) It will be held at the Kariong Hall in Woy Woy Road, Kariong. From 10am to 1pm. (Coordinator: Susanne Mueller-Byrnes, phone 0417 905 177, email susebyrnes@hotmail.com).

MEMBERS WITH SHELLS TO SPEND

Some members are swimming in lots of shells. They have so many, that they are finding it hard to find services and items they really wish to buy. Can you help them out with any of the following “wants”?

Christine Bannigan (CCAU 0532):

- *light gardening duties
- *borrow or hire baby equipment.

Karleen Gribble (CCAU 0068):

- * rhubarb crowns.

Sonja Halton (CCAU 0079):

- * some ironing done
- * Baby girl items
- * Ladies clothing

If you are having difficulty filling your “wants” please let us know and we will endeavor to include them in the next edition of this Quarterly Newsletter.

AUAE – AUSTRALIAN ACCOMMODATION EXCHANGE on LETS

Do you wish to offer accommodation for LETS units? If so, we want to hear from you now: Be it flashy and fancy or just very basic, short or long term, overnight, a weekend, a week or a month. Please contact us to take advantage of a free advert. Just email all the details to auae@communityexchange.net.au. You will need to include your name, your LETS system ID, your phone number and your tariff rates per night or per week and a comprehensive description of your accommodation offer.

100% LETS trading currency is preferable. “NO Federal dollars only” offers permitted.

B & B, homestay, farmstay, granny flat, camping, couch-surfing, tent, campervan or caravan space on your property. Whatever your offer is, we want it.

You can view all accommodation offerings and wants through the LETS Australasian Accommodation Exchange (www.communityexchange.net.au and click on the link). Or email us and we'll send you out a copy of the current accommodation offerings and wants.

TUGGERAH MARKET DAY REPORT

We would like to thank Debbie for another great Tuggerah Market Day. Prior to trading, we held the northern end Members Meeting. Thank you to those who attended. The Minutes of this meeting and the 2012 Financials have recently been emailed to all members.

A nice addition to this Market Day was the pottery workshop by Caroline Bohlsen and the Green Cleaning Talk by Debbie Bagot. Caroline showed us how to make pottery owls. The members who participated in this workshop each created their very own unique little owl with Caroline's expert guidance. Thank you Caroline!

Debbie's talk on green cleaning products was informative and inspiring. Even for those of us who have tried green cleaning, there were new gems of information, and much needed renewal of inspiration for being more environmentally aware. Thank you Debbie!

KEFIR – FERMENTED MILK DRINK

By the Family Ramsden (CCAU 0581)

You can easily make your own milk Kefir. I have been happily growing and eating it for a year and I feel good. You will agree that it is tart and refreshing and tastes just like a runny yoghurt, but it is easier to make.

Apparently the name Kefir comes from the Turkish word "Keif" which means "good feeling".

Kefir is a cultured, creamy liquid with amazing health attributes and it is easily made from any kind of milk. Once you get some grains started, you keep adding milk and then strain your grains out every 24-48 hours. Keep adding more milk each day and consume the health-giving liquid you strain off the following day.

The Kefir grains contain a special bacteria-yeast mixture containing casein (milk proteins) and complex sugars. They look like tiny lumps of cauliflower. Once you have one grain it will grow and split into more and more over time.

Keep feeding it and you will never need to buy another.

Some people are interested in Kefir because of the beneficial lactase enzyme which consumes most of the lactose after the culturing process.

A literature or internet search will tell you that ..."Kefir is easily digested, cleanses the intestines, provides beneficial bacteria and yeast, vitamins and minerals, and complete proteins". It will go on to say: "...because Kefir is such a balanced and nourishing food, it contributes to a healthy immune system and has been used to help patients suffering from AIDS, chronic fatigue syndrome, herpes and cancer. Its tranquilizing effect on the nervous system has benefitted many who suffer from sleep disorders, depression and ADHD.

The regular use of Kefir can eliminate cravings, relieve intestinal disorders, promote bowel movement, reduce flatulence and create a healthier digestive system. In addition, its cleansing effect on the whole body helps to establish a balanced inner ecosystem for optimum health and longevity...."

You will see lists of benefits ranging from.... "immune system support, balancing blood sugar and blood pressure, curing allergies, improving organ and gut function. It is anti-cancer, reduces anxiety and slows aging...."

And since it is easy to make and always there for you in your kitchen, you might just like to give it a whirl.

(Editor's Note: Do not use this product if you are lactose-intolerant as between 20-50% of the lactose is still present after the fermentation process has completed. The kefir needs to be stored in a dark place and in a temperature not more than 40deg. C and not less than 4deg. C as anything beyond these temperatures will kill off the bacteria. Milks that can be used are cow, sheep or goat. Coconut, rice and soy milks will also work, but their beneficial properties will vary from animal derived milks.)

CC LETS ETIQUETTE

Respect – all members. Try not to judge a book by its cover. Have patience, everyone is different.

Etiquette – is part of LETS to ensure the smooth running of this wonderful community organization.

Spaces – on the website in the “Offerings” in particular need to be kept to a minimum. Perhaps try using **bold** or *italics* instead. Also, only up to 10 postings a week from each member is allowed.

Permission – Do not debit any member’s account without permission and only debit once the goods are delivered or the service is carried out.

Endeavour – to treat people the way you would like to be treated.

Care – about each other, the environment, the community and beyond.

Trades – please make trades from beginning to end of the transaction as promptly as possible. Communication is the key here. Keep in touch with the person you are making a trade with and inform them if and when you can carry out the trade. If you cannot make it in time, make contact with the member and let them know.

CC LETS COMMITTEE

ADMINISTRATION:

Kate Walker, email admin@centralcoastlets.org

Phone 0405 578 420

MEMBERSHIP SECRETARY: Sonja Halton, email members@centralcoastlets.org

Phone 43-427835

SECRETARY/TREASURER: Michelle Harris, email secretary@centralcoastlets.org

Phone 0403 504 173

EVENTS CO-ORDINATOR: Susanne Mueller-Byrnes susebyrnes@hotmail.com

Phone 0417 905 177

ADMIN SUPPORT:

Debbie Bagot, email deborah.bagot@det.nsw.edu.au

Deadline for each Quarterly newsletter will be the 15th of the preceding month.

Please email all contributions to Sarina.sharp@live.com.au by the Deadline for consideration of inclusion in the next issue.