

LETS (LOCAL EXCHANGE TRADING SYSTEM) UNLOCKING THE VALUE OF OUR COMMUNITY

ISSUE EIGHT
AUTUMN 2009



TRADE DAY COMING UP

Saturday's Trade Day was a great success. Thanks to everyone who attended and traded on the day.

We have a packed newsletter for your reading pleasure, with lots of great offers and news. We were saddened to hear of the passing of LETS member Zachary Casser. Thanks to all the generous offers to assist Zac's father. I'll be organising these people over the next week or so to go out to Long Jetty and deliver meals and do some cleaning. It's wonderful to see the great spirit of generosity and kind deeds that exists within our group.

Our special COMPETITION TRADE DAY is a great initiative from the management team and we hope that everyone will support it by trading on the specified date to win 100 FREE SHELLS.

Thank you to those members who have returned the signed Terms & Conditions, we have a huge pile already that is being scanned and entered into the system. If you have not managed to sign and return your form please ensure you do so by 31st March to ensure there is no interruption to your account.

Korina & Fiona

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HELPING YOU SPEND

Resurrections Recyclers

Did you know that 40% of landfill in Australia comes from the demolition industry. **Resurrections Recyclers** have an abundance of recycled building materials including flooring, bricks, pavers, roofing iron, and timber for furniture making and building. They also have toilets, bathrooms, kitchens and much, much more.

If you are renovating, building or wanting to make an amazing piece of recycled art, you cannot go past **Resurrection Recyclers**, who have been recycling waste from the demolition industry for 20 years. To recycle the resources from demolition (ie. the care in handling, wages, transport, rent on premises to store goods, etc) is more expensive than to dump it.

So, when you need to purchase some building materials, please consider **Resurrection Recyclers** and support their efforts to reduce, reuse and recycle.

Some items are on full shells and others are on part cash/part shells.

Phone 43530779



Delivery - \$50
Cash

(NB. some items are on consignment, and can't be done on shells.)

Circus Classes

Circus Classes available for all age groups at our venue in Tuggerah.

Starting on Tuesdays from May 6.

After school classes from 5 to 13yrs, and 14yrs to adults are held each Wednesday.

Skills offered will include:

tightwire, stilt walking, juggling, unicycling, balancing and more.

We are also running **Self Defence Classes** on a Wednesday evening (suitable for 12yrs to adult), and **Fire Staff and Poi** on a Monday night.

Kinder Circus Classes will also start on May 6, in the mornings - 6 shells + \$3.

Please contact Jo for more information 4355 4053 or 0425 270843.

[CCA0163]
www.circusstuff.com.au

NEW TREASURER

Kerrie Bakewell is our new Treasurer.

Welcome aboard Kerrie and thanks for taking on this important role.

Kerrie's contact details are:
kbakewell@nscchahs.health.nsw.gov.au
4344 5529 and 0447 407647.



NATIONAL LETS CONFERENCE

Hey LETS Conference goers, the date have been decided:

Australian National LETS Conference

23RD-25TH OF OCTOBER

Sydney, NSW, Australia

More details as they become available. Feel free to spread the news.

Eve & Annette from Sydney & Illawarra LETS

<http://www.auslets.org/sydney/>

Jumping Castles and Rides Hire

Now available from 50% shells 50% cash.

Some castle/rides available for more shells component.

We have small to large castles, Sumo Suits, Sticky Wall, Gladiator Joust, A Space Ball Ride and more.

We also hire out Giant Games and Fun Sports Games and Activities. Also available for shells/cash.

JoJo's Circus

Phone: 43554053

email info@circusstuff.com.au

[CCA0163]

www.circusstuff.com.au

LETS MEMBER WILL BE SADLY MISSED

Long term LETS member **Zachary Casser** passed away recently at the very young age of thirty seven. Zac was involved with LETS for a number of years and made good friends within the group, he will be sadly missed.

Zac leaves his father who he cared for for many years and a large extended family.

Condolence cards can be sent to the LETS PO Box and will be forwarded to Zac's father. Flowers have been sent on behalf of the group.

Zac had built up a credit balance and expressed a wish to use them to help care for his father. So if you can make meals (for 100% shells) in single portions please let me know. If you can deliver to Long Jetty that would be great but if you can't, let me know and I'll see if I can arrange someone to collect them from you. If you could help with delivery please let me know. Also if you can offer some cleaning and general caring, please let me know.

All helpers will be paid for their time with Zac's remaining balance and the LETS Community Care Fund. Thank you.

KIDS, and MUMS GET PAMPERED

The trade day at Kariong Eco Gardens scheduled for Sunday 19th April has a theme of Kids / Pamper/ Mothers Day.

So, if you can fit those ideas into your stall that would be fantastic (though it is not compulsory).

And remember to book a place for Kariong Trade Days with Michelle (info@organiseitall.com.au) to ensure you get a spot.

TAROT

Card: The Emperor

The first part of this column is a Tarot card and its meaning. The card meanings are not within the context of a reading rather they are the basic meaning for that particular card and thus very easy to understand.

Tarot Card Basic Meaning

Material world, good advice, safety, security, authority, leadership.

Tarot Archetypes

This second part of the column is about a very interesting new reading of the cards, brought to us by L. A. Lothian, giving the individual insight into the universal archetype's influence within their life.

Your birth-date is used to calculate your **Primary Soul Archetype** (your assignment in life) and **Higher Soul Archetype** (for those with a double load to carry), expressions of your soul energy. Your **Year Cycles** are also calculated, giving you information on the year or years ahead.

Tarot Archetype (Your Primary or Higher Soul Archetype or Yearly Cycle)

Card: The Emperor

Archetype: The Emperor year is about the material world and in particular, about worldly security and financial matters. A very appropriate Archetype for 2009.

But don't worry, it's good news! All

the signs of the Emperor year point to a pool of stability and security within a world turned on its head.

The Emperor is a stable, authoritative, powerful leader. A person with the qualities of reason and conviction. A person who may seem to give bad news but who then lights the way out of the gloom and back into stability.

The Emperor is represented by a community leader or authority figure. This person is not about flash and fire but about calm and reason. Sometimes they may seem too calm and perhaps even cool to the point of coldness. However, this person will show emotion when there is room for shows of emotion while remaining calm and reasoned in times when a cool head is needed most.

Something Extra

What is Your Tarot Archetype?

Your birth-date is used to calculate your Primary Soul Archetype, which is your assignment in life.

To calculate your Tarot Archetype, add the day and month of your birth to the year of your birth. Follow the example below.

Example one is for a person born on the 22nd of September 1945:

$$1945 + 9 + 22 = 1976$$

Now separate the numbers of your first answer and add them up to get a two-digit number:

$$1976 \text{ becomes } 1 + 9 + 7 + 6 = 23$$

If the answer to this second sum is higher than 22 (as it is in our example) reduce it to a single digit by adding its two together like so: $2 + 3 = 5$

This means this person's Primary Soul Archetype is 5 and 5 is the Hierophant, the Pope or spiritual leader figure of the Tarot.

If your dates reduces down to a double digit lower than 22, you are a Dual Soul.

Here is an example of a Dual Soul number for a person born on the 17th of October 1956:

$$1956 + 10 + 17 = 1983$$

Now we do the second sum:

1983 becomes $1 + 9 + 8 + 3 = 21$

The second sum's answer is a number lower than 22. As it is two-digit number, it represents a Dual Soul.

This means this person's Dual Soul Archetype is 21 and 21 is the World.

To get their Primary Soul Archetype, we take the 21 and add its numbers up as below:

21 becomes $2 + 1 = 3$

That makes this person's Primary Soul Archetype 3 and 3 is the Empress, the mother figure of the Tarot.

Calculate your Primary Soul Archetype (and Dual Soul Archetype if you're lucky!) and match it to the Tarot card number below.

0 - The Fool

Purity of heart, lack of restraint. One seeking experience.

1 - The Magician

Opportunities to use talents and skills.

2 - The High Priestess

Learning, hidden knowledge.

3 - The Empress

A competent woman, building a future.

4 - The Emperor

Secure and successful.

5 - The Hierophant

Wounds within, learning from experience.

6 - The Lovers

Working together to overcome trials. Balance within oneself.

7 - The Chariot

Work and travel, purpose, focus, trouble or work problems fall behind.

8 - Strength

Power, energy, strength, courage, conviction.

9 - The Hermit

A withdrawal is needed to find one's centre.

10 - Wheel of Fortune

Moving ahead for better or worse.

11 - Justice

Fairness, balance, equality, rightness, legal matters, negotiations.

12 - The Hanged Man

Sacrifice for wisdom, inner search for truth.

13 - Death

An end to make room for a new beginning. (NOT a death omen.)

14 - Temperance

Economy, patience, a moderate lifestyle.

15 - The Devil

Bondage to an ideal or outmoded thoughts. A difficult choice.

16 - The Tower

Catastrophic transformation. Destruction of outmoded situation.

17 - The Star

Hope and faith, bright prospects.

18 - The Moon

A caution to stay on your path for safety. Introspection and thought.

19 - The Sun

Accomplishment, success, material happiness.

20 - Judgement

A change in position, rejuvenation, rebirth. Reward, acquiring a purpose.

21 - The World

Completion, the end of a way of life, success. A new beginning, triumph in the end, the breadth of possibilities.

Best wishes to all in the year ahead,
Anne Stevenson

Anne Stevenson

[CCAU 0198]

Tarot * Past Lives * Palmistry *
Psychometry * Dreams * Protections
Look for my sun sign at Pamper Day.

A new way to health!

I would like to take the opportunity to introduce the LETS community to a revolutionary new form of healing available on the Central Coast. NAET is a simple energy-balancing technique which identifies and eliminates allergies. It incorporates kinesiology, acupressure and nutrition in a manner which focuses on healing the body on a cellular level and improving immune function. Many conditions which are usually treated with prescription medicines or elimination diets can be helped, including asthma, gluten intolerance, peanut allergy, eczema, bed wetting and irritable bowel syndrome. The results are not quite as fast, but great improvements are seen with ADHD and autism as well.

My offer for treatments with 100% shells lasts until the end of March, so if you would like to have a full assessment of all the common allergens, please give me a call.

Nici Verriest [CCA0320]

Natural Allergy Elimination
NAET Practitioner

Mobile: 0434 012 110

GONE VIRAL?

In an increasingly electronic world, have you thought about your security?

The internet has brought us a bevy of information and opportunities, but it has also brought with it some significant risks. We have all heard of viruses and spam, but how many of us are aware of root kits, worms, or identity theft. This is where a state of the art internet security solution can help, a solution like AVG's Internet Security.

AVG Internet Security offers a comprehensive level of protection against a host of internet based threats covering all the above risks entering your computer via the network, web

browsers, email and instant messaging (think MSN or Yahoo!). But it also provides a strong level of protection for not only ourselves, but everyone else we deal with. Protecting ourselves also, paradoxically, protects our friends.

Now you can have a chance to have the latest and greatest in Internet Security whilst using your shells. For only \$80.00 + 80 Shells you can



protect 3 computers for 2 years... Yes! Two years... To take advantage of this offer please check out the Offers area under Computer/IT Offerings.

Shane Gray
(CCA0350)

Ph: 0420 310 631

shane@grafam.
id.au

INTER-LETS TRADE

Some LETS members may not be aware that you can trade with other LETS groups from other districts.

How? Just go to Offerings and where it says Exchange you will see it currently says CC LETS.

All you have to do is change the exchange you are looking at to for example HunterLETS or SydneyLETS to see what they have to offer. Transactions are then completed exactly the same as trading within your local group.

WIN SHELLS

You could WIN SHELLS simply by trading!

Central Coast LETS will shortly hold a competition where one lucky member could win 100 SHELLS



simply by trading on a specific day. The date to trade will be posted on the CC LETS website shortly before the trading date, so you must regularly login to check for the announcement. Every member trading on the competition trade date will go into the draw to win 100 SHELLS credited to their account.

So, keep checking the website for the announcement of the special **COMPETITION TRADE DAY** and you could see your balance shoot up instantaneously if you are the winner!

COMING UP

TRADE DATES

Sunday 19th April

Trading: 10am to 2pm

Location: Kariong Eco Gardens & Hall,
Dandaloo St (off Woy Woy Rd)

Theme: **CHILDREN'S TRADE DAY WITH
MINI PAMPER FOR MOTHERS DAY**

Featuring: Face Painting (5 shells) and balloon
animals (2 shells) by Natalie

Saturday 16th May

Trading: 9.30am to 11am

Location: Andrew & Denise O'Shea's, 49 Palm
Valley Rd, Tumby Umbi

Phone: 0439 856 554 (if you get lost on the
day)

Saturday 13th June

Meeting: 10am to 11am

Trading: 11am to 1pm

Location: Woy Woy Environment Centre, 267
Blackwall Rd, Woy Woy

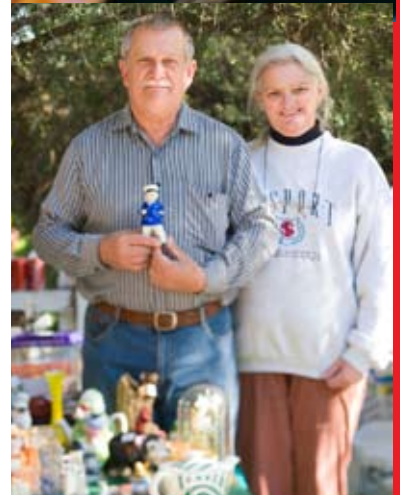
Sunday 12th July

Trading: 10am to 2pm

Location: Kariong Eco Gardens & Hall,
Dandaloo St (off Woy Woy Rd)

Theme: **HOME MADE & HAND MADE**

Featuring: Face Painting (5 shells) and balloon
animals (2 shells) by Natalie



Fragrant Chickpea Stew

Ingredients:

1 tab Safflower Oil
1 tsp Cumin Seeds
1 med Red Onion, chopped
5 med cloves Garlic, minced
1 tab Coriander Seeds, ground
1 cup Water
1 Red Potato, cubed
1 420g can Chickpeas, rinsed
1/2 tsp Salt
1/2 tsp coarse Ground Pepper
2 tabs finely chopped Coriander
1 medium Tomato, cubed

Directions:

Heat oil over medium high heat (try never to overheat oils as this denatures them). Cook cumin seeds for 10 seconds. Add onion and garlic, cook, stirring until they start to brown. Add coriander seeds and stir for about 20 seconds. Stir in water, potato, chickpeas, salt/pepper, and 1 tab of the fresh coriander. Bring to a boil, then reduce heat, cover and simmer until potato is tender, about 15 minutes.

Add tomato, and heat through. Sprinkle the remaining coriander over the stew just before serving, hot with flat bread to mop up all the lovely juicy flavours.

This is a Low Calorie, High Fibre, Low Fat, Low Cholesterol, High potassium, heart healthy and cost effective meal for all the family.

A WORD FROM THE EDITOR

This newsletter is a little late because I have not been well. Normally I don't like to do the sympathy vote but I feel like my sickness has been a blessing of sorts and wanted to share.

After an afternoon walking in the heat with my daughter I experienced a burning feeling in my feet and thought I had overdone it a bit. I let it go for a couple of days and the pain got worse and numbness spread up my legs all the way to my waist. After an MRI, it was discovered I had Transverse Myelitis which is inflammation of the Myelin coating the nerves in the spine. I was told there was nothing I could do and it could take 18 months to recover, and that some people don't recover at all.

After reading up on MS related disorders I am convinced there is a link between fats and degenerative diseases such as this. I have since cut out meat and dairy, all processed foods (cakes, biscuits, etc) and am learning to deal with life's stresses more effectively through meditation, exercise and gratitude. I'm really enjoying much better health in general. After ridding myself of Bad Fats, I feel my moods have improved, my weight has decreased, my arthritis has improved, my dermatitis has gone, and my facial skin (after an initial outbreak) is smooth and needs no moisturiser. I now take Fish Oil, Flaxseed Oil and Vitamin B, Magnesium and Zinc every day and am almost symptom free after six weeks from diagnosis. I would encourage everyone to stop eating saturated and Trans Fats which are often "hidden" in foods as Vegetable Oil (which has been hydrogenated). Giving up meat is a personal choice but there are so many yummy things you can do with beans and veges, it's just not necessary to eat it I feel. Anyone who has experience with TM, I would be grateful to hear your stories too. I also have an excellent book called Fats that Heal, Fats that Kill by Udo Erasmus if anyone would like to borrow it.

Lisa Kelly
[CCA0292]