



CC LETS AUTUMN EDITION

Local Exchange Trading System

CC LETS Newsletter

Autumn Edition

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Special points of interest:

- Reports from February Trade Days
- Rates and Charges
- Salad Recipe
- How to Renew membership
- Next Trade Day
- Did you know.....

Word From The Administrator- Fiona Thornycroft

Central Coast LETS has been re-running since March 2006 (using the CES since 2007) so this month marks our 5th Anniversary! It is certainly something to celebrate as we are by far the most active group in Australia (see Caroline's article in this issue).

In the 7 days prior to writing this there have been 75 transactions entered. Since the beginning of the year there have been 366 transactions (at the time of writing) and although the offerings page is full of goods being passed on it is great to see that many services have also been traded. In case you are wondering, these range from piano to yoga lessons, through ironing, cleaning, gardening, painting and handyman work to holiday accommodation, babysitting and clerical work. With goods, anything seems to sell from moo poo and 1/2 serve composting worms to a diamond ring! However, clothes, kitchen appliances and food seem to be the most frequently traded items.

As CC LETS is now "established" we no longer need to spend as much cash on promotion. As a result, CC LETS is pleased to offer members a significant discount on renewal fees. The renewal fee (if paid on time ; i.e. on or before the 1st July) will be reduced to \$5 (a saving of \$10). If paid late it will be \$10. Accounts not renewed by September will be put on hold and a rejoining fee of \$15 will be required.

Some members have commented on the fact that we only have 6 "official" trade days this year. One reason for this is that due to huge volume of trading through the site and the local networks that have formed, there seems to be less demand for large trade days. However, members have very successfully organized their own trade days, clothing swaps, craft and beauty days, and it is hoped that by reducing the "official" LETS events, the calendar will be free enough to encourage more of this. Please do remember to advertise any such events on the 'announcements' page and I hope to see you at an event this year!

Fiona

Fiona Thornycroft

"If you find a path with no obstacles, it probably doesn't lead anywhere." -By Frank A. Clark



Important

Levy Rate

The CC LETS levy is currently set at 4%, raising between 700 and 1000 shells per month. This covers payment for all those who do admin work and other items such as the hire of the bouncy castle at Kariong trade days.

The CES- who host and manage the site we all use- will be charging a 1% levy on all our transactions from 1st March and the CC LETS levy will be raised in line with this.

Report on February 13th Trade Day – by Shauna Norman

I thought being a dual member of both Hunter LETS and Central Coast LETS, I would write a small piece about the great market day I just attended at Vanessa Miller's (and her very hospitable husband's) property out in the Laguna area. Vanessa and I met on the Central Coast when we were both residents there. Vanessa was at the time living in Hamlyn Terrace and I was in Gorokan. Now, here we are virtually neighbours again in, I guess what you would call, the western area of the Hunter Valley.

What a great Trade Day it was. One of the best I have been to. The rain held off and we got to share a lovely hot lunch together, either indoors or out in the picturesque country air. Some productive networking, friendship making and brainstorming for future events were topics of conversation. It was fantastic to see people had come from far and wide. I was able to catch up with our lovely Sonja, who takes care of memberships on the Central Coast and who I had not seen for a long time. I also spent some of the day traversing the countryside with Jenny, a visiting Byron Bay member visiting in the Hunter area for a few weeks. I was also quite excited to reconnect with Jita Singh. Jita is willing to travel up here to give dance workshops. Have you danced with/ or seen this lady dance? She is awesome and her family is simply gorgeous.

All in all I believe there was trade between 4 or maybe 5 LETS exchanges. More members means more trade for everyone so a win/win for all. Well done Vanessa for great promotion, hospitality and yummy food.

I had a very successful day coming away with numerous herbs and spices, as well as sauces, tea leaves and roasted coffee from the LETS Kitchen. I also traded some clothes and other bits and pieces I took along with me. Walking in the door of Vanessa's lovely home, I sighted a grand old desk and it was a freebie...thankyou again Vanessa. I also scored amongst my incredible trades a hat stand and a really cool Pony tail plant in a handsome black ceramic pot...thankyou Lachlan. Four people also booked in for reflexology sessions with me in Cessnock...thankyou ladies.

We have many exciting and wonderful plans for the Hunter Valley community and are hoping to receive the continued support and involvement from all you great LETS-ers. Once again big kudos to all those involved in trading and making this a memorable LETS market day.

* Editors Note: Individuals will only be permitted to have one CES account, so those people who have accounts in more than one CES group will need to decide on one group. Since CES groups can trade freely between each other, only one account is needed.

A Big Thankyou for contributions to this Newsletter, goes to...

~ Fiona Thornycroft	~ Ann Marshal
~ Caroline Bohlsen	~ Sonja Halton
~ Shauna Norman	~ Margaret Blundell
~ Sue Taylor	~ Marilyn Tape

Thankyou very much to each of you. Your contributions are appreciated and help to make this a real NEWSletter. Ed.

Trade Day @ Sonja Halton's Place

Date: Sunday 6th March

Time: 10.30am- 2pm

Place:

Cost: Stalls 2 shells each

I will have on offer for shells- plants, baby, children's and adult's clothing, and some household goods.

Tea and coffee will also be on offer for 2 shells per cup.



Vege Plant hint

When pulling up (harvesting) carrots or beets...if some are not quite mature enough, just pop them back into the soil and they'll keep growing. Voila!!

Needed- Moving Help

End of March/early April, we are moving 3 streets over. We need a truck and some helpers. Willing to pay shells and some cash.

~ Sonja Halton

Report on February 20th Trade Day @ Tumbi Umbi - by Margaret Blundell and Marilyn Tape

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About 18 adults and 3 children attended the Trade Day- a rather disappointing result as Pamela had expected a lot more and had gone to the trouble of moving the ponies from the lower paddock so we could use it as a car park. Maybe Warren and Cheryl's garage sale at Woy Woy diverted the attention of many of the LETS members who live in their area. We hope they had a very successful day.

Anyway, we all had a good time trading and socialising under Pamela's extensive verandah. As the weather was very warm Eileen and Heinz, who apparently keep swimming gear in their car, had a swim in Pamela's pool to cool off, closely followed by Pamela's dog who seemed to want to join in.

The goods on offer included; furniture, books, toys, jewellery, household goods, bric-a-brac, new & secondhand clothes, herbal remedies & consultations, a variety of plants & succulents in handmade pots,

worm juice and cow & horse poo. Margaret sold all of the goods she had on offer and even had to fend off two offers for her portable table.

After generously offering the tea and coffee free at her previous Trade Days, Pamela was persuaded (by Margaret) to add a small charge of 1 shell per cup for it. It seems a fair arrangement as payment is usually required at other Trade Day venues.

"Margaret sold all of the goods she had on offer and even had to fend off two offers for her portable table".



Above photos courtesy of Pamela Moss.

Calling all members! Positions to be filled!

Would you be able to do regular or seasonal work as part of the Admin team? In June through to September an extra person is needed to help process renewals. This is a very simple procedure which, as with all Admin roles, can be done in your free time at home.

I have been the main Administrator for over a year, but will not continue beyond the end of 2011. From June I intend to do "help desk" jobs only. This position is less daunting than it may sound as several of the jobs have already been handed over. Now would be a great time to enquire about this position as it would allow plenty of time for handing over. If you are interested in either role (paid in shells) please contact me.

~ Fiona Thornycroft

~ When making Pumpkin Soup add to the pumpkin while cooking:

1 medium Tomato

1 medium potato

Use Vegeta as stock

- You will notice the difference with or without the cream to finish.

NOTE: If freezing soup, do not add the cream. But add the cream when re-heating.

Submitted by Sue Taylor.



To save money in the garden, let your imagination run wild and re-use anything and everything. I use a couple of old screen doors picked up for FREE at a garage sale for my climbing snow peas.

Words from the Editor– Phoebe Taylor

Wow, this year is flying by already. I hope you have all had a positive start to the new year. My year is looking better than last year already. However I must apologise for this edition of the Newsletter being late. There are always obstacles– hence the quote I placed on the front page.

Due to my car being un-registered (and then I got the flu) I have been unable to attend any of the Trade Days so far this year. Also due to my internet at home being cut off I have not really been trading.....and boy I am having withdrawals.

The next Trade Day on the LETS calendar is at Kariang Hall plus Eco Gardens. It is on Sunday 1st of May between 10am-1pm. Hope to see you there!

I would like to thank all the members who have contributed to this issue. Although I would like to see even more and a wider variety of members contributing. How do you feel about all of us *having* to purchase a digital television?

Has a LETS member you know had a new baby? Is there a service you just cannot source through LETS that you would like to see? What do you think about the carbon tax possibly coming in? Have you got any suggestions for future Trade Day themes?

Here are some suggestions of things which members could contribute to our next Newsletter:

- Favourite Recipe
- Sustainability Tips
- A thankyou to another LETS member for going above & beyond
- Quotes that capture the spirit of LETS
- Interesting information you have come across about in LETS groups (do you know someone in another LETS who would write a feature article for us?)
- Do you know any LETS or CC LETS history?



Please email me with any article or info you would like included in the next Newsletter.

phabpheed@yahoo.com.au

Would you like to view past Newsletters?

Go to top right hand side of the CC LETS homepage.

Click on the [green click here](#) option.

Happy reading! -Ed

Rates and charges.

There is a maximum rate of 40 shells per hour plus a 50/50 rule within Central Coast LETS.

Rates do vary, so the two people trading must agree on a rate before the transaction takes place. You can also add shells per hour for travel if necessary.

There is a maximum allowed mileage fee for deliveries.

0.30cents per kilometer was agreed as a cap for the group.

Early Bird Special

* To save on your renewal fees, renew by the 1st July to get the early bird special. You can save \$10. For more details, please see front page article by Fiona Thornycroft.

Trading between LETS systems opens up a whole world (literally) of possibilities! Even though LETS is really about local trading first and foremost, the fact that a lot of LETS groups use the same web-based system means that you can trade with members of these systems all around the world.

Here is a real-life example: I recently did some work up in Newcastle so I thought I would see if there was anything I could buy on LETS up that way (preferably spending as little on extra petrol as possible so I looked for members near to where I was working and staying). I was delighted when I found that there was a member (Greg O'Brien) in Mayfield who offered pushbike repair services! My poor pushbike had been sadly neglected and really needed some TLC. So I made arrangements with Greg before I headed off from home and took along my bicycle, dropping it in to Greg after I had finished work. It was ready to pick up after work the next day! He only charged me 20 mollies (which converted to 20 shells). I can only imagine how much I would have paid in cash if I had taken it in to a bike repair shop!

How to trade between LETS groups:

To look for offerings in other groups- click on “offerings” and change the group.

If you are the buyer, then the seller needs to enter the transaction. If they have not traded between systems before, they may ask for your assistance. If they do, just send them a copy of these instructions and they should be right as rain!

If you are the seller, then to charge a buyer in another LETS group, just select “Enter a Transaction” and change the group to the buyers Exchange and look up their account by choosing their ‘surname’ from the list and enter the trade as you normally would.

Black-eyed Beans, Tomato and Rocket Salad

Ingredients

- 1 cup (200g) dried black-eyed beans (substitute with Cannellini Beans)
- 175g baby green beans
- 1 medium Spanish onion, sliced thinly
- 250g cherry tomatoes, halved
- 250g yellow teardrop tomatoes, halved
- 100g baby rocket leaves

Lemon and Basil Dressing

- ¼ cup (60ml) lemon juice
- 1Tbsp olive oil
- 1Tbsp Dijon mustard
- 1 clove garlic, crushed

Method

- 1) Cook black-eyed beans in medium saucepan of boiling water uncovered, about 30 minutes or until just tender: drain. Rinse under cold water; drain.
- 2) Meanwhile, boil, steam or microwave green beans until just tender; drain. Rinse under cold water; drain.
- 3) Place ingredients for lemon and basil dressing in screw-top jar; shake well.
- 4) Place black-eyed beans in large bowl with remaining ingredients and dressing; toss gently.

Serves; 4

Preparation time; 20 minutes

Cooking time; 30 minutes

Per serving- 0.8g saturated fat- 219 calories- 26.3g carbohydrates- 15.3g protein- 11.2g fibre

Next Trade Day- Kariong Hall and Eco Gardens, Dandaloo Street (off Woy Woy Road) (theme to be advised)

For details and to **register your stall** for this Trade Day please contact Libby: lzbethbourke@yahoo.com.au
If you do not register for a stall at Kariong, you may miss out. When arriving, please see Libby who will allocate you your space. *And don't forget to bring a table to set up on!*

* For any queries on the day please see: Libby Bourke.

Shells are as Valuable as dollars!

When you advertise your goods, services and skills for 100% shells you are sure to get a trade. Some members are more likely to trade with the 100% traders. Some members who always offer their skills, services or goods, then ask for another member who quotes 50/50, most often than not, will not go ahead with that trade, simply because of the principle of the matter.

Trading 100% is great for the growth of the LETSsystem. At the same time it is a clear demonstration to non-members and new members of the benefit of the system.

With 100% LETS trading, many of our members who may be on low cash income, pension or benefit, are able to purchase luxuries (like massage or craft items/giftware) which they may not have had in along time or ever before....until LETS came into their lives. For that matter even get their house painted, for dollars for the cost of the paint and shells for the labour. A huge cost saving! And a house looking fresh and new. Why not then pass on the benefits of 100% trading to LETS members and trade 100% shells yourself?! Do your best to provide goods and services for 100% shells and expect the same service from other traders where appropriate.

When trading 100% shells some members have remarked on how good they feel when they buy and sell goods and services for entirely shells. Most members left the No-Money Market with smiles on their faces at getting goods for shells only. Remember, what you give out will always come back multiplied 100 fold. So give out the good, positive and quality and that will return to you 100 times. Question members who are trading 50/50 without apparent need. Let them know the benefits involved in 100% trades.

As 100% shells trading continues, it will strengthen our currency and out trading system.

Happy 100% Trading.

Annual membership is due by the 1st of **July**. The fee just \$5 if you pay on time- by 1st July 2011 (please refer to front page-Fiona's article re: cost). Payment can be made by bank deposit, cheque or PayPal. LETS bank details are as follows:

Direct deposit: Newcastle Permanent

Account Name: Central Coast LETS

BSB: 650 000

Account Number: 9819 48500

Please ensure you **use your surname as a reference** on the payment so it can be matched with your application.

Credit Card payments can be made via PayPal and sent to info@centralcoastlets.org

OR our postal address is PO Box 3151, Umina Beach, NSW 2257

My Mum always taught me...

*"Never put off 'til tomorrow what you can do today".
~ Ed.*

My Mum always taught me...

"Two wrongs don't make a right". ~ Ed

I have learnt by myself...

If you have sensitive skin, don't pluck your eyebrows just before a job interview. ~ Ed

Did you know...contributed by Caroline
Bohlsen

Did you know...

... that from approx 2000 to 2006 Hunter LETS included the Central Coast area?

... that there is a "stats" link on your homepage when you log in where you can find out the following interesting information:

... that Sydney/Illawarra LETS trade in "operas", they have 868 active members and have traded an average of 3,287 operas per month since 2003?

... that Hunter LETS trade in "mollies", they have 179 active members and have traded an average of 3,540 mollies per month since 1994?

... that Central Coast LETS has 243 active members and have traded an average of 15,677 shells per month since 2007? This means we are very active traders - keep up the good work everybody!

... that the Community Exchange System (the website which helps us keep track of members trades and balances) lists 230 LETS systems around the world, and Australia has the most (23%)?

... that you can trade with members of any of the LETS systems on the CES? You may have had the chance to see this in action at the "Love Thy Neighbour" trade day at Kariong last year!

Workshop for LETS—by Ann Marshall

We have had a summer of droughts, floods, cyclones and bushfires. Professor Ross Garnaut fears that extreme weather conditions will get more frequent with Australia being one of the countries most affected by climate change. Professor Penny Sackett, the Chief Scientist of Australia urges us to act now to reduce our emissions of carbon.

Time for reducing greenhouse emissions from fossil fuels is fast running out if we want to preserve the quality of life for our children. We are endangering the eco systems on which our survival depends.

Australian politicians from the major parties are not acting seriously or quickly enough to prevent or deal with such catastrophic events as those which affected so many people in the last few months. Politicians do not lead, they follow public opinion so our future is in our hands.

Many other countries are way ahead of us in innovative environmental actions even though Australia is in the best possible position in the world for the use of clean energy and for leading the developing world. Much of the best Australian technology has gone offshore because of a lack of interest here.

Some other countries have made major changes while here we have hardly scratched the surface. London plans to reduce CO2 emissions by 60% by 2020, has a congestion tax which is used to maintain bicycle paths, public transport and now 500,000 less people drive into the city daily. Sweden has had a carbon tax for 15 years and Stockholm plans to use no fossil fuels by 2050 but may reach this target in public transport and heating by 2020 and Chicago has one million acres of green roofs which absorb heat and CO2, decrease water run off, insulate the buildings and shelter plants and creatures. There are now 32 countries which have put a price on carbon.

Answers to greenhouse gas emissions lie in technology, much of which is already available, changes in attitudes and the political will to look after our planet.

We need much more invested in renewable energies, better use of energy, (an industry group the Energy Efficiency Council, says Australia could save \$700 million by energy efficiencies) major nationwide transport plans, better agricultural methods, preservation of good food growing lands near urban areas and protection from mining, reduction of consumption of material goods. All of this and much more can start with the individual.

We can hold a workshop on how each of us can act in the home, in our community, in the state nationwide and internationally. LETS is exactly the kind of grassroots organization that can be a catalyst for change. If you are interested in a workshop we can have one in April at Holgate or a venue near Woy Woy. 20sh each and a couple of dollars for printouts and we can share what we know.

Ann Marshall . Email ajfmarshall@hotmail.com

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Etiquette

Respect- all members. Try not to judge a book by it's cover and have patience as everyone is different.

Etiquette- is a 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. Some people need to print these out and find it a waste of paper. Perhaps try using **bold** and *italics* instead. Also **ONLY** 10 postings allowed per week from each member.

Permission- do not debit any members 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, our community and beyond.

Trades- please make trades from beginning to end of 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.

LOCAL EXCHANGE
TRADING SYSTEM

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Joke Spot

- Water is just coffee that hasn't reached it's full potential.
- If you don't like where you are, then change it! You are not a tree.
- I'm not a bad driver, I just like giving the gift of near-death experiences.