



Maleny LETS News

The UpFront Club. 31 Maple St, Maleny (PO Box 400, Maleny 4552)
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Website: www.community-exchange.org

Editor: Gay Liddington ~ Email: visionpower@aapt.net.au

August 2009

Reminder!

LETS MEMBERSHIP RENEWALS

\$15 & 10B

Now Due!

LETS "Office" at the
Upfront Club
Tue/Wed 10am-1pm

or pay into LETS
MCU A/c 685-S1

Description:
Your name!



LETS AGM

Upfront Club
...outback

Saturday
31 October

1.00pm

*You are invited
to come at 12
noon to join us
for lunch*

'LETS' in Brazil

by PoMei Kwong

After spending almost one year travelling the country of Brazil, I have returned with renewed inspiration and enthusiasm for our local trading system.

When you think of Brazil, what are some things that come to mind? Perhaps it is the gaiety of carnival or dances of passion like the bossa nova and samba. Brazil often evokes images of the Amazon, its water falls and rainforests with exotic flora and fauna. Or could it be the spectre of corruption that colours your view?

Have you ever thought of Brazil in terms of its social economy or even economy with solidarity?

The *economy* with *solidarity* is more than just an alternative for a country shaped by the divides between social classes. It is an essential tool for survival. It was common to hear of social enterprises such as cooperatives, mothers' groups, social fair traders, art/craft circles, prisoners social business activities and more. Although I felt inspired by these endeavours I was keen to meet with LETS groups and also experience their markets!

I came across a program called 'Banco Palmas' which translates as Palms Bank, up in the northeast, the state of Ceara. It is a community based bank with social money. This is when I really understood that LETS is part of a bigger picture in Brazil. The entire community trades with 'palmas' - even the supermarket and bakery! Members can also source a loan to start a small business!

Can you imagine a community bank in Maleny based on bunyas? Can you imagine buying your supermarket groceries for bunyas?

The *quantum leap* of the Brazilian social economy was in facilitating world social forums. These presented ideal opportunities for articulated discussion among isolated groups, organizations and social entrepreneurs. It was organised by a national body connected with local groups agreeing on a common platform: demand to the president and government bodies to support social economy and local development.

The community fusion in Brazil demonstrated to me that all things are possible. When I was about to leave to travel back to Australia, I also became aware that two more Community Banks were being set up in São Paulo plus many other social enterprises were unfolding.

Although I bring back much good news from the other side of the world, I am extremely happy to be back in Maleny...home, sweet home!

PoMei
A big fan of LETS and LIFE!

(see photographs overpage)

MEMBERS' PAGE

Please contribute to your newsletter!

I invite letters/feedback to the editor, a favourite recipe, a poem/story/anecdote or special quote. Have your say - this is your space.



Banco Palmas, Ceara - Northeast Brazil.



Escambau, a LETS Market organized by a social group in Brasilia.

Hello to LETS members, my extended Maleny family.

I wish to express my appreciation to those who, by their thoughtfulness and acts of kindness, make my life a more pleasant and fulfilling experience.

As always Bill again kindly offered to take me to the June market. I know that he wishes to help me but also has a strong desire for LETS to prosper. Thank you to Bill for the assurance that I am not alone. I am comforted by your thoughts.

It had rained heavily all night and so I decided to stay home in favour of a warm room and painting cards. Even so, I felt I would be missing out of the market goodies including fresh fruit and vegetables. However, luckily for me, Debby phoned and reported what was on offer. She said she would gladly make purchases on my behalf and deliver the goods to me. I gladly accepted and was thankful for Debby's thoughtfulness.

My heartfelt thanks also go to Jason who sent me home a lovely book on Australian wild flowers.

Later, Jeannie arrived at my home with lots of things I needed including a tasty cake. We ended up having a cuppa, sharing cake, exchanging plants and good conversation. We then traded some more. By that time the rain had stopped and my visitor headed back to Nambour. Jeannie, thank you for your visit - it was pleasant to get to know you.

Next on my thank you list are Bob and Laurel who used their time and expertise to groom my computer. This has enabled me to have fun and enhanced my usage of the machine. I so appreciate their attitude of service and the fact that they traded 100 per cent bunyas.

Then there was Franklin, a member I met for the first time. He squeezed me into his busy schedule just to help out with my computer. Without his assistance, I would have been greatly inconvenienced and at a loss. A kind gentleman, Franklin gave what for him was probably a little thing but for me it was much more.

Also, I wish to acknowledge the good work of our newsletter editor Gay who has been doing this job for many years. Your work is much appreciated dear Gay.

The last thank you is for all the other *invisible* members who put in a lot of thought, time and effort to enable members such me to continue to benefit from the existence of LETS as I have since 1992. I appreciate your dedication.

Lovingly,

Ludmila



FROM THE OFFICE with Ann Jupp

MEMBERSHIP RENEWALS - NOW DUE: The new Membership year has well and truly started. We remind members who have not yet paid their renewals (\$15 + B10) that they can do this by visiting us at the Upfront Club any Tuesday or Wednesday between 10 a.m. and 1 p.m. or by Direct Debit from their bank account to our account number 685-S1 at Maleny Credit Union. If you do a Direct Debit PLEASE MAKE SURE YOU TELL US WHO IS RENEWING IN THE DESCRIPTION FIELD. We have had a couple of instances lately where we had to go in to the Credit Union to track down who it was who had paid.

MEMBERS' MANUAL: This has been added to our site on the CES web page along with the current newsletter. If you have any queries about how to operate your account in LETS the answers will likely be in this Manual. If not, please phone us or call into our *portable* office at the Upfront Club.

WORLD ENVIRONMENT DAY: Maleny and Sunshine Coast LETS were both present at the World Environment Day Festival at the Sunshine Coast University. We were in the Transition Towns area beside the Sustainable Maleny display. Thanks to members Anni, Sammy, Kaelana and Ann, who assisted on the day with setting up, handing out brochures and chatting to people about LETS. The festival, extensive in size, was most impressive with its innovative displays and green initiatives.

MALENY COOPERATIVES FESTIVAL: The Maple Street Cooperative will soon be celebrating its 30th birthday along with the Maleny Credit Union which has chalked up twenty-five years of operation. These organisations will showcase a week of cooperative activities beginning with an Open Day at MCU on Thursday, September 10, followed by a Birthday Dinner on Friday, September 18. Stay tuned for further information.

MARKETS: Arcadia Love hosted a market on June 27. This was followed by another at Ella Linwood's place on August 8 - many thanks to those who open their homes for our markets and to members who come along to trade. These markets provide an avenue for members to participate in a friendly social occasion as well as an opportunity for a bargain or two. The next market will be announced via email when we have a firm date. A reminder: The SUNSHINE COAST LETS MARKET is a regular event on the last Wednesday of each month at the Nambour Community Centre, Shearer St (off Howard St.), Nambour. It runs from 10.30am – 12.30pm. Maleny members are most welcome.

NATIONAL LETS CONFERENCE: The conference will be hosted by Sydney and Illawarra (Wollongong) LETS and held in Sydney on the weekend of October 24 – 24. This date is rapidly approaching so now is the time to begin making your arrangements. If you'd like further information please phone Ann Jupp on 5494 2619 or the LETS Office on 54943113.

NEW MEMBER PROFILE

Angela Vivian



I have been involved in the health industry for over twenty years. Working as a registered nurse and holding a Bachelor of Science in physiology has provided me with an extensive knowledge of the human body. Through my desire to provide a more holistic approach to health, I have also completed a Certificate IV in Kinesiology. I apply this perspective of both traditional western and alternative medicine to the kinesiology balances I facilitate. I am especially interested in creating awareness and empowering clients to move forward in their lives to achieve the life they wish. My method allows me to work with people who are unable to communicate: babies and even animals.

What is Kinesiology?

Kinesiology tests the function of the muscles to access information about the persons overall state of physical, emotional, mental and spiritual health. The muscles are directly linked to both the conscious and subconscious areas of the brain via the nervous system thus I am able to use their responses to understand your issue more fully and holistically and create awareness of contributing unhelpful patterns. Kinesiology considers health issues are the outcome of blocked or imbalanced energy flow. In a consultation I will identify the nature of the interrupted energy flow, any factors contributing to this, establish your body's priority healing needs, and then use connections that facilitate your own healing process.

Sadhana Kinesiology – www.sadhanakinesiology.com

E: sadhana.kinesiology@gmail.com P: 0418 738 591

(See advertisement this issue)



Bunya Markets Thrive

Produce, plants, haircuts, massage! There were fresh herbs, homemade cakes, hand painted cards, kinesiology and the usual surprise package of bric-a-brac. And more!

The markets, hosted by Arcadia Love (June) and Ella Linwood (August), provided much more than a trading venue for LETS members. They brought people together for a social experience. These events provide a physical cohesiveness to LETS that leave members wanting more. Thank you to all who participated.

Note from Ludmila: I just walked home from our August LETS market. It was lively, lots of health food, health gadgets and so very fresh vegetables. Now I know from whom Debby bought the vegetables at our June market; it was Ella who grows them. Thank you, Ella.

Bill took me and my wares to the market. He also provided a table and set it up for me. Bill came back later and picked up all the many and heavy things I had purchased which he later delivered to my house. Thank you Bill.

NEXT LETS MARKET ~ Hosted by Ludmila
 Saturday, 10th October, 9am – 12noon
 70 Tamarind Street, Maleny

COMMUNITY ASSISTANCE FUND

The LETS Community Assistance Fund exists to support those in times of need or crisis. It might be that you are a member who would like to access some of the excellent services listed in LETS but do not have the resources to do so. Or, you may be a member who wishes to gift goods or services to a friend who needs support.

Do you have Bunyas in abundance? Please donate to the Community Assistance Fund!

Australian National LETS Conference

24–25 October 2009 ~ Sydney

Hosted by Sydney & Illawarra LETS

Plan now for an inspiring and informative event!

WELCOME NEW MEMBERS





Angela VIVIAN	Ph: 5429 6258 Mob: 0418 738 591	# MALO0014
Offers: Kinesiology Treatments/Tertiary nursing and health, physiology tuition.		
Aust Institute for Community Currency ' Baroon Dollar'	Ph: 0410 815 925	#MALO0015
Offers: Community Currency Development; Business Development. Micro-finance		
Josette SIMON	Ph: 5494 2557	#MALO0016
Offers: Intuitive Healing. Conversational French and Italian; Inspirational Holistic Healer		
Kylie DEAN	Ph: 0401 587 048	#MALO0018
Offers: Weeding/Garden; Care/Child Minding		
Karon BEATTIE	Ph: 0416 231 750	#MALO0019
Offers: Asthma Coach; Cancer Coach		
Judi PARKINSON	Ph: 07 3862 2488 Mob: 0409 372 218	#MALO0020
Offers: DVD Moments in Lavender; Read Stories; Write Letters		
Rosemary & Christopher TWIDLE	Ph: 5494 3541 Mob: 0430 395 324	#MALO0021
Offers: Musical Instrument Making and Repair; Cakes; Plants; Babysitting		
Dean GRACE	Ph: 5435 8614 Mob: 0408 756 904	#MALO0024
Offers: Babysitting; Dog Walking. House Sitting. Gardening; Garden products		

Invitation

To "The Welcome Mat:" – make new friends and meet old ones. New residents in Maleny district very welcome! Come on your own or bring the whole family ~ No experience necessary!

Fun-draiser Board Games Night
\$5 - Proceeds to the "Building Community" Fund

2nd Thursday of each month – next one on
Thursday, 10 September 
\$12 Dinner (optional) from 5.30pm 

Games (optional) from 7pm or as early as you wish. Please bring your own board games if you have them!

The Upfront Club, 31 Maple St, Maleny
Please book: Terri Bates 5435 2667 tkbates@gotalk.net.au

Do you want to return to optimal health and wellbeing?

Sadhana Kinesiology can help you achieve:



Physical health & pain alleviation
Psychological & Emotional wellness
Allergy & Nutritional balance
Behaviour & Learning improvement
Improved Neurological Function
Energetic Balance
Personal Growth
Improved Performance
(sports, work, school)

Angela Vivian
Cert IV
Kinesiology
R.N. BSc
(physiology)
Member
ATMS
AKA
Fund Rebates

0418 738 591

sadhanakinesiology.com

Clinics in Maleny & Monville ~ 50 - 100% bunyas

Mind-Body Psychotherapy

Available Maleny 50% bunyas, other locations by negotiation % LETS

In personal sessions, work with your mind-body connection to bring emotional healing and spiritual growth.

Use your breath, body movement and expressive therapies to gain insight and heal your issues at their core.

Suitable for healing post traumatic pain, for rebuilding boundaries, moving beyond anger, healing shame and arising into your powerful potential in the light of life.

♥♥♥ GROUP SESSIONS ♥♥♥

In group sessions learn self care techniques to develop emotional wellbeing and resilience. Emotional wellbeing group and workshops available for 50% LETS including 'EMOTIONAL WELLBEING – CONNECTING WITH YOUR HEART' at Chenrezig Institute ~ \$40 and 45 Bunyas

Contact Ruth Donnelly, Holistic Counsellor and Reiki Master on 0409 564 276

Email ruth@ruthdonnelly.com.au

Reiki Attunements & Training

Celebrate the joy of energy healing

Reiki helps you connect more deeply within, to find a breathing space from which you can then connect with others

Reiki 1 ~ Hands on Healing – simple effective, Connecting and sharing. A wonderful way to care for yourself and to support the wellbeing of those around you.

Please enquire regarding dates
Chenrizig Institute, Sunshine Coast
\$75 and 75B



Reiki 2 ~ Deepen your experience with Reiki and learn to send healing energy across time and space, to people and situations in need

Chenrizig Institute, Sunshine Coast
\$125 and 125B

Reiki 3 ~ October 2009

Other dates and locations available upon request

Contact Ruth Donnelly, Holistic Counsellor and Reiki Master on 0409 564 276
email ruth@ruthdonnelly.com.au

BARUNG NURSERY

producing a wide range of affordably priced
local native plants of the Blackall Range



**25% Bunyas on
standard retail
price of plants**

Working for our Future

Barung Landcare Nursery
26 Porters Lane, North Maleny Qld 4552
Open: Wed, Thu, Fri – 9am to 3pm
Saturday - 9am to 12 noon
Phone: (07) 5494 3151
Email: info@braunglandcare.org.au

Join us at

The UpFront Club

Fine food, great music
& a friendly atmosphere



Open 7 days from 7.30am
(Kitchen opens 7.30am)
Evenings: Mon, Thu, Fri, Sat

MUSIC! MUSIC! MUSIC!

Monday, Friday and Saturday nights



WATCH OUT

FOR
"RATHER BIZR'S"



100% BUNYA BASKET

From the EDITORS DESK

LETS and HEALING

I am aware from my own experience and from what others have shared that being able to access professional body/mind practitioners through LETS has played an integral part in their healing process thus improving quality of life without the burden of financial stress.

Are you aware that Maleny LETS offers more Body/Mind Services than any other LETS system in Australia:
Counselling; Kinesiology; Cranio-sacral Therapy; Massage; Acupuncture; Meditation; Meditation; EFT (Emotional Freedom Technique) Practitioner;
Fitness Training; Asthma & Cancer Coach; Reiki; Shiatsu;
Psychotherapy; Stress Management and much more!

A pensioner member said, "I feel so blessed that such professional people are part of LETS. I am able to have treatments that otherwise would not be available to me."



Check out the Body/Mind practitioners who support you through LETS and inspire each other to be well in mind, body and spirit.

THE SOLUTION SESSIONS



Monthly Discussion with Jenny Fitzgibbon and friends

100% Bunyas for the discussion we have to have! (5 bunyas or \$5)

**Every 4th Wednesday at the UpFront Club
6pm 'til 9pm**

**Politics/Ethics/Environment/Life
Community Infotainment**

**Book your fun
or deadly serious Soapbox Spot
with Jenny Fitzgibbon on 0400 384 803**

Book at the Upfront Club on 5494 2592
Food available

NEWSLETTER DEADLINE

Submissions for the next newsletter need to be at the office (if you are not online) or emailed directly to Gay at visionpower@aapt.net.au by 11 November.



- BUNYA CLASSIFIEDS -



ACCOMMODATION WANTED

Cabin/granny flat or similar wanted urgently for professional female, quiet, non-smoker. Up to \$150 per week (part bunyas great but not essential). Phone: 5422 9525 evenings.

SERVICES

Hello Maleny LETS community. I am looking for organic gardening work. No chemical sprays and as weather allows. Work for direct exchange or LETS within close travelling distance to Landsborough/ Maleny approx. 25 kms

Jason Carmichael
Phone: 5494 1913

EFT PRACTITIONER

(Emotional Freedom Techniques)
100% Bunyas

EFT is wonderful for pain relief for people and animals.

Use EFT to free yourself from mental or emotional blocks so you can move forward in life. It is simple, easy, usually painless, often profound. EFT helps us to change the way we respond to events/thoughts/things.

Phone: Kaelana on 0421 445 279 or skype a1kaelana

SERVICES

This column is made available free to those members offering a SERVICE for 100% Bunyas

ORGANISING PUBLIC EVENTS

for COMMUNITY GROUPS
100% bunyas
Laurel Wilson ~ Phone: 5435 2333

DOG WALKING



NATURE WALKS

WILDLIFE ADVICE

Call Susie & Barry



Phone: 5429 6622 ~ #1910

Terri Bates (Dip.Couns.)

Registered & Insured Counsellor

Counselling
Conflict Mediation, Resolution,
Communication
Clarification & Strategising

75B ~ 1.5 hours

Phone: 5435 2667

SERVICES

This column is made available free to those members offering a SERVICE for 100% Bunyas

Bowen Therapy with Ingrid Mozart. Ph: 5494 2520

***Consultation** on ecologically sustainable building and renovation. Ph: Karin - 5494 4660

* **Editing**, 30B per hour
Mary Garden – Ph: 5494 9797

***I.T. Services:** Ph: James on 5429 6589

FOR HIRE

BOX TRAILER

100% Bunyas

50B – day OR 75B – weekend

Ph: Alex on 5492 9842
(Mooloolah)
#6664

100% BUNYA TRADERS

If you would like to be included on this list please phone the Maleny LETS Office

Kaelana – Ph: 0421 445 279. EFT (Emotional Freedom Techniques) Practitioner

Terri BATES (Dip.Couns.) – Ph: 5435 2667: Counselling; Grief & Loss; Relationships; Life Changes; Identity; Disability; Anxiety; Women's Issues; Inner Child Work (It's never too late to have a happy childhood); Motivation; Conflict Mediation; Resolution; Communication; Clarification & Strategising # 2667

Chris OKANE B Com (Appl Pych), Hons Dip Craniosacral Therapy, Dip Remedial Massage, Member PACT – Ph: 0437 744 088: Craniosacral therapy; Counselling & voice dialogue; Therapeutic & rhythmic massage; Relaxation & meditation; Stress management ~ # 7152

Margaret WILLIAMS – Ph: 0433 916 451: Illustrator – tuition ~ #1821

Kathy SHACKLEFORD – Ph: 5439 9573: Hawaiian Massage and other therapies ~ #1405

Mary GARDEN – Ph: 5494 9797: Editing – 30B per hour ~ # 75

Susie & Barry DUNCAN/TRAILL – Ph: 5429 6622: Dog Walking; Nature Walks; Wildlife Advice #1910

Alex MITCHELL – Ph: 54929842 (Mooloolah): Cheap second-hand kids clothes 0 - 4; Box trailer hire # 6664

Tommy LEONARD – Ph: 0409 264 276: Troubadour; CD – Spiral of Change # 107

Clare & Paul RUSSELL – Ph: 5429 6662: Handmade cards (general, Christmas) # 9953

Robin CLAYFIELD – Ph: 5494 4707: Gifts for Wild Women: Book 30B; Set (Book & Cards) 70B # 7171

RATHER BIZR – Maple Street, Maleny: Check out the 100% Bunya basket ~ #2402

YOU MUST BE A LETS MEMBER TO ADVERTISE IN THIS NEWSLETTER

While it is preferred that you trade in 100% bunyas, part bunyas/part \$\$ is acceptable

LETS Newsletter Advertising

Classified Rates...

Lines Ad	2 B per line
Single Column	2 B per cm
Double Column	4 B per cm
1/4 Page	25 B
1/3 Page	30 B



LETS MARKETS

Offer your place as a gathering for a LETS Market and be rewarded with a day of fun & friends.
Phone the Office on 5494 3113 to book.

LETS OFFICE HOURS

at THE UPFRONT CLUB

<i>TUE</i>	<i>10.00am - 1.00pm</i>
<i>WED</i>	<i>10.00am - 1.00pm</i>

If you wish to leave something for LETS out of the above office hours, please place your notice in an envelope marked 'LETS' and leave it in the 'red box' which is on the wall to the right of the door at Maleny Credit Union.

MONTHLY LETS MEETINGS

Usually the second Wednesday of each month at 2pm (confirm with the office). The next meeting is 2pm, Wednesday, 9th September at the UpFront Club

Come along for a cuppa and chat
MEMBERS WELCOME!

LEARN NEW SKILLS

Would you like to work in the LETS Office?

Payment in Bunyas Full training provided

Four hour shifts available once a week or once a fortnight

It's Surfer Grandma!



Do you have something to sell?
(Bunyas or part Bunyas)
Is there something you want to buy?

Is there a service you seek?



ADVERTISE
on the LETS NOTICE BOARD
located at

The UpFront Club

Please present your ads clearly and neatly and remove them when the ad is no longer valid

LETS GIFT VOUCHERS

Treat your friends
Increase trading
Give a Gift Voucher!



Available at the LETS Office

UPDATE! UPDATE! UPDATE!

Please update your details
Personal details, offers and wants can be updated via the office (Ph: 5494 3113) or through your account with CES.

LETS NEWLETTER CONTRIBUTIONS - This is your Newsletter...

All contributions are welcome (subject to space and the discretion of the editor). Tell us about your special events - birthdays, anniversaries, etc. Share anecdotes, recipes, affirmations, poems and stories. Promote LETS. Contact Gay Liddington: Email: visionpower@aapt.net.au