



Maleny LETS News

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

March 2009

Date Claimer!

Australian National LETS Conference

**23–25 October
2009**

Sydney

**Plan now for an
inspiring and
informative event.**



**When
planting for
a year, plant
corn. A
decade,
trees. A
century,
people.**

Chinese proverb

LISTENING TO THE GRASS GROW

by Sammy Ringer

I love wet, warm summers. The vegies go ballistic, herbs become miniature shrubs and, of course, the grass and weeds have a growth spurt that smacks of being on some illicit substance!

Living on a little over an acre, I've found that keeping on top of all this growth is impossible. The best you can hope for is an amicable truce and a garden that you can walk through without a machete.

I *knew* what I was getting into when I bought the place – my theory was to get as much of the grass under mulch as possible and work steadily to get the garden areas planted up and 'maintenance free'. Ha! At this time of year, it's one step forward and two steps back (come on winter!) and I would be completely swamped by all this if it weren't for LETS. I can't afford to get someone in and pay the hourly rate that's going – but when I found a young man who works for dollars and Bunyas, I leapt at the offer.

Jason is a quiet, serious worker. Give him a task and he puts his head down 'till it's done. I told him honestly that he'd get all the jobs I didn't like doing (in other words, the yekky, hard slog sort of jobs). He nodded as though that were totally fair, steadily mowing the front verge, the steeper side bits and forking under areas of grass to make way for veggie gardens.

Without Jason, I wouldn't be able to move the large logs that need placing, I would have taken months to barrow the mountainous piles of mulch to where they belong. I would have sat down and cried when faced with digging long trenches for irrigation, tonnes of soil that needed moving and heaps and heaps of wandering Jew that needed to be laid to rest on black plastic.

I sit and look out at my garden – still a work in progress but at least a work where I can see the progress!

Thank you Jason – and LETS.

See Jason's ad
in this newsletter.
Go to Bunya Classifieds -
'Services'



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.

Dear LETS members,

I wish to acknowledge all the members of LETS for keeping LETS alive! I wish to thank the hard-working ones, whom I have not yet met and, to express my gratitude to the ones who directly helped me to benefit from the existence of LETS:

♥ Thank you Ann, for helping me write my ad short, clear and to the point (unfortunately, nobody responded to it).

♥ Thank you Carmel, for finding Peter Doyle to erect the shade on my veranda - that was something I could not have done since I did not see his name in the Offerings List. Thank you for doing such an excellent job.

♥ Thank you Bill for many things: for always admiring my cards, for informing me of LETS Markets and taking my wares to the location and then returning the ones that were unsold. You did it, not once, but twice. Thank you for stopping to offer me a lift to the Markets whenever you see me walking there; for being punctual and keeping your word. Indeed, we are all lucky to have your help, especially me, for without you, I would not have been able to participate and benefit from these Markets.

♥ Thank you to all those who happen to lend a hand when I am not able to be at the Market.

I wish each of you a Happy New, 2009 Year. May you all find new ways to improve your health and keep it that way! It will help you achieve your aspirations. Aim high! Think big! Be positive! Think pink! May your LETS accounts be alive and bustling and those who are dormant awaken to full steam ahead! Wall Street can't affect LETS!

By the way, just in case you didn't know, you have all been my extended family since I joined in 1992...I forget the exact date because that was in the past century!

Lovingly, Ludmila



The 'GREENS' Trade in Bunyas

The Greens were amazed and delighted to see that they still had a de-activated LETS account from a few years ago. While happily planning how to trade, the election was called! So they are taking donations of Bunyas, and will be planning ways to use them in the coming weeks. I think pre-made

dinners & massages for the candidates Jenny Fitzgibbon, Roger Callen and Garry Claridge and the amazing support team we have here in the Maleny Greens are in order - but probably better on something official like printing, stationery, loans of stuff, the manufacture of A-frames to hold the big coreflute posters on polling day, if you can think of things for which Bunyas are ideal that are currently being traded, please let us know.

Oh busy, busy! Queensland's future is Green and it will take Bunyas, ordinary money and extraordinary time!

Your good wishes, kind thoughts and cheers

Jenny
0400 384 803

Change the Climate in Parliament - vote Green 1 and then make your own informed choice.

FROM THE OFFICE with Ann Jupp

Well, your LETS team is back with new energy for the 2009 year. We hope it's a great one for all of you (with good health and happy times) in spite of the "financial meltdown". This means that LETS will be even more relevant in people's lives and so, we are preparing for a renewed interest in and demand for LETS services.

BROCHURES: We are in the process of rewriting and updating all our brochures to reflect recent changes in LETS and also our joining with the Community Exchange System (CES) network. The information brochure is now available from the LETS office. We also made this brochure available when Carmel and Kaelana recently took part in the "Frugal Living" session run by the Maleny Neighbourhood Centre. Thanks to new member Carol Oakley for her professional assistance with the layout and graphic design. Carol has also suggested that LETS become more involved in Sustainable Maleny as it fits with our ideals and we are part of the global solution.

OUR CHRISTMAS RAFFLE raised some much needed funds. First prize was won by Kaelana and runner-up was Harry Whitehouse. Many thanks to those who donated towards the prizes.

MALENY CREDIT UNION GRANT: Much to our delight we were successful in our application for an MCU Community Grant. We extend our thanks to MCU for this service to the community. We have now purchased a new laptop to replace the old clunker PC! Having a laptop will also enable us to demonstrate LETS to public and prospective members outside of the office where there is an internet connection. For example, we'll be able to set up at the Upfront Club with a coffee and enter trades for members who aren't online as well. This will mean LETS will be able to be more visible in the community. We are also looking to purchase (for bunyas) a laptop carry case...please contact the office if you can help.

FOLK FESTIVAL: Thanks to Robin and Alex who sold LETS vouchers at the Festival each day at 12:10pm. Many members commented how grateful they were to be able to get Chai, cakes and part of their meals for Bunyas, especially as their available dollars were in short supply. A big thank you to the Chai Tent for supporting LETS trading since their inception at Folk Festivals.

Mind-Body Psychotherapy

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.

In group sessions learn self care techniques to develop emotional wellbeing and resilience

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

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

Email ruth@ruthdonnelly.com.au

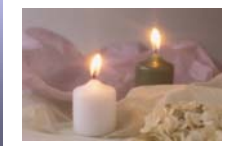
Reiki Attunements & Training

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.

28 Feb and 1 Mar 2009
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

28 and 29 Mar 2009
Chenrizig Institute, Sunshine Coast
\$125 and 125B

Other dates and locations available upon request

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



North Maleny Market

COME ALONG TO OUR FIRST LETS MARKET FOR THE YEAR!

BE A STALL HOLDER! BE A TRADER!

SATURDAY 14TH MARCH

from 9.00am to 12 noon

12 NADI LANE, NORTH MALENY

A spacious garden and cover available if needed



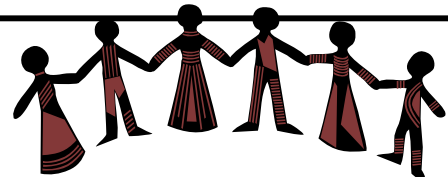
If anyone is offering massage or another service on this day please let the office know so we can inform our members.

Market Venue: Clare 5429 6662

Office: 5494 3113

If you would like to host a LETS Market experience we are currently compiling the list for 2009. Phone the office now!

WELCOME NEW MEMBERS



Sohpie CADMAN

Ph: 0432 243 520

0006

Offers: Chakra Balancing and Clairvoyance; Vegetarian Cooking Classes in your home

Phil MORLEY

Ph: 0429 348 978

0005

Offers: Health & Well Being; Education & Training; Consciousness Meetings & Devotionals; Planning Projects; Writing; Listening; Cooking; Gardening, Sustainable Agriculture / Horticulture

Jana KRINS

Ph: 5499 9552

9552

Offers: Household Tasks (general); Massage; Tutoring in literacy – prep year 10 (registered primary & secondary teacher); Mediation; Counselling – Empathy Counselling

Dianne COLLIER

Ph: 5494 4552

0226

Offers: Art; Photography

Requests: Weeding; Artists Model

Kaelana

Ph: 0421445279

#7774

Offers: EFT Practitioner (Emotional Freedom Techniques), Primary School Tutor. (Both 100% Bunyas neg.)

Anne MILLER

Ph: 5492 9119

#0003

Offers: Primary School Tutoring; Psyche-kineseology (100% Bunyas); Vegetables

Wendy OAKLEY

Ph: 54080438

#3521

Offers: Graphic Designer: newsletters, brochures, flyers, annual reports, etc; Piano Tuition.

Barry EARSMAN

Ph: 54999846

#0002

Offers: Web Design; Herbs.

Richard & Elizabeth ROBINSON

Ph: 5494 2852

2852

Offers: Registered primary school teacher

The Maleny and District "Building Community" Fund

Phone: 5435 2667

As our town's population grows, how can we keep that sense of community and neighbourliness that attracts newcomers to Maleny?

Are there ways we can get to know the new people around us?

- One existing project is the "neighbourhood picnic scheme", which helps to organise a neighbourly picnic in the park in new housing estates in Maleny (or anywhere on the Range).
- A new monthly event is the 'Welcome Mat' night at the Upfront Club (31 Maple Street, Maleny) on the 2nd Thursday of every month. This is an open-to-all comers, low-key, friendly gathering at which some people might be playing board-games but others might just be having a cuppa/dinner and watching or chatting. The point is that there is a warm welcome to anybody, whether you are a family or someone on your own, new to town or third generation! Bring board games if you have them (if you wish) as it is early days and we don't have a collection yet.

The first "Welcome Mat" night will be Thursday 12th March and it will be a fundraiser to raise money for board games and for the neighbourhood picnics scheme.

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



Thursday 12 March

\$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

From April onwards there will be a "Welcome Mat" night, including optional board games, on the 2nd Thursday of every month at the Upfront Club, 31 Maple St, Maleny. 5494 2592

The Answers Are Within You

Reclaim your
Power ~ Creativity ~ Brilliance ~ Dreams

8-week Course
starting Thursday, 16 April (evenings)

MOOLOOLAH COMMUNITY CENTRE

200 bunyas or \$200

Bookings essential: Ph – 0407 452 815
or Email: cherieandgary@aol.com

*This course is being presented by local not for profit
Worthy Cause, PO Box 393, Beerwah Qld 4519*

INVITATION

Young people 7 - 19 years
are invited to join and run their own
NEW

Community Exchange System
at www.community-exchange.org
at KIDS CES Sunshine Coast Qld
Community Exchange.

**Administrator & newsletter editor
wanted**

No admin fees ~ No debit or Credit Limits

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
17 Bicentenary Lane, Maleny Qld 4552
Phone 5494-3151 Fax 5494-3141
Email: barung@sun.big.net.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

"A TAILED RIDDLE"



100% BUNYA BASKET

From the EDITOR's DESK

Love

Love is a curious thing...
It is the highs and the lows,
The light and the dark
It is the one thing that can
tear us apart.

Love makes the stars seem brighter
The days longer, the grass greener,
Love makes us stronger.
Love is the magic that leaves us spinning,
It is the touch that leaves us grinning,
Love is the word that no words can
describe

It creates a full moon every night.
Love is the highs and the lows,
The light and the dark,
It is the one thing that can tear us apart.
Yes, love is a curious thing...
But above all, it demands that we grow.

Gay Liddington 2004

The Treasure Chest

Message from an Angel
by Gay Liddington

- ♥ Discover the treasure within
- ♥ An inspiring tale of a woman's journey
- ♥ A gift to treasure:

Includes the Book, the 'Story behind the Story', Affirmation card, packaged in an organza bag with 'treasures'

20 LETS Units – Member # 2110

check it out on
BOOK CREATORS CIRCLE
www.bookcreatorscircle.com.au/article/3/1/25

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 13 May.





FOR SALE

Please make use of this space!

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
Email: tap-in2eft@hotmail.com

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 MARKETS

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

LETS Newsletter Advertising

Classified Rates...

Lines Ad	2 B per line
Single Column	1 B per cm
Double Column	2 B per cm
1/4 Page	15 B
1/3 Page	20 B



LETS OFFICE HOURS

<i>MON</i>	<i>11.00am - 3.00pm</i>
<i>WED</i>	<i>11.00am - 3.00pm</i>
<i>FRI</i>	<i>11.00am - 3.00pm</i>

The LETS office is still located in the back room of the Hinterland Business Centre. Please use the side door to the right of the building now that the Art shop is at the front.

If you wish to leave something for LETS out of the above office hours, please place your notice in an envelope marked 'LETS' and put it in the file folder which is located on the bench to the left of the side door.

MONTHLY LETS MEETINGS

Usually the second Wednesday of each month (confirm with the office). The next meeting is **Friday, 12th December in LETS Office**

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



LETS GIFT VOUCHERS

- | Treat your friends
- | *Increase trading*
- | Give a Gift Voucher!



Available at the LETS Office

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

THIS IS A FREE LETS SERVICE

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