



SISLETS NEWSLETTER



(Southern Inner Suburbs Local Exchange Trading System)

c/o Clarence Park Community Centre
Corner East Terrace & Canterbury Avenue Black Forest 5035
Contact: Pam 8374 2531 or Peter 8276 9621
Email: theshoppe@chariot.net.au



December 2006

Editor – Pam Marshall



SisLETS Christmas Market

Saturday December 2nd 2006
10.30 am – 12.30 pm
Clarence Park Community Centre
74 East Ave, Black Forest



Christmas Gifts Galore! Free gift for everyone!

PLUS second-hand goods & clothing, homemade/handmade items, arts, crafts and craft items, food, produce, books, plants, massage, healing, music, & more!

Why not have a stall? Sites are free for LETS members!!! Please bring your own tables if able*.

Enquiries & Bookings: Peter 8276 9621

For Your Diary.....

SISLETS Market dates for 2007

Saturday mornings 10.30am-12.30pm – Clarence Park Community Centre -

February 3, March 3, April 7, May 5, June 2, July 7, August 4, September 1, October 6, November 3, Xmas Market - December 1.

trestles due to being a safety hazard. To help us out in this area please bring your own tables to markets.

**Help ! Help ! Help !
HELP needed at Markets**

Contributed by Cheryl SISA0134

- More stalls
- More customers
- More activity.

Come and bring your wares, organize jobs, meet members you haven't met before, make working bee arrangements and lists. Make orders for crafts/home produce, find out who offers which service, buy those Christmas gifts. **BE INSPIRED***.**

Come and do some trading, bring your bags and containers to buy food (cash) at the food co-op which opens at the same time. And place orders for vegetable produce Ph... 83443316 Tues 28th Nov. 2006 to place order for collection at the Xmas market (cash sale organic produce). Email:

goodfoodcoop@yahoo.com

We need your support so we want to see you at the next two markets: Sat 2nd Dec 2006 and to start the new year: Sat Feb 3rd!

And how about coming to the next SISLETS meeting with your suggestions, constructive hints and support. Without your input we

***Please Note:** The Community Centre would like to phase out use of large

cannot continue. More information contact Pam Ph. 8374 2531 or email: theshoppe@chariot.net.au (more of Cheryl's contribution overleaf)

What are markets?

Markets existed in the 17th century and beyond in Britain. People roamed the country sides meeting in small groups often in churchyards where goods were exchanged (bartering). Yes.

"Markets were essential to the community – news was passed on (Local news, events, politics), workmen were hired, cattle were sold and food was available for purchase from food stalls." (source: www.Kinross-Sunday-market.com).

What are markets like?

Atmosphere, atmosphere!

"Market History – Market Hall

Almost every town or village would have an administrative office variously styled the moot Hall, Town Hall or the Tollbooth.

These halls were used for many purposes.

Tolls were collected and standard weights and measures and scales were kept there.

Next to the church the market hall was the most important institution of the

community, serving as the headquarters, not only of its trade but also of its government and much of its social life.

Its association with commercial life of the community was symbolized by the

"Checker", the counting table at which fines for admission to freedom, town rents, and market tolls and port dues were all paid.

Most of the town halls were built on pillars and arches –open on all sides. On market

days, trading would be held underneath the first floor, which would be built from timber

with wattle and daub walls. In the early days, the roof of the market hall would

have been thatched. As the market

developed, this was later replaced with stone and slate. Then windows would

have been introduced – probably in leaded glass. Stone steps, from the outside would

reach the hall on the first floor. This could

be used as a council chamber, where sessions of the common council took place. Possibly the Mayor, alderman and principle officers of the district were seated at one end of the hall, where they would deal with the general running of the community. But it was not all solemn proceedings, wedding parties and village dances would take place on fair days, the hall would be used for the drinking of ale. On the roof of the building, there would be a bell, which would be rung on market days to commence trading and then rung at the end of the day to cease trading. Another use of the bell was to summon people to the hall.

Market history – Management.

Most markets were small in size and as far as supervision was concerned they varied according to size and importance. The smaller markets would be under the control of the Lord of the manor and his bailiff. In corporate towns, the jury of the Lord's Court controlled the market. The men or inspectors who were employed by the market were often called "Market Lookers". Their job was to see that the national laws relating to the sale of goods and the market regulations were being observed and that any offenders were delivered to the local courts. The inspectors would also inspect food offered for sale, making sure it was wholesome and the correct weight and measure. They also tested the weights and measures. From these early beginnings the modern day "Market Superintendent" or "Toby" was born.....

.....A retail market offers the individual the opportunity of business, requiring very little start-up costs." (source: www.Kinross-Sunday-market.com).

(Many thanks to Cheryl for her very interesting contribution about markets)

A Letter from Doreen

Contributed by Doreen S. SISA0190
Hello, I'm Doreen Schulz. I've been providing professional hair-cutting/

styling at Lets markets for Lets dollars for some time now.

The time change from bi-monthly to monthly markets has meant my attendance is now less regular than I wish. This is because of my commitment to the "Marion Growers and Grazers' Permaculture Group." A very active and vital group of friends who among other things conduct breakfast (the grazing part) and working bees in each others gardens. My attendance at markets might now be less frequent; however, my passion to contribute is as strong as ever. Feel free to phone me regarding an appointment.

I support the independence of the individual - so evident at markets and relish the contact with like-minded free-thinkers who see life as a two way street.

I look forward to seeing you at the market.
Doreen S.

New format for NE LETS Markets

The experiment to hold our first cooking demonstration workshop on a Wednesday morning was enjoyed by those who were able to come along. We did attract some new faces and welcomed a new member. In order that more people can enjoy the cooking demonstrations, we decided we'd try holding them in conjunction with our markets. So make sure you come along for the earlier 10am start. Trading as normal, the cooking demo with free tastings and then our usual budget lunch.



NE LETS Christmas Market
and LETS Cook Vegetarian
Demonstrated by Deni of Sal LETS
Sun 26 Nov. 2005 10am-1pm

Trading table hire is free
Hillcrest Community Centre,
Queensborough Ave, Hillcrest.

Enq: Sue 8266 2757

Also: Sun 28 Jan 2007– **NE LETS Market and LETS Cook PRESERVES with free tastings**
10am to 1pm – Hillcrest Com Centre



LETS COOK!

Would you like to have some input into future North East LETS COOK demos?

What would you like to see demonstrated?

Perhaps healthy snacks, gluten free cooking, chocolates, cakes and puddings, ????

OR you may like to show us how you cook your favourite dish (all your expenses will be reimbursed)

So, give Sue a call 8266 2757 or email nelets@hotmail.com with your feedback

-SALISBURY LETS WORKSHOP-

The first Salisbury LETS workshop for 2007 will be on:

Drying Food

(including solar drying)

Saturday Saturday 20 January

9.30am - 12noon

Jack Young Centre, Orange Ave,
Salisbury (Near Salisbury Exchange)

9.30 - 10am Trading stalls with range of goods for cash and/or LETS units

For further details please contact Allison on 8359 6781 or 0400 732 270 or jamiller@airnet.com.au

2007 LETS Markets & Workshops

MONTH	SLSA LETS	SISA LETS	NESA LETS
Jan	20 Jan		28 Jan
Feb		3 Feb	25 Feb
March	17March	3 March	

April		7 April	22 April
May	19 May	5 May	
June		2 June	24 June
July	21 July	7 July	
Aug		4 Aug	26 Aug
Sept	15 Sept	1 Sept	
Oct		6 Oct	28 Oct
Nov	17 Nov	3 Nov	25 Nov
Dec		1 Dec	

Change to LETS Membership

Numbers: For accounting purposes (in the new system) all LETS numbers now contain the letter 'A'



Lets Cuddle?

Those of you who see the Sunday Mail may have read a recent article about Cuddle Parties. These were originated about two years ago by two American therapists. They rightly point out that touch is rare in our society, as it has become sexualized to a point where even a handshake is done quickly and often weakly. Touch between people occurs in the bedroom, and at the doctors. Body workers, even physiotherapists, can be looked at as possible sex workers, and massage in many peoples' minds equates with "adult relaxation". Nevertheless, caring and friendly touch is a basic human need, and has many very positive results. "Laying on of hands" gets a good press in the Bible.

The Cuddle Party provides a safe space to explore consensual touch, affection and communication in a nurturing environment. A quote "It was lovely to have such a safe place to hug people". The participants wear pyjamas or the equivalent – t-shirts, track pants. No jeans or skirts! There are some well established firm rules involved: for example No sex, No undressing, and Ask (and receive a yes answer) before any touching of any kind.

There is a trained party facilitator in Australia, living in Melbourne, who is prepared to come to Adelaide and run events if there is sufficient interest. She has run parties in Sydney as well as Melbourne.

If you are interested in learning more, email to Dianne at hugs4wellness@hotmail.com or John at cuddles@aussiemail.com.au or ring John on 81795644. Copies of the Sunday Mail article, the rules and articles by the originators are available from John.

Help Wanted:

Help is still required in SISLETS with the following duties:

Accounting: Someone to key in transactions for the on-line accounting system – for members without internet access. The new accounting system is very easy to use and the process of doing the accounts can be very interesting. For more information contact Pauline: candlegalz@optusnet.com.au

Resource Guide: Help keying in and keeping up-to-date the new on-line Resource Guide and organising a hard copy for mailing to members.



Goodwood

XmasMarket

Saturday 9th December

9.00am – 3.00pm

Goodwood Primary School

140 Goodwood Rd

Christmas Gifts, clothing, treasures, food drinks, buskers, kid's entertainment

"A little bit Paddington, a little bit Brunswick Street, very Goodwood!"

For info contact Goodwood

Community Centre - 8272 7148

INTERESTED IN RUNNING YOUR STALL AT OUR POPULAR CHRISTMAS MARKET?

The perfect opportunity to show your

wares, make some money and have some fun. Single or joint stallholders welcome at the **GOODWOOD COMMUNITY CHRISTMAS MARKET.**

We are currently looking for stallholders to compliment our existing mix of participants:

- Hand made/innovative Christmas gifts .
- Pre-loved/inexpensive clothing and treasures
- Fresh and healthy food and drinks .
- Buskers, street artists and kid's entertainment

The market was first staged in 2004 and feedback from stallholders and general public overwhelmingly praised its laidback feel, the large range of quality goods available and the good organization that went into the day. 2006 will be the third time running and we are continuing to improve on our already popular family market.

When: Saturday 9th December 2006.

Stallholders set up from 7.00am.

Trading from 9.00am - 3.00pm.

Where: Goodwood Primary School, 140 Goodwood Road, Goodwood.

Cost: \$15 per site no trestle.

\$30 per site including trestle.

\$40 per powered site including trestle.

Cover and other equipment to be provided by stallholder.

For further information and bookings, please call David Jones (08) 8371 1110. (Organised by Goodwood Community Services Inc. (08) 8272 7148 With assistance from Goodwood Central Traders and Services Association and the City of Unley).



SisLETS Noticeboard

Advertising on noticeboard is FREE. Ph 8374 2531 to place your ad.

-----**FOR SALE**-----

Ladies Golf Clubs

Full set plus putter, in bag. Good condition. Brand Arnold Palmer – steel shafts. \$100.00 + 50 units
Mobile number 0408 734788 or
Home 8354 2724
Dianne SISA0260

Lightweight Portable Foldup Wheelchair

Almost new. \$400 o.n.o.
Contact Sally Hunter SISA0255
ph 8370 0365
sally.hunter@internode.on.net

Computer Repairs

All problems solved.
Hardware – Software – Virus –
Spy-ware - Networks – Free
advice
Paul SISA0243 8339 1225

For Sale:

- ♦**Food Processor** – smaller type – with all fittings and instruction book \$5&15u
 - ♦**Electric Rice Cooker** - \$5&10units
 - ♦**Vertical Grill** – 10 units
- Pam SISA0130 St Marys Ph 8374 2531 theshoppe@chariot.net.au



L.E.T.S.Recipe Book

Unique collection of Recipes and handy hints from LETS Members. Includes recipes for food popular at LETS markets!

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Two sizes available:

Pocket-size (A5) – 50c & 2 units

Large print (A4) - \$1 & 3 units

Available at LETS Markets or Community Café (every Sat Morning at Clarence Park Com Centre) OR by post (A5 size send 2x50c postage stamps – A4 size send 4x50c postage stamps to

SISLETS, 74 East Ave, Black Forest.
5035

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Recipes Wanted:

If you missed the first edition – not to worry – we are now collecting recipes for a second edition of the LETS Recipe Book – due 2007. Email or mail them to SisLETS (see Newsletter header for address)



The SisLETS Committee would like to wish all LETS members a Happy Christmas and prosperous New Year for 2007 & Happy Trading!.

SISLETS information & business can be conducted at the
Community Café

every Saturday morning
from 10.30am to 12.30pm
Clarence Park Community Centre
74 East Ave. Black Forest
♦Organic coffee & herbal teas
♦Relaxed friendly atmosphere
♦Homemade cakes and produce
♦ Food Co-op & Fresh Food Co-op
also open for business

-Invitation-



Clarence Park Community Centre Christmas Party

Friday 8th December 4.30-7.00pm

In the Child-care garden

- 5.45pm-6.30 Sausage sizzle \$2 donation
- BYO drinks, chairs & rug
- Xmas Carols by Orana Singers
- Special 'Magic Show' performance by Magic Mike (approx. 5.15pm)
- Face Painting

- Father Xmas – approx. 6.30pm (Please bring a gift with your child's name on it to the value of \$5 or less)

RSVP by Mon. 4th December on
8293 8166



Clarence Park Food Co-op

Wholesome, nutritious food at low prices.

Nuts, dried fruit, seeds, pulses, beverages, flour, grains, pasta, washing products, honey, free range eggs, oils, and more.

Most foods locally & organically grown
Bring your own jars & bags for discount

Clarence Park Community Centre

74 East Ave, Black Forest

Open: Mon, Tues, Wed and Saturday
10.30-12.30pm Enq: 8297 6249



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Website:

www.theshoppe.com.au

P.O. Box 390, Park Holme 5043

email: theshoppe@chariot.net.au

Publications available in part
units/cash – available at SisLETS
Markets

Pam SISA0130 Phone 8374
2531

**Help Wanted packaging 'gifts'
for distribution at SISLETS Xmas
Market. Payment in units
Contact Pam 8374 2531**

**Be the first to know what's for sale in
LETS - Join the InterLETS SA
Emailing Group! Email Allison to join
up: jamiller@airnet.com.au**

WATERCOLOUR PAINTINGS

Variety of subjects, or commission
your own.

Can paint from your photos of family,
pets, old black & whites, etc.

DRAWING WITHOUT FEAR

Learn to draw without the usual
terrors of fear, anxiety and self-
doubt.

Holistic approach, small groups, day
or evening classes.

Jenny SISA0139 8274 1616

jennygregson@chariot.net.au