



SISLETS NEWSLETTER

(Southern Inner Suburbs Local Exchange Trading System)

c/o Clarence Park Community Centre, 74 East Terrace, Black Forest 5035
website: www.geocities.com/sis.lets email: sislets.coordinator@gmail.com

October-November 07

Editor: Pam Marshall

Contact: Pam 8374 2531 or visit the
Cafe on day of market

Next

SISLETS Market

Saturday 6 October & 3
November

10.30am-12.30pm

Clarence Park Community Centre 74
East Ave Black Forest

- ☉ Second-hand goods, crafts, massage, homemade food, plants, and more!
- ☉ Food Co-op and Fresh Food Co-op also open for business
- ☉ Café open offering freshly brewed organic coffee, teas, homemade food, etc.
- ☉ EVERYONE WELCOME – join in the friendly relaxed atmosphere and do some trading!

Why not have a stall? Sites & trestles are free for LETS members!

Enquiries & Stall Bookings: Peter 8276 9621

SISLETS Christmas Market

1 December - 10.30am-
12.30pm at the Clarence Park
Community Centre



**Help Wanted
in Cafe at SISLETS Market
Payment in units and food**



Another SISLETS Promotion at Westfield Marion

Help Wanted

Another promotional day is planned for SISLETS at the Westfield Marion Shopping Centre on Wednesday October 3rd from 10am to 4 pm. Located at the Woolworths end (on the ground level) in the centre of the walkway (near the Locksmith's and Charlesworth Nuts). The theme of the promotion is 'Surviving the Hard Times'. Please visit to give your support and help out (if you can). For more details contact Pam 8374 2531



**SISLETS
Members**

New

SISA0270 Bella Everard Park
Phone: N/A

SISA0271 Thomas (Terry)

Mitchell Park 8276 4819

thoasquinn@mas.com

Offers: Pet Minding, Child Minding,
Light Gardening

Requests: Garden Work (tree
lopping)

New Phone Number: Julie SISA0236

Ph 8276 6555 emeraldeyesjuliem@com.au



Managing Your On-Line Account CES System Update

Your Comments:

"I had a look at our Internet site recently. I'd like more people to add more entries please. I suspect that I was too quick and missed finding the main listings. It is a useful site to keep checking.

At the last market I counted 32 people in the hall at one time. I enjoyed watching all the interactions occurring at once". Milton SISA0024

"I have been trying to enter my transactions from today's market into my account - got most of them done ok but cannot find a new member ...Belle lets number SIS270. I think she joined today and I have her down for 1 unit for flowers. I tried a few times and the system won't let me enter her. The other member whose transaction the system won't let me enter is Irene NE0136 she bought a book and it was 1 unit .. Can you please help me enter these into my account ? Or I can do it myself if you tell me how to enter other members who are not in the system".

Linda SISA0267

Hi Linda, When a new person joins it may take a little time before they are entered into the system. Allow a couple of days before putting in transactions. Irena is from another group (NE LETS) so you have to change the 'Buyers Group' box at the top to read 'NESA - NE Adelaide AU' - wait a second or two and the NE LETS member's names come up - look for 'Irena NESA0139' and then you can do a trade. Pam

Your feedback is welcome. If you have something you want to say/ask about on-line account management please send to SISLETS.

Are your 'Offers and Wants' listed in the on-line Resource Guide?

If not, it's very easy to get listed. Contact one of the following people for assistance:

Julie SISA0236 - Milton SISA0024 - Katy SISA0262 - Monte SISA0264 - Lay Lee SISA0252 - Linda SISA0267. Please check SISLETS Membership List for contact details.



Offers and Wants folder (Resource Guide)

A folder containing an updated print-out of current Offers and Wants from the CES site is on display at the SISLETS market (on the SISLETS display table). Please bring a pen and paper to make notes on what's available.

This replaces the now out-dated paper copy 'Resource Guide'. Please make sure you are listed in the folder by inputting your Offers and Wants online so that all members are informed about your contribution to LETS.



NE LETS Market

Sunday 28 October
11am-1pm
(Stall holders 10.30am)
at Hillcrest Community Centre
Queensborough Ave, Hillcrest

We are looking for more stallholders. We'd love you to come along and join in the friendly atmosphere.

- tasty lunch (units only)
- tea, coffee and cake (units only)
- raffle prizes are things like eggs, honey, homemade preserves and biscuits (units only)

Hi Pam,

I thought this might be interesting for the newsletter
Peter SISA0217

A Health Minute with Dr Norman Swan: Sleeping Pills

Despite the bad press about sleeping pills and despite the fact that you naturally tend to sleep less as you age, sleeping pills are still prescribed for many people. The side effects include unsteadiness, falls and memory problems. But presumably there are benefits as well for someone who really needs a night's sleep.

Researchers have gathered the available evidence from trials of sleeping sedatives in people over the age of 60, to see where the balance of harms and good might lie. On average sleeping time went up by only 25 minutes and awakenings reduced by about one every two nights. 13 people had to take a sedative for them to have a better night's sleep.

The side effects though were troubling. One person in six taking these medications was harmed by them - so the chances of a harm were twice those of a benefit with a four fold risk of daytime sleepiness, a five fold increased risk of memory problems and increased numbers of falls.

So if you're over 60, think twice before getting a script for a sleeping pill!

(Reference: Glass J et al. Sedative hypnotics in older people with insomnia: meta-analysis of risks and benefits. British Medical Journal 2005;331:1169-1173)



SISLETS Noticeboard

Advertising on noticeboard
is FREE

Next Deadline: 16 Nov. 2007

Wanted:

Ferns or Palms - any sizes

Louise (SISA0206)

Phone: 83627813

Email: loui@tadaust.org.au



Help urgently wanted upgrading website

Pam SISA0130 8374 2531

theshoppe@chariot.net.au

Wanted to Buy

Adult-sized Tricycle

A 3-wheeled 'bike'

with a rear basket/carrier which is large enough to securely and comfortably seat my medium-sized 3-legged dog.

Cash/units negotiable

Janet SISA0009 8379 8941

For Sale:

♦ dog kennel (small)

♦ old fashioned double cement
laundry sink

(Free - just come and get them. I used the dog kennel as a home for a chicken so that's a good use for it if anyone has chickens - or use it for a small dog).

Linda Christies Beach SIS0267

Ph 8326 8587

♦Double bed mattress

♦Limes (for picking)

♦Various potted plants

Tina SISA0175 8272 9404

♦Preserving Kit with Jars & Lids

(available for UNITS only)

Trish SLSA0067 Parafield Gardens

Phone 8182 5698



**vegan
festival**
adelaide - south australia

Sunday November 4th - 10am to 4pm

Glenelg Primary School, Corner Diagonal
and Brighton Rds, Glenelg East
FREE ENTRY CHILD FRIENDLY
LIVE ENTERTAINMENT DEMOS
VEGAN FOOD AND OTHER PRODUCTS
NETWORKING DISCUSSIONS

www.veganfestival.info

Close to bus and tram. Ample parking. Come
for a day out. Bring family and friends

For Sale:

◆ Oranges and lemons

I have both oranges and lemons available for units. You are welcome to come and pick some yourself. Just contact me to arrange a suitable day and time. The costs in units are: 4 oranges or lemons (or a mixture of both) for one unit if you pick them yourself. 2 oranges or lemons (or a mixture of both) for one unit if I pick them for you.

Cynthia Highbury NEA0112

Ph: 8264 5778.

◆ Cane 4 Piece Lounge Set

Cane lounge, very solid construction, 4 pieces (low slung), could do with fresh covers but old ones still OK. Set consists of 3 chairs which you place together and a separate single chair. 20 units & \$25

◆ Child Support Seat

Suits up to 4 years. It has a foam frame with cloth cover to support child and you put the seatbelt over. 10 units

◆ Kitchen Poster

Large kitchen poster featuring stained glass window with cheeses and bread display. 10 units

Please phone as I'm not on the net.

Gail (NE LETS) 08 8283 4532

04 0520 7981

Garden Help Wanted

◆ Tree lopping ◆ Replanting rose bushes
SISA0271 Thomas (Terry) Mitchell Park
Ph 8276 4819 thoasquinn@mas.com



Walk Against Warming

Adelaide – 2 weeks before the 2007 Federal election (Details to be advised). Show the next Australian Government you support courageous action on climate change. Unite with thousands of other Australians and be the voice for our planet and our children's future.

www.walkagainstawarming.org

(Coordinated through the Conservation Council of Sth Aust.)

The Family Pantry Co-op

Food parcels available: (for \$2 donation) containing fruit and vegetables, loaf of bread and 2 grocery items.

Wanted: Donations of home grown fruit and vegetables. Volunteers to run Co-op.

The Picket Fence 1167 South Road
St Marys Ph 8374 2522

Attention: Electorate of STURT

Public Candidates Forum on Climate Change

Wednesday 17 October 2007 7.30pm

Burnside Community Hall

401 Greenhill Road Tusmore

Candidates from Liberals, ALP, Democrats,
Family First & Greens.

Everyone welcome!



Please support these important animal events:

◆ Kindness To Animals Week - Parade For The Animals

Friday Oct 5th meet 12.30 pm

Hindmarsh Square South West, opp. RAA

Walkers please arrive by 12.30pm.

Leaving 1.00 pm and returning by 2.00 pm

For further info: SAFAS 8370 8539

◆ INAUGURAL ANIMALS AUSTRALIA PUBLIC SYMPOSIUM

Saturday Oct 13th 9.30am – 5pm

Prince Alfred College Theatre,

Dequetteville Terrace, Kent Town

Cost \$25 inc. am and pm tea. Book with

ANIMALS AUSTRALIA ph 03 9329 6333

enquiries@animalsaustralia.org

www.animalsaustralia.org

◆ RSPCA Open Day Sunday 21st October

RSPCA Animal Shelter 11 Meyer Rd Lonsdale

Gold coin donation entry fee

Shelter tours, farmyard animals, Marine
rescue unit, puppy training demos,

displays – cat and dog breeds, and more!

