



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

April 08

Editor: Pam Marshall



SISLETS COMMUNITY MARKET

Saturday 10.30 am – 12.30 pm

◆ April 5th ◆ May 3rd

Clarence Park Community Centre
74 East Ave, Black Forest

- ⊙ Second-hand goods, crafts, massage, homemade food, plants, and more!
- ⊙ Food Co-op, Fresh Food Co-op & Urban Orchard also open for business
- ⊙ Café open offering freshly brewed organic coffee, teas, homemade food, etc.
- ⊙ Join in the friendly relaxed atmosphere!

Sites are free for SISLETS members

Enquiries & Bookings: Peter 8276 9621

Email: sislets.coordinator@gmail.com

Other SISLETS Market dates for 2008
Saturday mornings 10.30am-12.30pm –

Clarence Park Community Centre –

◆ June 7th ◆ July 5th ◆ Aug 2nd ◆ Sep 6th

◆ Oct 4th ◆ Nov 1st ◆ Dec 6th



Many Hands Make Light Work!

Setting up, dismantling and cleaning the hall on market day relies on the generous help of volunteers. Your help would be appreciated to make the job easier.

Stall-holders: Please dismantle/stack your trestle/s, chairs and remove rubbish.

If not sure what you can do ask Peter or Pam on market day.

United National honours the humble potato because it 'provides food security and alleviates poverty':



SPUDFICIENT!

*The Great Potato
Celebration*

**Workshops will be held on Saturday
April 5 and May 3 - 10.30am**

Clarence Park Com. Centre

(during the SISLETS Market)

(Also 'Kids Workshops 31 March & April 5)

- Make Potato Art
- Harvest from 'the farms' and identify local varieties
- Participate in an afternoon 'cook off'
- Learn to grow our earthy friends in wild and wonderful ways (cupboard bonsai)
- Competitions

All activities FREE!

Spuds & materials provided



SISLETS New Member

SISA0275 Margie Clovelly Park

Ph 8177 0693

margiegoodchild@internode.on.net

Offers: Second-hand clothes

Wants: Produce



Your Comments

Hi Everyone,
 Markets in South Australia have had less attendees of late due to the heatwave. I counted 45 people at one time in the Clarence Gardens hall for our first market of the year. It had a gentle, friendly atmosphere. I checked the wants/offers folder and found that a scanner was for sale. I was about to buy one so that purchase in units saved me over \$400 cash - or 20 years worth of SISLETS membership fees. It is well worth people keeping their internet entries updated. I like entering transactions into our site as it is so easy; but, as buyer, I tried to be seller and so reversed the entry. I won't do

that again as it is the sellers' responsibilities to keep their trades and accounts increasing. I plan to leave the air conditioner and be at the next market.
 Love Milton

Hi Pam
 Thanks for the Newsletter. Just a few more tips that you could include in the 101 tips to save money:
 - Buy on auction sites
 - Turn off electrical items at power points and save \$'s and the ozone!
 Hope they help!
 Louise

Your comments are always welcome. Send to the SISLETS address (see newsletter heading) or email: sislets.coordinator@gmail.com



SISLETS Noticeboard



Wanted:

Basket for Ladies bike
 Contact: Louise ph: 8362 7813
 email: loui@tadaust.org.au

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Attention all Greenies

Looking for a convenient and environmentally friendly way to dispose of your kitchen waste? No room in your garden (or time in your busy life) for a compost heap? Find out about the under-the-sink cold compost Bokashi system. For more details, contact SISLETS members Sue & Mij (SISA 0268) on 8212 0078 or email webb@olis.net.au



Advertise Your Wares
Not getting what you want from LETS?
 The SISLETS Newsletter is published every two months and posted to all members. It's the best way to reach members directly with your offers or wants. Advertising is FREE.
 Contact Pam 8374 2531
sislets.coordinator@gmail.com

Handyman Help Wanted

Louise P. SISA0189 Pasadena
 Phone 0413 642 864

Giveaway

Recycle, recycle, recycle!

White & some coloured copy paper – one side blank. Available at Market or contact sislets.coordinator@gmail.com

Need assistance with your on-line accounting or Offers & Wants? Contact one of the following people for assistance: Julie SISA0236 - Milton SISA0024 - Katy SISA0262 - Lay Lee SISA0252 – Linda SISA0267
(Please check Membership List for phone numbers).



URBAN ORCHARD

Home grown fruit and vegetable exchange

Meets monthly at the Clarence Park Community Centre in conjunction with Fresh Food Co-op & SISLETS Market.

For more information: Joel Catchlove
08 8227 1399/0403 886 951 or
joel.catchlove@foe.org.au

Bubble-wrap for sale

units only

Tina Goodwood SISA0175
Phone: 8272 9404

North East and Salisbury LETS have now amalgamated and have become **Adelaide LETS**. The change was mainly to simplify processing of transactions on the one exchange and to be able to view all members Offers and Wants on the one menu, rather than view each system separately. Most members have kept their previous numeric ID with the new prefix of ALSA, e.g. NESA0014 has become ALSA0014. All other details remain as before.

Next Market

Sunday May 25th

At Hillcrest Community Centre,
Queensborough Ave, Hillcrest
From 11am-1pm.

Tasty lunch - tea, coffee and cake
Raffle prizes are homemade goodies like
eggs, honey, preserves or biscuits

**ALL in units only. Lunch is FREE for
stallholders, so do come along!**

Enquiries – Sue 8266 2757
adelaidelets@hotmail.com



Trying to survive on a low income? Need some help?

Then a **'Money Matters'** Course
may suite you
A **FREE** 6 week Course.
FREE childcare.

Where: MarionLife Community Centre
887 Marion Road, Mitchell Park 5043.
Phone 8277 0304 (Mon-Thurs) for details
of next course.



Some interesting websites....

If you open www.infosearchweb.com and type in 'local exchange' you can see some LETS groups.

Other sites of possible interest are
www.sacommunity.info - about local communities - with links
www.hsfinder.sa.gov.au has info about services in the health, housing, family and community services
www.eventspool.com is a free events website.

For some great money saving ideas:
www.simplesavings.com.au/newsletter



Have cake & coffee at the...

Community Café

At the SISLETS Community Market
from 10.30am to 12.30pm

Clarence Park Community Centre
74 East Ave. Black Forest

- ◆ **Organic coffee & herbal teas**
 - ◆ **Relaxed friendly atmosphere to talk and meet**
 - ◆ **Homemade cakes and produce**
 - ◆ **Food Co-op & Fresh Food Co-op also open for business**
- Enquiries: Pam 8374 2531



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

Time to Laugh!!

NEW EVENING CLASSES FOR MEN

OPEN TO MEN ONLY
ALL AGES WELCOME

Note: due to the complexity and level of difficulty, each course will only accept a maximum of eight participants

The course covers two days, and topics include: -

DAY ONE

HOW TO FILL ICE CUBE TRAYS
Step by step guide with slide presentation.

TOILET ROLLS - DO THEY GROW ON HOLDERS?
Roundtable discussion

DIFFERENCES BETWEEN LAUNDRY BASKET AND FLOOR
Practical session

**DISHES & CUTLERY: DO THEY LEVITATE/FLY THEMSELVES TO KITCHEN
SINK/DISHWASHER BY THEMSELVES?**
Debate among a panel of experts

LOSS OF VIRILITY
Losing the remote control to your significant other - help line and support groups

LEARNING HOW TO FIND THINGS
Starting with looking in the right place instead of turning the house upside down while screaming: Open forum

DAY TWO

EMPTY MILK CARTONS: DO THEY BELONG IN THE FRIDGE OR THE BIN?
Group discussion and role-play

HEALTH WATCH: BRINGING HER FLOWERS IS NOT HARMFUL TO YOUR HEALTH
PowerPoint presentation

REAL MEN ASK FOR DIRECTIONS WHEN LOST
Real life testimonial from one man who did

IS IT GENETICALLY POSSIBLE TO SIT QUIETLY AS SHE PARALLEL PARKS?
Driving simulation

LIVING WITH ADULTS: BASIC DIFFERENCES BETWEEN YOUR MOTHER & YOUR PARTNER
Outline class and role-playing

HOW TO BE THE IDEAL SHOPPING COMPANION
Relaxation techniques, meditation and breathing exercises

REMEMBERING IMPORTANT DATES & CALLING WHEN YOU ARE GOING TO BE LATE
Bring your diary or PDA to class

GETTING OVER IT: LEARNING HOW TO COPE WITH BEING WRONG ALL THE TIME
Individual counselling sessions

(Reprinted from 'Uncensored' Magazine. Issue 10 - Jan-March 08)