



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 Ph: 8374 2531

June 2008

Editor: Pam Marshall



SISLETS New Members

*A warm welcome to the following
new members to SISLETS.....*

SISA0276 Rossana Norwood
Ph: 0400 202 388 rossanalau@yahoo.com

SISA0277 Louise Plympton Park
Ph 8277 3468 louisewins@gmail.com

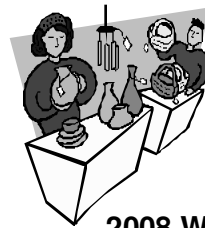
Offers: Massage (professional),
Handyman (simple things), Garden help,
Computer help/education.

Wants: Handyman, Electrician, Plumbing,
Labour.

SISA0279 Ting Devon Park
Ph 8340 7345 bom2rebe200@yahoo.com

Offers: Translation (Chinese-English),
Socialising with elderly, Gardening, Organic
Seeds (Organic, Heirloom seeds), Second-
hand rice cooker. (Cook up to 5 cups of rice),
Tea Set (Second-hand 15 piece tea set),
Welding, Bicycle Repairs, Domestic Services

Wants: Plants (native fruits), Air-tight
containers, Grey water set-up, Guitar lessons,
sawdust for garden paths.



SisLETS Community Market

2008 WINTER MARKETS:

Saturday 10.30 am – 12.30 pm

◆ 7th June ◆ 5th July

Clarence Park Community Centre
74 East Ave, Black Forest

☉ Second-hand and new goods, crafts,
massage, music, homemade food, plants,
and more!

☉ Food Co-op, Fresh Food Co-op &
Urban Orchard open for business

☉ Café open offering freshly brewed
organic coffee, teas, homemade food, etc.

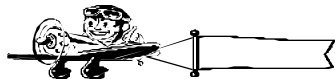
☉ Join in the friendly relaxed atmosphere!

Sites are free for SISLETS members

Enquiries & Bookings: Peter 8276 9621

Email: sislets.coordinator@gmail.com

**(Your help would be appreciated to set
up, dismantle and clean the hall before
and after the market to make the job
easier for all concerned!)**



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 you

Contact Pam 8374 2531

sislets.coordinator@gmail.com

Remaining SISLETS Market dates for 2008

Saturday mornings 10.30am-12.30pm –

Clarence Park Community Centre –

◆ Aug 2nd ◆ Sep 6th ◆ Oct 4th ◆ Nov 1st

◆ Dec 6th

DID YOU KNOW.... that back issues of
SISLETS Newsletter are available on the
home page of the CES inter-net site (in the
right hand corner)



SISLETS Noticeboard



Urgent Computer Help Wanted

Elderly lady requires help with her computer. If you can spare some time and drop by to give some guidance it would be greatly appreciated.

Payment in units.

Muriel (SISA0168) West Lakes
Phone 8449 9617

Wanted: Pressure Cooker
Louise SISA0189 Pasadena
Ph 0413 642 864

For Sale:

Archive Boxes (12)

Good Condition. Useful storage boxes.
5 units each.

Tina SISA0175 Goodwood
8272 9404

For Sale:

- **Tapestry work** - I make unique tapestry bags, pincushions, belts, etc. No design repeated. Will email photos if serious enquiry. U\$20-U\$50
- **Pigeons** - fantail, coloured young pigeons for sale for pets, not edible. U\$5 each
- **Rosewood display cabinet** - Queen Ann Style - U\$50.
Liz Hughes (South LETS) Ph: 8556 2705

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 - Pam SISA0130 (Please check Membership List for phone numbers).

Garden Plants for sale:

Geraniums, daisies, pelargonium, etc.
Pam SISA0130 St Marys
Ph 8374 2531 theshoppe@chariot.net.au



Stock up your closet Sale!!

Good quality recycled clothing. Some hardly worn. All items available for units only.

Women's Wear

Tops:

- XL Sussan grey-blue boat-neck 3-quarter sleeve t-shirt - 4 units
- 10 NetGirl, stretchy picture t-shirt with beading, pinks, blue, green, black, not worn - 8 units (very small)
- "M" black art print t-shirt, not worn - 8 units
- XL brown v-neck Sussan 3-quarter sleeve t-shirt with blue embroidered flower motif, cotton, hardly worn - 6 units
- 14 Target blue and white stripe 3-quarter fitted shirt, cotton/nylon/elastene - 4 units (good for work shirt)
- 14 Sussan batik-look v-neck tunic in gold, turquoise, purple, has under-bust tie with beads, woven cotton- 8 units

Skirt, Dresses:

- 12 Temt greeny tie-dye look with border print, tiered skirt - 8 units
- 14 polyester strawberry and rockmelon coloured pattern long shift dress - 4 units
- 14 Miss Cherry cotton vintage-patterned summer frock with shoulder ties, mainly dark blue and peach - 10 units

Pants:

- 14 Susanne Grae brown jeans, straight cut - 8 units
- 14 Susanne Grae navy -multi-stripe 3-quarter crop jeans -8 units
- 12 Rockmans biscuit-colour linen 3-quarter pants, tie at waist, false cargo pockets - 8 units
- 12 Susanne Grae washed indigo, straight leg jean - 4 units

Shoes:

- 9D Footrest navy flat sandals, purchased for \$110, worn 2 or 3 times - 10 units

Men's Wear

Bottoms:

- 7 pairs of 90-95 red satin boxer shorts - 2 units each

- 82 Relaxed boot-cut dark denim jeans - 8 units

Shorts:

- 82/32 black denim shorts - 4 units
- S Fabiani cream cargo shorts, elastic waist - 4 units
- S Now beige cargo sauce, elastic waist - 4 units
- 77/30 Target light-beige cargo shorts, non-stretch waist - 4 units
- S Golden Breed brand brown check, has pockets - 4 units

Tops:

- XS/87 Maxx Leather-look biker style jacket -10 units
- Size 12 Billabong branded beige and cream hoodie jacket, 8 units
- 3 random sweat tops, 3 for 8 units
- 15 random t-shirts, most long-sleeved, 2 units each, buy 2 get one free!

Give me a quick call and I will bring to the next Sislets market for you, or we can make other arrangements.

Margie SISA 0275 0414 547 690



**Living in Harmony with the Planet -
Respect for the Earth's resources
Emphasis on safe, economical &
environmentally responsible**

alternatives to commercial products

♦**FREE bi-monthly Newsletter** - Just add your name to the Shoppe mailing list via email

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♦**Shoppe Distributors wanted for local contacts and sales**

Website: www.theshoppe.com.au P.O. Box 390, Park Holme 5043

email: theshoppe@chariot.net.au

Publications available in part units/cash – on display - at SisLETS Markets at Clarence Park Community Centre.

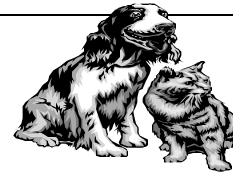
Pam SIS0130 Phone 8374 2531

For Sale:

Gas 4 burner self igniting glass cook top.
(One of the self ignition points doesn't work). 40units

SISA0277 Louise Plympton Park

Ph 8277 3468 louisewins@gmail.com



Animal Welfare League Shelter Appeal Lottery

(I love animals and care deeply for their welfare. Every year I take part in both the RSPCA & AWL lotteries by purchasing 2-3 books of tickets for resale – and every year I sell only a few tickets and end up paying for the rest myself!. If you too feel for to welfare of animals and would like to purchase a ticket or two I'll have the books available at the next market or phone/email me for a time/place to organise ticket sale. Ph: 8374 2531 or email: theshoppe@chariot.net.au

Pam - animal-lover)

1st prize: 2008 Toyota Camry (\$37,300) or cash prize - \$28,500

2nd prize: 2008 Toyota Corolla Ascent (\$25,200)

3 prize: Travel voucher to value of \$4,000

Tickets: \$2.50 ea

Closing date: 15/6/08 Draw date: 27/6/08

South LETS Market

Sunday June 15th from 11 am-2pm
at the Aldinga Institute, Aldinga.

SISLETS members welcome to attend
Enq: 8556 2705



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



Milton's Overseas Adventures

Milton (SISA0024) has just returned from one of his interesting adventures in Central Asia. He is an avid traveller – having visited about 135 of the approx. 200 countries of the world! When not travelling he writes extensively about his experiences. Here are excerpts from some of his recent emails. Pam

18/4/08 - Hello from the capital of **Azerbaijan**. Baku (2 million people) is officially the most polluted city in the world. Many oil wells rise from the surrounding wasteland, and the chemicals and dust in the air sometimes make breathing difficult. It can snow, but the humidity (30 inches of rain/yr) and heat in summer are exhausting.

My ferry to cross the Caspian Sea is broken but hopefully it will work tomorrow - a 14 hour trip - because I am paying for a compulsory English-speaking guide, driver and 4-wheel-drive vehicle that this police state insists visitors hire before being allowed into Turkmenistan – at US\$130 a day.

I paid for a 7-hour taxi ride yesterday (the driver drove at up to 138km/hr, with a mobile phone in one ear, a DVD playing on his front dashboard, and his old car weaving in and out of traffic). I hired a taxi driver for another day while seeking visas with 'letters of introduction' that cost me a few hundred US\$. It is just like being on Amazing Race - taxi drivers have to ask locals a dozen times before they find each destination.

I smiled at the row of army cannon entrenched in the hillsides - they shoot over Highway One into the firing range! The locals speak Azari here, and are like Turks. The city is lovely at night because its fabulous buildings and parks are well lit - but there is much rubble too. Mercedes and BMWs are everywhere for the rich. Cheers.

26/4/08 - Hello from **Turkmenistan**. There is an interesting wide 'Grand Canyon' and I loved the huge collapsed crater in the ground - an amazing site of gas burning at 1,000-2000 degrees C.

Petrol is about 20 cents/litre. It is costing me 55,000 manut at a rare internet café. Email connections are very slow; also emails are monitored by the government. There are many pluses, but the yearly temp. varies from minus 30°C to a terribly hot 55°C.

A Govt. employee is to post me a wonderful present from the ex-President of Turkmenistan (10 CDs of local songs in an impressive box set). The president is now dead, but his 'famous' words were meant to last forever and replace the Koran. The capital of Turkmenistan, Ashgabat, was completely destroyed by an earthquake in 1948. The rebuilding is fabulous, especially at night when all the white lights light up new buildings. I suppose it's like Dubai, or Las Vegas without the adverts and rubbish. Adelaide seems so unimpressive. Milton

2/5/08 - Hello friends from **Uzbekistan**. There has been much desert, with a few ancient mud ruins, archaeological sites, mausoleums and blue dome mosques. Most of the tourists are Germans, Italians and French on organised bus tours. Backpackers barter with the drivers of taxis and mini-buses. Vehicles usually leave when full, so I could arrive at a bus yard at 9.30am, leave at noon, and after 480km arrive at 8pm (like yesterday). I changed US\$100 and received 131,500 cym. That's a large wad of 262 notes each worth 500 cym. One bus driver collected our money in a large plastic bag. There are no ATMs here as they cannot hold all these 'worthless' notes. A local bank burnt down yesterday. Don't drink the water in some locations because of the chemical residues! Children are friendly and say

"Hello, what is your name?", "Where do you come from?", etc.
The people are OK, as are the police. Five complete roadblocks for all traffic on the main country highway yesterday didn't delay traffic much. In mini-buses, my driver just calls out "tourist" and police let us through without hindrance. That's enough from me. Love or best regards - Milton

Hi Everyone. **Kazakhstan** is mainly a huge desert, and I'm visiting **Kyrgyzstan** tomorrow. The internet is usually very slow, but partly that has been my fault because it is in Russian or a local language and I can't find the 'open' or 'send' button. I leave Almaty at 6.30pm on 12/5 by train, and it gets me to Moscow at 11am on 16/5 - a very long train ride. I'll be drinking Vodka with the locals for sure. I fly to Prague for my godson's wedding on 17/5 - that's when I change into my spare clothes. I've been wearing the same clothes every day since 13/4, but because it is hot, sweaty and dusty I wash them most days. Love, Milton

9/5/08 - Tashkent has large Russian buildings and is clean. It had no interest for me other than a place where I was trying to send you emails frustratingly. I've had a few long dusty bus rides since. Buying a ticket from the 80-hour train trip to Moscow was an achievement in itself, even with the help of an English-speaking hotel manageress. I have a 10-hour break near the border, where I change onto a Chinese train - but it is still a very long boring train ride. Sometimes I wonder why I am here. I'd like to be home in my bed after a nice shower. I'm in Bishkek, which is a pleasant, fun place, though you only need say 4 hours to see it. Crossing borders has not been a problem. It's a bit like being in Nazi Germany, being herded through crowded gates and handing my passport through tiny customs windows - but I have not been fined for anything. The trip has been a bit tiring. I slept in a boarding house where Nichole Kidman sat on my lap and purred - she is the cat.

26/5/08 - I've just arrived in Adelaide. Prague is fantastic. Flying home meant sleeping on a seat in Moscow Airport one night, sleeping under a seat at Hong Kong Airport the second night, and sleeping on a plane the third night. I went straight to work from Adelaide Airport this morning - and had a shower. I took 2,000+ photos in total. See you at the June market. Love, Milton.

'Healthier hearts' for cat owners

According to the results of a recent study, cat owners appear to have a much lower risk of dying from a heart attack than their feline-spurning counterparts.

During the study, the researchers examined almost 4,500 adults and found that cat ownership was related to a 40% lower risk of suffering a fatal heart attack. The team hypothesised that having a cat may reduce stress and anxiety, and so protect against cardiovascular disease. The researchers reported the findings of the study at the International Stroke Conference.

The study, led by Professor Adnan Qureshi at the University of Minnesota, suggested that even those who no longer owned a cat benefited from these protective effects. But specifically, some 3.4% of those who owned a cat during the duration of the study died from a heart attack, compared with 5.8% of those who did not. The benefits held true even after the researchers adjusted for cardiovascular risk factors such as blood pressure, diabetes, smoking and high cholesterol. The researchers did however warn against impulsively purchasing a cat. They said while cats may indeed have a calming effect, it was unclear whether the kind of people who opted for a cat in the first place may have a lower risk of heart attack. This study did not examine the advantages of having a dog, although previous research has suggested this too may have health benefits above and beyond taking them for walks. The Pet Health Council notes "there is an increasing amount of research proving that contact with animals can bring real physiological and psychological benefits including reducing stress, helping to prevent illness and allergies, lowering blood pressure, aiding recovery and boosting fitness levels. "Research has also shown that pet owners make fewer annual visits to the doctors than non pet owners proving the saying, 'a pet all day keeps the doctor away'."

BBC News, 19 March 2008

<http://news.bbc.co.uk/hi/english/health>