



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

August 2008

Editor: Pam Marshall

Don't forget

SISLETS Market

Saturday 2nd August and 6th September 2008 - 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, Urban Orchard 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 email: sislets.coordinator@gmail.com

Remaining SISLETS Market dates for 2008: Saturday mornings 10.30am-12.30pm –
Clarence Park Community Centre – 4 October, 1 November, Christmas Market – 6 December



SISLETS New Members

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

SISA0280 Yvonne Adelaide Ph: 0401 170 250 yonmar@hotmail.com
Offers: Sewing – especially scarves, bags, etc.; Some excess fruit and veg.

SISA0281 Kath Plympton Park mylittlebuddha@hotmail.com
Offers: Counselling
Requests: Graphic Design

SISA0282 Anna Flagstaff Hill Ph: 8270 7184/0400 880 578 rokitkat@yahoo.com
Offers: Typing documents and CV's; Sewing & alterations; Baking birthday cakes, Baking, Writing letters

New Listings:

SISA0134 Cheryl Clovelly Park Ph: 8277 4021 netc75@hotmail.com
Offers: For sale: Black TV unit/stand \$10/40u; Plants: ferns, gotu kola arthritis herb, parsley, mint, marigolds, Shirley poppy, Californian poppy, daisies (seaside & yellow)
Wants: External painting help (person to hold ladder & pass things up); Help organise shed; Help to organise house-space (all 20u/hour); Eggs; Plants



Your Comments

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

LETS Etiquette

My name is Louise Pollard (SISA0189) and I have been involved with LETS for about six years in Adelaide and in Queensland. I enjoy LETS and one of my main goals is to have a nice garden and make life easier for Jessica and myself. I enjoy being able to relax and come to the markets, make some units, chat to other stall holders and buy a coffee and Pam's cake and pick up some items that I may need. Things are getting more difficult and expensive and I think that LETS provides a great way to add a buffer to my income.

I think it is important to respect LETS and the unit system and not see its value deteriorate. An example of this is sometimes I buy books at Big W for \$15.00 and then sell them on to LETS customers for 2 units. Some people say that 2 units is what they pay at LETS and yet a fortnight before the book was worth \$15.00 in the shop. Another time I went to a market and a person picked a large amount of goods (20 items) and took them back to their stall. Then when I was busy they came back to my stall with their hands full and said I'll give you 50 units. I think this sort of interaction is not positive or rewarding and does not value LETS as a fair system to the seller. I think as a group we need to value each other and the contributions we can make to each other to make our lives easier and rewarding.

Kind Regards, Louise.

South LETS and NE/Adelaide market visits

On a sunny Sunday in June I headed south for the South LETS 3-monthly market. (If you're coming from Adelaide and want to get to the Aldinga Institute Hall take the FIRST Aldinga turn-off!). I was made very welcome, and indeed told I was a celebrity being a rare Inter-LETS visitor. The hospitable people traded fully in LETS units, which they call BARTs (short for barter, but I liked that it reminded me of the Simpsons).

I bought tasty Dukkah and Rubs (spices), lunch (quiche and salad) & cup cakes with cream (to make myself popular when I arrived home). Also available were professional haircuts, BBQ, plants, plenty and varied clothing, organic beef mince, books, artwork, postcards, tapestry bags and nick knacks.

I sold some decoupage that has gone for happy Christmas presents. My second-hand and vintage clothes were suitable for some, and the few items that were left I took over the road to the Op-Shop. I came home with decidedly less belongings and a lighter step. The South LETS guys gave me some of their flyers, which I will bring to the next market for anybody interested (if you have friends down South, encourage them to join in, as we can cross-trade with InterLETS).

A couple of weeks later I had the opportunity to meet another friendly bunch in the opposite direction. The NE/Adelaide group had a meeting/market in a private home, and I stopped in to say hi at the tail end of their proceedings as I had another activity in the area. I was well fed with delicious home-cooked rice, lentils and bread. I also purchased 3 healthy rainbow chard (cousin of spinach) seedlings. Sue gave a workshop on accessing LETS transactions and info on the internet.

Thanks to both groups for making me feel welcome. Margie (SISA00275)

(For information about the next South LETS Market: Ph: 8556 2705. For information about the next Adelaide LETS get-together refer to Diary Dates page 6)

Worth a thought....



Volunteers built the Ark
Paid professional built the Titanic

SISLETS – A Sense of Belonging

This recent 'Sunday Mail' article is about the importance of humans needing a sense of belonging for fulfilment and happiness. The success of SISLETS is dependant upon the same need – i.e. people feeling they 'belong' to each other as members of the same group - so that there is good community interaction at markets, sharing and trading of goods and services, trust and unity, etc. It's a timely reminder of what we all (as members of SISLETS) are trying to achieve – even though we may not be fully aware of it. Cheers Milton
SISA0024

Where do I belong?

When Amanda came home after living abroad for five years, she moved into an apartment owned by her parents in Adelaide. The schools she had attended and the house she had grown up in were all within a 10-kilometre radius, and many of her friends still lived in the area. But within a few months, "being home" just didn't seem right. When a job came up in Melbourne, the 32-year-old accountant somehow knew the Victorian capital was the place for her - it was where she belonged.

When most people stop to think about belonging, it's usually to ponder a physical concept: where they grew up, where they feel happy to live, perhaps which climate, country or hemisphere they relate to. But belonging doesn't have to be about a suburb, state or country.

Psychologist John Barter explained: "It's not just about belonging in terms of a place; it can mean feeling connected to a person or a set of people, a culture or a socio-economic class. It can even mean a certain lifestyle that you feel more connected to."

A feeling of belonging is one of mankind's fundamental needs.

Abraham Maslow, an American psychologist writing in the 1950s, maintained that belonging was a need that had to be met before a person could achieve a sense of self-worth. In his concept, the Hierarchy of Needs, Maslow stipulated that belonging was next in line after basic requirements such as food, shelter, warmth and security. Once these basics had been assured, belonging, which is found among family members and friends, or within communities and groups, became a priority.

Today, evidence of our need to belong is present in the way we live, socialise and interact with one another. Once we've achieved belonging, love and intimacy, according to Maslow's hierarchy, we are assured of ourselves as individuals and can start to foster a sense of self-worth and self-esteem.

Healthy and happy

A 2005 Canadian study found that those who had a strong sense of belonging to the community in which they lived had more positive feelings about the state of their physical and mental health, with 64% of those with a strong sense of belonging reporting excellent or very good general health, compared with 51% among those with a weak sense of belonging. Professor Robert Cummins from Deakin University is the author of the Australian Unity Wellbeing Index, a study conducted twice a year across Australia. Since 2001, this index has studied the "subjective wellbeing" of a cross-section of our community. He said: "If people feel good about themselves, they'll tend to feel good about most things. They'll tell you they feel reasonably healthy and secure in their lives, that they feel connected to the people around them and to their community."

Belonging, said Barter, is twofold: "It is both an innate yearning that we all have as human beings to feel connected, and it is also the realisation, when we do have that right fit, of 'yes, I belong.'" With this realisation, he said, come feelings of ease and joy, delight and being comfortable.

"On the other hand, if you don't feel right because you don't belong, you can become anxious, depressed and distressed," Barter said. "When we don't have that fit, it creates psychological unease, which can go on to cause illness, as well as problems in our relationships and work."

Intimate relations

"There are two major things that influence our sense of wellbeing," Professor Cummins said. "One is money - we need enough of it - but even more important than that is relationships. We are social animals, and most of us need a meaningful relationship, meaning someone with whom we are emotionally intimate, someone who we can share ideas with, or have a whinge to at the end of the day, and the bad things seem to dissipate as a consequence of that."

The professor's index shows that the ultimate form of belonging - a loving relationship - is the key factor in a person's wellbeing. The research shows that married couples tend to fare better than adults living with other adults for purely functional reasons such as sharing rent, and they also outrank de facto couples in the happiness stakes.

Barter said; "One of the reasons people seek relationships is that they want to feel that sense of ease, connection, a feeling of harmony, of being appreciated and understood. It's not a sense of ownership, but a sense of belonging together and having the right fit or connection."

Round peg, square hole

There are a number of reasons for feeling you don't belong. In Amanda's case, it wasn't until she had settled into Melbourne that she understood it wasn't that Adelaide that no longer suited her, it was that she no longer suited Adelaide.

"Everybody develops, and we see this in the extent that people change relationships," Professor Cummins said. "This applies to all aspects of life: people go into jobs that are interesting to them at first and then they learn about other things and want to move on. Life is constantly changing, and whether someone actually relocates themselves - from a relationship or from city to country, for example - depends on the individual and whether they feel they need a substantial change."

Barter agrees. "Just because you grew up somewhere doesn't mean you necessarily belong there," he said. "You may feel more connected to people who aren't related by blood to you, people who share your interests and joy. It may be more of a heart connection."

Whole in one

As our lives shift and change, and opportunities present themselves, there are going to be times when we feel we don't belong. It may be a new job, a relocation, meeting a new partner's friends for the first time or just that you've outgrown your present life - whatever the situation, it can be a difficult time.

When faced with trying to fit into a new place or group, Professor Cummins suggests joining aspects of the community in which you are comfortable. This may mean taking a dance class, volunteering or finding a club you can relate to and in which you meet like-minded people.

Of course there are circumstances in which the change is just too different. "If you placed someone who has been raised in a small country town in the middle of Fitzroy in Melbourne, you may find the cultural shift is just too much for them to be able to accommodate and they would have to move to somewhere that was a bit closer to what they were used to,"

Professor Cummins said.

Barter recommends meditation as an important tool for connecting with yourself and taking the time to ask yourself the important questions such as: what is right for me? Who am I? What are my values? What are the things I really appreciate? Only then, he said, can you engage with the world in a meaningful way and feel like you truly belong, no matter what the situation.

"I believe we all have a yearning to belong on a physical level and a personal level, but also on a spiritual level," he said. "And it's as if our true nature is that unconditional spiritual domain and what we're really yearning for is to connect back into that state of wholeness."

Many thanks for your contributions. It makes putting the Newsletter together so much easier for me – sometimes I run out of ideas! Email/post your contributions for next SISLETS Newsletter by September 15th. See page 1 for address details. Pam.



SISLETS Noticeboard

Advertising in the SISLETS Newsletter is free. It's the ideal way to reach all members with your comments, offers and wants. Next deadline: Sept 15th

For Sale

- Round, glass-topped table with chrome legs - diameter 1 metre - price \$50 plus 50 points or near offer
- Two large backpacks that convert into suitcases - internal frames, seen some travelling, but basically in good condition - price \$10 plus 20 points each or near offer
- Set or 2 Kenwood speakers - make us an offer!
- Large brass table lamp - possibly originally from an Edwardian railway carriage - make us an offer!

We can be reached on 8212 0078, or emailed webb@olis.net.au. We can bring most items to the next market. Our LETS number is SISA 0268

FREE!

Milton has processed 2,800 jpg photographs of his Central Asia and Czech Republic holiday, so if you want a copy of his interesting slideshows, give him a blank DVD at our August SISLETS market and he will burn it for you without cost.



Restoration/Repairs to Hand-made Rugs

including surface and edges.
Professional Weaver

More information and enquiries welcome
Judith SISA0253 Ph 8278 7304

For Sale: Double bed mattress - 30 units
Judith SISA0253 Ph 8278 7304

Wanted:

- ♦ Small colour TV 30-40cm. Price negotiable.
- ♦ A basket or similar for ladies bike.
- ♦ Petrol Vouchers/Dockets. Units only.

For Sale:

- ♦ 1 pair of 100% wool men's taupe/beige trousers/pants. Size 31-31 inch waist. Bought at Myer for \$189.00 will sell for \$25 + 20 units, price negotiable.
- ♦ 3 brand new (still in packets) flannelette sheet sets. For single bed. Colour – white. Includes 1 flat sheet, 1 fitted sheet & 1 pillowcase.
Brand: Country Cabin - "quality, super soft & long lasting". RRP:\$49.99 - Sell for: \$15.00 & 10 units.
Happy to send a picture by email for both items if needed.

Louise Smith SISA0206 Ph 8362 7813
loui@tadaust.org.au



Wanted: Lawn-mowing

Someone to mow lawn in Park Holme area. Preferably lives nearby.
Marica SISA0272 Ph 8177 1409
(11am-8pm)

Mosaic Teacher/Instructor Wanted

For next school holidays
If interested – or know of someone with the required skills – contact the
Coromandel Valley Community Centre
Ph 8370 6880 corocom@bigpond.net.au



Wanted:

Garden Ornaments/Features and Pet Carriers

Pam SISA0130 Ph 8374 2531
theshoppe@chariot.net.au



Office Chair Wanted

Adjustable – suitable for use with computer

Tina SISA0175

Ph 8272 9404



Living in Harmony with the Planet Workshops:

Hi, Once a month I run a workshop at the Clarence Park Community Centre.

Emphasis is on learning and experiencing ways to consider the planet in our everyday activities. Fee includes samples to taste and/or take home. Its' a relaxed, fun atmosphere – so come along and join in! Topics vary from month to month.

Workshop topics for August and September are as follows. Everyone is welcome!

Pam

Saturday August 9th 1.30-3.30pm

Old Time Kitchen Skills

- Making butter (taste homemade butter on fresh bread!)
- Turning garden produce and plants into: jams, cordials, preserves, herbal products, cleaning products, sprays & repellents, etc
- Homemade (and tasty) food alternatives to commercial products.
- Coping with shortages by finding substitutes

Saturday September 13th 1.30-3.30pm

Green Fingers

- Simple vegetable growing
- Making fullest use of what's in your garden – i.e. herbs, eucalyptus, etc for cooking, cleaning, herbal products, deodorising, healing, insect repellents
- Composting for the beginner
- Creating an environmentally aware garden
- Recycling and reusing in the garden

Cost: \$15 (or \$10 conc) – includes take home samples of products relevant to workshop. (LETS - ½ units/cash)

Venue: Clarence Park Com. Centre
74 East Ave Black Forest

Bookings & Enquiries: Pam 8374 2531
email: theshoppe@chariot.net.au
website: www.theshoppe.com.au

MAKE YOUR OWN SOLAR OVEN

Sunday 24 August 12.30 - 3.30pm

At Hillcrest Community Centre,

Queensborough Avenue, Hillcrest

(Workshop will follow with a regular Adelaide LETS market - from 11 am)

Please bring –

7 pieces corrugated cardboard:

One piece 850 x 280

One piece 850 x 300

One piece 330 x 300

Two pieces 290 x 330

Two pieces 270 x 330

(all minimum sizes. Appliance boxes are a good source of cardboard)

Pencil, ruler, scissors and/or craft cutter
3 metres aluminium foil

Places are limited, so bookings essential
phone Sue 8266 2757



25 year celebration

Congratulations to the

Clarence Park Community Centre

which recently celebrated its 25 year birthday with a special birthday event and plaque presentation.

SISLETS has been associated with the Centre since 1995 and hopes to continue our involvement for many years to come!

The Centre offers a huge range of activities – so when next at the SISLETS Market collect a brochure for a full list. The Centre is also available for hall hire – it has a large main hall and various other smaller meeting rooms.

For further information Ph 8293 8166

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

