



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

December 08

Editor: Pam Marshall



SISLETS CHRISTMAS MARKET

Saturday December 6th 2008

10.30 am – 12.30 pm

Clarence Park Community Centre
74 East Ave, Black Forest

Come to the last market for 2008!

- ⊙ 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.
- ⊙ Join in the friendly relaxed atmosphere and do some trading!

Sites are free for SISLETS members
Enquiries & Bookings: Peter 8276 9621

For Your Diary.....

SISLETS Market dates for 2009

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

- ◆ Feb 7 ◆ March 7 ◆ April 4 ◆ May 2
- ◆ June 6 ◆ July 4 ◆ Aug 1 ◆ Sep 5
- ◆ Oct 3 ◆ Nov 7 ◆ Dec 5

Many Hands Make Light Work!

Please help us on Market day by dismantling/stacking your trestle/s, chairs and removing rubbish. Many thanks.



Wishing all SISLETS members a Happy Christmas and prosperous New Year for 2009 & Happy Trading!.

SISLETS New Member

SISA0284 Robert Adelaide

Ph 0400 044 096

robert@starplaymusic.com

New Listings:

SISA0134 Cheryl Clovelly Park

Ph 8277 4021 netc75@hotmail.com

Offers: For sale – swivel black TV stand (part cash/units). Plants – thyme, parsley, gazanias, mint, poppies, nasturtiums. Housework, Gardening.

Wants: Help painting house, Swap plants, Fresh produce.

SISA0272 Marica Park Holme

Ph 8177 1409

Offers: Blackmores Water Filter Jug (excellent condition), Healing Energy for Women – Reiki and/or Polarity Balancing, Wheat Heat Packs, Organic apricots and plums when ripe, Fresh herbs (rosemary and oregano).

Wants: Person to mow my very large lawn with their mower on a regular basis at Park Holme.

Other Offers and Wants: Don't forget the on-line accounting system also lists member Offers & Wants. Go to www.ces.org.za for more information.

SISLETS Mail Delivery – The Clarence Park Community Centre closes between 19/12/08 and 27/1/09. All mail is held for collection until after that date. If you plan to send mail requiring urgent attention send to SISLETS c/o P.O. Box 390, Park Holme 5043 (as a temporary measure only).



SISLETS Noticeboard

Advertising in the SISLETS Newsletter is free for SISLETS Members. It's the ideal way to reach all members with your comments, offers and wants. Next deadline: Jan 17th

Margie's Tangerine Meg ArtCards

will be at the Christmas market. If you would like to pre-order you can look at tangerinemeg.com/artcardshop to select your designs, and email me with your order tangerinemeg@internode.on.net. Order by December 1st for delivery at Xmas Market 6th December. The price remains 4units + \$1 See you there! Margie SISA0275

DVD for Rent

'The Planet' by Richard Attenborough (5 DVD set)
Beautiful viewing for the whole family
Tina Goodwood Ph 8272 9404

Property and Pet Care during your Holiday

- ◆ Your valued possessions secured
 - ◆ Pets a priority
 - ◆ Excellent recent references
 - ◆ Half barter/half \$'s
 - ◆ Can Live in
- Catherine McIntyre (South LETS 590)
Phone: 8552 3306

Overnight stay (3 nights per month) for study purposes

Catherine McIntyre (South LETS 590)
Phone: 8552 3306

GARDENING ASSISTANCE WANTED

Louise Pasadena Ph 0413 642 864
Email: louisefoodtech@yahoo.com.au

Home grown garden produce



when available over summer period: zucchini, lettuce, eggplant, spinach, tomatoes (cherry, roma).

Pam SISA0130 (St Marys)
8374 2531 theshoppe@chariot.net.au



Join LETS World

I invite you to join a new group on Flickr called **LETS World**.

It's a forum for discussion and sharing ideas, questions, photos. Simply click on the following link (or copy and paste it into your web browser). Then you will see what this group is all about!

<http://www.flickr.com/welcome/31931515/427472/>

See you there!
Liz, LETS South



South LETS Christmas Market

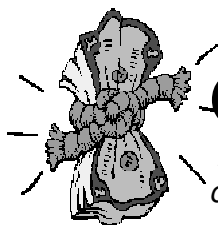
Sunday 30th Nov.
.....11am-2pm

Aldinga Institute, Aldinga

"We'd like to invite you all along as it is also the celebration of our 18th birthday. We will have a small marking of the occasion with a brief speech by the chair and a cake cutting by the longest standing member there on the day. Anyone who would like to have a stall is most welcome and there will be no fee as usual for visiting LETS Members. Hope to see you all there at Aldinga Institute on the day".
Liz – South LETS

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)



Get Ready for Christmas!

Here's some wonderful ways to make Christmas a special time without over extending the budget!

Christmas Tree Decoration Ideas:

- Make popcorn chains by stringing coloured popcorn together with sewing thread & needle. In fact any small sweet can be threaded into long chains or tied onto the tree. A row of Christmas sweets – such as Xmas trees or toffees (in wrappers) strung together look very effective.
- Make chocolate Christmas shapes in chocolate moulds (and wrap in foil) and hang with cotton thread. Spray paint pasta shapes (larger shapes look best) & hang on the tree.
- Hang small gift soaps – wrapped in cellophane & tied with colourful ribbon
- Use Christmas-shaped biscuits with a hole for hanging.
- Make white paper 'snow flakes' by folding a piece of white paper into half, then quarters, and then eighths. Using sharp scissors to cut out small sections. Unfold to form a lacy patterned 'snow flake' to hang on the tree.
- Candy canes hung on the tree add colour and appeal. A box of candy canes costs only \$2 – a cheap form of decoration!
- Hang old toys, model cars, alphabet blocks, small stuffed animals, small dolls, tea balls, old cutlery, egg whisks, napkin rings, tea bags, pretzels, lollipops, jewellery, beads, brooches, baby booties, fancy (small) pieces of china, small framed pictures, corks, paperclip chains, hair combs & clips, buckles, artificial flowers, old CD's, tassels, pretty pictures glued to cardboard, old cutlery, etc. are all options for decorations for the tree – in fact using items with sentimental value help to make Xmas a special time of reminiscing and warmth.
- Dip the ends of some cheap wooden spoons in chocolate – hang on the Christmas tree for a special Christmas treat!



Christmas Tree Alternative:

Why purchase an expensive commercial Christmas tree?

As a creative Christmas tree alternative – why not use an attractively shaped tree branch. A eucalyptus branch makes Christmas very 'Australian'. Tree branches sprayed with gold or silver paint look fantastic decorated with ornaments! Or, a potted plant will suffice as a Christmas tree – use it as a table centre piece!



Christmas Table Decorations

- Make napkin holders by cutting 5cm sections from the cardboard middle of an alfoil or plastic wrap roll. Cover the tubes with Christmas fabric or wrapping paper and decorate with ribbon, holly, etc. (attach with glue). Napkin holders made with the same or contrasting fabric as the Christmas table cover look very effective.
- Make Christmas placemats or coasters by covering cardboard squares, rounds or rectangles with pretty paper, cards, calendar tops, etc.
- Decorate the table with such things as pine cones, candles, jars of sweets and trinkets instead of expensive commercial Christmas decorations.



Cardboard gift boxes:

For gift-giving use recycled tea-bag boxes, cereal boxes, chocolate boxes and other boxes which have been covered in fancy paper, or recycled materials – such as last year's calendar tops, old Christmas cards, magazine pictures, scraps of fabric, lace, ribbon etc. For shiny appearance paint with 50/50 PVA glue & water.

Christmas Recipe Ideas

Cheap and easy-to-make recipes for Christmas.

Yummy (and healthy) Christmas Fruitcake

(without butter, eggs or sugar)

- 1 kg mixed fruit
- 2 cups orange juice
- 2 cups SR flour
- 1 teaspoon mixed spice



Method: Pour orange juice over mixed fruit and allow it to soak approx 10-12 hours. Mix in the flour and spices. Pour into a greased 20cm (8") square tin and bake for 1½ hours in a 300 °F/155 °C oven (or longer if necessary).

Zucchini Slice

- 2 zucchini (grated)
- 2 large carrots (grated)
- 1 onion (finely chopped)
- 4 beaten eggs
- 1 cup SR Flour
- ½ cup grated cheese



Method: Mix all together. Pour into a 20cm (8") square greased baking dish. Sprinkle a little extra grated cheese over the top. Bake 180 °C for 30-45mins. Serve cut into squares.

Quick Tomato Pizza/Pasta Topping

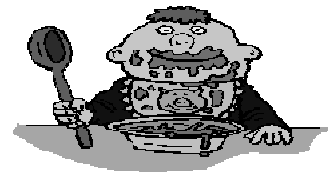
Simmer (uncovered) sliced onions and tomatoes with some crushed garlic; fresh or dried herbs (parsley, marjoram or oregano); sugar and salt (all to taste) until thick (approx. 30 minutes). When cool pour into clean plastic sealable tubs. Sauce will keep up to 3 weeks in the fridge – or freeze for longer storage. Chopped celery and capsicum or even chilli may be included to enhance the flavour. This mix can be used as a base for pizza, as a sauce for pasta or as a dip with pitta or corn chips (you'll find it tastier than the commercial variety – and much healthier!).

Quick & Easy Rocky Road

This mix makes a large quantity and works out much cheaper than buying commercially made rocky road. You'll need:

- A bag of marshmallows (pink & white) cut in quarters or halves.
- 1 cup of peanuts (unsalted) or other nuts and fruit according to taste
- 350gm bag of cooking chocolate 'Melts' that has been melted in microwave.
- 1/3 of a block of copha mixed with the melted chocolate.

Method: Mix all ingredients together. Pour into a rectangular tray and place in fridge for 1 hour to set. Cut and eat!



Nibble Noodles

Snack foods can be very expensive at Christmas. Here's how to make a noodle mix for snacks that is easy and cheap: Deep fry dry one packet of Chinese noodles – any type of rice or egg noodles - until crisp. Drain well. Coat with a mix of 2 tablespoons curry powder and 1 tablespoon each of salt and sugar by placing both spice mix and noodles in a bag and shaking. Add sultanas or roasted (unsalted) peanuts if desired.

Handy Hint: For another quick and cheap snack food suggestion – split pitta bread* into two sections and bake triangles in a slow oven until dry and crisp – it's much cheaper and healthier than buying corn chips for dipping!

*Ideal for out-of-date or reduced priced bread often sold by supermarkets.