



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

August-September 09



SisLETS Community Market

10.30 am – 12.30 pm Saturday
August 1 & September 5

10.30 am – 12.30 pm

Clarence Park Community Centre, 74
East Ave, Black Forest

- ☉ Lots of interesting trading stalls, hairdressing, massage 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.
- ☉ Join in the friendly relaxed atmosphere and do some trading!

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

SISLETS Market dates for 2009
Saturday mornings 10.30am-12.30pm
Clarence Park Community Centre
♦Oct 3 ♦ Nov 7 ♦ Dec 5

ABC TV 'Stateline' at the Market

Unfortunately Simon Royal (reporter for 'Stateline') was unable to attend the June market due to ill-health to report on LETS. He is apparently still very interested in running a story – but no date has been set as yet. Many thanks to members who attended the market in support of LETS and 'free publicity'. It was unfortunate that the plans did not go as anticipated. Hopefully it will in the near future. Pam

Editor: Pam Marshall



SISLETS New Members

SISAA0290 Harry Warradale
Ph 8296 5428 harryrarefruit@gmail.com

Offers: Garden manure/worms, Animal advice, Some produce for sale, Environmental & Water Advice, Permaculture Designs, Gardening advice & work, plants, etc.

Wants: Some Recycled Goods, Books, Food, Computer Help

SISA0291 Eric Unley
Ph 0420 837 961 eric.nicholson@hotmail.com

Offers: Written skills - resumes, grant applications, reports, Ecology knowledge/Permaculture Design & Education

Wants: Shoe Repair, Bike Repair

SISA0292 Sonia Wayville
Ph: 0404 305 675

Offers: Socializing, Reading lessons, Waitressing, House-cleaning & domestic services, Cooking, meal preparation, catering & kitchen help, Office Work: typing, word processing, telephone help, reception, filing, mailing, etc., Child-care and baby-sitting, Pet minding/House-sitting/dog walking.

Wants: Drama classes/acting, Beauty treatments/facials/manicures, Massages, Chiropractor services, Sewing lessons/dressmaking, Dancing lessons,

SISLETS New Members (cont'd)

SISA0292 Sonia

Wants: Fax service, First aid lessons, Hairdressing, Photography – digital camera, Swimming, Transport, **Wanted Urgently: Tap shoes (preferably size 8).**

SISA0293 Amanda Cumberland

Park 8293 4672 amla@iinet.net.au

Offers: Letter writing, Proof reading

SISA0294 Tamara Mannum

Ph 0407 457 707

Tamara@moonrisepermaculture.com.au

Offers: Permaculture Advice/Teaching - garden advice, help with vegie growing, cooks, ducks, fruit tree pruning/growing, tree planting and pruning, composting, insect advice, Editing & proofreading

Wants: Labouring

(Please also check the internet trading site www.ces.org.za for new offers and wants).



SISLETS Noticeboard

Advertising is free.

Send to SISLETS address on page 1 or email sislets.coordinator@gmail.com



For Sale: Bread-maker
Juicer (Breville – near new)
Tina SISA0175 Goodwood
Ph 8272 9404

For Sale

Little iMac (blue)

with 20G HD, OS9 and no software to use for kids, parts or very basic use?
150 units or near offer.

Margie SISA0275 Clovelly Park
Ph 0177 0693
mgoodchild@internode.on.net

Gardener & Cleaner Wanted

Once a month for 2 hours (40units)
Muriel (SISA0168) West Lakes
Phone 8449 9617 gladys00@tpg.com.au

South Australian Living Artists Festival

Sislets' member Anthea Smith has an upcoming Jewellery Exhibition as part of the SALA Festival. Anthea has created her unique designs by combining her firework beads, made from Murano glass, semi-precious gemstones, Swarovski crystals and sterling silver. The Exhibition will be in the Foyer of the Parkholme Library from August 4th to August 29th during normal Library opening hours."
Anthea SISA0064 Ph 8357 6379
jennyandanthea@bigpond.com

AdelaideLETS Up-Coming Events

◆ **Sunday 23rd August: Market at**
Hillcrest Community Centre,
Queensborough Avenue, (off Fosters
Road), Hillcrest
11am – 1pm. **EVERYONE WELCOME**
Join in the friendly relaxed atmosphere
and do some trading! Tea – Coffee – Cake
– Lunch. Why not have a stall? Sites &
trestles are free for LETS members
Stallholders also receive a lunch voucher
Enquiries & Stall Bookings: Sue 8266
2757 adelaidelets@hotmail.com

◆ **Saturday 26th September, 10am-3pm,
Hillcrest Community Centre**
LETS Cook Preserves. Everyone likes
homemade preserves for raffle prizes, so
Rosemarie has agreed to show us how
she makes marmalade. Hopefully we'll
get the fruit from members and those
interested will cook up a batch. There'll be
samples to take home and some jars for
LETS to raffle off at markets. If you'd like
to get involved, either to provide fruit or
attend the workshop, please let me know
(adelaidelets@hotmail.com). We plan to
hold similar workshops when people have
surplus produce.

◆ **Saturday 31st October, 11am-1pm –
Get-together at Gail's home**, Unit 1, 38
Iveleary St, Salisbury East (across the
road from Brahma Lodge Hotel). (ph 8283
4532 or 0405 207 981). Please let Gail
know if you are interested

◆ **Sunday 22nd November 11am-1pm**
Christmas market at Hillcrest

The following page has been reprinted from the October 08 issue of the Newsletter. It's mainly for the benefit of new members not familiar with the trading process. However it may also be a reminder for other members about how to trade in SISLETS. If you do not have the internet one of the following members will be able to help you access your account, in-put your trades and change your offers and wants: Julie SISA0236 - Milton SISA0024 - Lay Lee SISA0252 – Pam SISA0130 (Please check Membership List for phone numbers).

SISLETS:

How to Trade

1. FIND WHAT YOU WANT

Choose from the listings in the 'Offers' and 'Wants' on the website: www.ces.org.za OR from the SISLETS Newsletter OR by 'word-of-mouth'.

2. CONFIRM CURRENT

MEMBERSHIP (of the member with whom you are trading with) by viewing the date on their membership card or checking they are listed on the current SISLETS Membership List (in last Newsletter) or check the web-site. Only trades with current financial members can be credited to your account. It is your responsibility to ensure current & financial member status before accepting a trade.

3. AGREE ON A PRICE

It's up to both of you to decide on a price (it may be straight LETS units or part units/part dollars). It's often a good idea to think of what you would normally charge in dollars and negotiate from there. Always make sure you both agree on the price so that there are no discrepancies.

4. PROCESS THE TRANSACTION

The **seller** is responsible for ensuring the transaction is entered into the trading system via www.ces.org.za. The system ONLY accepts seller transactions – not buyer transactions – so it's difficult to 'put in' an incorrect transaction. If you do not have access to the internet – ask another member to help you (see list above).

5. CHECK YOUR STATEMENT

All email recipients will receive email notification when the transaction has been processed. However it's a good idea to check your statement to ensure all entries on your account are correct. Mistakes can occur. Please report accounting irregularities to: sislets.coordinator@gmail.com

SISLETS Transaction/Check-books: If you would like written documentation of the transaction please ask the buyer to fill in (and sign) a LETS check and give to the

seller to process (via the inter-net). (The buyer has a record via the check-book). This will avoid any discrepancies.

Trading at Markets: Stallholders will have available a 'Trading Sheet' on which your purchases are entered. This is considered sufficient written documentation. Buyers – please fill out your details clearly and carefully.

Accessing the CES System: Every member has been issued with an individual password – you will need this password to access your account via www.ces.org.za. If you do not know or have lost your password you'll need to re-apply to SISLETS for a copy. When you first access your trading account please change your password to one of your choice.

Accessing your Account

1. Go to www.ces.org.za
2. At bottom of screen type in your account name (i.e.SISA0???) and your password
3. Press Enter: You will have in front of you '.....'s Trading Account'



How to Process a Transaction:

1. Go to the middle column of the page.
2. From the list of options choose 'Enter Single Transaction'
3. Open it up and fill in the boxes (buyer, amount, details, etc.). The system is already set up in SISLETS' Exchange. (If you are trading with another system you'll need to transfer to that system to find the buyer). Press 'Enter'.
4. You will be asked to confirm the transaction. If OK. Press 'Submit'.
5. If you have 5 or more transactions you can use the 'Enter Multiple Transactions' section.
6. You cannot make a mistake as the system only allows you to do transactions as the seller (which, for example, is what your market transaction sheet contains).
7. If you have a transaction as you - the buyer (and another person the seller) you will have to refer it to the seller as you are not able process it.



Life in the 1500's

1. Most people were married in June because they took their yearly bath in May. So because they still smelled pretty good by June it was the most appropriate month to get married. However just in case odour was a problem the brides carried a bouquet of flowers to hide body odour. Hence the custom today of carrying a bouquet when getting married.

2. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the first bath with nice clean water. Then the other sons and men were next. Women and children were next and then last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying: "Don't throw the baby out with the bath water".

3. Houses had thatched roofs or thick straw piled high, with no wood supports underneath. It was the only place for small animals to keep warm. So cats, dogs and other small animals (mice, rats) lived in the roof. When it rained it became slippery - sometimes the animals would slip and fall through the roof Hence the saying: "It's raining cats and dogs".

4. As there was nothing to prevent things from falling into the house through the roof it posed a real problem in the bedroom where bugs and other droppings could mess up the nice clean bed. A bed with big posts and a sheet hung over the top offered some protection. Hence – 'canopy beds' came into existence.

5. The floor was dirt. Only the wealthy could afford non-dirt floors. Hence the saying: 'Dirt poor'.

6. Food was cooked in the kitchen with a big pot hung over the fire. Every morning they would light the fire and add more food to the pot. The leftovers were left in the pot overnight to start over the next day. Often the food in the pot was days old - hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old".

7. Food consisted mostly of vegetables and very little meat. Sometimes they obtained pork - which was quite special. When visitors came they would hang the bacon for display. It was a sign of wealth that a man could "bring home the bacon". They would share it with guests and sit around and "chew the fat".

8. People with money had plates made of pewter. Food with high acid content caused the lead to leach onto the food leading to lead poisoning and death. It happened most often with tomatoes – as a result for the next 400 years tomatoes were considered poisonous.

9. Bread was divided according to status. Workers were given the burnt bottom of the loaf, the family the middle, and guests, the top, or 'upper crust'.

10. Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would consider them dead and prepare them for burial. They were laid on the kitchen table for a couple of days. The family would gather around, eat and drink and wait and see if they would wake up. Hence the custom of 'holding a wake'.

11. In old England local folk began running out of places to bury people. So in order to re-use the grave they would dig up the coffins and take the bones to a bone-house. When reopening the coffins, one out of 25 coffins were found to have scratch marks on the inside. They realized people had been inadvertently buried alive. To solve the problem they would tie a string to the wrist of the corpse, lead it through the coffin and up to ground level tied to a bell. Someone would sit out in the graveyard all night (hence: the 'graveyard shift') and listen for the bell - thus someone could be: 'saved by the bell' or was considered a 'dead ringer'.

And that's the truth. Now, whoever said: 'History was boring'.