



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

October-November 09

Editor: Pam Marshall

Next
**SISLETS
Markets**

**Saturday 3 October &
7 November**

10.30am-12.30pm

**Clarence Park Community Centre
74 East Ave Black Forest**

- ⊙ Second-hand goods, crafts, massage, homemade food, plants, hair-dressing 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!

Sites & trestles are free for SISLETS members!

Enquiries & Stall Bookings:
Peter 8276 9621

SISLETS Christmas Market
5 December - 10.30am-12.30pm at the
Clarence Park Community Centre



SISLETS New Member

SISAA0295 Jeni Adelaide
Ph 8221 5544 jeni.kent@bigpond.com

Offers: Gardening, Cooking, Sewing, Embroidery, Quilting (quilting group 3rd Sat. each month - \$2).



ABC TV 'Stateline' at the Market

An ABC reporter and camera-man attended our last market (September 5th). They stayed for 2 hours filming and talking to various people at the market. Even though it was one of our quieter markets they managed to gather some good information, pictures and personal stories for the Stateline programme from all the groups that attended. The programme was scheduled to be aired the Friday following the market – but has been postponed to appear this coming Friday (7.30pm – 25 September). So far the shorts look very interesting! So we'll have to see what they have managed to put together from the information that they gathered and who will be featured in the programme! Many thanks to those brave people who came to the market, set up stalls just for the occasion and agreed to be filmed and interviewed. Pam

No Badge – No Trade

There has been some recent incidents at the market with people trading in LETS units who are not LETS members or have allowed their membership to expire. To ensure you receive all your units when trading make sure the person you are trading with has a current ID card. You have the right to ask – if they cannot produce a current LETS ID they are obliged to pay the full dollar fee. Ideally all

members should display their LETS badge clearly at the market when trading. Plastic pouches are available for this purpose – ask at the Cafe if you would like one.

If you have any problems or discrepancies please refer them to the Cafe at the market. Pam



Trading with South LETS

On Sunday September 6th Helena and I visited the South LETS Market at the old Aldinga Institute. The market had a 'country' feel to it with lots of second-hand goods and bargains, homemade food, produce (including eggs). It was well worth the trip! Pam

Arrangements have now been negotiated for South and SISLETS to inter-trade (South LETS members do not trade via the CES system). South LETS has been allocated SISA0111 so that trading can take place between SISLETS members and the South LETS trading system. We are also in the process of organising a copy of the South LETS Resource list. The next South LETS Market is as follows:

**South LETS Christmas Market
Sunday December 6**
at Aldinga Institute
For details Contact: Liz 8556 2705

AdelaideLETS Events

◆ **Saturday 31st October, 11am-1pm – Get-together at Gail's home**, Unit 1, 38 Ivelary 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 Com Centre
Contact: Sue adelaidelets@hotmail.com



SISLETS Noticeboard

Advertising is free.

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

Website Help Wanted

Pam SISA0130

Ph: 8374 2531 theshoppe@chariot.net.au

Offers:



House-sitting and Sewing

Even though I've moved down south I am still available for house-sitting (including looking after your pets) and sewing/mending (and similar projects).
Helena SISA0183 Ph: 0414 396 791

Jewellery by Anthea

Would you like to get your Christmas shopping organized early? Or perhaps buy some jewellery for yourself? Anthea will be at the Sislets Markets until Christmas with her Jewellery Stall. Payment may be made in Lets points only, cash or a combination of both.
Phone: 8357-6379 or email: antheajewellery@yahoo.com.au

Wanted:

Yoghurt tubs and other small containers

(approx 150ml)

For children's activities – candle-making, potting plants, etc.

Pam SISA0130 Ph: 8374 2531

theshoppe@chariot.net.au

(or bring to Cafe at next market)

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 or sislets.coordinator@gmail.com



Visit the
Community Café

At every SISLETS Market
1st Saturday of the month
from 10.30am to 12.30pm
Clarence Park Community Centre
74 East Ave. Black Forest
♦**Organic coffee & herbal teas**
♦**Relaxed friendly atmosphere**
♦**Homemade cakes and produce**
♦ **Service with a smile!!**



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



**Having a ‘Senior’s Moment’?
Consider this:**

Just before the funeral services, the undertaker came up to the very elderly widow and asked, 'How old was your husband?' '98,' she replied, 'Two years older than me'. 'So you're 96,' the undertaker commented. She responded, 'Hardly worth going home, is it?'

Reporter interviewing a 104-year-old woman: 'And what do you think is the best thing about being 104?' the reporter

asked. She simply replied, 'No peer pressure.'

The nice thing about being senile is you can hide your own Easter eggs.

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts of dementia. Have poor circulation. Hardly feel my hands and feet anymore. Can't remember if I'm 89 or 98. Have lost all my friends. But, thank God, I still have my driver's licence.

I feel like my body had gotten totally out of shape. So I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart says, 'for fast relief.'

THE SENILITY PRAYER :

Grant me the senility to forget the people I never liked anyway.
The good fortune to run into the ones I do, and the eyesight to tell the difference.
Now, I think you're supposed to share this with 5 or 6, maybe 10 others.
Oh heck, give it to a bunch of your friends if you can remember who they are!

Always Remember This:
*You don't stop laughing because you grow old; **you grow old because you stop laughing!!!***

I, Myself and being healthy!

Dianne (SISA0260)

It does not matter whether you are simply managing a household for one or for many the truth is that if whoever is responsible for serving up food does not take on a duty of care some very unfortunate health issues will soon arise, if they haven't already.

There is a mountain of evidence that what we eat or don't eat contributes to our health and wellbeing. The biggest health issue which underlies many other health issues is Type 2 Diabetes Mellitus which is mainly caused by eating the wrong foods, or not enough of the right foods and doing little or no physical activity i.e. walking.

So getting to the point Type 2 Diabetes Mellitus is a very scary health issue because it leads to cardio vascular issues, amputations, poor eye health and a host of other health issues you do not want. Being responsible for your health and the health of other members of your household it is important to look at ways to improve the choices of what food is eaten. Fresh is best, but frozen is OK, be careful with canned products because of the sodium (salt) content, just start reading the labels of both canned and packaged food – you can judge for yourself. Just remember the less sodium the better.

The main idea is to eat two different types of fruit a day and five different varieties of vegetable/salad produce. I know you are wondering how you could consume all that but

really it isn't that bad as you will find out as you read on. The national campaign "Go for 2 Fruit & 5 Veg" has been around since 2005 and the message has never more relevant than it is now with the epidemic of Type 2 Diabetes Mellitus. Two things to take seriously; everyone needs to do some form of regular exercise, walking cycling, tennis or other sports plus increase the number of serves of fruit and vegetables in your daily diet.

Now for the how with the fruit: two serves of fruit a day could be 2 apricots and 1 apple; 1 banana and 1 orange; 1 cup of pineapple pieces and 2 kiwi fruit; 4 dried apricots and 1 pear; 2 plums and 1 peach. If you want to be particular about weight of fresh fruit a serve is considered as 150 grams. Dried fruit is different, 1½ tablespoons of sultanas or currants, 4 dried apricot halves.

The exciting world of vegetables includes legumes and one serve is ½ cup of cooked vegetables/legumes (75 grams), 1 small potato, 1 cup of salad. The most important point here is that different sorts of vegetables should be consumed because the interaction of the nutrients is very important. Select a variety from the different groups listed here.

1. Onion, shallot, garlic, spring onion, leek, fennel
2. Cauliflower, broccoli, Chinese broccoli, globe artichoke
3. Egg plant, capsicum, courgette, okra, pumpkin, tomato, choko
4. Mushrooms
5. Bok choy, cabbage, lettuce, silver beet, spinach, witloof
6. Carrot, turnip, beetroot, swede, radish, parsnip, celeriac
7. Broad bean, French bean, pea, snow pea, snake beans, butter beans

8. Asparagus, celery
9. Potato, kumara, yam, taro, Jerusalem artichoke
10. Dried peas, beans, lentils, chick peas

Yes there are more veggies the plan is to increase awareness of the different groups and the need for variety.

Mustard greens are nutritious and with summer approaching this recipe appealed to me.

Tomato, Potato and Mustard Green Salad.

In a blender make a dressing;

¼ cup chopped shallot

1 ½ teaspoons Dijon-style mustard

4 tablespoons Sherry vinegar (or apple cider vinegar)

Add ¾ cup olive oil through the funnel whilst the motor is running

Other ingredients

900 g potatoes – whole and not peeled

4 large tomatoes (about 680 g)

250 g mustard greens – remove stems, wash, drain well and then shred coarsely to make about 6 cups

2 tablespoons very finely chopped chives

In a large saucepan combine the potatoes with enough water to cover them bring to boil and simmer until tender Drain and peel potatoes, allow to cool then thickly slice the potatoes and arrange on a platter with tomatoes, cut into wedges and the mustard greens. Pour the dressing over the salad and sprinkle with the chives.

Adapted from recipe at <http://www.epicurious.com>

Do your best with the above, small changes do make big differences.

Cheers, Dianne

(Dianne is currently undertaking studies at Flinders Uni and has kindly contributed the following. Many thanks Dianne!)