



SISLETS NEWSLETTER

(Southern Inner Suburbs Local Exchange Trading System)

c/o Clarence Park Community Centre, 74 East Terrace, Black Forest 5035
website: www.sislets.net email: sislets.coordinator@gmail.com

December 09

Editor: Pam Marshall



SISLETS Xmas Market

Saturday December 5th

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 Market dates for 2010

Saturday mornings 10.30am-12.30pm
Clarence Park Community Centre

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

*On behalf of all the SISLETS Members.
Thanks Pam for the great effort you put in to make out LETS system so great. Merry Christmas to you all.
Louise (SISA0277)*



SISLETS New Members

SISAA0296 Laura Edwardstown
Ph 8277 1852
doloresmarlene@yahoo.com.au

SISA0297 Brenda Hove
Ph 8377 2069 thegarcias@internode.on.net
Offers: Natural Skin Products
Wants: Produce

SISA0298 Julie Brighton
Ph 8358 0771 julievincent@internode.on.net
Offers: Natural Skin Care, E.F.T.
(Emotional Freedom Technique)
Wants: Produce

SISA0299 Peter Cumberland Park
Ph: 8293 6972 peter.venning@sawater.com.au

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

Check Your CES Listings!

Hello members

After the last market, which surely was the biggest and best of the year, I decided to process a few dozen transactions into www.ces.org.za I had not been in the site for months and I found that my offers and wants were not displayed because I had not updated them for over a year. It taught me to be more active. I am pleased that the unknown site programmers have

instigated this control as it punished me for being lazy.

One of my offers will be when I finish writing two new, huge, fascinating books on the 'Nepal's Annapurna Trek, Bhutan, and N.E. India' and 'The Central Asian countries and Czech Republic', both including comments on the airline industry - which come on a DVD with thousands of photos. Writing is a great hobby. Have a wonderful Christmas.

Milton (SISA0024)

PS: You need to update your listings every 6 months or they will be automatically taken off the site.



SISLETS Noticeboard

Advertising is free.

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

Help Wanted in Cafe at December SISLETS Market

(Payment in units and food)

See Pam on Market Day

WANTED:

Old bamboo blind

Any size, any condition (new or old - as long as not too mouldy or degraded). Must be real bamboo not "plastic" bamboo (as many of them seem to be nowadays).

Amanda SISA0293 8293 4672
amla@inet.com.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

Help Wanted removing disused air-conditioner from window.

Pam SISA0130 (St Marys) 8374 2531
theshoppe@tpg.com.au



For Sale:

- 6 ft Christmas tree and decorations - 30 units.
- Fluoro desk lamp - 20 units.
- Illuminated globe of the Earth - 20 units.
- Cooper's home brew kit (used but good) - 20 units.

I'm open to offers! I can bring goods to December market if necessary.

John SISA0110 Phone 81795644.

HOME SUSTAINABILITY ASSESSOR COURSE

Become a Home Sustainability Assessor and jump in on the ground floor of this new and emerging career. Just 4 days of training will help you to become certified Home Sustainability Assessor.

\$150 to \$200 paid for each assessment.

(One can easily earn over 100K/Year)

Held in Adelaide 30th November
day and evening classes

Course fee: \$1180.00 Inc GST

\$30 Discount for 3 or more persons

"Hurry to secure your place"

Processing of assessor application closing date is 24th of Dec

CONTACT Victorian Centre for Training and Development Email: louise@vctd.com.au

www.vctd.com.au

Louise: 0407 181 063

The Victorian Centre for Training and Development



Home grown garden produce



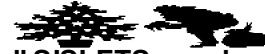
when available over summer period: zucchini, lettuce, eggplant, spinach, tomatoes, capsicum
Pam SISA0130 (St Marys)

Ph 8374 2531 theshoppe@tpg.com.au

South LETS Christmas Market

Sunday December 6

at Aldinga Institute Contact: Liz 8556 2705



Wishing all SISLETS members a Happy Christmas and prosperous New Year for 2010 & Happy Trading!.

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

Need assistance with your on-line accounting?

Contact one of the following people for assistance: Julie SISA0236 - Milton SISA0024 - Lay Lee SISA0252 - Pam SISA0130

(Please check Membership List for phone numbers)



Home-grown vegetables not always safe

The Australian, 24 October 2009 <http://www.theaustralian.com.au>

"An increasing number of Australians are growing their own vegetables. They're digging up their lawn or joining community gardens, and their children are growing vegies at school. They're not alone. In the US, the grow-your own movement is spearheaded by Michelle Obama, who has become an advocate of home-grown, healthy food. One of the first things she did after moving into the White House was have some lawn dug up and replaced with a vegetable garden. Clive Blazey is the founder of Diggers. For more than 30 years the business-- based at Dromana, on the outskirts of Melbourne-- has sold heirloom and heritage vegetables, fruit and flowers. "The edible business has been growing rapidly for some time, maybe three or four years," he says. According to Blazey, people are driven by the desire to consume tasty, healthy food, along with a back-to-basics drive to stay at home and spend more time with the family. Parents want their children to see where vegetables come from and to learn how to cook them. "Everyone has been alerted that fresh food from the supermarket ain't fresh, and there is some concern about that," Blazey says. "We have been running a strong anti-GM (genetically modified) campaign and people don't like the whole idea of big corporates owning the food supply." Heirloom or heritage varieties are the old varieties, bred for flavour and long harvests, without needing synthetic chemicals. Blazey argues that fresh fruit and vegetable production changed in the 1950s: "Plant breeding changed as soon as supermarkets took over the distribution of food. The breeding had to concentrate not on nutrition and taste; it concentrated on shelf life and the bottom line. "We know the quality of food has declined, and it's been much more convenient, but a lot of people have decided food means more to them than just providing energy. I think that's part of a reappraisal."

However, Ravi Naidu, managing director of the Co-operative Research Centre for Contamination Assessment and Remediation of the Environment, warns intending vegetable gardeners to first check the health and history of their patch of dirt. The risks range from lead paint scrapings in inner-city backyards to cadmium in agricultural soils and industrial contamination from petrol, oil and other chemicals. "Australians eat quite large amounts of home-grown produce," says Naidu, an environmental scientist specialising in risk assessment and contaminants. "The last national survey indicated Australians consume around 150,000 tonnes of garden vegies every year, with the greatest consumption in regional NSW, Victoria and Queensland, but there is also considerable intake in all the main capital cities." Yet, as Naidu notes, residues of arsenic, lead, cadmium and DDT can linger in the soils for decades, posing serious dangers to human health. "If you look at our urban environment, it is expanding rapidly and that expansion leads to the construction of houses,

some on potentially contaminated sites used to dispose industrial waste on former landfill sites,” says Naidu. Even former agricultural land can be contaminated. The CRC team has studied arsenic contamination in Bangladesh, which affected 40 million people. Naidu says concentrations of arsenic in the groundwater were “very, very low-- well below the threshold concentration above which it can pose a risk to human health-- but because people are exposed for such a long period, you can see clinical symptoms of poisoning”. He points out that arsenic was used in Australia to control parasites in sheep and cattle. “There are still thousands of toxic dip sites scattered across the landscape, many in areas that have now become suburban. Arsenic is also a concern in areas of old gold diggings, such as Victoria’s Golden Triangle, around old rail tracks and orchards.” Cadmium is another harmful agricultural legacy. “If your soil has been subjected to super-phosphate fertiliser over a sustained period, potentially you would have cadmium present in the soil and it would be transferred from your soil into your vegetables.” Today farmers use several strategies to minimise the uptake of cadmium into crops. Adding gypsum or lime binds cadmium to the soil so plants don’t take it up. Furthermore, farmers ensure the soil has enough zinc because plants absorb cadmium if zinc levels are deficient. “If it has been agricultural land, cadmium is the main thing you want checked and the pH (acid balance) of your soils,” says Naidu. He explains that if soil is suitably balanced, cadmium is not easily transferred into crops. The CRC team is investigating silverbeet, lettuce, radish, tomatoes, zucchini, carrots, potatoes and cabbages to determine how much contamination occurs in the edible parts of the plant. Team member Euan Smith says “although it varies a lot, according to type of vegetable, type of contamination and soil conditions, in most cases the levels in the diet would be well within safety limits set under national guidelines”. It is likely that root vegetables absorb greater amounts of toxins than leafy plants such as spinach or fruit such as tomatoes and zucchini. “This is a new finding given that until recently leafy vegetables were considered to be metal accumulators,” Naidu says. In addition, to this research, the team are also developing cheap and reliable sensors for soil contaminants.

Last year it patented a probe that senses lead and cadmium, and work is under way on probes for nitrate and phosphate. Another issue facing home gardeners-- conscious of the water restrictions in most cities and towns-- is the safety, or otherwise, of using grey water from sources such as showers, laundries and kitchens. While there’s active research into commercial recycled water, little work has been done on household grey water. Regulations vary from state to state, but all agencies recommend against using kitchen or dishwashing water on the garden because it can contain food particles, grease and oil. They also warn against irrigating with water used to wash nappies or other faecal-soiled items. Victoria, South Australia, Queensland and Western Australia all permit manual application of grey water with buckets and temporary hoses. NSW permits use of grey water on gardens only through sub-surface irrigation via a licensed system. And grey water use is not permitted in Tasmania. All jurisdictions regulate grey-water treatment systems. EPA Victoria advises against watering vegetables with grey water if they are to be eaten raw. SA Health goes further, advising people not to use grey water “to irrigate fruit, vegetables, or areas where fruit can fall to the ground and be eaten”. It warns that grey water can contain disease causing bacteria, viruses, protozoa from nappies and other soiled clothing; chemicals from soaps, shampoos, dyes, mouthwash, toothpaste, detergents, bleaches, disinfectants and other products such as boron, phosphorus, sodium, ammonia and other nitrogen-based compounds. Then there’s dirt, lint, food, hair, body cells and fats, traces of faeces, urine and blood. If that’s not enough to put off water-conscious vegetable gardeners, SA Health also recommends rotating grey water with mains or rainwater and monitoring the watered plants carefully. According to Blazey, there’s another option. He says home-grown vegetables use far less water than commercial scale production, and estimates a 7000-litre rainwater tank would provide enough supplementary water for most coastal gardeners. He’s so convinced of the environmental and health benefits of backyard vegies that he wants a government-supported campaign to encourage the growing of fruit and vegetables in Australian backyards. What’s more, Blazey thinks Kevin Rudd and Therese Rein should follow the Obamas’ lead, embrace the times and set up a vegetable garden at the Lodge. “The Queen herself has started a vegetable garden, so it is up to the Rudds to do something,” he says.”