



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: info@sislets.net

JUNE 2010



SisLETS

Community Market

2010 WINTER MARKETS:

Saturday 10.30 am – 12.30 pm

5th June and 3rd July

Clarence Park Community Centre
74 East Ave, Black Forest

☺ **Second-hand and new goods**, crafts, massage, music, homemade food, plants, and more!

☺ **Food Co-op, Fresh Food Co-op & Urban Orchard** open for business

☺ **Café** open offering freshly brewed organic coffee, teas, homemade food, etc.

☺ Come along and join in the friendly relaxed atmosphere!

Sites are free for SISLETS members

Enquiries & Bookings: Peter 8276 9621

Email: sislets.coordinator@gmail.com



Your help would be appreciated to set up, dismantle and clean the hall before and after the market to make the job easier for all concerned!!



For sale at June market:
**Blocks of Cadbury
chocolate**

Dairy milk, Hazelnut, Fruit and Nut, Caramello, Snack and Peppermint. 100-110g
3 units per block

Editor: Pam Marshall

Cathy's Country Style Homemade Produce

Jams, sauces, chutneys, marmalades, jellies, salsa and more

Part cash/units On sale at the market

Cathy SISA0246



Haircuts

(by professional hair-dresser)
at the market

20u and \$3 - by Trish SISA0242

Community Cafe

at the SISLETS Market

Experience good homemade food!

Offering a range of slices, cakes, quiche, muffins, brewed coffee, teas and more! All available in LETS units and \$'s. Try out best seller: Homemade savoury muffins (parmesan and olive or spinach and cheese).

Eat at market or take home.

Pam SISA0130 Ph 8374 2531

Remaining SISLETS Market dates for 2010:

Saturday mornings 10.30am-12.30pm –
Clarence Park Community Centre: ♦ August 7
♦ September 4 ♦ Oct 2 ♦ Nov 6 ♦ Dec 4



SISLETS Noticeboard

For Sale:

Computer, Monitor, Printer, Cordless mouse plus Computer Chair
Set up – ready to go – Windows XP Open Office 3, AVG Antiviral, 40GD, 296 ram
\$100 and 200 units
Tina SISA0175 Goodwood
8272 9404



Help Wanted:
'HANDYMEN ARE LIKE DIAMONDS'
I would like the help of a handyman!
Muriel Phone 8449 9617

Wanted to Buy

Two quail and six other birds who can mix with them (i.e. canaries)
Muriel (SISA0168) West Lakes
Phone 8449 9617

Help Wanted

with gardening and painting 20u per hour.

For sale.

Kelvinator fridge/freezer 380L. 2 door.
Teac colour TV and TV stand offers.
Cheryl SISA0134 8277 4021
netc75@hotmail.com



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

Wanted: Single Bed

Single bed with or without mattress, in good condition. Timber or pink tubular
Taryn AHLT0050
8388 0793 or 8391 3123 or 04 1069 8573



Bicycle Repairs / Maintenance

Ashley will fix your bike!
Big or small jobs welcome.

Advice on conserving water & energy at home

Ashley from Selihoo household consults and conducts home energy & water audits: assessment of energy and water conservation in your home with suggestions for improvement.

Seli Hoo Household SISA0006
Ph 8297 6249

Introduction to Permaculture Workshops

Workshops include background about development of permaculture, the ethics and principles of permaculture, basics of writing a brief and preparing a design, basic ecology, community building skills and lots of resources for future self-learning.

This is just an example of what could be covered. Each intro package is styled around the individual needs/wants of the learner - including the scheduling and pace of sessions. Total learning time \$100 and 50 units per workshop (approximately 12 hours).

Eric Nicholson SISA0291
eric.nicholson@hotmail.com
04 2083 7961

Written skills: resumes, grant applications, reports

Help with writing resumes, prepare for interviews, write effective grant applications & edit miscellaneous writing.

Eric Nicholson SISA0291
eric.nicholson@hotmail.com
04 2083 7961

Wanted: 8ply synthetic "wool"

Small quantities or whole balls of 8 ply synthetic "wool" for kitting blanket squares. Payment in units.
Pick up or pay for postage.

Anne ALSA0091 08 8390 2314



Old Buttons

I am a button collector who is looking for vintage or old buttons. If you have grandmas button box or tin that you no longer wish to keep you can guarantee they will go to a loving home.

Lisa Johnson AHLT0026 08 8388 1564

Wanted:

Piano Lessons

Teacher does not have to be qualified, just able to teach basic piano skills. I have only had 2 lessons. (I'm a quick learner!) Looking for somebody willing to teach within 10k's of Paralowie.

Glass Jars & Bottles

Decorative or plain. To fill with chutney, oils, jams, recipe mixes, etc.

I will pick up if you are in the northern suburbs. U1-2 per jar/bottle.

Elise Collins ALSA0203 04 3096 3414

Don't forget to check

www.ces.org.za for more Offers and Wants!

South LETS Market

Everyone welcome. Why not visit or even have your own stall?

**Sunday August 22nd, December 5th.
At Aldinga Institute Hall, Old Coach
Road Aldinga - 11am to 2pm.**

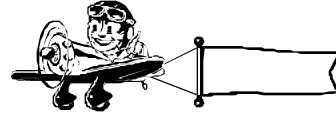
Come along and meet other Lets members, have some refreshments and pick up some bargains. For a variety of new and preloved goods and clothing, plants and home-made produce, books, crafts, jewellery, original artworks, cards, toys, cakes, oils, etc.

Contact office@letssouth.com or phone 8556 2705/04 0880 3808 for further information or to book a stall



2010 LETS CONFERENCE

South-eastern Queensland (Sunshine coast). October 1,2,3. Planning is now underway. To receive updates and further information: seqlets@gmail.com



2010 Adelaide LETS Markets

Sunday 22 August,
28 November. 11am-1pm
At Hillcrest Community Centre
Queensborough Avenue
(off Fosters Road) Hillcrest

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 receive a small 'thank you' incentive.

Enquiries & Stall Bookings: Sue 8266 2757

adelaidelets@hotmail.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)



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 you

Contact Pam 8374 2531

sislets.coordinator@gmail.com



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Caramello, Snack and Peppermint.

100-110g

3 units per block



Eleven Golden Rules

for Brewing a Nice Cup of Tea

(author unknown)

If you look up 'tea' in the first cookery book that comes to hand, you will find at most, a few lines of sketchy instructions that give no ruling on several important points. This is curious, because the best manner of making tea is the subject of violent dispute. When I look through my own recipe for the perfect cup of tea, I find no fewer than 11 outstanding points. Here are my 11 rules, every one of which I regard as golden:

First of all, one should use Indian or Ceylon tea. China tea has virtues that are not to be despised - it is economical, and one can drink it without milk - but there is not much stimulation in it. One does not feel wiser, braver or more optimistic after drinking it. Anyone who uses that comforting phrase 'a nice cup of tea' invariably means Indian tea.

Secondly, tea should be made in small quantities - that is, in a teapot. Tea out of an urn is always tasteless, while army tea, made in a cauldron, tastes of grease and whitewash. The teapot should be made of china or earthenware. Silver pots produce inferior tea, and enamel pots are worse - though curiously enough, a pewter teapot, a rarity nowadays, is not so bad.

Thirdly, the pot should be warmed beforehand. This is better done by placing it on the hob than by the usual method of swilling it out with hot water.

Fourthly, the tea should be strong. For a pot holding a litre, if you are going to fill it nearly to the brim, six heaped teaspoons would be about right. All true tea-lovers not only like their tea strong, but like it a little stronger with each year that passes.

Fifthly, the tea should be put straight into the pot - no strainers, muslin bags or other devices to imprison the tea. In some countries, teapots are fitted with little dangling baskets under the spout to catch the stray leaves, which are supposed to be harmful. Actually, one can swallow tea leaves in considerable quantities without ill

effect, and if the tea is not loose in the pot it never infuses properly.

Sixthly, one should take the teapot to the kettle and not the other way about. The water should be boiling at the moment of impact, which means that one should keep it on the flame while one pours. Some people add that one should use only water freshly brought to the boil, but I have never noticed that this makes any difference.

Seventhly, after making the tea, one should stir it, or better, give the pot a good shake, allowing the leaves to settle.

Eighthly, one should drink out of a breakfast cup - that is, the cylindrical type of cup, not the flat, shallow type. The breakfast cup holds more, and with the other kind the tea is always half cold before one has well started on it.

Ninthly, one should pour the cream off the milk before using it for tea. Milk that is too creamy always gives tea a sickly taste.

Tenthly, one should pour tea into the cup first. This is one of the most controversial points of all. The milk-first school can bring forward some fairly strong arguments, but I maintain that my own argument is unanswerable. By putting the tea in first and then stirring as one pours, one can exactly regulate the amount of milk, whereas one is liable to put in too much milk if one does it the other way round.

Lastly, tea - unless one is drinking it in the Russian style - should be drunk *without sugar*. I know very well that I am in a minority here. But still, how can you call yourself a true tea-lover if you destroy the flavour of your tea by putting sugar in it? It would be equally reasonable to use pepper or salt. Tea is meant to be bitter, just as beer is meant to be bitter. If you sweeten it, you are no longer tasting the tea; you are merely tasting the sugar. You could make a very similar drink by dissolving sugar in plain hot water.

Some people would answer that they don't like tea in itself, that they drink it only in order to be warmed and stimulated, and they need sugar to take the taste away. To those misguided people I would say: try drinking tea without sugar for, say, a fortnight and it is very unlikely that you will ever want to ruin your tea by sweetening it again.