



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

October 2010

Editor: Pam Marshall



SISLETS Community Market

Next Markets: October 2 and November 6 2010

10.30am-12.30pm

Clarence Park Community Centre - 74 East Ave Black Forest

- ☉ 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.
- ☉ EVERYONE WELCOME – join in the friendly relaxed atmosphere and do some trading!

Why not have a stall? Sites & trestles are free for SISLETS members!

Enquiries & Stall Bookings: Peter 8276 9621 email: sislets.coordinator@gmail.com

Xmas Market: December 4th



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 part units/\$'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



Cathy's Country Style Homemade Produce

Jams, sauces, chutneys,
marmalades, jellies, salsa and more
Part cash/units On sale at the market
Cathy SISA0246



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
at the **Clarence Park Community Centre**

74 East Ave Clarence Park

Open: Mon, Tues, Wed & Saturday

10.30-12.30pm Enq: 8297 6249

OPEN FOR BUSINESS MARKET DAY!



Haircuts - by professional hair-dresser at the market -

20u and \$3 by Trish SISA0242



SISLETS Noticeboard

Wanted

Services of someone handy at mending clothes (e.g. darned socks, replacing buttons, etc.).

Eric Nicholson SISA0291
eric.nicholson@hotmail.com Ph 042 083 7961

Hand-made kitchen tea-towels.

On sale at next market

In good quality absorbent cotton.
Various colours. 2 units each
Colours: red, blue, green.



Offers:

House-sitting and Sewing

Available for house-sitting (including looking after your pets) and sewing/mending (and similar projects).
Helena SISA0183 Ph: 0414 396 791

Wanted: Small Glass Jars (with lid)
Small yoghurt pots (plastic)
Pam SISA0130 Ph 8374 2531
(or bring to market)

Help with painting.

Pay 15u/hour

Cheryl SISA0134 Ph 8277 4021



Take a trip down south and visit the
South LETS Xmas Market
Everyone welcome. Why not visit or even have your own stall?
Sunday December 5th.
At Aldinga Institute Hall, Old Coach Road Aldinga - 11am to 2pm.
Contact office@letsouth.com or phone 8556 2705/04 0880 3808 for further information or to book a stall



For Sale

- **Persian miniature paintings** beautiful and original Persian miniature paintings for sale valued at \$80 each. Size approx A5 (\$30 and 50 units each)
- **Childcare:** Experienced mature female able to care for your children, day evenings, weekends negotiable (15 units/hour)
- **Womens clothing:** Lots of clothing size 8 to 10 various pieces. (1-4 units ea)
- **Flower arrangements:** I have 2 large arrangements which are hand painted branches with pink ribbons. Look great but I am redecorating. Need to collect from Norwood (10 u each)
- **Blinds:** I have 2 large holland blinds (contact me if you need precise measurements). (5 units each)
- **Cookbooks:** 2 vegetarian cookbooks great condition (3u each)
- **Evening dresses:** I have 2 dresses size 8. One pale blue and one emerald green. Suitable for evening wear. (15u ea)
- **Bric a brac:** I have various things available after a spring cleanout, if there is something in particular you would like or are passing by Norwood and would like a look please let me know
- **Large angel plate:** A beautiful large decoupage plate - copper and cherry tonings. (10 units)
- **Plants:** Various plants mainly aloe vera, a bromilliad some geraniums some in plastic some in terracotta pots, need to collect from Norwood. (from 2 units ea)
- **Pots:** terracotta pots various sizes need to collect from Norwood. (2 to 10 units each)
- **Garden bench:** I have a wooden bench with green iron sides, good condition, will need to collect from Norwood. (40 units)

Donna SISA0220 (Norwood)
Ph 08 8332 7197 04 0718 9776



Adelaide LETS Markets

◆ **Sunday 10th October** 11am-1pm
(to be confirmed)

Althea will be running a **'Money Minded' workshop** helping people to set goals and control their finances. A simple **lunch** will follow to **demonstrate ways to eat well on a budget**. (If anyone would like to assist, I'm sure Althea will be happy to hear from you).

◆ **Christmas Market - 21 November**
11am-1pm

Venue: Hillcrest Community Centre,
Queensborough Avenue (off Fosters
Road), Hillcrest

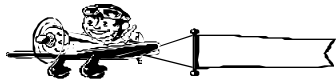
EVERYONE WELCOME

Join in the friendly relaxed atmosphere
and do some trading!

Tea – Coffee – Cake - Lunch
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 – Pam SISA0130 (Please
check Membership List for phone no's)



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



Other LETS Groups in South Adelaide:

Most other LETS groups in Adelaide trade
within the same system (i.e. the Community
Exchange System - C.E.S.) via the internet.

These groups are:

- SISLETS (SISA)
- Adelaide LETS (ALSA)
- Adelaide Hills LETS (AHLT)
- Noarlunga & Surrounding Areas (NASA).

Offers, Wants and member details for these
systems are available on the internet for
SISLETS members to view. Simply go to your
C.E.S. home page and key in (at the top) the
relevant system identification.

South LETS does not trade via CES. It has
instead a trading account with SISLETS
(SISA0111) – for entering trades with South
LETS members. For more information about
LETS South: www.letssouth.com



Where White Man Went Wrong

Indian Chief 'Two Eagles' was asked by a white U.S.
government official, "You have observed the white man
for 90 years. You've seen his wars and his technological
advances. You've seen his progress, and the damage he's
done."

The Chief nodded in agreement.

The official continued, "Considering all these events, in
your opinion, where did the white man go wrong?"

The Chief stared at the government official then replied,
"When white man find land, Indians running it, no taxes,
no debt, plenty buffalo, plenty beaver, clean water. Women
did all the work, Medicine man free. Indian man spend all
day hunting and fishing; all night having sex."

Then the chief leaned back and smiled, "Only white man
dumb enough to think he could improve system like that."



Our World Today

If the population of the Earth was reduced to that of a small town with 100 people, it would look something like this: 57 Asians - 21 Europeans - 14 Americans (northern and southern) - 8 Africans - 52 women - 48 men - 70 coloured-skinned - 30 Caucasians - 89 heterosexuals - 11 homosexuals - 6 people would own 59% of the whole world wealth (and all of them will be from the USA) - 80 would have bad living conditions - 70 would be uneducated - 50 underfed - 1 would die - 2 would be born - 1 would have a computer - 1 (only one) will have higher education.

When you look at the world from this point of view, you can see there is a real need for solidarity, understanding, patience and education.

Also think about the following: This morning, if you woke up healthy, then you are happier than the 1 million people that will not survive next week.

If you have never suffered war, the loneliness of the jail cell, the agony of torture, or hunger, you are happier than 500 million people in the world.

If you can enter into a church without fear of jail or death, you are happier than 3 billion people in the world.

If there is a food in your fridge, you have shoes and clothes, you have bed and a roof, you are richer than 75% of the people in the world.

If you have bank account, money in your wallet and some coins in the moneybox, you belong to the 8% of the people on the world, who are well-to-do.

If you read this you are three times blessed because:

1. somebody just thought of you.
2. you don't belong to the 800 million people that cannot read.
3. and... you have a computer!

As somebody once said:

- work as if you don't need money,
- love as if you've never been hurt,
- dance, as if nobody can see you,
- sing, as if no one can hear,
- live, as if the Earth was a heaven."



Time to Laugh

Foot in Mouth Disease

I was riding in the back seat of a car alongside a workmate. Prone to motion sickness, I felt myself getting a bit queasy. As my co-worker was telling me about her busy morning, I kept my eyes focused straight ahead, trying not to move my head. Not wanting to appear rude or uninterested in what she had to say, I broke into her story and said, "Pardon me for not looking at you while you talk. It makes me sick!"

My wife often rearranges the living-room furniture. Once I returned home late at night from a business trip to find this note on the front door: "Stay alert. New traffic patterns ahead!"

After I had been married many years, my wedding ring had become thin and worn. With our next anniversary coming up, I asked my husband for a new ring. But this time I wanted one with diamonds. We went to a jewellery shop to pick one out. "My eyes aren't as good as they used to be," I said to my husband as we waited for service, "so I'd really like diamonds I can see." A woman customer who had overheard me interjected: "It would be cheaper if you bought her glasses."

Ever noticed

- that people who say they want to tell you something for your own good never have anything good to say?
- that a dropped ten-cent piece always lands at your feet, but when you drop a dollar, it rolls 20 metres?
- that people who are wrong always seem to talk louder than anyone else?
- that the latest model of anything is the one that becomes available right after you've bought the previous one?

Contributed by Milton (SISA0024)