

Words from the Administrator- Fiona Thornycroft

CC LETS Newsletter
 December 2010

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Special points of interest:

- Food available at the Kariong Trade Day
- Calling for Kariong Trade Day co-coordinator
- Gift Wrapping at Kariong Trade Day
- How to cook your harvested Beetroot
- Member Profile

The heat of summer turns my thoughts to Christmas and holidays. If, like me, you are on a tight budget both subjects can be rather stressful. However, with a bit of luck you may also, like me, come to find that LETS can help with both!

My family and I recently had a superb weekend away in Gloucester. Having browsed Hunter LETS for accommodation we had the option of paying 100% shells or paying by house-sitting while a family was away. As we were free on the required dates we house-sat. The children had a great time feeding the animals and collecting a reward of eggs. When we weren't "working" there was time to fish for eels, go cycling and walking in the local area and to simply sit and enjoy the change of scene. We are looking forward to returning during the Christmas holidays!

Trade Days offer a great solution for those shopping on a budget and none more so than the Christmas Trade Day at Kariong on the 5th of December. There will be earrings, pottery, handmade cards, potted plants, Christmas craft, books and a gift-wrapping service...as well as hidden treasures. There will be sandwiches, cupcakes, ice-creams, lemon slice, burgers, spinach triangles and drinks to sustain you while you shop. As well as a free bouncy castle and face painting for the children. Friendly faces are also guaranteed. What could make shopping more pleasant?

If you can't find what you want through our local community remember that you can also buy from other exchanges, especially our neighbours in Sydney and Hunter. In many cases you will also be able to pay for postage in local currency, or may be lucky enough to have goods delivered using LETS connections.

Wishing you all the best for a Happy Christmas and prosperous New Year!

Fiona

Fiona Thornycroft



Christmas Kariong Trade Day- by Robyn Crossland

Homemade blueberry and banana ice-creams will be on sale from 10am-11am (or until they run out).

Hot, freshly prepared food will be served at the kitchen counter from 11am (free delivery from the kitchen to stall holders on request).

Note from Ed; at the last Kariong Trade Day there was a bit of a wait on food orders. To all members please be patient as everything is made to order and resources in the kitchen are limited. When you do receive your food it is well worth the wait!! Thankyou to Robyn for her hard work in the kitchen.

Central Coast LETS need a Kariong Trade Day Co-coordinator.

If you think you might be interested in this role, email fiona@centralcoastlets.org for further information.

Recipe-How to cook your freshly harvested Beetroot- by Sue Taylor

Firstly, harvest your beetroot and cut stalks **leaving 4-6 inches of stalk** attached. Do not cut roots off. Do not cut any part of the beetroot itself. Wash all the dirt off under cold water.

Place your bunch of beetroot in an enamel saucepan and cover with boiling water. Cook until beetroot is tender. Test with a skewer. Drain into a colander and leave to cool.

Boil, then simmer for 3 minutes...

1/4 pint or just over 1/2 cup vinegar

3 cloves

6 peppercorns

1 blade of mace (I use powdered-approx 1 teasp)

1 dessertspoon salt

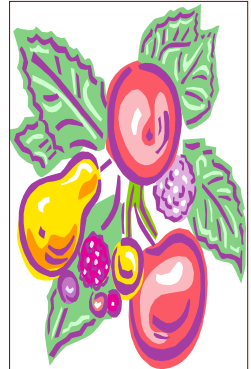
1 Tbsp sugar (I use brown)

More sugar is optional

While that is simmering, peel the beetroot. Easiest way is...a piece of paper towel in each hand and scrape skin off. Roots and stalk will come away easily with this method.

Slice the beetroot or leave whole if very small. Place in clean glass jars. Pour the cooled liquid over the beetroot.

* Beetroot will keep in the fridge for a long time with this old fashioned method.



Have you got an old fashioned Recipe you would like to share with other members? Please email any time to me at phab-pheeb@yahoo.com.au

More words from the Administrator- Fiona Thornycroft

Love Thy Neighbour Trade Day

Annette, from Sydney LETS suffered three hours of traffic and said it was all worth while for the fun she had at the "Love Thy Neighbour" Trade Day in September. I think the pictures say it all.

Rachel was delighted that she got over 50 people to support her pledge to End World Poverty- thanks to all who participated

The Trade Day also made it onto NBN News!! Thanks Phoebe for acting as our CC LETS spokesperson.



Above: Rachel with LETS members making their pledge to end World Poverty.

Left: Having fun in Jo Jo's Sumo suits.

Explanation of order delay notification.

Tim from the CES has explained that this is a result of our ongoing problems with hackers. The CES had three main server programs on their mail server, which can be switched on and off to foil hackers. Mail was sent to one of these servers, which then had to be switched off due to a breach in security. This mail was sent when the server was turned on again, causing an obvious delay. There may be more of this sort of disruption but please understand that we are doing our best to ensure that the system will work properly again.

As mentioned in last months' update, if you want to be sure that an order has been placed, you might want to employ a personal touch and send a direct email, or phone the member.

Jo Jo's Circus

- Costume Hire
- 9 hole mini golf
- Sticky Wall
- Gladiator Joust
- Jumping Castle
- Rides
- And the LETS famous Sumo Suits

If you would like to BOOK Sumo Wrestling or any of the above attractions for an event, contact our LETS Member Jo Love:

info@circusstuff.com.au

Also available for hire:

- Commercial Popcorn Machine
- Fairy Floss
- Snow Cone



Circus Stuff

Gavenlock Road, Tuggerah

- 43 554053

- 0425 270 843

“ God put me on earth to do a certain number of things. Right now I am so far behind I will never die!

-Unknown. –Supplied by Sue Taylor

“ May you have the gladness of Christmas which is hope;

The spirit of Christmas which is peace;

The heart of Christmas which is love”.

- Ada V. Hendricks

“ Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most”.

- Ruth Carter Stapleton.

Committing to picking up purchases. –Ed.

The committees attention has been drawn to this subject a number of times now. To all LETS members (I will admit I have been a culprit of this in the past) if you are to order goods, please make sure you either pick up when you say you will or arrange for item to be picked up in a timely manner. **It is not up to the ‘seller’ to get the goods to you.**

As a lot of you may know, it is a huge benefit to have a network of friends in our local community especially in LETS. This has helped many in the delivery of goods. A few emails to work out the logistics and usually within 2 weeks you have your ordered goods. It works like a tag team. All you need is communication.

So please remember, if you are going to commit to ordering an item, it is up to you to arrange pick up in a timely fashion. If you cannot arrange pick-up or plans fall through, please give the seller a courtesy email or phone call to let them know.

Cheers-Ed.

Calling all male LETS members by Phoebe Taylor-Ed

In my experience talking to some male LETS members, it appears that some of them have no trouble ‘earning’ shells, however they are finding it very difficult to ‘spend’ them.

If you fall into this group, please share with the rest of us any suggestions of what you would like to see offered as goods or services to assist with this problem.

Do you:

- Need/want to purchase a gift?
- Need your house cleaned?
- Need someone to run some errands for you?
- Need clothes, tools, vegetable seedlings, food, haircut, entertainment?
- Need a holiday?

Please email me your wants, needs (goods and services) and suggestions to include in the next Newsletter so we can help you spend your shells.

phabpheebe@yahoo.com.au

Steps Back To The Village Report- by Kerry E'lyn Larkin and Miaread from Galway LETS (which now no longer exists)- believed to be written by Jon Cousins. Supplied by CC LETS member Caroline Bohlsen from her travels to Ireland.

Once upon a time we all lived together in a village and we looked after each other and depended on each other and that made us happy. Also it worked. When one person needed something- food, someone to talk to, a singing lesson- everyone else made sure they got it. Energy, in the form of all the things people needed and gave to each other, flowed round the village and that's what kept us together. No-one took any notice of who gave what to whom. The important thing was to make sure that everyone got what they needed. Sometimes there was something we needed or wanted that we didn't have- a few more apples when our crop failed, or medicine for someone sick. So we swapped some of our stuff with one of the other villages.

Then we invented money as a way of measuring the energy flow between the different villages. But we didn't really know how to measure it, so we invented the law of supply-and-demand. Supply-and-demand didn't make an awful lot of sense, but it was only for a few apples and the odd bit of medicine, so it didn't really matter. The important thing was the energy flowing in our own village. So that was ok.

Then after a while we started thinking, hang on, why are we measuring the energy that flows between the villages, but not the energy that flows between our own village? So we started trying to measure that too, but what we forgot was that the energy flowing within the village included not just apples and medicine, but also companionship, story-telling, sharing of wisdom and knowledge, nurturing for children, nurturing for the earth that gave us the apples....we forgot to measure those things as well as the apples.

We were very pleased with our new system of measurement and we spent lots of time thinking about it and using it to measure things and so of course we didn't have much time left to think about the stuff that we weren't measuring. After a while we started to think that those things we weren't measuring mustn't be valuable, or at least not in the same way that the apples and medicine were valuable. We thought they were somehow different, that you couldn't compare one to the other (though actually you can't really compare apples to medicine either; but we thought you could because we'd forgotten our system of measurement was very imperfect and that actually you can't measure the true value of anything). We knew deep down that those unmeasured things were really important, but we thought that somehow that they'd just keep going forever, like they always had.

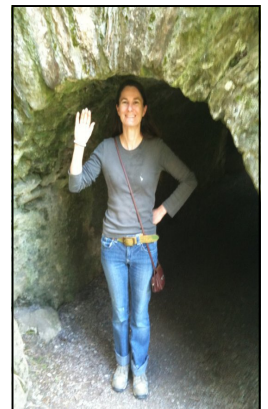
And maybe they would have, but some of us started to pay too much attention to the money that supposedly measured the other things and to think, 'how come he's got more money than me?...' We each tried very hard to earn more money because we thought it was important, and so we had no time left to keep the other kinds of energy flowing. So it slowed down and floundered and that made us unhappy because we weren't getting everything we needed. The only way we had of measuring energy was the money and that didn't account for the stuff we were missing. And what made it worse was that we were starting to compete for money because the supply-and-demand thing meant that there was a limited supply of it; and the competing made us feel even less connected to each other and so less inclined to give each other the nurturing and companionship that each of us needed, so became a vicious cycle.

Also something else started to happen. The people who were good at growing apples or making medicine started to accumulate more money, and the people who were good at telling stories or looking after children had less and less money. They had to borrow from the others, but because people had become self-centred, they lent to each other at interest.

Therefore, the rich people got richer and the poor people got poorer and we stopped feeling connected to each other. Eventually we all forgot completely that once upon a time we all lived in the same village.



"Be kind whenever possible. It is always possible". -By The 13th Dalai Lama



Top picture: Caroline Bohlsen in Ireland.

Above: Peat rocks

Shells are as Valuable as dollars!

When you advertise your goods, services and skills for 100% shells you are sure to get a trade. Some members are more likely to trade with the 100% traders. Some members who always offer their skills, services or goods, then ask for another member who quotes 50/50, most often than not, will not go ahead with that trade, simply because of the principle of the matter.

Trading 100% is great for the growth of the LETSsystem. At the same time it is a clear demonstration to non-members and new members of the benefit of the system.

With 100% LETS trading, many of our members who may be on low cash income, pension or benefit, are able to purchase luxuries (like massage or craft items/giftware) which they may not have had in along time or ever before....until LETS came into their lives. For that matter even get their house painted, for dollars for the cost of the paint and shells for the labour. A huge cost saving! And a house looking fresh and new. Why not then pass on the benefits of 100% trading to LETS members and trade 100% shells yourself?! Do your best to provide goods and services for 100% shells and expect the same service from other traders where appropriate.

When trading 100% shells some members have remarked on how good they feel when they buy and sell goods and services for entirely shells. Most members left the No-Money Market with smiles on their faces at getting goods for shells only. Remember, what you give out will always come back multiplied 100 fold. So give out the good, positive and quality and that will return to you 100 times. Question members who are trading 50/50 without apparent need. Let them know the benefits involved in 100% trades.

As 100% shells trading continues, it will strengthen our currency and out trading system.

Happy 100% Trading.

If item doesn't sell.....-by Ed.

If you have listed an item a number of times and it hasn't sold, try reducing the price. Show that you have reduced the price and someone who was not sure before may now purchase the item.

If the item still does not sell, in say, another couple of weeks, try listing it on Freecycle. After all, aren't you selling the item to rid yourself of it?

Please be mindful of this as we do not wish to turn members off browsing the offers.

Rates and charges.

There is a maximum rate of 40 shells per hour plus a 50/50 rule within Central Coast LETS. Rates do vary, so the two people trading must agree on a rate before the transaction takes place. You can also add shells per hour for travel if necessary.

There is a maximum allowed mileage fee for deliveries. 0.30cents per kilometer was agreed as a cap for the group.

How to join LETS

Simply fill in an application form available on our website at www.centralcoastlets.org OR print one out and return it to PO Box 3151 Umina Beach NSW 2257 with the appropriate fee. Alternatively you can call Central Coast LETS membership secretary Sonja Halton on 43 082 111 OR 0402 816 890.

You will then be sent a LETS account number and password for the web-based system to access offers and requests listed.

Don't forget all the wonderful Groups within LETS...it's a great way to meet people with common interests. *If there's not one here that takes your interest, why not start your own Group?!*

- ~ LOGG ~ CC Mums and Dads ~ LETS Make Music ~ Cooking and Recipe Group
- ~ Lets talk about books ~ Employment Networking ~ LETS Super Saving Tips ~ and more....
- ~ Creative Crafters ~ LETS Kitchen ~ The Great Swap

Words from the Editor-Phoebe Taylor

To start off LETS talk about the weather, after all how can it be ignored? Wow, hasn't it been all over the place?! Can somebody please remind me what month and season we are in? Does anyone have any stories to share about how the crazy weather has hindered or been a benefit to their gardens?

As you would all know by now, there was no third northern end Toukley Trade Day for the year as I had trouble securing a venue. However there is going to be an even better event and all members are welcome. Please come along to the garage sale at Bevington Shores in Budgewoi on Saturday

4th of December. All LETS members are invited to share a stall where they can sell for cash to non-LETS members and 100% shells to LETS members. This is a great opportunity to show other community members how LETS works. Hope to see you there.

Next year I will continue to be the LETS Newsletter editor next year. I would like to take this opportunity to thank everyone who has contributed to this year's newsletter. I appreciate their input very much, however I would like to call on even more members to contribute. Especially if you are 'in the

red' and you would like to earn some shells, you could use the 'Member Profile section to advertise your goods or services.

I hope to see you all at both the upcoming Trade Days.

I wish you all the very best of health and happiness over the Christmas period. Take care and have fun.

Cheers Ed.

Ps. My aim is to make this Newsletter a working tool with not only news and views but also recipes, tips, tricks, contact numbers, event dates etc. A reference for you to pick up again and again. So please feel free to send in anything to contribute.



*"The more you praise and celebrate your life, the more there is in life to celebrate".
- Oprah Winfrey.*

Member Profile

Name: Sue Taylor (CCA0459)

Lives at: Killarney Vale

How Long have you been a LETS member? "Just over 12 months now"

How did you first become a member of LETS? "After much nagging, my daughter Phoebe finally talked me into it".

What benefits do you get from LETS? "I have been able to pass on a lot of my unwanted belongings and earn something for them. Another benefit is meeting a variety of people".

What is your favourite part about LETS? "Getting prepared for selling at Trade Days".

What goods and/or services do you offer to LETS members?

"Home potted plants, homemade items such as small cupboards, light boxes for tracing, scrapbooking advice".

What is the best buy you have made for shells? "A wide slice toaster I purchased at the last Toukley Trade Day. I can place frozen bread, English muffins and thick bread into it and don't have to use a knife to get it out anymore. It's wonderful. It cost me 5 shells. Also a great read in a book I purchased called 'Holding up the sky'...a South African story. The book cost me about 2 or 3 shells".

Do you have any other comment/suggestions you would like to make?

"I would like to suggest to members that when they are selling goods, to please make sure they are clean and presentable. Also it would be great if members have easy access to pick up goods, for example, place the items for pick up in a regular place be it near their front door each time or hung over their gate etc".



Christmas Wrapping - Santa's Little Helper



Holiday gift wrapping at LETS trading day 5 Dec at Kariong or we can make alternate arrangements for me to pick up, wrap and deliver your treasures; or for me to wrap on site. Please come and see me on the day or email or call 0418 816 937. All smiles, Tina

What is Kohlrabi?

Kohl is the German word for cabbage and rabi means turnip, and these two words perfectly describe Kohlrabi. It is a cabbage-like root producing a swollen white, purple or green, turnip-shaped stem above ground. Circles of edible green leaves grow from the stem. As described above, obviously it also tastes very similar to both the cabbage and the turnip, albeit sweeter. It is a popular vegetable used in Asian cuisine.

Best culinary uses are: grated or sliced and tossed raw through salads, added to stir-frys or stews. It can be cooked and mashed or simply cooked with some butter tossed through.

Source: *Herb and Vegetable Gardening. The definitive guide to growing and harvesting herbs and vegetables.* Murdoch Books Pty Ltd 2008.

Do you own a website?

Did you know that Central Coast LETS has a links page on their website (<http://www.centralcoastlets.org/links.htm>).

If you have a website you would like listed please send me the address stating if it is a member site (meaning items on your website are available for shells) or if it is a community interest site only.

Thank you. korina@centralcoastlets.org

“For somehow, not only at Christmas, but all the long year through, the joy that you give to others, is the joy that comes back to you”.

- John Greenleaf Whittier.

Trade Day Checklist.

Remember to pack your;

- ~ Membership badge
- ~ Plenty of Transaction sheets
- ~ Table if needed + tablecloth
- ~ Chair
- ~ Water bottle
- ~ Pens
- ~ Price tags
- ~ List of services you offer
- ~ Recyclable bag to place purchases in
- ~ SMILE



Welcome

A huge welcome goes out to our newest members. We look forward to meeting you and of course trading with you. Each and every LETS member is valuable to our community.
Cheers-Ed.

Gardening...this month

- ~ get ready for the heat and mulch, mulch, mulch
- ~ dig up a few potatoes
- ~ Clean leaves out of gutters
- ~ plant lettuce, sweet corn, beetroot, carrots, peas

CC LETS Committee

Administrator: Fiona Thornycroft

fiona@centralcoastlets.org

4322 7686

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sonja@centralcoastlets.org

4308 2111 OR 0402 816 890

Membership Badges: Sonja Halton

Treasurer: Sonja Halton

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0411 270 365

Newsletter Editor: Phoebe Taylor

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Publicity Officer Assistant: Phoebe Tay-

BEETROOT, SPINACH & PEAR JUICE

2 cups fresh spinach leaves, tightly packed

1 beetroot, trimmed, unpeeled and chopped

1 pear, unpeeled, cored and chopped

Filtered or spring water to taste (optional)

In a juicer, process the spinach, then the beet and pear. Dilute with small amount of water if desired. Makes approx 3/4 cup; serves 1

Beetroot is a liver stimulant and a blood improver and they help to cleanse the digestive system as well as being rich in vitamins and minerals. Spinach contains carotenoids and vitamin C, both antioxidants that help to eliminate free radicals from the body. The pear adds soluble fibre and a sweet taste.

From: power drinks and Energy Tonics, by Tracy Rutherford.

LOCAL EXCHANGE

Respect- all members. Try not to judge a book by it's cover and have patience as everyone is different.

Etiquette- is part of LETS to ensure the smooth running of this wonderful community organization.

Spaces- on the website in the 'offerings' in particular need to be kept to a minimum. Perhaps try using bold or italics instead. Also ONLY up to 10 postings per week from each member is allowed.

Permission- do not debit any members account without permission and only debit once the goods are delivered or the service is carried out.

Endeavour- to treat people the way you would like to be treated.

Care- about each other, the environment, our community and beyond.

Trades- please make trades from beginning to end of transaction as promptly as possible. Communication is the key here. Keep in touch with the person you are making a trade with and inform them if and when you can carry out the trade. If you cannot make it in time, make contact with the member and let them know.

Fact

- It is estimated that a plastic container will not decompose for as long as 50,000 years.
- It takes 125 recycled plastic milk bottles to manufacture a 140 litre wheelie bin
- Glass can be recycled indefinitely again and again. *Easy decision at the supermarket then -Ed.*

