

CC LETS

LETS (LOCAL EXCHANGE TRADING SYSTEM)
UNLOCKING THE VALUE OF OUR COMMUNITY

ISSUE SEVEN
WINTER 2008

WWW.CENTRALCOASTLETS.ORG



You can do anything because you are in LETS!

Many people dismiss the idea of growing their own food for a variety of reasons...

- * no time
- * no money
- * renting
- * no energy
- * poor soil
- * no space
- * no garden
- * no idea!

Even if all of these points apply to you at once, then you can still grow your own food. After all you're in LETS so you can do anything!

LETS can provide SO many things you need to grow your own food. You can get seedlings, seeds, pots, compost, soil, worms, worm wee, mulch (at times), ideas from others and even ask someone to pick them up and deliver them to you. All this for next to no cash and you will save heaps.

Here are just a few things I've done lately to get you thinking:

- I have a window sill full of growing things. I cut the end off an organic leek (from Sonia - thankyou :-)) then put the whole root system into an egg cup. It has grown to 20cm high in only 2 weeks. I may plant it or we might just eat it from there. You can do the same thing with spring onions.

- Also on the window sill are 3 pineapple heads in little bowls of water. I'm just getting the garden bed ready to plant them. Yes we can grow pineapples here, my next door neighbour has his in full sun and she'll be ready to pick next Summer I'd say.

- Poor soil? Garlic LOVE it. Most of our garlic is imported from China ie. VERY high food kilometres & not organic. Just grab that sprouting garlic clove and push it into the ground, especially where you have onion weed being a nuisance. Make sure you write on a paddle pop stick or indicate that THAT is where you planted your garlic

otherwise you may just weed it by accident. You can even use the sprouting leaves to flavour soups & casseroles while the garlic is growing.

- Renting, no room? Citrus cope very well in pots. We just picked 8 mandarines from a tree we received from a LETS member only 4 months ago.

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LETS Community Chest



What is the Community Chest?

One of the purposes of a LETS system is to help its participants realise that they do have things to offer, and they are a valuable resource to the community. Some LETS systems have a special fund (of member donated LETS units) which provides for those people in the local community who due to their frail age or disability, may not be able to contribute to the system.

The Central Coast LETS members who provide these services are credited from the Community Chest. (Continued Page 6)

Carpool to Trade Days

I would like to set up a car pool within LETS.

To start with I was thinking just for trade days, so if you have space in your car when you go to trade days and would like to earn shells by taking a member who lives near you and doesn't have a car please let me know.

It doesn't have to be every trade day, I would just like an idea of who would be willing to offer such a service from time to time.

And not forgetting the people who would like a lift - please also contact me if you would be willing to be involved in the car pool.

Thank you,
Korina

Mickey Mouse and friend will join us at the trade day!

I will be bring 2 guests along to the trade day to meet the boys & girls - Mickey Mouse & one (1) of his friends will be visiting between 11.30am and 12.30pm around the stalls.

So kids get mum and dad to bring the camera along and have your photo taken with them, No Charge Involved!!!!

You can hire a suit but they must not be worn where they can get damaged please.

100% shells - amount TBA depending on how long you want the suit for and \$10.00 per suit to cover cleaning costs. Pick up is from Tuggerah business hours only.

Plant Air Pty Ltd - Linda - CCAU0180

Traditional Indian Dancing for Children

4years - 12years.

Monday afternoons 3.30 - 4.15 at the Woy Woy Environment Centre Blackwall Road starting 26th May. Learning basics of Kathak, North Indian Classical dance as well as some folk dancing.

\$4 & 5shells.

Some bells and dressups available.

Jita 43424395 or 0404658810.



At a recent trade day at the Eco Gardens

JUNE TRADING DAY "Book Fair & Winter Warmers"

Date: Sunday the 8th of June

Location: Kariong Eco Gardens

Please wear your namebadges for easy identification!

[Come along to our next trading day at Kariong.](#)

Bring out all your old woollies and cosy rugs that you would like to see get a new lease of life and don't forget your books and magazines.

We'd love to see people trading warming foods and drinks, winter clothes, tea cosies, and anything warm and fuzzy that you can dream up!! In fact, we'd just plain love to see you all trading.

Shake out the mothballs and get up to Kariong.

HAPPY TRADING!

Allirah Tan

The Benefits of 100% Shell Trading

Firstly, let it be said that there are transactions for which percentage cash is perfectly justifiable. This is an issue to be decided by the two traders involved in the transaction. Members could seek to buy all parts/ingredients/materials on shells where possible and thus be able to charge 100% shells for their labour. Sometimes this is not possible especially in the case of a carpenter making repairs who cannot supply expensive materials for all shells. It may be best to agree to pay for these materials outright in cash and negotiate the labour costs in shells. Rarely would the cost of materials be equal to 50% of the total cost of a product, as labour is usually the most expensive aspect of any product. For example, an intricate craft piece may use \$10 worth of materials, but take 5 hours to make. If the seller feels he/she must recoup costs in dollars, then he/she could charge \$10 for the materials + shells for the labour at an hourly rate.

However, the question we need to ask ourselves is: "Do I need to recoup the cost of materials in dollars?"

After all, what do you use your dollars for? - to purchase goods and services.

Korina has a new address..

P O Box 3151
Umina Beach 2257

Phone 4342 5079 or 0431 534813



'The Universe trusts me with ever expanding abundance, **ABUNDANCE!** Fruit keeps on growing and the Universe keeps showing that it trusts me, it trusts me!' Gabby Salmon who will be entertaining at Trade Day

Keeping your Inbox uncluttered

In an attempt to streamline LETS email updates I will be sending updates on the following dates which were chosen because they are a week before events.

5th July
9th August
6th September
4th October
8th November
29th November

If you would like your news to be sent to all members please post your update on the Announcements page online 2 days prior to the email update.

You can be the first in the know if you check the LETS website announcements and offerings section regularly.



Anne's Psychic Column

Tarot * Palmistry * Psychometry * Past Lives * Dreams * Protections
Afternoons & Evenings, Monday to Saturday (02) 4342 3658

Welcome to Anne's Psychic Column. I am Anne Stevenson (0198). I give readings at Trade Days, Pamper Days and other LETS days. Look for my sun sign.

The first part of this column is a Tarot card and its meaning. The card meanings are not within the context of a reading rather they are the basic meaning for that particular card and thus very easy to understand.

Tarot Card Basic Meaning
Card: The Magician

Opportunities to use talents. Skill, self-reliance, originality, correctly placed energy, creativity, diplomacy.

The Tarot Archetypes are a very interesting new reading of the cards, brought to us by L. A. Lothian, giving the individual insight into the universal archetypes influence within their life. In a Tarot Archetype Report your birth-date is used to calculate your Primary Soul Archetype (your assignment in life) and Higher Soul Archetype (for those with a double load to carry), expressions of your soul energy. Your Year Cycles are also calculated, giving you information on the year or years ahead.

Tarot Archetype (Your Primary or Higher Soul Archetype or Yearly Cycle)

Card: The Magician

Archetype: The individual whose Primary Soul Archetype or Higher Soul Archetype is the Magician. This is an Archetype of great power. The Magician has only to apply his or her energies to the right spot and all will come right. Effort gives greater return, rewards previously struggled for drop into the hand like ripe fruit, difficult relationships lose their power to wound, stormy seas become calm and prosperity is there for the taking.

Tarot * Past Lives * Palmistry * Psychometry * Dreams * Protections

Look for my sun sign at Trade Days, Pamper Days & other LETS days.

Membership Renewal Due

To ensure you stay a financial member and are able to continue to trade please ensure your renewal fee reaches LETS before 1st July..

Payment options

Direct deposit: Newcastle Permanent
BSB: 650000

Account number: 981948500

Account name: Central Coast LETS

*Remember to use your member number & surname as a reference.

OR Cheque or postal order made payable to Central Coast LETS

OR Cash is fine if you are happy to risk posting it, or you can call to arrange a time to drop it off or bring it to the next trade day.

Annual membership to cover administration costs: \$10 and 20 Shells.

For those who feel they can afford it, \$20 and 20 Shells would further the growth of LETS (through advertising material, etc).

Any queries please don't hesitate to contact Korina.

P O Box 3151

Umina Beach 2257

4342 5079 or 0431 534813

Can not make your appointment...

Please show our members the respect that you would demand and ring and let the member know with notice.

It is not on to "No show"

Cancellation shells maybe charged



Not convinced about Composting?

Still not convinced about composting? Consider the following points..

80% of the World's topsoil has disappeared

fruit & vege scraps alone create environmental waste & greenhouse gases parts of London will soon be powered by utilising the decay of such, so at least one clever cookie is using it well.

commercially produced fertilisers destroy soil, compost rejuvenates it.

We can all compost our waste to provide rich, dark soil and your garden will love you for it.

You don't have to spend big bucks buying a plastic compost bin, make your own composting area! In our back yard we've used recycled corrugated iron with timber posts to create a triple bay composting area and it works like a beauty. Other LETS members have designed their own too, just ask for ideas. As long as your heap can stack high and be dark and damp enough for worms to do their work, then give it a go.

Always leave a little "old" compost in the bottom as long as it is active with life. Layer fruit & vege scraps, torn newspaper, water to dampen the paper, dry leaves, grass clippings etc. A simple rule to follow is wet substances then dry then wet then dry in layers. Cover then let it rest.

At times turn your compost gently with whatever utensil you can find that will help aerate the heap and leave worms in tact! I like to use a pitch fork.

Well managed compost smells nice. If yours smells awful then there's something not right. To remedy the problem, remove the compost down till you find worms. Add some fruit & vege scraps then torn newspaper, a thin layer of smelly compost then newspaper, leaves, etc. All in thinner layers than last time. Remember to only dampen the newspaper, not flood the heap. We have lots of buckets around the compost heap that fill with water when it rains, ofcourse worms prefer this water than any with chemicals in it.

If your compost heap is taking ages to decompose then it may not be attracting worms. Is it dark enough? Are the walls high enough to make it dark? Do you need to get some worms from a LETS member to add to your heap? If you cannot find any worms in the area near your beginning heap then you would benefit by planting lots of plants around your heap. Are the materials you added small enough to be worked on

quickly? Maybe you can chop them into smaller pieces. After juicing we always slice our citrus smaller and have no trouble with kilos of citrus waste at a time.

It is really important to cover your compost heap to reduce harmful gases being released. You can use old carpet or rug pieces, hessian bags or sacks, old broken card board boxes or thick newspaper, straw, or any durable scrap material you may have.

And if you find your compost heap being entirely removed by brush turkeys, as we do, just say thankyou and pitch fork it back in! After all they just turned it all for you.

Happy rotting, Karen

Community Supported Agriculture

Many CCELETS members are choosing organic foods wherever possible for many reasons. Our family prefers to eat organic foods primarily because it is many times more nutritious than other food. The absence of chemical fertilisers and other harmful farming practices means that organically produced foods are healthier for us and the environment. The ONLY issue I hear is that it is more expensive to buy organic food and this can deter people. Growing your own organic food certainly helps with the cost, trading through LETS is also a great way to access organic food and CSA's can also help.

Community Supported Agriculture (CSA) is a way of supplying a group of people with locally grown & produced food. Starting a CSA is a huge commitment and relies on a community of people working together. One version of CSA involves each participant providing a farmer with \$1000's of dollars per year to grow a variety of foods for the group. The group negotiates and works with farmer(s) and producer(s) to collect, share and distribute the food. This is on the horizon for some forward thinking residents on the Central Coast. It is already happening in large and small scales all over the world including Australia.

Every CSA is different. In fact with some planning CCELETS can become a CSA within itself. What we can do is to encourage all members of the CSA to become producers themselves. The group could become self sufficient for a wide range of fruit and vegetables with collaboration and an understanding of "seasonal availability".

This article was written as a jump start to your thinking and will hopefully lead to

more thoughtful discussion on the topic. You may wish to do more reading on CSA's. The www is full of information. If enough interest is shown from our group, then we can move forward with the next step.... which is ofcourse up to you.

Happy pondering, Karen

PS: Maybe Mudgee LETS can provide the "grape juice".

Lets Members can do anything (Continued from page one)

- PUMPKINS, if you are afraid to have a go at growing food but have any grass or garden at all, I reckon you could grow pumpkins. You can even harvest the seeds from organically grown pumpkins, put some in the ground and some in little pots. Its best to plant 2 together at a time.

- TOMATOES. We have the best climate for tomatoes. In a pot, empty space, vege patch..ANYWHERE. You can harvest seeds from GM free fruit. They love to live with basil but they also have a thing for Gardenias!

- Chokoos, yes you may laugh at my suggestion to grow these but they make the best pickles. My choko pickles don't last one day on the LETS website and I never take any home from a Trade Day. You can easily plant a sprouting choko in the ground and away it goes.

- We are busy utilising vertical space for our 4 passionfruit vines. I received some bamboo from a LETS member (vines from a relly) and Pete made lattice, only 3 more to go Pete! You can use vertical spaces to grow so many foods, peas, beans, tomatoes, miniature pumpkins (make a little sling to keep them up with stockings).

This is such a short list and certainly not exhaustive but we need to think about doing more to grow our own food. Peak Oil is approaching and food can only become more expensive. Low food kilometres are so important to reducing Greenhouse gas emissions. Many of the vegies that feed our family are transported from the ground to our kitchen by foot! About 50 steps from the vege patch and it feels really good to eat when you know that.

When you have a success-share it! When you have a great seasonal recipe-share it! If you need something like advice, seeds, help with construction, soil, chook poo etc ask for it on our WANTS list. You may not get it straight away but it gets ALOT of people thinking how they can get it for you, believe me. You can also organise a Working BEE. Give people plenty of notice, entice them with food and thank them publicly- always works a treat.

Good luck and happy eating! Karen



Busy bees at Korina, Hieden, Olivia and Zachary's working bee



A HUGE THANK YOU.....

to all the wonderful LETS members who recently helped us.....

To Zac for packing up & cleaning our old house, Melinda & Allirah for cleaning the new one before we moved in.

And to Kerie, Jim, Fiona, Ferran, Noreen, Mark, Zainem, Belinda & Tara for all your hard work at our working bee a couple of weeks ago. The garden was transformed and I can now picture how it will look when finished....whenever that is! Thank you.

To Sonja also for the wonderful meal which kept everyone going at the working bee.

To Brendan, Maryellen, Jim & Fiona for the garden tools.

To Ian for the help clearing the garden and packing all the green waste up into bundles for council pick up.

To Kathleen for buying our shed and Lisa & Matt for the materials for our deck.

To Kate for the great advice on the garden and house renovations.

Fiona for doing such a fantastic job cleaning my awful car - it is a pleasure to get in it these days!

And last but definitely not least thank you to Tanya & Trevor for the many many many trips they have done for us in their ute since we moved.

Don't know what we would have done without LETS... probably not moved!

Korina, Hieden, Olivia & Zachary

Peninsula Environment Group Meeting

Monthly Meetings & Talks at the WOY WOY ENVIRONMENT CENTRE (Old Saint Luke's Church) Blackwall Road WOY WOY.

Are you interested in helping our local Environment?

Want to meet people who are green-minded like you?

Do you live in or around the Woy Woy Peninsula?

Just feel like joining a GREEN group that aims to "make a difference"?

Come along to the Meeting on Tuesday Night 3rd June, 6:30 - 9pm.

Visit www.peninsulaenvironmentgroup.org for more information.

Here's to a GREENER Central Coast!

Karen McCarthy - CCAU0016

INTER-LETS TRADING

Have you tried INTER-LETS TRADING yet? It's great! When you can't find what you're looking for in our Group or are after something different, maybe you're a "shellionaire"? then try looking at OFFERS from other LETS Groups around Australia and the World. The Currency converter helps you work out how many shells

the cost will be and the system does the rest!
We have been able to Trade our shells for beautiful hand-made silk mobiles, eco-friendly nappies and we're researching pottery from New Zealand. We are minding a dog for a Sydney LETS Member at the moment and plan on utilising the Offers

of Hunter LETS in the coming months.
Give it a go - you'll see how much more beneficial LETS can be in your life. Happy Trading!
Karen & Peter McCarthy

Contribute to the next newsletter....GO ON :)

Fed Up - Sue Dengate

Sue Dengate became interested in food intolerance after recognising the effect of foods on her own children. In the past 17 years, Sue has spoken to tens of thousands of parents in Australia, the USA and the UK.

Further information on Sue's work can be found at www.fedup.com.au.

This talk includes ...Tantrums, arguments, oppositional, defiant behaviour, bedwetting, asthma, migraine, difficulty falling asleep, frequent night waking, depression, unexplained tiredness, difficulty concentrating, hidden and new food additives

Thursday 5th June 2008 7.30pm

Umina Surf Life Saving Club, Beach end of Ocean Beach Road, Umina.

10 Shells for LETS members

To register for this talk or for more information contact Korina 02 4342 5079 or 0431 534813 or korina.ivatt@bigpond.com

Congratulations CCLETS

What an amazing achievement Korina and all CCLETS Members. We counted 56 offerings posted in one day (19th April) and new members joining all the time.

By having a look at other LETS groups around Australia and the World it's easy to see that we have the most dynamic on-line LETS Community and it just keeps getting better!

Thankyou Korina for being such an industrious, fair and kind facilitator of our group. We really appreciate your work. It's exciting being a part of this wonderful group.

Karen & Peter McCarthy

Community Chest Fund

(Continued from front page).

There will be a stall on 'Trade Day' with all shells going to the 'CCF'. If Members want to donate goods for the stall then bring them along on the day. (Only good quality things please) If not Traded it will be donated to 'Father Rileys' at Wyoming. It would be great if the 'Trade Stall' could be organised by different Members each time. There will also be a 'Donation of Shells Sheet' available for Members to fill in.

Please contact Korina if you would like to be involved or have something to donate.

Letters

I loved your last newsletter. thanks so much. It was clear a lot of time was spent compiling it to such a good read.

Anyhoo, I thought I would mention this and see if its of interest for the newsletter.

i'm quiet a regular user of LETS and think it would be great if members were made aware of the "recommendations" area on the website.

With all the recent new members coming on board, it would be a great start for them to read up on services that have been "tried and tested".

I love reading them.,just a thought....
cheers Tanya Gilham

Practically Abundant!

I love LETS! I love the way it so practically supports my choice to have an abundance mentality! I love the absolute knowing that I can create value and abundance (of shells) literally anytime (through posting a new 'Offer' or responding to a 'Want'). At LETS trade days I delight in 'buying' anything and everything that I desire because I know that I can 'afford' it... afterall, we all have things of value that we can give and do for others, ALWAYS!

Gabby Salmon

Message from the editor



Chloe Rubbo

This month I have enjoyed a terrific reflexology massage from Judy Fenton, had a delicious box of organic fruit and vegetables delivered from Sonia Romeyn and ate a delicious cake made by Rut Frolich.

I was able to welcome new students to my yoga class in Terrigal at 6am and receive shells for the service.

If you are feeling stressed or would like to feel better I offer counseling sessions. I am in my fourth and final year of Gestalt Therapy and need 2 more clients to commit to six sessions to complete the course. Six sessions will cost you only 135 shells. During the sessions you will develop new awareness and understanding. I will help you unlock your own wisdom. This is an amazing opportunity! Call me on 0433 932 027 if you are interested.

Thank you to all those contributed this edition and particularly Karen who provided all the content for the Green Page plus more!

It would be great to hear from you for our spring edition of the CC LETS newsletter.

NEXT CC LETS NEWSLETTER
1ST SEPTEMBER
DEADLINE 2 WEEKS PRIOR

EMAIL:

chloe.rubbo@gmail.com