

NEWSLETTER

ADELAIDE LETS

www.communityexchange.net.au

What's On

One Planet Market

Saturday 15th October
374 Payneham Road, Payneham

9am until 12pm
Outdoor market
(weather permitting)

10:30am to 11:30am Free Workshop
"Slow Food" with Gina
slowfoodsouthaustralia.com.au

Swap and Share, LETS stalls, live music, morning teas, Lebanese food, repair café, etc. Please bring whatever you need if you are having a stall - table, chair, etc.

Confirmation will be emailed out a few days before market when we know more about the weather forecast

Fleurieu LETS market

Sunday 23rd October, 8.30-11am
Ekhidna Wines, 67 Branson road,
McLaren Vale

If you'd like to have a trading table, the cost is 10 barts (or units)

Enquiries to Catherine
kclaing@gmail.com

Hills Spring Fair

Sunday 9th October
Charleston Hall
Newman Rd Charleston
(only 35min from the CBD)

Setup starts at 9am
Market opens 10am to 2pm
Followed by a shared lunch and get together- please bring something along for the table

Fully equipped kitchen available. All trestles and chairs supplied, just bring a cloth. Feel like jamming? Bring a musical instrument. New members welcome, bring a friend if they are interested. Children welcome and there is a fabulous playground on the site. Lots of space.

SMS Libby 0422468487 or
catjonali@gmail.com

**ADELAIDE
LETS**
Local Exchange Trading System

GARDEN WORKING BEE

A note from Shannon, who is having a working bee & lunch/catch up/trading day at her home in **Ottoway (near Port Adelaide) - Saturday 22nd October 10am onwards:**

Good morning LETS friends,

You are all welcome to come to the garden working bee & shared lunch/trading day at my place on Saturday October 22nd from 10am. My children and I will be here and we are looking forward to your company and assistance. Particularly if you're a newer member and haven't been to any of the gatherings before, please come if you can - we'd love to meet you. Units offered for garden work.

Garden Working Bee

Gardening starts 10.30; you're welcome to rock up a bit earlier if you like (not before 9.30 please). We have basic hand tools, a dodgy fork, and a shovel. So if you can bring a shovel/fork, trowel or secateurs for your own use, that would be handy. Please keep track of your own belongings. BYO work gloves if you wear them.

All abilities welcome - it would be useful to have a person or two who know something about fruit trees as mine are a bit odd. If you have experience setting up a vege garden then your knowledge would be most appreciated! But there's something for anyone to do, as long as I know who to expect. Please let me know.

I'm also very happy to share what seedlings and seeds I have left over if people want to do some seed trading.

Lunch and Trading

If you want to come for lunch & trading only, please come for approx 1.00-1.30. All welcome. RSVP! And if you'd like to bring a friend of an interested nature, they are welcome - but please let me know so I can plan how much food to make.

We will provide soup, some bread, tea and coffee for lunch on the back veranda. If you think lunch would be improved with anything else, please bring it.

Please bring any items you'd like to offer for trading - or information about what you might like to offer in terms of services etc, eg business card, list of things you can do.

Other Information

We have 2 indoor cats that think they should be mighty hunters living in the great outdoors. We will appreciate your help with keeping doors shut so they don't get out.

We are renting, so cannot make structural changes/remove trees etc. So we are looking at creating some low level vege beds, and maybe weaving some trellises for beans. If we have a chance to make something of the flower bed in the front that would be great, but it won't be a priority on the day.

Location: Calthorpe Tce, Ottoway. Bus stop 33 on Eastern Parade, Ottoway.

RSVP:

Please email Shannon
srtaheny@gmail.com

or TEXT on 0439 890 980.



WELCOME TO NEW MEMBERS

0619 **Michiel** (Highland Valley) Offers accommodation, garden produce. Wants car mechanic, firewood

0631 **Elizabeth** (Reynella East) Offers CAD drawing, drafting, kitchen design

0697 **Samantha** (Unley) Offers mind body therapies. Wants gardening, outdoor home maintenance

Our new Hillier members are still in the process of updating their specific offerings, but will have goods to trade at the next Hillier Market Day.

0632 **Jackie** (Hillier)

0690 **Hans & Vera** (Hillier)

0691 **Patricia** (Hillier)

0692 **Lyn** (Hillier)

0693 **Barbara** (Hillier)

0694 **Margi** (Hillier)

0695 **Merel** (Hillier)

0696 **Wendy** (Hillier)

0689 **Pauline** (Hillier) Offers vegie patch, peas, goods at market.

CES and contact info

Sometimes, the CES site is unreliable when it comes to sending messages, so we recommend adding your contact information into your Offering or Want listings, such as your email address, or best contact number.

Offerings & Wants

Don't forget to log onto CES to update and check out the Offerings & Wants lists!

Some of the latest Offerings are: Borage, Inspirational Posters, Citronella cuttings, Commodore VT-VX Guard and Bumper Bar, Spider plants, Canna Lillies, Bikes, Business cards, Seedlings, Graphic Design Software, and many more!

Some of the latest Wants are: Help packing house in readiness to move, Medium to Large Plastic Containers, a 3 br house in Kadina or Wallaroo, Bay Leaves, Agistment for horse, Vegetable Seedlings, Berry Canes, and more!

Tips to avoid SCAMS

We recently spotted these tips for spotting a scam which you may find helpful.

- The sender's name is vague, and the email address is long or convoluted
- The sender's phone number is international or an unknown local phone number
- The email or message is attention-grabbing or alarmist
- call you have received is from an unknown number with a robo speaker
- email or message urges immediate action of some kind
- The email, message or call cites some pretence for seeking your personal information, including asking you to log in or confirm your details on a website
- The email or message requests payment or a transfer of funds
- email or message urges you to click hyperlinked text or a link without clarifying where you are clicking

Last Month's Events

One Planet Market at Payneham

Back indoors again because of the weather, but all went well.

Good to have a new stallholder, Rachel, with interesting new goods to trade. I'm happy with my personal cutlery roll which will be handy when taking a picnic lunch. Rachel also had lemon myrtle, eucalyptus bombs, huge grapefruit, etc. Jackson, another newish member who joined a few months ago and had earned units helping me in the garden, came along and was able to go home loaded up with goodies - plants, seeds, chutney, etc. Jackson has an interesting new offer as the Curry Kid in Prospect - home cooked vegan meals - check it out

-Sue



The One Planet Market also hosted a workshop about Music for Mental Health. Our presenter Mark brought his bass guitar and an acoustic guitar and played snippets of songs while he talked about the origins of the blues, and some studies that delve into the benefits of different genres of music. There was a group discussion about how everyone enjoys different styles of music and how music from different countries has a different feel.

Lots of different activities such as art, gardening etc can provide mental health benefits but we all agreed that music has an extra social component that allows a kind of group therapy advantage, and you don't need to be a proficient musician with the same benefits coming from drumming circles and singing groups like Pub Choir. Mark could have talked and played a lot longer but his time was up and we left the workshop with lots to think about.

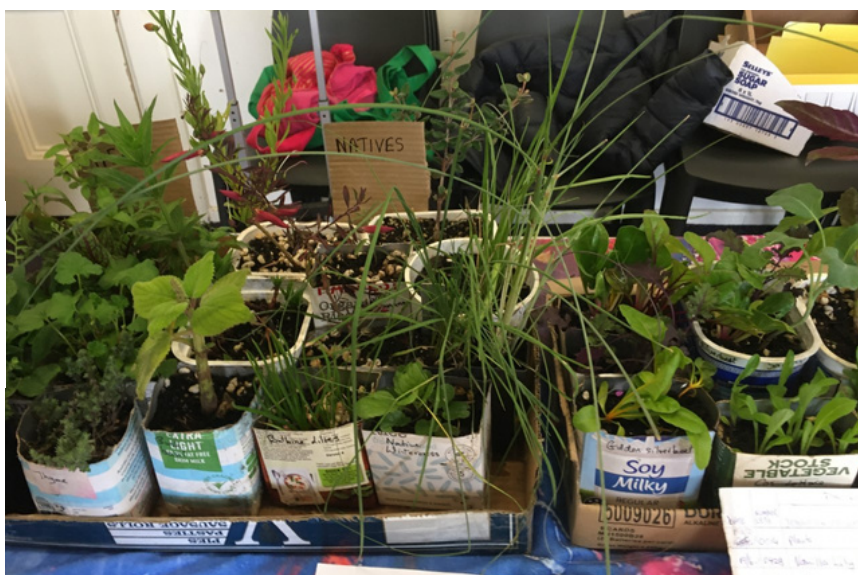
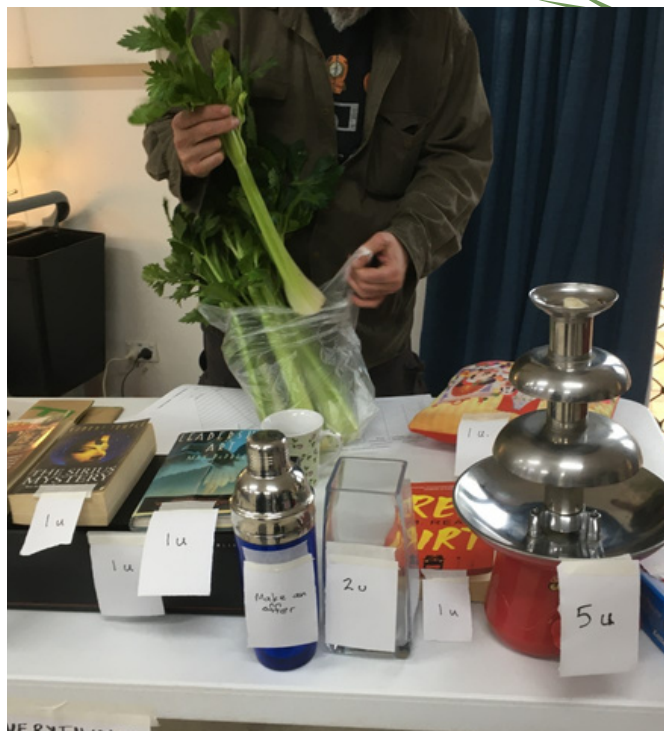
-Rachel

Last Month's Events

Hillier Mini Market

On Wednesday September 14th we had an introduction to LETS at Hillier Residential Park. Libby used her own experience in LETS as an introduction and many of those attending decided to join. We gained 9 new members on the day. The enthusiasm showed and we had quite a busy day. Our Gift certificates were popular and gave the new members a chance to trade. We now have a new sub area - Hillier as well as Gawler. Thanks to those who came and supported us on the day!

-Althea



Last Month's Events



Fleurieu LETS Market

I went up to beautiful McLaren Vale with my partner last Sunday, promising him a fancy breakfast, but the FLETS market was really what I was looking forward to. A wonderful surprise to see our own Libby there as well, enjoying a massage and foot reflexology session. One of the usual produce traders Jasper, was away that day but had a lovely gentleman stand in for him so I was still able to get my pumpkin and greens for dinner. The setting is just beautiful at Ekhidna Wines, and did I mention you can purchase their wine for LETS Units?? My dream come true! Matt the owner was lovely to chat to, and agrees that food security is going to become a bigger issue as the world as we know it is changing rapidly. We are so lucky to have such a wonderful community to band together in uncertain times and support each other. I recommend making the trip up next month to say hello, the weather will be beautiful in November (I hope!), it is a lovely drive.

-Jess

