

## Facts & Figures



Adelaide LETS  
welcomed **3 new  
members** in  
May



Adelaide LETS  
processed  
**105  
transactions**  
totaling **3385  
Units**  
in May 2015  
compared to  
105 transactions  
totaling 1724  
Units in May  
2014



**Do you have  
something you  
would like  
included in the  
next issue of  
"LETS Talk"**

**Please have it to  
me by the 25th  
of the month**

## Just a few friendly reminders

### **-Did you log in and update your offers & wants this month?**

Usually Adelaide LETS CES experiences a spike in activity between the 25th of the month and the 1st of the Month which appears to coincide with the "reminder to update your offers and wants" email that gets sent out.

This month, in trying to minimise potentially unnecessary correspondence, that email was forgone.

Due to the dip in log-ins, & updated offers & wants, this email will remain a permanent mail out.

### **-Don't forget accounts need to be logged into once a year to remain 'active' on CES.**

If there has been no activity on an account in a year & it has become stale, there is the chance it may be closed when Admin does account clean-ups on the 30th of June. If you have not accessed your account recently, please log in now.

### **-If you have forgotten your login details**

Please go to [www.communityexchange.net.au](http://www.communityexchange.net.au) and click "Forgotten your login details?" button at the top of the page.

### **-On the 1st of July the 10U Annual Fee will be deducted from all members accounts**

to go towards the running, continued upgrades and development of Adelaide LETS.

If you have any queries please get in touch

Thankyou!  
Candice  
Adelaide LETS Admin



## A very inspiring night.

I am unable to adequately express how I felt when I learnt Tim Jenkin and Karel Boele were coming to Adelaide, or the mild panic I felt when looking at the calendar and realising exactly how many days were left to create an 'event' that celebrated our community and gave everyone the chance to meet and be inspired by them both. Not only that, but something that offered the opportunity to bring all of the South Australian LETS groups together. And, just for fun, I really wanted to do it only using LETS Currency.

So, I turned to CES & scoured the Offers, Listed some Wants and reached out to our community and the Catch-up at the Co-Op Coffee Shop with Tim & Karel came to life.

But it was so much more than just the coffee shop event, it was transportation to their other engagements, accommodation, meals, places to just stop, recharge, & check emails etc. I am especially thankful to our wonderful members who were there and made themselves available when alternative accommodation and transportation fell through on short notice - there were tears of both relief and joy on my behalf and I couldn't help but stop for a moment and be thankful for our amazing community.

So Thank You.

To Peta & The Co-Op Coffee Shop for your time & the use of your wonderful venue.

To Bradley for the accommodation and hospitality.

To Susan for your transportation, reliability and organisation.

To Catherine and Sarah of FLET and Sue and Susan and Julie for your contributions towards the wonderful meal we shared on Wednesday night.

To the entire FLET Admin team for coming down and joining with us for the night, we should come together more often.

To everyone who came, shared ideas and inspiration, offered feedback and support, thank you.

And last, but in no way least, a very big thank you to Sue and Andrew for your support, guidance and the wonderful sense of calm for the weeks surrounding Tim & Karels visit.

This is not at all what I had in mind when I first thought of writing a 'post catch-up' article for the newsletter. Tim and Karel were wonderful and inspiring and I loved hearing how CES came to be and what vision and hope they have for the future and would love to speak with you all about that too (and will, if you ask me!) I felt compelled first to share how inspired I was by each and every one of you.

So Thank You.

Candice (Admin)





## Yoga Volunteer Program

Hi LETS Community, my name is Paula Narvaez and I am doing my yoga practicum and offering a free classes which started last Tuesday at Hillcrest community Centre.

First, I would like to share with you the story behind this yoga experience. After living two and half years in Melbourne, I arrived in Adelaide last August. With a permanent resident in my hand, I looked desperately for a job as an Industrial Engineer in which I had almost six years of experience back in Colombia.

After two months and spending my savings, I found the LETS community and it was amazing. It was the first time I felt part of something with meaning and value. People helped and open their hearts to me. I made some bliss balls in order to get some income and every time I came back home with free veggies that people generously donated. I am pretty much vegan and vegetables are my main food.

Then, I found a job in hospitality and last December I made a decision, I quit my search for an engineering position. I realized that my life has changed a lot and I do not feel like doing that kind of job anymore. Yes, it was scary but I found freedom like never before.

In March, I saw a post related to training yoga but I discarded the idea because of the price. Then, a friend of mine posted on Facebook and I wanted to know more about it. After contacting the person in charge and without any previous yoga experience, I started the course.

At the beginning I thought that yoga was just the amazing postures that some flexible people are able to do. However, I found a way to connect my inner self with my body for first time in my life. I knew about prana before but when you feel it, it's definitely powerful. All this ancient knowledge, blew my mind and after finishing level 1 I did level 2 as well. I've changed some habits and patterns, but I'm still learning in this playground that we call life.

Volunteering my yoga practicum to LETS is a way to give back what they offered me: support, love, kind words, hugs and a lot of veggies. From a foreigner like me, this was a blessing.

Last Tuesday, the class was really good and our students are lovely people. Olivia (my yoga partner) and I have a lot of things to improve, but we are happy to do it and really honoured that our yoga students are part of this dynamic learning process.

Walking without knowing your destination is scary, but at the end It doesn't matter. The universe always provide us with what we need rather than what we want in every moment. The wisdom comes from understanding and accepting.

If you would like to join in, we've 3 spots still available in our Tuesday morning Classes at Hillcrest Community Centre. So please get in contact ASAP so we can tailor a program for you and get you enrolled before our next class. Once all spots are filled we will be happy to take names in case any vacancies come up.

If you have yoga experience and want to go deeply with the practice, Olivia and I are also offering 2 free one to one sessions with follow up for 5 weeks.

Please feel free to contact me if you have any questions.

Namaste  
Paula

# What's On In June?

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1.	2.	3. Port-Adelaide Catch-up 10.00-12.00	4.	5.	6. SISLETS Market 9.00-12.00	7.
8. Queens Birthday Holiday	9.	10.	11.	12.	13. LETS South Market 8.30-12.30	14.
15.	16.	17.	18.	19.	20. One Planet Market 9.00-12.00	21.
22.	23.	24.	25. <i>Newsletter articles due today!</i>	26.	27. LETS South Market 8.30-12.30	28.
29.	30.					

**Port Adelaide  
Catch-up**

**SISLETS  
Community  
Market**  
Clarence Park  
Community  
Centre,  
74 East Ave, Black  
Forest

**LETS South  
Market**  
Outside Green  
Room Cafe  
2 High Street  
Willunga

**One Planet  
Market**  
Payneham  
Community Centre  
374 Payneham  
Road  
Payneham

## Are you set for winter?

Electric blankets,  
Jackets,  
Double Bed Sheets,  
Queen Bed Sheets,  
Electric Towel Warmer,  
Crochet Hats,  
Halogen Heaters,  
Clothes Dryer,  
Coffee Cosies

Just because the nights are getting colder doesn't mean you have to. Log into CES and warm up today!

Soft canvas travel bag, brand is "Mountain Designs Aust" - approx 70cm long, 44cm wide, 16cm deep; can be converted into backpack. Lightly used.



This is a beautiful small ornament - coloured green with a little frog on top. Could be used for small earrings. Would make a lovely gift.

## Recommendations for May

### **Susan** **Food cover** **throw-overs**

Susan's food covers are beautiful - edged in wonderfully patterned craft fabric with the middle made of various types of light fabric that lets air through but keeps out the bugs. I bought 2 this time - the larger one is the size of a table-cloth, so you can set out your whole meal there for party, throw over the cover and just leave it till you are ready to eat. It makes a great practical and beautiful gift. may be one of my Christmas presents to a lucky person. :-)

**Sheila**  
**Dried Fruit Packages**  
Delicious dried apples, pears, grapes and other fruit. I will **be asking for more!**

**Candice**  
**Custom made Hexi**  
**Wallet**  
Candice made this beautiful wallet from leftover fabrics I supplied. It's exactly what I was after and I look forward to using it.

**Sharon**  
**Wedding Bouquets**  
Sharon made the bouquets and corsages for our daughter's wedding. We looked over her album of photos, discussed ideas and preferences, and she put together the most amazing floral decorations we could ever have wished for. Thank you Sharon!

**TLC Windows**  
**Window Cleaning**  
Thanks Tavai, I have marvellous sparkly windows now!