

OCTOBER 2018

SPRING ISSUE

# newsletter

FLEURIEU LETS EXCHANGE

## **AGM 2018 Update**

Ongoing business, new business and a new committee - an update from the LETS South (FLETS) Annual General Meeting.

## **Declutter Your Home**

Sustainable, local and natural products. Trade in Barts or cash with fellow FLETS members and the general public

[WWW.LETSSOUTH.COM.AU](http://WWW.LETSSOUTH.COM.AU)

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## EDITORS NOTE

Welcome to a Fleurieu Spring trading season and a new concept for our newsletter. Thank you to everyone who has contributed and to Editors past for showing me the ropes. Communicating is an incredibly important aspect of our LETS Community and with that in mind, we're trialling a new collaborative contribution model in "the cloud" to produce seasonal newsletters. If you'd like to be involved, see page 11. I hope you enjoy this first edition, & looking forward to your ideas, feedback and involvement.

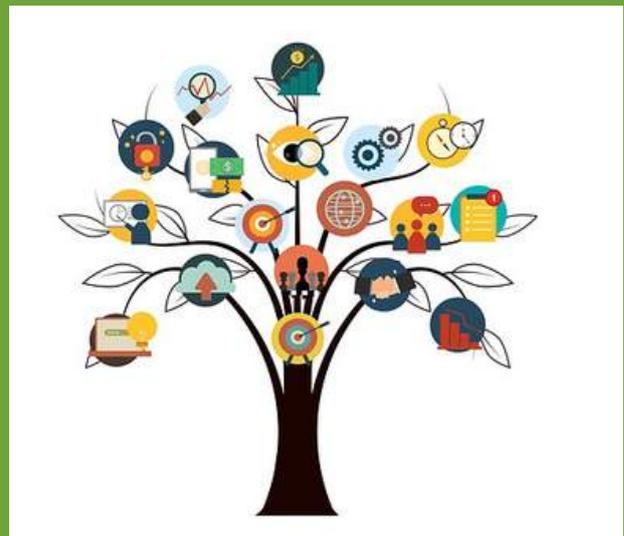
Jo x

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# FLEURIEU LETS AGM 2018

The LETS South (Fleurieu Lets) Annual General Meeting was held on 11 September 2018 at the Willunga Environment Centre, where the following committee positions for 2018-19 were put to a vote.

- **Chair - Catherine Laing**  
(temporary pending someone else)
- **Secretary - Liz De Frederick**
- **Financial Officer - Bernard Thompson**
- **Membership Officer - Katrina McDonnell**
- **Committee Member, Socials, Markets - Margi Beed**
- **Committee Member, School Liaison - Sarah Staiff**
- **Committee Member, Newsletters, Website - Jo Hughes**



## COULD YOU BE THE NEXT FLETS COMMITTEE CHAIR?

Catherine and the committee welcome any interest from anyone who would like to act as Chair of the committee. It isn't a huge commitment - you'll chair monthly committee meetings and you can earn Barts for your time.

Please contact Catherine Laing via the **LETS South CES** website if interested.

## FLETS 2018 AGM Chair Report

**BY CATHERINE LAING**

We have had a quiet year with no major changes. Some of us managed to make it to the (March 2018) Unconference in Adelaide, where people from other CES groups - including from the East coast - came to exchange ideas and experiences and to do a little bartering too.

Thanks to Margie we have run our markets on a monthly basis and had a break over the cold winter months. We start our markets again this spring.

Thank you Katrina for your work with the members and the membership officer position. Thanks Ing for your secretarial and newsletter work you squeezed into your very busy life. Thank you Bernard for your work as treasurer. Thanks to Sarah for your liaison work with the school. Thank you Chas and Tom for your time and thoughts at the committee meetings. And that goes for everyone at the committee meetings.

# AGM Treasury Report

BY BERNARD THOMPSON

**2018-19**                      **Opening Balance**    **5,698.81**

<b>Income</b>	
Subs	800.00
Other	
Grant	
Interest	5.43
<b>Subtotal</b>	<b>805.43</b>

<b>Expenditure</b>	
Stamps	100

**Subtotal**                      **100.00**

**Closing Balance**    **6,404.24**

**2017-18**                      **Opening Balance**    **4,709.23**

<b>Income</b>	
Subs	1,909.00
Other	84.00
Grant	1,913.00
Interest	35.10
<b>Subtotal</b>	<b>3,941.10</b>

<b>Expenditure</b>	
Grant expenses	
8 x trestle tables	463.60
3 Gazebos	414.00
Facebook	425.95
Pamphlets	404.00
Insurance	1,031.97
2016 AGM expense	28.40
Other	183.60
<b>Subtotal</b>	<b>2,951.52</b>

**EOY Closing Balance**    **5,698.81**

Grant	spent to date	Remaining
Facebook	500.00	425.95    74.05
Pamphlets	500.00	404.00    96.00
Trestles	498.00	463.60    34.40
Gazebos	414.00	414.00    0.00
<b>1,912.00</b>	<b>1,707.55</b>	<b>204.45</b>

## Grant funds in 2017-18

On behalf of our members, the LETS South committee would like to thank the City of Onkaparinga Council for their generous support in 2017-2018 through their Community Grant funding program. FLETS received a grant totalling \$1913.00 which has helped purchase 8 trestles, 3 gazebos and promotional material for our events and membership drive.

SUPPORTED BY CITY OF



## FLETS Figures...

**2018**

**Membership:** 88

**Total trades year to date:** 2533

**Total traded:** 54510.29 Barts

**September trading...**

**Total trades:** 64

**Average spend:** 233.29 Barts

**Total traded:** 14930.50 Barts



# Life's Little Essentials

## MEMBER PROFILE: BEADY KUNZ

Hello! I'm Beady Kunz and I'm an essential oils enthusiast. Many of you may have met me at previous FLETS markets in Willunga.

### **DID YOU KNOW IT TAKES 75 LEMONS TO PRODUCE 15ML OF LEMON OIL?**

I do FREE essential oils workshops every Thursday morning for people who are interested in taking control of their general well-being through the use of therapeutic grade essential oils. These are 101 (beginner) classes for people who want to learn.

The main idea is to help you understand how to swap out toxic cleaning, laundry, household and personal products, gradually replacing them with chemical-free plant-based products that are highly concentrated and very economical.

I also do foot reflexology treatments using these amazing oils to enhance the experience.

If you are interested in joining me, you can find out more on my website at <https://yldist.com/beadykunz>

# Decluttering Your Home

BY MARGI BEED

I guess it is not unsurprising that I am contributing an article on 'decluttering your space' for this LETS South Newsletter - that is exactly what I have been doing and am still in the process of doing due to a full house renovation project.

What a great opportunity it is for me to get rid of all that 'stuff' that has been hiding in my cupboards, drawers or just 'stuff' that I have been living with but don't really love and/or simply have no further need for. But we do not need to be renovating our home to decide to take on this rather daunting task - ultimately decluttering our space is always timely and liberating.

**I AM LEARNING AS MY PROCESS CONTINUES THAT CLUTTER IS UNATTRACTIVE, MESSY AND JUST GETS IN THE WAY.**

Clutter seems to have permeated all aspects of my life - piles of unfiled paperwork, mismatched socks, excess kitchenware that I haven't used for many years, clothes that don't really fit anymore or I haven't worn for years, furniture that I have 'made do' with but don't really like, too much furniture, excess linen, etc.



**“THE HARDEST PART OF ANY JOURNEY IS TAKING THE FIRST STEP”**

I am starting to see how clutter slows us down physically and mentally and makes us far less effective.

Is it time for you to start the process? Have you been thinking about it for ages and ages? There is a famous quote: “The hardest part of any journey is taking the first step”. This rings true in many aspects of life.

Often, as the endpoint of the journey seems so vastly different from the beginning, the very thought of starting decluttering your space can be overwhelming and perplexing.

However, in order to accomplish anything we may want, or have to do, starting is the very first part.

## Prepare to purge ....

Get your headspace right. Most find 40-50% of an average room's contents will need clearing out. This may sound quite daunting, but the trick is to tackle it one step at a time. After all, it has taken years to accumulate so it may take time to go through. Small steps are better than no steps!

First decide which part of your home will benefit most from decluttering. It may be a room, a cupboard, your desk or even just paperwork that needs an overhaul.



## One step at a time

It is important to allocate enough time to complete the task that you have decided on. A proper purge can take a good few hours. You may find yourself reminiscing over old letters and keepsakes, agonising over those hard to throw out things that "may be useful in the future". So, set aside at least one afternoon for each of the areas on your hit list. If you find throwing things out very difficult and are finding facing the challenge scary, it can help if you can find a person who can be a support clutter buddy for you.

## Tied to the past?

Have you got drawers and cupboards that you hesitate to open, knowing that they're full of old, maybe sentimental, broken and unused items? Hoarding things that belong to the past overcrowds not only our houses, but also our minds.

This 'baggage' can drag us down and can prevent us moving forward to face new challenges. Personally, I am getting excited looking forward to being able to choose new fresh things in the future to replace the old that is no longer useful or holds bad memories. These things take up so much space in my house and also in my mind.

## Get stuck in!

Arm yourself with five empty boxes. Some for the things you wish to keep and some for things you can either give away, sell, recycle or bin. Take a few drawers, a cupboard or two. Go through each item and think rationally and objectively which box it would go in. Keep telling yourself that it's not what you have, it's who you are that's important. Label your boxes clearly!

Keeping things for sentimental reasons is also perfectly acceptable and you might even want special storage or displays for treasured mementos. Just don't let this box get too big!

If you use it regularly, it stays. Learn the difference between 'needs' and 'wants'!

Cont...



### Storage solutions

Now that you've decided on each item you'll need plenty of sturdy storage. Boxes, dividers and racks are just a few of the storage solutions which will make life easier. Make sure they are clearly labelled.

### Turn clutter into cash ....

LETS MARKETS - I've had quite a few stalls at our LETS South Markets in Willunga with trestles full of the "clutter". We either barter our stuff to other LETS members or sell for cash to the public. I've been amazed at how my 'junk' has been another's 'treasure'.

There's also garage sales, Gumtree or donating to Charity Shops. One caveat though - you MUST follow through with your plan to sell, donate, recycle or bin things you have decided to part with.

Set a time period that you'll move items on within and then dump, recycle or donate! Be ruthless!

### And now, relax

Decluttering is very powerful. If you've made it this far congratulations! Well done! You definitely deserve a treat. Whether it's a great meal out with a friend, a massage, a new pair of shoes, applaud yourself. There are such benefits - you will feel lighter - your self esteem improves - you'll immediately start to notice how your life is improved by your new system.

You'll spend less time frantically hunting for those lost items and your stress levels will now reach an all time low!

**GOOD LUCK!**

# Spring Veg, Almond & Ricotta Tart

## Ingredients

1 whole leek  
8 free-range eggs  
½ cup chopped broccoli  
½ cup chopped capsicum  
1 whole zucchini, grated  
200g ricotta cheese  
50g parmesan cheese  
¾ cup almond meal

## Method

Preheat oven to 160C. Grease a round dish and line with baking paper. Gently fry the leek in a little olive oil until tender. Whisk eggs lightly, then add the leek and all remaining ingredients, mixing until well combined. Pour into the dish and bake for 45 min or until lightly golden. Allow to cool before removing from the dish and serving.



Hello spring



Nom nom cake

# Healthy Tea Cake

## Ingredients

0.5 cup walnuts  
1 cup dates  
2 large carrots  
0.5 cup olive oil  
3 free-range eggs  
2 cups SR flour  
1 cup strong brew tea  
1 tsp cinnamon  
0.5 cup raw sugar.

## Topping

0.5 cup yoghurt  
0.5 cup cream cheese  
1 tbsp maple syrup  
1 handful pepitas  
4 dried apricots (chopped)

## Method

Chop and soak the dates in the tea for 1 hour. Grate carrot and chop walnuts. Beat oil and eggs together, then stir in remaining ingredients. Add a little extra water if needed. Pour mixture into a greased pan and bake for 35-40 minutes at 180C. Allow cake to cool, then whip yoghurt, cream cheese and maple syrup together until smooth. Spread thinly over the cake, sprinkling chopped apricots and pepitas on top.



## Diary Dates

### **FLETS Market**

Saturday 20 October 2018 9-12:30pm

### **Aussie Backyard Bird Count 2018**

Thursday 25 October 2018, 5-7pm

### **The Art of the Natural Home**

Saturday 3 November 2018, 10.30-11.30am @ Aldinga Library

### **Willunga Christmas Tree Festival**

Sat 1-8 December 2018, 10-5pm @ Bethany Hall

### **Willunga Waldorf Christmas Market**

Friday 7th December 2018, 3-7pm

## Update your FLETS offers regularly!

Without updating, your offers expire, so it's important to check them regularly. Renewing each month also means your offers will be sent out regularly to other LETS members in the monthly notifications.

### How to update your offers...

- Log in to LETS South CES site [www.communityexchange.net.au](http://www.communityexchange.net.au)
- Click 'Offerings' > My Offerings
- Next to 'Actions' click: Edit offer, or Delete offer, or Hide offer, or Update offer.

That's it! Super easy, super quick. There's also a [video tutorial](#) on the CES website if you need it.



Please use LETS South CES website to contact advertisers

# Noticeboard

## SPARE PRODUCE?

Bring it to the Backyard Produce Share! Fruit, veg, herbs, seedlings, seeds, flowers and plants. **Market Saturdays 9am- 1pm at the Green Light Eco Market, Willunga Recreation Park**

## PIANO LESSONS

Primary teacher offering piano lessons for 1/2 Lets at 25\$ per half hour. **Contact Tiffany Harrison**

## LEARN TO SPEAK CHINESE

Learn the language and all about Chinese culture, history and modern China. **Contact Yarong Wang**

## SOMETHING TO SAY?

We need your Newsletter Content! The Summer edition of FLETS news will be out in December(ish). Our newsletter is produced collaboratively using Canva. If you'd like to contribute content or be involved in the development process, please contact Jo Hughes (Hills IQ) via the Lets South CES website. Thanks!

## COUNSELLING SERVICE

Experienced and Qualified Counsellor Individuals, Couples, Children, Relationships, Grief, Stress, Anxiety, Addiction, Inner Child Healing - Confidential. **Contact Margi Beed**

## WICKING POLY BOX KITS

Everything you need to set up a self-watering mini-garden in a polystyrene broccoli box, except the soil. **Contact Elaine Seaman**

## WWS SCHOLARSHIPS

Tuition scholarships are available to families with children enrolled at Willunga Waldorf School. **Contact Willunga Waldorf School**