

JANUARY 2019

SUMMER ISSUE

newsletter

FLEURIEU LETS EXCHANGE

Summer Recipes

Make use of your extra garden produce and nourish your soul with natural goodness

Reduce, Reuse, Recycle in 2019

What's the single most important step you can take to enjoy a more sustainable year ahead?

Find Your Tribe.FM

Advertise your offerings and stay in tune with local arts, community and business

WWW.LETSSOUTH.COM.AU

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Chocolate Perfection

Chocolate doesn't get any better than this. Yuumm!

EDITORS NOTE

Happy New Year 2019 everyone and what a glorious summer we're having!

The holiday and festive season has certainly been a busy one, with new memberships, our busy December market and an excellent season of trading with transfers totalling a whopping 21685 Barts since October! Thank you also to everyone who has contributed to this edition of our Newsletter . Please give me a hoiy if you'd like to contribute to the next one

:-) .

Jo x

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LETS SOUTH COMMITTEE UPDATES

WE ARE STILL LOOKING FOR A NEW COMMITTEE CHAIR!

Current stand-in Chair Catherine Laing and the LETS South committee welcome any interest in the position of Chair of the committee.

It isn't a big commitment - monthly committee meetings and you can earn Barts for your time.

Please contact Catherine Laing via the **LETS South CES** website if this is of interest.

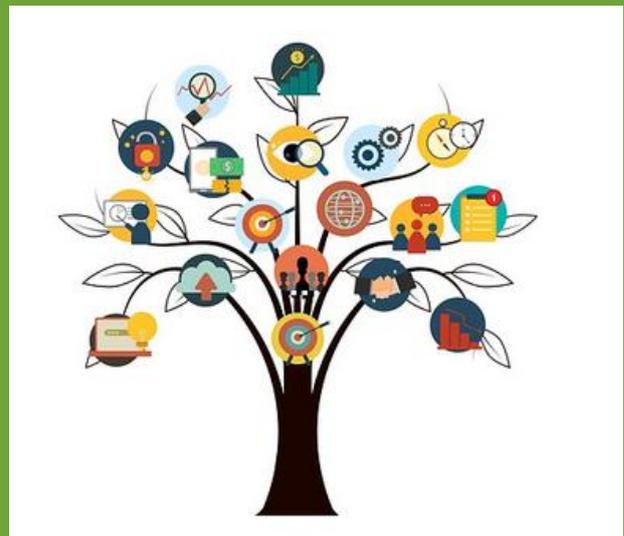
Welcome to our newest members!

Welcome to Ryan Crowhurst, a senior student of Chinese medicine and currently offering acupuncture, cupping, massage. Ryan comes highly recommended by several other LETS South members.

And welcome also to Amy Vale who joined us in October 2018. Amy offers garden maintenance in the Willunga Basin area.

LETS Equipment loans

LETS South has a number of gazebos, trestles and a BBQ available for LETS related activities and events. Items are stored at Tribe FM when not in use. Contact Margie Beed for further information regarding the sign in/out system.



Market BBQ Job Vacancy

Want to earn Barts while having fun?! There's an offer you can't refuse! We are in need of someone to run the BBQ at the LETS South Markets. Approx one Saturday morning per month 8:30-1pm. Contact Margie Beed.



FLETS Figures...

Year End Totals (2018)

Active membership: 80

Total trades: 437

Total traded: 76119.83 Barts

Oct-Dec 2018 Quarter trading...

Total trades: 167

Average spend: 129.02 Barts

Total traded: 21685.04 Barts

The Superhero Paw Patrol

SARAH STAIFF (VIA CENTACARE)

Sarah thought she was a cat person until a shout-out for puppy boarders bobbed up on her Facebook feed.

A Therapeutic Children's Worker at Louise Place, Sarah is also now one of the many volunteers caring for guide dogs in South Australia.

As an emergency boarder, she takes on dogs at short notice, and at various learning stages. They can stay with her for a day, weekend or month, and even more than a year.

"IT'S A GREAT WAY TO HAVE A DOG WITHOUT HAVING A DOG!"

Indigo was the first puppy Sarah brought home, followed by Quahlee, but today handsome Umber is by her side. As a working Guide Dog, nearly 5-year-old Umber is well schooled in his role as a mobility aid and companion for his client who has a vision impairment.

"With puppies, you have to be continually using the commands but with the working dogs, my role is more about maintaining what they already know," she says.



WORKING DOGS SUPPORT PEOPLE WHO ARE VISION IMPAIRED, CHILDREN WITH AUTISM AND PEOPLE WITH PTSD.

"I've just finished with a dog I had for three-and-a-half months. She went into what they call big school - formal training, so she goes to the Gilles Plains RSB site during the day and has boarders who drop her off and pick her up at night."

Saying goodbye to the dogs when they leave is sad, Sarah says, but also satisfying knowing she has helped to give them a good start in life.

Sarah is currently on the LETS South Committee in the role of Willunga Waldorf School Liaison Officer .



91.1

TRIBE FM

YOUR LOCAL RADIO

HEARTBEAT OF ONKAPARINGA

TribeFM 91.1 broadcasts from the heart of Onkaparinga and streams to the world 24/7.

Our Studios are located in the historic old train station at Willunga. We support local arts, writing, sports, community activities, and businesses.



Your Tribe FM is a true reflection of the community it serves.

As a community station, each presenter plays the music that matters to them and shares the passion of their views with listeners. With local news, events and weather announcements, you will hear a station that truly reflects the community we live in. Why not join us in a broadcast or help to run the station behind the scenes?



Advertise your LETS offers on Tribe.FM and pay in Barts!

Did you know that you can advertise your LETS offers on Tribe FM? You can advertise any business or personal services or items you like and pay in Barts! Airtime starts at U5 per 30 seconds and can be your own content or we'll work with you to produce something to broadcast. Contact Bob Evans via the Lets South site to find out more or arrange advertising.

TRIBE FM 91.1

6 Railway Tce, Willunga

POST: PO BOX 810, Willunga SA 5172

PHONE: (08) 8528 9919

tribefm@tribefm.org.au

Bin Auditing 101

LIZ DE FREDRICK

Helloooo Dear Readers,
As you may or may not know, waste reduction is a passion of mine and I'm rather a fan of chocolate too. So, if you're anything like me this exercise will be an inspirational and tasty way to start off 2019.

According to Cool Australia's "Waste Fact Sheet," the average family produces enough waste to fill a three bedroom house every year! Thank goodness LETS members are not average. But perhaps you are new to LETS or haven't considered how much waste your household actually produces. Well, now is the time to begin.

The single most important step you can take is (drumroll please) - to do a bin audit! It can be gross if you have sticky things festering in the bottom of that bin, but to truly get a picture of your household waste you'll need to glove up (or to be zero waste, don't glove up, just be prepared to wash your hands.) Before you dive in, I suggest that you have a chocolate to fortify yourself (see page 9)

Doing a bin audit can actually be a lot more interesting than you think!



1 - Choose your dumping location.

This needs to be a solid, waterproof surface such as your kitchen table or floor. You want to be able to lay it all out in front of you to see the rubbish that your family creates.

2 - Make piles

Recyclables, Willunga Environment Centre-ables, compostables, soft plastics, and landfill.

Recyclables - Is there anything that could be recycled? Cans, bottles, firm plastic containers -all of these should go in your recycling bin. Recycling isn't the ultimate zero waste answer, but we're doing this step by step baby. If you're not sure if something is recyclable it's worth calling the Willunga Environment Centre to ask. Things like toothpaste tubes, makeup containers, pens, pencils, textas, electronic waste, batteries and light globes can all be dropped off at the Environment Centre to be recycled.

...bin auditing continued

Compostables – this is often the biggie. If your bin is stinky, food waste is probably the culprit. So compost that food waste my darlings. Animal products (meat and dairy) are not generally compostable in the backyard as they attract rodents, flies and maggots, although they can go in a Bokashi system. Basically, anything plant-based can be composted. Don't forget eggshells, tissues and newspapers (shredded, so it breaks down.)

Soft plastics – can you scrunch it into a ball? Then it's soft plastic. You can take soft plastics to many supermarkets to be recycled into playground equipment, park benches and so on. Pop all your cling wrap, plastic bags, net bags (for oranges etc), chocolate packets (which you won't need soon because you'll be making your own chocolates) and chip packets etc in a larger plastic bag (perhaps you bought 5kg of potatoes on special last week?) and drop it in the bin outside Coles or Woolies.

Lastly that leaves us with landfill

After recyclables, compostables and soft plastics, you won't be left with much. – Celebration time! Items left over may be broken glass, ceramics, styrofoam (e.g foam meat trays), contaminated soft plastics that can't be washed off, broken sports equipment, band-aids, blister packs, bread tags (and other tiny plastic items that the recycling plant cannot pick up), chewing gum, nappies, menstrual products, dental floss, synthetic fabrics, broken footwear, treated timber, wine and water bladders.



Now it's time to put items in their correct areas. Before you put the landfill items back in your kitchen bin though, relish the realisation that you don't need a bin liner. If your bin doesn't leak, just wash it out if it gets yucky – use water you collect in a bucket whilst waiting for your shower to run hot, and tip it in the garden afterwards. If your bin does leak, ask your local continental shop if they've got an old 20 litre bucket (which fetta cheese, olives, etc come in) that you could have to use as a bin. You could offer them some homemade vegan chocolates in the spirit of community exchange.

Helpful links for waste reduction

www.redladysa.com.au – alternatives to single-use plastic items and chocolate making supplies.

www.redcycle.net.au/what-to-redcycle – what soft plastics can and cannot be recycled, also where to drop them off.

www.bhg.com/gardening/yard/compost/how-to-compost – backyard composting

www.bokashi.com.au – kitchen bench composting equipment

www.willungaenviro.org.au – information and resources

– Liz De Fredrick

Summer Recipes

SENSATIONAL SEASONAL FAYRE

Strawberry & Watermelon Slushies

Ingredients

3-4 strawberries
1.5 cup scooped watermelon
Handful ice

Method

Add ingredients to blender and blend for 1 minute until smooth. Pour into glasses, serve.



Chocolate Veggie Loaf

Perfect for using all those extra summer zucchinis!

Ingredients

1½ cups grated carrots or pumpkin
½ cup zucchinis
⅔ cup chocolate hazelnut spread
¼ cup extra virgin coconut oil
½ tsp vanilla extract
3 whole eggs
½ cup coconut flour
20 ml cacao powder
½ tsp baking powder

Method

Preheat oven to 180°C .

Stir hazelnut spread, melted coconut oil and vanilla extract and eggs together in a large bowl until well combined. Beat in the grated carrot, zucchini and other remaining ingredients until combined.

Pour into a prepared loaf tin and bake for 40 minutes or until firm. Allow loaf to cool before slicing to serve.



Vegan Chocolate

BY RED LADY (AKA LIZ DE FREDRICK)

Have you ever thought of making your own chocolate? It's the perfect way to control the sugar, cut out what you don't want and add more of what you love. Try it and you'll never look at supermarket chocolate the same way again!

BASIC CHOCOLATE RECIPE

- 150g Red Lady cacao butter
- 75g Red Lady cacao powder
- 1/2 cup Pure Harvest rice malt syrup

Slowly melt cacao butter in a small saucepan. Add rice malt syrup and cacao powder, stir until combined.

Pour into chocolate moulds and refrigerate until set. Pop out of moulds and store in the fridge until eating time.

You can also customise your chocolate with delicious natural flavourings. Try a few drops of peppermint or lemon essential oils, or your favourite nuts/seeds.

FLETS Trader "Red Lady" aka Liz De Fredrick can provide you with everything you need to make mouthwatering, delectable home-made chocolate treats that are 100% natural and sustainably sourced.



Diary Dates

Yoga Classes

Mondays 7.15–8.45pm at Sellicks Beach
Tuesdays 6.15–7.30pm in Willunga.
Gentle flowing Dru Yoga, all welcome.
Contact Joanne Howard via LETS for details.

LETS South Committee Meeting

21 January @ 3pm, Venue TBC

TDU Township Celebrations

Sunday 20 January 2019
Aldinga Bay, McLaren Vale & Willunga

Australia Day Bush Fair

Saturday 26 January 2019, 5:30–9:30pm
South Adelaide Football Club Oval

LETS South Market

Saturday 23 February 2019 9am–
12:30pm, Green Space outside RSL,
Main Road Willunga

Living Smart Onkaparinga

Wednesdays 13 February 2019 – 3 April
2019, 6.30–9pm, McLaren Vale and
Fleurieu Visitor Information Centre, 796
Main Rd, McLaren Vale

Introduce your Friends and Family to LETS !

Growing our bartering community increases diversity and gives us all more opportunities to benefit from this wonderful cashless trading system.

Please tell your friends, colleagues, family and neighbours all about the benefits of LETS! And if you have told them already, remind them again ;-)



Have you followed our Facebook page at fb.com/fleurieulets?

Update your FLETS offers regularly!

- Log in to LETS South CES site 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

SEWING TUITION

Private 2 hour classes on basic sewing and safe use of machines including use of a Bernina machine and a free project to take home. Call **Judith Lamb** to discuss and book a session

VEGETABLE SEEDLINGS

Seasonal herbs and veggie seedlings - tomatoes, butternut, pumpkin, zucchini, lettuces. U2-5/ea **Contact Chas Martin**

WORM JUICE CONCENTRATE

Worm juice concentrate, dilute down in a watering can and give your plants a natural boost. 3lt containers. U5. **Contact Nicky Cowan**

EGG INCUBATOR HIRE

Incubator will hatch up to 24 chicken eggs at a time, model is Janoel 24. , U25 for 3 weeks to hatch a batch of eggs. **Contact Elaine Seaman**

BODY REALIGNMENT THERAPY

Chinese Medicine Massage - blend of ayurvedic/tunic cupping, acupuncture. **Contact Ryan Crowhurst**

ADVERTISE ON TRIBE FM RADIO!

Advertise your offers to the local community and Willunga surrounds on Tribe FM. From U5/30sec **Contact Bob Evans**

SOMETHING TO SAY?

We need your Newsletter Content! The Autumn edition of FLETS news will be out in April(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!