

JULY 2019

WINTER ISSUE

bulletin

FLEURIEU LETS EXCHANGE



RENEW Membership

If you haven't already, now is the time to renew your membership and make the most of everything LETS has to offer.

She's back! Liz's War on Waste

The much anticipated follow up to our summer guide on waste sorting from Liz De Frederick

WWW.LETSSOUTH.COM.AU

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FLETS Markets, socials and other events in the FLETS community.

EDITORS NOTE

Hello everyone! More of a bulletin than a newsletter for your seasonal dose of updates from the Fleurieu LETS community. It turns out everyone is so busily bunker-ed down getting through the colder months, there's isn't much newsy news to report! We do have a little inspiration for those of you participating in plastic free July, plus the usual jaw dropping-ly delicious recipes, committee news and noticeboard updates. Until next time, Jo x

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FLEURIEU LETS Commitee news

It's that time of year again - time to weed the soursobs, lodge your tax return and renew your Fleurieu LETS membership. We have a real dollar charge of \$25 to members as we, an incorporated society, have real costs such as indemnity insurance for all our members and other administrative expenses.

If you are unsure of whether or not you'd like to contunue your membership, please chat with me and we can explore ways to improve your experience with LETS

Thanks, Liz de Frederick, Secretary. Acting Membership and Admin officer.



Treasurer's Report

BY BERNARD THOMSON

LETS SOUTH FINANCES AS AT 14/06/2019

2018-19	Opening Balance	5,698.81
Income		
Subs	2,095.00	
Interest	34.55	
Market	40.00	
Raffle	50.00	
BBQ	72.00	
Other	0.00	
Subtotal	2,291.55	
Expenditure		
Stamps	100.00	
Insurance	1,031.97	
Gazebos	274.50	
BBQ	98.00	
Trestles	199.60	
Stationery	22.10	
Sundries	179.79	
LETS market	40.00	
Subtotal	1,945.96	
		Closing Balance 6,044.40

Trader balances	No.	Average	Median
less than -500	3	-619	-618
-201 to -500	5	-333	-331
0 - to -200	8	-55	-60
1 to 1,000	53	426	418
1,001 to 2,000	14	1,568	1,633
2,001 to 3,000	6	2,417	2,425
3,001 to 4,000	1	3,079	3,079
4,001 to 5,000	2	4,195	4,195
5,001 to 10,000	2	6,484	6,484
more than 10,000	1	49,683	49,683
Total traders	95		
Traders on hold	20		

Liz's War on Waste

BY LIZ DE FREDERICK

Helloooo Dear Readers,
By now, I'm sure you've all completed your bin audit. I do hope it was eye opening rather than nostril opening! 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 was all set to begin on my next article about auditing your recycling bin, when BOOM – “Catastrophic Hard Drive Failure”. Yes, it's as catastrophic as it sounds, “backup” I hear you say, “backup”. Uh huh, I did recently do a backup :) Although “recently” turns out to be over a year ago – gosh time flies

THERE HAS RECENTLY BEEN SUBSTANTIAL CHANGES TO THE CITY OF ONKAPARINGA RECYCLING PROGRAM

Can you tell I'm excited? If you read your local Messenger Newspaper, (before you shred it and use it for chicken bedding), you would have heard about the previous recycling processor (SKM Recycling) being shut down.

FLETS NEWSLETTER | PLASTIC FREE JULY



LETS (NO PUN INTENDED) LEARN TO LOOK AT RUBBISH DIFFERENTLY

Then there was the temporary arrangement with NAWMA (Northern Adelaide Waste Management Authority). Poor NAWMA was at capacity due to processing Playford, Salisbury and Gawler councils recycling, as well as temporarily taking on East Wastes waste (try saying that with a mouthful of marbles). The great debate was whether or not Visy (who really only dealt with cardboard) would take up the challenge and agree to process our recycling.

Good news everyone! I have been chatting to the lovely Lynda, who is the City of Onkaparinga Waste Education Officer. She has confirmed that Visy has come to the party and will now be handling all our recycling!

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So now, to remove some confusion...

Between what was printed on top of my yellow bin, the **Household Recycling Disposal Guide** and the fascinating TV program, "War on Waste", my friends and I were rather confused as to exactly where to dispose of some items. Lynda to the rescue again (I like Lynda, can you tell?)

A lot has changed since Visy have taken over and dear Lynda is in the middle of updating the HRD guide, which should be out within a month (providing she doesn't have a Catastrophic Hard Drive Failure.) So, until the new guide has been published, here's what to do -

A is for alfoil

If you haven't been making your own chocolate (tsk, tsk) and need to dispose of those foil chocolate wrappers (and other alfoil) just ball them up and give them to the cat. Joking! You don't have to do that anymore, you can put them in your recycling bin. As long as the foil clean (naturally you already lick those yoghurt tops because you don't like to waste) you can wrap them in layers to form a ball the size of an adults first.



F is for fruit stickers

If you've not yet started on your permaculture journey, you might end up with some fruit that have those annoying little stickers on them. I'm happy to say that Rebecca, the Marketing and Communications Manager (!!!) of REDcycle, tells me that if you stick your fruit stickers onto a larger piece of soft plastic, then they can recycle them too - YAY!

L is for Lids

(plastic ones and small rigid plastics such as bread clips and straws). This is where Visy steps up. Collect all your rinsed lids etc, in another rigid plastic container, eg milk bottle, also rinsed (take pity on the poor people who work on the conveyor belt having to open a stinky milk bottle) screw on the lid and pop it in your recycling bin.

L is for Lids (again)

Aluminium ones, like on the top of a tuna can, pet food can etc. Did you know these lids are made of aluminum? I certainly didn't, but it makes sense that you couldn't bend back the lid if it was made of steel. Lynda says, "Metal lids can go in loose. A strong magnet is used to capture steel items. An electromagnetic eddy separates out aluminium items - this is not quite as effective as the magnetic system, so it is handy (but not essential) to put aluminium lids inside aluminium containers, so if missed, the staff can grab it off the conveyor system.

M is for meat trays

War on Waste was a fascinating documentary series. However the info presented conflicted in part with what we've been led to believe about recycling and I know why! It's because the info was relevant for residents along the Eastern Seaboard, not so much for us in the Fleurieu. Sigh, well, we all know that the Fleurieu is the most beautiful place to live and has the most community minded people, so I'm sure we can forgive that transgression. It's an interesting show anyway and you can [check it out here](#). But, back to meat trays. You CAN put black plastic (not foam) meat trays in the recycling bin, because dear Visy employs a bunch of people to comb through the recycling items on their conveyor belt and ensure that they go in the correct area. That's a win for little old Adelaide, because the bigger cities rely more on automation. The scanners can't differentiate between the black plastic trays and the black conveyor belt, so all those trays in Sydney and Melbourne go into landfill :(

P is for Paper

P is for paper. Small pieces of paper and cardboard, such as receipts. Lynda recommends that shredded paper go into the green waste bin or home compost/worm farm. The same goes for "smaller than a large post it note" paper and cardboard. Failing this, into the general waste bin it should go.



I hope that clears a few things up for you, it certainly helped me sleep better at night, knowing that my recycling is now going exactly where it should be. Don't forget that to reuse is always better than to recycle, but recycling is better than wasting.

Let me know if you have any queries about recycling or waste at

Liz@redladysa.com.au

Kale and Bean Chilli

Ingredients

700 g tomato passata
5 whole kale leaves
400 g cannellini beans (canned)
400 g chickpeas (canned)
¼ tbsp cumin
¾ tbsp oregano
4 cloves garlic
1 large red onion
1 Tbsp olive oil
1 handful coriander leaves
1 pinch salt
Whole chillies to taste

Method

Saute onion and garlic in oil, then add spices, chilli, beans and tomato passata. Heat to a gentle simmer for 15-20 minutes. Shed and add the kale, simmering for a further 3-4 minutes. Serve with steamed rice and chopped fresh coriander.



Kale needn't be ho-hum....make it YUM!



Nom nom granola bars

Apricot Oat Bars

Ingredients

50 g walnuts
50 g almonds
50 g pumpkin seeds
80 g chopped dried apricots
200 g oats (gluten free)
30 g almond meal
200 g rice malt syrup
100 g (any) nut butter

Method

Preheat oven to 180C. Grease and line a shallow tin. Gently heat rice malt and nut butter together and stir together, then add dry ingredients and mix well. Press mixture firmly into prepared tin and bake for 15-20 minutes, until golden. Allow to cool before lifting and cutting.



Diary Dates

FLETS Market

The next FLETS Market will be in Spring 2019, watch this space!

NAIDOC Week 2019

7-14 July 2019 www.naidoc.org.au

Willunga Almond Blossom Festival

Saturday 27th & Sunday 28th July 2019

www.almondblossomfestival.com.au

LETS South (aka Fleurieu LETS)

Annual General Meeting

Saturday TBC September 2019, Willunga Environment Centre

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
- 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**