

CC LETS

LETS (LOCAL EXCHANGE TRADING SYSTEM)
UNLOCKING THE VALUE OF OUR COMMUNITY

ISSUE EIGHT
SPRING 2008

WWW.CENTRALCOASTLETS.ORG



What am I worth? The great shells debate

By **Chloe Rubbo**

What am I worth? Many in our community have been considering this question. It is a great question!

Other questions that come to mind are Why do others charge more than me? Why don't they value what I have to offer as much and pay me the same? or Do I really want to be involved in this?

It is a tricky task putting a value upon ourselves and finding the balance between charging too much or too little.

I joined LETS to be a part of a community and to try a different way of trading. I can now afford to have a regular massage, enjoy organic food and share my skills and expertise with a group of people

who may not normally need marketing or yoga skills. This is what LETS offers me and I enjoy it.

As we are noticing inflation is beginning to creep into LETS! We have started to get sucked into the free market approach that we are all bound by in the cash economy. We end up with people being valued more highly than others, others feeling ripped off and all of us having to work harder to get something that used to be easier. A great recipe for resentment.

We are all time poor - we can all safely say that there is simply not enough time to do everything we think we need to do - correct? So of course we are going to find ways of maximising the amount of shells or money we earn and so we can spend those shells on other goods and services to help make us happy.

I am not time poor for the things I enjoy doing. I like producing this newsletter, I like teaching yoga, I like gestalt therapy and I like talking about marketing. These are things I offer and I offer them within the 20 shells per hour guideline. This works well for me as I can manage my time and I am able to say no when there is too much on.

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Afternoon Tea Stall at Kariong

One of our members has announced their intention to fit in with the 'delicious treats' theme by making iced cup cakes to trade. Margaret's trading table will have the theme 'afternoon tea' and Margaret will be trading some household goods, and her cup cakes.

DON'T FORGET TO LET US KNOW WHAT YOU INTEND TO TRADE



Upcoming Trade Days

Sunday 14th September
Kariong Eco Gardens + hall
Dandaloo Road, (Off Woy Woy Road) Kariong
10am - 1pm - Trading - THEME:
GOURMET PICNIC DAY

Sunday 12th October
Woy Woy Environment Centre
Blackwall Road, Woy Woy
10 - 11am - Meeting
11am - 1pm - Trading

Saturday 15th November
Pamela Drummond's
591 The Ridgeway, Tumbi Umbi
9.30 - 11am - Trading

Sunday 30th November - end of year trade day.
Annual Trade & Pamper Day
Kariong Eco Garden + Hall
Dandaloo Road, (Off Woy Woy Road) Kariong
Children's entertainment - Clown, balloon animals.
Massage and other body & mind activities.
Trading - 10am - 2pm

Take the time to appreciate...

Am in a bit of a rush with lots of things to do before I get back to work in Sydney next week - BUT- just want to say what I have got out of LETS is handypeople who have done work in my home, who have been friendly and pleasant and we have had some common grounds of experiences and interests to share. Their work has been excellent but their friendly attitudes have made all the difference, and I have not been over charged. Zachary Cassar and Warren and Cheryl Zambra have done work for me. Apart from that I have seen Anne Stephenson as a Psychic consultant. She has not seemed as cold, commercial and superficial and pricey as many psychics in shops can be. A friendly, sharing, open attitude has made a difference.

With best wishes,
Adrienne

At a recent trade day at the Woy Woy Environment Centre



GOURMET PICNIC DAY

10am to 1pm
Kariong Eco Garden + Hall
Dandaloo Road, (Off Woy Woy Road) Kariong

Our next regional trading day is in September. The idea for the day is that you bring along a plate of something nice to eat to share and also that the unifying theme for stalls on the day is "Delicious Treats" that you might like to prepare & trade.

Of course, all & any trading is welcome on the day. AND, if you are making food to trade, it's a good idea to advertise it in advance . . . so people have some idea of what to expect (and some time to work up an appetite!).

AND my email address has changed . . . it's now: u4483780@anu.edu.au so - APOLOGIES to all and any who have tried to contact me & gotten no reply.

IF YOU ARE INTERESTED/WILLING TO DO SOMETHING TO MAKE THIS DAY A GREAT SUCCESS . . . please contact me, or Korina, and if you are contacting me again - I do apologise for my tardiness!!

Allirah

What am I worth? (From Page One)

I like to think of us all as equals and LETS offers the opportunity to find that balance by valuing each others time and skills equally at 20 shells per hour.

How can we charge only 20 shells when we earn so much more in the cash economy? I suggest you only offer the amount of time per week that you can afford - Try three hours per week! Then the magic of this system is that you will then earn three hours of someone else's time. It becomes time and cost neutral. We all feel happy and begin to appreciate all the other benefits trading provides. Just think of the many benefits you have received by being involved in LETS far beyond the shells - you might find them priceless!

If we start to get bitchy about prices and valuing ourselves more than others than the system will collapse for the simple reason that it will no longer be fun! Keep it fun and offer services from your heart that you know you want to share. Respect yourself and only offer what you can give. The motto of Central Coast LETS is "unlocking the value of our community" be creative, try something new and unlock a part of yourself in a supportive community knowing that you are valued as an equal amongst an amazing group of individuals! We can only do this together and it starts with you. Have you signed up to the LETS philosophy or just an economic trading system?



Anne's Psychic Column

Tarot * Palmistry * Psychometry * Past Lives * Dreams * Protections

Look for My Sign at Trade Days

Private Readings Available School Holidays Only

Welcome to Anne's Psychic Column. I am Anne Stevenson (0198). I give readings at Trade Days, Pamper Days and other LETS days. Look for my sun sign.

The first part of this column is a Tarot card and its meaning. The card meanings are not within the context of a reading rather they are the basic meaning for that particular card and thus very easy to understand.

Tarot Card Basic Meaning

Card: **The High Priestess**

Practicality, wisdom, mystery, the clouded future. Learning, hidden knowledge. A woman of interest to the seeker, or the seeker herself.

2. Tarot Archetypes

This second part of the column is about a very interesting new reading of the cards, brought to us by L. A. Lothian, giving the individual insight into the universal archetypes influence within their life. In a Tarot Archetype Report your birth-date is used to calculate your Primary Soul Archetype (your assignment in life) and Higher Soul Archetype (for those with a double load to carry), expressions of your soul energy. Your Year Cycles are also calculated, giving you information on the year or years ahead.

Tarot Archetype (Your Primary or Higher Soul Archetype or Yearly Cycle)

Card: **High Priestess**

Archetype: The High Priestess year is a year of choices, a cascade of decisions, all of which have one thing in common: there is no middle ground. Rich or poor, good or bad, dark or light. It's about balancing the tension of opposites in your psyche, ridding yourself of the extremes in your life that are holding you back. The High Priestess is also a psychic power house. She will fire up your intuition in this year. Past life memories are her speciality, so this year is the year to finally have that regression. She also comes into your dreams this year like a bolt of

lightning, taking you into the realm of the big dreams: the precognitive, the astral, the archetypal, the lucid, the otherworldly. If you have never kept a dream journal, now is the time to start.

Something extra for this edition of the column:

Truth by Stone & Water

"Where the rippling waters go, cast a stone and truth ye'll know."

This method of divination is old folklore, practised in the Middle Ages and recently revived.

The stone must be a blue or clear quartz crystal, which can be found at any new age shop. (An alternative is to choose a pebble that speaks to you but it must be picked up at the place of the rippling water.) Rippling water is found in streams, where water runs fast and in narrow places of lakes and estuaries, such as near bridges.

Hold the stone in your hand and phrase the question for a yes/no answer. When ready, throw the stone into the water, asking the question aloud as you do so. When ready, throw the stone into the water, asking the question aloud as you do so. As the stone sinks the answer will make itself known to you. Trust that it is the right answer.

The answer given is yes or no. This means the question must be a yes/no question. For example, "WHEN will I find a partner?" is NOT a yes/no question, "WILL I find a partner?" IS a yes/no question. The first answer is correct.

Best wishes to all truth seekers!

Anne Stevenson

Tarot * Past Lives * Palmistry * Psychometry * Dreams * Protections

Look for my sun sign at Trade Days, Pamper Days & other LETS days.

What do you think?

Your opinion is important so take a few minutes to complete the following surveys.

Last chance to have your say in the LETS rates survey.

The link to complete the survey is http://www.surveymonkey.com/s.aspx?sm=mLZwVWAsX8KiTpW688rzNw_3d_3d.

The survey closes on 18th September.

Please take a second to vote in this survey on membership fees.

http://www.surveymonkey.com/s.aspx?sm=B8NJ_2fSA4X14e92AGu92fyA_3d_3d

It will be open until 5th September for voting.



Broom Broom...

Just a reminder that there is a maximum allowed mileage fee now for delivery's.

.30c per km was agreed as a cap for the group.

Return trip can be included if relevant, not just one way.

For example .30c per km going for 90km (which is roughly going from Umina Beach to Wyong and back) would be \$27.00.

Eco Gardens Across the Coast

By Lisa Gairdner and Supercycla

Imagine a network of community gardens linking the Central Coast. Wouldn't it be wonderful if every household and business in Australia, in the city, town or country recycle household food wastes. Community gardens in every suburb that have worm farms and chickens to process the waste. Worms can process anything that once lived transforming the waste into organic compost perfect to plant food crops straight into. The chickens can also consume household food waste to supply eggs.

Throughout Australia there is a network of neighbourhood and community centres. These places that have already been built and have the infrastructure to become hubs of the community. CO2 omissions from cars and trucks is a major contribution to global warming as is most of the farming practises of today. If food was grown at community centres by members of the community who in return for their work were to receive the organic fruit and vegetables these permaculture farming systems produce. These permaculture farms could be set up in all of the community and neighbourhood centres across Australia. This would do a number of things:

- Bring community together. Young and old
- Connect people with the earth.
- Bring about an understanding of the cycles of life.

We need to change the current top soil eroding farm practises these same practises that also emit a steady stream of CO2 in the machines used and the transportation of the food items over 100's and sometimes 1000's of kilometres from area to area, state to state, and country to country. By having community gardens that produce our food people would become connected to the earth and each other by working in a sustainable environment. In these gardens all of the food waste from surrounding residents could be processed in the worm farms and chicken coops.

The centres could also have food co-ops where people were able to purchase such things as flour, grains, honey and many other products that are stored in bulk. People bring in containers eliminating wasteful packaging.

An example of the people who would want to work to contribute to these gardens are as follows:

- A mother with children at home who has limited time to set up a vegetable garden at her own home or doesn't have the space too could go to these gardens once, twice a week or as many times as she would like too. She could take her children with her. There would be other children there as well who would be cared for by an approved person who has had a working with children check. The mother may want to work in the garden or in the kitchen that prepares food for all the people working at the centre that day or her

area of interest maybe in administration, basically she could slot into what ever area her interest maybe.

This would empower people as they are actively working to combat global warming and contributing to their community by working side by side, young and old. It goes back to a concept of how communities one were and some still are looking after each other and caring for our beautiful planet.

A community garden with permaculture principals has been started at Kincumber Youth Centre. The concept of the garden is for anyone who wants to work in the garden can come along and in exchange for their time they will receive produce from the garden. This and many other food gardens like it can help combat global warming by producing our own food.

If anyone would like to be involved in the Kincumber Eco Garden contact Jonathan at Kincumber Youth Centre email.

jonathan.clarke@gosford.nsw.gov.au

ph 43 695633

mobile 0408413528

Permaculture

PCC Meetings are held on 3rd Tuesday of each month at Tuggerah Hall doors open 6.30pm for a 7.00pm start contact pccnsw@yahoo.com.au for further details about any of PCC activities and events.

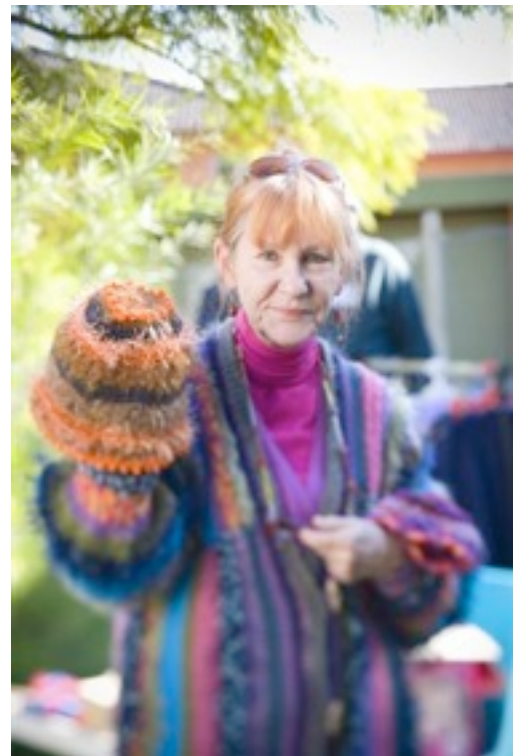
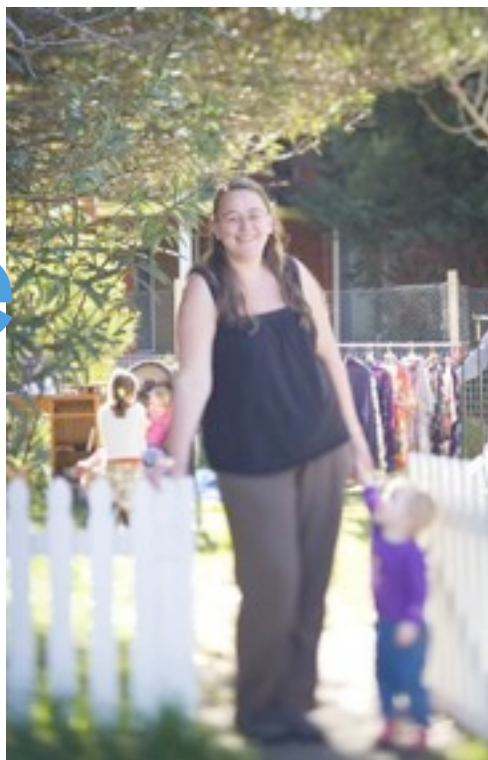
They have an Introduction to Permaculture workshop coming up on the 28 September.



Photos



from the Woy Woy Trade Day



Photos by Nick Cubbin

WANTS

Do you have silky chickens, beds, sheds, cars or breadmakers?

There are lots of requests for baby things and you may even like to baby sit!

We have for these things plus more members that are asking so check out the wants page and see if you can help them!

Papermache Workshops

Learn how to make paper and create papermache objects, Maximum 2 participants at a time during winter, up to four participants at a time in warmer time of year. We can work in the garden under the jacaranda tree then.



Contact Hanna Phillips
4328 1244

Contribute to the next newsletter....GO ON :)

The Circle of Inspiration!

www.showersofinspiration.com

A project of mine to share little things that have been personally, truly inspiring, whether this be a new experience, a rediscovered book, a saying that resonates for days or, like the one I want to share today, endeavors that brighten the world, one little ray at a time! Something that inspires me at the moment is 'Notes from the Universe' www.tuf.com - These are little, personalized messages sent out every week day from 'The Universe'. They are so joyful and funny and yet, at the same time, awesome reminders of the greatest truths... There have been days where I have literally been sitting at my computer just waiting for that delicious note from the Universe! Here's the note from today...

Do you know who I really, really, really love?

Besides you.

The folks who keep doing little things, expecting BIG results, especially when circumstances seem to indicate that tomorrow will pretty much be exactly the same as yesterday, no matter what they do today.

These are the world's movers and shakers -

The Universe

I've got lots of other little tid bits of delicious things to share with you... I'd love you to join the Circle of Inspiration - www.showersofinspiration.com ... I wonder what will come next...

Much joy
Gabriella Salmon

Join a Group

Our website now has a new groups feature check it out at <http://www.community-exchange.org/docs/groups.html>

Groups is a multi-functional feature but its prime purpose is to provide social networking facilities to enhance the community aspect of the Community Exchange System.

To access Groups on the site, log in to your account and click on the new [Groups] button at the top. This will take you to a new section of the site where you can join, create and manage groups, and participate in group activities.

What are groups?

A group is any number of CES users brought together for any collective purpose. This can be anything such as an online discussion group, a number of users who get together to form a real-life club or association, a company or organisation that wants to manage its employees or members, and you can even create your own private list of traders or friends.

Groups can be local in that all members of the group are from your own exchange, or global in that members can be from any exchange anywhere. A global group can also be set up for users in one country, a locality or even in one organisation or company where members have accounts in different exchanges.

Examples of local groups would be real life sports and social clubs, single-parents' support groups, online political discussion groups; examples of global groups would be collectives of open-source software developers, professional information-sharing groups, and discussion forums on global issues.

Message from the editor

Chloe Rubbo



I am moving away from the Central Coast and we therefore need a new editor for this newsletter!

If you would like to volunteer contact me and I can give you the low down.

I will be leaving by the end of October so let me know soon. It is a rewarding experience putting together the newsletter.

See you all at Coastfest this weekend!

Chloe

NEXT CC LETS NEWSLETTER
1ST OF DECEMBER
DEADLINE 2 WEEKS PRIOR

EMAIL:
chloe.rubbo@gmail.com

