



**April 2021**

**Adelaide  
LETS  
Newsletter**

**[www.communityexchange.net.au](http://www.communityexchange.net.au)  
[www.letsadelaide.org](http://www.letsadelaide.org)**

## Op Shopping

Janet is one of our senior members, now living in an aged care facility at Oakwood. She's happy there but wanted to go out sometimes but not allowed to go out on her own. So she put out the call for help to LETS and one of our lovely members Mia responded. We thought you would enjoy Janet's heartwarming story of the day.

The morning got off to a slow start with Oakwood being a bit tardy in answering their front door, but once we were on our way WE ROCKED!!

We headed straight for the Red Cross shop on N.E.Road as I hadn't been there in more than two years and needed to fulfill a deep-seated urge to shop til I dropped. First I found the craft collection and chose some lovely blue wool and a couple of pairs of metal needles. Then Mia and I both looked through the racks and racks of beautiful clothes for something we "couldn't live without". Our search brought to light several choice pieces which will be integrated into our wardrobes.

Then, I spotted the DVDs. I cannot resist them and would have spent even more on them than I did. As it is, I bought five, two of which have more than one movie on them. We lend them out at Oakwood so everyone has a chance to watch something they really like. Suddenly it was 11.30 am and time to ring for a taxi to return home. I got back to Oakwood just on 12noon, lunchtime.



Mia and Janet

The morning had been a great success with a new friendship being made as Mia and I have decided to "adopt" each other as an "Honorary grandmother" and an extra special "grand daughter". The whole operation has been a classic example of how the LETS system works.

Thankyou Sue for your assistance.  
My warmest regards to everyone in LETS,  
*Yours truly Janet*



**Thursday 1st April 2021** 10am-1pm Mini Market at the Spire, Uniting Church, 280 Portrush Road, Beulah Park. Outdoor stalls under marquees. We can trade in units, but no cash for any foodstuffs like bread, preserves, etc. We can buy snacks, light lunches and barista coffee in half cash and half units from Hope's Café next door. Very affordable prices from \$2-\$5. A chance to browse Goodies Op Shop as well.

**Sunday, 4th April** (Easter Sunday) from 10am-2pm **Zen Shed Market** Jumble Sale at 4 Langbein Ave, Woodside

### **PLEASE REMEMBER THAT DAYLIGHT SAVING ENDS THIS WEEKEND**

We will be trading home grown and cooked produce, local honey, art therapy with Easter theme, Vintage Sun with unusual and eclectic wares, books, haircuts, magic show, clothing, plants, winter soups, curry cooked in solar oven, workshop on how to build a bird sphere with Sandy from weavers' guild. We are keen to have new stall holders and the sites are free.

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## Zen Shed Market

What you can trade, is only limited by your imagination.

This mini market had been advertised in two local Adelaide Hills newspapers.

Come for fun and entertainment.

Both cash and units will accepted on the day. All welcome.

Enquiries to Libby [catjionali@gmail.com](mailto:catjionali@gmail.com). No need to book, but need to be self sufficient with a chair, table and clipboard.

## One Planet Market

a project of Sustainable Communities SA Inc.



9 am -12 noon

Saturday, 17th April, 2021

374 Payneham Road, Payneham

LETS members stalls as well as local growers, information and morning tea, produce swap (no fruit please due to fruit fly regulations)

Free Workshop at 10am - Tiny House design.  
Book at Eventbrite

<https://www.eventbrite.com.au/e/one-planet-market-talks-tiny-home-design-tickets-139575575303>

Please let us know at [letsadelaide@gmail.com](mailto:letsadelaide@gmail.com) if you're having a LETS stall, so we can reserve space for you.



Pidgeons, musicians, local fruit and clothing at last month's Zen Shed market



Magic show by Ian ALSA0662 at last month's Zen Shed market at Woodside

### Plea from Admin

From time to time we keep getting feedback that members don't always get a response to their messages. I'm sure everyone will agree this is so frustrating when you are left to wonder if your message got through or not. Even if your offer or want is no longer valid, a quick note to let the other person know would make all the difference. If everyone could make a special effort with this, it would be much appreciated by all. Many thanks.





## More magic and music at the market



If you like using dry shampoo you may like to change to a natural one which you can make yourself or source through LETS.

Dry shampoo is a type of shampoo which reduces hair greasiness without the need for water. It is in powder form. Dry shampoo doesn't actually clean your hair. Instead, the starch in the product absorbs the oil in your hair, making it look cleaner and fluffier. For most people, occasional use won't cause any problems. If you overuse dry shampoo, your hair may become more vulnerable to breakage.

Some shampoo recipes:

For black hair  
equal parts arrowroot powder and charcoal powder

For brown hair  
4 tablespoons cornflour  
1 tablespoon salt  
4 tablespoons cocoa powder-you can adjust the amount of cocoa powder depending on how dark your hair is.

For blonde hair you can use either of these recipes without the colour powder-charcoal or cocoa.

Make sure you mix your dry hair powder thoroughly. Either use a clean makeup brush or your fingertips to apply. Try to focus on getting the mixture on the roots and areas of your hair where grease tends to accumulate. Using your fingertips or makeup brush, gently spread the powder throughout your hair. Massage your roots to ensure full absorption.

Gently use a brush to get the excess powder out if necessary.

Style to the desired look.

I will have free dry shampoo samples available at the next market. ALSA0248 Kylie

### Recommendations –

Fleur Noble – Apples, Pears- We have enjoyed Fleur's apples and pears over the last couple of months. We've eaten them fresh, cooked and dried - all delicious.

Amanda Radomi – Artwork - So pleased with the art work recently bought. I missed meeting you at the last OPM, but welcome Amanda.

Sarah Burrage – Gardener - Sarah was a very helpful hard working gardener- very valuable

Sue Andrews – LETS Admin - I would highly recommend that anyone struggling with the LETS site, IT wise, to make contact with Sue via "Messenger" if possible. Sue has helped me enormously over the past few years. I am hoping that in a few weeks we may have a mini get together around someone's kitchen table!!!

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Recommendations continued

Sam Barlow – Entertainment – Sam is an accomplished guitarist with a great deal of experience, playing at weddings and private functions. Although he lives in Edithburgh, he comes to Adelaide frequently, to work at The Food Forest in Gawler. You may be lucky enough to catch him while he is in the city.

Ian McKenny – Entertainment - I would like to recommend Ian and his young son, Nova as a travelling juggling and magician show. Great for childrens parties.

Zen House of Happiness – Zen Market - Thank you to all organisers, magicians, musicians, masseuse and local people. Well worth the drive. Nice to meet you all.

### Welcome to New Members

Please welcome our new members and trade with them whenever possible.

Alsa0659 Richard (Blackwood) Offers 2nd hand books and magazines

Alsa0660 Denise (Magill) Offers Art therapy, cards and painting for healing, teach intuitive painting and drawing.

Alsa0661 Sandra (Nairne) Offers ladies clothing

Alsa0662 Ian (Upper Sturt) Offers juggling, magic show

Alsa0663 Jules (Balhannah) Offers organic seasonal vegies, plants & herbs, manual lymphatic drainage

Alsa0664 Sandy (Bridgewater) Offers pelargoniums

Alsa0665 Craig (Blackwood) Offers bushcraft courses. Wants like minded people.

Alsa0666 Cori (Chapel Hill) Offers nannying

Alsa0667 Aaron (Greenwith) Offers tech support (remote or on-site)

Alsa0668 Ruby (Williamstown Barossa) Offers website hosting, development, maintenance. Wants roofing, sheeting

### Last Month's Events

The weather was perfect for our new spot outdoors under marquees at our mini market at the Spire. People visiting Goodies Op Shop stopped by to browse and buy our goods and got to hear about LETS.

During the chat at lunch at Hope's Café next door afterwards, one of our new members Denise met Rebecca who runs the Spire and arrangements were made for Denise to give art therapy workshops at the Spire. I heard this is going great.

Next up was the first Zen Market at Woodside, again a lovely sunny day with lots of stalls in and around Libby's lovely garden.

Another new member Ian and his young son delighted everyone with their magic, there was live music and the whole day enjoyed by all and deemed a big success. Thanks so much to Libby for all her efforts.

I think the highlight at our next event the One Planet Market at Payneham, was the return of Freecycle, thanks to Nadia who has taken this on.

There's always a buzz around that stall with people browsing and finding treasures.

Nadia does need help with running the stall and also people to help take away the leftovers to pass on to op shops.

Please let us know if you can put up your hand for either or both jobs.