



## CONTACTS

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CES is where members list their offers and wants and record transactions:

communityexchange.net.au  
and on your mobile device, use:  
m.communityexchange.net.au

facebook.com/groups/  
tablelandlets

**Bartle Banter** is printed FREE OF CHARGE at Shane Knuth's Office, Silo Shopping Centre Atherton. This edition is compiled and edited by Cate Adams and Bel Moore, with contributions from FNQCES users. Newsletter submissions are always welcome

## STATISTICS

FNQ CES / Tableland LETS Users have traded approximately 146400 Bartles over the past 12 months.

We have over 960 active accounts, but only about 630 have ever logged in to their accounts. 49 Users have joined in the past year.

Since November 2008 we have traded OVER a million Bartles! (1,063,123 B as at 8/2/18)

# ONE MILLION

## Admin Report

Hello!

Both of your dedicated admin have been away this Spring/Summer... and the system kept on trading! Our sponsorship month and Xmas trade were a little quieter than previous years, but generally, there were no hiccups and we managed to get through three months of holidays/breaks. The best news is that we're both super-excited for a bigger and better 2018 for LETS!

We're going with a suggestion from a few account holders of having bigger, quarterly events across the region. This kicks off with the New Year Revolution event in Atherton. To follow, a Winter Pizza Party at Kewarra Beach on Saturday 9th June 12-3pm, a Spring event to be confirmed at either Ravenshoe or Koah, and our regular Xmas Fair in Yungaburra. If you'd like to help with these events, don't hesitate to contact us!

Our trade events, drop-off points and transport helpers continue combine to maintain FNQ Community Exchange as the most successful LETS group in Australia.

We are unique in our well-organised systems which are upheld by a dedicated team of admin, area contacts, hosts and others. Without the generosity of these people (who do receive token payments as a small gesture of thanks), FNQ CES would not

function as it does, and exist as a long-term vital element in the relocalisation and resilience of our region.

Keep in touch, Bel and Katrin x



*Katrin on Holidays*



*Bel on Holidays*

# LETS community news & updates

## Mareeba Drop Off Point

Cate is moving to be closer to her family. Seamus will be at their house for a short time yet, but we REALLY need a new Mareeba Drop Off Point (DOP). Cate says the only traffic is a couple of parcels a week, it's not bedlam by any means. A DOP could be a signed shelf or table in your carport area, it doesn't need to be very intrusive. Do you live in an easily-accessible place in or around Mareeba? Please contact us if you can help!

## Working the Wants list

To take full advantage of the system, look at your weekly budget and discover new ways to make LETS work for you... add Wants to Community Exchange. Do you regularly spend on: take-away, childcare, car wash, ironing services, a gardener or cleaner, music lessons, plants, baked goods, fresh produce, clothing & other items for growing children, gifts, soap, cleaning products...? Perhaps you can free up some of your \$\$ and spend more Bartles on everyday expenses?

## Recommendations

Have you ever left a recommendation for someone after trading with them? Or have you read the recommendations before using a service or trading with a person. Recommendations are useful for both new and old users of the system and a great way to give a shout out to someone who has done an excellent job.

[communityexchange.net.au/recommendations](http://communityexchange.net.au/recommendations)

## Housekeeping duties

Add [fnqces@gmail.com](mailto:fnqces@gmail.com) to your contact list - or our emails may go into your junk/spam folder. If you have no email, add a phone number to your account please.

When you have sold your offering please delete it as soon as possible, others don't know it's gone if the listing is still there. If possible please respond to any other emails you get with a sold message - don't just ignore the buyers' email or enquiry if your item has already been sold.



**11am – 2pm**

**47 Loder St, Atherton**

LET'S start off 2018 (in February) with a BANG of a trading event in Atherton. Glen's place is next to Destiny Church in Atherton. There's ample parking. We'll set up inside the double garage and verandah area, and there's also shady, grassed area for trade tables, picnic rugs, kids... This venue is wheelchair accessible.

Our New Year Event will offer 100% Bartles Locavore catering by Chel & Pat – lunch, hot drinks and cake! There will be entertainment by our Bartle Buskers, a Kids' Corner, a Clothing Exchange, and possibly micro-workshops, demonstrations and other displays.

Of course there will be TRADING too - so bring along your wares, or information about your services, and meet other FNQ CES Users. Access local food, buy recycled/regifted/repurposed items, improve your budget and meet new people!

See you there!

**LET'S DO THIS!**

**Contact Chelsey on 04 3800 8371 for more information.**

# LETS Community Fund

By Chelsey Reis

THE Tablelands LETS Community Support Fund (CSF) began in Oct 2012 with a donation of 50B from member Sheila Tait. There have been 25 donations including Bartles from closed accounts, admin stipends (regifted by the admin), and one-off or regular donations. It has been used only 5 times. Once for a bond clean for a young family, once for a RealFood box of fresh produce, and three times for respite care. The balance as at 29 January 2018 is 618B thanks to a couple of recent donations. The account is TBCE1234 and is managed by the admin team.

Late last year, my 29 year old brother Trent, who has a range of disabilities and is cared for by my mother Glen, lost his funding package. This was an unforeseen occurrence that threw our family into turmoil, as it meant that all the supports that Trent requires - support workers to access the community, transport to get out and about, physiotherapy to reduce the impact of his scoliosis etc etc disappeared, and in the space of a week my husband Pat and I became the replacements for the majority of the above.

The increase from our usual level of supporting both Trent and Glen (10-5 hours per week) to spending 4-5 hours per day out of our home, put enormous pressure on our whole family, and our collective health and wellbeing began to suffer.



Wracking our brains to find solutions to the immediate issue of Trent continuing to participate in his community - and give mum a necessary break - Bel suggested that as a LETS member, mum could access the community fund to

pay a support worker. We jumped at the suggestion, and within a day or two we had a wonderful worker (Kam Lewis) teed up for a weekly shift.

In the midst of fighting the bureaucratic systems for the reinstatement of Trent's package, the relief and assistance the CSF provided went far beyond the regular support hours. Feeling like there was a group of people that were behind us, that had our backs, gave us hope that there were systems that were responsive to our needs and cared about the individual more than the bottom line.

In December 2017, replacement funding was found, and Trent's usual level of support resumed. We all breathed a huge sigh of relief, and got back to the challenge of managing day to day life, which for Glen and Trent entails a huge workload of physical and emotional care.

So thank you, Shiela, for your foresight and generosity, and to all those that have ever donated to the CSF. If you've got some bartles hanging around, they would be well spent as a donation to the CSF, and who knows when anyone of us may need a little extra help.



## Report From the Capital by Alison Bird

BrisLETS has been on a roll all summer after the wonderfully successful market event at the New Economy conference in September. Recently a couple of Dumpster Divers (Skip Dippers) have injected an exciting new range of offerings. LETS members can now buy a great variety and abundance of food including really pricey 100% organic items from health food shop wastage, fresh and non-perishable (often past use-by but still good).

The January Trading Day was well attended (about 30 people) and for the rest of 2018 we have secured a permanent venue, a beautiful, shady hall in Windsor hired from the Brisbane Organic Growers group. If any FNQCES members are visiting the big smoke please come along on 3rd Sunday of the month 2-5pm. You are very welcome!

## Our Exchange

FNQ Community Exchange is the only active exchange in the Far North, and at present the group covers a vast geographic area, including the city of Cairns, and the coastal communities of Cooktown, Innisfail and Tully.

In each town is a LETS “hub” with a Local Area Contact (LAC). Most hubs enjoy monthly trading events. The LAC system is a great way to spread the admin workload and also focus the activity of members in each neighbourhood.

### Atherton

TBCE0070 Irene Chapman  
TBCE0003 Sheila Tait (treasurer)  
TBCE0066 Jenni Kruck

### Cairns

TBCE0091 Lorna Buckley  
TBCE0418 Ilona Heindl

### Cassowary Coast

TBCE0149 Suari Mason  
TBCE0482 Bernie Holden  
TBCE0058 Mellissa Watson  
TBCE0571 Michael Pascal

### Herberton Area

TBCE0243 Leeandra Norman  
TBCE0010 Louise Cross

### Julatten/Mt Molloy

TBCE0636 Lyn Gore  
TBCE0635 Casey Willetts

### Kuranda/Koah

TBCE0390 Blake Hudson  
TBCE0449 Tonielle Christensen

### Malanda

TBCE0102 Katrin Schreiber (admin)  
TBCE0032 Mary Lucker

### Mareeba

TBCE0226 Miranda Reis  
TBCE0914 Seamus Campbell

### Millaa Millaa

TBCE0391 Kate Martignier

### Ravenshoe Area

TBCE0488 Kathy Larsen  
TBCE0038 Hayley Buchanan  
TBCE0254 Melinda Mahon

### Tarzali

TBCE0001 Bel Moore (admin)

### Yungaburra

TBCE0314 Melitta Lewis  
TBCE0815 Chelsey Reis

### Other

TBCE1234 Community Fund (Sheila)  
TBCE0814 Kam Lewis (mediation)

# THE NENA MARKET in BRISBANE

## New Economy Network Australia conference, 2<sup>nd</sup> Sept 2017

Alison Bird

At the Building a New Economy conference, BrisLETS and OzCES partnered to present a cashless market event. It was a beautiful day and a great central location at Southbank with the 300 conference delegates tempted to join in the activities during their lunch and tea breaks.

BrisLETS members welcomed visiting traders from 12 different Australian exchanges - Maleny, Sydney, Far North Queensland, Tasmania, Central Coast NSW, Walpole (WA), Blue Mountains, Gold Coast, Byron Shire, Fleurieu SA, as well as the Anywhere in Australia Community Exchange and the Community Market Place. A number of new members from all around the country signed up to their local group at the event.

Katrin and Melitta from FNQCES worked hard helping BrisLETS Admin and it was wonderful to have their knowledge, experience and bright outlook in the team while introducing community exchange to novices. This was a showcase of the "new economy" in action.



Over 1000B worth of gorgeous goodies from FNQ (also items from Tasmania and Sydney) added to the quality local offerings. The classy

presentation impressed everyone. Displays of services included bush regeneration, Brisbane Tool Library, bee-keeping, solar cooking, worm farms and a repair cafe. Massage, readings and other treatments were popular in the healing tent, while BrisLETS musicians and circus performers took to the stage and also conducted workshops.



Trading on the day amounted to 7558u (BrisLETS 6053u + OzCES 1505) including lots of shopping with paper currency attractively printed with a different Brissy bridge for each denomination. A further 1919u were earned by BrisLETS members for billet accommodation and event support, so that's a total of 9477u for the event. The cost of the event was 2883u in token payments to thank performers, presenters and volunteer helpers. Costs in \$ were negligible.

BrisLETS started in 1989, so it is one of the oldest Australian exchanges. Over the decades it has had ups and downs, in line with trends everywhere. At the moment trading is steadily growing in BrisLETS and currently the group is the 4<sup>th</sup> most active in Australia. Although nothing of the scale of the Malanda conference, the NENA market gave a bit of an opportunity for interaction between CES people from everywhere, and members said they were going home with new ideas and renewed purpose.

# Community Currencies Collaboration

Alison Bird

Last year CES Australia joined with the community trading networks CES (global) and Community Forge to form the Credit Commons Collective. The collective aims to promote interoperability and standards between mutual credit networks. One of the top priorities is to migrate both CES systems into something more modern, and provide better support for mobile phone devices.

These networks are represented by:

- Tim Jenkin, founder and builder of CES [www.community-exchange.org](http://www.community-exchange.org)
- Matthew Slater, co-founder and engineer for cForge <http://communityforge.net/en/>
- Annette Loudon, Manager of CES-Australia <http://communityexchange.net.au/>

Professor Jem Bendell, perhaps best known for his popular TED talk on 'The Money Myth' <https://www.youtube.com/watch?v=X5uGLbV5zVo>, is leading a fund-raising effort. Previously progress has been difficult due to rather grand expectations for work that was completely voluntary. We are hopeful that with funding this team will move forward on our software upgrade.



## LETS on the Road

by Lyn Gore

During our frequent holidays to South Australia to visit family, we always try to go along to as many LETS 'catch ups' as possible. For some reason they don't call them 'trade days' as we do up here.

One of the reasons is that I am a Queenslander and I don't have any exotic relations like Reece whom I can visit to take advantage of the incredible stone fruits they grow down there. Not to mention the grapes, wine, Festival of Arts, The Fringe, WOMAD, the amazing beaches etc.



So this time we met some different people and spent a lovely relaxed morning under the shade of a beautiful pergola laden with white and red grapes. The garden was bountiful producing apricots, nectarines, tomatoes, beans, rocket, corn, pumpkins, figs, lemons, oranges, cucumbers, in fact too many things to mention. The whole garden was given over to chooks, fruits and vegetables and there was even a kiwi fruit vine. Our hostess Cherilyn provided fresh produce and we also bought many different types of preserves (lilly pilly jam, plum and apple jam, apricot jam, quince jelly and paste, marmalades, toppings) plus olives, honey, eggs, candles, dried figs - you will get tired of reading before the list is finished. From a new member, Diane, I was also lucky to buy a range of lotions and potions.

A very diverse range of people who shared their knowledge freely and we were so fortunate to meet as the following week we left, bound for home. I sincerely hope it was not due to the extra heavy load in our caravan that we had a tyre explode on the way home!

We can recommend sourcing the LETS community wherever you travel.

## 7 ways I make use of choko vines and fruits on Lucky Creek Farm



Last winter while looking for food for our pigs, I found a surprising number of chokos on our young choko vines. (Surprising given that it was July, when choko vines are supposed to be dormant. Our pumpkin vines were the same; instead of dying back in winter like they're supposed to, they just kept producing. Climate change, anyone?)

I found enough large, old chokos to make a decent feed for two medium sized pigs, and enough small tender ones for several meals for us.

I used to think of choko as a bland, boring vegetable. I didn't like skinning it, and I didn't like eating it with the skin on. Undercooked, it's too tough, and overcooked it's a watery, unappetizing mush. And it's not particularly nutritious. Almost not worth the bother.

Add to that the baskets of cheap chokos on offer at LETS drop off points throughout the summer, and choko is just... blah.

Or so I thought. Then I read an article suggesting that we just don't know how to make good use of this generous, abundant, easy to grow plant – and I started paying more attention.

**1 We put the tiniest chokos, and the tender tips of the vines, in salads.** The smallest little nut sized chokos are great in salads, along with the tender tips of the vines, the tiny, shiny, newest leaves, and the curling tendrils.

My 6-year-old son doesn't bother putting any of these in a salad – he just plucks them down and munches on them as he goes about his day.

**2 We cook the small to medium sized chokos.** If you pick them before they are tough and big, there is no need to peel or to remove the seed.

This was a revelation for me – so much faster to prepare! The seed of these smaller chokos tastes pleasant and probably adds some nutrition, and the skin is not at all tough. Steamed small to medium choko is my daughter's favorite vegetable. (You have to start somewhere, I suppose. Maybe she'll end up being a lover of super-nutritious kale and sauerkraut...)

**3 We feed the vines to our guinea pigs.** Our guinea pigs love the leaves and vines, young or old. They probably would eat the chokos, too, but there are too many other takers for them. A small group of guinea pigs can eat an amazing amount of choko vine, very quickly. It comes out the back end as manure, which is a much more nutrient dense product for our soil than what went into the front end.

**4 We feed the large, tough fruit and the excess vines to our pigs.** Pigs will eat all parts of the choko plant, at any stage.

It's not their favorite food—they prefer sweet potatoes, pumpkins or arrowroot—but they will happily munch on choko fruits and vines if there is nothing else on offer, and it makes a great addition to their diet for the days when I can't find much other plant food for them. (Little piglets need the large, tough chokos cut into small chunks.)

**5 Goats and cattle will eat the large, old chokos,** roughly chopped. They'd eat the young tender ones, and probably the vines too, if they were invited.

**6 Excess vines make great mulch**, and are easy to pull down from where-ever they've climbed to. In the absence of something to climb up, they'll ramble across the ground, forming a living mulch that's very easy to pull away when you no longer want it there.

Easily produced biomass—volumes of plant material that can be used for mulch or in compost—is something I place a high value on. Plants that produce lots of it with no effort on my part are welcome helpers in the garden.

**7** I'm trialing **growing chokos on fences where I have weeds and grasses growing up through the fence and not enough man hours to clear under them**. I'm hoping that when the vines get thick enough, they might **shade out the grasses** or at least weaken them and reduce their vigor, so they'll be more easily removed. The jury is still out on this one.

**Bonus extra:** I've read that a **storage tuber forms underground that you can eat** – I haven't tried searching for this as I'm not sure if it's a case of digging up the whole plant, and I don't want to kill my vines.

Now, I look differently upon those baskets of chokos with the signs, "chokos, 2 for 1B," or whatever the price might be, and I almost always snap some up.

They've become one more way that we can use what we find on LETS to help us develop our gardens and reduce our dependence on supermarkets and feed stores.

*Kate Martignier is a FNQ Community Exchange member, homeschooling mother, and Permaculture farmer. Read more article at her new blog, [ARealGreenLife.com](http://ARealGreenLife.com)*



# Ditching the Supermarket

## The supermarket catch

The choice to shop at the supermarket really seems to be a no-brainer — you can get everything you need at one location, be back in the car before the kids get to melt-down stage, and it's cheaper there than anywhere else. It seems too good to be true.

Usually when something seems too good to be true, there's a catch. With supermarkets the catch is a big one, and multi-faceted.

In this article we'll sniff out the real story behind the cheap convenience on the supermarket shelves.

We'll look at the complex web of connections and consequences that attend our supermarket choices.

And we'll uncover the reasons why reducing your dependence on supermarkets could be one of

the most powerful things you'll ever do to make a difference - for your own family's health and for the health and resilience of your local community.

## What's the real story behind the packets on the shelves?

When you compare the apparently high price of an ethically produced item with the cheap supermarket version, you are comparing only what's on the label. You must look elsewhere to gauge the real cost.

There's more to it than the price at the checkout counter. Where did it come from? Who benefits? Who else pays (besides you, the buyer)? What are the consequences, short and long term, to people, communities, and nature? In other words, **what's the real story?**

Ethically produced products tell us their story on the package; the fact that they want you to know where the product came from is one of the ways you know that the producer/seller cares about the impact they're having on people and nature.

When you ditch the supermarket altogether, to buy something locally, from someone you know personally, the story behind the item you buy becomes part of your story. It becomes part of the story of your local place, the story of you and other members of your community looking after each other. The story gets richer, more complex, with every transaction.

The cheap supermarket brand, on the other hand, does everything it can to hide its story - because it's not a feel-good story. **With this item it's not about the connections or the long-term consequences, but about cheap convenience and corporate profit, right now.**

*"This ... food on our plate ... has a story to tell. It has [been on] a journey. It leaves a footprint. It leaves a legacy. To eat ... without conscience, without [awareness or] knowledge; folks, this ain't normal."*

Joel Salatin, farmer and author, in his book *Folks, This Ain't Normal*

## A mindboggling conglomeration of "Big"

The modern supermarket is the homogenous, impersonal extension of the global marketplace, where families, communities, ecosystems, and the connections between them are irrelevant. The only measure of success is corporate profit.

Supermarket shopping disconnects you, the buyer, from your local community and ecosystems, and plugs you instead into the global marketplace.

Standing in the supermarket aisle considering what to have for dinner, what to clean your house with or what to put on your skin, you become part of—the endpoint of—a vast system of industrial production and manufacturing. An enormous, mind boggling conglomeration of

"Big." Big Industry, Big Pharma, Big Ag (food production), and Big Food (food manufacturing), to name a few.

## The real cost of cheap food

The supermarket is indeed cheap and convenient compared to the effort of growing food outside your kitchen door and trading the excess on LETS, connecting with a local grower, cooping, sharing, and asking for the things you need on the Community Exchange.

But the hidden social and environmental costs of those cheap and convenient products on the supermarket shelves (not to mention the direct cost to your health) are difficult to calculate.

Plucking just food out of that conglomeration of "Big" that I mentioned a minute ago, **what is the real cost of cheap food at the supermarket?**

Modern industrialized agriculture, the system charged with stocking the food shelves at the supermarket, has these not-so-endearing characteristics:

- It relies on copious fossil fuel inputs throughout the entire production chain.
- It calls for an endless succession of new pesticides, herbicides, chemical fertilizers and GMOs in its ever-escalating war against nature.
- It produces, along with cheap food, depleted and eroding soil, mutant insects and weeds, loss of biodiversity and fertility in our ecosystems, species extinctions, and poisoning of our waterways, oceans and atmosphere.
- Large scale production of cheap meat, eggs, and dairy products calls for factory farming of animals in conditions so unnatural for them that a barrage of artificial interventions is necessary to prop them up until they arrive at the slaughter house.
- Industrialization, mechanization, and consolidation of small, diverse, stable cottage industries into vast monocultures (which appear secure, but which wobble

- precariously atop a mountain of chemical inputs and genetic modification) damages far more than just ecosystem biodiversity (as if that weren't enough).

It also results in **impoverished and shrinking rural and indigenous communities who are losing (or have lost) their connection to soil and place, and their irreplaceable culture and language, skills and knowledge.**

To add insult to injury, **the products lining the supermarket shelves for our convenience at the end of this trail of waste and destruction are not even good for the end consumer.**

Most of them erode your health just as surely as they eroded the health of the ecosystems and communities that that were plundered to produce them.

Food production doesn't have to be this way. If the propaganda about how this is the only way to feed the world were true, we'd be having a different discussion. But nothing could be further from the truth.

*A different vision of the future is emerging ... It is a future where food production is re-localized, where many more people have their hands in the soil, where farming is no longer seen as a lowly profession, and where agriculture seeks to regenerate the land and become an extension of ecology, not an exception to ecology. Charles Eisenstein, "Opposition To GMOs Is Neither Unscientific Nor Immoral"*

## The veil that keeps the real story hidden

We supermarket customers for the most part are good, caring, conscientious people who don't intend any of the unhappy consequences that come attached to our choices as consumers.

We're just trying to get along, pay the rent or the mortgage, and raise reasonably healthy, happy, responsible kids.

We're often unaware of the consequences of our buying choices, because this information is

hidden. **It takes extraordinary effort and diligence to continually work at parting the veil to get to the real story.**

Our economic growth-at-all-costs world may seem to provide a great deal of freedom, but in reality it is stiffly laced with a substructure of marketing media, playing continually in the background. Its soothing, familiar message has become so constant that we are almost unaware of it.

This sophisticated, well-funded messaging assures us that everything is okay, someone else will solve the problems in the world out there, and that we really do need that gadget or concoction on the shelf.

We need it RIGHT NOW.

It'll help us feel better, help us numb the vague sense that something is amiss...

*"... the infrastructure of marketing and media helps us not to see, not to think, not to connect our spots of perception to create a moral worldview upon which we can act." George Monboit, *The Unseen World**

## Severance of choice from consequence

Consumption has become the endpoint in a linear chain, with no connection back to the beginning.

Before the conglomeration of Bigs took over, we had a closed loop. A network of relationships in which "grower/producer" and "eater/user" were in various ways connected with each other and with the earth and the seasons.

Now, we have (for example) a banana monoculture, doused in chemicals, in North Queensland, and a chain of distribution ending with a consumer eating artificially ripened bananas in winter in Melbourne. Nothing connects the banana eater, back to the banana grower or the banana growing community and ecosystem.

This severance of "food-buyer" from "food-grower and food-growing-place," this

disconnection of choice from consequence, is at the root of why we as a culture are so prone to making less-than-ideal consu

mption choices that do not support our own health or the health of our environment and communities.

With our awareness dulled, consequences apparently removed, taken in by the lure of cheap convenience, we behave as the good consumers we're programmed to be. We proceed along the aisles toward the checkout counter, filling our trolley as we go.

## How can we kick the supermarket habit?

Alain and I still have a supermarket habit. It's a dependency that's hard to break, because we've been conditioned, like domesticated dogs, to rely solely on the hand that feeds us.

But we are growing less dependent. (Perhaps you could say we are going feral.) Slowly but surely, we're replacing the weekly supermarket trip and the fully loaded trolley with trading on LETS, local buying co-ops, connections with local food producers, and growing our own.

It tastes much better.

Yes, the way I "go shopping" now is a lot more work.

I think of it not as complicating our life, but as slowing down its frenetic pace, and enriching it - with stronger social connections, a healthier lifestyle, more real food, and a greater appreciation for how our choices impact the social and ecological networks we live within.

## I'll always "go shopping" - just less and less at the supermarket

I have no desire to try to make or grow everything we need. Doing so would turn the dream into a nightmare. It takes a community to be self-sufficient.

I utilize the LETS Community Exchange a lot. And I plan to continue to use it, more and more, as it continues to grow and the range of things I can find there continues to expand.

Most things we need, we don't need NOW. Posting a want on the LETS website allows me to think twice about whether we really need it, causes us to have to wait a while for an outcome—usually not a bad thing—and often someone responds with just what we need.

Other than using LETS, and buying from small and local business as much as possible, I also take full advantage of co-ops and the internet to buy from further away sellers to whom the livelihood of the grower, and the state of the environment are important considerations.

I will always "go shopping" in some form or another. I just intend the form to be as close to home as possible, and as people and earth friendly as possible.

## One piece at a time

As with any large endeavor, this change is best broken down into small chunks. It's like putting together a puzzle - its best to go one piece at a time. And if you can't make it work with the particular piece you had in mind, that's ok, you just put it aside for a while and try another piece.

There are so many factors to consider in each buying decision, so many layers of cause and effect, so many interconnected issues. It's not possible or necessary to get it right every single time. All that's necessary is that we are aware of the puzzle—how the picture looks right now, and how different it could look.

Awareness leads change; without awareness we remain passive consumers, blindly following corporate interests down the easy path.

For our children and grandchildren, this won't be something they have to pay attention to on a daily basis; shopping and exchanging locally will just be the way it's done. When they read about supermarkets in history books, they'll wonder what we were thinking.

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*Kate Martignier is a FNQ Community Exchange member, homeschooling mother, and Permaculture farmer. This article is an excerpt from her EBook, "[Ditching the Supermarket](#)," now available on her new blog, [ARealGreenLife.com](#)*

# LET'S make fermented spicy carrots WORKSHOP

Come and help pack a fermenting crock with spicy carrots. It should take around 2 hours.

In another two weeks we'll reconvene, and harvest the good stuff in the crock.

Bring an apron to the first session. Bring a large container to the second session to haul your delicious tangy carrots home.

**Sunday 25 March 2018 at 10am**

Anderson Rd, Pearamon

[patti.flynn@gmail.com](mailto:patti.flynn@gmail.com) - TBCE0849 - 04 3956 1266

## Spending and Earning Bartles

something to think about (again and again) - reprinted  
from previous *Bartle Banter* - by Alison Bird

The theory goes that CES units are meaningless until we spend them. After all, there is no interest earned, so saving bartles won't make us rich.

It is a problem for the system if we sit on a high credit balance because then the bartles are not out there for others to earn. Thus people who save bartles are stifling employment. We should all aim for a zero balance. Forget the dictum we learned from childhood about the merits of saving or that you should have the money in the bank before you can spend it. This works in the conventional economy but does not apply in Community Exchange. (The following Q and A's on spending are adapted by Alison Bird from a discussion paper from Victoria.)

**Q I can't find anything to spend my bartles on!**

**A** So try harder to spend them. Attend trading days, browse the Offerings online, list some Wants on the website, encourage your babysitter, massage therapist or vegie-growing neighbour to join FNQCES. Hold a working bee at your place and pay

workers by the hour. Ask someone in admin to help you find ways to spend.

**Q What if I want to hold on to my bartles in case I need them in the future? (I might get sick or old.)**

**A** Don't worry. When you get sick or old, you can spend anyway. You can go into debit. A friendly community will rally and help you for free or give you some of their bartles. FNQCES also has a Community Fund for helping people.

**Q What about members with a debit balance? Aren't they the problem?**

**A** Members who owe the system are only a problem if they leave the system. We need members in debit, so that members in credit have someone to spend their credits on. Everyone should aim for a zero balance, and suggestions for earning are given below.

As an incentive to spend, here are a few different ways we could think about bartles ...

- Use it or lose it - a common life pattern. Think rewards cards, muscles, brain power etc.

- Biodegradable - store them for long enough and they will break down & become worthless
- Spend the oldest ones first before they go off.
- Units are like balloons, over time they deflate.

A healthy LETS system relies on both buyers and sellers, and we all need to try to keep our spending and earning in balance. What can we do if spending comes more easily for us?

#### Q I can't seem to shift my balance out of debit

A So try harder to earn:

Log in to CES and update your Offerings. This will put them at the top of the lists and ensure they don't expire

Post pictures of your Offerings, add measurements and more details

Think of some different Offerings - food usually sells well

Browse other (remote) exchanges for ideas of interesting and exciting things to offer - services as well as goods

Offer to deliver your Offerings, or ask at the drop-off points for who can help with delivery  
Attend trading events

Browse the Wants to find ways to help others  
Look at the FNQCES Facebook page for opportunities to trade

Ask Admin members for help with earning

If you know people who might want what you offer, persuade them to join FNQCES

#### Q I don't have time to trade

A Successful traders use Community Exchange to make more time for doing the activities they love. While a FNQCES gardener is doing your ironing or mowing your lawn, perhaps there is something you'd rather do and earn bartles from it, eg carpentry, making chutney, giving singing lessons, walking someone's dog, etc. Believe it or not there are people who love ironing and mowing

### General pointers to remind all traders:

- Check the user agreement & other terms & conditions
- Trading is always optional
- Be clear with prices and terms
- Say up front if you are expecting part \$ payment
- LETS is as good as the relationships within; respect and kindness will help
- If you are happy with an experience leave a recommendation for the trader
- Speak up straight away if you are not happy with a trade

*If ever you feel uncomfortable about a trading arrangement please talk to admin*

# The Sustainability Of LETS Unconference 2018

Thursday, March 8 2018 - 10 AM - 4 PM

Hope's Cafe

280 Portrush Rd, Beulah Park, South Australia 5067

see:

[www.letsadelaide.org](http://www.letsadelaide.org)

# Local Drop Off Points

To make trading easier we have several pick up and drop off points. They are provided by very generous LETS members, so please use these areas with respect and check if you need to make an appointment for goods to be dropped off or picked up.

Please make sure you label all items and leave them in the area provided. Contact members on details/ addresses of the below locations. Or use the 'User search' function on the CES website.

**Atherton:** Irene's LETShed TBCE0070 - side carport area

**Cairns/Caravonica:** Sandra & Rene's place TBCE0400 - back of the carport

**Cairns/City:** Lafew Teahouse - Lorna TBCE0091 - must be clearly labeled

**Cairns/Northern Beaches:** Kewarra Beach. Ilona's place TBCE00418 - area under carport

**Herberton:** Leeandra's place TBCE0243 - front verandah

**Innisfail:** Mellissa's place TBCE0058 - recently moved

**Julatten:** Lyn & Reece's TBCE0636 (temporary DOP)

**Koah:** Blake TBCE0390 - inside of shed

**Malanda:** Katrin's place TBCE0102 - marked area under the house

**Mareeba:** Cate & Seamus TBCE0914 -enter via side street - look for sign (new DOP needed - moving!)

**Millaa Millaa:** Margaret Plant TBCE0463

**Ravenshoe:** The Octopi Garden Sanctuary, contact Hayley TBCE0038

**Ravenshoe:** LETS shed, Melinda TBCE0254 or Kathy TBCE0488

**Tully:** Michael's place TBCE0571 - marked area back of carport

**Yungaburra:** that retro cafe - Melitta TBCE0314

***Please contact admin if you like to be a drop off point and have a central location***

**LETS Transport System** - delivery is not guaranteed, please organise transport with those doing the deliveries AND the recipient. If Bartles are to be paid for delivery, please organise amount beforehand, or ask any admin to send a gift amount. Print slips from:

<http://www.tablelandlets.org/wp-content/uploads/2014/05/LETStransportslipsjan2015.pdf>

TO _____	TBCE _____
Date _____	Contact phone number _____ (optional)
Please take this to _____	
FROM _____	TBCE _____
_____	
<i>Please complete and attach to all items travelling via the LETS transport system</i>	

# Find a trade event near you

FNQ Community Exchange is all about trading; buying and selling goods and services for Bartles rather than spending the Aussie Dollar. Trade events are held in many locations across the north. There is probably one near you this week!

## What to bring to Trade events:

- Meal or snack to share if applicable
- Friends
- Trading Record Sheet and pen
- Any goods you wish to trade
- Promotional material of any services you are offering if applicable
- \$20 fee if you don't yet have a FNQ Community Exchange account

**Atherton** - a mixture of trades are hosted by Irene & Peter. Irene also offers a variety of workshops through the year, and a drop off point. *Contact* Irene on 0439 914 876.

**Cairns Beaches Trade Day** - Meet new people and trade new skills and any goods. *Contact* Ilona on 0438 759 711 for further information about this event and FNQ Community Exchange in the Cairns Beaches area.

**Cairns City Trade Day** - Meet new people and trade new skills and any goods. *Contact* Lorna on 0411 205 903 for further information about this event and FNQ Community Exchange in Cairns City area. **\*HOST needed\***

**Cassowary Coast Trade Day & Social Gathering** is held on the third Sunday of each month, 11am-3pm, at the Johnston River Community Garden, Flying Fish Point Rd, Innisfail. Excellent venue for families with children. *Contact* Bernie on 0403 523 244 for more info and to confirm, as this event is weather permitting!

**Koah Trade Market** is held at the Koah Community Hall on the 1st Saturday of each month. *Contact* Tonielle on 0422 068 995 for further information.

**Malanda Trade Mornings** are held at the Memorial Park. The covered area next to the playground opposite the post office. *Contact* Katrin on 4096 6755.

**Malanda Trade Afternoons** are held at Mary & Mathieu's place, 7 Cleminson Close, Malanda. *Contact* Mary on 4096 6651 for the date of the next event.

**Malanda Trade Nights** and shared dinner are held at Katrin's Place, opposite the Caravan Park near Malanda Falls. There is a plant stall out the front. This is a family-friendly event. 6pm trading, 7pm - 9pm shared meal and chat. *Contact* Katrin on 4096 6755 for the date of the next dinner & trade!

**Mt Molloy Markets** are on the first Saturday of the month. Look for the combined LETS stall! *Contact* Lyn for more information on 04 2796 2888.

**Ravenshoe Trade Afternoon** is held on the 2nd Tuesday of the month at The Octupi Garden Sanctuary. Bring a friend! *Contact* Hayley on 0416 528 177.

**Tully Trade Nights** are held at Michael's place. Share some good food, fun and learning while you trade. *Contact* Michael on 40683669 for details.

**Yungaburra Trade Afternoon** at *that Retro Cafe*, 2/20 Eacham Road, Yungaburra (next to Miss Megs) from 12-2pm fourth Saturday, directly after the Yungaburra Markets. Children most welcome. *Contact* Melitta - 0437 216 122.

**Yungaburra Trade Nights** are hosted at family-friendly *that Retro Cafe* from time to time as well. *Contact* Melitta for dates - 0437 216 122.



# LETS Book Lending Library

- ***A World Without Poverty: Social Business and the Future of Capitalism* (2008) by Muhammad Yunus**
  - ***Climate Code Red: the case for emergency action* (2008) - by David Spratt & Philip Sutton**
    - ***Nuclear Power is Not the Answer* (2006) by Helen Caldicott**
    - ***Permaculture Pioneers* (2011) - edited by Kerry Dawborn & Caroline Smith**
      - ***The Alchemist* (1988) - by Paulo Coelho**
  - ***The Holistic Life: Sustainability through Permaculture* (2007) - by Ian Lillington**
    - ***The LETSaholic Twist* (2005) - by James Taris**  
(Everything you always wanted to know about LETS... but didn't know who to ask)
      - ***The New Natural House Book* (1998) - by David Pearson**  
(Creating a healthy, harmonious and ecologically sound home)
  - ***Small is Beautiful: Study of Economics as if People Mattered* - by E. F. Schumacher**
    - ***Small is Possible: Life in a Local Economy* (2007) - by Lyle Estill**
- ***Local Dollars, Local Sense: How to Shift your Money from Wall Street to Main Street and Achieve Real Prosperity***
  - ***A Community Resilience Guide* (2012) - by Michael Shuman**
- ***Twelve Principles - Living with integrity in the twenty-first century* (2003) - by Martin Hawes**
- ***Radical Homemakers - Changing the world from your own backyard* (2011) - Shannon Hayes**
  - ***How The Rich Are Destroying The Earth* (2008) - Herve Kempf**
    - ***Deep Economy* (2007) - Bill McKibben**
  - ***The Omnivore's Dilemma - Young Readers Edition* - Michael Pollan**
    - ***Agenda for a New Economy* (2010) - David C. Korten**
  - ***Slow Money - Woody Tasch, investing as if food, farms and fertility mattered;***
- ***Healthy Money, Healthy Planet - Deirdre Kent, Developing sustainability through new money systems;***
  - ***Changing Course for Life - Julian Rose, Local Solutions to Global Problems;***
    - ***Spirit of the Times (magazine) - Money issue* (2013)**
      - ***yes! (magazine) - Education issue* (2009)**
    - ***Grow Food Plants in Cairns, FNQ - Jo Martin* (2012)**
  - ***Earth Garden Building Book: Design and Build Your Own house by Robert Rich* (1991)**
  - ***Handmade in Tasmania* (2010) by Steven French *Stories of the Artisans of Tasmania***
    - ***The Dairy Goat in Queensland* (1981) DPI**
    - ***Australian Goat Husbandry* (1985) by Pat Coleby**
    - ***A Guide to Keeping Goats in Australia* (1983) by Maria Prendergast**
  - ***Resurrection in A Bucket: the Rich and Fertile Story of Compost* (2004) by Margaret Simons**
- ***People Money: the Promise of regional currencies* (2012) by M. Kennedy, B Lietaer, J. Rogers**
  - ***LETS Work: rebuilding the Local Economy* (1994) by Peter Lang**
- ***The Transition Handbook: from Oil dependency to local resilience* (2008) by Rob Hopkins**

Contact Irene to find out how you can borrow any of these books:  
TBCE0070 - phone 04 3991 4876.

## FNQ Community Exchange User Agreement

- 1 Far North Queensland Community Exchange was formerly known as Tableland LETS. It is an informal non-profit group managed by its users. FNQ Community Exchange provides a service which allows Users to exchange information to facilitate trading and maintain such records of that trading.
- 2 A local Bartle is the symbol of energy transferred between users. Users shall be willing to trade in Bartles. It is essential that with part Bartle, part cash transactions, the ratio is 50/50 (or more Bartles than dollars). The value of a Bartle shall be decided upon between parties to any individual transaction. Users may know the Bartle balance of any other User including administrative accounts.
- 3 FNQ Community Exchange Admin is authorised to levy charges on Users' accounts in Bartles at a rate determined in August each year. This is currently 12B/annum.
- 4 FNQ Community Exchange Admin may decline a transaction or User it considers inappropriate.
- 5 Accountability of taxes incurred by Users is the obligation of those involved in an exchange. FNQ Community Exchange has no obligation, nor liability to report to the Australian Taxation Office, nor to collect taxes on their behalf.
- 6 No warranty or undertaking as to the value, condition or quality of the items or services exchanged is expressed or implied by the virtue of introduction of Users to one another.
- 7 While all information on Users' accounts is considered personal and confidential, and only accessible by registered Community Exchange System (CES) Users, FNQ Community Exchange cannot guarantee confidentiality nor be held liable for breach of it. It is a User's responsibility to ensure and protect all Users' details by ensuring account and password details remain confidential and Offers and Wants emails are not forwarded to those who are not registered CES Users.
- 8 All transactions between Users are the sole responsibility of those Users and no liability to the Users of any nature shall be incurred by FNQ Community Exchange or any other User or Admin in respect of such a transaction.
- 9 No one, including any member of the FNQ Community Exchange Facebook Group or CES account holder shall administer or create a Facebook group or page, web page or other online location or email list associated with or in the name of FNQ Community Exchange or Tableland LETS for any purpose, including trading in Bartles without approval of FNQ Community Exchange Admin.
- 10 These terms and conditions may be changed by FNQ Community Exchange Admin from time to time. Changes will be published in Bartle Banter and updated online.
- 11 FNQ Community Exchange users are also bound by the agreement at Community Exchange, which can be found here: <https://www.communityexchange.net.au/terms.asp?xid=tbce>

For a copy of this agreement, or the terms & conditions of the Community Exchange, please ask your Local Area Contact or other FNQ Community Exchange Admin, or download them online here:

<http://www.fnqces.org/wp-content/uploads/2014/05/User-agreement.pdf>





# FNQ COMMUNITY EXCHANGE



Trading as Tableland LETS for 25 years

## Application Form

Account Number \_\_\_\_\_ (office use)

Received by \_\_\_\_\_ Date \_\_\_\_\_ (office use)

Only add as much information as you wish to share with the FNQ Community Exchange

Account Name \_\_\_\_\_

Account Type - Shared / Business / Group / Individual (please circle one)

Postal Address \_\_\_\_\_

Location (residential address or town) \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_ Web \_\_\_\_\_

**Skills or Goods Offered** (Optional – these may be added to the Community Exchange on your behalf upon joining, or you can add some later)

\_\_\_\_\_  
\_\_\_\_\_

**Skills or Goods Wanted** (Optional these may be added to the Community Exchange on your behalf upon joining, or you can add some later)

\_\_\_\_\_  
\_\_\_\_\_

I, \_\_\_\_\_, have read the User Agreement on page 2 and by obtaining a FNQ Community Exchange account agree to the terms and conditions of both Far North Queensland Community Exchange and Community Exchange System Australia.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Amount Paid \_\_\_\_\_ Payment Method \_\_\_\_\_ Received By \_\_\_\_\_

<p><b>Payment Methods:</b>  <i>Direct Deposit:</i> <b>Tableland LETS</b>; BSB <b>633-000</b>; Account Number: <b>113717813</b>  <i>Cheque:</i> Made Payable to: <b>Tableland LETS</b>  <i>Cash:</i> Payable at LETS events to any LETS Admin  <b>Standard FNQ Community Exchange application fee is a one-off \$20 payment</b></p>
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*Please return this form with payment to*

**FNQ Community Exchange**  
PO BOX 440 MALANDA, QLD 4885

Email [fnqces@gmail.com](mailto:fnqces@gmail.com) - Phone Bel 4096 6972

From this Application form, an account will be created for you at [www.communityexchange.net.au](http://www.communityexchange.net.au)