



Winter/Spring 2018

## PAMPER DAY BLISS by Lyn Gore



Julatten has again hosted a wonderful day of rest, rejuvenation and relaxation, all for 100% bartles.

I had booked in with our foot massage therapist for an early session. Zephyr seated me on a comfortable chair, and gently placed my hands on a hot water bottle – it was quite cold early on. Then she put a warm rug across my knees and gave me some headphones and told me to close my eyes. The hectic pace of getting everything ready fell away I was instantly transported to another realm listening to beautiful music while my feet were massaged. Bliss!

I then had several customers for aromatherapy massage and I am sure that some of my inner peace was transferred to them.



Morning tea of home grown lemon balm, ginger and lemongrass tea followed.

Afterwards my body succumbed to Jennifer's wholesome massage touch before a gourmet lunch provided by Ying and Vicki. Can I make your mouth water a little? We enjoyed coconut, kale and marinated mushroom green salad, soft boiled eggs, warm salad of quinoa, roasted sweet potato and pumpkin, freshly cooked ciabatta bread with sauerkraut and pesto, mango and

coconut kefir smoothies, tropical fruits, gluten free chocolate cake, Latvian apple torte and freshly squeezed citrus juices. What a feast!

Susan then provided me with some very interesting information in the astrology vein. We also had Rosemary cutting hair and she had some long locks trimmed in no time.

All of our clients were more than happy, and we have been asked to have this event more regularly, so don't miss the next one.





It has been 10 years since Tableland LETS began trading through Community Exchange System. It's also been 10 years since Bel took on an admin role to assist traders to make the most of this system. What an amazing 10 years it has been!

Congratulations to all involved in growing our network - check out these stats, above!



## How to Apply for a FNQ Community Exchange Account

**1. Complete both sides of the** application form at the back of this newsletter, and return form and application fee to PO Box 440, Malanda Qld 4885 by mail.

Local Area Contacts and other FNQ Community Exchange admin may also collect forms and money from you.

Cheques should be payable to Tableland LETS.

**2. Email us an electronic version** and pay by Direct Deposit. Bank details are on the Application form.

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Accounts are available to anyone residing in **Far North Queensland**.

You may join FNQ Community Exchange as an individual, family, household, business or community group.

See the **User Agreement** on page two of the Application Form and also see Terms and Conditions here - <http://www.fnqces.org/wp-content/uploads/2014/05/User-agreement.pdf>

Only signed Applications will be accepted.

## Fees

Initial Fee: \$20 per application.

Annual Account Keeping Levy: 12 Bartles (payable each September for Users joining prior to July of same year).

Occasionally, discounted and sponsored accounts are available.

## User Benefits

Becoming an account holder entitles you to:

- Trade in FNQ Community Exchange with over 900 households and businesses across FNQ
- Use the online noticeboard for trading at Community Exchange
- Attend trade events and other FNQ Community Exchange events, including paying for workshops and other events with Bartles
- Connect with a network of FNQ Community Exchange Users through Community Exchange



## Trade Events across the north

**Malanda**

**Cairns**

**Cassowary Coast**

**Ravenshoe**

**Yungaburra**

**Mt Molloy**

**Atherton**

**Walkamin**

for event details  
visit  
[www.fnqces.org](http://www.fnqces.org)

## CONTACTS

**Mail:** FNQCES, PO Box 440  
Malanda Qld 4885

**Phone:** (07) 4096 6972

**E-mail:** fnqces@gmail.com

**LETS Website:** fnqces.org

**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

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## STATISTICS

FNQ CES / Tableland LETS Users have traded approximately **136000 Bartles** over the past 12 months. An average of 13 trades per day are recorded by TBCE Users on the Community Exchange.

We are still the most active Community Exchange group in Australia

We have recently deleted a large number of inactive accounts.



## Admin Report

Hello!

This is our favourite time of year for LETS... The weather is beautiful and events are well-attended. We have a wide variety of events to choose from - workshops, working bees and trade events. There is an abundance of fresh local food to share. We hope you're enjoying incorporating LETS into your lives too!

Katrin's monthly CES workshops have evolved to include a mini-trade at the end - 1 hour from 11am-12pm. These have proven popular with those who've attended so far! See the calendar for more info.

We were excited to add account #TBCE1000 to the system recently!

Congratulations to Deanna Rankin from Ravenshoe who has already been to a trade event, used the Community Exchange online and traded. There's no way to learn about LETS and its potential like jumping in and using it!

Hope to see you on 1st September at our next Big Event!

Keep in touch,  
Bel and Katrin xx



*Tableland LETS Founders 1991*

# LETS community news & updates

## New Mareeba Drop Off Point Needed!

Cate has moved 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!

## Documentaries

A fun duo, Sheldon & Blue, came along to some FNQ CES events in June and July to film us trading and speaking about LETS. They are producing a documentary series about various community topics and have been in the Far North for some time due to the wealth of stories here.

If you see them about, say Hi! Stay tuned for when & where to see the documentaries.



*Sheldon & Blue*



## BrisLETS

BrisLETS recently held its AGM at which the president (Simon Cole) and treasurer (John Tennock) were reelected and a new secretary (Jeni Lewington) was elected. This small committee will fulfil the formalities required by the Office of Fair Trading for the group to stay incorporated, while a team of volunteers will support the committee in managing the exchange, including for promotion, events and trading.

A great deal of work went into budgeting and planning the president's Restructuring proposal which was approved at the AGM. In BrisLETS, income for Admin comes from the CES default transaction levy which is 4% from each trader on every transaction. It means the seller receives 96% of their price and the buyer pays 104%. There is no annual levy in LETS units. With about

300 active members in BrisLETS, the calculations work out differently to the huge FNQCES and a small annual levy wouldn't cover costs. From now on when workers are paid a small stipend for their time helping to run the exchange, these amounts won't put Admin into debit.

The new OzCES WebBlitz team has upgraded the BrisLETS website for a fee in LETS units and we are very excited about it! Thank you to Annette Loudon and Jean Werk for all their time and effort. BrisLETS has a new format for their newsletter – the NewsLETS. It is now issued monthly as a short mailchimp email containing headlines with links to "Read More" that take you to the website. Anyone may subscribe to this, including members of other exchanges (such as FNQCES) and non-members.

Monthly trading days continue at the Peace Hall in Windsor and have been very successful lately with themes including books, plants and produce, also plastic-free, an event where members traded and shared bags, wax wraps and other ideas for cutting down on household use of plastic. FNQCES members visiting Brisbane are welcome to join in our trading day 2-5pm on 3rd Sunday of the month.

See: <http://brislets.com>



## Your Offers & Wants in other exchanges

We can post remote Offerings and Wants on CES to appear in any group Australia-wide including the Anywhere in Australia Community Exchange (AACE) and the timebank (TCMP). This works well, especially if we have services that can be delivered by skype or email, or for items that are easily posted. Go to the Add Want or Add Offering page and simply select the exchange from the drop-down menu. Our online software converts BrisLETS units into the local credits when we trade.

Another hint for offering your goods and services to other exchanges - you can use keywords at the bottom of your listing to make it easier for people anywhere to find you in a search. Put in "global" as well as relevant search terms such as "skype", "email", etc.

by Alison Bird BLCE0022 (founding member of TBCE)

## BALANCED TRADING

**Source:** CES HELP manual.



There is no stigma in having a negative balance as it is required by our system that the sum of all amounts 'in the red' has to be equal to the sum of all amounts 'in the black'. Best is to have a balance hovering around zero over the long term because this indicates that you have a healthy balance: you are getting as much from the system as you are giving to it. If your balance remains in the red for a prolonged period and is steadily increasing (negatively) then it is time to do something about it. You need to make more sales and fewer purchases to rectify this situation. Consider adding new offerings and/or revising your old ones.

Your overall balance is reflected in your 'Trading Record' and the 'User Balances' function, which everyone can see. Other users will notice if you are

running a heavy negative balance and this may put them off wanting to trade with you.

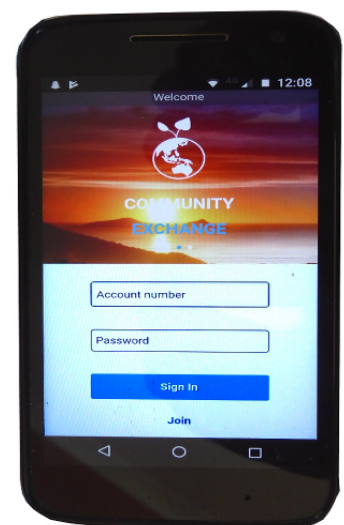
## CES on Smartphone

The mobi site is handy and functional for traders on the go, at an event or anywhere. With this site you can log into your CES account for most of your usual actions. Bookmark it on your phone

<http://mobi.communityexchange.net.au/>

**HINT:** whenever you want to go back to the main menu remember to use the arrows within the program, (not your phone's back arrow because this logs you out).

by Alison Bird BLCE0022





## NENA National Conference

[neweconomy.org.au/conferences/2018-conference](http://neweconomy.org.au/conferences/2018-conference)  
e October 2018, Melbourne.

More and more people across Australia can see that 'more of the same' is not the answer. Increasing numbers of people are working to create new, diverse economies and better ways for our society to live, work, play and care for the environment.



NENA 2017 attendees Ali, Katrin, Melitta and Annette

## Mugs, Tables, Urn

At Atherton LETS DOP there is a box of random ceramic mugs to be used for your event - any event, not just LETS events. These are to be returned clean and to the Atherton DOP after use. Please consider using these for your next event instead of disposable cups.

We also have tables and an urn for hire for Bartles. Please contact Admin TBCE0000 for details.

## Browsing the Offerings and Wants

Did you find a problem in the listings? User contact details are incorrect? Listing is out-of-date or wrong? Double-up listings? Any other problems? Please let us know!

## After trading

When you sell something please remember to enter each transaction.

Log in to CES and look on the homepage at the top left hand side under Seller Actions. Click on Enter Transactions. Search for your buyer's account number if you don't already have it.

Please bring it to the attention of the User who listed, or if this isn't possible please let Admin know so we can try to follow up or fix the problem.

## Annual Levy

Each September TBCE0000 (Admin Account) deducts 12B from each active FNQ CES account to pay for running costs for the year. These Bartles are used to pay the token payments to admin, area contacts, event helpers, drop off points, transporters, editors and designers and more.

A portion is also donated to CES AU as a thank you for the use of [communityexchange.net.au](http://communityexchange.net.au) and the tech help we receive. Thank you for YOUR 12B contribution!

## Markets Signage

Stallholders trading in Bartles at Mt Molloy are proudly displaying the sign below. If you'd like an A4 laminated sign like this for your market stall at any FNQ non-LETS event, please ask us!





## Irene's Clothes Stall at Ravenshoe Event

Men, women and children!  
It's time again to check your wardrobe - to part with those items of clothing that you haven't worn in ages, or that you will never fit into again! Irene will sell your clothes at NO Commission BUT: you must label each item with your trade number and price. Shoes and jewellery also welcome.

There will also be a load of brand new clothes from a local shop which closed down.

All selling for Bartles only!

So get organised as the big day is September 1st!



*Don't miss this one!*



We started off 2018 (in February) with a BANG of a trading event in Atherton with our New Year's Revolution Event. And we thoroughly enjoyed ourselves by the pool at Illona's Pizza Party in June at Kewarra Beach.

Pat & Chel will again offer 100% Bartles catering - salads, cake and cuppas! There will be entertainment you can join in with - see Melinda, 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!

Carpooling encouraged!

**Contact Kathy -  
TBCE0488**

**Or phone  
Bel 4096 6972**

*Spring LETS Stravaganza*

# RAVENSHOE

*Community Centre, Youth Shed  
Bolton Street*

**EVERYTHING  
100%  
BARTLES**

*Services*  
*Fresh produce*  
*Handmade items*  
*Food & Drinks*  
*By Pat & Chelsey*  
*Irene's clothing exchange*  
*Gifts*  
*Music*

**Everyone is  
WELCOME**

*Shared & Facilitated by Melinda  
BYO Instruments and join the fun*

**SEPT 1ST**

*Kids Corner*

fnqces.org Ph:4096 6972

## 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)

### Cairns

TBCE0091 Lorna Buckley  
TBCE0418 Ilona Heindl

### Cassowary Coast

TBCE0482 Bernie Holden  
TBCE0058 Mellissa Watson  
TBCE0571 Michael Pascal

### Herberton Area

TBCE0010 Louise Cross

### Julatten/Mt Molloy

TBCE0636 Lyn Gore  
TBCE0xxx Ying Tee

### Kuranda/Koah

TBCE0390 Blake Hudson  
TBCE0449 Tonielle Christensen

### Malanda

TBCE0102 Katrin Schreiber (admin)  
TBCE0032 Mary Lucker

### Mareeba

TBCE0226 Miranda Reis  
TBCE0914 Seamus

### Millaa Millaa

TBCE0391 Kate Martignier

### Ravenshoe Area

TBCE0488 Kathy Larsen  
TBCE0254 Melinda Mahon

### Tarzali

TBCE0001 Bel Moore (admin)

### Yungaburra

TBCE0314 Melitta Lewis  
TBCE0815 Chelsey Reis

### Other

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



# NENQ Symposium - Magnetic Island July 2018

By Bel Moore



Bel - Admin - TBCE0001

I was invited to share information about FNQ Community Exchange System (formerly Tableland LETS) at the New Economy North Queensland Symposium on Magnetic Island last month. The symposium was hosted by NENA and the North Queensland Conservation Council. It attracted delegates from across Australia and featured speakers including chief economist Richard Denniss, farmer and author Charles Massey, financial analyst Tim Buckley, former Atherton local Amanda Cahill, Dr Michelle Maloney, local first nations leaders and other interesting presenters. There were also facilitated group discussions and workshops by these speakers and others.

It was a pleasure to present the history and success of our exchange. There was much enthusiasm about such a simple solution to the many economic, social and environmental challenges currently affecting all of us. Another interesting, practical, existing collaborative consumption opportunity is the Sharing Map project, which was presented by Dr Patricia Morgan from Sydney directly before my workshop.

I chose to attend this symposium rather than a national event because of the alignment to our region and its unique resources and challenges. I was inspired by the overwhelming focus on social and environmental wellbeing at this symposium. Recognising the heart of each problem and proposed solutions seemed like a major shift from similar events. Collaboration and connection was encouraged in the informal conference setting. There was ample space allowed for questions and discussions, even though the program was crammed full of presentations and workshops and time was tight. We had opportunities for creative and personal expression, and it was inspiring to hear about new concepts and local initiatives, as well as from those who can assist and support these into their full potential.

I have come away with a renewed energy to nurture the amazing system we have here. I feel blessed that this new economy initiative is already a reality, and has been for 27 consecutive years! I'm curious about our potential, future growth and changes. If you'd like to chat about the possibilities and offer your assistance, never hesitate to get in touch via email - [spiralbel@gmail.com](mailto:spiralbel@gmail.com) or phone 4096 6972.

**For a taste of the concepts I experienced at the NENQ Symposium, look up:**

Doughnut Economics - [kateraworth.com](http://kateraworth.com) and [youtube.com/watch?v=CqJL-cM8gb4](https://www.youtube.com/watch?v=CqJL-cM8gb4)

Curing Affluenza by Richard Denniss

Call of the Reed Warbler by Charles Massey

Tim Buckley - [ieefa.org/author/tim](http://ieefa.org/author/tim)

NENA - [neweconomy.org.au](http://neweconomy.org.au) - more symposium material will be uploaded here  
[centreforsocialchange.com.au](http://centreforsocialchange.com.au)  
[valleycentre.org.au](http://valleycentre.org.au)  
[thesharingmap.com.au](http://thesharingmap.com.au)  
[fnqces.org](http://fnqces.org)

## 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.

## Eco Fiesta....

### What is it and why do I care?

by Katrin Schreiber

The ECO Fiesta is a sustainability expo, organised by the Cairns Regional Council.

Each year thousands of people attend this event, held in and around the old wharf building. People, businesses and community groups show off their sustainable solutions to make the world a better place. You can also attend various workshops, win prizes, have your kids and yourself entertained by music and events throughout the day. Let your taste buds explore some of the yummy food. This year food stall holders gave out reusable stone ware & cutlery and Cairns Regional Council had a dish washing station set up. The focus is on Reuse, reduce and recycle.

FNQ Community Exchange attended the last two years and it simply was fantastic! So many people never heard about a LETS system and when they grasped the idea, they were simply amazed. Amazed that this system works already 27 years in FNQ, amazed that we are the biggest active group in whole Australia, amazed how big & supportive our network is, amazed how easily they could save dollar\$ and still be able to acquire luxury and every-day goods. I inspired people and got them thinking if they could

reduce their own dollars\$ expenditure and instead barter. Some joined straight away and checked out the Kewerra beach trade event a week later. Others needed time to process and do their own research because it sounded too simple and too good to be true.

For me the ECO Fiesta is a great way to reach out to so many people in half a day. People that are already interested in sustainability, that love green ideas and really try to make a difference. These are the people our group needs. To get more trading happening and to enrich our community.

That's the reason why I make time to host a stall for FNQ Community Exchange. Sadly I couldn't reach out to all the interested people coming to the stall, as there were too many and not enough volunteers to man the stall. So, I hope to find more FNQ CES users who will join me next year.

You won't regret it and if there are more helping hands, everybody has plenty of time to explore this fantastic expo, learn more from other sustainable community groups and dance to the music at the end of the evening.

<https://www.cairns.qld.gov.au/community-environment/sustainability/ecofiesta>

<https://www.facebook.com/events/2088674118035190>

# LETS – Co-creating Community *(cont.)*

An email discussion between Bel Moore, Kate Martignier and Jodie Eden, in April 2018, based on some of the trickier questions people ask about being involved in LETS, and community groups in general... Continued from the Autumn-Winter Bartle Banter (part 2 of 2).

**For when you “don’t have time” to trade on LETS...**

**Do you carpool? Use the LETS Transport system to move items? Use Drop Off Points? Carefully plan your week to minimise 'running around'?**

**Kate:** Yes, I do all of that.

It’s very rare that I “do LETS” solely for the purpose of doing LETS. Almost always, LETS fits in with other areas of my life, rather than the other way around.

I avoid trips that are just for one purpose; I rarely drive anywhere unless or until I have several jobs lined up to do on that trip. I carpool especially for home education events, and during trips to and from homeschooling events there are almost always LETS trade items to be picked up or dropped off.

I see the LETS Drop Off Points as essential to the success of LETS across the Tablelands and the Far North. I use them extensively and rely on them for almost all of my trading. Perhaps this is more important for us as we are not a large metropolis with lots of people concentrated in a small area, so trading is carried on between people who live rurally or in small towns sometimes quite far apart.

I also think that the DOPs generate trust and connection. The fact that you can drop off an item at a DOP knowing that it will be left alone by members other than the one for whom it is intended, is something that makes me feel good about LETS and its members. And we have these incredible members

who travel between DOPs and who generously transport items to where they need to go, without charging and often without being asked. How awesome is that?!

This network of trust and support is something I value highly. It makes me feel that because of LETS (and also the local home-educating network), living here is a great place to live – I just know that if ever there was a need, LETS members would come out of the woodwork to help with whatever needed helping with.

I guess you were kind of asking this particular set of questions with scarcity of time in mind, and maybe I’ve gotten a bit off track with my answers. But really, when we feel we don’t have “enough time,” or we’re “too busy” to get involved in something, isn’t it a general feeling of lack and restriction that we’re expressing? The generosity and decency that I’ve experienced from LETS members is a direct antidote to that sense of lack.

**Jodie:** No time for LETS? I've been in LETS since the very beginning, back when I was unemployed and had a lot more time and less money and Bartles were a substantial part of the way I made a living. In the past 5 years or so I've had a lot less time and money is not really an issue. I can afford to pay for pretty much anything I want, though admittedly it seems that I have a lot less 'wants' than most people.

Since Time is my most precious commodity, I cannot afford to offer anything in LETS unless it is my surplus, something I haven't deliberately taken extra time to produce. Similarly I try to spend my Bartles on things which save me time, jobs I can't get around to, or that don't particularly enjoy. I also like to spend Bartles on beautiful luxuries like handmade candles and soap - the sorts of things I could buy mass-produced for a few cents at a the Reject Shop but which, via LETS have all

that backstory and the love of a craftsman who has made it locally at home. That's what I feel my plants and veggies are like - loaded with meaning and value beyond what's available off the supermarket shelves. Way beyond the Bartle value I get for selling them, I get the pleasure of knowing my babies are going to good homes, feeding people and sometimes I get the pure delight of someone telling me they don't need any more thanks because they are now well enough set up to feed themselves! I'd love to see the whole community able to do this.

**Bel:** LETS has honestly just become part of our lifestyle. Orders are placed for grocery items just like I write a shopping list. Pickups and drop offs are done on the way to other places. Attending events fits in with my existing plans. I use the Drop Off Points and Transport System regularly, and really appreciate how easy these things make it to participate in LETS.

**What about the Bartle balance limits? How do you keep spending Bartles when your balance is high? Using the Wants list, checking CES? Limiting what you sell? Asking part \$? Paying for necessities or luxuries or both? Building your lifestyle around what is on offer?**

**Kate:** I try to keep my list of “Wants” updated, and I bump it to the top of the list sometimes at the middle and end of the month when the list is about to be emailed out to members. That often gets results. I try to be creative and broad in my list of wants, to ask for things that might not be out there, because you never know unless you ask.

Some of the things I've bought on LETS have included a trampoline, tents, art and craft materials, a cow, piglets, food, household items, farm and garden items, kitchen items, clothing, photography, delivery of loads of hay, gifts... In the past I've sometimes been



guilty of buying stuff I didn't really need, because it was for Bartles and I needed to spend my Bartles, but I'm getting better at not doing that. I don't think that serves LETS, or our family, in the long run.

I've tried to avoid asking part \$ for the things I sell on LETS as much as I can. I don't have a lot of faith in the existing economic system and I think the better LETS is working, parallel to the existing economic system, as a local community-based way of exchanging for the things we need, the better off we'll be, now and in the uncertain future. For similar reasons I try not to limit what I sell for Bartles. Having a high Bartle balance motivates me to be a more active member of LETS and to look for ways to spend the Bartles, which in turn helps generate more activity in LETs and I hope provides a knock-on effect. I love paying for necessities with Bartles. I don't buy a lot of luxuries, but when I do I love paying for those with Bartles, too. As for building our lifestyle around what is on offer, to me what is on offer on LETS (aside from the available goods and services) is a more connected, resilient lifestyle which is better for us, better for our environment, and better for our family and community. More on that in the next section, below.

**Jodie:** I think the Bartle limits are good. It definitely prompts me to figure out a way to spend when I get up near 1000B and it's good to remember that spending Bartles is exactly as important as earning them. Having a lot has often made me experiment with things that I'd never risk money on. I have to admit that some of these have been an utter waste of energy but I've always learned something, built relationships and been pushed out of my comfort zone - so not a waste at all, hey?

I almost never charge a \$ portion for things and rarely buy anything that is offered with a dollar value attached. I do realise that things traded often have

ingredients or tools that have cost money but I figure if we all absorb a bit of this, the system will flow much better. I think that failing to grasp this idea is what holds back many new members, just like the fear of going 'into debt' holds them back. The important thing is to keep trading and there is nothing like a large number of Bartles in your account, either positive or negative to motivate you to do something. Maybe you'll go out of your comfort zone but that might be the breakthrough you need.

**Bel:** We sometimes struggle with the Bartle limit due to having skills that are useful to most people, as well as fresh produce and plants - all the most sought-after things in LETS! This just means we have to add Wants regularly, update those Wants often, and attend a couple of trade events willing to spend! I also always browse the Food Category and place orders before doing any other shopping. We don't often advertise our trade services for Bartles, but prefer to earn our LETS income outside our "day job" capacity. This keeps it more interesting for us too.

#### Investing in relationships and skills



**Kate:** I want to build more connection, community, and resilience into our family's lifestyle. In the diagram above, I've tried to show how I think LETS can help with that.

Considering climate change and all its knock-on effects, along with the global state of affairs in areas like economics,

politics, and our environment, I think that the more connected, self-reliant and skilled our local communities can be, the better we'll all cope with whatever changes the future may hold.

Besides, living in a connected, self-reliant community is just more satisfying and enjoyable, to me, than the various other ways I've lived before.

Alain and I developed an interest some time ago in learning about investing. Our attempts at financial investments often haven't gone well. But our investments into building relationships and skills have always paid off.

Everything else, all material possessions and bank balances, can be washed away in a flood, burned in a fire, or vaporised in an economic collapse or political turmoil. But putting time and energy into building strong relationships with the people around us, and developing deep knowledge and skills around how to provide for ourselves and care for each other, are two investments that cannot be lost or destroyed.

Kate Martignier is a LETS member, homeschooling parent and permaculture farmer who lives near Millaa Millaa. She writes about thinking differently and living a more natural, connected and sustainable life at her blog, [ARealGreenLife.com](http://ARealGreenLife.com)

Jodie Eden has been a Tableland LETS member for over 26 years. In the beginning she offered labouring, tutoring and cartooning, and was a committee member and coordinator for a while. Now her main trade is in garden produce and veggie seedlings.

Bel Moore has been admin for Tableland LETS/ FNQ CES for about 10 years and first traded in LETS about 25 years ago. She's a busy parent, homeschooler and business-owner as well as her community commitments.



Thank you to Illona for being a major sponsor of our **BIG 4 TRADE EVENTS** of 2018 with your donated raffle prizes for the first two trades of 2018. Illona has donated several of these weekends away over the past couple of years, to be raffled at our larger trade events.

**Winner of the February prize: Shae Spiteri**

**Winner of the June prize: Heidi Jones**

## Q. What are the most practical or useful things you've spent Bartles on? (from Facebook)

**Heidi** - Kombucha pot with a tap

**Steve** - Camp stretcher bed

**Patti** - Eggs and clothes

**Kathy** - Soap

**Sarah** - Potatoes

**Heather** - Horse-riding lessons

**Dyon** - A mobile phone

**Sheila** - Electric sewing machine

**Melissa** - A car

**Bel** - A generator, chopping boards, food, nappies

**Katrin** - Wooden spoon and a Champion Juicer

**Lyn** - Food dehydrator, soap, haircuts

**Patti** - massages, gumboots, books

**Illona** - A retractable clothes line

**facebook.com/groups/tablelandlets**

### Tip: 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?

### Some of the current WANTS on FNQ CES ...

macadamias, bed, garden help, mugs, electrician, straws, pinking shears, flowers, sewing, essential oils, preserves, tricycle, wheelie walker, exercise bike, phone, building work, clothes racks, coat hangers, tights, sewing, colander, librarian, working bee, bantam rooster, chicken pens, CDs, outdoor lounge, herb plants, pet carriers, honey, bubble wrap, bromeliads, mowing, pots, car trailer hire, sleeping bag hire, calico flour bags, school uniforms, hockey shin guards, cleaner, aerial, seedlings, accommodation in Atherton (Thu nights),

accommodation in Atherton (next few weeks), Finnish lessons, wine bottles, MSHS uniforms, books, window cleaning, garden help, guinea pig house, Ford AU, shade cloth, tarps, fresh food, cooked food, baked goods, fencing supplies, various plants, pinball machine, GPS, toy cars, LPs, balance bike, kids' dvds, massage, TV, metal detector, labour, old bath, ducks, chokos, fabric, and approximately 100+ more goods and services!

Can you assist?

Want to earn Bartles?

Log in today:

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



# A LOCAL PEACE ECONOMY

[codepink.org/peaceeconomy](http://codepink.org/peaceeconomy)

## Code Pink is a global peace movement based in the US

"We've been fighting war for a long time, and we've realized this: war, poverty, police brutality, ecological degradation, and nearly every other issue we face are all connected by the same root cause. Trace our country's history back, and see that our entire economy was founded on waging genocide on Indigenous peoples, enslaving African peoples, and violently extracting resources from the earth, in order to accumulate wealth and power into the hands of a few.

We live in a war economy.

Economies sound like complicated, abstract systems, but really, they're just made up of relationships. Relationships to each other, and relationships to the land. How we manage these - how we manage our home - is what "economy" means.

Right now, our relationships to each other and the land are rooted in violence. To end violence and create the beautiful world that we so long to live in, we must radically reimagine and transform our relationships so they are defined by love instead: by care and compassion and sacredness,

by the qualities that nourish our souls and enrich our humanity. This is how we transform our war economy into a peace economy.

Growing local peace economies is a revolution of values. It's a revolution of practices. It might just be the most exciting revolution of our lives, and it's already happening all around us."

You are already part of the Peace Economy - if you would like to get involved in antimilitarism and disrupt warmaking join Cate (TBCE0914) at

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

FB & Twitter @wagepeaceau

**Watch out for International Peace Day activities in Cairns around 21st September**



WAGE PEACE provides strategic messaging and digital campaign support for campaigns & groups disturbing war & militarism in Australia.





## Two Ways that LETS is helping us reduce our food and fodder costs

by Kate Martignier

Yesterday it was my turn to stay home while my friend from up the road, with whom I take turns carpooling our kids to their various activities, took the kids out.

Yay, free time!

Kind of. I did make myself tidy and sweep the kitchen and living room. But after that – I went outside to play.

### Harvest from our Fodder Forest

I harvested half a wheelbarrow load of arrowroot tubers for our pigs from our Fodder Forest. And some sugar cane for our horses and to replant in other spots. And lots of mulch.

I originally planned the Fodder Forest to provide cut-and-carry-fodder for our milking goats, but I chose

species that would serve many other purposes besides.

We've since sold the goats, but luckily the Fodder Forest grows plants that can be fed to cows, horses, chooks, pigs and us. Currently, it's mainly feeding the pigs. Its self-mulching, and it also provides mulch and planting material to other areas.

Right now, it's a bit of a mess. Its wintery, so the foliage is old and tired looking. The weather is wet, so everything (me included) is soggy.

As well as being soggy, the Fodder Forest is crowded: sugar cane and arrowroot and pigeon pea and bananas and gingery-things that I can't remember the names of and lots of other things are all

pushing and shoving for space and light.

That's partly because we had so many pumpkins and so much sweet potato from our Food Forest this past summer that I didn't need to go into the Fodder Forest to get pig food, and without me going into it regularly, it got a bit neglected.

(I maintain our plantings by harvesting from them; maintenance just for the sake of maintenance is not a thing at our place.)

The lemon grass clumps that were part of the original plantings have succumbed and become mulch, but everything else is still vigorous, or will be when the sun comes out again.



I'm confident it will all tidy up nicely as I work my way along its rows taking pig food and mulch from it and leaving it looking a bit more loved.

### **Our young Food Forest**

After playing in the fodder forest, I went to visit our young food forest.

I picked three wintery looking pumpkins, cut sweet potato runners back from climbing the trunks of young trees, and wondered how to know if the fruit on the hogs plum tree was ripe. (It's the only tree to fruit so far, and this is my first experience with it.)

We're waiting on fruit, but the food forest is already productive while we wait. It produces pumpkins, sweet

potatoes and sweet potato runners by the wheelbarrow load for the pigs. And by the handful for us. Pumpkins and sweet potatoes for the pigs from our Food Forest.

When the trees in the Food Forest are big enough, we'll have various types of fruit of course, and some of them also have edible foliage that I'm looking forward to experimenting with. (What am I going to do with all this food?!)

Meantime, it's fun to walk around in there and see how things are growing and ponder what we could do to improve on it.

### **Overflowing baskets of greens**

Finally, just before I was supposed to go get the kids, I went into our covered gardens to collect salad and veggies for dinner. I took to the kitchen a large basket overflowing with lettuce, fennel, kale, chickweed, miniature broccoli stems, and a cauliflower – our first ever.



Our first ever homegrown cauliflower



**If it wasn't for LETS...**

Recently, Alain went through our accounting and brought it all up to date. You know, tax time.

The good news was that our weekly food costs and animal feed costs are down, consistently, in the first six months of this calendar year on what they were last year. None of this would have come about as quickly as it did if it wasn't for LETS.

We've gained so much from being LETS members. Wonderful friends, lots of savings, being part of a supportive, like-minded community that's into keeping

things local and treading lightly...

But possibly the best thing has been ongoing gardening help (thanks Pat!!) to help us get our growing projects moving.



LETS is helping us save money and live better on two fronts: direct savings we achieve by trading for things like birthday gifts for the kids, books, kitchen items, and laundry liquid, and the money we save on food and feed thanks to using Bartles to get our farm and garden projects going faster.

Kate Martignier is an FNQ Community Exchange member, homeschooling mother, and Permaculture farmer. She writes about thinking differently and living a more natural, connected and sustainable life at [ARealGreenLife.com](http://ARealGreenLife.com)

## TRADE EVENTS

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! If you'd like to host a Trade Event - especially in the Cairns, Mareeba, Millaa, Kuranda, Malanda, Koah or Cooktown areas - please contact us!

**What to bring to Trade events:**

- Meal or snack to share if applicable
- Friends
- 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

See [fnqces.org](http://fnqces.org) for upcoming events!



Venue of our monthly CES workshops with Katrin where there is also a mini-trade from 11am-12pm. Access Place cafe has many great initiatives like Pay it Forward cuppas, a Free Pantry, a Garage Sale Shed out the back and more!



# Will LETS really make much of a difference to my everyday budget?

Reprinted article by Bel Moore

If you want it to – YES! In my experience, LETS has helped expand my family's household budget in many ways. Here are some of the goods and services we've purchased for Bartles...

## Food

Organic food items from others' bulk buys, fresh produce, frozen meals, preserves, dried herbs, spices and teas, pizzas, café vouchers, cafe drinks, cordial, sauces, take-away, cheeses, starter cultures for fermented foods, cooking workshops and lessons, dried fruit, supplements, bulk honey, baked goods, dog food, mead, kombucha and many shared meals in good company.

## Clothing

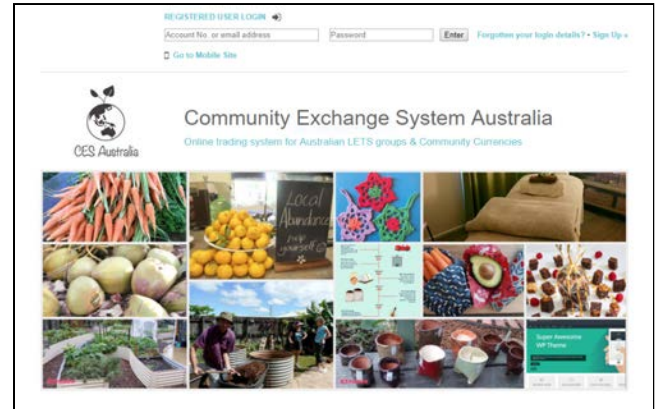
Various items of clothing (often brand new), mending and alterations, accessories, shopping bags, backpacks and other luggage, cloth nappies, hand knitted & crocheted items, shoes, gumboots and more for all members of the family.

## Household

Soap, laundry detergent, cleaning products, essential oils, beeswax, appliances, various furniture – indoor and outdoor, cleaning, repairs, pressure cooker, frypan, lots of camping gear, loofahs, knitted washcloths and dishcloths, linen including blankets, jars and food storage buckets, vacola and dehydrator items, Tupperware, tiles, phone credit for mobile, candles, candle holders, a kitchen sink, delivery of items and other local errands, a mosaic in my bathroom.

## Gifts

Greeting cards, gift cards and vouchers, soap, crystals, art, jewellery, handmade



clothing and bags, fair-trade felt products, toys and more...

## Garden & Farm

Fertile eggs, part-payment for a cow, a new rooster, chickens, materials for fencing and garden building, roofing iron for sheds, cuttings, seeds, seedlings, plants, trees, farrier, garden labour, bamboo, many workshops, homeopathy for animals, chicks, aquarium fish, timber for building, firewood for heating and cooking, supplements for animals and garden, horse float hire, numerous tools, farm sitting, tyres, pavers, beekeeping equipment, water pump...

## Entertainment

DVDs, CDs, books, toys, horse riding, fancy dress costume hire, bicycles, rollerblades, scooters, film nights, yoga classes, yarn, fleece and fabric for crafting, Playstation 3 and games, laptop, DVD player, workshops, guitars, tickets to local attractions, accommodation, car pooling, friendships...

## Education

DVDs, books, Italian lessons, laptop, games, art classes, art supplies, craft workshops, advice.

# 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

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

**Julatten:** Lyn & Reece's TBCE0636

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

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

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

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

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

**Yungaburra:** Melitta's place TBCE0xxx

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

**FNQ CES 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. Admin donates a small gift of Bartles twice each year to those who help with transport. If you know someone who deserves a little Bartle love for their assistance, please let us know! **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 \_\_\_\_\_

Please complete and attach to all items travelling via the LETS transport system

# 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**    fnqces.org    Date \_\_\_\_\_

NAME: \_\_\_\_\_ TBCE# \_\_\_\_\_

Name	TBCE#	Item	Amount

THE SELLER ENTERS THE TRADE [www.communityexchange.net.au](http://www.communityexchange.net.au)

**FNQ Community Exchange**    fnqces.org    Date \_\_\_\_\_

NAME: \_\_\_\_\_ TBCE# \_\_\_\_\_

Name	TBCE#	Item	Amount

THE SELLER ENTERS THE TRADE [www.communityexchange.net.au](http://www.communityexchange.net.au)

**FNQ Community Exchange**    fnqces.org    Date \_\_\_\_\_

NAME: \_\_\_\_\_ TBCE# \_\_\_\_\_

Name	TBCE#	Item	Amount

THE SELLER ENTERS THE TRADE [www.communityexchange.net.au](http://www.communityexchange.net.au)

**FNQ Community Exchange**    fnqces.org    Date \_\_\_\_\_

NAME: \_\_\_\_\_ TBCE# \_\_\_\_\_

Name	TBCE#	Item	Amount

THE SELLER ENTERS THE TRADE [www.communityexchange.net.au](http://www.communityexchange.net.au)

# 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)

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

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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 \_\_\_\_\_

### Payment Methods:

*Direct Deposit:* **Tableland LETS**; BSB **633-000**; Account Number: **113717813**

*Cheque:* Made Payable to: **Tableland LETS**

*Cash:* Payable at LETS events to any LETS Admin

**Standard FNQ Community Exchange application fee is a one-off \$20 payment**

*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)