

LET\$TALK

Bi-monthly information
bulletin of the
Richmond Valley Local
Energy Transfer System
March/April 1994

EDITORIAL

If you have friends who receive D.S.S. benefits and have been reluctant to join RIVLETS because of the possible implications of earning "locals" on their fortnightly income, you can now tell them that the minister for Social Security, Peter Baldwin, has issued a directive to all regional managers of D.S.S., telling them that credits for bartering goods or services would be exempt from Social Security tests.

Mr Baldwin added that L.E.T.S. schemes are useful community initiatives which should not be artificially discouraged. We should be very thankful to the Blue Mountains LETS for their successful representation to the minister.

Besides their being used to facilitate trading between members, LETSystems are wonderful for networking between like minded people and accessing resources within your local community that you did not know were available.

The noticeboard (or classifieds) in the bi-monthly newsletter is the best way to see at a glance what is on offer and what is requested in RIVLETS at the moment. Although not always accurate (people tend to change addresses a lot in our region) the directory of skills and services is also a very useful listing of what is available.

You need to keep in mind that its updating is your personal responsibility. How would the office workers know that you have a different address, a new phone number, new skills or a new name even, if you do not notify them? These changes are included in the directory update in each newsletter and a new directory is compiled every June.

I am starting to receive contributions for LET\$TALK which I find encouraging. Keep them coming! In this edition you will find a check-list of ten ways to save money, an article on a group of Berlin artists who make no "bone" about their intentions and a piece on herbals.

Happy reading!

Jamil Rahal.



"The U.S.A. dealing
with FREE World Trade"

LETS
Richmond Valley

MANAGER'S REPORT

MARCH/APRIL 1994

As our December January newsletter was so late being sent out, we decided to delay this newsletter. Your next newsletter will consequently be due early May, provided that the great computer spirit is not displeased with the LETS management.

From the 1st July 1994 all financial members will be issued with an annual membership card.. The card will be sent out with the July/August newsletter so it would help if memberships were paid up by the beginning of July.

All members should also send in a list

of their current skills and services, preferably on the form included in the next newsletter. This will allow us to compile a new and accurate directory.

If you know of any members who have not paid their A\$5 subscriptions for the current financial year please let them know we are offering a special deal - \$8 paid now will cover membership to the end of June 1995.

Happy trading, Ray.

THE CHANNON **SWEET** BRUNSWICK
HEADS


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PRIVATE HEALTH
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DIPLOMA OF TRAD CHINESE MEDICINE

CHINESE HERBS
ACUPUNCTURE
TUI NA

55 BURRINGBAR ST
MULLUMBIMBY 2482
TEL 841242 AH 845570

Classification codes

Lets Trade

Advertise your
skills, services
and products in
Let's Talk

Noticeboard:

1 L per line

Display ads:

Bss. Card 15L

1/6 page 20L

1/4 page 30L

General Skills, Services & Labour - 000
Professional, Business, Consultant - 001
Guidance, Counselling, Therapy, Healing - 003
Land Management & Land Labour - 008
Building Design & Construction - 010
Goods & General Supplies - 100

Local Produce & Food Preparation - 200
Shelter, Land & Accomodation - 300
Tools & Equipment (Hire) - 400
Transportation - 500
Shows, Sports, Societies, Events - 600
Wanted - 700

Your Classified Advertisement

Name: _____ Number _____ Date _____ Code _____

This ad to appear in: 1 2 3 4 5 6 7 8 9 10 11 12 Issues (circle)

A series of four horizontal lines for handwriting practice. Each line has 21 vertical tick marks spaced evenly along its length. The lines are slightly wavy, and the tick marks are small vertical strokes.

NOTICEBOARD

GENERAL SKILLS, SERVICES & LABOUR

DU Farm labouring. Call Ros on 895408.

LI Lawns mowed in Lismore area from L 15. Call Robyn on 220231

LAND LABOUR & MANAGEMENT

LI DOWSING WORKSHOP with Alanna Moore.
Intuition-Healing-Geomancy. May 7&8 \$90-50% L

Also correspondence course. Send s.a.e. to Sibyl's Centre of Dowsing Studies. P.O. Box 1263 Lismore.

BB Don't forget that The Seedsaver's Network is running Permaculture courses in Byron Bay. Always a great mix of participants. Dynamic

teaching with Michel and Jude Fanton Next Permaculture Design Certificate Courses are: 16-29 April 16-29 July. P.O.Box 975 Byron-Bay 2481 Ph: 856624. 25% Locals.

LI Sub-Tropical Permaculture Workshop with Alanna Moore. Held at The Channon, May 21st. \$40-50% L. Bookings ph:886119.

BB Seed Saver's Hand book for sale. \$18+L.5 post paid Ph:856624.

GOODS & GENERAL SUPPLIES.

DU Hand-made jewellery 50 to 100% Locals. Also cake making and indoor plants. Call Ros 895408.

LI Massage tables made to order.. Strong, light, portable. Also adjustable height and solid timber

models. Guaranteed. Shiva's body couches. Ph: 216400.

WANTED.

DU A child's electronic toy repaired. Call Kahren on 886164.

DU Folding massage table. Call Graham on 895300/895344.

DU Gardener-one day per week. 1/2 cash. Chainsaw & mower supplied. Call Eileen on 882261.

NI Rainforest, fruit & nut trees for Locals. Ph 891641.

MU A builder and some one to do slashing. (Goon engerry) Call 845503.

DU Someone to help me (hand) paint my car & a cabinet maker. Call Jamil on 222776 or 895344.



HERBAL MEDICINE TODAY

The use of herbs for medicinal and cosmetic purposes dates back to the time of the caveman. It is based not only on tradition, but also has a strong scientific basis. Modern Herbalists prescribe herbs with an extensive knowledge of pharmacology (the active principles contained in a plant and how they work when ingested into the body), materia medica (the plants and materials used in the medicines), anatomy and physiology and the required dosages to promote physiological change.

This is one of the problems with mass-produced, broad-spectrum, brand-name herbal and vitamin supplements. Often there is fifteen to twenty different herbs incorporated into a formula that is suitable for everyone and whilst a lot of these products are good quality they tend to be expensive due to the costs involved in operating a multi-level marketing organisations and producing glossy, appealing, advertising and sales materials. Another problem with these preparations is the amount of different ingredients in a bottle, a lot of people get mediocre results simply because their supplements just do not provide enough "active principle" to precipitate any physiological action.

I believe in the long term it is more beneficial and cost-effective to consult a qualified Herbalist because the medicines supplied will be tailor-made to suit you and your illness and you get far more tangible results.

*WRITTEN BY MARGARET SMITH. Dip. Herb., Dip. Bach Flowers, Cert. Iridology.



CHRISTINE DAVIE
Member of AUSTAT, STAT

Teacher of the
ALEXANDER TECHNIQUE

(066) 21-4885

GEORGICA
EARTH BRICKS

Mitchell Road
Georgica 2480

066 888 272
018 665 624

Gary
Atkinson

LETS TRADE RICHMOND VALLEY LETS DIRECTORY UPDATE

DIRECTORY & CLASSIFIED CODE

LI - Lismore MU - Mullumbimby
KY - Kyogle BB - Byron Bay
DU - Dunoon NI - Nimbin

Abseiling	830	PETER	01628314	BB
Acupressure	626	ADRIAN	891043	DU
Acupuncture, Herbalism	626	ADRIAN	891043	DU
Adults, Kids, Swim/Leisurewear	831	IN THE SWIM	858525	BB
Aikido/Yoga Practice	829	BIRRI	891595	DU
Any Landscaping+Irrigation	721	MASON	849224	MU
Aromatherapy (Dip)	708	ANITA	LISMORE	LI
Artwork - Various Mediums (Dip)	708	ANITA	LISMORE	LI
Bookkeeping	771	GREIG	897477	NI
Building Design	94	SHANE	CHANNON	DU
Building Work(no plumb.+ elec.)	721	MASON	849224	MU
Building-Trade, Handyman	752	DHYANI	891455	DU
Cakes, Healthy	392	JULA	886231	DU
Child Being	829	BIRRI	891595	DU
Children's Drama	512	MARGRETE	891616	NI
Clothes	757	KAREN	NIMBIN	NI
Clothing - Woven	740	SWAHEEE	882022	DU
Colour Psychology (Dip)	708	ANITA	LISMORE	LI
Counselling	771	GREIG	897477	NI
Counselling	602	PEMA	221702	LI
Desktop Publishing	765	WILLIAMINA	891577	NI
Drive Lessons, Car Maintenance	832	JOHN	221767	LI
Driver-Truck	752	DHYANI	891455	DU
Driving-Truck	771	GREIG	897477	NI
Eco Breth Workshops	64	RAINFOREST INFO.C	218505	LI
Ecology Workshops, Deep	64	RAINFOREST INFO.C	218505	LI
Electrician	397	JOHN	857413	BB
Energy Balancing + Reading	743	KUNJI	840088	BB
Energy Efficient Build. Advice	721	MASON	849224	MU
English Tuition	602	PEMA	221702	LI
Experiential Learning	830	PETER	01628314	BB
Gardening	771	GREIG	897477	NI
Geomantic/Feng Shui Consultant	134	ALANNA	886119	LI
Graphic Design (Cert)	709	LEELAH	298473	LI
Guitar Tuition (Beginners)	832	JOHN	221767	LI
Herbalism	626	ADRIAN	891043	DU
Herbalist	795	TRAD.MEDICINALS	224099	LI
House Building	94	SHANE	CHANNON	DU
Household Mechanical Repairs	832	JOHN	221767	LI
Iridologist	795	TRAD.MEDICINALS	224099	LI
Jewellery	757	KAREN	NIMBIN	NI
Kidz Fairy Costumes	392	JULA	886231	DU
Labouring	771	GREIG	897477	NI
Labouring - Building (light)	832	JOHN	221767	LI
Labouring - Farm, (light)	832	JOHN	221767	LI
Labouring-Land	608	GREY	216281	LI
Landscaping	94	SHANE	CHANNON	DU
Massage, Swedish	392	JULA	886231	DU
Massage-Psychic	743	KUNJI	840088	BB
Meditation - Buddhist	602	PEMA	221702	LI
Modelling-Life Drawing	709	LEELAH	298473	LI
Music Lessons	765	ROBERT	891577	NI

Music of the Earth	829	BIRRI	891595	DU
Naturopath	626	ADRIAN	891043	DU
Nurse-Registered	795	TRAD. MEDICINALS	224099	LI
Painting & Drawing	709	LEELAH	298473	LI
Permaculture Designer	740	SWAHEEE	882022	DU
Permaculture Plants & Advice	134	ALANNA	886119	LI
Permaculture-Skills Workshops	134	ALANNA	886119	LI
Photography (Assoc Dip)	709	LEELAH	298473	LI
Picture Framing	708	ANITA	LISMORE	LI
Reiki Healing 1 & 2	743	KUNJI	840088	BB
Rockclimbing	830	PETER	01628314	BB
Seedlings	765	ROBERT	891577	NI
Shiatsu/Deep Tissue Massage	134	ALANNA	886119	LI
Silk, Textile Art & Jewellery	709	LEELAH	298473	LI
Spirit Guided Natural Selfheal	829	BIRRI	891595	DU
T Shirts	64	RAINFOREST INFO.C	218505	LI
Therapeutic Massage (Dip)	708	ANITA	LISMORE	LI
Trust Games & Initiatives	830	PETER	01628314	BB
Typing	765	WILLIAMINA	891577	NI
Vegetarian Catering	392	JULA	886231	DU
Voice Tuning	829	BIRRI	891595	DU
Waitressing/Caterer	708	ANITA	LISMORE	LI
Water Divining	134	ALANNA	886119	LI
Weaver - Hats, Rugs, Clothes	740	SWAHEEE	882022	DU
Women's Health Specialist	795	TRAD. MEDICINALS	224099	LI
Word Processing	765	WILLIAMINA	891577	NI
Yoga Teacher	397	JOHN	857413	BB

Name: _____ Mem. No. _____ Phone: _____

Current Address: _____

Modifications/Others/Requests: _____

Signed: _____ Date: _____

HERBALIST

Margaret Smith

Dip. Herb., Dip Bach Flowers

Cert. Irid., M.N.H.A.A.

50% LEIS on consultation

10% on products

Dispensing herbal medicines, Bach Flowers,
oiltments and vitamins

TUES. WED. THURS. & FRID. (10-2)

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Ph: (066) 886 139 A.H: (066) 891 455

GAIA TRANSLATIONS

. Japanese	. German	. Italian
. French	. Thal	. Dutch
. Malay	. Spanish	. Indonesian
. Togalog	. Portugese	. Hungarian
. English	. Czech	. Farsi
. Russian	. Turkish	. Polish

- JEFF MATHER -

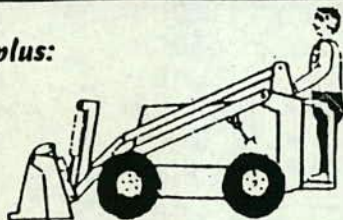
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DEUTSCHE "BONES"

Everyone knows that the Germans simply love their Deutsche Marks. All Germans? Not quite! A handful of them are bravely resisting the cultlike worship of the official currency. A group of Berlin artists, sick of the mindless devotion aroused by the Deutsche Mark, have been circulating their own currency, the "krochen" (or "bone") in one suburb of their city, Prenzlauerberg.

These eccentrics have transformed an art gallery into a "Decentralised Bank" (sic) and have created fifty original drawings of "twenty bone" notes which they then photocopied one hundred times each. Twenty five shops were accepting payment in "bone" by the time when the experiment - authorized as such by the official central bank - was terminated in December last year, after a few months. This was timely as the creators of the "bone" had built in a self destruct mechanism in the form of a 5% per week devaluation. A good way to discourage speculation and hoarding.

However, even though the Mark is no longer threatened by the "bone" pointed at it, not everyone believes that it is saved. Manfred Brunner, a retired public servant who already tried to halt the Maastricht treaty is now launching a "save the Deutsche Mark" political party with the aim of preventing the formation of a united European currency. Will Prenzlauerberg join ranks?



The artists
with some
'bones'.

Wanted to Buy: Computer

- * IBM or Compatible
- * PC 486 SX or DX
- * Printer + Software
- * Worth between \$1500 & \$3500
- * Willing to pay up to half in cash if required

Russell #25 on (07) 844 5040
(BRISBANE/ETS)

In Burma, the
notes are in
multiples of 9
which is said
to be a magical
number!





One entry
in the
national
LETS
Logo
Competition.



The symbol for "tree" in Japanese means forest when it is repeated many times as in this poster for a reforestation project.



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