

The Peterborough Lets Exchanger



Issue 88

March/April 2003



Check Page 9 for more information!

Announcing... The LETS Spring Market 2003

**Saturday March 29,
10 a.m. to 2 p.m.
at All Saints Anglican Church
at Rubidge & Sherbrooke Streets**

**Call to book a table if you haven't done so already. 749-3910.
Also volunteers are needed to help set up tables and tear down -
If you have time to sit on the information table for ½ hour
that would be great too!**

**At 1 p.m.
There will be a General
Membership Meeting
Please RSVP to the Office**

Upcoming changes at the LETS Office and request for your help

A Letter to All members of the LETS

Hello everyone:

Jeannine Crowe, our current administrator, is finished her contract in mid March. She is going to continue to work one day a week for LETS, temporarily. This means there is no longer a full-time staff person in the office.

We have been very fortunate to have constant staffing since the summer of 1999 – when Susan Bunting came to LETS through an HRDC employment grant, and from 2000 – 2002 the Trillium foundation provided us with core funding to pay Susan's salary and the rent on the office. In March of 2002, Jeannine came on board on an HRDC grant that is now coming to an end, but which paid not only staffing costs, but also office space rent.

Jeannine and several members including Mirek Filio, Catherine Steele, and Susan Bunting have been busy developing innovative grant applications

to secure not only staffing costs, but also increase the services LETS will be able to offer in the Peterborough community. It is unlikely that we will hear back from any of these grants in the next few weeks, so the office may be running on the power of one day of Jeannine's time and whatever volunteer support comes forward. This will not be the first time in LETS history we have been without a staff person. Prior to Susan's hiring in 1999 there was a 3 month gap in staffing between the time Katherine Luchuk left as staff person and Susan Bunting began. Prior to this there were often gaps of a couple of months of time between the hiring of coordinators on different grants.

Continued on Page 2

Mailing Label



**The Peterborough
LETS Exchanger**
is published bi-monthly by the
Newsletter Committee of the
**Peterborough LETS Exchange
Community Association**
372 Queen Street,
Peterborough, Ontario K9H 3J6.

Phone 749-3910
Fax 745-7294
Email ptbolets@pipcom.com

www.pipcom.com/~ptbolets

Board of Directors

David Berger, Bobbie Burkhardt,
Natalie Warner, Mirek Filio,
Catherine Steele
Alan Garnett, Kate King-Fisher.
Susan Bunting

Staff

Jeannine Crowe
Administrative Assistant

Publisher

Catherine McLeod

Newsletter Committee

Tina Williams, Jeannine Crowe
Susan Bunting, Heidi Klett
Catherine McLeod

The **Peterborough LETS**
assumes no responsibility
for the services and information
printed in the Exchanger.

Co-ordinator's Corner

March/April Update

It seems like I'm just getting the hang of being here, and now its time to say goodbye -- at least for my full-time presence. It's been an inspiring year -- meeting lots of interesting people in LETS, as well as getting to know others better. I've learned a lot! And hopefully I've been able to give back a little of what I received from my Job Placement. I've been a LETS member since 1995, but it took until this year to REALLY understand how LETS works, and how we can make it work well (if you want to find out how... just give me a call!).

The LETS has the potential to do great things, for ourselves, and for the community. I look forward to a time when the investments we all make right now in community through involvement in LETS and other organizations, bear dividends and we can prove that the bottom line DOESN'T really matter in the long run.

I especially want to thank everyone who helped me over the year with information, support, and kind words, and for my long-suffering family, Dave & Skye. Going, but not for good --

Jeannine

Letter to LETS Members—continued from page 1

However in order to maintain the current activity of LETS, it is important for members to come forward and help out. During these times LETS survived by its members becoming more active in the system. On Saturday March 29, 2003, at 1 p.m. as part of our Spring Market, all of the LETS membership is invited to a general meeting to discuss how we can work together through this period of limited staffing. As LETS members we have had to do very little over the last four years to make our system work. Your membership fees and renewals simply cover hard costs like photocopying and phone expenses — none of this money goes towards staffing. Over the next few months we are all going to have to do our part to keep the system running.

Help will be especially needed to: Promote LETS in the community, advertise trade fairs, assist with the markets, help with office duties — such as organizing Exchanger, invoicing. Other LETS systems in Ontario look towards us for strength and inspiration, because we've pulled together for so long. Let's keep it up!

Please RSVP your attendance to the meeting so we can arrange suitable seating. Childcare & rides can be arranged if needed. Call 749-3910 to let us know. If you can't make the meeting but wish to discuss what is happening, please feel free to contact me.

Natalie Warner

LETS Workshop Series

Please Note: There is a new 48 hour cancellation policy on our workshops - cancellations/no-shows after that will be responsible for course fee in GR\$ & CA\$.

**Back by popular demand!
Tuesday March 18, 7 pm at COIN
Bath Balms, Milk Bath & Bath Salts**

A natural body care workshop hosted by **Catherine Steele**. This workshop will help you create bath treats for relaxation and healing. Space is limited so please call to reserve your spot!

Course fee **15**

\$GR plus materials fee in CA\$.



**Tuesday March 25, 6-8:30 pm
Curry in a Hurry**

Offered by **Kate King-Fisher**. Learn fast and easy recipes to dazzle your friends and family. Mingle and cook up a wonderful Indian feast and enjoy the meal and then take home the leftovers for lunch the next day. Course fee **\$15 green plus \$8 Cdn materials fee**. No cancellations after 48 hours before the workshop.

**NEW! Tuesday, April 8, 6:30 - 8:30 pm
Spring with Sushi**

Come join **Kate King-Fisher** to learn about rolling vegetarian sushi. We'll visit and roll and nibble (and sip Sake if you wish), and have



lots of fun during this two hour workshop. Learn about sushi rice, Mirin, wasabi, toasting nori, sushi ginger, rolling, cutting, serving and more. We'll also make kombu-bonito broth and vegetarian miso soup. Course fee **\$15 green, \$6 Cdn materials fee**. No cancellations after 48 hours before the workshop.

**Tuesday, April 15 7 pm
Figure Enhancement Workshop**

Everyone is beautiful! Learn to how to flatter your body type and dress with confidence. Bring one or two of your favourite outfits some accessories. Lorraine Haemel will be your hostess and may use Weekender fashions to assist in the workshop. Space is limited so please contact the Lets office or Lorraine to reserve your spot. Course fee **15\$GR**

For those who were interested in the Natural Provenance in the Urban Garden Workshop, but couldn't make it, contact the office for the workshop notes prepared by Paul Archer.

**Call the LETS Office at 749-3910
to register
or to obtain more information**



ecomum

quality environmental alternatives

coming soon: *hempy kids* by ecomum — sun hats, slings, dresses and more.

Call 741-5236 or visit
<http://ca.geocities.com/ecomum/>
to find out more

Need a Break?

Treat yourself to a One Night Getaway for 100%GR in the month of April at the Thirteen Moons Retreat for Women.

Please call Louise Racine at 652-9329 for more information.

Offers subject to availability.

Please note this is a women's only retreat.

MEMBER ANNOUNCEMENTS

Peterborough Greenup Open House: find out about Green-up programs and browse displays by community partners – including LETS! **April 25 11 am -4 pm.** Peterborough Square lower level.

Ecology Park opens April 27, 03 – Tues/Thurs/Sun. Watch for the plant sale May 18!

COMMUNITY ANNOUNCEMENTS

LaLeche League Spaghetti Dinner: Family Fun, Food & more. Silent Auction. Variety of dietary choices. Friday April 4, at St. Paul's Anglican. **Call Mel (#140) 932-312**

CHANGED LISTINGS

Glen & Gwen McMullen (#726) have changed the amount of GR\$ they accept for their honey from **50% to 25%** -- please adjust your **NEW Green Pages Directory.** Thanks!

Laurie Lee (#121) has a new phone number: 741-4489 – it appears correctly in the Green Pages 2003.

Nicole Bauberger (#818) is no longer accepting GR\$ as she is not in Peterborough. Please adjust your information.

get the massage!/Paul Northcott (#920) has moved location and would like to announce it to the LETS, as well as a **Spring deal! 66%GR/33%CA** on treatments. **get the massage!** is now at 503 Riverside Drive (last left off Monaghan South before the bypass): call 705 741-2167 ext 3. **get the massage!** Is a proud sponsor of the Super Cities Walk for Multiple Sclerosis in Peterborough April 13, 2003.

Landroute (#799): Ruth & Sara Schaeffer are now the contacts once again. Please call them at 876-6297.

*The deadline
for the May/June 2003 newsletter
will be NOON on Monday
April 21, 2003.*

GOODS & SERVICES OFFERED

Kid stuff! Evenflow **exer-saucer** (12\$GR), colourful "**Pack&Play**" porta-crib like new (60\$ 50%GR), **Infant Bike Seat** -- sits in front, not back of bike) never used (100\$new – selling 65\$ 50%GR). **Crib Mattress**, excellent conditions (negot). **Call Julie (#936) 750-0126.**

Wood's Screen House with Awning. Used 2 weeks, paid new \$200.00 plus taxes -- sell for **\$100.00 Cash & \$20.00 Green** (Firm). Brand New Sauder **Mahogany 2 Drawer File Cabinet** still in original box. Paid \$169.00 plus taxes. **Sell for \$100.00 Cash & \$20.00 Green** (Firm). **Call Don Hicken 745-6812 (#245)**

Do you enjoy reading? **Kellie Fairman** will be back at the **March Market, selling used books:** Agatha Christie, Isaac Asimov, adult comics, who-done-its & more. For more info, **call Kellie (#922) at 745-6431.**

Do you take the bus? **The LETS office** has coupons available for sale in the office **valid for 1 city bus fare: 1.50\$ each**, payable in **GR\$ or CAS.** Call for details **749-3910.**

Just arrived! **Weekenders Spring/Summer Fashions!** Our beautiful new fashion colours will take you from our coldest winter in recent history and make you feel energetic and ready to welcome our glorious spring. Check out our "Trendy" collection with our very first Hoodie in our new French Terry fabric and Yoga Pants as part of our stretch fabric collection. Call Lorraine Haemel at 745-9656 and help welcome Spring with style! Lorraine accepts **25% Green on all new orders and 50% Green on all past season** sale items. Remember you can also host your own presentation to earn free clothes. **Lorraine Haemel (#864)**

Children's clothing ages 2-5 years, both boys & girls: **Jessica Lindeman (#244) 748-4723.**

Wagner Paint Sprayer \$30, VCR tape stand \$10, Kitchen Table \$15, Steno Chair on wheels \$10. All 50% green (#798) Pat McBain 292-7177

Lost Recovery Service ... through the use of a metal detector I can recover lost rings, jewelry and property line bars on your property for a small service fee, call for an estimate. If I don't find it, you don't pay. **Don Hicken (#245) 745-6812 or 745-0794 email hicken@cogeco.ca.**

FREE Advertising! I'll show you how to get it for **special events or services** for small businesses, non-profit groups, or anyone else. No project too small. Also, multiple award-winning television commercial producer to offer **advice, insight or ideas on free or paid TV advertising. 50-100%GR.** **Charlene Kloos (#917) thyme@nexicom.net 292-7342.**

CHIROPRACTIC CARE - Natural symptom relief & preventative care with a gentle approach in an unhurried atmosphere. Our philosophy of care emphasizes family wellness, with special emphasis on children with special needs (Doctor has pediatric certification). Attend one of our bi-monthly health workshops to learn more. 161 King St. (at George). **50% Green on all care, excluding initial examination and x-rays. One-time 15-minute consultations are no charge. Dr. Colette Szalay (Peterborough Family Chiropractic), by appointment at 741-5700. (#692).**

Amanda Godin/Apro Pet Pal (#943) 740-9423 amalynne@on.aibn.com. In-home **Pet Sitting, Housesitting, Dog Walking.** Limited **Grooming** services – primarily cats, nail trims, cat & small animal (no dogs) **boarding. 50-100%GR** most services.

Darrin Gaudreau (#944) 868-5500 darring@ptbotemple.org. Most **general labour:** snow removal, lawn care, carpet removal and painting preparation (wall paper removal etc). **Services 10\$/hour (30%GR)**

GOODS & SERVICES OFFERED

The Seasoned Spoon (#945) Trent's Organic "Café" (a Stone Soup co-operative enterprise). foodissues@canada.com. **Food & Catering:** vegetarian, local sourcing. *At the café:* soups, made from local, organically grown ingredients. (current contact **Karen Sutherland: 760-9921**).

Joanne Culley (#946) 748-5353 joanne.culley@sympatico.ca. **Editing/Writing: family stories, articles, scripts.** I will interview your older family member and write a memoir. Experienced book editor. **Tutoring:** for students up to Grade 8: reading, writing, math – in your home, at the library, or my home. **Piano lessons** for beginning students to Grade 3 Royal Conservatory, Bastien Method, Royal Conservatory or other.

Phoenix Enterprises/Mirek Filio (#948) 741-4489 mirek.filio@primus.ca See Green Pages Directory listings under: Business Services, Desktop Publishing, Internet/Web Design, Computer Training, Computer Trouble Shooting, Counseling/Consulting, Employment Services & Photography. Business training and development as well as employment counseling.

GOODS & SERVICES WANTED

Looking for a **ride** from East City to the North End. Monday to Friday about 8 am
Laurie (#121) laurie.lee@primus.ca 741-4489

Wanted: someone who could **repair** a four stroke engine **dirt bike**, call **295-4731. Karen Thompson (#872)**.

Child's easel. Call **Julie (#936)** 750-0126.

Volunteers Wanted for Tim Holland's **Green Party campaign.** Help the local green movement. Call 745-8024 to find out more about our Provincial campaign and / or volunteer opportunities. **Tim Holland (#149)** 745-8024.

Display items from LETS members for window display at Peterborough Public Library. Promotional info (brochures, flyers) or actual items that you offer for green would be welcome. Display to be in April 13 for one week. **Call the office** if you are interested. We would like to have all items by early April.

Transplanting and gardening help in April, in greenhouse at Trent as well as in town. **Leave your name with the LETS office** if you are interested. Time payable in GR\$.

Wanted: someone to **create a web-page for Lakefield Heritage Research**, to be hosted on free web-page offered by Cogeco. **Paying 100%GR.** Please call **Gordon Young (#562)** 745-8572.

Serger to rent, or **lessons on serger.** **Natalie (#468)** 742-9268 or **Jeannine (#374)** 741-5236.

Twin Box spring and mattress. Futon or couch suitable for rec room. **Coffee maker**(12 cup-not a per). **Microwave cart**, book **shelves** and **crock pot** with lid. Laurie Lee (#121) 743-1431.

The LETS office is seeking donations of, or paying GR \$ for unused **postage stamps**. If you have any to donate or sell, contact the **LETS office (#1)** 749-3910.

Clip and Save the Listings

LETS ANNOUNCEMENTS

An important notice!
Effective March 6,
LETS office hours will be
Wednesdays from 10 am - 4 pm
until further notice.

Messages and email will be checked regularly and returned as soon as possible. If you need to make arrangements to meet at another time, please leave a number and someone will contact you. All operations will otherwise continue as normal. We apologize for the inconvenience. This is necessary until we secure funding for a full-time staff person again. If you are interested in helping with planning markets, or with the newsletter in the meantime, please contact Jeannine.

General Membership Meeting

A general membership meeting is planned for **Saturday March 29 at 1 p.m.** at the Spring Market as a chance for all members to come together with concerns or ideas about how the LETS can address the current staffing issue. We welcome your input in how we can make the system work best for all of us, and how you can help as well. Please RSVP. Childcare will be available if required (let us know in advance)

LETS Spring Market:

Saturday March 29, 10 am – 2 pm. Come out to this annual market to meet new members and see their offerings - meet old friends as well, and see what's selling for GR\$! If possible, vendors are encouraged to accept 100% GR - it's a great way to increase trading. Call to book a table if you haven't done so already. 749-3910. Also volunteers are needed to help set up tables and tear down.

If you have time to sit on the information table for ½ hour that would be great too! **Volunteers needed** to help make the March 29 Spring Market a splashy success!

Continued on Page 6

LETS ANNOUNCEMENTS

If you can spare an hour to do promotion prior to the market or help set up tables, staff a LETS info table, or to help vendors with their boxes, please contact the office.

We really do need help! It's a great way to meet other LETS members and to get a warm fuzzy feeling. High school students in need of volunteer hours welcome as well!

As part of the Market, Jeannine, our trusty administrator, will be cutting off all her hair to donate to the **Cancer Society program** that provides wigs for children undergoing chemotherapy. If you would like to **donate** to the Cancer Society in support of this (we are negotiating to be able to accept donations in GR\$), or would be willing to **knit or make a cap** for a child that we could donate as well, please call the office. (We can supply patterns for the hats) Call to buy a braid!

Next Market will be **Friday May 9** at Mark St. United Church -- our annual **Gardening market**.

Membership Drive! **Effective March 1 - April 30** **Draws for 25\$GR trading credits**

Each new member gets entered in the draw, and if you refer a new member, you get an entry in a separate draw! Here's an incentive to spread the word!

Are you a LETS member looking at **purchasing a used computer**? Contact the office to see if we can help you out. Availability and pricing varies.

Make a difference to your LETS! The LETS is looking for members interested on sitting on various committees (e.g., **newsletter, human resources, marketing, etc.**) as well as the **Board** itself – no previous Board experience needed.

Please submit a resume and letter of interest to the LETS Exchange. Call the office for more information, 749-3910.

WELCOME NEW MEMBERS

Andrea Penrod (#949) 876-7276 lynnpenrod@graffiti.net. **Help around the home & garden.** Organizing garages and attics, vegetable and herb gardening, pet-sitting and dog walking. **Cloth menstrual pads:** cotton flannel in a variety of shapes and designs. Also, free workshops and information to make your own.

David Baker Pottery (#950) Pottery Lessons 799-6707

: small classes in my studio -- \$75.00 for 4 sessions includes cost of glazes and firing. Pay for clay as used. **Pottery:** stoneware pottery in original designs: planters, casseroles, teapots, etc.

Alyson Bond (#951) 742-5861 alysonbond@hotmail.com. **Help with errands, and general tasks. Dog walking, pet sitting. Childcare** available in your home. **Homemade dog biscuits!**

Milkweed Preschool/Carol McKey & Andrew Bigg (#952/953) 740-3523 school hours / 876-8536 after hours & messages: **Progressive Montessori / Arts Programmed Preschool** for children aged 2 ½ - 5 years. Unlicensed. 2-5 days per week. Spaces limited. Now accepting Sept 03 students. Also, toddler arts camps during summer months. GR\$ negotiable.

Alyssa Evetts Thai Yoga Massage (#954) 741-5700 alyssa@nexicom.net. **Thai Yoga Massage:** A rhythmic flow of gentle yoga stretches and massage. Sessions are effortless for the participant as I guide your body into the postures. Accepting 50%GR on all treatments.

Cheryl's Crafty Kitchen/Cheryl Pitzel (#955) 639-1800

craftykitchen@globalprolific.net. Handcrafted 100% **cotton kitchen accessories:** dishcloths, potholders, towels, etc.

Meridias Energy Psychotherapy / Gary Duim (#956) 742-6547 meridias@hotmail.com. **Meridias Energy Psychotherapy** – an effective approach to releasing blocks to your healthy and happy being; addresses fears/phobias, anxiety, spirit releasement (ghost-busting), and career blocks, among other things. Gary is a mental health counselor and is happy to work on any concern with you. Up to 100% green.

Lizzard Candleworks / Liz McMaster (#957) 748-0741 lizmcma2001@yahoo.ca. Lizzard Candleworks offers **unique candles** with quality guarantee. Can also make **custom candles** and **recycle old wax** for new candles.

At Home Pet Sitting & Animal Care / Brenda Muir, Veterinary Technician (#958) 748-2642. Offering pet sitting, dog walking, general grooming, and nutritional counseling in your home.

Indian River Lodge/Murray Black (#947) 295-6867. **Housekeeping cottages** for rent, **fishing licenses, bait & tackle, motor & boat** as well as **canoe rentals, gas & oil, repairs to boats & motors, used boats & motors.** On the Indian River at Rice Lake.

OF GENERAL INTEREST

Lost & Found: the following items were found at the Christmas Market: bag of knitted washcloths, blue & yellow purchased from Leslie Young, and a Guatemalan made shoulder bag (empty). Call the office to claim these articles! 749-3910.

Clip and Save the Listings

Exhibitors Wanted

**Holistic Health Exhibitors
are wanted for
Complementary Health
Wellness Expo
at the Evinrude Centre
on Saturday September 27**

**For more details call Pat
#798 at 292-7177**

**Are you EI Eligible,
or have recently
received maternity
benefits?**

**Do you have office
experience?**

**The LETS office
may have
a full-time
contract opening
in the near future
to run the office,
and do
community outreach.**

**Please call us
if you would like
to be notified
if this comes available.
749-3910
Otherwise, the position
will be advertised
through
HRDC's website.**

OF GENERAL INTEREST

Looking for work? Here's some local links that might help:
www.jobspeterborough.ca (online job bank & other info)
www.bizbound.ca (good resources for entrepreneurs) for community & eco-friendly job postings:
People- & Planet-Friendly GoodWork list:
<http://www.planetfriendly.net/goodwork.html>

Found on Planet Friendly Job Posting:

Katimavik Project Leader, f/t 9 month contract, various locations in Canada. Involves working with youth (17-21 years) volunteers. Travel required. Training provided. Wage is \$489/week, room & board provided. For more information, contact: Katimavik ONTARIO Regional Office, Susan Phypers (sphypers@katimavik-ont.org) or visit <http://www.katimavik.org>. Apply by: Mar 31, 2003. Start date: Aug 1, 2003

Did you know the LETS is on the web?

See our story, and pics of LETS celebrities at the Ontario Health Communities Coalition (OHCC) Website:
www.healthycommunities.on.ca/community_stories/east/index.html
Also we were recently featured in a news story in the Peaceful communities website: <http://www.peacefulcommunities.ca/2003/February/feb7.html>

LETS Office: 372 Queen Street (basement)

Peterborough, Ontario K9H 3J6 749-3910

Effective March 6, office hours will be Wednesdays from 10 am - 4:00 pm until further notice. Messages and email will be checked regularly and returned as soon as possible. If you need to make arrangements to meet at another time, please leave a number and someone will contact you. All operations will otherwise continue as normal. We apologize for the inconvenience.

Your Goals... Your Home

**Internet/Computer Training In Your Own Home
On Your Own Computer**

**Desktop Publishing/Web Design
Seaero Communications**

**Catherine McLeod (#900) 705- 292-6752
E-mail seaero@auracom.com**

Up to 50 per cent Gr. 90 per cent Gr. for Seniors



**Wreaths, Decorative Accents
Walnut Crunch, Jams and
Cranberry Sauce**

Taigh-Mor Designs ©

**Unit #10, 645 Whitaker Street
Peterborough, ON, K9H 5L7
705-745-8572
Leslie Young (#562)**

To Market... To Market...

Photo Highlights of the Winter Pot Luck Supper & Market

Photos by Mirek Filio



Next Market: Spring Market Saturday March 29 From 10-2 at All Saints Anglican

Volunteers are needed to help staff the LETS table, as well as set up & take down – call if you can spare ½ hour of your time! Several of our newest members will be there to dazzle you with their wares as well as your old favourites. Help make this market a success – invite 2 friends who aren't yet LETS members; not only will this help promote LETS, but it will make the markets more successful for vendors, and will encourage more to come out. If you are a vendor, think about inviting your regular customers (LETS or otherwise) to meet you at the market – take advantage of the opportunity to show your wares!

Start your Seedlings now for the Annual Gardening Market

Friday May 9 at Mark St. United Church 6-8:30 pm

Call the office to book your table – you don't need a green thumb to sell your goods or services. Gardening is the main theme, but all others welcome. We are especially looking for garden art, and other novelties. We will try again this year to have free guest lectures in the hall. If you would like to help coordinate a potluck in conjunction with this market, please call 749-3910 and volunteer your services.

Mid-Winter Potluck Social Mini Market January 31, 2003.

Despite weather, illness, date changes and lack of promotion, this event had a fair turnout & was a good chance to meet other members. Total Sales from 14 tables: 616.35\$GR/147.80\$CA; as well as silent auction sales: 129.50GR \$/17CAS\$, with attendance around 50 people. 3 new members participated with their tables.

LETS Interact

Did you think that Peterborough is alone in having a LETS system? We're just one of a number of LETS currently working in Ontario.

Last month, Jeannine had the opportunity to meet with members of both an established LETS (K-W Barterworks), and one just getting off the ground (Kawartha/Haliburton LETS).

In late February Jeannine, Dave & Skye participated as one of about 16 vendors in the Barterworks Monthly Market, held on the last Saturday of each month at their hosting organization's facilities at 43 Queen St, Kitchener. It was interesting and exciting to see the variety of vendors at their market, as well as the goods available in the Front Window – a store space that allows Barterworks members and others looking for work to sell on consignment.

What was most exciting was that almost all traders were willing and able to take 100% barter cur-

rency – for food, books, alternative health products, clothes, toys and more. The more LETS members are able to do this, the less “stigma” (oh it's only GR\$) that will be attached to our currency.

If more people are doing it, the better the system will work – not only will GR\$ trading thrive, but you will be able to buy more with your GR\$ if you and everyone are able to accept more. Remember -- a LETS dollar is actually BETTER than a federal dollar because it STAYS in COMMUNITY, and won't end up leaving town, or being used to pay shareholder dividends in an out-of-country corporation.

Barterworks members we spoke to were interested in the possibility of having a joint market somehow – perhaps a LETS member participating in their market, and one of theirs coming up here.

Barterworks has an advantage with markets as they have free housing, where we need to collect CA\$ from vendors for space

rental; additionally, Barterworks markets are primarily organized by rotating volunteers.

Also in February, the LETS office was visited by Barb Cowan, one of the co-ordinators for the Kawartha/Haliburton LETS, as well as Colin Hando of SEAL (Sustainable Ecological Alternatives for Living). KH LETS is not yet officially running, though members have begun trading among themselves and are excited about the system's potential.

Hopefully our groups can find ways to link together to make both stronger – sharing information, resources, skills and training opportunities. For more info on either of these groups, call our office, and we'll get you in touch with them.

As the longest running LETS system in Ontario, we are looked to as a source of strength and inspiration by younger organizations. It's something we should be proud of, and try to keep sight of as we go about our trading.

Hair, hair, hair, Oh that beautiful hair!

On March 29, at 1:30 pm at our Spring Market, our LETS administrator, Jeannine Crowe will be cutting her hair off to be donated as a wig for a child under going Chemotherapy. She hopes to collect pledges for her effort that can be used for the local Cancer Society Branch, as well as sponsoring a child to go to Camp Trillium, a summer camp for children with cancer.

Jeannine hopes, by linking with the LETS market, to show how LETS is an important part of the broader Peterborough community. LETS is not just about making money, but about strengthening the community we live in – this is especially relevant as almost all our funding -- for staff and rent -- comes exclusively from increasingly strapped federal and provincial government coffers.

If you can help with a pledge (we are negotiating to be able to accept GR\$ donations) it would be greatly appreciated. Additionally, we will try to collect hand-made children's hats to donate to the program as well – if you are willing to help, and need a pattern, please call the office 749-3910 or Jeannine at 741-5236 jeannine.defayette@sympatico.ca.



Kid's Page

Chocolate Cone Cakes

These are lots of fun to make and eat. Use one pouch of chocolate cake mix or use your own recipe for chocolate cake. Follow the recipe or directions on the package (don't forget to preheat the oven). Take 10 flat bottomed ice cream cones:

- Fill with cake batter.
- Fill to about one inch from the top, and bake right away so the cones don't get soggy.
- Put the cones in muffin cups or a big baking pan and bake at 350 degrees (F) for about 30 minutes.

While baking, make the icing. Use:

- 1/3 cup of cream cheese,
- 1/2 cup of icing sugar,
- 1/2 teaspoon vanilla.

Let the cream cheese sit a bit in a small bowl to soften. Then use a fork to mash it together with the sugar. Add the vanilla a drop at a time. Mix icing until smooth. Ice cone cakes when cool.

For extra fun, dip the cakes upside down in candy sprinkles.

Thanks to [KidsCooking](#) from Klutz Press for the idea! (Submitted by the Bunting / Lamonds)

St. Patrick's Day Punch

Ingredients:

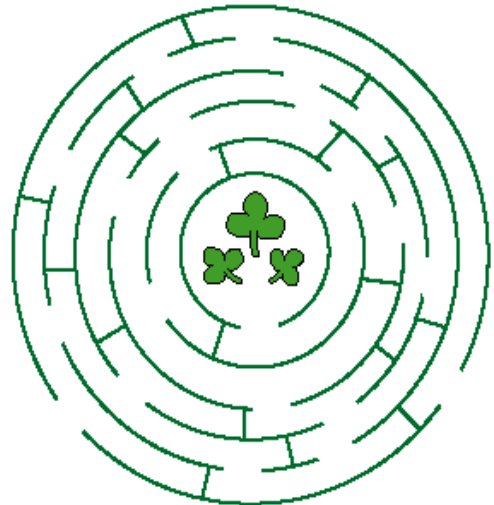
- 1/2 gallon lime sherbet
- 2 litre 7-up or Sprite

Let the sherbet soften in the refrigerator for about 1 to 2 hours before preparing. Mix sherbet & soda in punch bowl or large mixing bowl with a hand mixer on medium speed until well blended. Serve immediately or chill in the refrigerator.



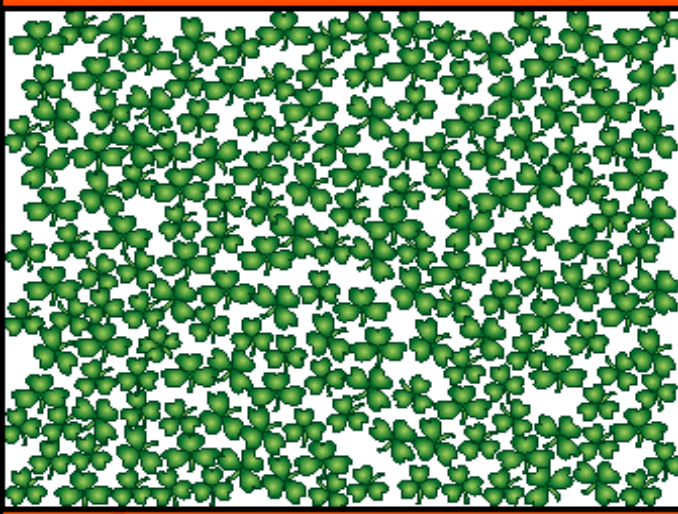
St. Patrick's Lucky Shamrocks

Find your way through the maze to get one of the lucky shamrocks for St. Patrick's Day. There are two ways to get there. Find them both. Which way is quickest?



Compliments of Amon Party Collections For Children
<http://members.aol.com/SAmon349/KidsParties/Main.index.html>
© 1998 S.L. Amon

FIND THE FOUR LEAF CLOVER



© 1998 S.L. Amon, Amon Party Collections
<http://members.aol.com/SAmon349/KidsParties/Main.index.html>

What a Joke!

Q. Why do people wear Shamrocks on St. Patrick's Day?
A. Regular rocks are too heavy!

Q. Why can't you borrow money from a leprechaun?
A. Because they're always a little short!

Q. Why do leprechauns have pots 'gold'?
A. They like to "go" first class.

Q. How can you tell if an Irishman is having a good time?
A. He's Dublin over with laughter.

