

H.A.N.D.S. MISSION STATEMENT

The mission of Golden Bay H.A.N.D.S. is to facilitate the exchange of local goods and services amongst the Golden Bay community, using a complimentary mutual credit currency. Our aim is to strengthen local community and social climate.



H.A.N.D.S.

Newsletter No. 78

Spring - September 2006

goldenbayhands@ihug.co.nz Ph 525 8448, 525 8286

PO Box 156 Takaka

<http://www.ces.org.za/>

CIRCULATION 300

H.A.N.D.S. to host LETS South Island Regional Meeting 22-24 Sept & Living Economies AGM 24-26 Sept

Golden Bay H.A.N.D.S. is hosting the LETS South Island Regional Meeting, 22-24 September. It's the weekend of our Spring Market, so our visitors can attend. We also have an ideal venue for the meeting: The Nook guesthouse in Pohara, which is managed by H.A.N.D.S. members Cathy & Dennis Sage. Accommodation, meals, and get-togethers will take place at the Nook, and H.A.N.D.S. members are most welcome to participate.

Our guests will arrive by late afternoon on Friday to settle in and have dinner. Friday evening will be a time for sharing reports and discussing LETS-related issues, plus a presentation about local biofuels. On Saturday morning, there'll be a one-hour work bee for visitors at the Nook, to help defray accommodation expenses.

The H.A.N.D.S. Spring market will be 12-3 on Saturday at the Community Gardens, followed by Spring Equinox celebration and shared meal, concluding at dusk. The get-together Saturday night at the Nook will include a topical skit written by Murray and performed by the H.A.N.D.S. committee and other members. After breakfast Sunday morning, there'll be a panel discussion with active H.A.N.D.S. members and a site visit to one or two members who sell produce from their properties for HANDS.

Saturday lunch will be at the market. Members' food stalls are needed! Please contact Joanna if you can do a food stall. Friday dinner, Sunday lunch, and both breakfasts will be at the Nook, prepared by H.A.N.D.S. members. Delegates will be paying a substantial amount of their food and accommodation costs in Green dollars.

PLEASE LET JOANNA KNOW BY 18 SEPTEMBER IF YOU'LL BE JOINING THE GATHERING FOR FRIDAY DINNER OR SUNDAY LUNCH.

The Committee hopes H.A.N.D.S. members will participate in the weekend's events and help us welcome our guests from other NZ LETS exchanges.

The South Island LETS gathering will be followed by the AGM of the Living Economies Trust (see p. 2).

Living Economies AGM 24-26 Sept

*by Christoph Hensch,
Living Economies trustee and former H.A.N.D.S. member*

Recent statistics released show that some social economic equality indicators in New Zealand are still worsening. More and more people are becoming aware of climate change and peak oil - and many are starting to realise that economics and the money system might have something to do with it.

Living Economies was incorporated as a trust in 2002 to help establish complementary means of exchange. We provide information and support to introduce new complementary currency systems, or to further develop those already established.

Our mission: We are working for healthy economies for Aotearoa/NZ - balanced, sustainable and empowering - based on and respecting the living systems of our planet.

This year's AGM will be held at the Nook in Golden Bay following the South Island Regional LETS meeting. We consider the focus on LETS important, because it is a model based on mutual credit clearing, which Tom Greco calls 'the next evolutionary step of money.'

For more information and to register for the Living Economies AGM, please contact Helen Dew (06 379 8034, info@le.org.nz) or locally, Joanna, 525 8448, rojoanna@ihug.co.nz.

Schedule

Sunday 24 Sep

2-5 pm: public presentation and panel discussion by members of the board of LE (Deirdre Kent, Helen Dew, Margaret Jefferies, Carolyn Hughes and Christoph Hensch)

Monday 25 Sep

9am-3pm: workshops & discussions on current LE activities (with lunch break)
3-5 pm: AGM

Tuesday 26 Sep

9am-noon: Train the trainers-developing educational approaches, sharing teaching materials, formulating the message, etc.

The schedule will be flexible and also may include evening sessions if needed.

All H.A.N.D.S. members are most welcome to attend the meeting or any part of it.

2006 H.A.N.D.S. Directory Available Now!

About 25 members have left Golden Bay since the last edition of the directory in August 2005, and more than 30 new members have joined H.A.N.D.S. There have been numerous changes to members' contact details and offerings as well. It's definitely time for a new edition!

Printing cost was \$2.70 per copy. The minimum price for members will be \$2; if possible, please pay \$3.

The directories are available from any committee member, at the Organic Shop, at H.A.N.D.S. office hours at the Community Gardens kiosk every Tuesday 12-3, and at H.A.N.D.S. markets and events.

Welcome Kirsty, our new Committee member!

Murray, Malcolm, NgAng, and Joanna are delighted to welcome Kirsty Richmond to our H.A.N.D.S. committee!!!! Kirsty says, "I joined for two reasons, partly to support Joanna who was hoping for another female on the committee, and because I enjoy using the H.A.N.D.S. system, I like it, and it works really well for me, and I want to encourage it and share my ideas." We all look forward to working together on planning and decision making to keep our H.A.N.D.S. system as beneficial as possible for all our members.

Hugh & Nella are up for a challenge!

Members Hugh Roberts & Nella Del Castillo responded to the "live on HANDS for a month" challenge in the last newsletter. They and their two children, Marco and Sophia, are going to try to live on HANDS-only for the month of February, 2007. Hugh & Nella are going to itemise all their expected expenses for the month and work out a plan for possible ways to pay for each item with HANDS. Their needs and ideas will be published in the December newsletter so that members can come forward to help make this trial a success!

Hugh has been interested in regional self-sufficiency and self-sufficient living for as long as he can remember. He says it's a personal interest of his, not a philosophy, nor for environmental reasons, but "it's just more fun to do things yourself, to reduce the degrees of separation between what we consume and its source. A truly local lifestyle is almost the last big adventure we can have."



MARKET NEWS

Spring Market

Saturday 23 September

The H.A.N.D.S. Spring Market will be held on Saturday 23 September, 12-3 pm, at the Community Gardens, Takaka. The raindate is Sunday 24 September.

Our LETS South Island Meeting guests will be at the market and counting on it for lunch! Terry will be cooking up red beans and rice, mustard greens and cornbread. And Lloyd will be making fresh wheatgrass juice. Please contact Joanna if you can do a food stall!

Merrin Westerink donated a wonderful hyapatufa pot for our charitable raffle. Tickets will be sold (2H each) and the raffle will be drawn at the market. Please nominate members in need to have some work done for HANDS.

Grant & Clair will have a stall for egg painting (yours or theirs) and an overview of the year of seasonal celebrations they're planning plus details about the spring equinox specifically.

The workshop schedule is below. As always, there will be entertainment, and the H.A.N.D.S. quarterly fee is waived for stallholders.



Spring Market Workshops

12 *Yurts* with Rich Turner of Jaia Tipis. Help set up a yurt and learn a bit about their history, how they're made, and why they make such strong and comfortable dwellings.

1-2 pm *Introduction to Aromatherapy* with Tessa Whiteman.

- How aroma works - why it is so powerful & so helpful in enhancing the effect of other natural healing modalities
- Some of the most commonly used essential oils, and some rarer ones too.
- The synergistic effect of blending
- How to prepare essential oils for safe and joyful use, and ways to use them for maximum effect
- Some precautions!
- A foot massage or two, using an essential oil blend.

2-3 pm *Seedsaving for the Home Gardener*, with Sol Morgan, manager of the Golden Bay Community Gardens (postponed from the Winter market). Learn what it takes to save viable vegetable seed for ongoing food supply. Bring seeds to swap.

Workshop attendance is by HANDS koha for members; \$5 for non-member.

SPRING EQUINOX CELEBRATION

Following the market, after three, Grant and Clair will lead a procession and ritual to welcome the seed of spring and new life, followed by a shared meal feast.

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Winter Market

The winter market was held at Jon & JoJoy Osmers' aptly named "Beauty Spot" on Paton's Rock Road. Their home, gardens, and lovely housetruck are all a pleasure to gaze upon.

It was a perfect, calm, blue sky day. Stalls, members and nonmembers filled the yard; trading was brisk; three new members joined; and there was good attendance at both workshops—biofuels and The Work of Byron Katie. The workshops are proving to be a brilliant opportunity for members to share information and skills that enrich us all. The air was pleasantly filled with Patrick's accordion music and the aroma of pancakes from Andrew Schwerin's unique and wonderful food stall.

Jon returned home when the market was already in full swing. He says, "It felt really nice walking in - a sunny, beautiful scene." JoJoy agrees. She says it was "a romantic setting, everyone was connecting. The power was out, so a lot of people showed up, even the neighbours. I loved it. The lectures were fantastic. I bought things I didn't know I was going to buy. Everyone I talked to said it was really good."

Summer Market: advance notice for Christmas selling and shopping



Members love the summer market for their Christmas shopping, so the committee decided to select the date early on to give producers time to prepare. It's Saturday, 16 December, with a late afternoon-early evening time, 4-7 pm, raindate Sunday 17 December. The market will be at Brad & Jocelyn's beautiful property on Rocklands Rd, Clifton.

H.A.M.M. - H.A.N.D.S. Annual Membership Meeting

2006 H.A.N.D.S. "AGM"

Thursday, 19 October, 7 p.m., Green Village Hall

- * Annual Reports - financial & HANDy Messenger
- * Selection of new committee
- * Presentation of "Business at HAND" initiative
- * Dialogue on HANDS/local currencies topics
- * Feedback on our system and suggestions to improve it are most welcome
- * New directories available
- * Supper

ALL MEMBERS ARE ENCOURAGED TO ATTEND.

Business at HAND

by Charlotte & Joanna

H.A.N.D.S. has been successful for trading amongst individuals. But for H.A. N.D.S. to truly achieve its potential for strengthening our local economy, more businesses must be involved, and the H.A.N.D.S. committee will soon be encouraging local businesses to begin trading in HANDS.

We are in the early stages of developing a pilot scheme, *Business at HAND*, intended to be a fully supported, step-by-step, easy to manage opportunity for businesses to integrate a small amount of HANDS transactions into their day-to-day trading.

The benefits to businesses are:

- Increases customer spending by using HANDS to expand their potential purchasing power
- Stimulates the local economy by generating more wealth, increasing the amount circulating in Golden Bay
- Supports small to medium size business throughout the year
- Encourages businesses to support and value each other by using HANDS to trade amongst themselves for increased local production and distribution of goods and services
- Can increase local employment and enhance wages in Golden Bay
- Retains 100% of the wealth generated through local exchange

We'll be offering to discuss the potential of *Business at HAND* with Golden Bay businesses one-on-one, to talk about how *Business at HAND* would work for each business, and then work in partnership to create an individual strategy for each business. We plan to support businesses through implementation, schedule periodic reviews, and as business participation increases, assist in finding additional ways to use HANDS.

The level of HANDS accepted by each business would be decided on the basis of expected earnings and opportunities for spending HANDS, adapted over time as new trading opportunities arise.

Some examples of ways that businesses can spend their earned HANDS:

- Pay employees part HANDS
- Intra-business transactions within Golden Bay
- Use as change for any accepting customer, including non-members
- Holiday residents and visitors may want them for souvenirs
- Donations for community organisations and events
- By trading with current and future members of H.A.N.D.S. for supplies and services

(Increased membership is anticipated as more businesses join.)

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IRD recognises "green dollar type" exchanges as legitimate ways to do business. Both income tax and GST must be paid as per usual. There will be more paperwork involved, and we may subsidise one of our three bookkeeper members to do the extra paperwork, or find another way to reduce extra time involved for participating businesses.

Once we get started, we aim to have at least ten new businesses involved within a short timeframe, to enable participating businesses to trade with one other.

Please contact a committee member if you can assist with this initiative.

Monthly Account Statements for Email Members

Thanks to our wonderful website, <<http://www.ces.org.za/>>, it's easy to email a monthly account statement to members, and Murray has started sending them early each month (usually the first Tuesday). Email members whose email addresses aren't published in the directory and on the website do not automatically get a monthly account statement, but they can request that it is sent monthly. It just takes a bit more effort. Please advise Joanna, Murray or Malcolm.

If you have questions about your statement, you can ask Joanna, Murray, Malcolm, or James. If you have any HANDS Exchange Vouchers, add them to your "carried forward balance" to determine your actual balance.

*Does anyone wish to have a sauna?
It is running for the next few weeks on
Wednesdays from 4 pm at a very
reasonable 6 HANDS - same price
held for years even though we have
made considerable improvements to
the sauna etc.*

#284 Steve & Hayley,
the Sandcastle Haile Lane,
Pohara 525 9087

After she finished working for the good-looking man for Green \$, she remarked, "Hand ... mmm ... me a handsome sum of HANDS sometime, handsome." He replied, "I was thinking of taking your hand but I guess I better give you mine instead."

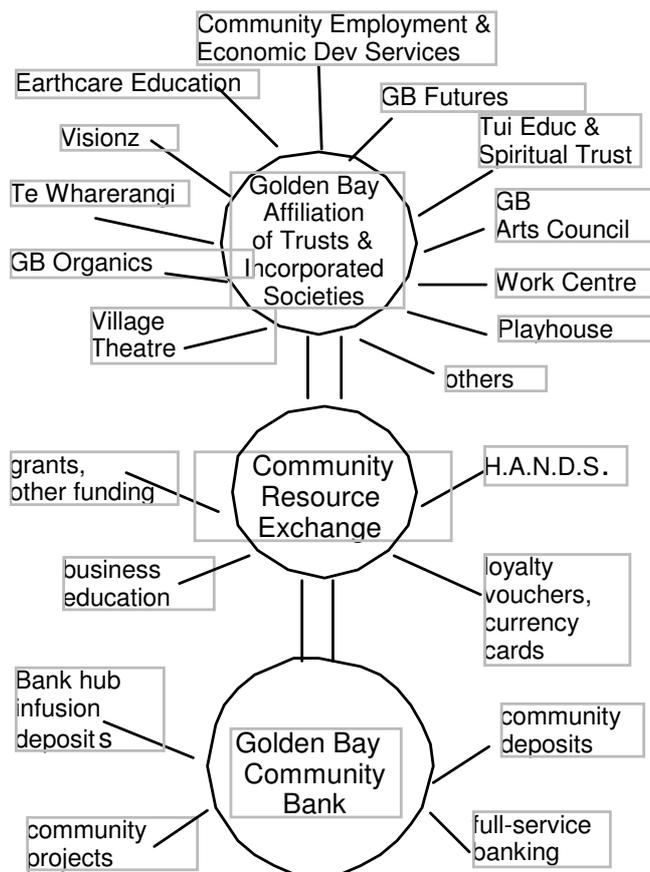
How can the Community Resource Exchange operate? by Ro

The Community Resource Exchange (CRE) was introduced in an earlier H.A.N.D.S. newsletter. The CRE would be an integral part of a cooperative, sustainable GB Community Bank interconnecting with our H.A.N.D.S. system and possibly a Time Bank. The interconnection would be synergistic, where the whole "GB sustainability network" is greater than the sum of its parts. This GB financial/resource network would operate with no interest and be inflation free.

The Reserve Bank of NZ acts as a national regulator of Kiwi currency. It attempts to tune the NZ economy by setting national interest rates and making other structural adjustments. A GB Community Bank would be owned and operated by local residents and with the CRE would invigorate the local economy to remain vibrant and healthy without the influence of the Reserve Bank. The CRE working with local resources, both natural and locally produced and distributed, would design exchanges of goods and services to enhance robust trading and savings in Kiwi\$, HANDS and other community resources.

One example of a structure for a Cooperative Community Bank that would work in New Zealand is under the umbrella of an Affiliation of GB Charitable Trusts.

In every democratic country including NZ, both central and local governments have failed to represent the electorate. Representative democracy has failed to deliver in real political terms as well as economic, social and environmental terms. We the people need to build a sustainable local community through an alternative financial network. It's our livelihood, our community, and our money.



Why do communities need local production? by Ro

In NgAng's article, "The Value of a HAND," in the last newsletter, he suggested several food items or work as equivalents to a HAND. This is a response to that suggestion.

Food, fuel and fibre are basic community amenities. Food is an obvious local commodity. Fuel has not gained attention for local production and distribution until recently with the price jumps of petrol and diesel, and the even more disconcerting possibility of fuel supply shortages. GB Biofuels has been working for several years to educate themselves and other community members about local production and distribution of biofuels—bioethanol and biodiesel—as substitutes. Fibre for building and clothing materials is another basic need essential for local sustainability. GB Papercrete continues to promote and produce a building material from recyclable paper. Industrial hemp with its multitude of possible products produced locally can add further alternatives for building and clothing materials.

H.A.N.D.S. can creatively expand NgAng's suggestion by including these and many more locally produced and distributed goods and services. These all can be placed in a local 'shopping trolley' for agreed-upon constant equivalents to HANDS exchange vouchers and/or Kiwi \$. Examples of 'prices' for locally produced products are 1 HAND per litre of biodiesel or bioethanol and 30 HANDS for a 44 gallon drum of papercrete. Set 'prices' could be constant over a designated time

period. A secure constant 'price' over time, which accurately covers production and distribution costs, would guarantee a stable and sustainable market without concern for supply and demand of the items.

As suggested above one of the functions of the Community Resource Exchange (CRE) could be to act as an informed and equitable pricing agent for local production and distribution of products and services. The CRE can work in cooperation with a Community Bank and an Affiliation of Community Trusts to expand the creative possibilities for stimulating a vibrant sustainable local economy. Let the dialogue continue ...

KEVIN & ELDA

Kevin & Elda Heywood have shifted to Collingwood and are keen to earn some HANDS. Please ring them if you need any of the skills they offer. Their listing is below. Ph 524 8777.
Elda: art: painting tuition, education; photography (B/ W & digital); jewellery—beads; language—French & English as Second Language; crafts—mobiles (beach collections); aromatherapy massage; basic haircuts (males), trimming (all); makeup
Kevin: Sailing; tramping; teaching: science, physics, chemistry, maths; basic mechanics; building helper; bread.



New Members

313 Dave Corban

c/The Nook, 678 Abel Tasman Dr,
Pohara 021 140 5951

396 Bruce & Terry Burgess

P.O. Box 285 16 Hiawatha Lane,
Takaka 525 7422
gringosinthemist@yahoo.com
B: building art to live in, alternative
building design, furniture, building
insulation and ventilation consultation;
T: Astanga yoga classes for groups
and individuals, primary and
intermediate reading and math tuition

397 Jan, Mark, & Brodie Holdaway

282 Patons Rock Rd, RD 2 Takaka
525 7470
m-j.holdaway@xtra.co.nz
Stall at markets

398 Jean Robinson

129 Clifton Rd, Clifton 525 7277
jeanjar2002@hotmail.com
Jin shin jyutsu: bodywork based on
traditional oriental medicine
Wants: bodywork, food

399 Guiliana Morani

5 Feary Crescent, Takaka 525 7317
Italian tuition, massage, babysitting,
paintings
Wants: fruit, vegies, building

402 Susanne Harzer

162 SH 60, Waitapu 525 8481
susanneharzer@clear.net.nz
Personal care, gardening

403 Greg Anderson

Organic Omokoroa Orchard 525 6002
118 Rocklands Rd, Clifton
Organic avocados and persimmons,
science tutoring and consulting, esp.
chemistry, personal care products,
biofuels production design

404 Lloyd Crabtree

47 Maori Rd, Takaka 525 8191
lloydc34@yahoo.com
Wheat grass
Wants: massage

Member Update

395 Andrew Schwerin

andrewschwerin@gmail.com
Projects with rocks, soil, water, plants
and trees, esp. pruning; African drum
and dance; house, property, and
machine handyman; computer and
school tuition

Accounts closed at zero

#6 Barbara Greene (away from GB for
several years), #19 Jannette van den
Bosch (shifted to Motueka), #20
Martine (shifted to Nelson) & Tim
Bouillir, #127 Mike Geraghty, #275
Karen Brookes (left GB), #303 Galit
Maxwell (left GB), #334 Sarah Chrisp
(left GB), #368 Chris Watson & Suz
Marshall

No longer a member, but not closing at zero

#175 Liane McKay Johnson -92.50

Accounts on hold

#114 Naomi Middleton & Rob
Torrance, #118 Don Grace, #215 Craig
Dobie & Jodie Austin



ADS FOR SALE

* **Tea:** 20 types of loose leaf tea from China, India, Taiwan, and Japan. From 2 to 8 HANDS for 100g (enough for 50 cups of tea). Green tea, oolong, black tea, puerh. #395 Andrew andrewschwerin@gmail.com

* **Two nappy-changing tables:** One is used, folding, portable, 15H. The other is as new, for table top, handcrafted from recycled rimu, with organic stain and wax finish, with soft changing mat, 70H. #242 Joanna.

* **Hands-free phone:** New 900 MHz Radio Shack phone with cordless hands-free headset, caller ID & call waiting ID. Requires AC Adaptor, also new. 80H + \$150 for both. #242 Joanna 525 8448.

* **Light lemon marmalade,** 375g jars, 2.5H each. #235 Premyog, 525 7288.

YOGA

EXPLORING STILLNESS WITHIN MOVEMENT
PEACE OF MIND
BREATH AWARENESS, RELAXATION

Tuesdays 4.00-5.30 pm Goden Bay High School

Tuesdays 6.30-8.00pm Catholic Church Hall

Wednesdays 6-7.30pm Onekeka Hall

8\$/H per session 72\$/H per 10 sessions

HOLISTIC PULSING AND MASSAGE

As well as being relaxing, these therapies help to restore the links between body, mind and Soul

John Massey

5257528 yogai@orcon.net.nz

Tania Marsden, #26, has done **BodyTalk** modules 1 & 2 and is offering sessions for HANDS: 027 256 6748.

Astanga Based Yoga

Bring the body, mind and breath
into balance and harmony

Flowing poses for all levels to stretch and relax

Drop-in Classes with Terry

Catholic Church Hall

Tuesdays 1:30-3:00

Fridays 9:30-11:00

All levels welcome. Equipment provided.

Koha - Kiwi\$ or HANDS

Phone 525-7422 for more information.

WANTED

* **Dresser drawers and shelves,** nice wooden if possible. #374 Shanti 525 7187

* **Log burner** or similar to heat studio. #58 Morag 525 742

* **Horseriding lessons:** Sybille #280 would love horseriding lessons for HANDS or part HANDS. 525 6232.

* **Eggs needed:** Almost everyone who used to offer eggs doesn't any more....Can anyone sell eggs for HANDS? Please let Joanna know.

AVAILABLE

* I have a card table and gazebo available for people to borrow for HANDS koha. Joanna 525 8448

ANAHATA YOGA RETREAT SCHEDULE September 06-January 07

23rd Sept - 1st Oct 2006: Navaratri – with Swami Kailash. Nine days of spiritual practice featuring daily chanting, posture & pranayama classes, havan, karma yoga. A significant time of planetary alignment devoted to the Goddess and an auspicious time for yogic practice. Locals welcome for the day. 60 HANDS including meals and teachings. Closing fire ceremony on the 8th of October.

29th Dec 2006 - 1st Jan 2007: New Year's Retreat – With Swami Muktidharma, Swami Karma Karuna, and the Anahata residents. Focus your intention and vision for the New Year in a supportive yogic environment. With nada yoga (mantra and kirtan), hatha yoga (asana and pranayama) deep relaxation, a Havan (sacred fire ritual) and plenty of free time to contemplate and enjoy the beautiful surrounds of Golden Bay.

10th - 14th Jan 2007: Celebration of Sound – Join Swamis Muktidharma, Kailash, and Karma Karuna to explore vibration externally and internally. The retreat will involve Nada Yoga (mantra and kirtan), Hatha Yoga (asana and pranayama), Chakra sound meditation, exercises to train the voice and to awaken subtle awareness of sound.

All Year: Explore Your "Self" at Anahata Yoga Retreat – One week to one month stays. Take part in the daily activities at Anahata and deepen your experience of yogic lifestyle. Day fees available and 50% HANDS accepted for retreats.

Regular:

Mondays satsang (spiritual talk) 7pm

Wednesdays kirtan (singing) 7 p.m.

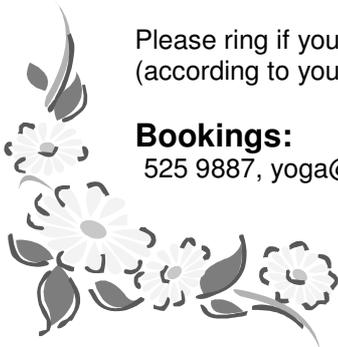
Saturdays Mahamitunjaya Mantra (healing chant)

Every Full Moon fire ceremony

Please ring if you are planning to attend. All programmes by donation (according to your capacity). **HANDS** welcome.

Bookings:

525 9887, yoga@anahata-retreat.org.nz, www.anahata-retreat.org.nz



Ad Prices for Newsletter

Listing = 1 HAND for 10 words or part thereof. Classified (box ads) = 3 HANDS for 3/8 page, 24 HANDS for full page. Letters and articles are free; 100 word limit or at the discretion of the editor. Late ads may incur an extra charge or not be used.

Markets & Newsletters

H.A.N.D.S. markets are held quarterly, in March, June, September and December, around the time of each equinox and solstice. H.A.N.D.S. newsletters are also quarterly, distributed one to two weeks before each market.

Accounts on Hold

Accounts of members who will be away from Golden Bay for a short period of time, up to a year, can be put on hold. This means the membership is informed and no quarterly fee is deducted.

Suggested HANDS standards

1 HAND = 1 kilo potatoes, 250 gm butter, 2 lemons, 3 organic eggs, 5 minutes work, or 1 L biofuel.

Current quarterly fee: 3 HANDS (waived for market stallholders)

Number of members: 203 member numbers, 270 total members

Three-month trading statistics:

This info doesn't include trading with Exchange Vouchers, except withdrawing and redeeming them through the voucher account #400 (mostly done at markets).

month	#trades	HANDS traded	average trade
May	243	3621H	14.90H
June	135	4223.10H	31.28H
July	59	1482.70H	25.13H
Total	437	9326.80H	23.77H

Account Statements & Balances

E-mailers:

Your statement will be emailed to you monthly.

Hard copy-ers:

Pick up at GB Organics until they're mailed with the newsletter. If there were no transactions, your account balance is written on the second page of this newsletter.

HANDShake/

H.A.N.D.S. office hours:

Tuesdays, 12-3
Community Gardens kiosk

Closing Accounts

Members join with a 0 HANDS balance in their account; if they leave, they are expected to bring their HANDS balance back to zero. Members in credit wishing to leave H.A.N.D.S. may spend their HANDS or donate them to another member or to the system. Those in debit need to earn HANDS, provide goods acceptable to the Committee to be sold on their behalf, and/or pay NZ dollars, to restore their balance to zero.

H.A.N.D.S. Committee

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