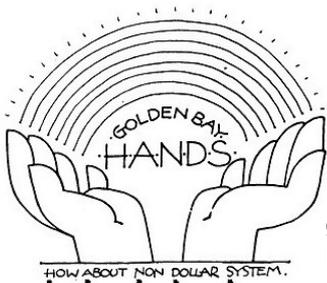


H.A.N.D.S. MISSION STATEMENT

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. 80

Autumn - March 2007

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. "Heart Art" Market

Waitangi Day was the last day of the Golden Bay's Heart Art Festival, and Grant, the Heart Art organiser and a H.A.N.D.S. member, invited H.A.N.D.S. to take advantage of the opportunity for an extra summer market on the Village Green.

It was a warm, calm and sunny day, perfect for stallholders and shoppers, and good use was made of gazebos amongst the 17 stalls. The six "international" food stalls included traditional Mardi Gras fare, French and German baking, Italian cuisine, traditional Kiwi treats, local fruit and value-added products from locally grown produce. The mellow ambience was enhanced by a succession of diverse musicians entertaining throughout, from Marble Mountain Country & Western to Caitlin & Sika and various other duets and groups. Two neck and shoulder massage stalls contributed to the relaxed and social atmosphere.

Combining our market with a community event over the summer holidays really put H.A.N.D.S. "out there." Committee members spoke with many tourists enquiring how our



system works, some exchanged their Kiwi\$ for HANDS exchange vouchers to spend at the market, and many H.A.N.D.S. brochures were taken away.

Half the stallholders at this market were members who hadn't had stalls before. If you've never had a stall, please consider trying it for future markets. It's fun and profitable, it helps us co-create a full, successful market with satisfied market-goers, and the HANDS quarterly fee is always waived for stallholders.

MO.R.E. — Money to Revitalise the Economy

MO.R.E. is a Golden Bay study group exploring ways and means to inflation- and interest-free money. All the members of MO.R.E. are also H.A.N.D.S. members, and because their research is closely related to H.A.N.D.S. they'd like to share it with the entire H.A.N.D.S. membership.

What's wrong with our economic system?

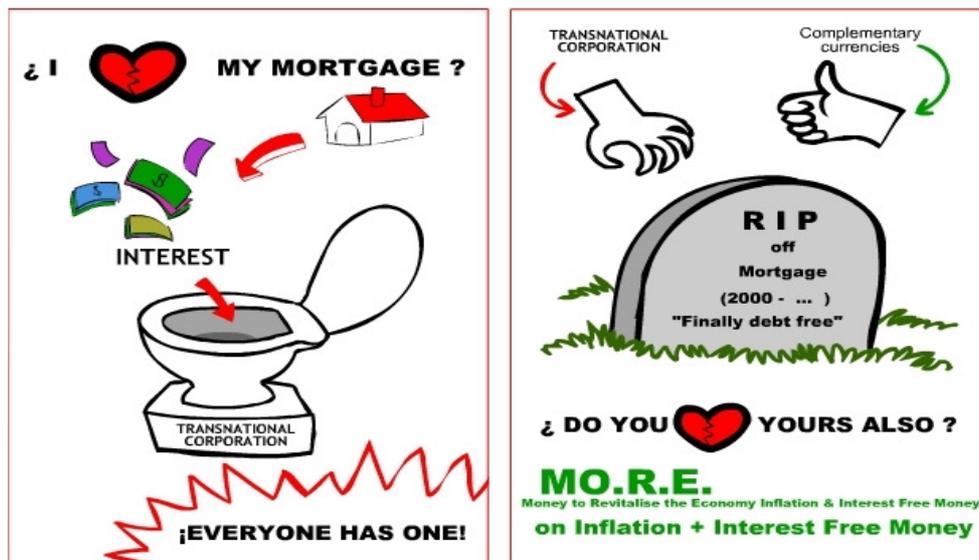
Our current economy, with its reliance on continual growth, has three evident faults — it devours the natural world, it produces ever-widening disparities between rich and poor, and it largely ignores the needs of future generations. Interest— money paid for the use of money—creates debt and a chronic shortage of money, and destroys social, environmental and economic systems.

How can money be sustainable?

National and global money supplies grow constantly in order to ensure that ever-increasing interest payments can be met. Doing away with interest would mean that we need only enough money to facilitate the exchange of goods and services. Money supply and economies can stop growing and remain stable once the real needs of people and businesses are met.

Benefits of regional interest-free money

- Increased local control of the economy
- Reduced unemployment
- Increased investment in local infrastructure
- Higher standard of living
- Reduced dependence on foreign-owned banks
- Reduced personal, corporate and council debt
- Encourage new business into the region



Where do we start?

Communities can establish and invigorate complementary means of exchange, e.g., LETS & Time Banking, and expand into interest-free banking.

Interest-free Community Banking is the key to release the chains of the financial enslavement forced upon us by the present transnational banking establishment.

Community Banks

- * Are locally owned and operated by resident stakeholders
- * Support the social and environmental integrity of community
- * Are more secure and certainly more equitable
- * Pay employees living salaries
- * Lend to community members without exorbitant fees
- * Are interest and inflation free

There's no community tool better than community banking to infuse a community with social security, environmental vibrance, economic equity and spiritual well being.

Why do communities need local production?

Food, fuel and fibre are basic community necessities.

Locally grown *food* is fresher, healthier, less expensive and more energy efficient.

Fuel has not gained local attention for production and distribution until recently with petrol and diesel price jumps. More disconcerting is the real possibility of fuel supply shortages.

Fibre for building and clothing materials is needed for local self-reliance and sustainability.

"...yes, LETS or some other form of new local currency is essential; we can't get unemployed and low income people back to work without giving them access to (new) money, but it is far from sufficient for local economic renewal. What really matters is organizing [local] productive enterprises.... Nothing very valuable can happen unless [we] take up this task.—from We need more than LETS by Ted Trainer

A Community Resource Exchange for locally produced and distributed food, fuel and fibre can integrate with an interest-free community bank, Time Bank and LETS system for a cooperative, sustainable local economy.

Community economic abundance is possible now. Contact a MO.R.E. member—Barbara, Faye, Don, Ro, Murray—and have heartfelt conversations with friends and family about this issue.

More information is available on the Living Economies Trust website: www.le.org.nz and the H.A.N.D.S. website: <http://www.ces.org.za/>.

MARKET NEWS

H.A.N.D.S. Autumn Market, Saturday, 24 March, 11 am - 2 pm

The market will be at Happy Acre/Tribull Drums (Grant Knowles's place), off SH 60, Puramahoi. If the ground is dry, there'll be paddock parking as well as roadside and driveway parking. Stallholders can drive in to drop off their things and then park. Our entertainment will be new member D.J. Sarah Manson (of Amika Imports). The raindate is Sunday, 25 March.

Raffle: This time, we plan to raffle an assortment of local produce grown by H.A.N.D.S. members. Please contact Joanna if you can bring or send some fruit, veges, nuts, preserves, honey, herbs, etc etc to contribute to a lovely prize. We're expanding the charitable raffle idea, and the proceeds will be used to pay a H.A.N.D.S. member to do some work for a community group. We'll have a letter in the GB Weekly explaining the offer.

Workshops: The workshop schedule is below. The schedule includes something completely different: *The Money Myth Exploded*, a comedy skit with a serious message written by Murray and performed by committee members and other H.A.N.D.S. members. The skit is based on a classic story about the damaging intrusion of interest on the inhabitants of a previously peaceful and sustainable desert island.

As always, stallholders have their quarterly fee waived, and exchange vouchers are available for withdrawal to make the most of the market and for future trading. It's also a great time for new members to join H.A.N.D.S., so please encourage your friends and family to come along, join our Local Employment & Trading System for their own benefit and to help strengthen it for all our members.

AUTUMN MARKET WORKSHOPS

HANDS koha for members; \$5 for non-members, or they can join H.A.N.D.S.

11-12 **Solar Powered Yoga with Terry**

Re-energize the body, mind and spirit with the practice of *The Sun Salutation*. Some mats available; if you have one, please bring it.

12-12:30 **The Money Myth Exploded**

Comedy skit performed by H.A.N.D.S. members

12:30-1:30 pm **H.A.N.D.S. website help**

Grant is offering the use of his computer for members to drop in and learn from Murray, Malcolm, or Joanna how to enter transactions, check their balances, etc.

1-2 pm **Bicycle Maintenance & Repair with Don McKee**

Puncture repair, adjusting brakes, maintenance. Tools provided, and you're welcome to bring your bicycle and/or a flat tire. Don's a collector, and will have good used bicycle parts for sale for HANDS. He encourages members to ride their bikes to the market so he can look them over and make any needed adjustments. For cyclists of all ages.

Getting Serious About Food Stalls

Ensuring enough food for market-goers has been an ongoing uncertainty, and the committee is taking steps to try to be sure there are enough food stalls at our quarterly markets.

1. We will ensure that members who have food stalls have their Kiwi\$ expenses covered. If their Kiwi\$ sales aren't sufficient, the H.A.N.D.S. system will do a HANDS-cash exchange for any Kiwi\$ amount they spent on materials but didn't earn back in sales. We'll ask stallholders to keep a record of their Kiwi\$ expenses and earnings, and take HANDS in exchange for Kiwis\$ for any shortfall.
2. We are requesting that members planning food stalls let Joanna know, so that we can try to be sure of having neither too few nor too many.

Workshop Leaders

If you can offer a "HANDS-on" hour for people to try something new, please let a committee member know. Workshop leaders are paid in HANDS.

Summer Events

Summer "Cloud" Market

The H.A.N.D.S. Summer Market at Brad & Jocelyn's was in a magical setting in a citrus grove amongst limestone outcrops, but unfortunately the weather wasn't as magical. It was a cool, cloudy, windy day. The market became shrouded in mist halfway through and rain began during the last hour, causing an abrupt finish. But during that last drizzly hour, sitting inside at the dining room table, Joanna had the joyful experience of joining seven new members. There was a good mix of fresh produce, cooked and baked food, art & handcrafts, plants, clothing, and other items on offer, including silk scarves from China, Kirsty V's felted items, Sharon's essential oils, Tarot readings with Bridget, and Shanti's line of herbal teas. Theron & Shanti were happy to win the plant raffle. People left the origami workshop with paper butterflies and boxes in hand, they left the yoga & ecology workshop feeling relaxed and more connected to the five elements, and they left the Deeksha workshop feeling more balanced and clear. There was music throughout the market with Levity, Manfred, Lethea, NgAng, Tina and Grant playing in various combinations.

H.A.N.D.S. at the A&P

This year, H.A.N.D.S. had a presence at the Golden Bay A&P Show, 20 January, for the first time in the event's 110-year history. Thanks to Ro, Joanna, Barbara, Faye, Lethea, NgAng, Terry & Bruce for helping at the stall, where we enticed people with early plums donated by Don and offered information and brochures.

H.A.N.D.S. at the Totally Local Market

H.A.N.D.S. also had an info stall at the Totally Local Market on 27 January at Pohara Hall, and between rain showers, two new members joined H.A.N.D.S. Thanks to stall helpers Joanna, Ro, Scott, and Barbara.

Living on HANDS for a Month

Hugh & Nella decided not to try this after all. Many thanks to everyone who offered to supply them with their needs during February.

In preparation for their experiment, Hugh & Nella listed all their expenses and we identified which could be covered by HANDS. Their list was published in the last newsletter. Committee members are doing the same exercise - listing all our expenses for one month and determining which could be paid for in HANDS more or less easily. We invite all members to break down their expenses, look at their lists, and see if there are better ways than Kiwi\$ to meet more of their expenses. It's all part of the goal of fostering our local economy – a network of interdependence and community self-reliance.

The idea of living on HANDS for a month came from a true story Murray was told about a woman in Australia who successfully lived on Green Dollars for a month while her husband was in the Middle East and unable to send his earnings. The opportunity to try it is still here, and whoever would like to give it a go, to whatever degree possible, will be fully supported by our HANDy messenger. Ideally, the living-on-HANDS members would earn the HANDS they're spending during the same month.

O T H E R H . A . N . D . S . N E W S

H.A.N.D.S. Early Autumn Feast

We're planning a H.A.N.D.S dinner at the Community Gardens Earth Building in late April with produce bought from H.A.N.D.S. members and prepared by H.A.N.D.S. members, with entertainment by H.A.N.D.S. members, with entry in HANDS. Please let a committee member know if you can provide fresh ingredients and/or if you'd like to help set up, cook, serve, clean up, entertain, etc. Watch for details in the GB Weekly.

Credit & Debit Limits

Due to a change in the CES website functions beyond our control, account statements now include mention of a credit or debit limit. We had to set one default limit, so we're using 1000H even though that isn't true for all members. Our H.A.N.D.S. member agreement states: "Debit and credit limits for new members are 500 HANDS, which is extended to 1000 HANDS when the member has shown an ability to both buy and sell actively. The limits might be further extended by prior arrangement with the Committee." So basically, please ignore that line on your statement.

HANDS Accepted Here

We had more events this summer than ever before where HANDS members could trade, and we realise that not all members may know that very nice laminated *HANDS ACCEPTED HERE* signs are available for 2 HANDS. They're 11 cm across, with a bit that folds back so the sign sits on a table, and include our H.A.N.D.S. logo in colour. Please let a committee member know if you would like one for future stalls.

Instant Messages to Members

About 3/4 of our H.A.N.D.S. members are on our H.A.N.D.S. email list. This list is a wonderful opportunity to quickly communicate with more than 180 members when you have items to sell, are in need of products or services, or have any other message that requires an immediate response. Non email members can ring Joanna on 525 8448 and she'll send out your message and phone number. email members can either ring or email her at rojoanna@ihug.co.nz.

Tool & Equipment Coop: Plan B

The last issue included an item seeking a location in Takaka as a depot for items to be rented for HANDS. No one responded, so now we're trying the idea of a decentralised coop. We hope to publish two lists in the next newsletter: one of items people would like to rent for HANDS from their homes, and the other of items people would like to hire. Please contact Joanna if you would like to add items to either or both lists.

Over 7000 Complementary Currencies Worldwide

From an enthusiast in Aspen, Colorado, where the world's 7000th+ complementary currency was recently launched:

"A complementary currency is a way to reward cooperation rather than capitalistic competition. It's an agreement in a community to connect unmet needs with unused resources. It provides another option. Rather than being based on competition, it's based on an agreement of the heart."

New Members

412 Monica Martinez 129 Clifton Rd, 525 7277
moniniki@gmail.com

Illustration, brochures, design, portraits, paintings, posters, Reiki, digital images, Spanish classes, Catalan classes, Spanish translations

Wants: organic food, bodywork, kiln rental, art, singing lessons, accounting (in future)

413 Jessica & Bruce King Riversea RD 2, Patons Rock 525 9552
jessica@riversea.co.nz

414 M. Rose von Dreger 680 Takaka-Collingwood Rd RD 2, Takaka
525 9531 or 525 9851

Poetry workshops, gardening, strawbale plastering, ESL teaching, proofreading, editing, copper soldering, event organiser

Wants: clothing alterations, astrological moon calculation, massage, pottery instruction

415 Delphine Vernet & Michael Civet Tui Community, Wainui Bay 525 8399
delvernet@hotmail.com, mcivet@cyberjade.fr

French cooking, organic jam, brioche & croissant, French conversation and translation; M: website design and development, portal development, digital photography, photovoltaic system design

Want: Nice food, babysitting, yoga

416 Sada Kuo & Jalal Wang
niravasada@hotmail.com

J: Creative dance & energy dance tuition—adults and children; Reiki master, Reiki initiation; delicious organic bread, Chinese food, Indian food; Chinese translation, tuition, and calligraphy; childcare

Want: Food, massage, childcare

417 Ngarie Jones & Wyatt Waters The Grove Orchard, Clifton Rd, Takaka
021 032 8792

ngariejones@hotmail.com

At the stall: fresh produce, fruit in season, juice when available; animal care - horseriding, dog minding; interactive dancing; winter - house painting, gardening, labouring

Want: illustrations (signs), web design, orchard work - picking, pruning, thinning (April)

418 Don McKee 124 Long Plain Rd, Kotinga 525 8552

donald@ts.co.nz

Rough carpentry skills; scrubcutting, gardening; stock work, milking cows; bicycle repairs; dogsitting

Wants: food, especially produce; computer tuition

419 Louise Jaeger c/o Takaka Post Office 027 6266 782

nzlulubelle@hotmail.com

Guiding - Kahurangi, Abel Tasman and caves (Rawhiti, Wharariki tidal caves); driving - passengers & first grade HT; tree planting

Wants: Weed control (willow, banana passionfruit, convolvulus, meulenbeckia)

421 Sarah Manson McCallum Rd, Anatoki 525 6297

emeredlizard@yahoo.co.au

D.J., goods from Amika Imports (Nov-Apr)

422 Gopal Schultz c/ Hinterland RD 2 Onekaka 525 8787

krishnagopal69@gmail.com

Infrared sauna, herbal wrap

Member Updates

409 Golden Yogis - Alexis, Beatrice Parapara, 524 8559

(Ania and Gabriella have left Golden Bay.)

Welcome back to Golden Bay...

275 Karen Brookes 11 Waitapu Rd, Takaka 525 8874

Photography, duvet and curtain making, mending

362 Amira Mudfaerie Porporina

amira@mudfaerywood.com

420 Vesta Rivers RD 1 Long Plain Rd, Kotinga 027 280 8347

Green goddess herbal ointment, organic fresh goats milk and goats milk kefir, trailer hire...big sides, good for furniture moving.

Accounts closed at zero

029 Nikita Meares

030 Marc Wilson - now in Christchurch

034 Siena Ammon

120 Heina Petzold - now on Waiheke Island

The "5 RHYTHMS"

**WEDNESDAYS, ongoing
7-9pm KOTINGA HALL
2 HANDS or \$2**

**Open to all who have
taken a workshop in the
"5 Rhythms" as set out
by Gabrielle Roth...**

**"...Movement As Spiritual
Practice," from her book:
*SWEAT YOUR PRAYERS,
The Five Rhythms of the
Soul, Movement as
Spiritual Practice***

**Ring Kathy 525 7226
or Bea 525 7172**

Spread your toes and breathe!

Drop-In Yoga

Relax, unwind, stretch and tone through
flowing Astanga-based postures
All levels, beginners always welcome
Equipment provided
Koha accepted

**Tuesday Afternoons 1:00-2:30
Friday Mornings 9:30-11:00
Catholic Hall, 94 Commercial Street,
Takaka**



ADS

FOR SALE

* *Girl's cot bedding* - quilt, bumper, valance (excellent preloved condition) and two new sheet sets. 65H. Also baby change table, great used condition - 30H.

#373 Alison 525 7675

* *Comb honey*: dark, with pollen and propolis. 1L: 8 HANDS/\$, 2L: 15 HANDS/\$.

#023 John Massey 525 7528 / 027 234 8561

* *Moonflower plants* 3 HANDS/\$ - exquisite treats with wondrous developing evening blooms. #023 John Massey 525 7528 / 027 234 8561

* *Goat's milk*, 3.5HANDS/litre (compare supermarket \$4.50), #188 Fifa 525 7400

* *Organic food*: 24 Rice Dream original 1L, organic amaranth, diced sweet dried apricots, butter, whole rye, sesame seeds, stevia, various Claridges herbal teas, herbs & spices. #888 Scott 525 7888

* *Tools4Healing*: Traditional Chinese Medicine & wholistic health books, charts, DVDs, CDs, plus tuning forks, singing bowls, smudge sticks. Ask for complete list of 450+ items. Negotiable HANDS/Kiwi\$ payments welcome. #888 Scott, 525 7888, OM@orcon.net.nz

* *Kombucha cultures or kefir grains*, with instructions, 5H. #282 Lethea 525 7646

* *Green Goddess healing comfrey & tee tree ointment*. Great for heaps of things from cuts & scratches, cracked feet and hands, goats' teats, feminine itch, the list goes on... 2 generous sizes... 12 HANDS/\$ & 18 HANDS/\$. #240 Vesta Rivers 027 2808347

* *Tamarillo tree seedlings*: orange variety, milder taste. 3H. #242 Ro 525 8448

* *Hazelnuts, hazelnuts, hazelnuts*. 8H/kg (half supermarket price). Orders taken for grapes, mandarins, lemons, apples, rhubarb. #001 Anne 525 8422

* *mixed CDs* - different styles of music, an eclectic range of styles including jazz, ethnic, world music, funk, dance, women's vocal, ambient, fusion, dub. Can be mixed to order. 8H for one CD or 20H for three CDs.

ph or txt: 027 662 4289, cathjoy77@hotmail.com

* **Wildlife Winds - Paintings & Flutes** #387 Rena's gallery, the Nook, 678 Abel Tasman Dr, Pohara, some items part HANDS

FOR RENT

Campervans: legal, insured, ready to go, 10% HANDS now, higher % after summer

* Isuzu Rodeo 4x4, sleeps 4, shower, toilet, 3-way fridge, hot water etc. A real cruiser, drives like a normal car

* Daihatsu Delta, sleeps 4, shower, toilet, fridge, hot water etc. More like a truck, heavier to drive but taller

* Toyota Hilux 4x4, camper on the back, small sink, sleeps 2 adults, 2 kids, with places for 5 in the double cab

#386 Richard 021 074 9920 or 525 7400 (message)

(Continued on page 12)

(Ads continued from page 11)

* For rent: 12 x 4 ft heavy duty trailer, all HANDS. #386 Richard 021 074 9920 or 525 7400 (message)

* **Flue brush for hire:** fits standard modern stainless flue, 10H, #255 Dennis 525 7099

WANTED

Wanted to buy or rent: manual walk-behind adjustable seed planter on wheels. #242 Ro 525 8448

Wanted: Double kayak, #396 Terry or Bruce, 525 7422

Wanted: Second hand women's bicycle, #414 Rose 525 9531

Wanted: Electric stove, claw bath, DVD player, #337 Kerstin Knight 525 6255

Wanted: Two- or three-seater sofa in good condition. #012 Michael 525 8525

Wanted: Stereo with tape and CD in excellent condition - no Warehouse junk! #012 Michael 525 8525

Wanted: Someone to repaint my Jaguar in non-metallic. Needs sanding down to bare metal. A job for winter. HANDS/kiwi\$. #012 Michael 525 8525

Wanted: People interested in the teachings of Ram Dass who would like to share recordings and books. #280 Nick 525 6232

Wanted: Child's bike seat, part Kiwi\$ OK, #390 Grace 525 8473

LOST

Lost at the Waitangi Day market: "Blue Mountain" water bottle, #397 Jan Holdaway 525 7470, m-j.holdaway@xtra.co.nz

	<h2 style="text-align: center;"><i>WellSpring Healing</i></h2>	
<ul style="list-style-type: none">* Bodywork sessions for health, wellbeing and balance, with Reiki, Neurolink & Bodytalk* Reiki attunements/workshops* Personalised remedies for balance & personal growth, made from my own range, WellSpring Essences* Energy clearing/balancing for your home or land		
<p><i>For further information or appointment - Tania Marsden</i> 027 2566 748 wellspringessences@gmail.com</p>		

Ad Prices for Newsletter

Listing: 1 HAND for 10 words or less.
Display ad: 3 HANDS for 1/8 page, up to 24 HANDS for full page.
Late ads may not be used.
Letters & articles are free; length is editor's discretion.

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: 214 member numbers, 281 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
Dec	82	2938.10	35.83H
Jan	49	1867.25	38.11H
Feb	288	3333.16	11.57H
Total	419	8138.51	28.50H

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.

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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pantrader@gmail.com), Murray

Email - Joanna, Kathy L, Murray



HOW ABOUT NON DOLLAR SYSTEM
* * * * *

All are welcome
for the

H.A.N.D.S. Autumn Market

11 am-2 pm Saturday, 24 March
raindate, Sunday, 25

Tribull Drums/Happy Acre
SH 60 Puramohoi
paddock parking

♪ D.J. Sarah Manson ♪



Local produce, goods, food and entertainment
Workshops:

11-12 Yoga with Terry: The Sun Salutation

12-12:30 A Skit: The Money Myth Exploded

12:30-1:30 H.A.N.D.S. Website Help

1-2 Bicycle Maintenance & Repairs with Don.

