

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. 81

Winter - June 2007

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

PO Box 156 Takaka

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

CIRCULATION 300

Golden Bay H.A.N.D.S. Autumn Flavoured Family Feast & Fun

by Terry Burgess

Signs of autumn greeted the crowd of almost 80 members (and a few non-members) of our Golden Bay H.A.N.D.S. community on Sunday evening, 29 April. A roaring fire in the woodstove, colorful leaves, fruits, nuts and vegies set the scene at the Kotinga Hall for a wonderful evening of feasting and family fun thanks to the efforts of the decorating committee of Rita, Monica, Rena and Shanti. Participants were met at the door by Murray's friendly greeting. We spent the first hour getting to know more about each other with a fun survey to locate others for different categories. 54 coloured pencils were provided and it was later discovered that in the cooperative spirit of the evening every one was returned. The Kids' Corner was a popular site for aspiring artists with painting and leaf collages. Mellow tunes filled the air courtesy of member D.J. Grayham.



Photo by NgAng

(continued on page 4)

H.A.N.D.S. & Golden Bay Self-Reliance

—by Murray, Joanna and students of the Kinsale Further Education College,
authors of the *Kinsale Energy Descent Action Plan*

"If people living in an area cannot trade among themselves without using money issued by outsiders, their local economy will always be at the mercy of events elsewhere. The FIRST STEP is for any community aiming to become more self-reliant is therefore to establish its own currency system."

—Richard Douthwaite, *The Growth Illusion - How economic growth has enriched the few, impoverished the many and endangered the planet*

Golden Bay has begun planning to become a more self-reliant community. Like many communities worldwide, Golden Bay was inspired to take action by the model strategy created in Kinsale, Ireland, in 2005. Murray observed that ten of the Kinsale plan's 53 pages are devoted to "Economy & Livelihoods." The authors of this section wrote: "The emergence of a transport-based global economy has undermined local and regional economies to the extent that local regions and localities are no longer wholly or even partially self-sufficient in energy, food supplies, building materials, clothing, crafts, etc. The economic ties that once underpinned communities are largely gone. Centralised funding structures have supplanted local economic autonomy."

In contrast, the Kinsale vision is of a decentralised "healthy economy...where debt-stress is removed from lives and livelihoods, and where everybody finds a useful and fulfilling role in a clean, sustainable environment.... Local currencies ...support local skills and initiative, strengthening the web of local contacts and interdependence. Energy is captured and circulates locally—it doesn't dissipate or escape. Here in Kinsale we recognise that local information and exchange facilities are the key to re-establishing local resource management structures and community self-reliance. These are matters of first principle." The creation of a local currency as a foundation of a self-reliant community is then explained in detailed steps. With the existence of H.A.N.D.S. as a time-proven local exchange system in operation for over 17 years, Golden Bay has a running start and can focus on planning all the other elements—food, fuel, fibre, communication, healthcare, etc.—of a self-reliance strategy.

A new paradigm is emerging - the concept and actualisation of "relocalised" communities that are self-reliant economically and culturally, that can educate and upskill themselves and meet their own needs. The tool of green dollars facilitates community members supplying one another's needs, providing a socially and environmentally healthy alternative to the socially and environmentally destructive global economy for the exchange of goods and services. A local currency, which is always reinvested into the local economy, empowers its users, values local activities, and strengthens community.

The "Economy & Livelihoods" section of the Kinsale plan contains much useful background information on the current debt-money system, its "concealed structures," the growth dynamic, and the impacts of the end of cheap oil, as well as the elements of a healthy and sustainable local economy. If you would like to read it, please contact Joanna.

MARKET NEWS

Winter Market at Totally Roasted Café, Pohara 11 am - 2 pm, Saturday 30 June (rain date Sunday, 1 July)

H.A.N.D.S. member Jo McLean of Totally Roasted Café is hosting our winter market. The Café will be open to the public with food for sale for Kiwi\$, and Jo will be selling coffee only for HANDS. H.A.N.D.S. members are most welcome to have food stalls as usual. As you know food stalls are essential for a successful market, and Kiwi\$ expenses not recovered in sales will be reimbursed through a HANDS-Kiwi\$ exchange. Please let Joanna know if you're planning to have a food stall.

The HANDS quarterly fee is waived for all stallholders. Exchange vouchers will be available for withdrawal for the market and future trading. And it's a good time for new members to join H.A.N.D.S., so bring your friends along.

Entertainment will be D.J. Cath Rogers in her H.A.N.D.S. market debut, and at high noon, The Roving King & Queen. Ethereal & other worldly, this couple will flirt & float their way through the people and goods of the HANDS market.

If you can charm, amuse, enliven, thrill, delight or enchant this or a future market with a unique performance of any sort, please let a committee member know.

Autumn Market at Happy Acre/Tribull Drums

This market was blessed with perfect weather, a magical venue, mellow music by DJ Sarah Manson, 19 stalls, and beautiful energy. Advertising for food stalls resulted in an abundance of them, and the food everyone prepared was superb!

Raffle

The charitable raffle prize was a wonderful assortment of local produce, and raffle tickets at 2H each were very easy to sell! 74 HANDS were collected to be earned by a H.A.N.D.S. member doing some work for a local organisation. Abbeyfield is taking up the offer, possibly for help building a much-needed garden shed, and this is being organised. MANY THANKS to Dennis&Cathy, Faye, Ngarie, Anne and Ro&Joanna for contributing vegies, fruit, herbs, nuts, honey and preserves. And the winner was....Grayham!

Skit & Scavenger Hunt

Dale, Faye, Joanna, Karen, Murray, NgAng and Terry gave a fun performance of Murray's skit, *The Money Myth Exploded*, which we'll be performing—without scripts in hand!—at the Variety Show at the Village Theatre in August. Reed Morgan persevered and completed a very comprehensive scavenger hunt prepared by Faye.

Also several members took advantage of the opportunity to learn how to enter transactions, check their balances, etc, on the H.A.N.D.S. website. Members can also call in at H.A.N.D.S. office hours at the Community Gardens kiosk any Tuesday from 12-3 to learn how it's done.

(Feast, continued from page 1)

The bountiful feast was prepared by members and included choices of steaming soups from Cathy, Dennis, Sada and Jalal, just-picked salads from Ana, Sada, Joanna and Ro, fresh baked breads from Delphine and Michael, savoury mains from Sada, Jalal, Iris, Terry, Stef and Joanna C., nutritious beverages from Shanti and Lethea and scrumptious desserts from Delphine, Michael, Joanna P., Cathy, Dennis and Terry. Many of the ingredients used were locally grown by H.A.N.D.S. members. The line moved smoothly thanks to all the kitchen help from Karen B. and Dennis. Live entertainment followed the delicious feast with two outstanding music sets by Jesse Brand and Tony Clearwater and a grand finale featuring a mesmerizing fire dance by the Mudfaerie, Amira. The raffle prize basket made by Terry was won by Beth. Clean-up was swift with the help of Karen B., Tess, NgAng, Ro, Bruce, Malcolm, Dale, Rani, Quannah, Rita and her children Raffi and Siti, and many others.

Everyone who contributed—decorating, cooking, serving, entertaining, and cleaning up—was paid in HANDS from the entry fees, which were 18 HANDS, or 15 for early bookings, and half price for under 16s. The Feast committee of Murray, NgAng, Terry and Joanna would like to thank all who helped make the evening such a success. This group effort showcased the many talents of the Golden Bay H.A.N.D.S. community and left everyone with only one question....When is the next Feast?



New H.A.N.D.S. Directory

This may be the last newsletter before a new directory is published. Please review your listing and let Joanna know of any changes.

Business at HAND

The Committee has been preparing a campaign to involve Commercial St businesses but we're postponing action on it until we feel as confident as possible that we have the capability for success. We're considering choosing one afternoon for committee members and other HANDS members to approach all the Commercial Street shops. We would notify businesses in advance. If you could assist on a one-off day of visiting businesses with information about H.A.N.D.S., please contact Joanna. Members helping on the day would be fully briefed. Meanwhile, it would be helpful for awareness raising if H.A.N.D.S. members would talk to staff about H.A.N.D.S. when shopping and show them our HANDS exchange vouchers.

Is Economy Everything? New Books

Money and Liberation - The Micropolitics of Alternative Currency Movements

Peter North, a lecturer at the University of Liverpool, toured New Zealand in 2005 meeting with members of LETS exchanges to gather information for this book. He and Murray met in Takaka several times over a few days, and some of their conversation forms part of the chapter, *The Longevity of Alternative Economic Practices: Green Dollars in Aotearoa/New Zealand*.

Peter's book is a firsthand view of local currencies that are providing alternatives to global capital. He knew that proponents of "better money" believe they've created currencies that value people more than profitability, ensuring that human needs are met with reasonable costs and decent wages—and supporting local economies that emphasize local sustainability. He asked, How did proponents develop these new economies? and, Are their claims valid?

Money and Liberation examines the experiences of these groups trying to build a more equitable world by inventing new forms of money. Presenting in-depth profiles of the trading networks that have been constructed both historically and more recently, including Local Employment & Trading Systems in England and New Zealand, Talente in Hungary, and the barter system in Argentina, Peter shows how the use of currency has been redefined as part of political action.

Jay has ordered this book for the Takaka Library.

The Real Wealth of Nations: Creating a Caring Economics

Riane Eisler is perhaps best known for her 1987 book, *The Chalice & The Blade*, which describes a way of life based on equality, nonviolence, and harmony with nature—a "partnership way" that was the basis of prehistoric Goddess-worshipping societies and offers a model for developing a sustainable and equitable future. Dr Eisler has just published a new book, *The Real Wealth of Nations: Creating a Caring Economics*, which shows how we can shift to a way of living and making a living that is more fulfilling, less stressful, environmentally sound, and truly meets human needs.

Her new book shows that the real wealth of nations isn't financial; it's the contributions of people and of nature - and that we need economic policies and business practices that give visibility and value to the essential work of caring for both. *The Real Wealth of Nations* proposes a "caring economics" that is more cost-effective, humane, and sustainable, and details a new strategy for an economic system that gives visibility and value to the most essential human work: the life-sustaining work of caring and caregiving whether it's done in the home or the workplace.

Thank you to Judith Rothstein for suggesting this book.

New Members

421 Sarah Manson 187 McCallum Rd, Anatoki 525 6297
emerelizard@yahoo.com.au

DJing (world, house, funk, dub, trance, lounge), products @ Amika Imports Shop (open Nov-April), DJing equipment hire (CDJ's & mixer)

Would like: massage, computer tuition, clothing alterations/design/pattern making

423 Michael & Spring Thomas 132 Pupu Valley Rd, P.O. Box 195, Takaka
525 7488

michael@sustainable-building.co.nz, spring@sustainable-building.co.nz

M: Strawbale consulting and design, digital photography and digital image editing—all levels of each from basic to advanced assistance (taking photos and what to do with them afterwards); S: a creative approach to journaling and journaling including drawings

424 Harry Sarll 38 Rocklands Rd, Clifton 525 8146
davidsarll@globe.net.nz

Collecting materials, such as horse manure, seaweed, firewood; loading and unloading trailers and distributing the contents; garden work: digging, planting, etc.

Harry, who is autistic, lives with his parents Ann and David at 'Rock's World' gardens, Clifton. He would come to work for HANDS with one of his support team: John Massey, Wendy Howard, Gay Dodson, or Thomas Eis. Only Harry would be paid, not his support person. Being a H.A.N.D.S. member can help Harry be more interactive and included in the wider community. To arrange for Harry to do some work for you for HANDS, please ring Ann or David.

425 Judith Rothstein

judith@jrothstein.org

Offerings to follow.

426 Gert-jan Heijneman & Suzimo Schreuders, P.O.Box 247, Takaka
(staying at Happy Acre/Tribull Drums) 021 0537253 or 525 7974 (msg)
hands@eleven.nl or suzimo@gmail.com

G: Apple computer help/network/internet, help with your website: dreamweaver/ photoshop/flash/html;

S: yoga classes for children, organise group activities for children

Note: Suzimo & Gert-jan are away for a few months.

427 Kelcey Chandler P.O. Box 122, Takaka 525 7615

svladystarlight@hotmail.com

Spinal manipulation and body balancing, art glass jewellery, sculpture, decorative plates & bowls; underwater photography prints; digital photography

Wants: accounting, hedge trimming

(New Members, continued from page 6)

428 Claire Webster & Natalie Bright 183 Glenview Rd RD 1, Takaka 525 9663
webster.bright@xtra.co.nz

Fresh vegies in season, gardening & compost making, dog sitting & cat feeding; C: sea kayaking (one-day trips), harakeke weaving and other fibres; N: baking, energy healing, secretarial & administration services

Want: eggs, organic fruit, dog sitting & cat feeding

429 Bay Subtropicals 112 Tangmere Rd, P.O. Box 156, Takaka 525 9327
debbie@baysubtropicals.co.nz

Business system analyst; organic fruit & vegetables: mandarins, oranges, grapefruit, limes, lemonades, tamarillos, sapote, persimmons, figs, almonds, asparagus, garlic; hydroponic lettuce & herbs (spray free): basil, coriander, parsley, chervil, watercress. Ring to order.

Wants: carpenter, chainsaw work, harvesting

Member Updates

* Back in the Bay after five years:

098 Virginia Stocker 9A Factory Rd, Takaka 525 9156

Virginia.stocker@xtra.co.nz

Gardening, accommodation

Wants: arborist for tree removal

* Back in the Bay:

354 Shane Rosemeyer & Kere Field Tukurua 525 9777

Shane: 021755676, Kere: 0211099736

jahblack@yahoo.com

Ayurvedic massage and children's books written and self-published by Shane (including "Little Kiddy Yoga" - yoga for children), half HANDS. See www.jjj.co.nz.

* New phone numbers:

394 Shayne O'Neill - 525 9626

026 Tania Marsden - 525 6068

216 Pedro - 027 403 2703

352 Bill Wallis, the piano player, piano tuner, piano repair person, and piano on-seller - 525 TUNE or 525 8863.

090 Blue Harris & Joanna Strathern - 525 7424, email blueharris@gmail.com

129 Faye Knight, Pohara Valley Rd, 525 9055

391 Cath Rogers, SH 60, Onekaka, 525 7613

* The remaining **409 Golden Yogis**, Beatrice & Alexis, are returning to Thailand for a few months. Beatrice will be back in mid-Aug and Alexis in Sept.

* **417 Ngarie & Wyatt** at the Grove Orchard have stopped selling fruit for HANDS over winter, resuming in the summer.

* The account of **226 Ursus Schwarz** has been renamed **Spirit of Nature**.

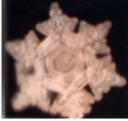
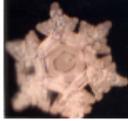
Accounts closed at zero

143 Jane Venis (living in Dunedin)
180 Ian & Sany Cunniffe
215 Craig Dobie & Jodie Austin (living in Dunedin)
237 Dave & Lisa Lewis
294 Chris Garside (left NZ)
268 Jos Casley (living in Motueka Valley)
328 Julie Sherratt (shifted over the Hill)
419 Louise Jaeger (currently on North Island)

No longer a member but not closing at zero

383 Jade Hayes-Brouwer -75H

ADS

	<i>WellSpring Healing</i>	
<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> 525 6068 wellspringessences@gmail.com</p>		

FOR SALE

* For sale: trays of wheat grass, half HANDS. #394 Shayne 525 9626 and #404 Lloyd 525 8191.

* For sale: feijoas 2.70H/kg, mandarins 4H/kg. #001 Anne Lynch 525 8422.

* For sale: oval wooden dining table, 1.6m x 1m, 70H. Four funky purple chairs - make an offer. Ring Geri for Anné, 525 9097.

*For sale: comb honey, three pack sizes for 5/8/15H; heirloom potatoes - mixed varieties (mostly urenika purple), also newer white cultivars, all 3H/kg. #023 John Massey yogaia@orcon.net.nz, 525 7528, 027 234 8561.

* For sale: persimmons (non-astringent) 5/2H, kiwifruit 5/1H, macadamia nuts 3H/kg in shells, strawberry plants 5/1H. #033 Autumn Farm 525 9013.

WANTED

* Wanted: petrol-driven concrete mixer, for either purchase or a month's hire or purchase, for HANDS/Kiwi\$. #387 Dale 525 8524.

* Wanted: cozy winter slippers. #391 Cath Rogers 525 7613.

* Wanted: jam jars, 275-325 gm size. #235 Premyog 525 7288.

*Wanted: small women's bike or swap for a painting. #412 Monica 525 7277, moniniki@gmail.com, www.sonikamonica.com

* Wanted: Rose is looking for a ride from town to Onekaka Tuesday to Thursday evenings around 6 pm, or a place to stay in town those nights. Payment in HANDS. 525 9540.

Ad feedback: Please let HANDy messenger Joanna (525 8448) know if your ad did or didn't get results, and if it didn't, if you'd like her to help you find buyers for what you have or sellers for what you need.

Spread your toes and breathe!

Drop-In Yoga

Tuesday Afternoons 1:00-2:30

Friday & Saturday Mornings 9:30-11

Catholic Hall, 94 Commercial Street,
Takaka

Re-energize, relax and tone your body, mind and spirit through breath meditation and flowing poses

Equipment provided

Beginners always welcome

\$10 per class Teens & Supers/half price

Discount punch cards available

H.A.N.D.S. accepted

Terry Burgess 525 7422 or 021 2622 847

bodyznmotion@yahoo.co.nz



YOGA RETREAT

July 13-15th

at the Swamp Centre, Mangarakau

*Deepening the connection with
breath/prana and Self
The swamp centre is a warm
sheltered place in winter
and the surrounding environment
is so quiet and peaceful,
it invites us to deepen our
connection with the nature
within/without.*

Participants bring food to share.
Minimal cost HANDS & some Kiwi\$
for accommodation,
other basic costs and teaching

For more information

John Massey yogaia@orcon.net.nz
525 7528 027 234 8561



SATYANANDA YOGA® Classes - Every Monday, 5.30-7pm at the Motupipi School throughout the winter and also offered at Anahata Yoga Retreat on Tuesdays, Thursdays, Saturdays. Call for class times. Half HANDS Accepted.

Sept 23 - 30 ***Yoga Lifestyle Retreat @ Anahata***

An in-depth course, designed to help bring yoga into your daily life. Guided by Swami Muktidharma & Swami Karma Karuna, Awaken self-understanding through a variety of ancient yogic techniques, adapted for modern living.

Visiting guests, Swami Atmamuktananda & Swami Kailash will also share their insights. Cost: \$495, Early Bird: \$470 (full payment by 8/23). Half HANDS accepted

Oct 12 - 20 ***Navaratri Sadhana - 9 Days of Spiritual Practice***

Join the Anahata residents for this special period of Sadhana (spiritual practice), a powerful time for purification. Full 9 day retreat: \$450, Day fee: \$60, Half HANDS Accepted

On-going ***Explore Your "Self" Retreat @ Anahata***

This retreat is tailored to provide the most holistic experience of a yogic lifestyle, including a short daily discussion, Yoga Classes, Meditation, Healing Chants, CD and support packet included. (A minimum of 3 people is required to offer this retreat). \$295 per week, Half HANDS accepted.

phone: 03 525 9887
email: yoga@anahata-retreat.org.nz
web: www.anahata-retreat.org.nz

"When the Heart is given to a great Ideal...it experiences Peace, attains Power, perceives Light and gains Wisdom."
 - Swami Satyananda Saraswati



SATYANANDA YOGA
 Affiliate SYAA 020569

Ad Prices for Newsletter

Listing: 1 HAND per 10 words.
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: 221 member numbers, 290 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).
Vouchers in circulation: 5354H

month	#trades	HANDS traded	average trade
March	122	3444.11H	28.23H
April	27	937.45H	34.72H
May	294	3689.44H	12.55H
Total	443	8071H	25.17H

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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malcolmmckellar@excite.com

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Email - Joanna, Murray

H.A.N.D.S.
Winter Market

Saturday, 30 June

11 am - 2 pm

Raindate Sunday, 1 July

Totally Roasted Café,
Pohara

Stalls, Food, Entertainment
D.J. Cath Rogers

The Roving King & Queen

All welcome