

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 complementary mutual credit currency. Our aim is to strengthen local community and social climate.



H.A.N.D.S.

Newsletter No. 82

Spring - September 2007

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PO Box 156 Takaka <http://community-exchange.org>

Circulation 300

Established 1989

All Golden Bay Councillors & Community Board Members Join H.A.N.D.S.

Murray and Joanna gave a presentation at the June meeting of the Golden Bay Community Board. Their purpose was to share information about H.A.N.D.S., to place H.A.N.D.S. into the context of community self-reliance, which the Community Board recently endorsed by initiating the Golden Bay Self-Reliance project, and to request that each Community Board member join (one of the six was already a H.A.N.D.S. member).

Murray and Joanna described their own involvement with H.A.N.D.S., what H.A.N.D.S. is and how it works, its history and its place in the bigger picture of complementary currency systems in New Zealand and worldwide.

They compared the harmful effects on people and the environment of global economic system with the benefits of a local interest-free exchange system and currency. They cited the conclusions of a number of researchers and writers, that a community exchange system is essential to achieving a successful transition to self-reliance and that it forms the backbone of finance and livelihood of a self-reliant community, because a local economic system supports the local production of basic necessities – food, fuel, fibre, etc. They gave these reasons why the H.A.N.D.S. committee is asking Community Board members to join:

- * for the benefits and satisfaction they would each derive from membership,
- * to further strengthen our local exchange system,
- and most importantly to support the GB Self-Reliance Project:
- * to take the lead in action toward Golden Bay self-reliance,
- * to enable them to serve as role models and spokespeople for H.A.N.D.S.,
- * and as a symbolic show of support to the community for H.A.N.D.S. as an underpinning of community self-reliance.

Murray and Joanna offered to join the Community Board members individually or together at a convenient time. The Board passed a resolution that "...it is up to the individual Board members as to whether they take up the invitation...." We invited all of them to the winter market, and three were there.

The outcome? All of our Community Board members, including both Councillors, are now members of H.A.N.D.S. We thank them for their support of our community exchange system and local self-reliance and we hope they become active members who encourage others to join.

2007 H.A.N.D.S. Directory Available Now

Our directory is at the heart of H.A.N.D.S. and it's important that it's up to date. Fifty-five new members have joined H.A.N.D.S. since the last edition in August 2006, over 20 members have left, and there are many changes to members' contact details and offerings. We did our best to contact every member by phone, email, or post, but there were several who didn't respond to our request for updates to their listing. The information in the directory is correct to the best of the committee's knowledge - at least until more changes begin!

Printing cost was \$3.20 per copy, 60c more than originally quoted. The price is koha for members who joined since the last directory (#405-449). The price for other members is \$3.

The directories are available from any committee member, at the Organic Shop, at H.A.N.D.S. office hours (194 Commercial St, Tuesdays 12-3), and at H.A.N.D.S. markets and events.

H.A.N.D.S. trades are not at all limited to offerings in the directory. Anything can be sold and any skill offered. Also remember that HANDS exchange vouchers can be offered for trades with non-members who are willing to accept HANDS.



EVENTS

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

2007 H.A.N.D.S. "AGM"

Wednesday, 24 October, 7:30 p.m.

Community Gardens Earth Building

The annual get-together of H.A.N.D.S. members includes reports - financial & HANDY messenger, selection of committee, dialogue on H.A.N.D.S. and local currencies topics, feedback on our system and suggestions, and supper. New directories will be available. If you would like to consider joining the H.A.N.D.S. committee, please contact a current committee member for more information.

Soap Making Workshop with Tessa Whiteman

Saturday, 27 October (raindate Sunday 28th), 10am - 2 pm

30 Rangihaeata Rd

An opportunity to make Castile soap from olive oil: learn this old recipe and produce a batch of soap suitable for most skin.

Bring 4 litres olive oil (*not best*), lunch & some simple utensils (list to be provided).

Cost: 25 HANDS plus \$5. Phone 525 8115 to book your place.

HANDS Bookkeeping for GST Registered Businesses

—information from Debbie Campbell, owner of Bay Subtropicals

H.A.N.D.S. and community self-reliance will take a quantum leap forward when many more local businesses join. Businesses may hesitate because they think the bookkeeping will be difficult or they don't know how they'll spend the HANDS they earn.

Local business owner Debbie Campbell of Bay Subtropicals, an experienced businessperson and business system analyst and a member of the GB Self-Reliance Interim Steering Group, has fully integrated HANDS into her very successful business and says it's not complex or difficult for businesses to integrate HANDS with Kiwi\$ sales.

For H.A.N.D.S. members who are registered for GST and trading in goods or services for their business, all HANDS transactions should account for GST. In the business books it is often easiest to start a HANDS Account in your ledgers which acts in the same way as your trading bank account.

EXAMPLE 1

H.A.N.D.S. member Joe buys avocados for the HANDS value of 10H from another H.A.N.D.S. member, Bay Subtropicals. Joe is buying for personal consumption and Bay Sub is a registered GST business. The following transaction would be recorded in the Bay Sub books:

Sales Avocados	\$10.00 Cr
HANDS Trading Account	\$10.00 Dr

For businesses who run computerised business systems it may be easiest to set up a HANDS Trading Account in your current assets in the same area as your trading bank account and reconcile this account to your HANDS Statement on a regular basis as you would reconcile your bank account in your ledgers to your bank statement.

As Joe is not registered and is buying for personal consumption, no record is required as this is the same as going to the grocery shop and buying avocados.

EXAMPLE 2

Debbie owns Bay Sub and wants to buy jewellery from Nic. In this situation there are two options:

1. Debbie could have a separate personal HANDS trading account.
2. Debbie chooses to buy the jewellery from her Bay Sub HANDS trading account and do a ledger adjustment in her HANDS trading account. This transaction would be the same as taking drawings from the business.

Jewellery purchase	50H
HANDS Trading account	\$50 Cr
Drawings	\$50 Dr

Debbie welcomes business owners with questions to contact her on 525 9327. She is happy to discuss setting up H.A.N.D.S. within their business or pay a visit to assist.

Businesses can use the HANDS they earn to trade with individuals and other businesses who are H.A.N.D.S. members, to pay employees part HANDS, as change for any accepting customer, including non-members (holiday residents and visitors may want them for souvenirs), and as donations for community organisations and events. Incorporating HANDS can increase customer spending, stimulate the local economy, support businesses year-round, increase local employment and enhance wages. 100% of the wealth generated through local exchange stays in our community.

As we move towards greater business involvement with H.A.N.D.S., it will be very helpful for members to share this information with business owners you know and talk to them about the benefits of H.A.N.D.S. for their business and the community.

H.A.N.D.S. & Childcare: The Potential is Unlimited

The new directory includes over 30 keen childminders, many of whom have children of their own at home, yet not much childcare occurs amongst H.A.N.D.S. members. Here's the contact info for members who list childcare. Perhaps you can contact and meet one another, and begin to help each other with your childcare needs.

Takaka & surrounding area

Jacqui N - Hamama 525 8868
Karen T - East Takaka 525 8585
Anne - Dodson Rd, 525 8422
Amrita - 31 Waitapu Rd, 525 6202
Lolly - 156 Commercial St, 525 6103
Giuliana - 5 Feary Crescent, 525 7317
Kirsty V - 20 Meihana St, 525 9866
Premyog - 53 Waitapu Rd,
525 7288 (baby daycare)
Sharon T - 3 Boundary Rd, 525 8747
Levity - 29 Rototai Rd 525 8573
Katya - 73 Rototai Rd 525 7625
Tess - Birds Hill, Waitapu
027 362 5598
Shanti - Pupu Valley 021 056 7548
Theron - Pupu Valley 027 204 5104
Gina - Pupu Valley,
cranford84@gmail.com

Rangihaeata/Puramahoi

Rae - 48 Rangihaeata Rd 525 8102
Fi - Rangihaeata Rd 525 7400
Claire - Puramahoi 525 7974
Rose - Ward Holmes Rd 525 9540

Onekaka/Tukurua/Parapara

Grace - 60 Ironworks Rd, Onekaka
525 9316
Penny - Onekaka 525 8472
Alison - Tukurua 525 7675
Joanna S - Parapara 524 8984
Bertha - Kowhai Point, Parapara

Clifton/Pohara/Wainui

Iris - 100 Rocklands Rd, Clifton
525 8524
Jerrie - 630 Abel Tasman Dr, Clifton
525 9097
Margaret F - Pohara 525 6288
Kirsty R - Pohara Valley 525 9319
Judith - Tarakohe 525 7674
Mary Jane - Wainui Bay 525 9923
Ruth - Abel Tasman Dr, Wainui
525 7322

Also, Izzie 027 711 9479,
Amira amira@mudfaerywood.com,
Martina 525 6297, 027 248 6772 and
Jalal & Sada (away until October)

HANDy Messenger At Your Service

As HANDy messenger, my role is to "facilitate and encourage trades." Please let me know by phone 525 8448 or e-mail rojoanna@ihug.co.nz if you need help finding goods or services through H.A.N.D.S. I may know who's most likely to be available or I may know of new members not in the directory who can offer what you need.

Also please contact me with updates on your contact details and on skills and products you offer - new ones and those you no longer offer, as well as one-off offers that I can advertise for you, and with anything H.A.N.D.S.-related that may be of interest to other members or to the committee. Your input helps us think about the whole system in new ways that may lead to improvements that strengthen it!

MARKET NEWS

Spring Market Sunday, 23 September, 11 am- 2 pm Cosmos Cottage, 124 Long Plain Rd (Don McKee's home)

The Spring market will be on the Spring equinox, and there is no rain date! After three postponements to the winter market, we decided a rain venue is a better idea than a rain date so there's no uncertainty around whether the market is going ahead. The rain venue for the Spring market is Kotinga Hall.

To find Cosmos Cottage, turn right onto Long Plain Rd across from Eatery on the Rock, cross the Kotinga Bridge, and it's the third house on the right after the turnoff for One Spec Rd. The house is set back from the road. There's good parking along the road, and stallholders can drive in to drop off their things.

It's going to be a wonderful market for entertainment, with singers/musicians Tina Bridgman, Cath Rogers, Amira Mudfaery Porporina, and Levity Beet all performing. As well, the postponed ethereal King & Queen will rove, and there'll also be a fun game & prize.

Our newly published H.A.N.D.S. directory will be available: koha for members who joined since the last directory (#405-449), and \$3 for existing members to cover printing cost.

Food stalls are essential for a successful market, and Kiwi\$ expenses not recovered in sales can 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 stallholders. Exchange vouchers are available for withdrawal for the market and future trading. It's a great time for new members to join, so bring your family and friends along.

Community Group Charitable Raffle

H.A.N.D.S. had charitable raffles at six markets starting in December 2005. For the first five raffles, members donated prizes, we sold tickets for 2H, someone won the prize, and the HANDS raised were used to pay members to do work for nominated members.

The HANDS raised by the fresh produce raffle at the autumn market this year were to be used to help a community group. Abbeyfield is the recipient of 74H worth of work - rototilling and computer help - being paid to a H.A.N.D.S. member.

Winter Market

The winter market at Totally Roasted Café took place at last on an exquisite day after three rain postponements. The perfect weather brought out members and non-members to enjoy the beautiful venue and 19 stalls, with lots of great food—pancakes, soup, curry, crepes, brownies, and kiwifruit, plus the special treat of Totally Roasted's organic Fair Trade coffee for sale for HANDS. Many thanks to Jo McLean for hosting this market and to Cath Rogers for her DJ ambience.



photo by Judith Rothstein

Dedication & Recognition

Some members hesitate to buy unless they have a credit balance. But keeping a constant balance, either in debit or in credit, is not helpful for other members or the system and is discouraged. There is no penalty for going into debit; on the contrary, only going into debit makes the system possible. H.A.N.D.S. doesn't have interest, either way.

Unlike the conventional money system, H.A.N.D.S. works best when as many traders as possible trade to bring their account balances through zero as often as possible, going from credit to debit and back again. Ideally approximately half the members will be in credit (recognition) and the other half in debit (dedication). Therefore, trading involves continual earning and spending – it is the act of exchange and the resulting satisfaction that creates wealth, not the keeping of a high balance.

To ensure that a return to zero won't become too difficult, H.A.N.D.S. does have debit and credit limits—500H, extended to 1000H when the members has shown an ability to both buy and sell actively, and in special circumstances the limits may be further extended by arrangement with the Committee.

As long as you have an intention of earning in the future and a way to earn, it is perfectly OK to spend if you have a negative balance, keeping in mind the limits and that Going Through Zero is the ideal.

MEMBER COMMENT

Heart Centered Awareness by Judith Rothstein

I trust that all people desire harmony and peace in their lives. At a personal level, it has become clear to me that the way to create harmony is to keep my actions connected with my heart. This is such a simple intent yet difficult to live moment to moment. The challenge seems to be how to balance my daily life within the context of a greater spiritual awareness.

For deep change to occur, I think we need to offer ways for each of us to know our true heart, to trust it and to honor it as sacred. Carl Jung made the statement: "Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." I think that this quality of heart awareness deepens our experience of life. It offers humor, clarity, wisdom, compassion and kindness. It can be the source of our creativity in that it encourages us to open to the mysterious process of life. And this leads us to what we want in our world. It is wonderful when we receive and give each other support to express our visions and to act on them.

H.A.N.D.S. is such a beautiful model of how to apply this in our community. The seeds of love and compassion need this environment in order to grow in our world. The connections I have made through the use of H.A.N.D.S. have been as important as the services/products exchanged. It offers an immediate appreciation and valuing of others. I feel tremendous gratitude for the help given with HANDS and hearts.

We have choice about how to respond to our money-driven world. H.A.N.D.S. gives us a way to trust that this power lies in our own hands!!

"In this life we do not do great things. We can only do small things with great love."
—Mother Teresa

"What Could I Offer?" by Clair Fones

The deadline for the new H.A.N.D.S. directory saw me scratching my head, as I tried to think of what I had to offer. Don't you have to take out a mortgage on your brain to be able to offer up your skills for recompense?! So far, my list of what I could offer read: cleaning, light labour—vital activities, but I felt I needed some juicy creative stuff in there to balance it out. "Dreadlock maintenance?" a friend suggested... "Hmm, I suppose sporting a healthy head of dreadies 'qualifies' me for this position..." I thought. "Cake baking!" Well, I do love making them as well as eating them, so onto the list that went. "What about all those Earth Centered Celebrations you've been organising?" My brow furrowed. "Yeah, but I'm no expert..." That's when I realized that you don't have to be! You offer just what you can.

(Continued on page 8)

(Continued from page 7)

Each one of us is blessed with our own amazing talents that are unique to us. Unusual or untypical skills can be difficult to find recognition for, as the mainstream system often doesn't offer paid work in these areas. In order to get paid for a skill, we may also have to perform to pre-determined high standards. It's easy for everyday, special abilities to go unnoticed or without recompense. Compiling my list of offerings for the H.A.N.D.S. directory catapulted me into an awareness and valuation of my own unique gifts. I felt pretty chuffed with myself after! Green dollar systems (such as H.A.N.D.S.) free people up to explore their full potential, encouraging them to realize and be valued for sharing their skills no matter how unusual. This is an integral feature of a system that truly meets human needs. As we feel recognized and validated, our self esteem increases and we learn to value and love ourselves.

As we join HANDS, we have not only an opportunity for economic, social and cultural revolution, but also emotional revolution!

HANDs = Economic, Social, Cultural and Emotional Paradigm Shift

HANDS = Self Love

New Website Address

The H.A.N.D.S. website has a new address: **www.community-exchange.org** The old address can still be used: www.ces.org.za.

Tim, the website mastermind from the South African New Economics Network/Community Exchange System, writes that the new address was added to reflect the fact that the CES is an international network of complementary currency groups.

Tim has also created a group on Facebook called the Community Exchange Network for members of LETS worldwide to discuss complementary currencies and get to know one another. To subscribe to the social networking site Facebook, go to www.facebook.com and sign up. If you already have a Facebook account then do a search for 'Community Exchange Network' and join the group. There are quite a number of people there already.

"The Money Myth Exploded"

Murray's comedy skit, performed by seven H.A.N.D.S. members at last year's LETS conference and this year's autumn market, has more performances ahead. It'll be put on for the Year 11 economics class at GB High School to introduce a discussion of complementary currencies, and it may also be part of the afternoon Mardi Gras entertainment on the Village Green.

New Location for H.A.N.D.S. Office Hours

H.A.N.D.S. office hours are being held at Kelcey's home near the high school corner, 194 Commercial St. It's the last house on the right going out of town. Office hours are Tuesdays 12-3. There'll be a notice in the GB Weekly if the location changes.

NEW MEMBERS

430 Katya Heeramaneck 73 Rototai Rd, Takaka 525 7625
kat_downunder@hotmail.com
French translation, conversation & tuition; mosaics, mirrors & other creative projects
(indoors & out); childminding; housework; gardening

431 Brian Gibson & Alexa Soleil P.O. Box 33, Takaka
525 9182 (until 5 Oct), then 525 8565 or 0210 2401 149
alexa_soleil@yahoo.com.au
A: Massage & healing, cello tuition (half HANDS)
B: Labour help; tutoring, all levels (school teacher); handyman; gardening

432 Jerrie Edwards 630 Abel Tasman Dr, Clifton 525 9097
jebs_e@yahoo.com
Language teacher—English & Spanish, childcare, poi (fire) lessons

433 Izzie Birnie 027 711 9479
issiebear9@gmail.com
Childcare, labouring, basic gardening—planting, weeding, pruning

434 Sharon Trustum & Kim Duff 3 Boundary Rd, Takaka 525 8747
shakim@orcon.net.nz
S: House painting (small jobs or brush hand), art paintings, gardening, cleaning,
cooking, childcare.
K: Scuba diving (mooring checks, hull checks or cleaning anodes etc); helping get
seafood - crayfish, paua etc; teach basic diving (own gear needed)

435 Martina Maverick c/ Post Office, Takaka
027 248 6772, 525 6297
martinamaverick@ihug.co.nz
Storytelling, babysitting

436 Rae McDowell & Marc Burton 48 Rangihaeata Rd 525 8102
raeflowerpeepers@hotmail.com
R: English as a second language (Trinity TESOL Cert, B.A. Hons Educ), childcare,
gardening, reflexology (later this year), cooking (vege curry, Japanese, baking),
handmade books (blank). M: Reiki, tractor work, chainsaw maintenance/
sharpening and work, gardening/maintenance, tree planting, pruning, lawn mowing,
general labour

437 Lorraine Cahusac 780 Abel Tasman Dr, Pohara, 525 7911
Gardening, weeding, fruit picking, wood stacking, paintings

438 Anne Harvey 35 Collingwood-Bainham Rd, Collingwood 524 8551
anneharvey@ihug.co.nz
Hairdressing

439 Noel & Kath Riley 17A Feary Crescent, Takaka 525 9164
kathnoel@xtra.co.nz
N: Cabinet making, joinery, furniture, building – small projects.
K: Sewing - repairs

(new members continued from page 9)

440 Gina Wilson Waikoropupu Valley, P.O. Box 284, Takaka
cranford84@gmail.com

Proofreading & editing, especially for academic essays; advice & assistance with scholarship applications, grants or admission to American universities; literature & composition tutor; sympathetic listener or interlocutrix for those seeking a compassionate ear or a truly outside opinion; childcare; eldercare (not including meals), enthusiastic cat-sitter*

*Kitties love me and I love them. Cats are territorial and are often traumatized by being boarded away from their familiar homes and territories, so I can come to your place once a day while you are on holiday and can feed and provide loving attention and lap-time for your beloved felines and also tend to any houseplants.

Wants: hedge trimming, raw cow's milk, handy person for small household repairs, someone to remove four years' worth of household rubbish tossed into a tip and the bush by previous owners

441 Molloy Family – Des, Steph, Steve, Kitty, Hannah

The Nook, 678 Abel Tasman Drive, Pohara
525 8501 info@thenookguesthouse.co.nz

Overnight backpacker accommodation (off-season), walnuts in season.

Steph: Social worker/counselor/ex-midwife: specialise in pregnancy loss issues.

Des & Steve: motorcycle riding lessons (from December)

H: full license small truck driver.

Want: plants to take away: flaxes, nikau, cabbage trees, kohikatea; chainsaw work

442 Stuart Borlase East Takaka RD 1 525 8477 s-borlase@xtra.co.nz

Hanging baskets around the Bay, singing & piano tuition, gardening, fencing

Wants: General tidy-up outdoors, building new house, shifting (starting in about a month)

443 Penny & Gordon Challis 66 Pohara Valley Rd 525 8572

P: remedial reading, counselling. G: proofreading, editing, typing

Want: massage, herb & vege seedlings

445 Brenda Dundass Rangihaeata Rd RD 2 525 9700

Quality recycled clothing, men's & women's; homegrown veges in season

Wants: fruit tree pruning, quality natural fibre clothing to onsell, coloured ceramic tiles, coloured & textured glass - broken OK

446 Carolyn McLellan Bainham 524 8132

balmac@xtra.co.nz

Timber: macrocarpa & pine (not radiata)—garden grade & all other sizes, doesn't need treatment (part HANDS); firewood (cut yourself); tangelos, lemons, feijoas in season; cooking & bottling help/tuition, recipes

Wants: gardening

(new members continued from page 10)

447 Joe & Margaret Bell Nelson St, Milnthorpe, Collingwood 524 8146
gbaybell@xtra.co.nz

All of our Community Board members & Councillors are now H.A.N.D.S. members.

448 Golden Bay Organic Gardens 24 Waitapu Rd, Takaka 525 8337
wilmaa@xtra.co.nz

Veges, fruit, nuts in season; herb/vegie seedlings; tiger worms (at the stall)

Please pay at the stall with Exchange Vouchers or use the ledger form provided to record your purchases.

Paul needs: labour - planting, digging, sowing, pricking, weeding, harvesting etc

449 Theo Blyth 45 Rototai Rd 525 9217

Fruit in season: feijoas, plums, quinces, apples, pears, citrus—orange, mandarin, lemonade, grapefruit; meat (mutton) through the summer

Theo has oranges, mandarins and lemonades available now.

Wants: vegies, other fruit, vege seedlings

MEMBER UPDATES

Clair's skills list has now been added to Grant's:

002 Grant Knowles & Clair Fones RD 2, Puramahoi 525 7974

G: tribulldrums@xtra.co.nz C: treespirit@tribulldrums.co.nz

G: Accommodation, labour, drums, drum repairs, drum tuition, wooden furniture, CD burning, converting tapes and records to CD, digital photography, PA hire.

C: Inspiration and guidance on seasonal earth centered celebrations, festival site art, one-off handmade greetings cards, assistance with writing letters & official or academic documents, dreadlock maintenance & hair wraps, cake baking, general light labour, household cleaning

Wants: clothes, therapies, massage, healing, food, Hopi ear candles, a small painting (original or print) of fantail bird(s), framed or unframed

190 Pete Hall & Rita Virtama Pupu Valley, P.O. Box 196, Takaka

Pete: 027 446 5638 Rita: 027 446 5630 Patarau: 524 8554

pete.rita@paradise.net.nz

P: Yacht trips on 47' cutter: 6-hour day trip, 150H + food & fuel. 24-hour overnite trip, 250H + food & fuel. Max 4 people. Offer closes 20/2/08.

R: Introduction to horsemanship - fun and safety around horses for beginners. Horse provided.

Leigh and Carole have rejoined H.A.N.D.S.:

214 Leigh & Carole Gamby 55 Takaka Valley Highway, Upper Takaka

525 9744 carleigh@slingshot.co.nz

L: Bridge lessons, small household maintenance, small mechanical repairs.

C: Piano tuition

(member updates continued from page 11)

374 Theron & Shanti Burgess Pupu Valley Rd, PO Box 210, Takaka

Shanti 021 056 7548 shantialexa@gmail.com

Theron 027 204 5104 theronburgess@gmail.com

S: reflexology, iridology, herbal medicine, herbal remedies as tinctures, teas, or dried herbs; trailer hire, gardening, childminding, authentic African jewelry, nutritional advice

T: custom bush tracks and rock work, stone walls, walkways, carpentry (passionate about creative projects and co-creation), most types of property care assistance, snowboard lessons and ski/snowboard tuning, childminding, hand tool repairs and sharpening

387 Dale Welty and Rena & Iris Ekmanis 100 Rocklands Road RD 1 525 8524

dalewelty@nzzoomail.com

renapaints@nzzoomail.com, www.renaekmanis.com

D: general carpentry, labouring; R: Natural science and botanical illustration, portraits; art prints; wildlife ocarinas and flutes; I: babysitting

415 Michael & Delphine have shifted to 11 Norman Bensemman Place, Takaka, ph 525 9454, and their new website for ordering Golden Bread is

<http://goldenbread.ekokelong.org/>

408 Levity Beet 29 Rototai Rd, Takaka 525 8573

gabbity@gmail.com

Music tuition in guitar, ukelele, mandolin, percussion, music theory; singing and songwriting, sound recording/mixing; bike maintenance, yurt building; hanging out with kids; cob oven building+baking+pizzas+bread; cooking, raw pie preparation, pumpkin pie making; Contact Improvisation, Loose Lemur Qi Dance

425 Judith Rothstein Tarakohe, P.O. Box 138, Takaka 525 7674

judith@jrothstein.org

Presence-centered psychotherapy (part HANDS)***more info on page 15***; education: learning disabilities support and tutoring for youth and adults; reading, writing, maths tutor; relationship - communication skills; parenting skills and support; spiritual practice in everyday life; childcare; internet research on topics of health, education, social action; CD photo burning; office - word processing, collating mailings.

Members on Hold

416 Sada & Jalal & family have returned to Taiwan and expect to return to GB in Oct.

niravasada@hotmail.com

426 Gert-Jan & Suzimo are away until early January.

hands@eleven.nl or suzimo@gmail.com

Accounts Closed at Zero

072 Karen Kell (shifted to Nelson)

129 Melina Martin (living in Wellington)

160 Karen Matthews (living in Christchurch)

ADS

FOR SALE

* *Green Goddess healing comfrey & tea tree ointment*. Great for heaps of things from cuts & scratches, cracked feet and hands, goats' teats, feminine itch, the list goes on...two generous sizes...12 HANDS/\$ & 18 HANDS/\$. #240 Vesta Rivers 027 280 8357, <vesta2011@kol.co.nz>.

* *Herb plants* - borage, feverfew, horseradish, marjoram, rosemary, St Johns wort, soapwort, valerian. 3H each.

Tamarillo seedlings (orange colour fruit), 5H each.

Bamboo - non-spreading for garden stakes, 5H per plant.

#242 Ro, 525 8448

* #374 Shanti is offering *Reflexology* sessions for 50H and *Iridology* sessions (two hours) for 85H. Gift vouchers available. 525 8285.

* *Small apple trees* (1-3 m), ten years old, neglected. Easy to dig out. Nice tart/sweet flavour. \$5+5H each for five or more. #352 Bill Wallis, 525 TUNE.



112 Tangmere Road, Rototuna
*Orchard Fresh Organic Fruit
& Spray Free Hydroponic Produce*

429 Bay Subtropicals is offering all of their produce for HANDS at their new roadside stall. Record your purchases in the book or leave HANDS Exchange Vouchers in the honesty box.

You can also place an order by Thursday evening each week with Grayham at abell3627@hotmail.com for Friday afternoon delivery to his home, 156 Commercial St. 10% HANDS is added for Grayham's help.

These items are available now:

Fancy lettuce: 2H
Gourmet salad mix (100 g) 2H
Watercress (pottle): 2.5H
Coriander (15 gm punnet): 2.5H
Parsley (15 gm punnet): 2.5H

Limes: 6H/kg
Satsuma mandarins: 2.5H/kg sm,
3.5H/kg med
Lemonade: 3.5H/kg
Sprouts-alphaafa/broccoli: 3H/100g
Tamarillo: 6H/kg

FOR SALE, continued

* *Older Panasonic Led printer*, model P4400, not working, expensive to have repaired, with new blank ink cartridge (KX P455, for printers taking Panasonic KXP5400 and KX P4400). Good for self-repair or parts. HANDS koha for printer and/or cartridge. #306 Margaret, 525 6288.

* *Three wooden kitchen chairs*, 4 HANDS each. #418 Don, 525 8552.

* *Wednesday evening saunas* at the Sandcastle, Haile Lane, Pohara, 6H. #284 Steve 525 9087.

* #217 Klaus is here and available for *woodworking & cabinet making*, 525 8881.

* *Childcare*: Child friendly play space at my home and garden, 31 Waitapu Rd, for preschool and school age childcare. Will also provide childcare in your home. #370 Amrita, 525 6202.

* *Massage*: #360 Kirsty would like to earn some HANDS doing massage. Women please ring her on 525 9319.

* *Driver License Theory Test Practice Papers*, unused, 5H. #002 Claire, 525 7974.

Psychotherapy

"Become aware of what
opens the heart and what
closes the heart. Nurture
that which opens the heart."

The Heart of Healing
For Individuals, Couples and Families
Judith Rothstein, M.S.
22 Meihana Street
525-7674
judith@jrothstein.org



Golden Bay Ayurveda

Shane Rosemeyer

Diploma in Ayurvedic Medicine

Kere Field

Naturopath & Diploma in Ayurvedic Medicine

Offering:

Ayurvedic Massage

Infra red sauna

Lifestyle & Health Consultation

Online Health Consultation at

www.citybliss.co.nz

Shivananada Yoga Classes

Also

Kiwi Kids Books

www.jjj.co.nz

Ayurvedic Herbal Cigarettes

www.nirdosh.co.nz

50% HANDS or more negotiable
for all products and services (#354)

2 Wadsworth st Takaka

Phone 525 9777

HOUSEBUS FOR RENT at Tribull Drums, Puramahoi

50H/week plus \$10 power & phone. #002 Grant, 525 7974.

Cosy, has power, phone/internet connection, gas cooker, running water, fridge, bed, fireplace, free wood. Share toilet/bathroom at the house. Lovely gardens & room for growing food and flowers. Low ceiling - suit a shorter person.

Golden Bread – Fresh Baked in Takaka

#415 Delphine & Michael

Corn & Chickpeas 6H/\$

Sundried Tomatoes 7H/\$

Whole Wheat 5H/\$

Rye 6H/\$

Four Seeds 6H/\$

Pain Bouilli - old fashioned fermented rye & spelt 7H/\$

Welsh Bara - soft, sweet bread with raisins & orange peel 7H/\$

Order online at <http://goldenbread.ekokelong.org> or ring 525 9454

NEW YOGA CLASS

Restorative & Healing Yoga modified for all abilities and special needs, Fridays 4-5 pm. A slower paced class focusing on the healing power of the breath and gentle movements. Regular classes, open to all, are Tuesdays 1-2:30 and Fridays and Saturdays 9:30-11. Beginners always welcome. All classes at the Catholic Hall, 94 Commercial Street. Equipment provided. 10\$/HANDS per class or multiple class discount cards are available. Half price for teens and supers. Ring #396 Terry Burgess 525 7422 for more information or just drop in!

TO GIVE AWAY

Used compostable disposable nappies great for planting trees, especially on dry sites. Full of silica gel, presoak in water and plant under tree roots. Will let out the water when it is dry, soak up excess water when it rains and keep watering the tree. #280 Nick 525 6232 or nick@stonearrow.co.nz

WANTED

* Creative clothing creations/alterations, recycled paper, beeswax candles, pottery tuition & craniosacral bodywork. Old speakers, old amplifier, wires (to hook up CD player); small bicycle, 21 gears + shocks. Part HANDS OK. #414 Rose, 525 9540.

* Fridge, washing machine, childcare, fresh organic fruit and veges, small guitars and ukeleles - any condition, carpet, paint, doors, plywood, garden fork - large, spade, gardening tools, rivet gun, screwdrivers, occasional borrow of a car and trailer for getting materials for our garden. #408 Levy, 525 8573

* Ongoing, large amounts of bubblewrap & large cardboard/flattened boxes or similar packaging material for shipping paintings. Also long-term rental starting December, Wainui to Milnthorpe, ideally near beach. #391 Cath Rogers, 525 7613.

* 55-gallon or other large barrel or drum with screw top lid. #352 Bill 525 TUNE or 525 8863.

* Lawn mower. #434 Sharon, 525 8747



Yoga Solutions for Life!



SATYANANDA YOGA® Classes – Mondays from 10 September, 5.30-7pm at the Pohara Boat Club. Also offered at Anahata Yoga Retreat, the top of the mountain, Tuesdays, Thursdays, Saturdays. Call for class times. Half HANDS accepted.

Sept 23-30

Yoga Lifestyle and Sadhana Retreat @ Anahata

*An in-depth course designed to help bring yoga into your daily life, guided by Swami Muktidharma and Swami Karma Karuna. Awaken self-understanding through a variety of ancient yogic techniques, adapted for modern living. **Visiting guests Swami Atmamuktananda and Swami Kailash will also share their insights.** Cost \$495. Half HANDS accepted.*

October 11-20

Navaratri Sadhana – 9 Days of Spiritual Practice

Join the Anahata residents for this special 9 day 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.

For more details please contact us:

+64 3 525 9887

yoga@anahata-retreat.org.nz

www.anahata-retreat.org.nz

*"There is no noise in the world. There is no peace in the Himalayas.
Both are within you." - Paramahansa Satyananda*

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: 225 member numbers, 305 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
June	93	1651.95H	17.76H
July	141	5478.41H	38.85H
August	304	3293.53H	10.83H
Total	538	10423.89H	22.48H

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 pm
194 Commercial St (last house on right)

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

Murray Rogers 525 8286

Malcolm McKellar 525 9594
malcolmmckellar@excite.com

NgAng 525 7646
ngang@ngangart.co.nz

Joanna Piekarski 525 8448
rojoanna@ihug.co.nz

Kirsty Richmond 525 9319
kirsty@ihug.co.nz

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gringosinthemist@yahoo.com

Contributors

Editor - Joanna

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Market helpers - Murray, NgAng, Barbara

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Email - Joanna, Murray

H.A.N.D.S. Spring Market

Sunday 23rd September
11 am to 2 pm



Stalls

Food

entertainment



Amira

Mudfaery

Porporina

Levity Beet

Cath Rogers

Gina Bridgman

Roving King & Queen

Fun Game & Prize

All welcome

