

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. 84
Autumn – March 2008

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PO Box 156 Takaka <http://community-exchange.org>
Circulation 300 Established 1989

H.A.N.D.S. Profile: Member #418 Donald McKee

— by Gerard Hindmarsh

Although he shifted to the Bay from the Hutt Valley 20 years ago, Donald McKee of Kotinga has been a H.A.N.D.S. member for just over a year now. In that time he has offered his services in everything from rough carpentry to reconditioned bicycles for resale, gardening and weeding to dog-sitting and general labouring. At the moment he's picking up an average two to five hours of work a week for HANDS.



Photo by Judith Rothstein

“For me it's more of a social thing,” he says. “But it also gives me credits to spend on other goods and services that aren't otherwise available to me.”

With his main job milking cows and working in general agriculture, Donald feels that he has a foot in both sectors. “It's all about staying versatile – that's something we all have to try to be good at in Golden Bay.” He is one of the few H.A.N.D.S. members who works in conventional agriculture.

Donald joined the H.A.N.D.S. committee at the annual meeting in October. He sees the

existing money system to be unethical, and says joining H.A.N.D.S. and the committee is “the only way I've got to do something about it.” He also felt he could offer more “Kiwiness” and fresh ideas, and it was an opportunity “for self-growth.” He appreciates the openness of the committee and its members' practice of sharing and really listening to one another.

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H.A.N.D.S. News

The Money Myth Explodes at Mardi Gras

Murray, NgAng, Terry, Joanna, David Dwyer, David Hicks and Tess James were the cast for the Village Green performance of Murray's comedy skit. It's based on a classic NZ story about the socially and environmentally damaging intrusion of interest and debt on a previously prosperous and compatible group of desert island castaways.

The skit has also been performed with some different cast members at the LETS Connect South Island conference, a HANDS market, and the GB High School economics class. Dave Myall has invited us to do it again at "The Price of Milk" at the Village Theatre this winter. Replacement cast members may be needed - please contact Joanna if you might be interested.



"Doin' the Crazy HAND Jive" *photo by Lethea Erz*

New H.A.N.D.S. directory available now

50 copies of a new, February 2008, edition of the H.A.N.D.S. directory have been printed. 130 copies were printed in August last year, as usual. By October we needed more, and had 50 copies of an updated edition printed, which were also soon distributed.

Directories are free to new members, koha for members who joined since August 2007 (starting with #405), and \$3 for other members, to cover printing costs. The directories are available at the Organic Shop, at H.A.N.D.S. office hours, at H.A.N.D.S. markets and events, and from any committee member.

H.A.N.D.S. meets with international horticulture honours students

Sol hosted 14 university students for a week in February. They are in NZ to inquire into the impact of globalisation on local communities. Murray and Donald introduced them to LETS and H.A.N.D.S. in a two-hour session, which included half the group performing *The Money Myth Exploded* skit for the others plus Q & A. Some of the students had another HANDS-on experience. They earned 50H working at a member's property to pay the H.A.N.D.S. system for the opportunity to learn about our Local Employment & Trading Systems (LETS).

NZ LETS Conference: *LETS & Community Change* - Porirua, 11-13 Apr

Murray plans to attend. Presenters include Helen Dew of the NZ Living Economies Trust, speaking on the role of LETS in Transition Towns (such as Totnes and Kinsale in the UK, who are transitioning from oil dependency to a low energy, sustainable future; Don Northcote, one of the founders of the Community Exchange System in South Africa, which hosts our website, speaking on sustainable local economies; and a researcher from Japan who sees the monetary system as a key issue for the future of humanity, alleviating hardship and maintaining of healthy ecosystems. Murray's report will be in the H.A.N.D.S. winter newsletter.

Ring Around a Rosie

#414 Rose von Dreger, is the H.A.N.D.S. New-Member Liaison. Her role is to contact new members after about three months to make sure they understand how to make the best use of their membership and to offer assistance from the HANDy messenger if needed. Rose says, "It's good to check in with people and make sure everything is running smoothly with their new HANDS."

Networking Among 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 good opportunity to quickly communicate with about 240 members when you have items to sell, are in need of products or services, or have any other message for members between our quarterly newsletters.

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. The email updates are also printed out and posted at the H.A.N.D.S. noticeboard at the Wholemeal.

H.A.N.D.S. HAPPENINGS

H.A.N.D.S. Autumn Family Feast & Fun

Sunday evening, 27th April, 5-9 pm, Pohara Hall

The recipe for last year's successful event included a bountiful dinner prepared by H.A.N.D.S. members, with decorating, serving, entertainment and clean up all done by H.A.N.D.S. members. Everyone who helped was paid in HANDS from the entry fee, which was all HANDS. Please let a committee member know if you can provide fresh ingredients and/or if you'd like to be on the Feast committee, help set up, decorate, cook, serve, clean up, entertain, etc. Watch for details in H.A.N.D.S. updates and the GB Weekly.

* * * * *

Felting Workshop with Margaret Bell

Saturday, 10 May, 9:30 am - 3 pm

Margaret finds that felting is a way to both make a useful garment and to release tension while being creative. This workshop is for both beginners and more experienced felters.

For beginners, she'd like to keep the options simple, so you can "make and take" a finished article. The workshop will include either or both of the two types of felting, according to participants' preferences.

Wet Felting uses water and soap plus friction to make felt. Choices are scuff slippers, scarf, pot mitts, baby booties, or bag.

Dry (Needle) Felting uses barbed needles to compact the fibres together. It can be used to create a 3D effect or to add more fibre to enhance a felted fabric. She suggests a small sculpture so you can learn to layer on colour.

Margaret says that once you have learnt the basics to felting the sky's the limit with what you can attempt. If you're experienced, the workshop can be a chance to do or begin a major project, perhaps to enter in Bay Art. Group projects are possible as well.

The cost for the workshop is 30H, including felting materials. Participants will be given a list of other items to bring, including old clothes, lunch and a sense of humour! What's most important is to have a fun day.

Margaret started felting 15 years ago and it's been a satisfying hobby ever since. She has entered exhibitions just to push her boundaries and standards. Margaret likens wet felting to playing in mud puddles, only you don't damage clothing and come out squeaky clean!! For more information and to book, ring Margaret on 524 8146 by 3 May. The venue (home or hall) will depend on the size of the group.

MARKET NEWS

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

Mussel Inn, Sunday, 30 March, 11 - 2, rain or shine

A market at the Mussel used to be an annual event, but it's been several years since we've held one there. The Mussel Inn, serving their regular menu for HANDS, will be one of the food stalls. It's lunchtime and other food stalls are welcome and needed. Please let Joanna know. Kiwi\$ expenses not covered in sales can be reimbursed through a HANDS-Kiwi\$ exchange.

Entertainment will be buskers. Please let Joanna know if you can perform for up to half an hour so a roster can be created. Buskers will be paid in part by the H.A.N.D.S. system and in part by marketgoers.

Produce raffle to support the 444 Service to the Community account: Please contact Joanna if you can bring vegies, fruit, nuts, herbs - anything from the garden. If you'd like to donate but can't get to the market, you can arrange with Terry on 525 7422 to bring it to her at 16 Hiawatha Lane. Keen raffle ticket sellers are needed -- please contact Joanna if you can assist! Also please let a committee member know of suggestions for using HANDS from the 444 account to acknowledge H.A.N.D.S. members who do volunteer work that serves the community.

New members joining time: 12:30 pm Please let your non-member friends & rellies know.

Enjoy the market even more: with stall sharing – two stalls together so people can take turns minding both, or even pay a member in HANDS to mind your stall for a while.

HANDS quarterly fee is waived for stallholders.

H.A.N.D.S. directories available: koha for members who joined since August 2006 (#405+) & \$3 for existing members to cover printing costs. *HANDS Exchange Vouchers* available for withdrawal for the market and future trading.

Non-members: To give non-members a taste of using HANDS, please direct them to the HANDS stall if they'd like to exchange Kiwi\$ for HANDS exchange vouchers to spend at the market (or take home as souvenirs). If they don't spend all of them they can re-exchange them for their Kiwi\$.

*1-2 pm: **Vocal Exploration*** workshop with accomplished singer & musician, Tina Bridgman: learning how to use the body to bring out your natural voice, including breathing, projection, grounding and mood. Finishing with songs. 5H.

Market News, continued

Summer Market at Blue Lake, Rototai

Market highlights: idyllic venue on member Theo Blyth's land, perfect weather, mellow energy; 19 stalls, plenty of good food; music by HuRuLeMaNgHa!; Terry's popular "It's a Small World - What do we have in common?" game won by Murray; David Dwyer's body percussion workshop; angel blessings; five new members; raffle prize – "holiday HANDper" of diverse donated items, won by Pedro, earned 74H for the Service to the Community Account.

Extra summer market on the Village Green

The Heart Art market in early February had 22 stalls with even more good food on another perfect day and a large crowd of members and non-members. Lovely casual atmosphere, great entertainment by Ederlezi. Many thanks to Grant for this opportunity.

Money as Debt

45-minute animated doco available to borrow

Why are most people in debt?

Why are home mortgage and business loan payments draining our income? Fractional reserve banking causes unnecessary financial hardship. The Reserve Bank is the problem and communities can be the solution.

Money as Debt reveals that ...

Centralisation is the Problem

Ever higher interest payments for mortgages, vehicles, credit cards force people into deeper debt with not enough money for food, family, fuel. Reserve Bank Notes in controlled supply and commercial banks charging interest cause endless debt with decreased incomes, decreased savings, depleted resources, boom and bust economies.

Decentralisation is the Solution

Reform legislation: interest free, inflation/deflation free, & debt free money
Government Notes issued with plenty of money for food, family, fuel.
Government Notes in sufficient supply and interest-free community banks create abundant wealth with increased incomes, increased savings, conserved resources sustainable economies
NZ legislation reform for interest-inflation-deflation free money and return to the people the sovereign right to issue money.

More info at moneyasdebt.net

Ring Ro or Joanna on 525 8448 to borrow the DVD. *The Money Masters*, a longer, more in-depth look at the same issues, is also available to borrow.

NEW MEMBERS

459 Margy Meys 17 Golf Links Rd, Clifton 525 7540

Colour consulting/interior design

Margy's work has been featured in NZ Home & Garden and Alfresco magazines.

460 James Coltman-Rogers 525 8057

462 Lyn Doiron & John Black Tui Community, Wainui 525 8399 (msg)

Lyn: quinn sack@yahoo.com John: johnoir@yahoo.com

L: Face painting, Reiki, design, murals, art; J: Carpentry

Want: car, furniture

464 Jim & Kathy Barnes 191 Rototai Rd, P.O. Box 260 525 8466

ongodzone@ihug.co.nz

465 Emma & Diarmuid Brazendale 55 Packards Rd, Motupipi 525 7013

emmajpackham@yahoo.co.uk

Fruit; tutoring—all primary subjects, especially special needs; swimming time in pool (warm weather), babysitting. D: labour.

467 Tenzin Kalden 32 Rangihaeata Rd 0210 541 011 525 7034 (msg)

tenzinkalden@hotmail.com

Reiki master, yoga teacher, meditation practitioner and lifestyle ...

lion tamer and conqueror of all I perceive...

468 Inna Alex & Tyson Hammond Tui Community, RD 1 Wainui

525 8399 021 132 1765

innadevi@arcor.de tysonhammond@yahoo.com

I: Shiatsu, hatha yoga classes, conversational German, photography, landscape design, environmental restoration advice.

T: Relaxation massage, naturopathy advice, reflexology

Want: produce, massage, sauna, horseriding, kayaking

469 Savitri Birds Clearing 021 489 655

savitri_ishaya@hotmail.com

Bee pollen, goats cheese (paneer), eggs, hot tub—8-person, natural spring water, wood fired (bring a group!)

Wants: produce

471 Silvia Schneider & Chris Rowse 11 Upper Rocklands Rd, Clifton

525 8588 five25nikaus@lycos.com

Organic produce and preserves, honey. C: Osteopathy 10% HANDS

Want: gardening/pruning

New members, continued

470 Aeven Claire 9a Factory Rd, Takaka 021 022 57781
eve_claire@yahoo.com.au

Trained organic facialist and pampering sessions; crystal healing; gardening; housesitting; child minding and babysitting; house cleaning; text typing and proofreading; vegan, gluten-free and raw ideas and recipes; dance creation, expressive movement workshops (Wednesdays at the Golden Bay Lodge); beautifying, design and creating space for functions, parties and events; travel tips and advice on over 30 countries; beginners Capoeira (afro/brazilian martial arts/dance)

Looking for: massage; crystals; yoga classes and retreats; fruit, veg & other food in Takaka.

472 Tom & Chris Laing 205 Patons Rock Rd
tac.laing@gmail.com

C: Baking, hand knitted socks, greeting cards, bookbinding tuition (how to make simple book structures).

T: Basic guitar instruction, building consultation for owner-builder and do-it-yourselfers (instruction, design), basic pc computer skills: Microsoft Word, Outlook Express, Excel, internet, email

Want: vegies, eggs, haircuts, advanced guitar lessons, vocal - singing coaching, native plant & bird identification, kayak rental

473 Marguerite Dooley RD 2, Puramahoi 525 7101
027 388 2279 mdooley@paradise.net.nz

Accommodation, business management, administration and public relations, writing, copy and proofreading, natural medicine, home organisation assistance, clothing design, winery experience, swim lessons, conversational Spanish

* * * * *

Member Profile, continued from p. 1

Donald would love to see H.A.N.D.ers used the internet more for quick updates. "Someone might have a garden surplus that needs selling quickly. An e-news brief about it that goes out to all H.A.N.D.S. members might be all that's needed." On his one-acre along Long Plain Road that he calls 'Cosmos' is a flourishing organic vege garden, so Donald may well be visiting your e-box soon.

This is the first of what's intended to be a series of member profiles written by Gerard. Please contact Joanna if you'd like to be interviewed for a future newsletter.

MEMBER UPDATES

* **New email addresses:**

#385 Gen de Spa: gendespa@gmail.com
#203 Brian Weston: goldenbayz@gmail.com
#445 Brenda Dundass: brendajoy@slingshot.co.nz
#113 Chris Shaw: exploregb@yahoo.co.nz
#418 Donald McKee: cosmos@actrix.co.nz

* **New phone numbers:**

#171 Helen Mead 525 6272
#417 Ngarie Jones & Wyatt Waters 525 9268
#437 Lorraine Cahusac 021 234 3577 (replaces land line)

* **New addresses:**

#365 Sarah & Troy Pascoe, 489 Abel Tasman Dr, Motupipi, RD1 Takaka, 525 8144, sarahgrace71@yahoo.co.nz
#146 Nic Wooding: 29 Abel Tasman Dr, Takaka
#467 Tenzin Kaldin: 32 Rangihaeata Rd, 525 7034 (msg)

* **372 Jay Robinson** 14B Wech Dr, Warkworth 09 425 9912
027 266 6866 jay_robinson@orcon.net.nz
Celebrant, socioecological consulting

Though Jay has shifted to North Island, he plans to visit GB often and remain a member of H.A.N.D.S. He writes: "I would be a celebrant from afar for a couple I know with whom I'd be in touch, and then land in the Bay for a quick trip to tie the actual knot. :) Socioecological consulting (by phone or email) ranges from politics to community planning to personal lifestyle to public presentations, etc. I do want to keep in touch with Golden Bayers!"

* *Returned from overseas*

071 Iona Jelf & Rory Jelf Pohara Valley 027 463 4932
jelliesahoy@hotmail.com

I: tree care – weeding, mulching, feeding, etc; gardening; childcare; respite care or live-in. R: eggs; chicks & chooks; natural control of rodents, stoats, possums (on the ground), hares, with fox terrier. If you know where your rats are, "Jed" will dispatch them.

* From #416 Sada & Jalal in Taiwan: "Happy to get your HANDS updates and to connect with the beloved Golden Bay community. We decided to postpone the time to go back to New Zealand due to lots of new happenings here. We are moving to build up the foundation of a new community of meditation, education and permaculture. Quite an exciting and challenging process! Wish you all the best for the New Rat Year!!"

Member updates, continued

Members on hold

#363 Tony Clearwater

#406 John Gilardi

Accounts closed at zero

#411 Tina Spiedell (living in U.S.A.)

#317 Suze Erskine (living in the U.K.)

No longer a member but not closing at zero

402 Susanne Harzer (left GB) -15H

ADS

For sale

* Firewood (temporarily): Cord of pine: \$100 + 30H, cord of blue gum: \$120 + 40H. If you have chainsaw and trailer, you can cut your own. #386 Richard Lochner: richardfluro@hotmail.com, 021 074 9920, 525 7400 (msg)

* 2nd, 3rd, 4th, etc-HAND bicycles – “rough & readies.” 20H each.
#418 Donald 525 8552.

* Coriander seeds, 2H/50g. Herb plants: anise hyssop, ashwaganda, garlic chives, gotu kola, horseradish, pineapple sage, rosemary, St Johns wort, wasabi, 3H each. #242 Ro&Joanna 525 8448.

* There's a pig & deer hunter who may be joining H.A.N.D.S. shortly. There could be wild pork & venison on members' tables before long.

Wanted

* Several members need help in their gardens. If you're available, please contact:

- Kathy L: 525 7226, kl@AncientEarth.co.nz, Central Takaka. (several hours a week)
- Brian D: 525 9904, doddsbr@nmb.quik.co.nz, Central Takaka (several hours a week, also needs lawn mowing)
- Sue M: 525 9594, Motupipi (an hour or two occasionally)

* Small chest freezer to buy or hire. Anything considered. Kiwi\$ or HANDS. #373 Alison & Glenn: 525 7675.

* #429 Bay Subtropicals is looking for a permanent farm worker to help on the organic orchard 15 hours per week. Accommodation, phone, power, and food from the farm provided. Ring Debbie on 525 9327.

PAPIMI THERAPY

*Advanced Health Care Technology using
Pulsed Electro Magnetic Induction*

Papimi's ion magnetic induction is remarkably effective in healing, regenerating and revitalising unhealthy cells. The result is tissue regeneration, cell detoxification, mental clarity & well being. Safe & comfortable. For medical advice, see your doctor.

Frances Armitage

QUALIFIED PAPIMI PRACTITIONER

38 Meihana St, Takaka 525 8012

Half HANDS accepted



Enjoy a relaxing & therapeutic massage in my home.



40-minute session: \$10 or 10 HANDS
Includes stretching & aligning the spine & holding acupressure points along the spine, with far

The Ceragem massage table – Thermal Acupressure Massage Therapy Ceragem technology combines the principles of Western & Eastern medical science to

- Aligns spine into natural position, very helpful for back problems
- Relaxes the muscles, relieves stress and body aches
- Improves blood circulation, stimulates metabolic rate
- Detoxification
- Improves immune system and the body's own healing power

***For more information or to book a massage please contact
#397 Jan Holdaway in Paton's Rock
525 7470 or mjholdaway@slingshot.co.nz***

*Going Away? Need Time Out?
Need Personal Assistance?*

*Do you need someone to look
after your loved ones,
or yourself, for a weekend,
week or month?*

*Call Nanny Pema — a fun,
mature, loving Buddhist
woman experienced in
caring for children, elderly
and others with special needs.*



525 8776 0211140909
alex_padma@yahoo.co.uk
Part HANDS accepted

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.Sc

22 Meihana Street

525-7674

judith@jrothstein.org

Part HANDS accepted



14th–16th March, Tui Community, Wainui Bay

MOVE YOUR BODY, STILL YOUR MIND

Experience an inspiring weekend of
Hatha-Yoga, meditation, dance, massage, organic food
One-day option, part HANDS & early bird rates.

For more info & to book, please contact Inna:
525-8399 or innadevi@arcor.de



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: 246 member
numbers accounts), 325 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: 7139H

month	# of trades	HANDS traded	average trade
Dec	196	5815.07H	29.57H
Jan	140	3503.84H	25.03H
Feb	386	5236.27H	13.57H
Total	722	14555.18H	22.72H

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:

Most Tuesdays, 12-3 pm
194 Commercial St (last house on right)
Please ask non-members who want to join to
make an appointment with Murray to ensure
that he'll be there

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 or pay NZ dollars,
or a combination, to restore their balance to zero.

H.A.N.D.S. Committee

- Murray Rogers** 525 8286
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malcolmmckellar@excite.com
- NgAng** 525 7646
ngang@ngangart.co.nz
- Joanna Piekarski** 525 8448
rojoanna@ihug.co.nz
- Terry Burgess** 525 7422
gringosinthemist@yahoo.com
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cosmos@actrix.co.nz
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