

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. 85
June – Winter 2008

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

LOVE and 444

— by Alison Ramsay

Have you got a HANDSome, helpful someone in your life who deserves a little recognition for their community contributions? But how ... but what, you may wonder? Well ponder no longer my friends, there's a new account in town and it's bursting with bountiful non-dollars. Welcome to 444: the 4tunate 4formation 4 HANDS account, 4med at the H.A.N.D.S. Annual Meeting in October. Our thoughtful committee members decided our colourful community volunteers could do with a little extra something to show appreciation and reverence for their heartfelt toils. 444 is the way, so let's get giving!

The 444 account is very user friendly. It's just like any HANDS account, with an initial limit of 500H. It's credited by donations from us (the beautiful H.A.N.D.S. members of Golden Bay!), and fuelled by the power of MARKET RAFFLES.

Market raffles – the Christmas HANDper, autumn produce, and the upcoming winter market raffle of H.A.N.D.S. products or services – are used to raise funds for the account. Hundreds of HANDS have already been raised by raffles, so don't underestimate that jar of jam. There's HANDS in fruit!

In just a few weeks, at the HANDS Winter Market, a community soup will be cooked by Michael & Delphine (with help from you) and served with their fresh baked bread. Bring a mug! The soup will be sold with profits to 444 and to our hungry bellies. For details see page 8.

444 has already been busy thanking. Ask NgAng about his 444 surprise after building a seagrass stairway at Tarakohe to help keen gardeners with their collections, or Stuart for his work with the hanging baskets which beautify the town, or Helen Mead for projecting those great docos outside the regular Village Theatre program.

If you have a helpful HANDS member you'd like acknowledged for their humble contributions to Golden Bay or know of a community project where members could be paid from the account, then please don't be shy, and let a H.A.N.D.S. committee member know about it.

Let's live in love and gratitude: Long live 444!

H.A.N.D.S. News

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

100 people, including about 20 non-members, were greeted by Malcolm as they entered Pohara Hall on the rainy night of Sunday, 27 April. The sights and scents of autumn filled the room, with foliage and flowers decorating the stage, walls and tables. Judith brought beautiful floral bouquets for the tables, plus extra flowers to pin in our hair. Rita & her children and Chris & Tom Laing had gathered a bounty of branches and leaves in autumn colours, and Donald brought an abundance of hydrangeas. Aeven, Rita, Stef & children, Martine, Denny, Donald, Murray, Malcolm, Lawrence, and NgAng set up and decorated the hall.

Feastgoers had fun getting acquainted and learning some interesting facts about one another with Terry's "In the Know Bingo." Six lucky players won donated prizes when their finished cards were drawn later in the evening.



After a heartfelt blessing by Shanti & Theron, the Feast itself began with big pots of warming soups brought by Jim & Kathy, Ute and Izzie, accompanied by Stef & Rita's fresh baked bread, which had been cut into 139 slices by Lawrence and Denny. The Community Gardens provided salads for 90, and Jim & Kathy brought the rest. The hearty mains were cooked by Uta, Delphine, Alison, Dilyse, David Dwyer, Jessica, Murray and Kerstin. The meal was crowned with scrumptious desserts baked by Janet, Martina, David Dwyer, Vicki Spiers, and Maggie. Izzie made chai & Joanna prepared herbal teas from her garden. Terry joyfully and competently coordinated all the preparation and serving, with assistance from by Karen, Izzie, David D, Martina, Joanna, Janet, Aeven and Kerstin.

continued on page. 3

DJ Carlos set the mood with ambient music throughout the evening. Other entertainers were Amira playing the harp and Jochen on piano. Children and adults enjoyed creativity at "Weave Your Web," G.J. and Suzimo's delightful children's area. It was obvious that they're professionals at organising children's activities.

NgAng as M.C. ensured the transitions flowed smoothly. The evening closed with a slideshow of sacred sites by Caitlin and Sika. The cleanup crew was Karen, Malcolm, Terry, Izzie, David, Martina, Joanna, Murray, Ro, Donald, Denny, Rita, Karlin and Mark H.

The Feast Committee – Murray, Terry, David D, Joanna – would like to thank all the H.A.N.D.S. members who contributed their skills, effort and enthusiasm to co-create a lovely evening. Everyone was to be paid in HANDS from ticket sales, but some said their help was done "for the love of it" or as "their contribution to our beautiful H.A.N.D.S. community."

<http://community-exchange.org>

After entering her first transaction on our community-exchange.org website, another member wrote: "Brilliant! I'll now use the online HANDS system. It's really easy. Saying it took less than one minute to do it spurred me on." More and more members have begun entering their own transactions, easing the workload on Malcolm and Murray. If you'd like to have the simple instructions and your password emailed to you, please let Joanna know, or stop in and learn HANDS-on from Paul Woodward

H.A.N.D.S. website workshop 14 June

Learn how easy it is to enter transactions, check your account statement, and more! Paul Woodward is offering another free "show & tell" to get you started. It's on Saturday, 14 June, from 10-10:30 a.m., at the Gazebo, 7 Hiawatha Lane. Please ring to book: 525 7055.

HANDS installment payments

A member recently bought a high-priced item from another member for HANDS. Since paying all at once would have brought her account over the limit, she's paying it in installments. No interest with HANDS!

Networking through H.A.N.D.S.

Another member sold some high-priced items through the H.A.N.D.S. email network. She wrote: H.A.N.D.S. proved more effective here than the supermarket advertising board, GB Weekly, TradeMe and the Nelson Buy, Sell, Swap newspaper. She also wrote, "[One buyer] said he wouldn't have been able to buy the item if he could only buy it for \$ so pretty cool, eh."

Local Employment & Trading Systems National Conference

From 11-13 April in Porirua, Murray attended the annual NZ LETS gathering along with about 20 others including Helen Dew of the Living Economies Trust, a local currencies researcher from Japan, and one of the originators of the Community Exchange System (CES) website from South Africa. The theme was *LETS and Community Change*, with a focus on information and discussion about relocalisation and the fast-growing worldwide Transition Towns movement. Following the lead of Kinsale, Penwith and Totnes in the UK, communities are beginning to plan for energy descent — the transition from oil dependency to local self-reliance. Waiheke Island was the first Transition Town in NZ and many NZ communities, including Golden Bay, are starting to look into what they can do to prepare for the end of cheap oil, accelerating global warming and the collapse of global economies.

Conference goers heard that each community is advised to develop its own solutions utilising the many skills and resources they already have. Local currencies are a foundation for self-reliance. Communities with experience in these systems can assist others in organising them. Governments including local ones cannot do relocalisation for us. It has come from the grassroots, from towns, suburbs, neighbourhoods and communities. For those who have been struggling for years to get green ideas, projects, warnings and systems accepted and adopted, the time for action is now. For more information: <http://www.transitiontowns.org/> and <http://www.relocalize.net/>

The conference also shared information about other LETS systems in NZ and overseas. Korea has had a big increase in local currencies in part because they're extending the skills of homemakers to other families. Successful exchanges have a core group that meets regularly, ensures its vibrancy, and keeps the finances in order.

A seven-member committee formed at the LETS Connect AGM. It was agreed a national conference is valuable for mutual support. An international LETS Conference was proposed for 2010 in a city such as Christchurch or Wellington. When asked if H.A.N.D.S. might host the 2009 LETS conference, Murray replied, "Perhaps 2011!"

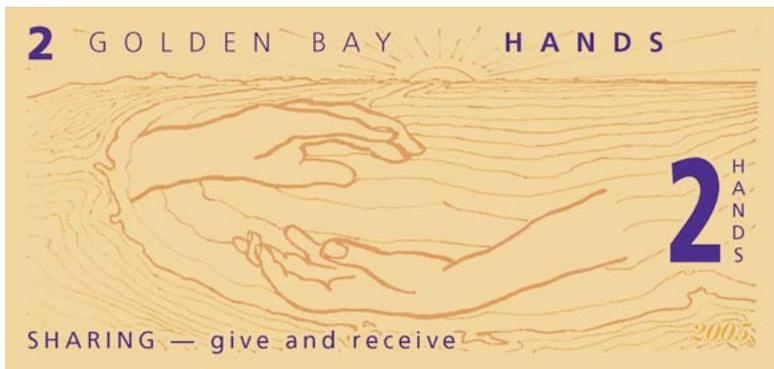
The Totnes Pound

Golden Bay's Nicola Basham visited several of the UK "Transition Towns"—Kinsale, Penwith, Totnes—that are working on localisation and energy descent with initiatives similar to, but further along than, Self-Reliant Golden Bay. She interviewed at length one of the developers of the Totnes Pound, which are like HANDS exchange vouchers with the big difference that they're used by over half of all businesses.

Nicola met with members of the H.A.N.D.S. committee and other H.A.N.D.S. members to explain how the Totnes pound was launched and how it works.

Local currency systems provide the opportunity to strengthen the local economy whilst preventing money from leaking out of the community. She said that in Totnes, population 8000, economic localisation is considered a key aspect of the transition process.

Totnes has the advantage of having in town the innovative Schumacher College, founded in honour of the internationally influential E.F. Schumacher, proponent of decentralisation and author of the classic 1973 *Small is Beautiful*. Publicity — lots of it and in many different forms — is another key factor in the success of the Totnes pound. 18 businesses were part of the first three-month trial period, and fifty are participating in the second, longer, trial. The Totnes pound notes are used just like English pounds, but only in Totnes. This is the same as HANDS exchange vouchers. The difference is that residents can get hold of the notes not only as payment from other residents (like HANDS EVs) or as change from shops, but by exchanging 9.5 English pounds for 10 Totnes pounds at "issuing shops." 10,000 Totnes pounds have been issued.



HANDS Exchange Voucher

Designed by NgAng in 1, 2, 5, 10 and 20H denominations.
First day of issue 23 October 2005. 7140 currently in circulation.

H.A.N.D.S. profile: Members #397 Jan & Mark Holdaway

— by Gerard Hindmarsh

Jan and Mark Holdaway did the big lifestyle change almost three years ago when they sold up their 5000 stock-unit sheep farm at Dairy Flat just north of Auckland and move to a 16-hectare block of coastal land along Patons Rock. Their desire was to lead a more holistic life, yet utilize the skills they had learnt along the way. The Envirofarm Ltd business that Mark set up here already receives good support from the farming community. Much of the work he does is maize and seed drilling, with an emphasis on getting soil structure and condition just right. An organic crop of corn that they grew as an experiment on their property proved a sellout hit at a recent HANDS market, and it's got them thinking potatoes as well for next season.



Photo by Judith Rothstein

Jan's current main offering for HANDS is 40-minute sessions on her thermal acupressure (Ceragen) massage table, for which she charges 10 HANDS. "I want to keep it affordable so that everyone who needs some spine alignment or even just relaxation can get to use it," she says. Infrared panels in the table provide warmth that aids relaxation and stimulates the blood. The principle of Jan's therapy is that stretching and aligning the spine activates the immune system.

The Holdaways' HANDS account recently became a family affair when their 14-year-old son Brodie added his name to their H.A.N.D.S. skills list, offering to do any small household or garden jobs.

New member offers prize-winning baking

— by Janet Huddleston

In the early 90s I was a member of PLEBS (Plains Exchange & Barter System) in Christchurch, selling imported clothing and jewelry at the markets. I couldn't use all the PLEBS I earned. The administration fees were \$25 per year and that added up. Here in Golden Bay, membership fees are reasonable and there are plenty of ways I can spend my HANDS. The green dollar concept seems to work much better in a smaller place where more locals are supporting it.

When I joined H.A.N.D.S. at the autumn market, I wondered how I could earn HANDS. When the request came for desserts for the Autumn

continued on page 7

Feast, I decided to bake some of my specialities. I made Southern apple pie, pumpkin pie, rhubarb cake and quince paste. They proved so popular I've been baking and selling them ever since. My partner, Paul Kilgour, helps with chopping, dishwashing and tasting.

The pies won first and second place at the Mussel Inn sweet pie competition in 2006. The crust recipe originated in Louisiana and came from a black woman named Lucille. My great Aunt Sara in Mississippi provided the recipe for the apple pie filling. This pie has been baked on all seven continents including Antarctica. My mother and sister have won prizes with this family recipe too. The rhubarb cake won the 1975 grand champion culinary award at the Tanana Valley Fair in Alaska.



The pumpkin pie is traditional autumn fare, especially at Thanksgiving and Christmas feasts. Many people here know pumpkin only as a savoury treat or even just as stock feed. This smooth and mildly spiced pie still conjures up memories of holiday meals with my family in Tennessee. Many of my repeat customers are North American, as these pies provide a taste of the homeland.

Quince paste, also known as membrillo or contignac is a delicacy made of quince and organic sugar boiled into a jelly. It's excellent served with soft cheese and crackers. I'm also making organic fruit leathers from rhubarb, quince, feijoa, apple, or whatever is in season. These can be made with honey or evaporated cane sugar. These are great for school lunches, snacks and tramping. I'm available to teach cooking lessons too.

Because of the price of the ingredients, it's good to get part Kiwi\$ for my baking. I use organic flour, sugar and produce. I'll have a stall at the HANDS market on June 29. If you want to purchase a whole pie or cake, please contact me. It's helpful if you can provide your own baking dish.

Prices:

Pies: 15H + \$10 each (family size, serves 8)

Cakes: 10H + \$8 each (more for gluten-free)

Fruit leathers: 2H each (or half Kiwi \$)

Quince paste: 1H per 25 grams

You can try slices of the pies and rhubarb cake at Dilly-Dally, 53A Commercial St (Tutti Frutti ice cream shop in summer). Stephanie Hartill is running the shop for the winter and accepts HANDS exchange vouchers.

#480 Janet, 525 7383, huddleja@xtra.co.nz

Editor's note: If you have a unique H.A.N.D.S. offering, please send a description for a future newsletter.

MARKET NEWS

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

Sunday, 29 June, 11 am - 2 pm
Autumn Farm, Central Takaka (fine or light rain)
Kotinga Hall (heavy rain)

Entertainment: Caitlin & Sika

Food: It's lunchtime and food stalls are needed. Please let Joanna know. Kiwi\$ expenses not covered in sales can be reimbursed through a HANDS-Kiwi\$ exchange.

Community soup: Please bring a mug and ingredients for a pot of hearty winter soup — veges or herbs washed and cut up, ready to go into the pot; cooked lentils or beans; a quick-cooking grain. Please Joanna know what you plan to bring. The soup and bread baked by Michael & Delphine, will be sold for 5H, with profits to the 444 Service to the Community account.

Raffle of H.A.N.D.S. products & services — vouchers for a class or for time any service, or produce, chutney, plants, craft & artwork, etc. This raffle will have many winners. 2H per ticket. Proceeds to the 444 "Service to the Community" account. Please bring items to the market, or if you'd like to contribute something but can't get to the market, you can arrange with Terry 525 7422 to bring it to her at 16 Hiawatha Lane.

Kids' games for all: 11:30 Relax & have fun. Led by David Dwyer.

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

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.

Winter Market, continued

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\$.

Rain plans: If rain is uncertain or it's light rain, Autumn Farm's large garage, verandahs, and large gazebo will be used. If you have a gazebo or other shelter, bring them if it's light rain. If it's heavy rain, the market will be at Kotinga Hall.

Autumn Farm is located on Central Takaka Road. Coming from town on SH 60, turn left at the hospital and it's on the left, opposite Central Takaka primary school.

All welcome!

Autumn Market at the Mussel Inn

An abundance of diverse stalls, great entertainment, plenty of great food, and a large crowd meant that stallholders and shoppers at this market were all very happy. Donald's interview about H.A.N.D.S. on Fresh FM the day before, which included an invitation to the market, may have helped boost attendance. Buskers were Patrick Riddett, David Dwyer, and Jochen Maurer, and the World Choir also performed. Terry sold 120H of raffle tickets for the 444 Service to the Community account. HANDS in this account are used to acknowledge members who do volunteer work that serves the community. The beautiful box of fresh produce donated by members was won by Claire & Natalie.

*Why did the two green dollars cross the road?
It was an excuse to join HANDS.*

NEW MEMBERS

463 Kelly Bannister & Josh Harley 420 Glenview Rd, Motupipi
525 7600 motorpipi@xtra.co.nz
Organic vegetables, childcare, DJing - music for all occasions
[Their veges have finished for the season ... until further notice.]

475 Jochen Maurer & Ute Guentner
RiverSea, 65 Battery Road, Patons Rock 525 9552
joachim.maurer@gmail.com ugentner@gmail.com
Baking (e.g., bread, cakes), chemistry related consultations, herbs
(seasonal). J: Music teaching (e.g. piano, guitar, rhythm, theory), sculpturing
(e.g., sinks, ornamental walls, garden sculptures)
U: climbing for beginners, gardening

Looking for: clay oven (for pizza & bread baking), building & building
materials - old windows, doors items to build a small cabin, horseriding,
cheese, fish (fillets), cleaning, yoga lessons (Astanga)

476 Denny Reid 525 9007 denny.reid@aquaduckt.co.nz
General HANDyman, high-tech & low-tech fiberglass work, bicycle
mechanics, spreadsheet design, digital photography processing with
PhotoShop

477 Angela Herbert PO Box 277, Takaka 027 618 1404
nature'sspirit@ww.co.nz
Medical herbalist - diet & lifestyle, iridology, face reading, tongue diagnosis,
personalized herbal remedies/tinctures, flower essences; spiritual healing
with clairvoyance, intuitive healing; ecologist, Sacred Ecology workshops;
beeswax candles; ointments, herbal teas

478 Rebecca Reider 48 Rangihaeata Road 525 6111,
027 359 4522 rebecca.reider@gmail.com
Writing & editing - all forms; poems composed & spoken - all topics &
occasions; gentle energy/aura balancing; goji juice

480 Janet Huddleston & Paul Kilgour
65 Fraser Rd RD 2 Rangihaeata 525 7383 huddleja@xtra.co.nz
J: Baking of pies & cakes, baking lessons, fruit leathers & quince paste, ESL
tuition, proofreading, calligraphy, Antarctic presentations & travel information
for over 50 countries

New members, continued

481 Elvira Pontier-van der Waay & Peter Pontier

14 Fenwick Rd, Rangihaeata, P.O. Box 247, Takaka 525 8485
E: Photography (digital/non-digital), garden plans, computer skills
(photoshop/adverts), mosaics

482 Martine Jimenez (Sita Devi)

34 Motupipi St, 525 7119
House cleaning, street theatre, performing, sweat lodge building/leader,
native American drumming/chants, gardening, childcare, dogsitting
Wants: eggs, fruit, veges, piano

483 Marea Neill 44 Gibbs Rd, Collingwood 021 940 810

kiwitide@yahoo.co.nz

Tutoring for NCEA Science & Biology plus junior maths, computer skills
(Word, Excel, PowerPoint), CV writing from start to finish with interview
skills, regular rides to Motueka (during week and weekends), marine science
consultation, SCUBA diving (clean hulls, props and replace zinc's), SCUBA
diving have-a-go (Dive Master), snorkeling instruction for all ages,
photography (six photos published so far ☺).

Wants: gardening, labour

MEMBER UPDATES

#071 Iona's new phone number: 525 7562

#157 Caitlin & Sika's phone number: 03 974 3221

#472 Tom & Chris Laing's phone number: 525 6128

#387 Dale's new email address: dalewelty@gmail.com

* *Back in the Bay:*

039 Red Westrupp & Jane Cassie Collingwood-Rockville Main Rd,
Box 26 Collingwood 524 8315

044 Remy Kalma RD 2 Tukuruu 021 1398 763

Carpentry, horticulture

426 Gert-jan Heijneman & Suzimo Schreuders Clifton

021 0537253 hands@eleven.nl

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

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

continued on page 12

* *Revised listings*

397 Jan, Mark, & Brodie Holdaway

282 Patons Rock Rd, RD 2 Takaka 5257470 mjholdaway@slingshot.co.nz
Veges, pine cones, Ceragen massage table sessions; healthy, high quality,
low-caffeine coffee with anti-oxidant ganoderma extract.

B: small household or garden jobs.

433 Izzie Birnie 027 711 9479

sallybear_9@yahoo.co.nz

Childcare; labouring (anything around the house or garden); basic harakeke
weaving; typing, transcribing and editing of any kind; massage; house and
animal-sitting

Looking for: music lessons (particularly cello & piano), natural carpentry skills

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

ongodzone@ihug.co.nz

Editing/proofreading. K: light gardening, home organization and beautifying
assistance. J: tutoring for NCEA English and junior level

Members on hold

#173 Di Gingell (in Nelson)

#253 David Hicks (traveling overseas)

#262 Andrew Smith (overseas)

#367 Tina Bridgman (in the UK)

#470 Aeven Clair (away until September)

#476 Denny Reid (in Oz)

Away from Golden Bay

#105 Grayham Forscutt (in Nelson)

Accounts closed at zero

#085 Lorraine & Trevor Polglase

#250 Irene Cleary (shifted to Christchurch)

#361 Andrew Morin (back in the U.S.A.)

#385 Gen de Spa (leaving GB)

#395 Andrew Schwerin (back in the U.S.A.)

#408 Levity Beet (shifted to North Island)

#431 Alexa Soleil & Brian Gibson (returned to Australia)

#439 Kath & Noel Riley

No longer a member but not closing at zero

#178 Hilary Couves -318.05H & #330 Green Village Hall -307H

ADS

For Sale

* **NgAng Art for HANDS**

NgAng is accepting 250H toward any original painting or print (cards excluded) until sales reach 1000H (or four 250H sales). Check out www.ngangart.co.nz or his studio/gallery, 46 Rototai Road (11am-5pm or by appointment). 525 7646.

* **Spectral Encoding**, #105 Grayham's "fragile, sparkling and sublime" solo piano music based on the sacred geometry of the phi ratio. 18H. abell3627@hotmail.com. Cover artwork available (332 kb)

* New *Skellerup rubber steel capped boots*, size 12, nice innersoles. 60H ono (bought for \$125). #392 Tess 525 9447 or 027 362 5598.

* Small therapeutic **magnetic blanket**. Offers. #467 Tenzin 525 7034.

* **Mending** of both material clothes and woolens, i.e., darning. 12H/hour. #275 Karen 525 8874.

* From #429 **Bay Subtropicals**:

Current organic/spray free produce available at the Bay Subtropicals HANDS Stall, 112 Tangmere Road: avocados, feijoas, persimmons, sapote, lettuce, pak choy, herbs, mandarins, tamarillos

* **Mandarins**. 3H/kilo. Available July. #001 Anne, Central Takaka, 525 8422.

BodyTalk - WellSpring Essences

Reiki sessions and attunements

Practising Thursdays & Fridays at 127 Commercial Street.

Recently completed advanced module of BodyTalk, including working with the five senses at physical and subtle levels to clear their 'filters' of past experience enabling us to experience life more clearly and fully; and working with 'Consciousness,' both at a general level (beliefs about time, separation, guilt/fear etc) and specific consciousness states of organs, endocrine glands, body parts.

I'm excited about this expansion of my work, and welcome inquiries.
International BodyTalk Association www.ibaglobalhealing.com

#026 Tania Marsden: wellspringessences@gmail.com
027256 6748, 525 8285 (message)

Happyzine - Because good news makes a difference

Subscribe to the good news - 20 HANDS for six months

Happyzine is dedicated to focusing on the brighter side of life. It's a positive news, monthly electronic magazine with a strong New Zealand/Aotearoa flavour. Each issue features pieces on the environment, youth, and inspiring New Zealanders. Happyzine also includes general good news, opinion pieces and more. For around the price of a good cup of coffee, subscribers receive a monthly burst of inspiration.

charlotte@happyzine.co.nz

www.happyzine.co.nz

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



Wanted: Someone who can do animal whispering -- talking to unwanted animals in the house or garden and telling them to go somewhere else. #340 Lynn 525 7027, Rangihaeata.

Wanted: Garden tidy-up helpers at the Golden Bay Community Gardens. Very flexible hours: one off, every now and then, fortnightly, weekly, etc. #448 Paul 525 8337. Produce from the Community Gardens is sold for HANDS at the stall.

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: 248 member numbers (accounts), 326 total members

Vouchers in circulation: 5579H

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
March	166 H	4539.54 H	27.35 H
April	327 H	10219.19 H	31.25 H
May	224 H	6154 H	27.47 H
Total	717 H	20913 H	28.69 H

Account Statements & Balances

E-mailers:

Your statement is emailed to you monthly.

Hard copy-ers:

Pick up at GB Organics until they're mailed with the newsletter.

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

By appointment with Murray, 525 8286.

H.A.N.D.S. noticeboard & email network

Post ads, view updates, and use transaction slips in the Wholemeal Foyer.
Send items to Joanna for circulation to over 200 member email addresses.

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 and/or pay NZ dollars to restore their balance to zero.

H.A.N.D.S. Committee

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