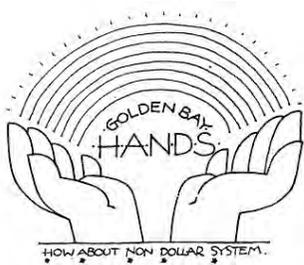


## H.A.N.D.S MISSION STATEMENT

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. 86**  
**September – Spring 2008**

goldenbayhands@ihug.co.nz Ph 525 8448, 525 8286  
PO Box 156, Takaka <http://community-exchange.org>  
Circulation 300 Established 1989

## Tui Events joins H.A.N.D.S.

The Tui Spiritual & Educational Trust is passionate about providing personal growth events for people of all ages. The Tui Education Group is organising exciting events for the coming season and some events are accepting part HANDS.

Tui events are held at Tui's outdoor event park, known as the Treefield, a tree-filled park comprising a kitchen/dining complex with an open fireplace, classroom, unique ablutions block, tipi, hot tub and canvas sleeping structures. The heart of the Treefield is the Pentacle, a huge, inspiring canvas structure which houses the Heart Fire where we share our stories in circle. The Treefield borders Wainui Inlet, five minutes' walk from the Abel Tasman National Park and its glorious beaches and tracks.

Two events accepting part HANDS this summer are:

### *Women's Event*

The Tide is beginning to shift. Step into your place in a circle of women and celebrate the Feminine power. Recognize your intuitive knowledge and come to know your Individual depth. How do we integrate our way of being in the world? Create, voice, sing, dance and breathe your being at this Women's Event.

### *Living the Wisdom of 50+*

Explore what it means to be walking into the second half of life—the footprints that brought you to this moment and moving forward into the unknown. Share your gifts with clear vision, integrity and open heart.

Contact Jessica at [events@tuitrust.org.nz](mailto:events@tuitrust.org.nz) for more information about Tui Events.

## **H.A.N.D.S. NEWS**

### **New H.A.N.D.S. directories 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-four new members have joined H.A.N.D.S. since August 2007, over 20 members have left, and there are many changes to members' contact details and offerings. The information in the directory is correct to the best of the committee's knowledge - at least until more changes begin!

The covers of other H.A.N.D.S. directories over the years have been orange, yellow, green, blue, indigo and violet, so this one is ... RED! Printing cost was \$3.20 per copy. The price is koha for members who joined since the previous edition in February 2008 (#473 and above). The price for other members is \$3. The directories are available from any committee member, at the Organic Shop and at H.A.N.D.S. markets and events.

H.A.N.D.S. trades are not limited to offerings in the directory. Anything can be sold and any skill offered. HANDS exchange vouchers can also be offered for trades with non-members.

### **HANDS Exchange Vouchers available at the Organic Shop**

H.A.N.D.S. members can now see Murray at the Organic Shop to withdraw HANDS exchange vouchers from their accounts or redeposit them. His usual schedule is Monday and Friday 9-1, Wednesday 9-5:30, and Saturday 9-2. Or you can ring him to arrange another time: 525 8286.

### **HANDS Exchange Vouchers at Bay Subtropicals & Waitaha Gardens**

The Bay Subtropicals stall is now accepting only exchange vouchers from H.A.N.D.S. members. There's no longer a book for recording your purchases. Debbie tried valiantly to continue with the book but there were too many illegible entries, wrong or no account #s, people who both wrote in the book and paid with exchange vouchers, etc and it was too time-consuming for her. New members Pete & Tama, who are growing veges, fruit, nuts and herbs for the Waitaha Gardens stall at 400 Abel Tasman Dr, Motupipi, are also accepting only exchange vouchers as payment from H.A.N.D.S. members.

### **H.A.N.D.S. Annual Membership Meeting**

The Annual Circle of H.A.N.D.S. – Open Opportunity, or simply ACH-OO is set for Monday, 20 October at the Community Gardens Earth Building at 7:30 p.m. Cake, free smiles on offer, HANDY messenger and financial reports, chat about H.A.N.D.S., select the committee for the next year. Perhaps you'd like to join the H.A.N.D.S. committee. All are welcome to attend.

### **"HEARTFELT" Felting**

The "HeartFelt" Golden Bay Felting Group meets the third Tuesday of each month, 10 a.m.-5 p.m. at the Senior Citizens Hall at the back of the carpark behind the Catholic church. All are welcome! This is a "play" workshop where experienced felters and new felters will connect to share knowledge, skills, and inspiration for the joy of making things from felt! We will use wet felting and needle felting techniques. For those who are new to felting, there are some good books at the library and a wealth of knowledge on the internet to explore. We will work on individual projects and a group project.

Some bits of wool and other tools will be available for use. Aline D'Aoust lists wool and dyes for sale on HANDS: 525 7350. Needles for dry felting and wool can be purchased from Anne at WoolCraft outside of Nelson: 03 541 8161. There is much on TradeMe to sift through as well. If you have carding combs, spray bottles, bamboo mats, felting needles, or wool to bring and use or to donate or sell please contact Amira.

The fee is 5 HANDS or Kiwi\$. Bring felting supplies, lunch, snacks, and your favorite tea. For more info, contact Amira: amira@mudfaerywood.com.

### **Money Myth Explodes for the Fifth Time**

Seven H.A.N.D.S. members are performing Murray's skit *The Money Myth Exploded* at The Price of Milk variety show at the Village Theatre on 6 September. The skit, a comedy with a serious theme, is based on a classic story of the socially and environmentally damaging intrusion of interest on a previously prosperous and compatible group of desert island castaways. The skit was previously performed at a South Island LETS conference held in Golden Bay, at a HANDS market, the GB High School economics class, and at Mardi Gras.

### **444 Update**

The most recent gift of appreciation from the 444 Service to the Community account is a donation of 25H to our Community Board members in recognition of their struggles with the TDC for the benefit of Golden Bay. All the Community Board members, Joe, Carolyn, Leigh and Karen, are H.A.N.D.S. members. Three H.A.N.D.S. committee members will attend a Community Board meeting to present the HANDS Exchange Vouchers. Donations from members to the 444, either one-off or regular, are welcome.

### **Market venues needed**

Please let a committee member know if you have a suitable property and would like to host a future market. Market hosts are paid 30H.

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

Sunday 21 September, 11 am - 2 pm

Rain or fine

Hinterland, Puramahoi (SH 60, 12 km west of Takaka)

All welcome!

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

\* *Entertainment*

12-1 pm: Donna Halliday - guitar & vocals

11-12 & 1-2: Pianist, singer, multi-instrumentalist Francis Maxino presents an assortment of his own material

\* *Kids' games for all* with David Dwyer

\* *Art-In:* Help create a group artwork to be raffled with proceeds to the 444 "Service to the Community" account. Facilitated by NgAng. 1H to participate, includes raffle ticket. 2H for raffle ticket alone. HANDS in the 444 account are used to acknowledge members who do volunteer work that serves the Golden Bay community. Acrylic or any water-based paints are needed. Please ring Terry on 525 7422 if you can donate some.

\* Perennial plant exchange: 12ish – more info on next page

\* *New members joining time:* 12:30. Please let non-members know.

\* *Herb walk with John Massey:* 1-1:30, HANDS koha.

\* *HANDS quarterly fee is waived* for stallholders.

\* Stalls can be set up outside or in the spacious renovated shed

\* *New H.A.N.D.S. directories available:* koha for members who joined since August 2007 (#473+) and \$3 for existing members to cover printing costs.

\* *HANDS Exchange Vouchers available* for withdrawal for the market and future trading.

\* *Non-members:* Please direct non-members to the HANDS stall if they'd like to exchange Kiwi\$ for HANDS exchange vouchers to spend at the market (or take away as souvenirs). If they don't spend all of them they can re-exchange them for their Kiwi\$.

**\*\* Perennial Plant Exchange at the Spring Market – facilitated by Em \*\***

Interested in enhancing the beauty of your perennial garden? Got some plants that need division?

Em will set up an area first thing in the morning for people to bring their potted up plants ready for direct exchange. At 12ish, the exchange will begin. If you bring in one perennial you take one home; if you bring in five, you take five home, etc. No one will be counting - this will work on the honour system. Any plants left over will be priced at 2H each and available to anyone, with proceeds donated to the 444 "Service to the Community" account.

All plants and seedlings accepted — natives, herbs, berries, fruit, nuts, ornamentals, bulbs etc. Em recommends plants be potted up to the size of a four-inch pot or something valued at about \$4 - \$6 commercially downtown. Please ensure your plants are clearly labeled with their common and/or botanical name.

*Available at the market ....*

***The Rayman* — a new novel by #474 Ray Parkes  
Special price for Golden Bay: \$15 or \$10+5H**

*The Rayman* tells the tale of a gifted musician and visual performer who falls into a mystical and challenging adventure in a place that has all the bounty of our world but none of the damage.

"*The Rayman* opens your eyes to a whole new world of ideas and ways of being. A truly adventurous ride from beginning to end, *The Rayman* will keep you completely engaged with the possibilities of the human mind and spirit. This novel launches the new genre of spiritual fiction in a way that you will not soon forget. *The Rayman* is a book that will get into your mind and heart and show you the way to true healing." —Katherine Dreyer, Co-founder and CEO, ChiLiving, Inc.

525 8801 ray@naturalportal.info  
www.therayman.com www.naturalportal.info

**H.A.N.D.S. summer market at Tui Community**

This year, the H.A.N.D.S. summer market will be held at the Tui Treefield, on Sunday 14 December, 4-7 p.m. Enjoy a healthy exchange of HANDS, with vegies, art, crafts, food and performances all nestled in a canopy of trees and close to the beach. Stay overnight if you like! Details in the summer newsletter in early December.

## H.A.N.D.S. Winter Market, June 2008

— by *Rebecca Reider*

I arrived at Autumn Farm on an overcast and calm Sunday morning, just back from a three-week work trip around the South Island. What a warm welcome home it was – indeed a reminder of why I feel honoured and joyous to live in Golden Bay. Smiles and hugs greeted me from the moment I stepped through the gate. A rainbow of colourfully decorated human beings reminded me quickly that this is unlike any other place on the South Island! Everyone seemed to be beaming from a morning of constant conversation of converging like-minded souls. And to bring us all back down to earth a bit... the food. Cheesecake, chai, cakes, pies, fruit leather, savouries, quiche, blissballs, nutcorners, kombucha, dukkah, linseed crackers, quince paste, miso soup, pumpkin soup, pancakes, all lovingly prepared and happily exchanged to nourish fellow beings. Of course, the centrepiece of a market is commerce, and there was plenty of that too – a jumble of jewelry, jigsaw puzzles, plants, preloved clothes and household items, greeting cards, crafts, pottery, leadlights, tapes and books from Anahat, Caitlin & Sika's CDs, herbal teas, fruit, and more.

The market celebrated what HANDS is all about: sharing goods and services but also sharing energy. Sales of the delicious community soup earned 120H for the 444 account to reward people who contribute their volunteer service to the Golden Bay community. Thanks to everyone who donated ingredients, and to Michael and Delphine for baking and donating bread to serve with it, and for organising the stall and selling the soup. The portable raffle earned another 80H. Thanks to all who contributed items and to Iona for collecting the items and selling the tickets. Janet Huddleston was the winner.

Indeed the enthusiasm was contagious. Joanna was kept busy joining a record 11 new HANDS members and rejoining three previous members now back in Golden Bay.

To enhance the vibrations we also enjoyed entertainment. Caitlin & Sika performed their beautiful music, and toward the end of the market, a handful of us local poets got together on the stairs to share some live spoken word, ranging from gentle musings to extreme hilarity, for a small crowd of enthusiastic listeners.

Comments overheard at the market: "It's like something you dream of coming true." – from a new member at her first market. And from a long-term member: "HANDS make me feel rich." We are rich indeed.

## Margaret's Wonderful Workshop

— by Amira Porporina

I'd only felted only once and I was very interested in this age-old method of making items from wool, so I was excited to hear about Margaret Bell's workshops being offered on HANDS.

After showing our group of ten all sorts of functional and decorative things she'd made from felt, Margaret asked us to choose slippers, scarves, or a pot mitt. I chose to make a scarf. We had a great variety of wool to choose from. What a treat!

After Margaret showed us how to make our items, we spent the most of the day making our felted creations. When everyone was finished, Margaret showed us needle felting. What a versatile craft! It can be done on clothes and fabric or on its own for stuffed animals, sculptures and whatever the imagination brings. We all left with finished projects. I wear my scarf every day. What a satisfying feeling!



***Needle-felted menagerie*** – photos by Joe Bell & Rena Ekmanis

We were hooked. Since the workshop, I am addicted to felting. A few of us have met, compared notes, and spread the joy to friends and family. I have been inspired to start a felting group, which will meet monthly and spend the day creating with felt. Not a workshop, but a sharing of ideas and knowledge. I am hoping Margaret joins us. She was lovely and her experience was greatly appreciated. Thank you, Margaret, for passing on knowledge of your craft!

## H.A.N.D.S. profile

BILL WALLIS – H.A.N.D.S. #352: *In Tune with H.A.N.D.S.*

— by Gerard Hindmarsh

Any piano owner in Golden Bay will have heard of Bill Wallis, because if they haven't got their piano tuned by him they probably know they need to. This qualified piano tuner and repairman from Modesto, California, first came to New Zealand 11 years ago doing a market survey for a digital piano company, but became sold on our great outdoors, food and weather. University educated as a fireman, his diverse resume includes work as an auto mechanic, timber mill owner, cannery machine operator, builder, dental technician and occasional 'muso'. It was, however, his training as a piano tuner and repairman which enabled him to immigrate here in 1998, age 45.

Selling his property on Orcas Island off Washington State enabled him to buy a waterfront section out of Picton, where he milled, designed and built a three-story house. Bill sold up and moved to Golden bay six years ago, his goal ever since coming to New Zealand, buying his 62 acres up the soon-to-be signposted Anatoki Track Road, off upper Long Plain Road. He's still blown away by his property's six streams and ancient gully, flourishing groves of ponga trees and exotic plantings, the latter which he occasionally mills for timber. His land came with an unfinished project, a four bedroom home which he's now completing with the addition of another story.



Because connecting to mains power was prohibitively expensive, he built his own 6000W hour-capacity hydroelectric plant which gives him all the power he needs. His latest projects include building glasshouses and raised beds for organic gardening.

As for pianos, Bill reckons he's owned around 400 in his life to date. The most at any one time was 40! He recalls his first musical urges. "From the time my fingers could reach the keyboard, I became totally fascinated by pianos. Whenever I went to a house, I would search them out. I still recall hearing my father telling someone we visited 'for goodness sakes, don't tell him there's a piano in the house'." He completed his qualifications from the Piano Technicians Guild back in 1981.

Bill laments the generic quality of pianos in the Bay, explaining: "Most pianos

that came to New Zealand are based on an antiquated 'over damper' design, and they don't play too well or are untunable. But if your piano is up to pitch and in good repair, it shouldn't take more than an hour and a half to bring it up to good playing order."

When tuning pianos, Bill likes to keep the HANDS part of the transaction at around 25 HANDS. He will offer more of his piano services (tuning, repair, shifting) for HANDS when he gets through the few last big projects at home.

Ideally, Bill would love to see his place up the Anatoki become a kind of 'musical homestay,' with a digital MIDI grand piano that he intends building and supported by the extensive organic gardens he's putting in. And what new directions would he like to see H.A.N.D.S. go? "I reckon a HANDS meeting and dating service would go down well with hermits like me." Contact Bill on 525 8863 (525 TUNE).

\*Please ring Joanna if you'd like to be interviewed for a H.A.N.D.S. profile.

**Advanced internet information access now available for HANDS**

— *John Heighes*

When I tell people my degree will be in Information Studies they usually think I'm learning Information Technology. Wrong! When my computer misbehaves I'm on the phone to my computer guru lilke anyone else!

Information Studies is the information side, not the technology side, of the current Information Age. Information is as fundamental now as iron and coal were in the industrial age. To make the most of the abundant information available, we need to recognise an information need, search for and locate the information, organise and evaluate it, and finally use it and integrate it into our own knowledge base.

Some examples of information needs fulfilled: An art lover friend asked where I'd go if I had a day in Berlin. After 10 minutes at his computer I could give him a floor plan and opening hours of the Berlin Gallery of Contemporary Art, tell him which bus to catch to get there and what exhibitions would be on the day he was there. He was very pleased. Another friend needed information on an unusual medical condition.

The range of peoples' information needs is inexhaustible – we all want to know more about something! Many people are too busy to be bothered or unfamiliar with the processes. I'm happy to use and share the research skills I'm gaining from my study in exchange for HANDS.

Please contact me if you're in need of information: #495 John Heighes, 525 6166, oiseau\_nz@yahoo.com

## NEW MEMBERS

**271 Waitaha Gardens** (Tama & Pete) 400 Abel Tasman Dr, Motupipi  
Fresh organic vegetables, fruit, herbs, nuts.  
Available now: spuds, pumpkins, turnips  
Pay with HANDS Exchange Vouchers only.

**474 Coletta de Tombe** 49 Peninsula Rd, Tata Beach RD 1, Takaka  
lettiedt@gmail.com 525 8801  
Food at markets

**479 Em Hofstede** 132 Pupu Valley Rd, Box 120 Takaka 525 7519  
cicadacrossing@yahoo.ca  
Lavender, grasses, perennials; gardening, landscape design; editing,  
writing, desktop publishing; English as a second language, general tutoring;  
mosaics

**484 Kane & Steph Hartill** East Takaka 525 7311  
kane9@slingshot.co.nz

**485 Jessica Trevino** c/ Tui Community, Wainui 525 8399  
findanaba@hotmail.com  
Sewing, alterations, veges, gardening

*Wants:* small building projects, plants/herbs

**486 Tui Education Group** Tui Community, Wainui 525 8399  
events@tuitrust.org.nz  
Tui events - enquire for details

*Want:* small building projects, cooks, tree felling/chainsawing, caretakers for  
specified periods

**487 Jen Deacon** c/ Sandcastle, Haile Lane, Pohara 021 0243 2815  
jen.deacon@gmail.com  
Caregiving, animal care, catering, cleaning, gardening, house painting

**488 Sacha Hoogerwerf & Jay Horton** Tui Community, Wainui 525 9641  
S: sacha@tides.net.nz J: outreach@tracks.net.nz  
J: sound recording, video production, sculpture (marble & wood), graphic  
design.  
S: childcare, event management, public relations consulting, life modeling,  
Dutch language tuition & translation, mentoring of youth

**489 Tanya Gittus**

missskittles@hotmail.co.uk

Dancer/choreographer/performer: contact improv/adagio, capoeira, professional audience, wish to make films around the bay (environmental and expressive movement), housesitting, dog walking, childcare (have specialised in autism), can add dynamic to projects

**490 Jennifer Giller** Birds Clearing 021 112 7126

Knitting, felting, wood turning/woodwork, gardening - veges & native plants, construction, architectural design

*Wants:* to learn about botany, hands-on building experience

**492 Colleen Smith** Pohara, P.O. Box 166, Takaka

cailin.s@xtra.co.nz

027 452 5861 (h), 525 7047 (w)

Open to being asked about anything

**493 Clayton McErlane**

525 7613

clayts666@hotmail.com

Food consultant for functions such as parties & weddings (12 years experience), video filming & editing

*Wants:* fresh produce, eggs, meat

**495 John Heighes** Tata Beach

525 6166

oiseau\_nz@yahoo.com

Advanced internet Information access, MP3 file management, basic computer use, I Ching consultations

**496 Ruth Murray** Upper Takaka RD 1

525 6065, 027 303 9703

rmurray@doc.govt.nz

Cooking/catering, chutney, interior/exterior house painting - smaller projects, childcare, farm work/gardening

*Wants:* yoga, fruit, land/garden use, scrub cutting/land clearing

**497 Selena Victoria Brown** 413 Glenview Rd

525 8044

svbrown@doc.govt.nz

Goat meat, goat skins, veges, weed advice

*Wants:* garden advice, yoga, veges, fruit, massage

**498 Myrriah E. Ellis** 50 Pohara Valley Rd, RD 1 Takaka

525 7333

mkle3@ihug.co.nz

Auro soma consultations (five years experience, Level 3 practitioner), personalised herbal preparations for people & cats (qualified herbalist), instructional design - development of training programmes (Ms in Educational & Instructional Technologies), writing & editing, Reiki for cats

*Wants:* organic shea butter & cocoa butter, plants

## RETURNED MEMBERS

**003 Simon Jones & Carol Parkinson-Jones** P.O. Box 108, Takaka  
carolnsimon@gmail.com 525 8542

Counselling, supervision, mentoring/life coaching, team/staff development

**018 Russel Matthews** 386 Long Plain Rd, Kotinga 525 7448  
Marimba making & lessons, wooden wind chimes, glass ink art, odd jobs in woodworking

Wants: food

**125 Aline D'Aoust** Uruwhenua 525 7350  
Wool, natural dyes for wool, wasabi plants, watercress - for eating or plants to grow, dried herbs: rosemary, parsley, oregano.  
Honey to trade for hazelnuts, macadamias, or citrus.

**319 Peter Hills** Central Takaka Rd 525 7922, 027 723 9595  
peterferox@hotmail.com  
Therapeutic massage including deep tissue, sports, relaxation from trained & experienced practitioner; horticulture/permaculture consultation especially re-naturalisation of native ecosystems

## MEMBER UPDATES

- \* #483 Marea Neill's landline: 524 8380
- \* #453 David Dwyer's phone number: 021 036 2941
- \* #477 Angela Herbert: 5 Lookout Rd, Parapara Beach, 524 8328
- \* #434 Sharon Trustum & Kim Duff: 261 McCallum Rd, Kotinga
- \* #436 Rae McDowell & Marc Burton: 130 Rangihaeata Rd, 525 8102  
R: 027 747 1571, M: 027 752 9322, raeflowerpeepers@hotmail.com
- \* #298 John Calermbo is now living at Tata Beach.
- \* #282 Lethea's new email address: Lethea@LetheArt.co.nz
- \* New email address for #319 Peter Hills: petermarkhills@gmail.com
- \* #362 Amira has added *haircutting* and *My Space set up* to her listing.

\* #423 Spring Thomas unique photographic portraiture to her listing.

\* #171 Helen Mead is no longer at 525 6272. That's now the phone number for #417 Ngarie Jones & Wyatt Waters, who write, "We would like to thank all for their support at the Grove Orchard stall. We are no longer running the stall so HANDS are no longer accepted there. Thank you."

## REVISED LISTINGS

**004 Brett Hutchinson & Jane Bellerby** One Spec, RD 1 525 8342  
J: Biographies; gardening knowledge especially vegetables; cooking instruction and support; animal husbandry support: horses, sheep, cattle, goats, dogs; helpful info for 'the rural life': land buying, land usage, local knowledge

**212 Lynn Childs & Gwydyon App Vine** Wainui 525 6253  
L: knitting, crocheting, pottery. G: Drystone landscaping

**397 Jan, Mark, & Brodie Holdaway** 282 Patons Rock Rd, RD 2 Takaka  
mjholdaway@slingshot.co.nz 525 7470  
Veges, pine cones, Ceragen massage table sessions; healthy, high quality, low-caffeine coffee with anti-oxidant ganoderma.  
B: Small household or garden jobs.

**432 Jerrie Edwards** 89 Central Takaka Rd 525 8768  
jebs\_e@yahoo.com  
Language teacher—English & Spanish, childcare, poi (fire) lessons

**435 Martina Maverick** c/ Post Office, Takaka 027 248 6772 525 6297  
martinamaverick@ihug.co.nz  
Storytelling, tuition in storytelling and public speaking, babysitting, dog walking (if close to Kotinga), B&B, cooking a delicious dinner for you at your home, consider anything except heavy work

**447 Joe & Margaret Bell** Nelson St, Milnthorpe, Collingwood 524 8146  
gbaybell@xtra.co.nz  
J: poetry; M: felting tuition

**456 Mechthild Sonneborn** 414 Abel Tasman Dr RD 1, Motupipi 525 6046  
German tuition & translation; childcare; gardening (organic); graphic design advice (concept & layout); ideas, inspiration and creative sparks; household organisation; poems for everyday & special situations; use of five-string banjo (some songs & learning materials available, tuition book in German)

### **Away from Golden Bay**

#243 Lolly is offering massage & aromatherapy in her Nelson practice for all HANDS. She's at 20 Riverside, which is near the indoor swimming pool in Nelson town, phone 03 548 8486.

#43 Kim Westerink is living in Nelson.

### **Accounts closed at zero**

001 Anne Lynch

014 Golden Bay Organic Employment & Education Trust

## **ADS**

\* Over 25 years specialising in spinal and skeletal injuries and associated neurological dysfunction. Expertise in helping conditions & symptoms such as herniated discs, spinal injuries, colic, whiplash, headaches, ankle and shoulder dysfunction etc.

#427 Kelcey 525 7615 or kelceychandler@yahoo.com

\* House bus in Puramahoi available to rent for 20H + \$30 per week. #002 Grant or Clair 525 7974

\* BREATHE WINTER AWAY! NOW. Join an inspiring weekend of yoga, dance and meditation at Wainui. Contact #468 Inna at tuiyoga@gmail.com or 525 9654 for dates and more information.

### **WANTED**

Native seedlings. #438 Anne Harvey, 524 8551

### **FOR SALE**

\* *Three mirrors* for all HANDS. Price depends on size. More mirrors and jewellery available for 70% HANDS. #246 Be at Bebou Designs 525 7172 or mosaic@bebou.co.nz

\* *Toyota Surf 4WD 1995, SSRX*. 3L diesel, 150,000 genuine kms (odometer tested). Excellent condition. Near new all terrain tyres. Very good clean running engine, mechanically sound. CD player, towbar, new WOF, reg. Excellent towing vehicle. Will consider trade for small car and part HANDS. Good value at \$10,000. #003 Simon 525 8542.

\* Milking goat, Saanen, friendly, tasty milk. Part HANDS.  
Kid goats, great pets, eat gorse and weeds. Part or all HANDS  
#157 Caitlin 03 974 3221

for sale, continued

\* *Pumpkin & Apple Pies* 25H; *Quince Paste* 1H/25gms; *Organic Fruit Leather* 2H/roll, #480 Janet Huddleston, 525 7383 huddleja@xtra.co.nz

\* *The Rayman*, a novel by #474 Ray Parkes. See ad, p. 5.

## Nature's Spirit

Angela Herbert

Bsc, Dip HM

Medical Herbalist

Diet & Nutrition

Flower Essences

Sacred Ecology

Iridology

Spiritual Healing &

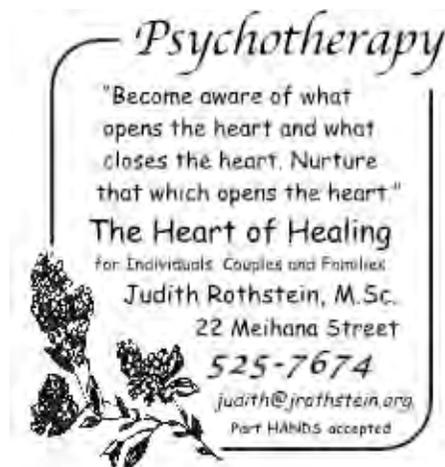
Clairvoyant

5 Lookout Rd,

Parapara Beach

524 8328, 027 618 1404

nature'sspirit@ww.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 HANBS accepted

### \* Books by Rose Diamond

*Migration to the Heartland: a soul journey in Aotearoa:* 25H

This is a story of transitions. At the end of the second millennium, Christie, a woman at midlife, gives up the security of an unfulfilling life and travels halfway around the world in search of her true self and a life lived more fully. In Aotearoa she finds a land that stimulates her senses, a people who speak the language of the heart and a mythology that gives her hope for the future. Here she steps onto the trail that leads her to the deeper values of heart and soul. Writing with depth and candour about the joys and challenges of her soul journey, Rose touches transpersonal truths courageous and inspiring.

*Ten Steps to Success with Soul:* 10H

Develop beliefs, attitudes and feelings to create a life you love and let your magnificence shine through.

Available at the Spring H.A.N.D.S. market on 21 Sept or contact Joanna.

<p><b>Explore the mystery of your colours</b></p>	<p>Aura soma is a non-invasive soul therapy which uses colour, herbs, oils and mineral energy to promote healing, wellness and growth. In a consultation, you select four Equilibrium bottles, and I utilize over thirty years experience in tarot, astrology, numerology, mineral and herbal correspondences, and Kabala to reveal the secret of each of your bottles. You can take home an Equilibrium bottle, as well as the accompanying Pomanders, Quintessences, ArchAngeloi sprays and air conditioners. Your consultation takes about one hour.</p>
<p><b>Experience astrology</b></p>	<p>I've created and interpreted astrological charts since 1970. After years of logarithms and ephemeris charts, I succumbed to technology. I now use Solar Fire Deluxe to create natal, annual, progressed and syngestric charts. In-depth personal interoperation as well as chart and grid for you to keep. I use the 12 planets and six asteroids.</p>
<p><b>Reiki &amp; Music</b></p>	<p>You or your pet can enjoy a healing Reiki treatment. You can select to incorporate beautiful crystals from my vast collection to aid in your healing. Music, CD or my viola adds serenity to the treatment. Finish with tea in the garden or a stroll on the beach. Take home a personal potion. I play the viola and sing. I am available for hire to produce soothing or stringent background music. I enjoy playing chamber music too.</p>
<p><b>Writing</b></p>	<p>Creative, technical and ghost writing in a medley of mediums. I have a MA in Educational and Instructional Technology along with 15 years experience developing meaningful training programmes. I use the ISD model—design, develop, pilot, implement, evaluate. Training should close a gap to improve a person's performance or teach a new skill. I've written three poetry books, children's stories, web pages and a travel journal. I love to write!</p>
<p><b>Artemis Aoteroa</b></p>	<p>Qualified herbalist making organic personal face and body creams, dusting powder and oils with homegrown herbs, love and light. Over ten years experience in creating beauty, scents and joy for you and your loved ones. I infuse the herbs in oil for a month then make the creams adding organic beeswax, vitamin E, cocoa butter and essential oils. A sensual delight!</p>

#498 Myrriah K Ellis, 525 7333, mkle#@ihug.co.nz

### 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:** 256 member numbers (accounts), 348 total members

**Vouchers in circulation:** 8747H

### 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
June	436	5097.48 H	11.69 H
July	181	9381.91 H	51.83 H
August	207	5201.58 H	25.13 H
<b>Total</b>	<b>824</b>	<b>19680.97H</b>	<b>29.55 H</b>

### 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 230 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

- 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
- Terry Burgess** 525 7422  
gringosinthemist@yahoo.com
- Donald McKee** 525 8552  
cosmos@actrix.co.nz
- David Dwyer** 027 421 2621  
ripeandfresh@gmail.com

### Contributors

- HANDy messenger & newsletter - Joanna
- Market poster - Tess James
- Market helpers: Murray, Donald, Barbara, Tessa, Joanna, Iona, Delphine, Michael C, Jochen
- Accounts & website - Murray, Malcolm
- Email - Joanna, Murray
- New-member liaison - Rose von Dreger
- Technical help - Mike Howe, Yvette Ireton

