

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. 87
December – Summer 2008

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

Ring Around A Rosie....

— by Alison Ramsay

You may have spotted her friendly face at the organic shop, seen her on her bike, found her writing in the Wholemeal Café, or more importantly, you may have received a phone call from her ... or perhaps you're about to. Yes, beautiful H.A.N.D.S. members, there's a new *New H.A.N.D.S. Member Liaison* in town, and she's armed with a survey and a smile. But this isn't just any survey, this survey is designed especially to help you new members out there get familiar and comfortable with the H.A.N.D.S. system. Introducing M. Rose von Dreger, the New H.A.N.D.S. Member Liaison.

Rose's role is to contact new members (more than 50 each year!) after about three months to make sure they understand how to make the best use of their membership, to offer a helping hand, and to obtain feedback for the committee. She works hand in hand with Joanna, the HANDy messenger, who collates the responses and shares them with committee, so they can work on improving the system as a whole. I know it can be hard to be the new kid in town, but don't be shy, new members. Even Rose says she'd like to help the system work better. When asked how she felt about her role, Rose replied: "It's good to check in with people and make sure everything is running smoothly with their new HANDS."



photo by Judith Rothstein

If you're no longer nouveau, if you've had your hand at trading and you want to be heard as well, don't fret, proficient HANDS members! Any member, new or experienced can participate in the survey. Just contact Rose or Joanna and they'll happily oblige. The questions ask about your experience with H.A.N.D.S., your trades, needs, expectations and suggestions about any aspect of the H.A.N.D.S. system. The committee encourages *all* members to share their own responses and make comments or suggestions at any time.

And when asked what she enjoys about ringing around, Rosie smiled and said, "People really appreciate the outreach of a seasoned HANDS member offering assistance."

ACH-OO!
Annual Circle of H.A.N.D.S. – Open Opportunity
H.A.N.D.S. Annual Membership Meeting
20 October 2008

Murray had us all laughing playing a game involving HANDkerchiefs, rhyming words and sneezes before we settled down for his annual report and financial report, and Joanna's HANDy messenger report.

Six members of the previous committee are continuing for another year: Murray, Malcolm, Joanna, NgAng, Donald and David. We warmly welcome two new members to the committee: Angela Herbert and James Guthrie.

Many thanks to Terry for her great contributions of good ideas, hard work and high spirits during her two years on the committee.

Murray's annual report

Markets at Blue Lake, Rototai; Village Green, Mussel Inn, Autumn Farm and Hinterland - entertainment, workshops, great food, 5-6 new members joined at each, great committee teamwork

Autumn Feast in April at Pohara Hall - 110 attended with 40 helping

New committee members from October 07 - Donald McKee & David Dwyer
444 account (Service to the Community) created - funded by market raffles of members' products & services, community soup, Art-In, and plant exchange
500 account created for special events

The Money Myth Exploded - Murray's skit performed at High School economics class, Mardi Gras, and Price of Milk variety show. Suggestions to make the script available to other groups and film it for a DVD.

Ring-Around-the-Rosie role created - new member liaison

Helped Wairarapa exchange get started with exchange vouchers

Office hours - no longer fixed venue or time

New members - about 60 since last year. Murray, Terry & Joanna join new members.

Community Post - 200 stamped envelopes (for posting undeliverable newsletters), the only outside funding in years

Brochure & member agreement updated

LETS conference in Porirua - Murray attended

A&P stall in January

Vouchers in circulation: 8975H (compared to 5354H last year and 58,000H total printed in 2005)

(ACH-OO! continued)

Joanna's HANDy messenger report

Phone calls & emails to help people find what they need or sell what they have, and help members with anything to do with HANDS.

Email list - 240 addresses (3/4 of members), messages printed & posted by Murray at Wholemeal for non emailers

Newsletter - member profiles, more writers, different artist for each market poster, many thanks to Melanie for doing layout for over three years

Directories - following the annual August edition, printed 50 more in October and February

Help organise markets, workshops and other special events

Business at HAND still only potential.

Support of H.A.N.D.S. with the Whole Foods Handbook fund.

Four years on the job, grateful for the opportunity to serve this wonderful community initiative

Appreciation to cooperative, easy to work with, fun committee, and to Ro, the "shadow" HANDy messenger.

444 (Service to the Community) account update

COMMUNITY BOARD: The H.A.N.D.S. committee decided to give each Community Board member a gift from the 444 in recognition of their struggles with the TDC for the benefit of Golden Bay. Murray, Joanna and NgAng will present Joe, Carolyn, Leigh and Karen with 25 HANDS in Exchange Vouchers at the December Community Board meeting. All of our Community Board members are also H.A.N.D.S. members.

LEND A HAND: HANDy members are needed to create raised beds for Joyce Bradley's garden in Selwyn Street. Those helping will be given a donation from the 444 account. Please contact Joanna if you may be able to help.

HANDSRAISING: HANDS for the 444 account are raised with market raffles, and we're also auctioning the 001 account number at the summer market. Members are also welcome to donate HANDS to it, either as a one-off or regularly.

The Inner Workings of H.A.N.D.S.

— by Terry Burgess

As a stepping-down committee member of H.A.N.D.S., I'd like to share my views on the inner workings of our system. My two years with the committee gave me a greater understanding of how the system works, the effort put into making it all happen, and the many rewards of seeing a viable exchange system successfully bringing the community together through the sharing of our goods, services and talents. The committee meets monthly for planning and decision making. It's responsible for five markets and four newsletters a year, joining new members, the directory, brochure, website, accounts, exchange vouchers, and generally keeping the system running smoothly. The committee also takes on an annual family feast, visiting high school economics classes, and attending and hosting LETS conferences and other special events – anything that can promote and strengthen H.A.N.D.S.

My intention is to give an inside perspective of the workings behind the scenes, and that means the people. It has been a pleasure working with such an outstanding group:

Murray – the rock of the organization, long-time member and very clever fellow. (Did you know he wrote the H.A.N.D.S. kit?)

Joanna – the HANDy Messenger and networker, getting the word out there through the HANDS update emails, the quarterly newsletter, the directory, connecting phone calls and keeping us all in touch. Her philanthropic principles help keep the heart in H.A.N.D.S.

Malcolm – our accounting and computer wizard, entering all those transactions into our system and always there, friendly and smiling, to greet you at H.A.N.D.S. events.

NgAng – a fountain of new ideas, always willing to share his artistic HAND

Donald – willing to lend a HAND wherever and whenever needed; we value his HANDy Kiwi bloke perspective,

David – brings smiles with his chicken-rapping, drum beating, new-fangled ideas! An energy boost!

And now we welcome new H.A.N.D.S. committee members Angela and James to add their fresh, new perspectives.

It's all about the people, individuals with different strengths coming together for a common cause. All these wonderful people are giving a HAND to help run the H.A.N.D.S. system, working together for our Golden Bay community.

I'd like to encourage all members to consider being part of the committee for a while, the team behind the scenes that keeps our system going, our numbers growing and the HANDS flowing! My heartfelt thanks to the hardworking committee members, and thanks for the opportunity to be a part of your team. It was a fantastic experience!

H.A.N.D.S. quarterly fee raised from 3H to 4H

The 00 account is the H.A.N.D.S. admin account. This the account that the quarterly fees are paid into and that members who do work for the system are paid from. This account has been chronically at the debit limit, around -1000H. The committee has been watching this account and Murray has been preparing quarterly budgets for it. For the past year, the quarterly expenses have been about the same as the income from fees. In order to bring the 00 account balance back to zero, the committee decided to raise the HANDS quarterly fee by 1H, from 3H to 4H, beginning next quarter and probably for four quarters. We should then be able to reduce the fee back to 3H. Because members are encouraged to "move through zero," rather than keeping a more or less steady balance in credit or in debit, the committee thought it was important to "walk our talk" and resolve the problem with the 00 account. The fee has been 3H for several years. In the past it's been as low as 2H and as high as 6H.

Most of the work that goes on behind the scenes to keep H.A.N.D.S. running smoothly is done by volunteers, mostly by the committee, and the rest is paid to members in HANDS. See the quarterly budget below to get an idea of what the member fees are used for.

Members actually never need to pay the quarterly fee at all. H.A.N.D.S. markets are also quarterly, and the fee is waived for members who have stalls. There were 40 stalls at the Spring market -- all those members took advantage of this incentive, which of course also makes for a very full market!

The quarterly fee is the same for all members no matter how much they use the system. For someone doing very little buying or selling, 4H may seem like a lot. But for those trading hundreds of HANDS in a quarter, it's very little.

The more members there are and the more trading they do, the more useful and stronger the system is for everyone involved. The long-term trend of adding new members is now accelerating, with about 60 new members since last August. The total number of members is more than 350, or more than 7% of the population of Golden Bay.

Although the mission of H.A.N.D.S. is to facilitate the exchange of local goods and services amongst the Golden Bay community, underlying that is its aim of strengthening local community and social climate.

00 account budget, quarter July-Sept 2008

Income

Memberships (16 x 10H): 160H
Quarterly fees (208 x 3H): 624H
(40 members had market stalls;
fees waived for stallholders)
Newsletter ads: 60H
Cash exchange for food stall
ingredients: 50H
TOTAL INCOME: 894H

Expenses

HANDy messenger (96H x 3): 288H
GB Weekly ads: 50H
Newsletter (poster, layout, article,
profile, technical help): 160H
Office: 54H
Market venue & entertainment: 205H
Market cash exchanges for EVs: 276H
TOTAL EXPENSES: 1033H

MORE H.A.N.D.S. NEWS

Saturday markets

H.A.N.D.S. members having stalls at the Takaka Village Market can get "HANDS accepted here" signs for 1H from Murray on Saturday mornings. Members can also withdraw exchange vouchers at that time, or on the other days when Murray is at the Organic Shop.

1's & 2's needed

8940 HANDS exchange vouchers are in circulation, and we're running low on the 1's and 2's. It would be very helpful if you have extra 1's or 2's that you can exchange for larger denominations to please bring them to the market on Sunday or to Murray at the Organic Shop. When we originally printed 900 each of the 1's and 2's, we didn't realise they'd be used the most.

The Value of a HAND

Instead of pegging the value of a HAND to a Kiwi\$, whose value can change, it's useful to have constant standards to equate it to, to keep its value steady. Some examples of tangible items that we use daily and are available all year round: One HAND is equivalent to 1 kilo of potatoes, 250 gm butter, two lemons or two organic eggs or 6 minutes of work. Please share your suggestions with the committee.

Committee members Murray & David visit Economics Class

Their objective was to engage the GBHS students in a comparison of complementary currency and the global financial system. The teacher, Justine Butler, and the 16 students had already viewed the DVD *Money as Debt*. Murray & David involved them in a HANDS-on game, and the discussion was lively with many questions. Understanding and concurrence about the individual and community benefits of a local currency was only up to a point. An interesting question was, "How can we get ahead with HANDS?" Obviously there's a ways to go.

Price for directories

The committee has changed the cost of new directories for some members. We pay Kiwi\$ to print the directories and we sell them to older members at Kiwi\$ cost or slightly below. The change applies only to new members. A directory is included with the \$10 membership fee. When a new directory is printed, members who joined since the previous edition will be asked to pay the printing cost in HANDS (formerly they were asked for Kiwi\$ koha).

Community Post

Terry applied and the outcome was 200 postage-paid envelopes to be used within a year! This is wonderful for Murray who can now stop distributing newsletters when he has 50 left, rather than trying to have as few left as possible to post.

HeartFelt Felting Group

The Golden Bay Felting Group meets monthly on the third Tuesday at the Senior Citizens Hall, behind the Catholic church on Commercial St. The "playshoppe" goes from 10 am to 5 pm, cost 5H. Please bring a potluck dish for lunch. Amira and other experienced felters will get new people started. It's a casual environment for sharing and inspiration, to experiment and create.

Some supplies available; it helps if you can bring some. Supplies for wet felting: wool, bucket, colander or spray bottle, clear plastic, bamboo mat, eco-friendly dish detergent; cardboard for templates; bubble wrap can be a bonus. For needle felting: wool, foam, needles. Some needles available for use or purchase; some wool for purchase. Info: 525 8399 (message) or amira@mudfaerywood.com.

Getting to know H.A.N.D.S.

The H.A.N.D.S. committee invites all members to attend our monthly meetings held on the third Tuesday at the Takaka library from 3-5pm.

Making sourdough bread: workshop coming up next year

Acquire your own sourdough starter and taste some of the many breads which can be made using this ancient culture, including focaccia, Irish tea bread and a gluten-free loaf. You'll leave with recipes, starter culture and lots of enthusiasm. 4-5 hours. Facilitated by #388 Tessa Whiteman. More info early next year.

Fish

The Ministry of Fisheries has informed us that any purchase or sale of seafood including barter is illegal unless the person selling is a licensed fish receiver.

Birthday register

It's nice to know one another's birthdays so we can send (or sing!) birthday greetings to our friends. If you'd like to have your birthday on a list of H.A.N.D.S. members' birthdays, let Joanna know. She'll compile them and then send the list to everyone who let her know.

MARKET NEWS: pages 8-11

H.A.N.D.S. Summer Market

Sunday, 14 December, 4-7 pm
Tui Treefield, Tui Community, Wainui

Rain or fine
Music by Nick Feint & friends

The Treefield is Tui's outdoor events park, situated five minutes' walk from Abel Tasman National Park and its beaches and tracks. If it's raining, there are several areas where stalls can be set up under cover. The canopy of trees will keep you dry walking between stalls or provide shade if it's sunny.

Special Events

Before the market

* 3 pm: tour of Tui Community with Frans, highlighting the offerings of the 13 residents who are H.A.N.D.S. members. Meet at the Community House in the heart of the community. (HANDS koha)

At the market

- * 4:30: storytelling for children with Margaret Kwok (HANDS koha)
- * 5 pm: weed walk with Angela Herbert (HANDS koha)
- * 5:30: new members joining time. Please let non-members know.
- * 6 pm: seed saving workshop with Sol Morgan (HANDS koha)
- * 6:30: plant exchange, auction of 001 account number, & raffle drawing

After the market

- * Hot tub: fits about seven people snugly. 5H/person
- * A cultural evening of stories and songs around the fire in the pentacle -- the treefield's huge, inspiring canvas structure that houses the Heat Fire. Bring stories (real or imaginary), musical instruments and your voices. Facilitated by Robina & Amira.

Stay overnight! Camping (tent or whare nui) \$10+10H, or \$20+15H/family

5H for ridesharing: To encourage ridesharing and make it easier for members to make the trip, the committee decided to offer 5H to any member who brings along at least one other member not in their household. Just let a committee member know on the day.

Auction of Numero Uno – bid for #001: This member number is now available. Being Number 1 can be appealing, so just for fun we're going to auction it with proceeds to the 444 Service to the Community Account. Reserve of 20H. Email your tenders to Joanna. Auction around 6:30; auctioneer is Jochen Maurer.

Raffle of 14 books by H.A.N.D.S. members for the 444 Service to the Community Account

You don't have to be at the market to buy a raffle ticket or to win. Please contact Joanna to have the HANDS for your raffle tickets transferred from your account to the 444 account, and the committee will enter your tickets into the draw. When the winning tickets are drawn at the market, each person whose ticket is drawn can select one book, so there'll be as many winners as books. Those not present will receive a book not chosen.

The books and their authors

Swamp Fever by #010 Gerard Hindmarsh

The Rayman by #474 Ray Parkes

Full Regeneration: The Ultimate Health Journey by #458 Brian Dodds

Shifting Sands by #002 Grant Knowles & Clair Fones

Living Your Passion by former member Rose Diamond

Ten Steps to Success with Soul by former member Rose Diamond

**Grounding Vision – Empowering Culture: how to build & sustain
community together** by #210 Robina McCurdy

Wholefoods Handbook by #242 Joanna Piekarski

**Temperate & Subtropical Compendium of Tree Crops, Berries & Vines
for Aotearoa/NZ** by #210 Robina McCurdy & #242 Joanna Piekarski

Elements of Aotearoa by #354 Shane Rosemeyer

Children's books by #354 Shane Rosemeyer (Jahri Jan Jah):

Fun in the Jungle, Little Kiddie Yoga, Fitness Frog, Pukeko Power

Raffle ticket price: 3H or 2 for 5H

Perennial Plant Exchange at the Summer 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 or people to bring their potted up plants ready for direct exchange. At 6 pm, 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 & seedlings welcome – natives, herbs, berries, fruit, nuts, bulbs, ornamentals, etc. Em recommends plants be potted up to the size of a four-inch pot or valued at about \$4 - \$6 commercially downtown. Please label your plants with their common and/or botanical name.

Other market info:

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

Many thanks to H.A.N.D.S. member & Tui resident Jessica Trevino for her help organising the market.

Other Summer Markets

H.A.N.D.S. Heart Art market: 6 Feb

The H.A.N.D.S. extra summer market will be on the Village Green in Takaka on Friday, 6 February, from 11 am - 1 pm. This the last day of the Heart Art festival.

Totally Local Market: 25 Jan

There's also an opportunity for stalls at the Totally Local Market at the opening of Heart Art on Sunday, 25th January, Pohara Hall, 10am - 2pm.

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

In the words of one member: "Another beautiful community gathering!!! Great fun! Excellent food, marvelous entertainment, wonderful stalls, cool art project, fantastic venue, good friends! This is what H.A.N.D.S. is all about. Lovely day."

Market highlights were a record 40 stalls, a great abundance of homemade
(continued on next page)

(H.A.N.D.S. Spring Market, continued)

delicious food, the professional entertainment -- Donna Halliday and Francis Maxino, the perennial plant exchange facilitated by Em, John Massey's herb walk, Kirsty van den Bemd's felting workshop, six new members, and the Art-In facilitated by NgAng. A beautiful painting on the theme of Spring was created by many HANDS and won by Shane Rosemeyer. The raffle raised 96 HANDS for the 444 Service to the Community Account.

The market was facilitated as a great team effort by the H.A.N.D.S. committee: Donald directed traffic and showed people arriving where they needed to go, Murray and Malcolm were at the H.A.N.D.S. stall, Terry sold raffle tickets, Joanna joined the new members, and NgAng stayed with the Art-In throughout the entire market.

Many thanks to Bill Manson and Gopal for hosting the market.



Spring market at Hinterland: photos by NgAng

Public Domain Money

(adapted from our community-exchange.org website)

HANDS are public domain money. They're not 'owned' or controlled by anyone and as such belong to the commons. HANDS are 'created' by the traders who use it, not by a third party (banks) outside the circuit of buyers and sellers who do so for their own parasitic gain. When money is proprietary it confers the money power on those who 'create' and control it; when it is in the public domain the money power resides with its users, who can ensure that it is used for the public good. HANDS recovers our money power and lets the community decide how its efforts will be deployed instead of faceless and unaccountable individuals who do so for their private gain at others' expense. Money and credit belong to the commons. We are recapturing these powerful forces for the common good.

H.A.N.D.S. profile

#453 David Dwyer / #473 Greg Kendrick / #510 James Guthrie

Three times the HANDS

— by Gerard Hindmarsh

Three separate H.A.N.D.S. members living under one roof (279 Rototai Road) is just one indication of the collective lifestyle aspirations of David Dwyer, James Guthrie and Greg Kendrick. The twenty-something flatmates share a similar vision not only with many of the H.A.N.D.S. skills they offer, but right down to the second season garden plot at the Community Gardens that they also share.

Working almost full-time as a barista at the Dangerous Kitchen, David, 23, offers on H.A.N.D.S. not only gardening and foot massage but performance skills as well. He incorporates drumming, didgeridoo, body percussion and beat boxing into the act, mainly for children, such as at birthday parties. Currently he arranges a theatre sports event at their Rototai home Sundays at 2 pm, but hopes to take that out into a more public arena soon so more people can get involved including watching. Born in Canada, he spent his early years in Australia before coming to New Zealand. After living in Hamilton and Auckland, he made coffee for a year in the café at Tairua on the Coromandel, where he decided how he wanted to live, in a more natural environment.



photographer unknown

James, 24, has a degree in philosophy although most of his employment has been kitchen and care work. For HANDS he offers gardening, general labouring and building, the latter skills honed constructing canoes and his own yurt frame. Indeed these days he earns more HANDS than kiwi dollars. As a new member of the H.A.N.D.S. committee, his latest project has been ringing around local businesses to explain the trading system and encourage their participation. For

him, H.A.N.D.S. offers nearly everything: “If grains were available, you could virtually source your whole diet.”

The third member of the household is Greg Kendrick, 20, who is right into Qigong, the Chinese discipline which involves getting the Qi (or Chi) energy in the body circulating and working with it. He trains two hours a day and is progressing to be a teacher. Later



photo by David Dwyer

(Profile continued from p. 11)

he hopes to offer Qigong classes, but for now offers for HANDS general labouring and gardening work.

The youthful energy of these three flatmates is indisputable. Explains David: "I guess we all had the same ideal – we want a healthy home and to live as naturally as possible. We have other people here too, so it feels quite dynamic. I hope we can share some of our energy asking for HANDS."

Complementary Currency DVDs available to borrow

Money as Debt

As the Karate Kid's mentor, Mr Miyagi, famously said, "Things not always as seem."

Money as Debt reveals that *Centralisation is the Problem*. Ever-higher interest payments for mortgages, vehicles and credit cards force people into deeper debt with insufficient money for food, family and fuel. Reserve Bank Notes in controlled supply & commercial banks charging interest cause endless debt with decreased incomes, decreased savings, depleted resources and boom & bust economies.

Money as Debt further reveals that there is a socially and environmentally healthy alternative. *Decentralisation is the Solution*. Legislative reform can change bank-created interest-laden money to government-issued money that is interest free, inflation/deflation free and debt free, with plenty of money for food, family and fuel. Government Notes in sufficient supply & interest-free community banks can create abundant wealth with increased incomes, increased savings, conserved resources and sustainable economies

Two Faces of Money

The conventional face of money is the Reserve Bank note and its inherent debt & financial struggle.

The alternative face is represented by a HANDS exchange voucher and its inherent prosperity & self-reliance.

- * Learn how the current money system works.
- * Explore the potential of money to serve people & strengthen communities.
- * See examples of complementary currencies worldwide.
- * A simple yet powerful introduction to complementary currencies.

Each DVD is less than an hour. They're available at no cost or HANDS koha from the local study group MO.R.E., Money to Revitalise the Economy. Ring Ro on 525 8448.

NEW MEMBERS

- 473 Greg Kendrick** Rototai 027 469 5117
gregs_egg@hotmail.com
Gardening, composting, basic landscaping, labouring, animal care, basic building, Zhineng qigong, drama & acting, childcare
Wants: food
- 499 Stephen & Rebecca Page** Mount Pupka, Bird Rd RD 1, Clifton 021 160 6663
totallybaked@ekit.com
R: registered primary/intermediate school teacher, art/animation graphic artist, childcare, organic produce
S: clarinet/saxophone tuition, organic produce, available for work using own power tools/4WD/trailer, fruit picking.
Want: purebred, large, short-haired border collie, chi gong/tai chi tuition, organic produce, wood panels/doing up a housebus, herbal medicine tuition
- 501 Owen Richard Baxendale** Pakawau Bush Rd RD 1, Collingwood 524 8994
owen.baxie@gmail.com
Cooking, baking etc; writing - academic & creative (can also offer advice, tuition for essays etc); guitar playing; acting, drama; drama/public speaking tuition; smiling :-)
Wants: olive pickers (seasonal, GB Olives)
- 502 Debbie Buxton** 20 Rangihaeata Rd 021 233 9696
Hats, spinning tuition, sewing
- 503 Toni Williams & Paul Zaanen** 190 Uruwhenua Rd 525 9434
Veges, fruit, seeds, cuttings, seedlings, gluten-free vegan baking, catering, childminding
- 504 Lynda O'Beirne** Burnside Rd 021 0579 134
lobeirrenz@yahoo.com
Horticultural skills: propagation; raising seeds, plants, etc; planting on into larger containers; supply native trees
Wants: To keep her language skills going—would love the opportunity to converse in German, Spanish, Italian and French, and to learn Greek. Also massage.
- 505 Willem Brink** 021 026 04152
willembrink@hotmail.com
Overseas diploma sport massage and foot reflexology—willing to swap or trade for HANDS when set up. General HANDy to have HANDyman :-)
Wants: general help (organising), massage.

(new members, continued)

506 Aleida Cahusac 80 Fraser Rd, Rangihaeata 525 7444

acahusac@xtra.co.nz

Royal Horticultural Society of Britain medalist—flower portraits on commission welcomed

507 Madalene Cian Seren Abel Tasman Dr, Takaka 027 277 7955

Madalene2012@yahoo.co.nz

Holistic personal trainer, Quantum Mind life coaching. Karate Shotokan sessions (adults & children), Italian language tutor (Italian made easy and enjoyable). Also, free, Falun Gong reading group and practice.

508 Rototai Residents & Friends 46 Rototai Road 525 7646

ngang@ngangart.co.nz

Dedicated to sustainable, self-reliant, high-quality rural life in Rototai Road

509 Richard Tronson 9A Factory Road 0210 724 894

richard_tronson@hotmail.com

Website design, digital photography (Photoshop), editing, proofreading, general labour/gardening, advertising & design, computer/internet tuition & help

Wants: vegetables, fruit. permaculture tuition, yoga

510 James Guthrie 279 Rototai Rd 525 7566

Gardening, landscaping, chauffeur, philosophy

Wants: salad greens, nuts, handmade clothing

511 Robbie Dodds 027 238 1969 Collingwood

robskiwimad@hotmail.com

Aluminium & wood joiner; picture framer: skilled in acid free archive framing, includes customised frames; outdoor furniture; artist: oils, etchings & drawings; photography: creative & nature photos, events, portraits; business names/cards designer; travel within South Island; intuitive psychotherapy; sports psychology; sports techniques

Wants: wood -- native timber/firewood, learn guitar, computer skills

515 Francis Earl Maxino 101 Commercial St, Takaka 525 8277

francis_maxino@yahoo.co.uk

Music tuition: rudiments of theory, arranging, practical tuition for piano and recorder.

* Arranging & recording

* Custom-made CDs of original works

* General performance music for any occasion

* Therapeutic sound and music, sonic entrainment, consciousness enhancement via binaural beat technology coupled with music/sound

MEMBER UPDATES

- #298 John Calermbo: Tata Beach 525 8706
- #417 Ngarie Jones & Wyatt Waters: 525 6272
- #470 Aeven & Rich: 525 7531
- #415 Michael Civet's new email address: mcivet@ekokelong.org
- #406 John Gilardi (Seed Dreams) email address: jrgilardi@gmail.com
- #190 Rita Virtama: no.fixed.abode@paradise.net.nz
- #390 Grace Wilson has shifted to Tukurua, 525 7257.
- #111 Raimund Heese now at 231d McCallum Road, Kotinga, 03 970 7505
- #487 Pema Parigot is away from Golden Bay and on hold
- #496 Ruth Murray will be shifting to Nelson and leaving H.A.N.D.S.

Accounts closed at zero

- 014 GB Organic Employment & Education Trust
- 025 Niki Jimenez (living in Christchurch)
- 455 Brenda Dundass
- 463 Josh Harley & Kelly Bannister
- 476 Denny Reid (returned to North Island)

REVISED LISTINGS

477 Angela Herbert 40 Pohara Valley Road 525 8688
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; Indian head massage; ecologist, Sacred Ecology workshops; beeswax candles; ointments, herbal teas; loan of books on herbs, ecology, personal growth & spirituality.

498 Myrriah E. Ellis 5 Lookout Road RD 2, Parapara 524 8589
mkle3@ihug.co.nz

Auro-soma consultations (five years experience, Level 3 practitioner): kinesiology with colour - chakra, magnetic, light body & polarity balancing; effective on physical, mental, emotional & spiritual planes, helps the soul align to its mission and purpose. Also: personalised herbal preparations for people & cats (qualified herbalist), instructional design - development of training programmes (M.S. in Educational & Industrial Technologies), editing, Reiki for cats

ADS

WANTED

- * Lounge suite, queen size mattress, dressers/tall-boy, indoor plants, cloth nappies, lots of garlic. #374 Shanti 525 7187
- * Lino or similar for floor of 5 sq m yurt. #510 James 525 7566.

ADS, continued

Wanted

- * Cast iron bath. #511 Robbie 027 238 1969, robskiwimad@hotmail.com
- * Harakeke dye; demolition timber & steel; older chainsaw & ride-on mower. #418 Donald 525 8552.
- * #422 Gopal seeks people keen to play Go, the fascinating 4000-year-old Chinese game of strategy. Also offering to teach Go for HANDS. 525 8787
- * Tempeh culture. #453 David 525 7566.

FOR SALE

- * *Woman's gemini bike & helmet*, one year old. \$350, part HANDS accepted. #492 Colleen 027 452 5861, cailin.s@xtra.co...nz
 - * *Pies, cakes, pizza, quiche & dried fruit products* available at most Saturday markets or upon request. #480 Janet 525 7383, huddleja@xtra.co.nz
 - * *Spray-free fruit, nuts, veges, free-range eggs*. Homemade preserved lemons (Moroccan), pickled mandarins, jams, sauces. Pick up in Motupipi, or delivery to Takaka. Produce boxes & self-service stall in summer.
- Azzizzi Vintage Store* offering top quality vintage and proloved clothes for women and children, at affordable prices: all HANDS. Plus Bubble Organics, exclusive organic merino clothing range for baby, handmade in the Bay: part HANDS. #365 Sarah 525 8144 to view.
- * *HANDYman work*, beginner guitar instruction & basic computer operation. Small jobs welcome. Lots experience doing all types of fix-it things. Was a house builder, designer, remodeler, inspector for many years. Part HANDS by negotiation. #472 Tom Laing 525 6128

* *Enliven*: Hot Stone Massage or natural skin care sessions including full body clay, fresh fruit and essential oil masque or a full back pamper. Aeven makes up all her "skin food" fresh each day from quality ingredients such as avocado, manuka honey, 100% essential oils and clay, organic where possible. Packages also available. Gift vouchers available. Relaxing and refreshing! #470 Aeven, 43 Commercial Street, 021 0225 7781, eve_claire@yahoo.com.au

* *Local landscape paintings*: 70H - 350H. Beautiful Christmas presents, don't need framing, lightweight, good for posting. #010 Melanie Walker: 525 8456, Tukurua, melanie_walker@clear.net.nz

FREE TO BORROW: *Zeitgeist Addendum* dvd, a two-hour exploration of the world financial system, its consequences and what we can do about it. #242 Ro 525 8448, rojoanna@ihug.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 & Families

Judith Rothstein, M.Sc.

22 Meihana Street

525 7674

Judith@jrothstein.org

Part HANDS accepted

NgAng Art

NgAng is accepting up to 500H toward original paintings & prints.

If you've always wanted a NgAng painting, here's a good opportunity... just in time for the holidays!



www.ngangart.co.nz

Gallery open 11-5 daily
46 Rototai Road

#282 Lethea & NgAng 525 7646

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

20H + \$20 per session

Papimi

PAIN RELIEF ENERGY RENEWAL

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, 2 organic eggs, 6 minutes work, or 1 L biofuel

Current quarterly fee: 4 HANDS
(waived for market stallholders)

Number of members: 270 member numbers (accounts), 359 total members

Vouchers in circulation: 9192H

Three-month trading statistics:

This info doesn't include trading with Exchange Vouchers (which is increasing) except withdrawing and redeeming them through the voucher account #400.

month	#trades	HANDS traded	Average trade
Sept	246	8349.56 H	33.94 H
Oct	103	4812.14 H	46.72 H
Nov(→23 rd)	279	4091.21 H	14.66 H
Total	628	17,252.91H	31.73 H

Account Statements & Balances

E-mailers:

Your statements are 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

Donald McKee 525 8552
cosmos@actrix.co.nz

David Dwyer 027 421 2621
ripeandfresh@gmail.com

Angela Herbert 525 8688
nature'sspirit@ww.co.nz

James Guthrie 525 7566

Contributors

HANDy messenger & newsletter - Joanna
Market poster – Tessa Whiteman
Market helpers: Murray, Donald, NgAng,
Terry, Joanna
Accounts & website - Murray, Malcolm
Email - Joanna, Murray
New-member liaison - Rose von Dreger
Technical consultants - Mike Howe,
Yvette Ireton

Summer

H.A.N.D.S.

Market

Sunday
14th December, 4-7pm

Tui Treefield
Tui Community
Wairui Bay

Entertainment

Rain or Shine

Food

Raffle

Stalls

Books by local
authors

music by
Nick & Sybille & Amira

after the markets
Hot Tub - 5HANDS

also a cultural evening of
stories & songs around the fire
in the pentade. facilitators
Robin & Amira

Tour of Tui Community
3pm

Story telling
for children with Margaret
4:30

Seed Saving Workshop
with Sally
5:00

Haves
to
Share

5:30

5:30

Plant Exchange
Wood Walk with
Olivia Herbert
6:00

Members joining time
5:30

001 account
AUCTION
6:30

Raffle
6:30