

## 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. 88**

**March – Autumn 2009**

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

## H.A.N.D.S. & Zero-Point Energy

*Adapted from an article by former H.A.N.D.S. member Christoph Hensch*

Understanding Zero is important for H.A.N.D.S. members, because Zero is the potent essence of a successful community exchange system. What does Zero stand for?

- Zero is the sum of all the HANDS in the system. If you add up all the negative account balances and then add all the positive account balances, you should arrive at zero. This is true if a robust accounting system is used and every transaction is recorded on both the credit side and the debit side. The Community Exchange website ensures this for H.A.N.D.S.
- Zero represents balance. Balance isn't guaranteed if the Zero point is shifted by giving away "free" HANDS or if the balance is upset by granting larger credit limits than debit limits. As long as balance is kept, HANDS in circulation keep their value.
- Zero is the dynamic centre. For H.A.N.D.S. to work best, everyone needs to engage in balanced giving and receiving. There are always enough HANDS in the system for trading. Ideally members will trade through Zero once or several times a year.
- Zero stands for the idea that relationships are more important than numbers. We're conditioned to believe that more is better and we

*(continued on page 2)*

*(Zero, continued from page 1)*

need to “get rich.” Both propositions are meaningless in H.A.N.D.S., where we find economic security not by accumulating but by building relationships with others.

- Zero is a circle that can represent the H.A.N.D.S. community to which all members belong. In the conventional economy, we fend for ourselves in competition with everyone else. In H.A.N.D.S., we're all in it together. We create our means of exchange, our HANDS, in transactions with other community members. There are two positions within H.A.N.D.S.: “dedication” to the community, by buying before selling; or “recognition” to the community by selling before buying. Members also stay within the limits that the community has agreed to. The H.A.N.D.S. community needs all three, so that dedication (debit) and recognition (credit) are valued equally. Another important ingredient is solidarity with the community: when we seek to trade to fulfill our needs and wants, we can “buy local” by looking within our H.A.N.D.S. community first.
- Zero is new members’ balance when they join and should be their balance when they leave. Each member enters the system at Zero, and the only acceptable way out is at Zero again. Leaving the H.A.N.D.S. community in either “dedication” or “recognition” creates an imbalance in the system and hinders the healthy flow of HANDS.

Understanding and living the concept of Zero means a culture of “we,” a culture of community. Applying the Zero concept helps maximise trade while preserving equilibrium within the system. It supports functional, fulfilling relationships between individuals and the community. A well-maintained equilibrium makes everyone a winner and increases quality of life for the whole community. If you need assistance in going thru zero please contact Joanna, the HANDy messenger.

## **Going through zero — design a symbol**

Members are invited to think about zero in the context of H.A.N.D.S. and design a symbol that can be used whenever the concept is referred to. Please submit your design and an explanation of how it relates to going through zero — prize of 10H for the one chosen by the committee.

## **H.A.N.D.S. 20th Anniversary Autumn Flavoured Family Feast & Fun**

*Sunday evening, 26 April, 5-9 pm, Pohara Hall*

A festively decorated hall, great entertainment, children's activities, delicious food -- all done by H.A.N.D.S. members — create an event to look forward to, enjoy, and remember.

This will be the third annual H.A.N.D.S. Autumn Feast. This year's Feast committee invite all members to help manifest another magical evening by helping with set up, decorating, providing ingredients, preparing food, serving, entertainment and cleaning up. Please contact Joanna, Angela, David Dwyer or Murray if you'd like to assist. More Feast committee members would be great, too. Everyone who helps is paid in HANDS from the entry price, which is all HANDS (for the sake of bookkeeping, not a direct swap). The Feast includes soup, bread, salad, mains, dessert & beverages.

2009 is the twentieth anniversary of H.A.N.D.S, so there'll be some H.A.N.D.S. history shared as well. Another special feature this year will be an interactive improvisational comedy theatre.

*Value:* 16H if you book by 16 April. After that, 20H until full (maximum 120 adults). Under 5: free, 6-16: half price.

Please contact Joanna to book: 525 8448 or [rojoanna@ihug.co.nz](mailto:rojoanna@ihug.co.nz). To ensure the right amount of food and to not disappoint anyone unnecessarily or miss out on HANDS for paying helpers, there's no unbooking once booked, but you can find someone to take your place.

### **H.A.N.D.S. committee changes**

Since the last newsletter, Donald McKee has left the committee temporarily to pursue other projects and Angela Herbert and Cindy Moul have joined. Donald was a brilliant committee member, contributing creative ideas, hard work and a friendly, fun, cooperative spirit. We hope his time off the committee won't be very long.

We asked Angela and Cindy why they decided to join the H.A.N.D.S.

*(continued on page 4)*

*(committee, continued from page 3)*

committee. Angela replied, "I decided to join the committee to get an inside picture on how the H.A.N.D.S. system works, to join in on creating a natural system in motion and to be actively involved in spreading more love, peace, enchantment and magic with all the other beautiful committee members."

Cindy said, "I joined the committee to become more actively involved in the community. Whilst living in Cornwall I traded on a regular basis and enjoyed meeting people with whom to trade. My goal in this lifetime is to become as self sufficient as possible in order to lessen the stress of 'modern' living and deepen my spiritual connection to nature alongside like-minded people who understand that riches come in many forms and together we can make sure that no one in our community need ever be hungry, cold or unsupported in getting their lives on track and feeling valued. I'm amazed at the energy that is in the bay and see it as an inspiration to a belief system that I'm proud to be a small part of."

The H.A.N.D.S. committee invites all members to attend our monthly meetings for planning and decision making held on the third Wednesday at the Takaka library from 3-5 pm. Members are also welcome to join the committee after attending a meeting.

#### **444 (Service to the Community) account update**

*ROTOTAI RESIDENTS & FRIENDS:* The committee donated 100H to Rototai Residents & Friends for NgAng's monumental efforts organising and working on the edible landscaped cycle/walkway and the new mural.

*GRANT KNOWLES & CLAIR FONES:* At the Opening of the Heart at Pohara Hall in January, we gifted 100H to Grant & Clair for their countless unpaid hours over the past three years planning, organising and facilitating the Heart Art festival, as well as facilitating the sand sculpture event at Pohara Beach this year.

Anyone can make a nomination by telling a committee member. Also, anyone, not only members, can be nominated. The committee will consider nominations and decide how many HANDS will be donated.

HANDS for the 444 account are raised with market raffles and sometimes auctions. Members are also welcome to donate HANDS to the 444, either as a one-off or regularly.

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

### **New H.A.N.D.S. directories available**

Our directory is at the heart of H.A.N.D.S. and it's important that it's up to date. Copies of the new directory are available at the Organic Shop, from committee members and at H.A.N.D.S. markets. Printing cost for the February edition was \$3.60 per copy. The price is HANDS koha for members who joined since the previous edition in August 2008 (#501 and above). The price for other members is \$3 to help cover printing costs.

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.

Please let Joanna know any errors, omissions or any changes to contact details and offerings so members can be kept up to date.

### **New member credit**

We're trialling a new option for new members. Previously, new members were charged a 10H joining fee, so they began their memberships at -10H. We are now giving new members the option of either starting at -10H or accepting 20H credit from the H.A.N.D.S. system, with the commitment to sell 20H of goods or services. This is intended to be a catalyst to help new members get started trading. We will advertise in the newsletter the services or products offered by new members who choose this option, and start taking bids before the market. All the offerings will be auctioned at the next market. The first 20H will go back to H.A.N.D.S. and any excess over 20H will go into the 444 Service to the Community Account. Please see page 8 for the list of items being auctioned at the autumn market.

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

Between newsletters, H.A.N.D.S. updates with information about new members, changes to members' listings, items or services for sale or wanted, H.A.N.D.S. events and anything else related to H.A.N.D.S. are sent to 260 members' email addresses. If you would like to be on the H.A.N.D.S. list, please contact Joanna: rojoanna@ihug.co.nz. The updates are also printed out and posted at the H.A.N.D.S. section of the Wholemeal foyer. All members can contact Joanna with H.A.N.D.S.-

*(continued on page 6)*

(News, continued from page 5)

related info at any time to include in the next update. Members can also post business-card-size notices to advertise wants and offers at the H.A.N.D.S. noticeboard at the Wholemeal. Cards to write on are available there along with blank transaction slips. Joanna, the HANDY messenger, is also available to answer questions, find buyers for something you have to offer or sellers for something you need, talk about new ideas that can improve and strengthen the system, or assist with anything else to do with H.A.N.D.S.

### **International and permaculture students learn about H.A.N.D.S.**

For one week each year, Sol hosts a group of about 20 international honours students on a nine-month programme called “Rethinking Globalisation.” They visit Tanzania, India, New Zealand and Mexico to inquire into the impact of globalisation on local communities.

Sol, Murray and Cindy introduced them to LETS and H.A.N.D.S. through discussion and activities, including half the group performing the skit *The Money Myth Exploded*. They also worked on a member's property to repay the H.A.N.D.S. system for the opportunity to learn about our Local Employment & Trading System (LETS).

Also, Joanna gave an introduction to H.A.N.D.S. to participants in the Permaculture Design Course based at Tui in February.

### **Workshops for sharing skills and knowledge**

In the past few years the committee has helped members organise workshops such as felting and soapmaking. We're keen to offer support to any members with sustainability skills or any other skills to share. We're also happy to assist members with similar interests and skills with mutual sharing of knowledge. Please contact Joanna or any committee member with your ideas.

### **Ayurvedic Café**

Sruti, the Ayurvedic chef, would like to stay in Golden Bay and open an Ayurvedic café that accepts HANDS and uses HANDS for at least part of the cost of ingredients and wages. He's in need of suggestions, ideas, people who would like to assist in making it happen etc. Please contact him at [sruti74@gmail.com](mailto:sruti74@gmail.com).

## MARKET NEWS: pages 7-10

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

Sunday, 22 March, 11 am - 2 pm

Grant & Christie's home — 27 Ironworks Rd, Onekaka

Rain venue: Kotinga Hall

Onekaka is about 17 K west of Takaka on SH 60. Turn left onto Ironworks Rd just after Onekaka Arts. #27 is the second drive on the left.

**Entertainment:** Local musos and poets including Andrew Morin (dulcimer & vocals) & Tina Bridgman (guitar & vocals). David Dwyer & Murray will perform their rap, Complement Your Currency: Seizing with New Eyes. All poets are welcome for open-mike poetry-in-HAND during or between music.

**Workshops:** Each workshop is about 30-45 minutes. Please give 3-5 HANDS to the workshop leaders.

11:30 am ***Nappy-Free Babies*** with Sacha Hoogerwerf

The "natural infant hygiene" approach. All new mothers and fathers and anyone interested to find out more are welcome.

12 ***Body Percussion*** with David Dwyer

Make fat beats with stomp click clap slappin' & experiment with group rhythms.

1 pm ***Basics of Go*** with Gopal

Learn about the fascinating 4000-year-old Chinese game of strategy.

### ***Fresh produce & picture frame raffle for the 444 Service to the Community Account***

It's harvest time and we plan to raffle an assortment of local produce grown by H.A.N.D.S. members. Please ring Joanna on 525 8448 or email rojoanna@ihug.co.nz if you can bring or send along some fruit, veges, nuts, preserves, honey, herbs — anything from the garden. If you'd like to donate but can't get to the market, you can arrange with Terry on 525 7422 to bring it to her at 16 Hiawatha Lane. Also to be raffled, in a second drawing from the same tickets, is a handmade natural wooden picture frame, 26 x 26 cm, with glass, donated by Karen Brookes. Keen raffle ticket sellers are needed — please contact Joanna if you can assist!

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.

**Raffle tickets:** 2<sup>50</sup>. The raffle will be drawn around 1:30.

## ***New members' auction (see page 5)***

These are the items valued at at least 20 🍵 offered by members who joined H.A.N.D.S. after we started the "new member credit" trial:

#526 *Paul & Maria*: bamboo T-shirt

#527 *Jan Miller*: ceramic teapot that she made

#529 *Jocelyn Outram*: two hours creative facilitation with children (reference from Marco & Karen Pessione)

#530 *Christine Hughes*: two hours childcare or two hours Spanish lessons for children or adults

#534 *Josie & Mark*: two men's haircuts

If you'd like to bid on any of these, please contact Joanna on 525 8448 or [rojoanna@ihug.co.nz](mailto:rojoanna@ihug.co.nz), or just be present at the auction (after 1:30). Any excess over 20 🍵 will go into the 444 Service to the Community account.

### ***Other market info:***

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

\* *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.

\* *H.A.N.D.S. directories* available: koha for members who joined since the previous edition in August 2008 (#501 and above) and \$3 for other members.

\* *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 use at the market (or take away as souvenirs). If they don't use all of them they can re-exchange them for their Kiwi\$.

\* *New members joining time*: 12:30

Please let you non-member friends & rellies know they can join H.A.N.D.S. at the market.

*Got your hands?*  
**HANDS SUMMER MARKET 2008**  
— by Joan Fleming

After a morning spent revising poems and watching the starlings nesting in the eaves outside my writing widow (the iridescent mama bird flying forth and back with a beak full of seeds), Matthew came to pick me up for the HANDS summer market. It didn't start 'til late afternoon, but we decided to head out early and get in as much play as we could.

*Do I need anything?* I asked Matthew, still unsure of the way it all worked. And he replied: *Have you got your hands?*

See, I reckon that's the wonderful thing about the HANDS bartering system. All you need is your hands, your head, and your good intentions. It's a trading system that values a sense of community and face-to-face interaction over pure profit. It gives salience to people's skills and fosters a true sort of prosperity; one where you can be as glad for your neighbour's success as for your own.

I've only recently been introduced to HANDS – I'm a fresh face, a newbie, just a kid. In fact, I feel fresh to Golden Bay, though my family's owned land here for six years now. Only this summer did I decide to pack up my city-life and move down here, where things make a lot more sense.

As we talked away the drive to Tui, where the market was being held, it became clearer and clearer that I could be *part* of HANDS – not just a consumer. At first, I wasn't sure that I had anything to offer. But, *hey*, I can write, I can teach, I can garden...the more I thought about what I could contribute, the more skills I realised I had.

The market was lovely. Good people circling around and around. Dozens of stalls. Wholesome food. Home-grown music. Lots of familiar faces, and even more faces yet to become familiar. People offered books, plants, clothes, jewellery and art. There was storytelling for the little ones, a raffle that raised HANDS for the community, a weed walk and a seedsaving workshop. And a record eleven new members joined up, bringing the grand total of HANDS members up to 365.

*(continued on page 10)*

*(summer market, continued from page 9)*

After the market was over, when everyone was feeling well-fed and gregarious, we stayed for an evening of stories and songs round the fire. It was a real warm, fire-flickering circle of folks, giving what they could, singing out or just tapping their toes. And before the night was over, we jumped in the hot tub to soak up the last of the heat.

So, as an introduction to the HANDS community, it was pretty swell. And, flicking through the HANDS directory, I see there's an immense range of skills, education, and stuff on offer. All interest-free – because after all, you can't charge interest on people's energies, on their hearts. This system makes a lot more sense to me than relying solely on an unsteady kiwi dollar in these precarious times. The more we can trade seeds with each other - back and forth, forth and back - the more we'll see our community grow.



### **Heart Art market with Ederlezi and Zing**

Members and non-members enjoyed the 6 February market at the Village Green, the last event of the Heart Art festival. Glorious day, lots of stalls, four new members joined, the foods were diverse and delicious, the people fantastic, the music swaying, everyone playing and getting lots of goodies for their HANDS.

### **Future Market Venues**

Please let a committee member know if you have a suitable property and would like to host a future market. Members are paid in HANDS for hosting a market.

## H.A.N.D.S. Profile

### Member #255: Dennis & Cathy Sage

—by Gerard Hindmarsh

Best known at HANDS markets for their stall laden with preserves, pickles and other food, Dennis and Cathy Sage have been members for eight and a half years, signing up soon after moving to Golden Bay from Great Barrier Island, where they owned a 10-acre bush block at Tryphena. Cathy had trained as a primary teacher, Dennis' background was organic gardening, but they shifted to the Barrier to run a halfway house for a drug and alcohol rehabilitation trust before shifting onto their own land nearby.

“After 13 years living on Great Barrier and four children later, we felt isolated,” says Cathy. We looked around, and Golden Bay was the only place we could imagine living.” Down here they turned their hand to baking, turning out a range of allergy-free cakes and breads, muesli bars too, from the commercial kitchen at the back of the Organic Shop. The Organic Shop sold some of it, but most of it they actively sold at markets. Their business has moved on. Now they use the commercial kitchen across the road at the back of Schnapp Dragon Distillery to turn out their range of mainly preserves and pickles plus the odd bucket of hummus. They source all their raw produce locally and grow much of it themselves in their allotment at the Community Gardens. Their crops this year included chili, eggplants, gherkins, beans and garlic.

Dennis also adds chimney sweep and handyman to his HANDS skills. This includes light building jobs, painting and waterblasting. Most of their transactions are done part Kiwi\$/part HANDS. They're also part of Takaka's Seven Waters food co-op, doing some of the ordering and using their house at 23 Abel Tasman Drive as the pick-up point. They're paid in HANDS for this as well.



Cathy & Dennis joined H.A.N.D.S. initially because the idea of a local trading system appealed to them. They found more spontaneity in trading with HANDS, and on a low income there was more scope and freedom to offer skills and take advantage of what others had to offer. They've stayed with H.A.N.D.S. for the same reasons, enjoying the variety of goods and services on offer and buying some things they wouldn't have bought without HANDS. They continue to value the H.A.N.D.S. system's support of the local economy, the greater freedom in buying and selling it provides, its social aspect, and its stronger sense of creating community.

## NEW MEMBERS

**242 Jon Cope** Pohara Valley 525 8448 msg, 021 049 9684  
jon.cope@hotmail.co.uk  
Gardening, vine control work (eastern GB)  
*Wants:* Japanese language practice, teachings on Eastern wisdom

**494 Jessica Clark** 32a Rangihaeata Rd 027 201 5931  
justjess137@hotmail.com  
Horseriding & horse management lessons; general outdoor work: garden, farm or just helping hand; pet/housesitting; baby & child minding; help with earth building—would love to learn more!  
*Wants:* old/unwanted building supplies: corrugated iron, wood, posts, fencing/chicken wire, non-electric tools; information or chance to help build earth/cob projects

**512 Jacqueline Peters** 114 Commercial St (Barefoot Backpackers) 525 7005  
jacquelinempeters@yahoo.co.nz  
Respite care, gardening, cooking, childminding, spa, accommodation (off season by arrangement), organic garden/farming/animal support  
*Wants:* Help at backpackers (discuss with Jacqueline), paint and painter for house painting, veges/fruit, indoor/outdoor plants, firewood

**513 Melanie Becker** Kaihoka Station RD 1, Collingwood 524 8765  
Organic gluten free, dairy free (and some also egg free) biscuits; childcare.  
*Wants:* childcare for daughter, Nora (18 months)

**514 Cindy Mouli** 45 Pohara Valley Rd 525 6093  
Hairdressing for women & children, make-up, light gardening, secondhand women's clothes, CDs, food (soups, sauces, etc from my freezer)  
*Wants:* firewood

**516 Bryan O'Leary** 32a Rangihaeata Rd RD 027 303 0254  
bryan.oleary@gmail.com  
Rock climbing instruction, duty manager (liquor licensing) for special functions, brewing, chemistry tutoring

**517 Joan Fleming** 24 Upper Tukurua Rd, Takaka 525 6105, 027 677 3771  
joanlives@unchartedshores.com  
Writing and editing (for websites, brochures, magazines, leaflets, etc), creative writing (prose, poetry & nonfiction)—help & feedback, gardening, tutoring in English & writing (for school-age kids, foreign language students, etc), childcare

**518 Dave Myall** 027 669 7142

**519 Matthew Bateman** RiverSea 65 Battery Rd, Patons Rock 021 02654228  
Natural building, renewable energy, permaculture, deep ecology, DJing,  
snowboarding lessons, a shoulder to lean on  
*Wants:* Maori lessons & cultural exchange, Spanish lessons, learn to make wine  
and cheese

**520 Guinevere Wilde** 027 211 8454  
guinevere\_wilde@yahoo.co.uk  
Rainbow candle dipping, candles, children's themed parties, children's activities,  
childcare (including respite), basic gardening  
Guinevere is looking to buy a housebus or housetruck. If you know of one that  
would suit someone 6'2" please contact her.

**522 Deborah O'Callaghan**  
debora.ocallaghan@gmail.com  
Foot reflexology massage, Thai massage, Ayurvedic massage, yogic massage

**523 Christa Windle** 105 Rocklands Rd RD 1, Clifton  
cwindle@clear.net.nz  
Artist: mixed media - weaving flax to painted & textured stretched canvas. Part  
HANDS. Open to commissions and visits to my studio by appointment.  
*Wants:* Dog groomer - to show me how with scissors or clipper (prefer both);  
haircutting

**524 Josse Tuffnell** 48 Rangihaeata Rd RD 2 525 6111  
josse@talk21.com  
Beginner guitar tuition, reiki master, landscaping & basic general gardening,  
stonework

**525 Daniel Logtenberg & Naia Kelly** 01 310 594 7883 (Hawaii)  
hands@hokorawa.net skype: danlogtenberg  
D: web development - hosting, programming, business applications.  
N: voice over lessons, stress elimination, dinkel baking & recipes  
Dan & Naia plan to return to GB in April or May. Meanwhile, Dan is offering web  
development for HANDS from Hawaii. When they return, they'll be looking for:  
organic foods (low/non gluten) and goat products, and instruction in horse care  
and riding and goat care.

**527 Jan Miller** 672 Abel Tasman Dr, Pohara 021 074 8680  
janmillernz@gmail.com  
Small painting jobs, helping hand, cleaning, sober driver for those needing a ride  
home, driver for trips in the Bay and to Nelson, lawn mowing, child minding

**529 Jocelyn Outram** Takaka 021 046 9043

jocelynoutram@hotmail.com

Creative collaboration, sewing, jewellery (product), gardening, hang out with children (reference from Karen & Marco Pessione), creative facilitation for kids, facilitation for people with autism.

*Wants:* a spade!

**530 Christina Hughes** 9A Factory Rd Takaka (in Golden Bay November - May)

cris.hughes@gmail.com 525 8395, 027 747 0046

Community organizing; teaching: gardening, Spanish language, literacy, English as a Second Language, tutor in any subject age 4-94 years old, arts & crafts projects; childcare, shopping, eldercare, portraits of people or places, some housecleaning, animal/pet sitting, "jaquie of all trades."

*Wants:* computer help, good used guitar, produce/fruit/avocados in season, personal secretarial help

**531 Sean Treacy & Joanna McKenzie**

seanrtreacy@hotmail.com jmckenzie@gmail.com

J: flax workshops, yoga workshops, permaculture skills/gardening - growing, weeding, harvesting. S: house & garden maintenance, will help with anything

*Want:* jewellery making (Sean); fold-up table & circus hula hoops (Jo)

**532 Kay Buchanan** 027 529 7752

kay\_buchanan@hotmail.com www.kaybuchanan.com/

Leatherwork, photography, fire dancer

**534 Mark & Josie Shelly** 12 Pohara Valley Rd RD 1 525 7995

josie@shelly.co.nz mark@shelly.co.nz

J: Men's barbering (short haircuts), clothing alterations & general sewing.

M: Architectural design consultancy, small home maintenance & repairs.

**535 Gabrielle Kervella & Alan Cockman** 532 East Takaka Rd RD 1 525 7975

gabriellekervella@gmail.com

Cheese making consultations, "Farm Fixed" (mechanical & some electrical repairs)

## RETURNED MEMBERS

**020 Martine Bouillir** 71 Motupipi St, Takaka 525 8656, 027 233 4712

martine.goldenbay@xtra.co.nz

Facilitator, coordinator, MC, public speaking events organisation, editing, proofing, writing, Compassionate Communication (NVC) resources and Empathy sessions.

**072 Karen Kell** 187 Collingwood-Bainham Main Rd 524 8774

**105 Grayham Forscutt** Rangihaeata  
abell3627@hotmail.com

Fruitarian diet consultant, galactic astrology, physical-emotional-mental-spiritual integration using sacred geometry, CryptoNumerology (a=1, b=2, c=3, x=24, y=25, z=26). Grayham John Forscutt =242 = CryptoNumerology = 242 = Lightbody Code Patterns = 242 = Seed Crystal Templates = 242 = The Secret Initiations

**243 Lolly Dadley-Moore** 525 9577  
polylop@wildmail.com  
Massage, aromatherapy, reflexology

**253 David Hicks** Rangihaeata 027 717 2036  
free\_d@yahoo.com  
Gardening, cooking, tai chi, tree planting, light building, labouring

**262 Andrew Smith** Long Plain Rd RD 1, Takaka 027 414 1606  
Experience with alternative energy/hydro systems. Telephone and network cabling/jackpoints. Satellite television (freeview) experiance. Car repairs/ light engineering and some welding ability. Handy at fixing and making stuff (plumbing and electrical).

**367 Tina Bridgman** Pohara 525 9087  
tinabridgman@yahoo.co.uk  
One-to-one guitar teaching, vocal coaching & performance – all levels

**433 Izzie Birnie** 027 711 9479  
izziebi@gmail.com  
Childcare; labouring (anything around the house or garden); basic harakeke weaving; typing, transcribing and editing of any kind; massage; house and animal-sitting

## MEMBER UPDATES

#235 Hamish McNab & Beatrice Bourhis: 287 Glenview Rd, Motupipi, 525 7172

#361 Andrew Morin: 43 Selwyn Street, Pohara, 027 423 3530

#481 Peter and Elvira Pontier: 406 Glenview Rd, Motupipi, 525 8485

#511 Robbie Dodds new email address faithnotfear69@gmail.com

#391 Cath Rogers: 14 Fenwick Rd, Rangihaeata

#021 Karen Trethowen: Abel Tasman Drive, Clifton

#111 Raimund Heese: 231d McCallum Road, RD 1 Takaka, 03 970 7505,

raimundheese@scorch.co.nz

*(updates continued on page 16)*

#372 Jay Robinson (H.A.N.D.S. member from afar):  
9 Colonial Pl. Palmerston North 06 355 2622 (home), 027 266 6866 (cell)  
jay\_robinson@orcon.net.nz

\* The Waitaha Gardens stall in Motupipi is now closed.

### **Members on hold**

#490 Jennifer Giller

#394 Shayne O'Neill

#501 Owen Baxendale

#226 Ursus Schwartz

### **Accounts closed at zero**

#191 Gwyn Dobie & Capn Phil Lyons (left GB)

#437 Lorraine Cahusac

### **No longer members but not closing at zero**

#499 Stephen & Rebecca Page (left NZ) -260👉

## **ADS**

\* Relaxing Hot stone massage and exquisite natural clay masques and scrubs using fresh ingredients and aromatherapy. Up to 80% HANDS accepted in March!  
*Enliven*, 43 Commercial Street, #470 Aeven, 525 7531, 021 0225 7781

\* HANDS Listings Online at <http://takaka.kluttr.co.nz>

\* For sale: 10-20 harakeke starter plants separated from a clump—offers for some or all. Prorack roof rack—fits vehicles without rain gutter. 20👉. New phone with cordless hands-free headset. 230👉. #242 Joanna & Ro 525 8448.

## **Wanted**

\* Medium dog kennel in good condition. #507 Madalene 525 9920, 027 277 7955.

\* Milking goat for caring home, with other goats. #003 Simon or Carol 525 8542.

\* Galvanised or copper pipe, 1m+ lengths, 15mm+ diameter. #242 Ro 525 8448.

\* Second hand yurt or tipi, good condition. #470 Aeven 525 7531, 021 0225 7781.

\* Dry storage space June- August for a few small boxes and a couple pieces of furniture. #470 Aeven 525 7531, 021 0225 7781.

\* Secondhand bicycle -- HANDS/part HANDS. Simple, good condition, reliable mountain bike or similar for sealed & unsealed roads. #522 Debora 021 185 8795

## **ELEMENTAL ARTS GALLERY**

**H.A.N.D.S. MEMBERS-  
ONLY OPEN HOUSE**

*Sunday, 8 March, 12 - 2 p.m.  
(public Open House 2-5 pm)*

Savings of 15%  
AND up to 500H accepted  
on all in-stock NgAng art  
originals & prints, plus  
Lethea's photographic prints,  
if bought & paid for during the  
H.A.N.D.S. Open House.

Come check out our newly  
refurbished gallery/studio.  
Lots of new works.

*46 Rototai Road  
1 km from the High School*

**Savour the taste of summer all  
year round with fruit leathers,  
dried fruit & pesto.  
Prize-winning pumpkin & apple  
pies, cakes, pizza,  
quiche & dukkah.**

**All products made with home-  
grown produce, eggs & mostly  
organic ingredients.**

**Available for  
private orders & catering.  
Liven up your next dinner party  
with a special treat!**

**Half HANDS  
#480 Janet Huddleston  
525 7383  
021 165 3186  
huddleja@xtra.co.nz**

## **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*

  
**PAIN RELIEF    ENERGY RENEWAL**

## **DANCE CREATION WORKSHOPS**

Exploration of  
expressive movement  
Connect, Release, Heal, Create.

March is the final month of  
workshops for this season,  
so come along!

Tuesdays 7 pm, Senior Citizens hall.

## **CAPOIERA WORKSHOPS**

Afro/Brazilian martial arts/dance  
Sundays 7 pm, Community Gardens.  
Great fun and fitness.  
Beginners welcome!

HANDS koha entry.  
#470 Aeven 525 7531, 02102257781

## *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

## **MANAIA, MEDICINE & MAGIC**

### **A 7-week Herbal Course for Women**

- \* Herb craft: botany, identification, harvesting, drying & storing herbs
- \* Hands-on herbal manufacturing: infused oils, ointments, infusions, tinctures, syrups and vinegars. Compresses and poultices.
- \* Herbal energetics and intuitive awareness
- \* The magic and medicinal uses of herbs
- \* Making plant essences
- \* Intuitive energy play – the art of spiritual healing
- \* Ecology and Sacred Ecology - deepening connection within, to Gaia Mother Earth and Spirit, the 5 elements, the 7 directions, Earth cycles and Earth festivals
- \* Talking stick sharing, tuning into the Nature Spirits and Plant Divas
- \* Ritual, song, lots of fun and laughter

*Manaia – Nature's Spirit, Center for Herbal Medicine and Healing*  
40 Pohara Valley Road, Takaka

Facilitator: Angela Herbert – Herbalist, Ecologist, Intuitive Healer

Starting March 14th, every Saturday 10 am – 3 pm, for 7 weeks

\$240 per person, up to 25% HANDS accepted.

Enquires #477 Angela 525 8688, 027 618 1404

herbsnangels@hotmail.com

### 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 three 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 contribution 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 contribution:** 4 HANDS (waived for market stallholders)

**Number of members:** 293 member numbers (accounts), 378 total members

**Vouchers in circulation:** 13,172 🍃

### Three-month website 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  |
|--------------|------------|--------------------|----------------|
| Dec          | 177        | 8988.02 🍃          | 50.78 🍃        |
| Jan          | 54         | 1627.28 🍃          | 30.13 🍃        |
| Feb          | 332        | 6299.30 🍃          | 18.97 🍃        |
| <b>Total</b> | <b>563</b> | <b>16,914.60 🍃</b> | <b>33.29 🍃</b> |

### 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 260 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 use their HANDS or donate them to another member or to the system. Those in debit need to earn HANDS and/or use 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

**David Dwyer** 027 421 2621

ripeandfresh@gmail.com

**Angela Herbert** 525 8688

nature'sspirit@ww.co.nz

**Cindy Moul** 525 6093

### Contributors

HANDy messenger & newsletter - Joanna

Market poster - Robbie Dodds

Market helpers: Murray, Malcolm, Donald, Ro,

James, Jochen, Jessica Trevino, Joanna, Tess

Accounts & website - Murray, Malcolm

Email - Joanna, Murray

New-member liaison - Rose von Dreger

Technical consultants - Mike Howe,

Yvette Ireton

