

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. 89

June – Winter 2009

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PO Box 156, Takaka <http://community-exchange.org>
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The H.A.N.D.S. Autumnlicious Feastumloveness

— by *Rebecca Reider*

As a small child I was always subjected to massive meaty holiday meals eaten to excess in the company of politically conservative relatives. Hence I felt a lot of past traumatic memories dissolve and resolve as I basked in the shared mega-family vegetastical goodness of the HANDS Autumn Feast on Sunday evening, 26 April, at Pohara Hall. Good people connecting (92 adults and 28 children to be precise), bellies filling with abundant tasty nourishment, lots of smiles and warmth to celebrate the harvest season.

The hall was decorated with autumn foliage and all the tables were laden with grapes, feijoas, oranges and figs from the gardens of Dale & Rena, Scott, Joe Thompson and Ro. Four soups in four corners of the room began the evening's offerings to ease us into the yumification, stewed up by Ute, Dave & Freya, NgAng, and Jessica King, and served with Stef & Rita's organic wholemeal bread precisely sliced by Donald. At main mealtime we piled high plates full of fragrant bites – veggies, spuds, salads, grains, beans, stewy concoctions, enchiladas and more – prepared by Shane R, Cris H, Murray, Josie, Cathy & Dennis, Albie & Felicity, Iris, Scott, Sharon T, Bernat & Vivi, Steph M, and Ashna, with salad greens from Paul at the Community Gardens. I can only suspect that it was all made with the secret ingredient of love, as there is no other explanation for how I could eat that amount of food and not have indigestion.

Malcolm greeted everyone on their way in, and a HANDy pencil and paper game devised by Terry gave everyone an excuse to meet new people and learn their HANDS offerings, as well as talking to old friends. The reward for participation in the game was a chance to win prizes from Guinevere, Cathy & Dennis, Janet and Joanna. A win-win situation

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Jochen MCed the evening in style. As for entertainment, we enjoyed Amira's harp and music selected by David Dwyer, and after the meal, Murray offered an account of HANDS happy history (20 years and going strong), and David got the whole hall on our feet for a massive body percussion experiment of chaos and laughter as people attempted to click and clap in time while digesting full bellies of deliciousness. However the rhythms did seem to aid the digestion process as everyone eagerly leapt up again once it was time to sample the array of scrumptiousarific dessert creations by Lina, Janet, Christie, Jane B, Vicki S, Jo and Steve D, washed down with herbal teas from Joanna and Ro's garden.

Jocelyn provided beautiful art activities for the children, who painted rocks and crafted creative headwear. The kids then proceeded to lead themselves in running riot like the feral little Golden Bay children that they are, while their parents chatted and chatted and ... chatted.



Photos by NgAng

The beautiful and diverse feeding and care of that many people was a masterwork of coordination so a massive 'good on ya' all around to the huge array of people involved, in addition to those mentioned above:

Decorating: Stef & Rita & children. Rena, Aeven, Chris & Tom, Donald, Judith, Sita Devi & children. Kitchen, serving & clean up: Cindy, Josie and Jon with help from Christie, Grant, Barbara, Rose, Jane, Cris, Murray, Joanna & Ro. Dishwashing: Malcolm, Dale, Ashna (also Christie, Grant, Barbara & Murray). Hall breakdown: many feastgoers, to the tune of organic drumbeats. Jon coordinated the hall set up and the serving of the food. Cindy coordinated the kitchen, assisted by Josie and Jon. Joanna coordinated just about everything else before the Feast and on the night.

Feastgoers paid in HANDS, and contributors to the evening were paid in HANDS – except for some who just wanted to contribute. Sixteen non-members came along as HANDS members' guests as well. Murray entered all the transactions and reports that the event came very close to breaking even.

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H.A.N.D.S. NEWS

Making sourdough bread: Saturday 11 July, 10 am - 3 pm

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 (samples provided). You'll leave with recipes, starter culture, bread and lots of enthusiasm. 30👏. Limit: 8 participants. Bring lunch to share. Bread will come out of the oven around 3 pm. Facilitated by Tessa Whiteman.

H.A.N.D.S. blogger needed

Happyzine editor #355 Charlotte Squire seeks someone who uses HANDS a lot to blog occasionally for Happyzine all about their transactions and experience of HANDS usage. She wants to build up a collective of interest groups who blog about their life experiences from various positive perspectives. She writes: "I would LOVE to host a blog about HANDS because I feel that the rest of NZ could benefit greatly from seeing just how it's done. They could gain insight into how this person feels as they trade in HANDS, what they trade in, exactly how it's done, it's benefits and drawbacks, the tax thing, the way HANDS strengthens community etc. They could see just how much HANDS contributes to quality of life. It's very timely right now of course." If this is something you'd like to do, please contact Charlotte on charlotte@happyzine.co.nz.

H.A.N.D.S. committee meets third Wednesday

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.

Help available for H.A.N.D.S. website: <http://community-exchange.org>

If you're new to the site or are having a problem, please contact Paul Woodward on 525 7055 or pwoodwardgb1@yahoo.com and he will be happy to help by phone, email or in person at the Gazebo, 7 Hiawatha Lane, Takaka.

H.A.N.D.S. at Permaculture Course

In May Joanna spoke about H.A.N.D.S. to a large group of participants in Earthcare Education Aotearoa's modular permaculture course at Tui. The group enjoyed a spontaneous enactment of Murray's skit, *The Money Myth Exploded*, which they said "made difficult concepts simple." All were inspired by H.A.N.D.S.'s success, and some were inspired enough to request information to help them start a LETS system in their own communities.

The value of HANDS

— by Murray

The Community Currencies Conference in Wanganui in April this year brought together 115 people from Kaitaia to Invercargill and from Australia, Vanuatu and the United States, representing Transition Towns, Barter Card, Time Banking, Interest-Free Banking, and Out of Our Own Backyard. The commonality was an interest in alternative economic systems that are effective tools for exchange and enhance community social climate.

One frequently discussed issue was the value we can give an alternative currency to keep it relatively free from the dictates of the national currency. Some H.A.N.D.S. members, including the committee, have been contemplating this for several years, and the inside back cover of each newsletter notes some suggested standards, such as 1 HAND equals 2 organic eggs.

Conference participants agreed that it would be useful to base the value of a local currency on goods or services already being traded regularly at a particular cost. The rate per hour for trades, services and labour may be based on qualifications, skill and difficulty of the work, and the price of produce is based upon labour plus other factors. With HANDS there's no GST or PAYE, so an amount slightly less than minimum wage may be OK. For example, Feast helpers received 12[☺] per hour. The goal is to determine values that people believe are fair and consistent so the system works well for all its members. Any suggestions would be appreciated.

We are our own bankers

— by Murray

Assuming we understand that the concept of “going through zero” strengthens H.A.N.D.S. and empowers our system and ourselves, we can be further empowered by understanding the concept of “being our own banker.” In H.A.N.D.S. we have the freedom to negotiate for our needs and wants and to make available those products and services we want to contribute. As buyers, to take action we don't need to wait for a paycheck or permission from a bank. We can, so to speak, issue the currency to ourselves when we need it, without risk of penalties or interest. As sellers, we can offer our skills and goods in our own time and as we are moved to do it. The only criterion is balance – the ability to move through zero. Instead of waiting for someone to get something going for you, initiate it yourself.

MARKET NEWS: pages 5-7

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

Sunday, 21 June, 11 am - 2 pm

626 Abel Tasman Drive, Clifton

Rain venue: Pohara Hall

626 Abel Tasman Drive is Anna Lakeman's place, fifth drive on the right after Clifton Corners coming from town, or 200m from the intersection. Market sign will be out. It's a beautiful spot for a market, but the only parking is on the roadside. The one-lane drive leads to a tiny parking area. *Please don't drive in – there will be gridlock!* For stallholders who need help carrying your things, please park on the roadside, walk in and ask for help. Helpers will be there, ready to help carry your things, or if necessary, they will guide you to drive in to unload.

Entertainment is European folk group Podryan: Patrick Riddett on accordion & flute, Jaewyn on clarinet, recorder & percussion, and Jochen on keyboards & guitar.

Workshop: The Four F's: food, fuel, fibre, finance. Learn the basics for creating community self-reliance. 11:30-noon. Facilitator: Ro. 4👋.

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

Clayton: *Spark of Madness* – struggle of the creative psyche. Short film starring Martine B & Helen Mead

Purple: *VizOnic* – colourful array of eye candy for your entertainment and pleasure, 17 cyber sonic vids with eclectic footage

Rebecca & the spontaneous seraphs: *A Process of Love & Rhyme* – lyrical poems of spirit and nature, live collaboration with David Dwyer & Jochen, benefit Amazonian indigenous community of shiwa yacu fighting for their ancestral lands.

Lethea: *Parables of Partnership* – transformative tales told with Celtic harp

Two from **Levity:** *Little Blue* and *How much is that piranha in your gumboot?* – fun & friendly songs for children)

Two from **Grayham:** *Paradise Erotica/DJ Exotica* – music for tantra, personal visions regarding union and *Spectral Encoding* – fragile, sparkling and sublime piano music based on the Golden Ratio

Francis Maxino: *Espiano IX* – piano live at the Wholemeal

Grio: African inspired percussion ensemble guaranteed to get you dancing!

Recorded live at the Chandrakidi meditation centre March '08.

Ederlezi: Fiddle, guitar and percussion combine to create passionate tunes and

songs of European Gypsy/folk origin. Recorded live at the Mussel Inn.

Caitlin & Sika: *One World One Family* – dynamic and ambient dance rhythms, an album of Love, Spirit and Nature.

Charlotte Squire: *Turangawaewae – Place to Stand.* soaring vocals and lyrics, combined with soul reaching sounds of rhythm guitar, bass, hand drum and harmonies. Green is the theme, political statements & quirky song topics.

Tina Bridgman: *In the Company of You* – contemporary acoustic songs that warm the soul; inspired by Aotearoa.

Fourteen winners – there will be a separate draw for each CD or DVD. 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 ticket sellers are needed — please contact Joanna if you can assist.

Raffle tickets: 2👏. The raffle will be drawn around 1:30.

New members' auction

These are the items valued at at least 20👏 offered by members who joined H.A.N.D.S. since the autumn market:

#538 Hera: singing lesson

#542 Joseph & Sonia: CD of Joseph's original music

#544 Daniel: one hour session – acupuncture, moxibustion (heat therapy), cupping, Chinese herbal medicine, traditional Chinese medicine

#546 Esther: two hours of gardening

If you'd like to bid on any of these, please contact Joanna on 525 8448 or rojoanna@ihug.co.nz, or just be present at the auction (mid-market). Any excess over 20I will go into the 444 Service to the Community account.

Auctioneer: Dave Myall

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* (new June 2009 edition) available: koha for members who joined since the previous edition in February 2009 (#529 and above) and \$3 for other 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 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 your non-member friends & relatives know they can join H.A.N.D.S. at the market.

Future Market Venues & Workshops

Please let a committee member know if you have a suitable property and would like to host a future market, or if you'd like to offer a market workshop to share your skills and knowledge. Members are paid in HANDS for hosting a market and facilitating a workshop.

H.A.N.D.S. Autumn Market – March 2009

Grant & Christie's home in a peaceful location on Ironworks Rd, Onekaka, was an ideal venue for stallholders and shoppers. Their large deck was perfect for a "café" ambience and lush greenery surrounds the lawn. The raffle box of fresh produce donated by members was won by Tess, with 111  raised for the 444 Service to the Community account. Dave Myall also raised lots of HANDS auctioneering in his inimitable style for the inaugural auction of new members' products & services. Seven new members joined H.A.N.D.S. The workshops were "Go: the ancient game of strategy" with Gopal, "Nappy-free babies" with Sacha, and body percussion with David. Music was by Tina Bridgman, David Dwyer and friends.

444 (Service to the Community) account update

The committee donated 50H to Steve de Feu for hosting community celebrations at the Sandcastle.

HANDS in the 444 account are donated for members in recognition of their volunteer work that serves the community — individual initiatives or participation in worthy community projects. 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.

H.A.N.D.S. Profile

Member #003

The Dreamers: Carol and Simon Parkinson-Jones

— by Joan Fleming

Carol and Simon are the genuine article. They were part of the original alternative lifestyle pilgrimage to Golden Bay back in the 1970s: young, idealistic, and full of ideas, they were drawn to the powerful landscape of the Bay. They saw its potential.

“We wanted to start an intentional community and get back to the land. We were romantic!” says Carol. “But I had no illusions about how much hard work it would be.”

Their early days were far from glamorous. “It was pretty rough-and-ready. We lived on goat and possum. We washed the nappies in the creek. I remember we had this old hand-cranking generator, and it was really dangerous for the women when we were pregnant because our bellies got in the way!”

“I have this memory of Simon coming out of the bush with a dead deer on his back. He was totally covered in blood, blood everywhere, soaking his shirt and dripping down his grinning face.”

“We were a community of idealistic dreamers,” says Simon. “We dragged logs out of the bush to build shacks and houses. We hunted possum, deer and pigs - one of the main ways we made a living back in those days was hunting possums for the fur trade. After a while, we started making the fur into fur coats, hats and gloves which we sold around New Zealand in tourist shops. A lot of us worked at the cement works to make ends meet. Back then, we put \$7 a week into the kitty, and that bought all our food – plus tobacco. Amazing.”

“Golden Bay was a different place,” he says. “There was no such thing as the Wholemeal Café. No art galleries, no craft shops. Just three pubs,” he laughs. Back then, there was a real division between the ‘hippies’ and the staunch, salt-of-the-earth farming community. But Simon and Carol are full of praise and enthusiasm for how integrated the community is now. “It’s like this wonderfully fecund melting pot,” said Carol. “The ‘hippies’ are now very much part of the



community. They're on the school boards and the community boards. There's been a joining together of these two very different ethos into one beautiful community."

Simon and Carol joined the nascent H.A.N.D.S. network twenty years ago – they're number three on the list of members. They have lived on and off at the Rainbow Valley Community for the past two decades and are well-respected practicing counsellors.

In 1989, Carol and Simon started up Te Whare Mahana and the rural outreach service for people with mental illness, and they continue to provide innovative counselling services for people in the Bay. Simon has done lots of mentoring and life-coaching over the past ten years. "It's something I'm really passionate about. I'd like to do more life-coaching here in the bay," he says. And Carol has just started offering workshops in a method of psychological exploration, called Psychodrama.

"Psychodrama is about allowing people to access their levels of creativity and spontaneity," says Carol. "It takes the 'talking method' beyond the cognitive level, to a place that incorporates the whole being, where the unconscious stuff can become conscious." Carol is offering the first Psychodrama workshop at Rainbow Valley on Saturday June 6th – and, of course, she's happy to accept part HANDS.

"HANDS is great. We sold our campervan last year for 850 HANDS, and took our 'monopoly money' to the market out at Tui," they laugh. "We bought so much good food, and got to talk to everyone. HANDS markets are great social occasions."

To learn more about the Psychodrama workshops, life-coaching or counselling services in the Bay, contact Carol Parkinson-Jones & Simon Jones on 525 8542.

Going through zero - vote for your favourite symbol

In the last newsletter the committee invited members to create designs for "going through zero" that can be used whenever the concept is referred to. We received 14 designs from 5 members and decided to print them in the newsletter and ask members to vote for their favourite. Some are sketches intended to be refined if selected. Please consider the designs in the attached "Going through Zero designs" file and contact Joanna with your favourite. The winning "going through zero" symbol will be printed in the next newsletter and used whenever the concept is referred to. The prize is 10 🍷.

(Feastyumloveness, continued from page 2)

Writing this article, only now am I aware of how many of your gardens and kitchens have now nourished me, and I feel we are all just a little bit more molecularly connected. On a personal note, at the end of the night, to conclude this happy occasion a Mudfaery shaved my head and the hair went into the compost that was taken away, and Joanna now informs me that she and Ro will be eating my hair ... good thing I used organic shampoo. Maybe if they use their compost to grow food for next year's feast then you'll all be eating my hair. Ah, community.

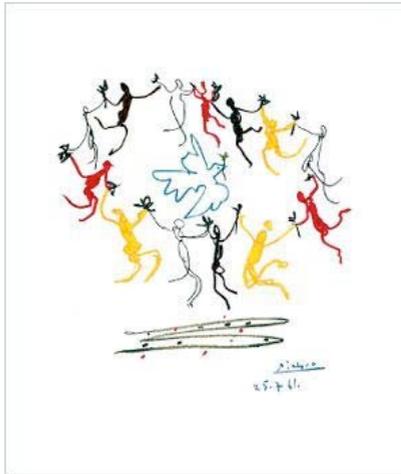
Rebecca's Blessing for the Feast

See this seed.
In the crease
of the palm of my hand
it asks
only water, land
and sun,
it wants
to feed
us.

Or forget us & them --
see many limbs
of the one.
in this seed.
sometimes minds
scream poverty but we
have everything we need
every thing
we need

i lay on earth,
feel a healing, gentle grounding,
she's fed everything that's made me
my veins pulse to tides of the sea
we are part of her body
everyone who's grown my food
is growing me

we'll keep each other warm,
you feed my spirit & i feed yours,
& we end up with more
for everyone to eat.
that's community



every thing we need.
& everything needs us
to be healthy, strong, to give to it,
our gratitude, our attention, our
care, justice, our
song
on behalf of ALL beings,
we give thanks
for being
a part of this blessing
& feed.

NEW MEMBERS

533 Annie Turner 15 Haile Lane, Pohara 525 8490
sph@ts.co.nz
Massage
Wants: veggies, lemons

537 Freja Dixon Hamama 021 141 1517
sundaytrading@yahoo.com
Feather jewellery, free-style crochet creations (hats, boots, gloves etc)
Wants: garden goodness – seedlings, infrastructure, tools; goat cheese, yoghurt

538 sacha oconnell Hamama Rd, PO Box 342 Takaka 027 391 3593
flyingpaua@gmail.com
Kombucha
Wants: craniosacral therapy, scrub cutting

539 Hera Livingsong 73 Rototai Rd 525 8633
blisspixienz@yahoo.co.nz
Singing lessons, yoga instruction, Thai yoga massage, harakeke weaving,
drama/dance classes for kids

540 Andrea Stout 176 Commercial St, Takaka 525 6211
reakaha@yahoo.co.nz
Clothing for adults & children at markets, harakeke weaving

541 Cherry Wyld 559 Tadmor-Glenhope Rd RD 2, Wakefield
wyldcherry@ts.co.nz
Organic fruit & vegies (occasionally), horses for sale, horseriding & lessons, herb
plants & dried herbs.
(Everything will be available when Cherry shifts to Golden Bay in a few months.)
Wants: grazing for two horses, stevia plants, ginkgo biloba trees

542 Joseph Barlow & Sonia Waters 180 Uruwhenua Rd RD 1 525 8772
sonianz@hotmail.com
J: Wood--I'll make anything, from musical instruments and furniture to sculptures,
timber framing and roundhouses; play guitar & sing, teach guitar. S: Childcare,
sewing--children's clothes & repairs
Want: food, alternative healthcare

543 Jody Roussain & Rick Hope 122 Commercial St, Takaka 525 7024
funkyjody@hotmail.com
R: P.A. sound equipment (small & large). J: Leather craft bracelets/armbands

544 Daniel Judd 29 Commercial St 525 9929
easternmedicalshop@hotmail.com
Acupuncture, moxibustion (heat therapy), cupping, Chinese herbal medicine,
traditional Chinese medicine diagnosis
Wants: building/tradesman, fruit, veges, preserves, seedlings, advertising signage

545 Barry Purple Jenkins 027 230 7468
barrypurple@gmail.com
Films, visual projection, driver, handyman, housesitting, graphic design, audio
engineer, musician
Wants: avocados, nectarines, broccoli, permanent home/land with stream, rocks
& view.

546 Esther Rings 231A McCallum Road, RD 1 Takaka 525 6155
erings@scorch.co.nz
Homeopathy - human/animal (Dip Hom), gardening

547 Patrick & Heather Rose
contact@betterworld.co.nz

548 GB Organics 47 Commercial St, Takaka 525 8677, 525 8608 (fax)
gborganics@xtra.co.nz
Ten percent HANDS on any purchase over \$10. Pay with HANDS Exchange
Vouchers only.

MEMBER UPDATES

Grant is now offering jewellery cleaning:

94 Christie McLeod & Grant Muir 27 Ironworks Rd RD 2, Onekaka
525 6244 (H), 525 7366 (W), 027 361 3575, fax: 525 6244
ironworks7@gmail.com

Holiday accommodation: fully self contained sleeping six. Half HANDS. Rates
vary with the seasons.

G: Jewellery cleaning: manufacturing jeweller will clean and inspect your jewellery
(6 HANDS per clean)

106 Linda O'Connor Quarry Farm RD 1, Takaka 525 8825
loconnor@clear.net.nz
Homoeopathy, gardening, making nibbles for parties, conferences, meetings etc

457 Pema Parigot 525 7367, 177 Commercial St, Takaka
alex_padma@yahoo.co.uk
Nanny, casual or short-term, including (short term) live-in

(Updates, continued from page 14)

#63 Helen Kingston's email address: helen.derry@xtra.co.nz

#424 Harry Sarll: davidsarll@farmside.co.nz (Ask for Anne or David.)

#483 Marea Neill has shifted to Queens Rd, Nelson.

#426 Suzimo: 73 Rototai Rd, 525 8633, 021 053 7253, suzimo@gmail.com

#070 Patrick's new phone number: 9 707 808 (also 027 601 1433)

* *Away and on hold over winter:* Aeven Clair, Jocelyn Outram, Greg Kendrick, James Guthrie, Jessica Clark, Cris Hughes, Ian Purves, Willem Brink, Owen Baxendale, Colleen Smith, Pedro Gay, Jennifer Giller, Clayton McErlane

* Back in GB....

223 Paul Woodward 7 Hiawatha Lane, Takaka 525 7055

pwoodwardgb1@yahoo.com

Fast broadband internet access; cd/dvd photo burning; computer repairs, service and advice; computer education; website development; short-term accommodation in town

* Back in GB....

525 Daniel Logtenberg & Naia Kelly 525 7646

hands@hokorawa.net

skype: danlogtenberg

D: website development and custom internet applications

N: voiceover lessons, stress elimination treatment, dinkel baking & recipes

* Revised listing for Josse:

524 Josse Tuffnell 74 Rototai Rd

525 9474

josse@talk21.com

Beginner guitar tuition, reiki master (koha), landscaping & basic general gardening, stonework

* Revised listing for Ngarie:

417 Ngarie Jones & Wyatt Waters

525 6272, 021 032 8792

ngariejones@hotmail.com

N: Creative photography, cooking for groups/retreats, creative dance workshops, horse care, house sitting, gardening and labour (sometimes), practise speaking Spanish, good ideas

(updates continued on page 16)

(updates continued from page 15)

Accounts closed at zero: 358 Ruth Beuke & Kieran Kelly (in Moutere), 456 Mechthild Sonneborn (in Europe), 459 Margy Meys, 467 Tenzin Kalden

ADS

Offered

* Deliver goods from Nelson to you in Golden Bay. #483 Marea Neill, 021 940 810, kiwitide@yahoo.co.nz

* Video projector for hire - includes screen and projectionist. 25\$/👉 per hour plus petrol \$ from Pohara. #545 Purple 027 230 7468, barrypurple@gmail.com

* Plants – elephant ear, pineapple sage, large outdoor coleus-like plant: HANDS koha. Native (perennial) celery: 1👉 each. Fresh parsnip & orach seeds 1👉 for small HANDful. #242 Ro & Joanna 525 8448.

* Single bed bedding. #306 Margaret Fricker 525 6288.

* *Pure Gold*, certified organic Pear Cider Vinegar. Great for dressings and sauces, also as a health tonic diluted with water. 250 ml bottle 4👉/\$; 500 ml 6👉/\$. Limited stock. #417 Ngarie 021 032 8792, grovegold@hotmail.com

* Mirror with blue glass: 90👉; large, funky mosaic shelf: offers; baby boy clothes, 4-18 months, good condition; new bassinet mattress, toys, baby bouncer etc. #246 Beatrice 525 7172 or be@bebou.co.nz



all or part HANDS accepted

Iridology Photographs

State of the art, high resolution, digital Iridology photo of your iris can reveal many aspects of your inner health ecology, genetic constitution & predispositions, current health issues, and how to maintain optimal health and well-being.

Photo only 30H, photo & short analysis: 50H.

#374 Shanti 525 7187.

“Through the healing powers of

THERAPEUTIC MASSAGE & HOLISTIC PULSING

we can get in touch with our basic & original feelings of wellbeing.”

Yana Hoos

(Dipl. Holistic Pulsing; Cert. Reiki;
Dipl. Therapeutic Massage TMA, NZ)

specialties:

overuse symptoms, migraines, headaches, acute & chronic pain

\$65 per session, including up to 30 HANDS
Work from home most days, Fridays at the Health Centre

525 8664 027 205 8833
GB Health Centre, Takaka: 525 7253 (msg)
hoosiyana@yahoo.co.nz

Counselling

Judith Rothstein, M.Sc., MNZAC
525 7674 judith@jrothstein.org

Concerns that can be addressed in counselling:

- depression, anxiety and anger
- coping with stress
- relationship conflicts
- difficulty in communication
- unhealthy life patterns
- the challenges of parenting
- the experience of loss and grief
- ways to cope with life transitions

I welcome appointments with Individuals, Couples & Families
I'm happy to accept part HANDS.

News Alert!

Internet Use Will Only Increase.

There Is No Stopping It!

(Pole Shift, Climate Change or 2012 Nonwithstanding)



Promote Art & Services

Increase Product Sales

Improve Business Workflow

Remove Barriers To Growth

Low Cost Solutions Available

Free Consultations

www.Hokorawa.co.nz

#525 Dan Logtenburg 525 7646 hands@hokorawa.net

Wanted

- * **Galvanised pipe**, any diameter, 2 m or longer. #242 Ro 525 8448.
- * #524 Josse & family need help making their new section green: **trees, shrubs, cuttings, herbs, flowers, bulbs, natives, edibles, fruit trees, ferns, berries.** Bathub for worm farm, small water tank, compost, soil, shed & greenhouse/ glasshouse or materials. Mountain bike & trailer, kombucha culture. 525 9474.
- * Good working **second hand fridge** to buy HANDS/\$. #417 Ngarie, 021 032 8792, grovegold@hotmail.com
- * **Cilantro, avocados, tomatoes** and related ingredients to make salsa. #525 Naia 525 7646, hands@hokorawa.net
- * Supply of **lemons** (three a day). #533 Annie 525 8490, sph@ts.co.nz (Pohara)
- * **Breadmaker; old, worn out yoga mat; couch** (preferably 3-seater). #362 Amira amira@mudfaerywood.com or 027 600 7873
- * **Lemons.** #246 Beatrice 525 7172 or be@bebou.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 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: 295 member numbers (accounts), 381 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
March	210	7530.49 🍃	35.86 🍃
April	113	3231.27 🍃	28.60 🍃
May	413	7216.89 🍃	17.47 🍃
Total	736	17,978.65 🍃	27.31 🍃

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 275 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

Meets third Wednesday, Takaka Library, 3-5 pm. All members welcome.

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Contributors

HANDY messenger & newsletter - Joanna

Newsletter distribution - Murray

Market poster – Tina Bridgman & Purple

Market helpers - Murray, Malcolm, Donald,

Joanna, Dave Myall, Jon Cope, David Dwyer

Accounts & website - Murray, Malcolm

Email - Joanna, Murray

New-member liaison - Rose von Dreger

Technical consultants - Mike Howe, Yvette Ireton

Website help – Paul Woodward