

## 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. 90**

**September – Spring 2009**

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PO Box 156, Takaka <http://community-exchange.org>  
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## **Golden Bay H.A.N.D.S. Twentieth Anniversary**

*It was 20 years ago today, Green Dollars came to Golden Bay....*

Founding member Bob Gilkison explained how he started H.A.N.D.S. with Cornelius Barnes, a friend he saw often at the Community Gardens. "In 1988 I took a permaculture design course with Bill Mollison on Waiheke Island. I spoke to a woman traveling with Bill who had started a LETS system in Australia. I liked the concept and talked to Cornelius about it. From then on others became interested. There was a strong alternative community in Golden Bay, so word spread quickly." They also used letters and articles in the Golden Bay Community News to provide information about the new scheme.

Bob and Cornelius formed a committee with several others, but from the beginning they were very clear that if it was going to succeed it had to stand on its own. They agreed to work hard for six months and then withdraw to the background. They felt that the more people offering input, the stronger it would be. "If it couldn't survive without continued effort by a few people, then it wasn't worth putting time into," he said. They found that people were enthusiastic, and the idea took off.

The committee set up the basic structure — directories, transaction slips, newsletters and markets — that's still functioning 20 years later. They created the first directory by inviting anyone keen to participate to put forward their offerings -- in person, by post, or in the box at the Wholemeal that's still used today. Transactions and record keeping were all done with paper and pencil. The newsletter was another early step. It was important to the new system as a way of advertising what people had to offer and letting the expanding group know about new members. Market days at halls around the Bay were a focus for people to talk about the new system and become involved.

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*(continued from page 1)*

For the first few years the system was called simply Golden Bay Green Dollars while the committee asked everyone, What should we call this? It was Hero Ejima who came up with the name H.A.N.D.S. — How About Non Dollar System, an instant winner.

Bob observed that “it’s been a natural cycle of ups and downs since then, with quieter and busier times, but the success of H.A.N.D.S. shows that it’s a valid concept. I think it works well in isolated areas where it’s not lost amongst a larger morass.” He concluded, “I’m really pleased that it’s still going and has taken on a life of its own.” Bob is now living in Murchison.

*Next issue:* Murray tells the rest of the story: 20 years of trading and community.



**H.A.N.D.S. 20th anniversary celebration**  
**Twenty Years of Trading & Community**  
Sunday, 11 October, 12-2 pm, Mussel Inn  
Food & drink all HANDS

All members are welcome to the H.A.N.D.S. twentieth anniversary celebration, After a very brief annual meeting and the forming of a new committee for the coming year, Murray will give the highlights of 20 years of HANDS and members will be invited to speak about their experience with HANDS. We’ll share a toast & some 20<sup>th</sup> anniversary cake. H.A.N.D.S. memorabilia will be on display. During interludes.enjoy piano music by Jochen.

## H.A.N.D.S. News

### Going through zero - the winning symbol



In the last newsletter members were invited to create designs for “going through zero” that can be used in our brochure and member agreement and wherever the concept is referred to. The 14 designs submitted by five members were printed in the newsletter and members were asked to vote for their favourite. The winner was #1, created by Ro Piekarski. He explains, “This symmetric symbol is a stylised z with its ends connected to two complementary spirals above and below a central zero. The spirals illustrate a continuous flow for either dedication [debit] or recognition [credit] – ‘going through zero.’ The spirals contain the letter e at their ends and r the directional marker indicating going in and out of zero. Together with the z and 0 the symbol contains the letters to spell zero. The symbol can be rotated retaining its mirror image symmetry.” Ro’s design was refined on computer by Jay Horton.

### Community education

Upskilling, personal enrichment and sharing and valuing one another’s interests and talents are all part of the H.A.N.D.S. philosophy. The H.A.N.D.S. committee is keen to assist members with skills and knowledge to share to organise learning opportunities of all sorts both within and outside of markets. Self-reliance skills in particular are encouraged.

To date market workshops have been in diverse areas such as reflexology, hypatufa, singing, biofuels, The Work, The Journey, yurts, seedsaving, aromatherapy and yoga. Outside of markets, there have been H.A.N.D.S. workshops in soapmaking, felting, bellydancing, sourdough bread, fermentation and pruning. Please contact Joanna or any committee member if you have an idea for a workshop or course.

The H.A.N.D.S. *Learning Information Board*, created by Rose, will debut at the HANDS Spring market on 20 September. Members who offer tutoring in ANYTHING are invited to bring pamphlets, posters and other forms of info to the market to be displayed on an info board. People can add their contact details for more info about particular offerings and list other workshops they’re interested in.

If the high schools’ community education programmes are cancelled next year because of funding cuts, our efforts in education will be even more important.

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*(H.A.N.D.S. news continued from page 3)*

### **H.A.N.D.S. members learn to make sourdough bread**

Tessa's sourdough workshop was so popular she scheduled a second day. Following her explanation and demonstration, the lucky participants sampled some of the many breads which can be made using this ancient culture – focaccia, Irish tea bread, rye and gluten-free. They left with recipes, starter culture, bread and lots of enthusiasm.

### **New directories**

The "20th anniversary" edition of the H.A.N.D.S. directory is available at the Organic Shop and at the two Spring markets. HANDS koha for members who joined between editions (#529-557) and \$3 for other members to help cover printing costs.

### **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](mailto:pwoodwardgb1@yahoo.com) and he will be happy to help by phone, email or in person at the Gazebo, 7 Hiawatha Lane, Takaka.

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

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.

*"HANDS only works if you use it." — a member*

## **UPCOMING EVENTS & WORKSHOPS**

### **Special extra “Fresh” HANDS market**

6th September 12 - 2:30 pm

Work Centre courtyard, rain or fine (shelter is available).

This extra market is by invitation of Fresh FM to celebrate a live-to-air concert by local musos. The concert, from 1 to 2 pm, features Golden Bay World Choir— Zing, Golden Bay Orchestra, Noodle (Tina Bridgman, Dale Westerink & Purple) and Grio, plus jamming. Marketgoers will be interviewed between sets. It's lunchtime and food stalls are needed. Please let Joanna know if you can do a food stall. New member joining time is 12:30.

### **Introduction to Home Cheese Making**

Saturday, 26 Sept, 1-4 pm, East Takaka

#535 Gabrielle Kervella & Alan Cockman are multi-award winning Qualified Master Cheese Makers with over 50 years of combined experience. Now Bay residents, they're sharing their skills not only as boutique and commercial producers, but as advocates of sustainable living.

This introduction to cheese making is the first in a series of three. You'll gain the basic skills you need, plus a working knowledge of hygiene, to produce quality cheese, yoghurt and fermented milks safely at home. Enjoy an afternoon of fun while you learn.

The basic class covers: demonstration of basic curd, methods, appreciation, ripening, storage, hygiene, basic microbiology, recipes, questions. Further classes are: Practical (hands-on) & Advanced (for the real enthusiast or commercial producer).

\$40 (up to half HANDS). Ring 525 7975 to book.  
Cheese cultures & rennet will be available to buy.

### **Belly dance bouquet**

*with Lina Martin*

Sunday, 27 September, 3-5 pm, Catholic Hall, Takaka

Middle Eastern dance workshop with elements from salsa, afro & flamenco

☺ Caution: lots of fun but very infectious ☺

Info: Lina 524 8711    20👏/\$    Bookings: Joanna 525 8448

*(continued on page 6)*

(upcoming events continued from page 5)

## ***Money as Debt II: Promised Unleashed***

Animated DVD followed by discussion

Sunday, 27 September Community Centre, 7:30 pmj

HANDS koha

From moneyasdebt.net: “Bailouts, stimulus packages, debt piled upon debt.... Where will it all end? How did we get into a situation where there has never been more material wealth and productivity and yet everyone is in debt to bankers? And now, all of a sudden, the bankers have no money and we the taxpayers, have to rescue them by going even further into debt! Money as Debt II explores the baffling, fraudulent and destructive arithmetic of the money system that holds us hostage to a forever growing DEBT... .. and how we might evolve beyond it into a new era.”

*Money as Debt II: Promised Unleashed* (77 minutes) and *Money as Debt* revised edition (47 minutes) are also available to borrow: Please ring Joanna if you'd like to borrow one or both: 525 8448.



### **Why Escalate Your HANDS?**

— by Kathy Lunzman

[A member mentioned that he's twice been given a choice of Kiwi\$ or slightly more HANDS. Negotiation of value is up to the trading partners, but to raise awareness here's a reprint of an article from the September 2005 newsletter.]

It was going to cost me \$35, or 40👉!!!! I couldn't figure out why the HAND was being devalued and asked why. He said he was in need of cash, but I was still not convinced that the H.A.N.D.S. system should suffer because of it. I figured the HANDS amount should have been LESS, if anything, because it has more value staying local and circulating in the community, etc., etc., etc. Because I really wanted the item and thought that my children would have fun with it for many years (which proved to be true), I reversed it and paid \$40 instead. Please don't de-value our local exchange and trading system. It's worth much more, if you REALLY stop and think about it.

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

Member #275: Karen Brookes

STITCHING, MENDING, CLOSING UP THE HOLES

— by Joan Fleming

Karen Brookes lives with a five-hundred-year-old swamp kahikatea beyond her front garden. Across the road is the high school—handy for night classes. Next door is the dairy—handy for milk. All around her are the wakeful blues and greens of Takaka town—handy for the HANDS that work and trade and grow and make together.

Karen uses her fingers and hands for HANDS. This week she darned a pile of socks that the moths had got to, many tiny holes. Last week she sewed a curtain for someone's house truck. The week before, she fixed a torn knee in someone's favourite pair of jeans. It's the simple things. Stitching, mending. Closing up the holes.

What else? She frames people's pictures. It's a business, but it feels creative, too. To have found her niche in Golden Bay—it's nice, she says, to be able to take something and make it even better. She's made frames for local artists, family photographs, sketches and gifts. Once, even, a pair of ceramic underpants as a wedding present (!). And when she's not framing pictures, or writing poetry, or learning Te Reo, or sitting on the community board, she's learning to make a worm farm or lay a sawdust path with other Sol Morgan students. They plant trees on each other's land, help till the soil. Many HANDS must make light work.

Some evenings you might find her at home, with a cassette playing on the stereo, and the voice of David Whyte, reading his poetry, quietly moving the world.



Brett, Kerstin, Sue & Karen *photo by Cindy Moul*

# Strong Sustainability: Economics, Society & Ecology

*adapted from an essay by former H.A.N.D.S. member Christoph Hensch*

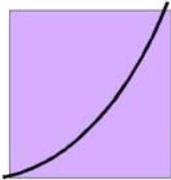
Members' opinions on this article and solutions to its challenge are encouraged for inclusion in future newsletters.

The current economic crisis is happening at a time when we're starting to feel the impacts of climate change and large-scale degradation of the biosphere. It's an opportunity to examine our economic relationships with the natural world and move from the business as usual of economic growth to understanding and adopting ecological economics.

How can we find a real response to climate change and other challenges of our times? A fundamental culture shift in approach and priorities is needed. Strong Sustainability considers the economy to be a subset of society (humanity) and society to be a subset of ecology. All activities ultimately need to conform to ecological limits.

## The Challenge

How do we reconcile this:



With this .... ?

Ecological systems are cyclical and self-regenerating. Consumption and the use of biosphere services need to happen within the limits of this regenerative capacity. A new set of ethics will abandon the purely utilitarian approach and will value, above all else, life and the integrity of all systems that

support life. The success of this approach can be measured by indicators of biosphere health — ecological footprint, biodiversity, and air, water and soil quality — and indicators of humanity's quality of life.

"The economy is a wholly-owned subsidiary of the environment."

Economic institutions and systems need to function in harmony with nature. Economic indicators should be third in priority after the more important ecological and societal indicators. An ever-growing economy cannot be sustained. The Genuine Progress Indicator is an example of a measure of the quality of economic activity, rather than just its size and throughput.

*(continued....)*

## Economic Transformation

Our current money system is based on bank-issued debt money with compound interest. The global economic growth imperative that this system depends on is a primary driver of global warming and environmental destruction. Invention and transformation can draw on countless experimental as well as established, proven alternatives to the current financial infrastructure.

Economic systems, institutions and policies can be designed to promote a steady-state ecological economy which flexibly adapts to natural cycles of growth and decline. The current financial and money systems need to be replaced with systems that can productively and benignly operate within the limits of nature. Economic activity can be guided by policies such as ecological taxes, credit clearing, Universal Basic Income, community banking, interest- and inflation-free money, elimination of speculation in currency and land, adherence to the precautionary principle, support of relocalisation and a safety net that guarantees social justice.

Strong Sustainability is a significant departure from conventional thinking. Currently, financial profitability and safety are the final bottom line. But in fact, the only real safety will be in abandoning the growth imperative and working within the planet's ecological constraints.

The full article can be found at:

<http://cocreate26.blogspot.com/2009/06/strong-sustainability-paradigm.html>



## MARKET NEWS: pages 10-13

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

Sunday, 20 September, 11 am - 2 pm      1483 SH 60, Tukurua  
Rain venue: Onekaka Hall

Gerard Hindmarsh & Melanie Walker's place is on the left 1.5 km past the Mussel Inn. Please drive up to park in the paddock. Stallholders please follow the sign.

Gerard & Melanie have hosted lots of large parties and other events at their place, which is featured in Gerard's popular memoir, *Swamp Fever*. Gerard writes, "We're looking forward to the HANDS market. We have a large paddock for parking, a covered stage with power connected, and we can crank up the barbie/pizza oven big time. Just pray for fine weather."

***Music by Purple*** — an eclectic mix of bass, didgeridoo & dj

#### ***Facepainting – Learn the basics with araLyn!***

12:30-1:30 pm – for older children & adults

In this hands-on workshop we will learn techniques for full and partial faces. And about the collaboration between painter and *paintee*. All participants will paint and be painted! Non-toxic water-based paints used. araLyn has been a professional face and body painter for over 20 years, and still loves it! Her animal faces and body art have been seen at zoos, art events, festivals, theatre, museums and corporate parties. She is thrilled to be painting now in the Bay.



Limit: 10 people, minimum age 10-12 years.

Facepainting will be available for all following the workshop, and araLyn will leave her paints out for folks to practice on the little ones.

#### More about araLyn:

"I was a big time face painter in Boston and Portland. Before that I was a mime and a clown. I worked for the city and corporations. I had 11 employees at one point, going out 5 or 6 times a week. I didn't do birthday parties much but huge gigs with thousands and tens of thousands of people. For 16 years, I ran the facepainting for First Night Boston – a massive New Year's Eve arts event. Over a million people attend that one day! I'd have 50 facepainters working simultaneously and we'd paint over 10,000 faces! Yikes! At that point I was less of a painter than a manager ... scheduling, invoicing, supplies. I really missed the one on one with the paintee. It's rather intimate in a way that we don't experience much. It can be really special with a child, especially when an adult considers their ideas. We connect, collaborate on the art and then there is a relaxed physical contact. The paintee is left with the result, which can often be transformative (if you've ever been around some young tigers!)."

**“Healthful Hamper”**  
**raffle of 22 products & services**  
**all donated by H.A.N.D.S. members**  
**for the 444 Service to the Community Account**

Twenty-two winners – there will be a separate draw for each product and service. 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.

The members and their donated prizes:

*John Massey* - holistic pulsing session  
*Shanti* - Divine Herbals Yerba Mate herbal tea  
*Sharon Campbell* - lavender essential oil & sachet  
*Vesta* - comfrey salve  
*Tania M* - WellSpring Essence remedy  
*Steve* - sauna  
*Madelena* - an hour of Quantum-life coaching  
*Madelena* - an hour of Shiatsu-digito-pressure  
*Scott* - Holistic Health assessment & treatment session  
*Jan* - Ceragem massage table session: Thermal Acupressure Massage  
*Angela* - two handmade beeswax candles, herbal tea & some essences  
*Premyog* - colloidal silver gel  
*Sue McKellar* - Oneness Blessing  
*David* - foot massage  
*Terry* - yoga class  
*Murray* - neck & shoulder massage  
*Josse* - Reiki session  
*Joanna* - herb plant  
*Amira* - Tui Bee Balme  
*Lethea* - therapeutic harp session  
*Jocelyn B* – BodyTalk session  
*NgAng* – energy-light healing

Raffle ticket sellers are needed — please contact Joanna if you can assist.

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

### ***Learning Information Board***

Members who offer tutoring in any skill or subject are invited to bring pamphlets, posters and other forms of info to the market to be displayed on a cork board. You can browse the offerings, add your contact details for more info about particular offerings and list other workshops you're interested in.

## ***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:

#556 Martina: harakeke basket

#558 Amy: crystals & fossils

Also to be auctioned: an *amazing*, low, round, beautiful 60 cm coiled basket

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 20👏 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* available: HANDS 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 & rellies 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.

## **Special extra “Fresh” HANDS market**

6th September 12 - 2:30 pm

Work Centre courtyard, rain or fine (shelter is available).

*Details on page 5.*

### **H.A.N.D.S. Winter Market – Sunday 22 June 2009**

#### ***Incorporating market impressions by Brad Heising***

To me the H.A.N.D.S. community network is far more than any sort of free market exchange because it enables a group of caring, sensitive members of the community to gather for market days that include all manner of culinary arts, music, fresh organically grown produce, good books on wellness, gardens and more. These markets are usually held at members' properties and have ample space for vehicles and display tables.

Remember those clear, cold days and frosty nights we had back in June? The H.A.N.D.S. winter market, on the solstice, was held on one of those beautiful, windless, blue-sky days at Anna Lakeman's lovely, sunny, sheltered, spacious, child-friendly gardens off Abel Tasman Drive. The market featured a covered bandstand with local musicians playing Indian and other world music from a variety of international backgrounds—matched by an equal variety of foods stalls serving delicious ethnic foods. This wonderful backdrop offered the ideal opportunity for marketgoers to chat and catch up.

Malcolm, Donald, Ashna and Jon greeted everyone, directed them to parking and helped the 21 stallholders carry in items for their stalls. Music by Patrick, Jaewyn and Jochen of Podyran provided a mellow ambience. Dave Myall auctioned seven products/services offered by six new members. Each new member earned the reserve of 20H, and the remainder of 73 HANDS was donated to the 444 Service to the Community account. Murray and Malcolm took care of the H.A.N.D.S. stall. Joanna joined three new members. Jochen let everyone know what was happening next. Brett, Judith and Jon sold a record 198H worth of raffle tickets. Bella Ringland, her face beautifully painted by araLyn, drew out the 14 winning tickets and each winner chose one of 14 CDs by H.A.N.D.S. members. Inna, Janet, Coletta, Anna, Sabina, and Mark & Tania nourished marketgoers with delicious savouries, soups, sweets and wholesome warming beverages.

Thanks to everyone who participated, it was an enjoyable three hours of trading, visiting and relaxing. This event certainly could be described as paradise-perfect in all aspects of bringing community together.

## NEW MEMBERS

**549 Cameron Ringland & Kathie Rose** 193 Commercial St, Takaka 525 6057  
c\_ringland@hotmail.com kavrose@yahoo.ca

C: carpentry skills, straw bale building, general labour, chainsaw work, guitar instruction, computer skills, video and photography services, audio recording services, including multi-track editing and location recording. K: flute & voice instruction, music theory, performance: wedding music—flute & voice, gardening, events coordinating—weddings, large events, conferences, productions.

*Want:* childcare, organic produce, natural bodycare & household products, firewood

**550 Ashna** 512 Hamama Rd 525 8435 (ring twice, then ring again)  
ashnavishuda@gmail.com

Automotive: diagnostic, repair, pricing/sourcing lower-cost parts, car sales. Trailers: design & engineering. Welding, construction, creative building, landscaping design, consulting on design. Recycle materials. Search & find materials, e.g., TradeMe, network of friends. Opening doorways to discovering hidden truths & values in life. Everything half HANDS or by negotiation.

**551 Brett Harston** 682 McCallum Rd, Kotinga 525 8560  
brett.harston@gmail.com

Video & multimedia production (scripting/filming/editing), gardening, cooking, house painting, light building

**552 Paddy Brennan** Rocklands Rd, Clifton 525 8745  
paddy.brennan@paradise.net.nz

Stall at markets.

**553 Duncan Mackay & Diane Johnston** 3 Boundary Rd, Takaka 525 9778  
yield@clear.net.nz

D: Jewellery, food, baking.

**556 Martina Waidner** 499 One Spec Rd, Kotinga 027 774 8060  
Reiki, flax weaving

**558 Amy Crerar** Tribull Drums, Puramahoi 027 693 0071  
new\_vision\_old\_soul@live.com

Crystals & fossils (half HANDS), crystal & wood necklaces, feather earrings (and other jewellery); gardening & outdoor labour, word processing, editing, child care, pet care, cooking, home help, interior decoration, house cleaning, interior design consultation; anything really – “jane of all trades”

## MEMBER UPDATES

**105 Grayham Forscutt** 32 Pohara Valley Rd 027 348 4683  
abell3627@hotmail.com

*Astrology:* Constructing Charts and interpretations for you, your children, also charts to identify the dynamics between couples and highlighting potentials arriving in the near future.

*Lightbody:* Construction exercises (this is the immortal 'Sphere of Light')

*Advanced Numerology:* Learn to decode signals/info pulsing throughout the Galactic Internet

*Esoteric Cosmology* (unifying inner and outer space): Learn the celestial road map used by post human races (plotting the location of Stargates)

*Out-of-Body Mastery:* Learn techniques and purchase sound CD's to enhance journeying.

*Esoteric Colour Psychology:* Learn to read and use colour to transform your environment and consciousness.

For an introduction to Grayham's offerings, please see

[www.grayhamjohnforscutt.blogspot.com](http://www.grayhamjohnforscutt.blogspot.com)

Wants: car maintenance, computer maintenance

**125 Aline D'Aoust** Uruwhenua 525 7350

Wool fleeces, natural dyes for wool; plants of all sorts -- large range of food bearing plants including herbs & berries, wasabi, watercress (also for eating), lots of other perennial permaculture "free foods," natives and ornamentals; dried herbs: rosemary, parsley, oregano. Honey to trade for hazelnuts, macadamias, or citrus. Delivery to Takaka.

**159 Carolyn Simon** Onekaka 525 8544

carolynsimon@clear.net.nz

Craniosacral therapy, Naturopathy consultations, herbal medicine, flower essences

**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

**390 Grace Wilson** Washbourne Rd, Onekaka 525 7622, 021 022 53070

gracerwilson@hotmail.com

Gardening, childcare, Spanish language

*(continued on page 16)*

**408 Levity & Gabby** 10 Meihana St, Takaka

525 6125

[gabbity@gmail.com](mailto:gabbity@gmail.com)

L: music tuition: guitar, bass, mandolin, ukulele, percussion, music theory (part HANDS). Cob oven building: ovens built and/or community workshops to build one. Cob oven baking; breads, pizzas, smoking in one, etc. Basic bike maintenance; show you how or do it for you. Bamboo yurt making: make a robust yurt frame in a couple of days – work alongside you/your crew.

Childcare. Novelty birthday cakes

Musical storytelling for 3-6 year olds: birthdays, parties, special occasions

Song & story writing for children: tuition, workshops

Children's music CDs: three titles (and counting)

Songwriting/composition: songwriting for special occasions, music for film, music for weddings or funerals, pisstakes

Audio recording: quality digital recording, demo recordings, documentary, very small run CD production, make audio to put on the web

Audio mixing; lend you my ears

Vege seeds.

G: gluten-free cooking; sourdough bread, cakes, cookies; doula services (certified childbirth assistant for pre- and ante-natal care)

*Want:* A double sea kayak; spray skirts, life jackets and paddles

Fresh organic produce: fruit, veges, eggs, meat, oils, alcohol, preserves, juices, seeds and nuts. Firewood. Seeds for growing veges. Childcare. Clothes.

Tools: good ring spanners, electric and or cordless drill, angle grinder

Animal skins for various very small to very large drums

**417 Ngarie Jones & Wyatt Waters**

525 6272, 021 032 8792

[ngariejones@hotmail.com](mailto: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

**491 Chris Shaw**

027 423 7428

[exploregb@yahoo.co.nz](mailto:exploregb@yahoo.co.nz)

Holiday accommodation for two (Rototai) [www.bookabach.co.nz/4346](http://www.bookabach.co.nz/4346); car hire, minibus & sleepervan rental; shuttle charters & track transport; small business coaching, accounting & gst returns; vegetables (everything part HANDS).

**504 Lynda O'Beirne** 1191 Takaka-Collingwood Hwy, Onekaka

[lobeirnenz@yahoo.com](mailto:lobeirnenz@yahoo.com)

0210 579 134

Horticultural skills: propagation; raising seeds, plants, etc; planting on into larger containers; supply native trees

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(updates continued from page 16)

**524 Josse Tuffnell** 74 Rototai Rd

525 9474

josse@talk21.com

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

\* New email address for #438 Anne Harvey: annenmark@xnet.co.nz

\* #542 Joe Barlow & Sonia Waters are now at Falconer Rd, Pohara Valley. Same phone number: 525 8772.

\* *On hold*: John Heighes, Cath Rogers , #522 Deborah O'Callaghan, Aeven Clair, Greg Kendrick, James Guthrie, Jessica Clark, Cris Hughes, Ian Purves, Willem Brink, Owen Baxendale, Colleen Smith, Pedro Gay, Jennifer Giller, Clayton McErlane, Andrew Morin

**Accounts closed at zero:**

412 Monica Martinez

443 Penny & Gordon Challis

457 Pema Parigot (shifted to Thames)



## ADS

### Offered

\* It's planting time! For hire: rotary hoe & attachments. #242 Ro 525 8448.

\* NgAng Art originals and prints, and Lethea's photographic prints (except cards) for all HANDS until our credit limit is reached. Ring 525 7646 with questions or to arrange viewing. [www.ngangart.co.nz](http://www.ngangart.co.nz)

\* World-famous folding deck chairs, Australian hardwood, linseed oiled. \$100 + 100👉, made in GB by the chairman. 20L plastic containers, ex cooking oil. 5H each or best offer. #012 Michael 525 8525.

\* Organic (non-certified) Jerusalem artichokes. Sweet, crispy treats— raw, roasted, steamed, mashed, in soups. Plant some for a perpetual crop of delicious, nutritious tubers. 2👉/\$/kg or 5👉/\$ for a bucket. Please ring first & bring a bucket. #396 Terry 525 7422 (Takaka).

( continued on page 18)

*(ads continued from page 17)*

\* Bamboo steam tray (double) with lid (for steaming vegies etc on large pot): 5👉.  
Red light: 7👉. Mosaic mirror: 60👉. Green leather armchair (70s style): 50👉.  
Outdoor/indoor cafe tables – good for mosaic: 10👉. #246 Be 525 7172 or  
be@bebou.co.nz

\* Building advice (from BRANZ's 'Old Geezer'), motorcycle lessons.  
#441 Des Molloy 525 8501 or info@thenookguesthouse.co.nz

\* Huge twin-door fridge/freezer, terracotta, ice & cold water. Used four years.  
1000\$/👉 (~\$5000 new)

\* Centrifugal juicer, near new, perfect condition, 200👉.

\* Paintings by Bardi Ivory and others, 👉by negotiation.

\* Large computer desk with shelves. 100👉

\* Small “Zen” digital music player (like an iPod), 100👉 ONO.

#379 Brad 525 7011.

\* Nikken gold-plated magnet necklace. 150👉. Singer knitting machine with  
patterns. 100👉. #242 Joanna 525 8448



## **Wanted**

\* Wanted: secondhand MacBookPro. #210 Robina 525 8399 (leave message).

\* Four blueberry plants. #249 Sue 525 9594.

## *Infomercials from Trade2gether*

They say a picture is worth a thousand words. Using that analogy, a moving picture could well be worth several thousand. Add some narration, a little background music perhaps, and you'll be right up there in the millions!

Brett, a recent convert to H.A.N.D.S., is an experienced videographer with a professional background in marketing and educational video productions. He is offering a new service that utilises the extraordinary potential of CES network: the production and hosting of tailor-made 'infomercials' for H.A.N.D.S. members. Yes, sort of like a TV commercial (TVC) but with less emphasis on the 'commercial' part.

If you have a product or service that you would like to market to a wider audience, and more effectively using moving pictures and sound, contact Brett and let's start the ball rolling. Oh, and before you think you'll probably need to remortgage the house before venturing forth and making your own TVC, it's not necessarily as expensive as you may think, especially as Brett is prepared to accept the bulk of payment in HANDS — a win-win for everyone :)

For more information about Brett's offering and how you can 'air' *your* product or service to all in the Bay (and beyond), please visit:

<http://sites.google.com/site/trade2gether/Home>

Email: [info.trade2gether@gmail.com](mailto:info.trade2gether@gmail.com) Phone: (03) 525 8560

## Tools4Healing Oriental Medicine Clinic

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Acupuncture & Acupressure  
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Holistic Health Books, Charts and Tools



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T: (03) 525-7888, 027-494-3188

E: [om@orcon.net.nz](mailto:om@orcon.net.nz)

Facilitating lasting benefits for Body, Mind & Spirit

## Therapeutic Massage



## Holistic Pulsing

Six days in Wainui

Fridays in Takaka

*Experience your original  
feelings of wellbeing with*

*Yana Hoos*

**Dip. Therapeutic Massage, Dip. Holistic Pulsing**  
**Relaxation, deep tissue work,**  
**OOS (RSI), migraine & chronic pain recovery**

**Wainui Bay:** entrance to Abel Tasman National Park  
**Takaka:** GB Health Centre, 12 Motupipi St (Fridays)

**Ph 525 8664**

**Cell 027 205 8833**

\$65 per session, including up to 30 HANDS

## **HYPNOTHERAPY is fast, effective & empowering for healing & personal growth.**

Access deep levels of the subconscious mind to release addictions, heal trauma and change dysfunctional patterns. Psychotherapy and NLP are integrated with hypnotherapy to achieve dynamic transformation.

Healing for: unwanted habits, weight issues, lack of confidence, child abuse, stress, anxiety, depression, phobias, insomnia, relationship issues and more.

Experience profound states of relaxation. Tap into the vast potential of the whole mind for accelerated learning and creativity. Through regression, explore and heal your past and enhance your present. Explore the inner landscape of the psyche, enhance your intelligence, imprint patterns of success, and develop neuro-pathways between your left and right brain. Bring balance, harmony and cohesion to the mind and emotions.

*Part HANDS accepted.*

**#249 Sue McKellar, Dip. Hyp., NLP Practitioner.**  
**19 years experience. 525 9594.**

## CranioSacral Therapy

.....for babies, children, all ages.....

- \* soften \* relax \* unwind & resolve stress \* release trauma \*
- \* alleviate chronic pain & dysfunction
- \* realign \* expand \* engage with life \*

## Flower Essence Remedies

\*individual \* potent \* accurate \* gentle \* transforming\*

## Herbal Medicine

- \* engage the energy \* enhance natural healing processes \*
- \* individually prescribed \* holistically prepared \*

Carolyn Simon, Naturopath    Onekaka    HANDS friendly

ND, DipMedHerb, MSocNat, MNHC, MIAHP

ph 525 8544    txt 0274 835 865    carolynsimon@clear.net.nz

## Counselling

*Judith Rothstein, M.Sc., MNZAC*

**525 7674**    [judith@jrothstein.org](mailto: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.

*Awakening*  
*to*  
**ONENESS**

with

**THE ONENESS BLESSING  
ENERGY TRANSMISSION**

What is The Oneness Blessing?

- **The Oneness Blessing, or Deeksha, is a direct energy transmission of intelligent energy, which brings about an evolutionary neuro-biological process.**
- **The Oneness Blessing begins the process of re-patterning the brain, so that we can de-clutch from the mind. This is the end of suffering.**
- **Once we have de-clutched from the mind, the illusion of being separate from the rest of creation dissolves.**
- **The Oneness Blessing energy reduces the over-activity of certain parts of the brain and quiets the soap opera mind.**
- **There is a re-patterning of brain activity and the mind becomes a useful tool, endowed with greater clarity and insight, and no longer our master.**
- **The sense of a separate self falls away and the heart opens so we feel connected to all of life. This deepens into Oneness with all that is.**

**COME AND RECEIVE THE ONENESS BLESSING**  
**at 218 Packard Rd, Motupipi, Takaka**  
**Every Tuesday at 5.30 pm**  
**And every Wednesday at 71 Motupipi St, Takaka**  
**1 pm to 2.45 pm**  
**Energy exchange: \$10 or \$5 + 5 HANDS**

### Newsletter Ads

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:** 300 member numbers (accounts), 386 total members

**Vouchers in circulation:** 13,485 🤲

### Three-month CES website trading statistics:

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

month	#trades	HANDS traded	Average trade
June	206	8448 🤲	41 🤲
July	82	3155 🤲	38 🤲
August	388	5132 🤲	13 🤲
<b>Total</b>	<b>676</b>	<b>16,735 🤲</b>	<b>25 🤲</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 280 member email addresses. Also posted at the Wholemeal

### 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 receive 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.

**Murray Rogers** 525 8286

goldenbayhands@ihug.co.nz

**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

**Cindy Moul** 525 6093

### Contributors

HANDy messenger & newsletter - Joanna

Newsletter distribution - Murray

Market poster - Sabina Wick

Market helpers - Murray, Malcolm, Donald, Jon,

Ashna, Brett, Joanna, Dave M, Jochen, Judith

Accounts & website - Murray, Malcolm

Email - Joanna, Murray

New-member liaison & recycled paper

donations - Rose von Dreger

Technical consultants - Mike Howe, Yvette Ireton

Website help - Paul Woodward

