

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. 91

December – Summer 2009

goldenbayhands@ihug.co.nz 525 8448, 525 8286
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now printed on 100% post-consumer recycled paper

A HANDful of History

—by Murray Rogers

While visiting Golden Bay in the winter of 1989 I read an article by Ursus Schwarz in the Community News about the proposed start of Golden Bay Green Dollars later in the year. It was the third of about 60 Local Employment & Trading Systems (LETS) forming in New Zealand by 1994. I began meeting members soon after arriving here to stay. At Russell Matthews's suggestion I joined the new system in June 1990, and I've been involved ever since.

The initial committee included Suzi Ejimo, John Batten, Vicki Lawson, and Brian & Jenny Cooper. Our nascent green dollar exchange took on its new name – Golden Bay H.A.N.D.S. – in 1992, creating our own identity. The founding committee pulled back shortly afterward, and H.A.N.D.S. was run mostly by Cornelius Baars, his wife, Jose, and me, with input and support from Kathy Lunzman.

In 1994, when Green Dollar activity peaked in New Zealand, Lindsay Jukes of Richmond, Ron Sharp of Riwaka and I organised a New Zealand national LETS conference at Brightwater's Teapot Valley for participants from around the country. Golden Bay was now firmly placed on the Green Dollar map. At about that time Albie Burgers and I began working on the first comprehensive directory, with a format similar to those published currently.

For many years the accounts were all done by written entry. I photocopied them at Unlimited Copies, which used to be behind First National, and collated them with the newsletters at the Wholemeal Café, where I could distribute them to members coming in. After Cornelius and Jose left in the late 1990s, I did much of

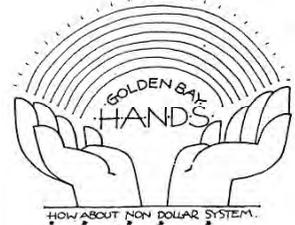
(continued on page 14)

H.A.N.D.S. Twentieth Anniversary Celebration

11 October, 2009, at the Mussel Inn

At the Mussel Inn courtyard on a perfect spring afternoon, a large crowd of members enjoyed visiting over delicious food and drink paid for with all HANDS, reminiscing about H.A.N.D.S. and appreciating its enduring spirit and strength.

During an open-air AGM, Murray reported on the activities and financials for the previous year, and the committee for the coming year was selected. He summarised 20 years of H.A.N.D.S. highlights, and members got up to share their experiences with H.A.N.D.S. and their feelings about it. After a toast, everyone savoured the beautiful 20th anniversary H.A.N.D.S. logo cake created by Kirsten Llewellyn & Laura Manson. There was plenty of music to enjoy as well, performed by Jochen and lots of his friends.



Annual Report 2008-2009

- * Over 60 new members, 416 total members, about 8% of the GB population.
- * Six markets: Tui Tree Field in December, Village Green in February, Christie & Grant's in March, Anna Lakeman's in June, Fresh FM in September, and Gerard & Melanie's in September. Markets included raffles for the 444 Service to the Community account, new members' raffles, and recently market stalls provided by Peter Pontier.
- * Autumn Feast at Pohara Hall in April
- * Committee members: Murray, Malcolm, NgAng, Joanna (also HANDy messenger), Cindy, David D, Angela (who stepped down partway through the year). Donald also attended meetings and helped throughout the year.
- * Going Through Zero – members voted for Ro's design and Jay computerised it for use on H.A.N.D.S. brochure, member agreement, newsletter etc.
- * Murray attended the Community Currencies Conference in Wanganui in April.
- * Ongoing support of workshops.
- * Two new directories, February & June
- * Applied for and received 200 Community Post envelopes to use for posting remaining newsletters after Murray has HAND delivered most of them.
- * Once again met with the Global Students group hosted by Sol.

Financial Report 2008-2009

Transactions: Trades valued at 71,538 🖐 were recorded on the website from Oct 2008 through Sept 2009. This total doesn't include trading with HANDS exchange vouchers, which is probably substantial but also untrackable.

HANDS Exchange Vouchers in circulation increased from 8975H in October 2008 to 15,067 🖐.

00 account: The balance of the HANDS 00 admin account as at 11 Oct 2008 was -565.79 🖐. This balance cycles up and down as member contributions are added each quarter and expenses are subtracted. Income to the 00 account totaling 289 🖐 included quarterly contributions of 3516 🖐, joining contributions of 500 🖐, and newsletter ads of 289 🖐.

Expenses deducted from the 00 account included HANDy messenger: 1152 🖐 (96H 🖐 per month), market venues, entertainment etc: 505 🖐, and newsletter help such as writing articles, technical assistance and market posters: 395 🖐 📄 📄

More information about the HANDS 00 admin account is on page 7.

Kiwi\$ income from joining fees, directories, raffles, closed accounts, the Autumn Feast and auction totaled \$1828. *Kiwi\$ expenses*, including printing four newsletters and two editions of the directory, other copying, ingredients purchases for market food stalls, the Autumn Feast, and Community Currencies conference cost, totaled \$2202. The balance of the H.A.N.D.S. Kiwi\$ account was \$761.14.

Selection of 2009-2010 Committee

All the current committee members wanted to continue, and no one else wanted to join, so the committee remains: Murray, Malcolm, NgAng, Joanna, David Dwyer and Cindy Moul.

From Dave Myall, a follow-up to Bob Gilkinson's history of the early days of H.A.N.D.S. in the Spring newsletter:

"Bob Gilkinson also instituted a Green Dollar system when he lived in the Graham Valley. The currency was called PIGS, so called by Earl Conroy & myself. It stood for Pokororo Indigenous Green Shekels. Unfortunately, the total transactions under this system were also between Earl & myself. Sadly only ONE transaction took place and that was for about 8 PIGS. Which was unfortunate considering that the people were associated with Mountain Valley School and Renaissance Community."



11 OCTOBER 2009, MUSSEL INN

PHOTOS CINDY MOUL & JUDITH ROTHSTEIN - COLLAGE BY GEE - WWW.GEEWHIZ.ME

Presentations to the Celebration

HANDS across the Bay

—by Joe Bell, in appreciation of Golden Bay H.A.N.D.S. on its 20th birthday

“Let’s have a no dollar system” was born twenty years ago
which led to holding HANDS and encouraging the seed to grow
trading of things and time in kind instead of cash
with careful record keeping so the system didn’t crash.

A HAND-up became possible by not having to have money
for needs that are unfulfilled are beyond just bread and honey
some surplus produce traded spare skills and time employed
while the contact of community become bonuses to be enjoyed.

The HANDy Messenger keeps us up to date
of changes and new members to help us all relate
the HAND book and the e-mails ensure we’re all in touch
the good work of committee we value very much.

Twenty years on how the time has flown
under dedicated governance the membership has grown
goods and services HANDled of every type and scale
as fulfillment of wants and needs reach beyond the point of sale.

So let’s raise our glasses and propose our HANDS a toast
for a community in action is what we’re celebrating most
building up resilience will help to see us through
as we appreciate each other for the HANDsome things we do.

Compliment the Current See -or- Seizing Money with New Eyes

—by Murray

I bet you regret your outrageous debt
but the rhythm of the system
belongs to him ... and not to them.

Don't be a miser, just act a bit wiser.
Play your own game and watch who you blame ...
What's his name? They're not all the same.

If you have a quirk, just make it work.
Give yourself a perk, but don't go berserk.
We deserve much better, to live without fetter.

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(Presentations continued from page 5)

Be wary of a lease, can't afford all the fees
Use your own grease and cross your own t's.
Make your own rules, or we're all be fools.

A 30-year mortgage is quite a disparage.
Living in the garage is just about the average
So make a model that will make you yodel.

We'll go interest free for at least a century
If we all agree we can better see
An easier way to make each other's day.

The time is ripe, so without more hype
Do what you believe, but don't be naive
And together we will weave what we need to achieve.

From H.A.N.D.S Newsletter #24, May 1993

The Old Onion Seller

—from *The Gospel of the Red Man, A Way of Life*, by Julia M. Setton, 1963

In a shady corner of the great market at Mexico City was an old Indian named Pota-lamo. He had twenty strings of onions hanging in front of him. An American from Chicago came up and said: "How much for a string of onions?"

"Ten cents," said Pota-lamo.

"How much for two strings?"

"Twenty cents," was the reply.

"How much for three strings?"

"Thirty cents," was the answer.

"Not much reduction in that," said the American. "Would you take 25 cents?"

"No," said the Indian.

"How much for your whole twenty strings?" said the American.

"I would not sell you my twenty strings," replied the Indian.

"Why not?" said the American. "Aren't you here to sell your onions?"

"No," replied the Indian. "I am here to live my life. I love this market place. I love the crowds and the red serapes. I love the sunlight and the waving palmettos. I love to have Pedro and Luis come by and say: 'Buenos dias', and light cigarettes and talk about the babies and the crops. I love to see my friends. That is my life. For that I sit here all day and sell my twenty strings of onions. But if I sell all my onions to one customer, then is my day ended. I have lost my life that I love - and that I will not do."

A note about quarterly contributions

The 00 account is the H.A.N.D.S. admin account. This is the account that members' quarterly contributions are added into and that members who do work for the system receive HANDS from.

A big reason we can keep the quarterly contribution at 4👉 or 3👉 is that most of the HANDS admin work is done voluntarily. If Murray and Malcolm were paid, it would need to be a lot more. Other members help voluntarily as well.

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

Members actually never need to pay the quarterly contribution at all. H.A.N.D.S. markets are also quarterly, and the contribution is waived for members who have stalls — an incentive for a diverse, full market!

See page 3 for a summary of the 00 account's income and expenses for 2008-2009.

More H.A.N.D.S. News

Community education

Upskilling, personal enrichment and sharing and valuing one another's knowledge, interests and talents are all part of the H.A.N.D.S. philosophy. Now that the high schools' community education programmes have been cancelled for next year, our efforts in education are even more important. The H.A.N.D.S. committee is keen to assist members with skills and knowledge to share to organise and advertise learning opportunities of all sorts both within and outside of markets. Self-reliance skills in particular are encouraged. Please contact Joanna or any committee member if you have an idea for a workshop or course.

Fermentation, cheesemaking & bellydancing

These were the workshops offered by H.A.N.D.S. members last quarter. Lina's fermentation workshops were packed full of stories, recipes, taste treats, cultures and takeaways. Alan & Gabrielle's cheesemaking workshops are enabling people to produce quality cheese, yoghurt and fermented milks safely at home. And Lina's Middle Eastern dance workshop left participants wanting more; the group has continued informally.

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(H.A.N.D.S. news continued from page 7)

LETS & Time Banking

“Going through Zero” is basic to H.A.N.D.S. Saving for a rainy day is basic to time banking. People in communities with time banks can earn “hours” now by helping others, in anticipation of spending them later on help for themselves. Some communities have both a LETS (Local Employment & Trading System, like H.A.N.D.S.) and a time bank. The committee would like to hear from anyone who may be interested in a time bank option.

Do you use the H.A.N.D.S. updates at the Wholemeal?

H.A.N.D.S. updates are circulated to over 300 members on the email network. The updates are also posted at the H.A.N.D.S. section in the Wholemeal foyer, and we'd love to know if members are reading them there. Please get back to Joanna or Murray with your answers to this question: *Do you regularly read the H.A.N.D.S. noticeboard at the Wholemeal?*

H.A.N.D.S. member agreement

The H.A.N.D.S. committee, with help from Alison Ramsay, has recently revised the H.A.N.D.S. member agreement that we read through with new members when they join. We rewrote the previous version in more user-friendly language and added more information. Please see Murray if you'd like to read the new version in hard copy, or email Joanna for a copy of the file.

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. committee meets third Wednesday

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



a committee meeting

photo by Ro

444 (Service to the Community) account update

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 in the account are also used to support community needs.

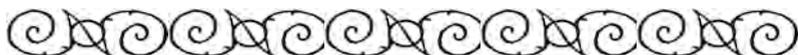
This quarter, the committee donated 50 🍀 to Victoria Davis for nearly a decade of dedicated work with BLIP, Bike Lanes in Paradise, for safe cycling to Golden Bay; 50 🍀 to Tessa Whiteman for her support of families with children who struggle to learn and expansion of community awareness of children's literacy issues; and 50 🍀 to Joanna for marketing her Wholefoods Handbook to organic shops and Bin Inns around New Zealand and using the proceeds, over \$11,000 in six years, to support community, employment and environmental initiatives, mainly in Golden Bay.

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

The novel *The Good Husband of Zebra Drive*, the eighth installment of Alexander McCall Smith's "endlessly enjoyable" best selling series set in Botswana, has been donated to H.A.N.D.S. to sell for the 444 account. Precious Ramotswe of the No. 1 Ladies' Detective Agency comes to discover what is true, stable and genuine in an ever-shifting world. Lovingly and lyrically describes the land and its people. 10 🍀. Please contact Joanna: 525 8448.

Future fundraising for the 444

Market raffles have been great. The raffle at the spring market raised 247 🍀 for the 444 Service to the Community account. Please think about prizes or themes for future raffles. The committee would also love to hear of any creative ideas for raising HANDS for the 444 at markets, such as a fun, interesting or challenging activity that people can pay a few HANDS to do, or at any other time and place.



Recommended reading

Thomas Greco's new book, *The End of Money and the Future of Civilization*.
"Solving the money problem is necessary for solving the rest of our problems."

H.A.N.D.S. Profile

Member #429: Debbie Campbell – Bay Subtropicals

—by Gerard Hindmarsh

Lovers of fine fruit will appreciate Bay Subtropicals of Tangmere Road being on the H.A.N.D.S. list. The former kiwi fruit orchard had been converted to a mixed fruit orchard by the previous owners before current owner Debbie Campbell bought the seven-hectare property in April 2005. It now has 5000 fruiting trees, with more of everything going in all the time, including another 10,000 irrigation heads to put in.

“My previous life as a business analyst was full of stress,” recalls Debbie, who immigrated from Canada in 1978. “One day I just woke up and realised I had lost my motivation and that I was past my use-by date as a consultant. I wanted to do something real.”



photo by Gerard Hindmarsh

In the final year before she gave up consulting, she had often thought about ‘what next’ and farming, especially trees, often presented itself. “Bay Subtropicals was on the market, the timing was perfect so organic farming it became for me. It seemed a great fit, giving me freedom from the demands of the corporate world, each day being my own to spend more time for family and friends.”

For Debbie, the journey from stilettos to gumboots was filled with challenges and a few stumbles along the way, but it has been fulfilling and looking back she can see a sequence of very good things happening. “Being involved in a great community in a very special place in the world offers a whole lot to be thankful for.” It’s certainly helped that she now leases out the hydroponics side of her business which now leaves her able to concentrate on the organic fruit trees.

HANDS transactions form only a very small percentage of Debbie’s overall income. What HANDS transactions she does build up from the sale of fruit at the gate mostly gets used on paying for an equivalent part of her orchard labour. She says; “It’s a convenient and versatile system for me, the way it complements the conventional side of my business.”

MARKET NEWS: pages 11-15

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

Sunday, 20 December, 4 - 7 pm (and beyond)

The Sandcastle, Haile Lane, Pohara

Rain venue: Pohara Hall

Music by Baba Ghannouj

Joe Barlow, John Douvris & Galanjah

eclectic world-folk acoustic guitar, percussion & vocals

Market host Steve de Feu invites us all to enjoy a relaxed, fun afternoon and evening: “The coming HANDS market at the Sandcastle will evolve into a Summer Solstice Celebration at the Medicine Wheel. Food vendors, among them a “Wheel” café, can set up around tables and chairs in the garden. There’ll be a water slide and games for the children (bring togs).

Walk the Wheel: Be introduced and hear stories from the Medicine Wheel. Join Steve and helpers for a couple of tours in the afternoon. Otherwise the wheel is for quiet reflection until dusk.

Hippy baseball: Great things come from daft ideas. Between the market and dusk. Dress for games – colorful flowing robes etc. 2 🖐️ to watch or play, and all HANDS gathered will be matched by the 444 account and gifted to Josh Harley for workers for his garden.

Drum circle: Dave Dyer will coax the rhythms. Do you have a drum? Join in.

Medicine Wheel Solstice Celebration: Gather at dusk (listen for the conch shell) and join the procession to the wheel. Songs, stories, dance and inspirations welcome. Finish with Christmas Carols under the stars & a surprise for the children.”

Thank you, Steve, for your thoughtful, loving planning!

Facepainting – Learn the basics with araLyn!

4:30-5:30 pm – for older children & adults

Learn techniques for full and partial faces & 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.

5 🖐️

Limit: 10 people, minimum age 10-12 years

Facepainting will be available for all following the workshop,

& araLyn will leave her paints out for folks to practice on the little ones.

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(market news continued from page 11)

Christmas koha for Josh Harley & family

Josh is caring for his two young children after the loss of his partner, Kelly, earlier this year. We spoke to him about how H.A.N.D.S. could help meet his needs, and we're going to raise HANDS for him at this market. Steve's going to have all the gear ready for a game of "hippie baseball" starting near the end of the market. Entry to play or watch will be 2👏. Members who aren't keen on baseball are invited to give a koha. H.A.N.D.S. will match the proceeds from the 444 account and give all the HANDS to members for gardening maintenance and fencing for Josh, which is the practical help he said he needs most now.

Learning Network

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 large corkboard. 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 – around 6 pm

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 Waldner flax basket

#566 Cynthia Lorrian: flax basket

#574 Colette: haircut (men's or women's)

#575 Barbara Spooner: rebounder

#582 Alon: mystery item

#583 Shakti: a Vortex healing home space clearing with optional feng shui treatment structure (rearranges the energetics of the space including furniture)

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.

Any member may contribute an item to the auction by donating least 25% of the sale price to the 444 account.

Auctioneer: Dave Myall



Other market info:

- * *HANDS quarterly contribution* is waived for stallholders.
- * *Food stalls:* Please coordinate with Joanna. Kiwi\$ expenses not covered in sales can be reimbursed through a HANDS-Kiwi\$ exchange. More info below.**
- * *Bring your own mug:* To reduce disposables and simplify food stallholders' logistics, marketgoers are encouraged bring their own mugs, plates, cutlery etc.
- * *H.A.N.D.S. directories* available: HANDS koha for members who joined between editions (#529-557) and \$3 for other members to help cover printing costs.
- * *HANDS Exchange Vouchers* available for withdrawal for the market and future trading. If you have spare 1s & 2s please return them to the H.A.N.D.S. stall.
- * *Non-members:* Non-members can exchange Kiwi\$ for HANDS exchange vouchers to the HANDS stall 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:* 5:30: Please let your non-member friends & rellies know they can join H.A.N.D.S. at the market.

Future Market Venues

Market venue hosts are needed for future markets. If you have a suitable property and may be keen to host a market, please contact Joanna for more information. Market hosts are paid in HANDS.

Future Market Workshops

Please let a committee member know if you'd like to offer a market workshop to share your skills and knowledge. Workshop facilitators are paid in HANDS.

**** HANDS-Kiwi\$ exchange for food stall ingredients**

Some members have requested much more for the exchange than was originally intended. Here are some ideas to help reduce Kiwi\$ expenses for food stalls:

- * Please plan your menus to include as many ingredients as possible bought with HANDS. Ask Joanna for suggestions.
 - * Please source as much as you can from local growers.
 - * We prefer to reimburse Kiwi\$ spent at suppliers who support local producers. Because of their centralised business structure supermarkets are not necessarily supportive of local economies so we would rather not reimburse for food purchased there.
 - * Please limit expenditures to the absolutely necessary.
- Please check in with Joanna about the amount of Kiwi\$ expenses you intend.

Other HANDS markets to enjoy this summer

Heart Art Market

Friday, 22 January, 11 - 2 pm Village Green, Takaka
Music by Grio. Bring shade.

Another “Fresh” market

Sunday, 21 February, late afternoon to twilight... 5:30 - 8:30 pm
Work Centre courtyard, rain or fine.
Live-to-air concert 6-7 pm

Shelter is available and the Community Centre will be open for water and use of the kitchen and toilets. Paddy notes that the Workcentre is alcohol, drug and dog free, and adds, here's hoping for great weather and lots of food stalls! Please bring your RADIOS so we can tune into Fresh FM!

(HANDful of History, continued from page 1)

the basic work myself, but someone always appeared to take on a task when needed, such as Maria Polglase editing and typing the newsletters. The Mussel Inn, Community Gardens and Autumn Farm have hosted their share of successful markets.

New energy was attracted to the committee with the arrival of Christoph Hensch from Switzerland in 2003. The core of our present committee – Malcolm, Joanna, NgAng, and myself – has been involved since that time. Many positive outcomes resulted: we designed and printed exchange vouchers and made them available to members; joined the community-exchange.org website to record transactions and store member info and accounts; held regular office hours with a weekly HANDshake, ran a HANDShop in the old Green Village Hall, and created the position of HANDy messenger. The principle of interest-free exchange was spread by all those who acted in the skit *The Money Myth Exploded* at various times and venues. The “going through zero” principle came from Christoph.

I was once told that significant involvement with something for 20 years has the power to transform, and I think that idea applies to communities as well. As Green Dollars/LETS has grown within Golden Bay over 20 years, it has helped shape our community by connecting people through an equality-based exchange system. Looking back, I’m reminded of the vision and passion of those who sowed the seeds. Only about 13 of the original LETS exchanges remain in New Zealand. It’s wonderful to see H.A.N.D.S. embraced and appreciated in our community today.



The Bloomin' HANDS Spring Market
—by Joan Fleming

It couldn't have been a more perfect day: the kind of Spring weather no flower can deny is right for blooming. The green grassy party-spot at Gerard's Tukuruu Swamp Palace was blooming, too. All my friends were there, with sunhats on and pockets full of HANDS.

It felt like a real family day. Little girls learning how to weave flax flowers; little boys falling in the pond. Daisy-chains of familiar faces sat side by side along the benches, munching on gluten-free muffins and homemade organic popcorn, and washing it down with a probiotic smoothie.

Some stalls offered a welter of second-hand stuff: vintage coats, dressing gowns, leather sandals, paperbacks and cassette tapes. (Yes, cassette tapes. Guy bought Chuck Berry for two HANDS – a veritable deal!) You could take home some eggs or a baby tree, and there was arts and craftiness too: Gyan sold his gorgeous pottery, distinctively earthy and one-of-a-kind. Amira henna'd hands and peddled her mudfaery mousepads. And Purple played groovy purple-y tunes onstage.

Now, it might have been the infectious community spirit of HANDS, but it seemed like everyone won something in the raffle. (And Ngang won twice!) I took home a voucher for a personalised flower essence tincture, a stack of gorgeous children's books from the 1920s, and a belly full of goodness.

NEW MEMBERS

559 Laura Manson 574 East Takaka Rd, RD 1 525 7399

farmgirlpresents@xnet.co.nz

Singing back-up or lead vocals – live performance or recording, cake baking/decorating (including novelty kids' cakes), copy editing/proofreading; childcare, pet care, cleaning & laundry, eggs & fruit in season, MYOB accounting

Wants: childcare, music tuition – vocal & guitar, produce, bread

560 Robert, Jessica, Georgia & Holly Thomas 525 9818

H87 Hamama Road, RD1 Takaka rob.tom@xtra.co.nz

R: Bowen therapy & Reiki therapy (part HANDS). Eggs, veges in season.

561 Petra Alt & Nathan Moore Trinity Hills, 1075 Takaka Valley, Craigieburn

027 811 0457

P: craniosacral therapy (Upledger). N: healing

Want: fencing

562 Petra Krasse & Louis Krasse 60 Waitapu Rd 525 7040

petrakrasse@xtra.co.nz

P: baking, some upholstery (dining chairs), labouring, painting

L: stacking wood, walking your dog

Wants: builder

563 Kare Grayson 48 Motupipi St, Takaka 525 9128, 021 116 7927

Art studio: Quirk Gallery at Eatery on the Rock

kare.essq@gmail.com

Artist - paintings, natural jewellery, % commission kareatures

Wants: picture framing, colour printing, craniosacral, web hosting

564 Selena Serra Rototai Rd 525 8633

dwm_selli@hotmail.com

Cooking, weeding, babysitting, any HANDY help

565 Benjamin Byron (Benji) 0212 641 791

benjaminbyron@rocketmail.com

B: gardening - weeding, lawns; housepainting - trims, walls, sanding

Wants: tuition in internet technology, woodcarving, musical instruments & recording, and puppy training advice

566 Cynthia Lorrian movingstudio@gmail.com

Performance: dance, mask, improvisation, etc; gardening, flax weaving

567 Barbara Spooner 1137 East Takaka Rd 525 7141, 027 620 0035
Cakes & biscuits at markets

568 Trish & Serge Paredis 1063 SH 60, Onekaka RD 2 525 7412
trishnserge@hotmail.com

S: Scuba instructor & guide, underwater repairs; kayak instructor & guide; garden rotary hoe service; BBQ tables & outdoor furniture. T: Bookkeeping, technical writing, document preparation; seasonal organic veges & fruit

Want: learn to spin, woolcraft, etc; raspberry canes & other berries; wasabi plants

569 Rita Davies 1197 SH 60, Onekaka RD 2 525 6025
info@nativeharmonics.co.nz

Crystal healing, massage, organic produce: eggs, fruit, veges

Wants: organic produce

570 Anthony Cropp Rainbow Valley 525 8209 (msg), 021 025 95925
Scrubcutting, clearing, fencing, gardening, general labour, concreting/outside paving, reflexology

Wants: to learn new skills, especially woodworking

571 David Rowe 456 Main Hwy, Uruwhenua, P.O. Box 222, Takaka 525 8734
Wood & iron furniture, tree work - chainsaw etc, motorcycle maintenance

572 Richard Oswald 2/574 East Takaka Rd 525 8661, 027 788 4560
takakaholistic@gmail.com

Business planning, start-up advice, expansion & export services; therapeutic massage sports massage, Reiki healing & tuition, spiritual tarot readings, clairvoyance & mediumship readings & training, meditation classes (group & individual), brochure & advertising graphics, web design

Wants: small book cases, bar fridge, organic vegetable seedlings/plants
Introductory offer from Richard: Spiritual Tarot readings. Half price, now 10H.

573 Kieran Latham Tarakohe 021 036 0069
kieranlatham@ekit.com www.lillybolero.co.uk

Sailing on board 52-ft gaff schooner: day sailing (50H per person per day), evening cruises, longer trips, sailing tuition. 5-15 people.

Wants: mechanics, electrician (especially 12V), general woodworking

574 Colette Noushee Owen, Arlo Jecis, & Damien Skinner

5a Selwyn St, Pohara 525 7429, 0211 072 822

noushee70@gmail.com, arlo_@hotmail.com, skdamien@hotmail.com

C: hairdresser (20 years experience, worked in London 16 years). Also happy to

give a "helping-hand" with childcare, reading, gardening, odd jobs, caring for pets - small critters & large. A: gardening, labour. D gardening, labour, childcare
Need: washing machine, bathtub

575 Joey (Johanna) Ward 1178 Abel Tasman Drive, Ligar Bay 525 7477
jw@johannaward.co.nz <http://johannaward.co.nz/>

Cards, prints & paintings; qi gong tuition; private yoga classes including therapeutic yoga, e.g. for back problems; yoga books & DVDs, qi gong books & DVDs, menopause books (details of books and DVDs to follow).

Wants: reflexology, massage, qi gong or tai chi instruction, yoga classes

576 Tom Partridge Hangdog, Paynes Ford 021 068 8346
paxmaniac@hotmail.com

Building, gardening

Wants: double mattress

577 Andrew Haskell-Salazar Hangdog, Paynes Ford
ah_surfmonkey@hotmail.co.uk

Gardening, babysitting, waitering

Wants: fruit, veges, bread, food; flute making tuition (ideally from bamboo)

578 Yvonne Dorner 187 McCallum Rd, Kotinga 525 7328
kiwi1107@freenet.de

German lessons & translations, fruit in season: feijoas, lemons, mandarins

Wants: couch, other furniture, veges

579 Yohan (YoYo) Simon 100 Rangihaeata Rd 525 7400 (msg)
yohansimon@yahoo.fr (& Facebook)

French lessons, cooking & pastry lessons, organise & cook for functions e.g. birthdays & weddings, microphotography (small life forms), kayak tours, veges & fresh herbs, safe rock climbing lessons (sport, trad, bouldering), safe tree surgeon/climber (fully equipped & trained)

Wants: massage, tools (construction, gardening), drum lessons, didjeridoo lessons, fruit, outdoor metal bath

580 NgAngArt Ngang@ngangart.co.nz www.ngangart.co.nz

ART of many sorts: Art of Painting, in all mediums, styles and genres in originals, prints and cards. Art of Murals, Creative Sign Writing, Art of Mosaics, Sculptures, Art of Gardening - landscaping, establishing new vegetable gardens, fruit trees, seedlings, hot house work. The Art of Politics, Art of Healing, Art for Art's Sake, Creative Ideas when needed, Art of Cooking & Preserves, more.

Wants: broken coloured tiles & mirror pieces for the Rototai mosaic project.

Please leave at 46 Rototai Rd or I will collect

581 Julia Lauterbach 0210 634 137 julia.lauterbach@web.de
Photography (digital) & photoshop, gardening, babysitting, waitress, housework
Wants: drum tuition, food (bread, fruit, veges, cheese....), clothes

582 Alon Dahari Hangdog, Paynes Ford 021 117 8479
climbinghobo@gmail.com
Labour, car washing, window washing (houses & shops), bartender/waiter/
dishwasher, babysitter, guitar lessons, Hebrew lessons & writing, maths tutor
Wants: Food, pizza deliveries, cookies, head torch, pocket knife, climbing gear,
accommodation

583 Shakti Knight c/ The Sandcastle, Haile Lane, Pohara 525 9087
arohalove@ymail.com
Vortex healing (spiritual healing) www.vortexhealing.com/, space clearing,
cooking, childcare, cleaning, art & craft — keen to assist with any project, any
work connected with sustainability, sustainable community, healing & nature.
Wants: wool, wool socks, boys' clothes — natural materials age 5-6, kitchen
equipment for nutritional food prep, unprocessed honey, unpasteurised goat milk,
organic produce & vege seeds, learn to identify wild plants and to fish, adventures

585 Louise Weber 20 Rocklands Rd, Clifton
louise.weber.j@gmail.com
Cat sitting, other pet sitting; typing, secretarial; help with Word, Excel, internet,
email; help & companionship for elderly, ill, injured or isolated people (reading,
walks, appointments, shopping, basic cooking & housework); French tuition &
conversation; assistance with painting, decorating, sanding, restoring, etc.

MEMBER UPDATES

071 Rory Jelf 212 Glenview Rd 525 8217
Eggs, chicks, chooks, roosters, cages; vermin dispatch (by Jed the foxie)

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.

307 Victoria Davis Moonbow Beach, SH 60 Tukuruu, P.O. Box 92, Takaka
moonbow@goldenbay.net.nz 525 9298
Moonbow Gallery - cards & photos

420 Vesta Rivers RD 1 Long Plain Rd, Kotinga 027 280 8347
Green goddess comfrey & teatree ointment, veges & perenials@ markets, high-
sides trailer hire

** New contact details*

#141 Wendy Howard: 201 Packards Rd, Motupipi.
#042 Lorna: lorna.scurr@nettel.net.nz
#378 Pete & Monika Rudolf: kiss4moni@gmail.com
537 Freja Dixon: 89 Central Takaka Rd, 525 8768, 021 141 1517
#337 Kerstin Knight: kerstin11@slingshot.co.nz
#524 Kirsten Elise Llewellyn: gaiashope@gmail.com
#550 Ashna: 1075 Takaka Valley, Cragieburn 027 461 9876
#408 Gabby & Levity: 525 7610, also 027 LVT BEET or 027 275 4327
#553 Duncan & Diane: 383 E Takaka Rd
#315 Gaya Selder & Bing Brabant: 43 Nees Road, Rototai, 525 9962
#159 Carolyn: carolynsimon@clear.net.nz
#283 Landon: landon@landoncarter.co.nz

** On hold:* Cath Rogers, Deborah O'Callaghan, Greg Kendrick, James Guthrie, Cris Hughes, Ian Purves, Willem Brink, Owen Baxendale, Colleen Smith, Jennifer Giller, Andrew Morin, Kay Buchanan, Peter Hills, Benji Byron

Account closed at zero:
552 Jon Cope (returned to the UK)



ADS

Offered

* Several bags of polystyrene beanbag filling; also great for insulation. 250 L for 25H. Folding deck chairs, recycled jarrah (telecom poles). \$195 or \$100 + 95H. Matching folding tables (jarrah) \$75 or \$45 + 30H. Both linseed oiled and lasting lifetimes ... the chairman #012 Michael 525 8525, michaelroehrs@yahoo.com

* Haircuts and yummy facials (an hour+ of skin care, lymphatic drainage and nurturing). Also, prints of paintings available. View at: www.mudfaerywood.com. #362 Amira: amira@mudfaerywood.com, 027 600 7873, 525 8399 (message).

(continued on page 21)

(ads – offered, continued from page 20)

* Lots of brilliant secondhand books, mostly from Amazon: women's health, yoga, tai chi, pilates, homeopathy, bodywork, meditation, macrobiotics, vegetarian cookbooks, natural cosmetics, natural menopause. 5H-10H/book, or weed my Ligar Bay garden for five books/hour. Ring for titles, authors. Remaining books at summer market. Also facial sauna, new, 12H. #575 Joey 525 7477

* Fresh pasta at Takaka Village Market Saturdays. Not large quantities; if you want some you can order in advance by Friday morning. Also, only by order, ravioli with "any" fillings you want & ready made lasagna #564 Selena 525 8633.

* Energy balancing, body-mind holistic training, shiatsu, Italian for travelers. #507 Madalena: 525 9920, 027 277 7955

* Van Morrison cassettes: 3H each. Nikken magnet necklace: 100H. Original CD. Yuan Tze (Master Liu) Qigong: Three Centres Merge Standing Form. 10H. For hire: wheel hoe & attachments. #242 Ro & Joanna 525 8448

* Bryan Bell Tree Services: part HANDS, exchange vouchers only. 525 6276.

* Organic miessence deodorant: \$9 + 5 H. #414 Rose 525 9540, thesingingforest@gmail.com

* Available now: salads, coriander, parsley & chard for all HANDS from the Community Gardens stall, also at the Saturday markets in Takaka. Exchange Vouchers only. From late December: zucchini, cucumbers, tomatoes, capsicum, carrots, potatoes, onions.

Wanted

* Tea-trolley (two-shelved wooden trolley on wheels). #249 Sue 525 9594

* Friendly person to sell things at Saturday markets. #498 Myrriah 525 7083

* Women's bike and leftover bits of exterior paint for art project. #438 Anne Harvey 524 8551, annenmark@xnet.co.nz

* Herbs wanted: harvestable areas of organic or wild herbs. Have you got a wild area (or any area) filled with nettle, oat straw, red clover, meadowsweet, or yarrow? Or large areas of sage, thyme, chamomile, peppermint, St. John's Wort or comfrey that need a good trim? Or have you got a surplus of just about any herb? If so, I would love to come and harvest the herbs. Please phone #374 Shanti 525 7187 or email shanti@divineherbals.co.nz to talk herbs.



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. Live up your next dinner party with a special treat!

Half HANDS

#480 Janet Huddleston

525-7383

027 525 7383

huddleja@xtra.co.nz

New Freeview Satellite TV receivers: \$100+39H.
Plug into existing sky dish or buy dish kit for \$70+30H.
No ongoing subscription costs.
Over 13 crystal clear channels.
#491 Chris Shaw 525 7365

CranioSacral Therapy

.....for newborns, children, adults, all ages.....

* soften * relax * unwind & resolve stress * release trauma *
* alleviate 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

HANDS friendly

ND, DipMedHerb, MSocNat, MNHC, MIAHP

ph: 525 8544

txt: 0274 835 865

e: carolynsimon@clear.net.nz

**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.**

Drop-In Yoga for All

Calming breath meditation followed by flowing poses and winding down with a deep relaxation. Appropriate for all levels.

Tuesday Afternoons 1-2.30 & Friday Mornings 9.30-11

R&R: Restoration and Relaxation Yoga

A slower-paced class with modifications for any level of fitness.

Enjoy the benefits of the breath and gentle stretching of the muscles.

Relax and restore your body and mind.

Thursday Afternoons 1-2.30

Beginners are always welcome. Private sessions available upon request.

Classes are held at the Catholic Hall, 94 Commercial Street

Half price for Teens and Supers. Mat hire for \$1 & HANDS accepted

Ring Terry Burgess at 525 7422 with any questions or just drop in!



Levity's children's CDs on sale for 12H+12S

Little Blue and the Living Treasure Band

13 lively, humorous songs about NZ animals, for all ages

How Much is that Piranha in your Gumboot?

Action songs & singalongs for 0-5 yrs

NEW RELEASE!

Contain Traces of Nuts

Songs for general audience taking well-known themes into unusual places.

Old MacDonald Sold the Farm, Three Mice with 20/20 Vision, many more twisted tales!



2 CDs 20H+20S

3 CDs 27.5H+27.5S

Great Christmas presents for folk who enjoy new and fun perspectives on life....

Contact Levity on 525 7610, 027 LVT BEET or 027 275 4327 gabbity@gmail.com

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

Community Centre, Takaka

Every Tuesday at 7 pm

And every Wednesday at 71 Motupipi St, Takaka

1 pm to 2.45 pm (til 17 December)

Energy exchange: \$10 or \$5 + 5 HANDS

Yoga Events

Dec 2009–
April 2010

Anahata Yoga Retreat, Golden Bay, New Zealand

December 31st: Anahata NEW YEAR'S EVE CELEBRATION

With Swami Muktidharma & Swami Karma Karuna
Welcome in the New Year and join the Anahata residents for kirtan and havan. \$85 (1 night).

January 1-3rd: Anahata CREATING CHANGE RETREAT

With Swami Muktidharma & Swami Karma Karuna
Reflect, focus and set your New Year's resolutions into motion. Learn tools to help understand your "self" and your mind. Early-bird \$250, Full \$280 (2 nights).

January 13-17th: Anahata CELEBRATION OF SOUND

With Swami Muktidharma and Swami Karma Karuna
Experience the amazing benefits of sound, music and vibration! Including yoga postures, meditation and nada (sound) yoga. Special guests Collin & Sika. Early-bird \$450, Full \$480 (4 nights).

January 28-31st: Anahata NZ SATYANANDA YOGA TEACHERS & INITIATES CONFERENCE 2010

The annual yoga conference for New Zealand's SATYANANDA YOGA® teachers & initiates.

February 1st: Anahata BREATHING AND THE BRAIN WORKSHOP

With Guest Swami Samnyasananda
Special workshop for yoga teachers and advanced practitioners wishing to deepen their understanding and knowledge of the scientific applications of yoga. 10-5pm \$100. Or \$130 (1 night).

February 5-7th: Anahata CHAKRA VIDYA RETREAT

With Swami Samnyasananda
Join our international guest Swami Samnyasananda to deepen your experience of the body's energy centres (chakras). Early-bird \$280, Full \$310 (2 nights).

ALL YEAR AT ANAHATA: EXPLORE YOUR 'SELF' INTERACTIVE RETREATS

With SATYANANDA YOGA® accredited teachers

Learn yoga principles and tools for healthy living. No prior yoga experience necessary.
One week \$375 (6 nights) or one month \$1200, 7-13th Dec, 15-21st Feb, 8-14th Mar, 12-18th Apr

KIRTAN NIGHT Join us for kirtan (devotional singing) held each Wednesday from 7.15pm at Anahata

— PART HANDS ACCEPTED —

February 20th: Auckland ART OF LIVING & DYING WITH YOGA WORKSHOP

With Swami Muktidharma
Learn yoga techniques to help face your fears and challenges. Workshop 1-3pm, \$45. Kirtan 5-6.30pm, \$10.

February 21st: Srinivasa House, Hamilton YOGA & THE KOSHAS

With Swami Muktidharma
Yoga describes the human being in terms of five layers (koshas). Learn how these provide a map for understanding our lives. 11-4pm, \$55 (or \$50 unwaged).

February 26-28th: Anahata YOGA & SACRED FEMININE RETREAT

With Swami Karma Karuna
Join a supportive circle of women to connect with your inner power and potential through yoga, music, dance and creativity. Early-bird \$250, Full \$280 (2 nights).

March 15-24th: Anahata MANTRA & TRANSFORMATION RETREAT

With Sanskrit and mantra expert guest Swami Muktimurti
This intensive nine-day sadhana will involve chanting mantra, daily yoga classes, deep relaxation and meditation, some karma yoga and fire ceremonies. Early-bird \$550, Full \$650 (10 nights).

April 2-5th (Easter): Anahata EXPLORATION OF NON-ATTACHMENT RETREAT

With Swami Muktidharma & Swami Karma Karuna
Learn yoga techniques to help liberate negative thoughts and conditioning which diminish harmony and creativity. Early-bird \$350, Full \$380 (3 nights).

April 23-25th: Lindisfarne Camp, Timaru YOGA SOLUTIONS FOR LIFE RETREAT

With Swami Muktidharma & Swami Karma Karuna
Experience a practical yoga weekend with simple solutions to handle the challenges of daily life. Calm the mind and create positivity, inner strength and deep relaxation. Early-bird \$250, Full \$280.



For bookings and information
Anahata Yoga Retreat
Ph (03) 525 9887
yoga@anahata-retreat.org.nz
www.anahata-retreat.org.nz



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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 1-3 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 community-sourced biofuel

Current quarterly contribution: 4 HANDS (waived for market stallholders) Most admin work for H.A.N.D.S. is done voluntarily.

Number of members: 325 member numbers (accounts), 418 total members

Vouchers in circulation: 15,406 🖐️

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
Sept	280	10,359 🖐️	37 🖐️
Oct	178	6730 🖐️	38 🖐️
Nov	354	7227 🖐️	20 🖐️
Total	812	24,361 🖐️	32 🖐️

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 over 300 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 dessertsky67@hotmail.com

Contributors

HANDy messenger & newsletter - Joanna

Newsletter distribution - Murray

Market poster - Jay Horton

Market helpers - Murray, Malcolm, Joanna, Peter,

Dave M, Brett, Tess, Ro, Donald, Judith, Rose

Accounts & website - Murray, Malcolm

Email - Joanna, Murray

New-member liaison & recycled paper

donations - Michel Rose von Dreger

Technical consultants - Mike Howe, Yvette Ireton

Website help - Paul Woodward

