

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. 92
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525 8448, 525 8286

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Raise your H.A.N.D.S. for Community Education!

For years, H.A.N.D.S. members have offered workshops at our quarterly markets on a large variety of topics and skills. H.A.N.D.S. has also helped members organise half-and full-day classes in practical skills such as felting, soapmaking, fermentation and sourdough. Now we intend to fill the gap left when Adult Community Education (ACE) funding ended and organise longer courses like those run by ACE, but keep them affordable by cutting expenses and accepting part HANDS. Committee members Murray, Malcolm and Joanna are the sub-committee working on plans for continuing community education in Golden Bay.

We recently canvassed members by email seeking those keen to teach classes in the skills they offer for HANDS. We also held a Learning Network table at the last two markets for people to register interest in teaching and learning. We had a good response to the email and market stalls. These are some of the subjects that will be included in the schedule of courses to be advertised over the coming year and beyond: drama, public speaking, creative writing, poetry, mosaics, natural healing, computing, feltmaking, personal development, landscape design, gardening & orchard care, stonework, pottery, German, singing, massage, herbology, beekeeping, yoga, video editing, DVD authoring, guitar, PhotoShop.

We want to hear from people with knowledge and skills to share. We will support them in organising a course where their experience can become an opportunity to gain satisfaction and extra income, and for others to enrich their lives. Please contact Jim Barnes, interim coordinator, on 524 8792. He'll get in touch with you to plan the best times and venue and all the other components needed for a successful course.

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Jim says, “After hearing all the negative reaction to the government's misguided decision to cut off the funding for adult education courses, it was exciting to hear that H.A.N.D.S. decided we could create our own system based on people's willingness to share their knowledge and experience in exchange for part HANDS, part Kiwi\$. Working in the thick of the top-heavy NZ education system, I'm enthusiastic about being a part of this people's initiative based on our own life knowledge, expertise and creativity.”

H.A.N.D.S. plans for facilitating community education

For community education to be viable without the government subsidy, the coordinator's role has been pared down to basics so only about two hours a week will be needed. In consultation with Clare Harvey-Smith, the former ACE coordinator, and based on her job description, we set out the essential tasks involved: identifying tutors; liaising with them to organise courses, schedules, venues, fees; adverts, bookings, payments and bookkeeping; and communicating with tutors, participants and the H.A.N.D.S. committee. To further decrease expenses, ads in the Weekly will be shorter, and full course descriptions will be available by email, online and in hard copy.

The programme will be flexible. Learning can be one-to-one or in small or larger groups. Courses can be planned for all ages, and scheduled as one-off workshops for a few hours, a day or a weekend, or weekly. Venues can be halls, the Community Gardens, homes or classrooms. We also want to coordinate with others working to facilitate continuity of educational opportunities in the Bay.

The other big change to make courses affordable while paying tutors well and employing a coordinator is to accept part HANDS for courses – a minimum of 50% Kiwi\$ and any percent of the rest in HANDS. The HANDS/Kiwi\$ percents will be up to each person enrolling in a course. The coordinator and tutors will receive 50% Kiwi\$ plus the rest in the average HANDS/Kiwi\$ paid by participants. This has the added benefit of extending HANDS to more people in Golden Bay.

Tutors will work as contractors and take care of their own taxes, etc. We will open a HANDS account to be paid into from participants and paid out from for tutors, coordinator etc, and a Kiwi\$ account for Kiwi\$ income and expenses.

People paying for community education courses with part HANDS may join the system or simply earn and use HANDS exchange vouchers, which are our local Golden Bay currency.

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Why it makes sense for H.A.N.D.S. to umbrella community education

H.A.N.D.S. values people's skills that may not be honoured in the conventional cash system. Anyone in the community can receive HANDS by offering their skills, products and services – including tutoring, whereas it might not always be possible to receive Kiwi\$ for the same work. It's also often easier to pay for products and services – including courses – with HANDS, because it's easier to earn them, and they can be earned in addition to Kiwi\$ income.

Community Board member and H.A.N.D.S. member Karen Brookes sparked the idea of a H.A.N.D.S. umbrella for community education. She says, “When I read the unfortunate news of the government’s decision to withdraw funding for adult classes, my first thought was ‘I’ll bet that could be done, to some extent, through the H.A.N.D.S. system.’ I dropped an email to my good friend Joanna, who as HANDy messenger, through contacts with enthusiastic people, has taken it much further than just a thought. It's inspiring to hear of the support being gathered which will fulfil some of the needs left stranded by the funding cuts.”

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

H.A.N.D.S. to host fourth annual Autumn Family Feast & Fun

Pohara Hall has been booked for Sunday evening, 25 April and the organizing team of Rita Scholten, Kathie Rose, Ute Guentner, Cindy Moul, Susanne Toder, Joanna and Murray are preparing to create another magical autumn-themed evening of delicious food, great entertainment and children’s activities, all done by H.A.N.D.S. members.

The team invites all members to help manifest another magical evening by helping with set up, decorating, providing ingredients, preparing food, serving, entertainment and cleaning up. Please contact Joanna if you'd like to assist. Everyone who helps is paid in HANDS from the entry price, which is all HANDS (for the sake of bookkeeping, not a direct swap). The Feast includes soup, bread, salad, mains, dessert & beverages.

Bookings: 17👉 if you book by 17 April. After that, 20👉 until full (maximum 120 adults). Under 5: free, 6-16: half price.

Please contact Joanna to book. To ensure the right amount of food and to not disappoint anyone unnecessarily or miss out on HANDS for paying helpers, there's no unbooking once booked, but you can find someone to take your place.

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Kiwi\$ needed to print more HANDS exchange vouchers

H.A.N.D.S. introduced exchange vouchers in October 2005 as another way to do transactions. Their use proved convenient and popular, and increased greatly in the past year. The value of exchange vouchers entered into circulation in the past year equaled that of the first three years combined. The total in circulation is nearly 20,000👏. Now that the quantity of 1s, 2s and 5s is very low, more are needed to meet the demand. The cost for what we need printed (2000 each of 1s, 2s and 5s, plus 1000 10s), is over \$1500. We are looking at ways to fund this and request the help of the membership. Any amount contributed will be appreciated. The amount in Kiwi\$ could be credited in HANDS to your HANDS account. Please bring contributions to the Organic Shop, or contact Joanna for our KiwiBank account details.

H.A.N.D.S. printing now on recycled paper!

Thanks to a generous donation of recycled paper from Michel Rose von Dreger, all our printing – newsletters, directories, member agreements, brochures and posters – is being done on 100% post-consumer recycled paper. Rose is thrilled to be making H.A.N.D.S. more tree friendly. “I love using recycled paper,” she enthuses. “Yay for the trees, the planet, yay for us!” And recycled paper is available and affordable, even at Unlimited Copies.

H.A.N.D.S. standards of value

We now value the HAND as “more or less equivalent to the New Zealand dollar.” Ideally its value can be measured by something more real. In his new book, *The End of Money and the Future of Civilization*, Tom Greco named criteria for commodities that would be most useful for defining a local currency:

- important in meeting basic human needs
- freely exchanged
- traded in high volumes
- relatively stable in price (in real terms) over time
- uniform or standardised in quality

The H.A.N.D.S. committee recently revised the suggested HANDS standards of value, which are listed on the inside back cover of the newsletter:

1 HAND = approx 500 g potatoes, 65 g butter, 330 g citrus, 1.5 free-range eggs (all organically grown), 4 minutes work, 1 L community-sourced biofuel.

We included community-sourced biofuel with a nod to the future, and 4 minutes of work to indicate a minimum recommended rate of 15👏 per hour. Other ideas are most welcome.

H.A.N.D.S. Committee gains new member

Rita Scholten joined the committee at our February meeting. Rita and her family – partner Stef and children Raffi, Siti, and Niwa – live at Birds Clearing. They've been H.A.N.D.S. members for five years.

When asked why she decided to join the committee, Rita said, "For me it's the community feeling – I love being part of the Golden Bay community. H.A.N.D.S. is a great asset to our community, and I see a future for its growth in meeting our needs locally through new connections like community education, business involvement and trading more services amongst ourselves."



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

Golden Bay Community Workers join H.A.N.D.S.

—by Community Worker Jenny Randall

The Community Workers provide a wide range of social services to families and individuals in Golden Bay. We receive some funding from government and the rest of our funding is made up of donations and applications to private funding organisations. This means we are dependent on the success of our funding applications, and there is no certainty we will receive the amount we need or any funding at all. We are looking to HANDS as another way we can provide services for our clients. HANDS will also give us some flexibility to meet our clients' needs without the constraints that other funding places on the use of the money.

A number of services that would be very helpful to our clients but that we are unable to fund normally are offered by HANDS members. These include childcare, garden or home maintenance help and alternative therapies such as massage. Joanna will help us get in touch with members who offer the services our clients are in need of. It is possible that we could even use HANDS to help clients purchase basic household items such as beds or appliances that are advertised from time to time through HANDS emails and newsletters.

Our HANDS account will rely solely on donations. This is another way that people can support their local community. Being a part of HANDS fits very well with our vision to create a healthy community of empowered, connected and caring people whilst also ensuring that our services are sustainable.

To make a donation, please bring HANDS exchange vouchers to the Community Workers, fill out a transaction slip at the Wholemeal (account #587), or contact Joanna.

Clarify & Bountify

– by Alison Ramsay

Hello HANDSsome H.A.N.D.S. members. I hope you've all enjoyed a beautiful summer full of trading bounty – agreeable trading bounty, that is. It's important as we do our transactions that all parties are honest about their abilities, clear about their desires and satisfied with their subsequent final trades. 'That goes without saying,' you may think. It certainly does, but recent disputes brought to the H.A.N.D.S. committee have raised the issue of clarification. Thus, new steps are sprouting in the name of dispute prevention. The committee:

* will ask all new members more specific details about their qualifications, skills and experience.

* is asking all members to also be specific! When negotiating a trade, especially where there's skilled work to be done, inquire on the experience, competence and qualifications of the other member, to ensure their capability. Make sure that both parties fully understand what is required and expected for the job.

* suggests setting some guidelines for the trade: an estimate of cost, an estimated time of completion, what to do if it will take longer etc.



The first step is prevention.

If you've followed these suggestions, thought you were clear, and problems still arise, then the next step is to try and work it out yourselves. We're kind, intelligent beings! Sit down with a cup of tea and see if a new agreement evolves.

If, unfortunately, agreement isn't reached, then the final step involves contacting the committee to arrange a mediation session with both trading partners, a committee member and a mediator. Please refer to Item 13 of the H.A.N.D.S. Member Agreement, signed by all HANDS members when they join:

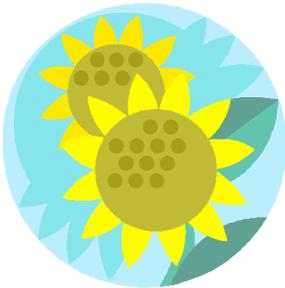
13. Agreement on the value, condition and quality of goods and services traded by members is the responsibility of the trading members only. If a member is unsatisfied with the price or outcome of an exchange, s/he can ask the Committee to mediate the complaint with the trading partners.

Educate not speculate! Specify not mystify! If a trade doesn't go to plan, then be kind, rewind and formulate a new agreement. If all else fails, mediate. Happy trading.

Artemis Aotearoa

—by #498 Myrriah Ellis

Artemis Aoteroa reflects my joy in living in my new home, New Zealand. I lived here in 1970, immigrated in 2003, and applied for citizenship in December 2009. All of my products are lovingly handcrafted using both formal training and intuitive knowledge. I listen to nature and the plants speak to me. I sing praises to them and delight in growing the herbs for my preparations organically using the fine Clifton soil, manure, sea grass from pristine Tarakohe and homemade fertiliser of comfrey, seaweed, nettle and cow, sheep or horse manure and water. Some herbs are wild crafted. The others are grown from seed or by growers such as Kristine from Onekaka Cottage Gardens or the roses by Bev Boaz of Waitapu Gardens.



Preparation begins with a concept, and then I pick the herbs at their perfection. I dry them and infuse them in organic oils, generally a combination of grape seed, apricot kernel, jojoba, olive and almond. I leave oil in the sun and moon for a month. I strain the herbs from the oil and make the creams. I heat the oil in an enamel saucepan adding local beeswax and organic cocoa butter. I add shea butter, from an African tree, when the oil is skin temperature. This cools then is blended with

a hydrosol, generally from Lower Moutere, of lavender, rose geranium or rosemary. I add different combinations of essential oils, vitamin E and triple guard citrus seed extract. After blending, the cream is poured into jars then cooled and labeled. I sing and pray over each batch. After ten years of making creams, I still find it a bit tricky. For it to work, everything has to be impeccably clean and precise.

I've always loved and cared for plants and trees. I've taken numerous courses in plant taxonomy, botany and gardening and am currently studying at SIT for a certificate in horticulture operations. I have a BA from Swarthmore College in History with a minor in music (I play the viola and sing). I have a MA from San Francisco State University in Educational and Instructional Technology as well as a certificate in Computer Engineering and Repair. Herbally I have a certificate from Rosemary Gladstar's Science and Art of Herbalism and studied at Mom's Head Gardens in Santa Rosa CA, the CA School of Herbalism in Forestville, City College of San Francisco and Swarthmore College.

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(*Artemis Aotearoa continued from page 7*)

I am passionate about my products. I ran Palm of Artemis for three years, growing the herbs and making body care products in Santa Rosa, CA and Brookings, Oregon, before immigrating to New Zealand in 2003. Artemis Aotearoa evolved from this, first on Waiheke Island and now in Takaka, which I consider home.

I also make Sparkle tarnish remover and jewellery cleaner, furniture polish, dusting powder and skin exfoliates. I'm happy to make custom preparations, and I welcome comments and suggestions. I look forward to sharing these products with you!



Four ways to exchange HANDS

HANDS are exchanged from one member to another in four possible ways:

- *exchange vouchers (EVs)*: Members can pay each other directly using our local currency. Anyone in Golden Bay can accept and use HANDS exchange vouchers, but only members can withdraw them from their accounts. This can be done at the Organic Shop and at markets.
- *transaction slips*: These are available at the H.A.N.D.S. section of the Wholemeal foyer. Transaction slips should be signed by buyer then submitted by the seller into the transaction box. Murray clears the box weekly and records the transactions onto the H.A.N.D.S. website, <http://community-exchange.org/>.
- *online (seller only)*: If you are the seller in a transaction, you can go to the website, enter your account number and password, access your account and enter transactions. The process takes less than a minute. If you need your password, ask Joanna.
- *through the HANDy messenger*: One of the trading partners can ring or email Joanna with transaction details (the names of buyer and seller, what was traded, the date and the amount of HANDS). She passes these on weekly to Malcolm, who enters them onto the website.

A summary of this information is in item #5 of the H.A.N.D.S. member agreement, which was updated in December late last year. The entire revised agreement can be found on the A5 insert in this newsletter. Though the basic principles underlying H.A.N.D.S. haven't changed in 20 years, the systems we use have been evolving. By reading the agreement, members might find out something they didn't know about how H.A.N.D.S. operates, and for longer-term members especially, for whom it's been a long time since they've seen a member agreement, it might be interesting to read it through.

H.A.N.D.S. Profile

Member #525: Dan Logtenburg

—by *Nicholas Merwood*

A few minutes' walk from the high school along Rototai Road is the Rototai Community Stall. In the foreground is a large mural marking the start of the edible cycle/walkway bordered by plants, trees and artwork. The stall is a community initiative conceived by Dan and NgAng in December 2009. On display in a cool, clean, ivy-covered building is a vibrant array of fresh organic fruit and vegetables, all sourced locally, and it's your choice to pay in all HANDS, part HANDS or all Kiwi\$. Only rarely is the stall not staffed 10 am to 7 pm seven days a week. A smile and information from Dan, his partner, Naia, or an employee or volunteer, connect you to the products' roots.

Previously from Hawaii, Dan was appalled by the waste of fresh fruit, literally falling off the trees to rot. Mother Earth's abundance was being squandered and abused. To him it symbolised apathy and a lack of community. He heard comments like: "It's too difficult." "I don't have the time." "I'll shop at the big supermarket."

While visiting New Zealand in 2008 Dan became aware of the same problems around supply and distribution of fresh food. He says, "I realised there was a need for coordination to bring supply and consumer together. I realised that Golden Bay was a community that would be supportive of what I envisaged: an established network of suppliers and



consumers, an alternative valuing system – H.A.N.D.S., in a fertile, abundant landscape. From my past experience with committees, meetings and consensus decision-making, I thought that process was too slow-moving to fit this concept." He adds that the viability of the project depends on the generosity of volunteers and on donations of surplus produce and labour, his own included. Currently a weekly roster of seven H.A.N.D.S. members staff the stall three hours daily, with Dan, Naia and others taking the remaining hours. Other members do gardening and weedeating along the edible walkway. As the stall continues to thrive, the amount of stock that can be bought in and the amount of wages paid will increase.

Dan estimates that so far about 15 percent of purchases and 40 percent of sales, or an average of 30 percent of total purchases and sales, have been with

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HANDS, and about 80 percent of labour is paid with HANDS. For now, he'd be happy to increase to 40 percent the amount of produce he buys with HANDS.

Dan believes that a local, decentralised initiative still requires a certain scale to be viable. "With support from the community the stall can grow to offer, in addition to food, a comprehensive range of practical daily household items produced locally, such as seeds, plants, soap, herbal products, spoons, bowls, baskets, clothing, even furniture. That increase in range will in turn provide the base required to integrate HANDS more fully into the local economy. It's not the percentage (now eight percent) of Golden Bay residents who are H.A.N.D.S. members that's important, it's what percentage of their annual income they can generate and use in HANDS. To earn HANDS on a daily basis you have to be able to spend them on daily necessities. I'm devising an algorithmic scale that enables me to set a base HANDS value for the products that allows for seasonal variations in supply and that will reflect a true bioregional value for an item, not converted from the New Zealand dollar that's connected to the fluctuations of a corrupt international currency."

With a lot of hard work and community networking, in just a few months Dan's initial vision has manifested. Next is a transition to a more expansive vision for reaching the stall's potential while raising people's incomes, increasing the flow of HANDS and moving towards self-reliance for Golden Bay.



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, or used to meet special needs in the community. 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, thanks to generous contributions from members at the Summer market and the Heart Art market, the committee donated 65 🖐️ to the Community Workers and 268 🖐️ to Josh Harley, who used them for 17 hours of weeding in his orchard.

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.

MARKET NEWS: pages 11-13

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

Sunday, 28 March, 11 am – 2 pm and beyond ... stay as long as you like!
Community Gardens, Takaka, rain or fine

Music by Mudfaery Soup

Amira Mudfaery, David Dwyer, Joe Barlow, and surprise guest musicians...
A fusion of yummy spontaneous sounds
to soothe the soul and tickle the audible taste buds.

Special Events – described below

Seed saving: 12 pm Auction: 1 pm Scything: 1:30 pm

Throughout the market

All-ages archery – HANDSraising for 444 Service to the Community Account

Two targets, one for children at 15 metres, and one for adults at 25 metres, will be set up, with bows of different sizes on HAND for children and adults. Take up the challenge – two shots for 2👉. If you hit the target on either shot, your 2👉 is returned to you. If you hit the bull's eye, or in this case a bull's HAND, you win 10👉. Proceeds to the Service to the Community account. The archery range is planned by Stef, Rita and family, and they and friends will run it at the market.

Hairwraps ~ Wearable Craft by Kirsty van den Bemd

Fun & unique for the hair!

A selection of coloured cotton is wrapped around a few strands of hair .You choose up to five fantastic colours. Lasts 3-6 months.

Takes 20-30 minutes, depending on hair length.

Can be busy so will take appointments at the market if necessary.

10-15 HANDS, depending on hair length.

If you'd like to learn how to do it, you can look on while Kirsty explains.

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. If you'd like to offer a community education class, you can write your subjects and contact details in our Learning Network notebook and Jim will be in touch with you.

Workshops – please give your HANDS to the workshop leaders

Seedsaving with Sol Morgan & John Gilardi, 12-1 pm, 5

Learn what it takes to grow and save viable vegetable seed for ongoing food supply. Focus will be on the easier options, but depending on participants' interests, Sol & John can explain the harder plants as well. The info also applies to herbs, fruit & flowers. Bring seeds to swap if you have them.

Introduction to scything with Andrew Earle, 1:30-1:50 pm, 3

Try your hand at basic scything in a short workshop for beginners. Some scythes will be available for use, but if you have one please bring it.

New members' auction – around 1 pm

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

- #590 Tudor Burchill: physiotherapy treatment
- #591 Ann Stuart: half hour back, neck and shoulder massage
- #593 Janine Scott-Dickens: small vessel & jar of manuka honey
- #594 Sabine Manier: haircut
- #595 Alex Rooney: carved wooden spoons
- #599 Susanne Toder: black forest cherry cake
- #601 Chantelle Waters: Indian head & shoulder massage
- #556 Martina Waidner: harakeke basket

If you'd like to bid on any of these, please contact or just be present at the auction. Any excess over 20 will go into the 444 Service to the Community account. Bidding begins at 15.

Any member may contribute a quality item to the auction by donating least 25% of the sale amount to the 444 account. Just bring it along.

Auctioneer: Jochen Maurer



Other market info:

- * *HANDS quarterly contribution* is waived for stallholders.
- * For 2 🙋 you can use all or part of one of Peter Pontier's large and wonderful stalls. You can reserve with Joanna in advance.
- * *Food stalls:* Please coordinate with Joanna. Kiwi\$ expenses not covered in sales can be reimbursed through a HANDS-Kiwi\$ exchange. To reduce Kiwi\$ expenses for food stalls, please plan menus to include as many ingredients as possible bought with HANDS, source as much as you can from local growers, and limit expenditures to the absolutely necessary. We prefer to reimburse Kiwi\$ spent at suppliers who support local producers. Please check in with Joanna about the amount of Kiwi\$ expenses you intend.
- * *Bring your own mug:* To reduce disposables and simplify food stallholders' logistics, marketgoers are encouraged to bring their own mugs, plates, cutlery etc.
- * *New H.A.N.D.S. directories* available: HANDS koha for members who joined between editions (#558-603) and \$4 for other members to help cover printing.
- * *HANDS Exchange Vouchers* available for withdrawal for the market and future trading.
- * *Non-members:* Non-members can exchange Kiwi\$ for HANDS exchange vouchers at 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* is 11:30: Please let your non-member friends & relatives 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.

H.A.N.D.S. Summer Market, 20 Dec 2009, the Sandcastle



Music by Baba Ganouj



Facepainting workshop with araLyn



Lots
of
good
food



... and
diverse
stalls

Heart Art Market, 22 January 2010, Village Green



music by Grio



*Photos by
Judith & NgAng*

NEW MEMBERS

586 Teresa Araujo 31 Waitapu Rd, Takaka 027 623 0349

Gardening, childcare, any sort of help

Wants: gardening, small building, food (vegies, eggs)

587 Golden Bay Community Workers P.O. Box 258, 88 Commercial St
525 9728

The community workers would appreciate donations of HANDS to be able to help their clients pay for services, such as childcare and garden or home help, when there is no other funding available. To make a donation, please contact Joanna, fill out a transaction slip at the Wholemeal, or bring HANDS exchange vouchers to the community workers' office.

591 Ann Stuart 47 One Spec Rd, Kotinga 525 7042

Aromatherapy massage (here or at your home): full body (1 hour); back, neck & shoulders (half hour); hands or feet (half hour); facials (half hour).

Gardening, sewing, childcare.

592 Shane Mark 5 Lookout Rd, Parapara 027 325 8268

Bone carvings, greenstone pendants

593 Janine Scott-Dickens 293 Packard Rd, Motupipi 525 9226

"Over the Moon" gallery open Wednesdays, ring for appointment on other days
Artwork– postcards, prints, small vessels mostly from shells - nice gifts, small whimsical sculptures, "wanderers" – small indigenous shell creatures; restoration of artwork & painted furniture, jewellery, chandeliers, mobiles; honey; secondhand clothes; sewing – clothing, cushions, bags, etc; creative art sessions & workshops for kids (bookmaking, printmaking etc), feltmaking tuition, creative textiles tuition; single room in family home available for short stays (for visitors etc); eggs

594 Sabine Manier 59 Washbourne Rd, Onekaka 525 8091

Master hairdresser from Germany: men's and women's haircuts, hairdressing, styling, consultations, cosmetic massage, make-up

Wants: babysitting

595 Alex Rooney 022 678 1331

General labouring, light construction (good at tree houses), enthusiasm for permaculture and organic gardening

597 Austin Wilson-Lines 21 Arapeta Pl 027 28 4807

General labour help, lawn mowing in Takaka or Rototai, babysitting

598 Ivan Pullen Community Organic Gardens, Takaka 525 8337, 021 238 5633

Orchardist, organic gardening, exterior cladding, lawn mowing, stone carving

Wanted: untreated timber (macrocarpa preferred)

599 Susanne Toder 43 Selwyn St, Pohara 525 8441

Pruning fruit trees, gardening, office work (reception, ordering, correspondence, Excel etc), puppy training

600 Community Education

601 Chantelle Monique Waters 23 Nees Rd, Rototai 012 912 952

www.mobiletherapies.co.nz

Holistic therapies (fully qualified with 12 years experience): Indian head & shoulder massage, energy healing & spiritual coaching, Hopi ear candling, holistic fingertip facelifting, childcare (25 years experience), gardening, teaching English to foreign students (C.E.L.T.A.), teaching sign language to all ages & sign language communicator for the deaf

602 Laurence Boomert 51 Tata Heights, Tata Beach 525 8229, 027 258 8807

Assistance with projects (especially green and social development) – strategy and communication; data projector hire; alternative film screenings; food & crafts for markets.

Wants: Food, honey, arts & crafts, health services, workshops

603 Ray Songtree 56A Rototai Rd 027 768 3448

Carpentry (small projects), handyman – can fix or build anything (30 years experience), gardening, childcare, guitar lessons, spiritual counsel

Wants: childcare for Ray's 3 1/2 year old daughter, fruit

[Away April through November]

666 Rototai Organic Community Stall Rototai Road

Locally produced fruit, veges, herbs, preserves, crafts etc.

MEMBER UPDATES

058 Morag Dean 112 Long Plain Rd, Anatoki RD 1, Takaka
Hand-built domestic and art pottery, oranges & feijoas in season

525 7425

069 Martin Holtman 883 E Takaka Rd 027 774 9083
Gardening, landscaping, tree planting, native plant consultancy

Back in the Bay and off hold...

313 Dave Corban 027 733 5011

Beads, crystals, collectibles, organic gardening, photography

467 Tenzin Kalden 32 Rangihaeata Rd 021 054 1011

Yogic and meditation lifestyler, Native American flute music, unconditional friendship practitioner

* New contact details

#417 Ngarie & Wyatt: Tui Community, Wainui.

#479 Em Hofstede: 027 330 4502

* The Bay Subtropicals stall won't be accepting HANDS for the next few months.

* David Sarll of Rock's World in Clifton isn't a member of H.A.N.D.S. and would like to be paid for his veges in Kiwi\$ only. Please don't leave HANDS exchange vouchers at the stall.

* *On hold:* Cath Rogers, Deborah O'Callaghan, Greg Kendrick, James Guthrie, Ian Purves, Willem Brink, Owen Baxendale, Jennifer Giller, Andrew Morin, Benji Byron, Aeven Claire, Nick Merwood

Accounts closed at zero:

166 Black Pete

582 Alon Dahari (left GB)

585 Louise Weber (left GB)



ADS

Offered

* Art exhibition at The Dangerous Kitchen from now until April. My artwork mostly reflects my love for nature and its simple beauty. Mixed media, oil paintings, etchings, photography (no computer graphic work) and much more... All framing by myself mostly using recycled native timber. Come check out my work and if you'd like a picture framed or some photography work please contact me. I accept part to full HANDS and trading. Also I'm always looking for native timber, old gates, etc. #511 Robbie 027 238 1969

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

* Artemis Aotearoa 100% organic body care products and Aura-soma colour therapy and soul power kinesology consultations. #408 Myrriah 525 9997,

* Mending and darning done for 14 🖐️ per hour. A stitch in time saves nine. #275 Karen Brookes 525 8874.

* From #355 Charlotte, founder and editor of www.happyzine.co.nz (based in Nelson): Happyzine's growing fast – over 5500 page hits in February after a Breakfast TV stint. If you have an ecologically and/or socially responsible business and would like to tell the rest of the world (particularly Aucklanders; they love Happyzine) via Happyzine we offer advertising rates of 150\$/l for three months and sponsored reviews of your products and services for 100\$/l per month or 225\$/🖐️ for three months.

* Whey from making cheddar cheese, suitable for fermenting vegetables. 1l 🖐️ per litre. #560 Jess or Rob 525 9818.

* Plants: Tamarillo (red & orange), pine nuts, black walnuts: pb 5 & tube size. Hickory and red oak seedlings – suitable for forestry plantings. #319 Pierre 027 723 9595

* Tribull drum. Newly goat skinned & tuned. 120\$/🖐️. #523 Christa 525 7925

* Kaka beak plants: 7 🖐️. For hire: wheel hoe & attachments. #242 Ro 525 8448

* Bryan Bell Tree Services - chainsaw work, pruning: part HANDS, exchange vouchers only. 525 6276.

* Shiatsu & reflexology integrated with oriental medicine techniques, for back issues, digestive problems, nervous tension, breathing and postural blockages, etc, with deep emotional release. Half HANDS.

#507 Madalene 525 9920

These items have been donated for sale for the 444 account:

* a large box full of old-style gear for developing photographic film. Offers.

* Acer External CD-ReWriter. 6X write, 4X rewrite, 6X read. Make your own CDs on any notebook or desktop pc. 20👉. Contact Joanna for more info 525 8448.

Wanted

* Storage for gramophone records, CDs & tapes; enclosed or freestanding. #275 Karen 525 8874

* Ecovillage project partners (green & HANDS based) #226 Ursus 03 524 8969.

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-.30

Beginners are always welcome. Private sessions available on request.

Classes are held at the Catholic Hall, 94 Commercial Street

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

Ring TerryLynn on 525 7422 with any questions or just drop in!



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



Yoga Solutions for Life!



525 9887

HalfHANDS accepted

EXPLORE YOUR SELF INTERACTIVE RETREATS

With Anahata Residents

8 March to 14 March, 12 April to 18 April, 3 May to 9 May

Experience yogic lifestyle through active immersion into the daily life of Anahata. Receive support and daily focus in guided intimate group sessions, learn yogic principles and take part in regular yoga and meditation classes.

NAVARATRI MANTRA & TRANSFORMATION RETREAT

With Guest Swami Muktimurti 15 March to 25 March

Navaratri is a nine-day period of astrological significance, in which it is deemed most auspicious to do spiritual practice (or 'sadhana'). With special guest Swami Muktimurti, from Australia, who is an expert in Mantra and ancient Sanskrit. The intensive nine day sadhana will involve chanting mantra, daily yoga classes, deep relaxation and meditation, some karma yoga (work with meditative awareness) and fire ceremonies.

EASTER RETREAT - EXPLORATION OF NON-ATTACHMENT

With Swami Muktidharma & Swami Karma Karuna 2 April to 5 April

Discover the freedom of letting go! This retreat will provide the tools needed to release our grip on the aspects of our lives which cause stress, grief and worry. Learn techniques to help remove negative habits and conditioning which diminish harmony and creativity. Apply these tools in your day to day life, discover your essential nature, and embrace life in all its fullness.



Carolyn Simon

Naturopath

HANDS friendly

ND, DipMedHerb, MSocNat, MNHC, MIAHP

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 *

ph: 525 8544 txt: 0274 835 865



all or part HANDS accepted

New Freeview Satellite
TV receivers: \$100+29H.
Plug into existing sky dish or
buy dish kit for \$70+30H.
No ongoing subscription costs.
Over 14 crystal clear channels.
#491 Chris Shaw 525 7365

**Savour the taste of summer
all year round!**

**I make fruit leathers, dried
fruit, pesto, pumpkin & apple
pies, cakes, biscuits, pizza,
tabouli, quiche & dukkah.**

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

**Available for private orders,
morning teas & catering.**

**Liven up your next party or
dinner with a special treat!**

Half HANDS

#480 Janet Huddleston

525 7383

027 525 7383

Dr Mitchell J. Bloom

fully registered Medical Doctor in N.Z. & the U.S.

now practising Natural Pain Treatment
at the Golden Bay Health Centre

using the most natural approaches to correct the underlying causes
of even the most complicated painful conditions.

These treatments can be very helpful for patients with:
chronic low back pain, rheumatoid & osteoarthritis,
sports injuries, neck pain, herniated discs, degenerative discs,
tendonitis/tendinosis, partially torn ligaments & tendons,
knee pain, shoulder pain, headache, fibromyalgia,
tennis elbow and many more.

Dr. Bloom gives a substantial discount for people with ACC and can
initiate ACC claims for recent injuries.

Part HANDS accepted.

GB Health Centre, 12 Motupipi St, Takaka
For appointments, please ring 03 526 7725

More info at www.ChronicPainRelief.co.nz



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 of Value

1 HAND = approx 500 g potatoes, 65 g butter, 330 g citrus, 1.5 free-range eggs (all organically grown), 4 minutes work, 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: 336 member numbers (accounts), 429 total members

Vouchers in circulation: 19,600 🖐️

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
Dec	189	8321 🖐️	44 🖐️
Jan	192	7431 🖐️	39 🖐️
Feb	425	7314 🖐️	17 🖐️
Total	806	23,066 🖐️	33 🖐️

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

Malcolm McKellar 525 9594

NgAng 525 7646

Joanna Piekarski 525 8448

David Dwyer 027 421 2621

Cindy Moul 525 6093

Rita Scholten 525 7249

Contributors

HANDy messenger & newsletter - Joanna

Newsletter distribution - Murray

Market poster - Black Pete

Market helpers - Murray, Malcolm, Joanna, Peter P, Dave M, Brett Harston, Jim B, Tessa,

Donald, Barbara, Gaya

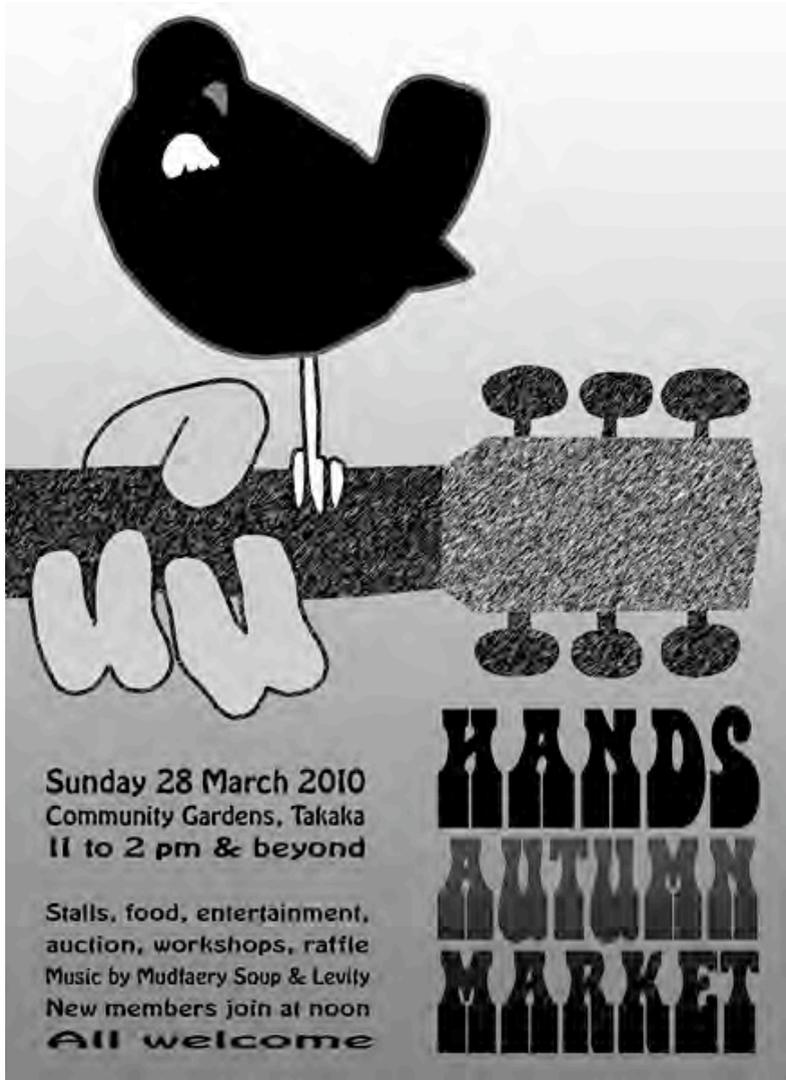
Accounts & website - Murray, Malcolm

Email - Joanna, Murray

New-member liaison & recycled paper donations - Michel Rose von Dreger

Technical consultants - Mike Howe, Yvette Ireton

Website help - Paul Woodward



Sunday 28 March 2010
Community Gardens, Takaka
11 to 2 pm & beyond

Stalls, food, entertainment,
auction, workshops, raffle
Music by Mudlaery Soup & Levity
New members join at noon
All welcome

HANDS
AUTUMN
MARKET