

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. 93

June – Winter 2010

goldenbayhands@ihug.co.nz 525 8448, 525 8286
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Put Your Ears Up for “A Show of HANDS”

—by Alison Ramsay

Hark! Do I hear angels singing? Wait, no, it's Ro, on the radio! Just when you thought your Fresh FM listening couldn't get any better, your local radio station and Takaka Programme Coordinator Paddy Brennan joins H.A.N.D.S. to create “A Show of HANDS,” a one-hour fortnightly radio program for, by and about H.A.N.D.S. and its lovely members.

This is a great opportunity for Fresh FM and H.A.N.D.S. to expand into new realms. H.A.N.D.S. will sponsor the airtime in HANDS for eight shows, and Fresh FM can use these wonderful non-dollars for various projects and needs. The theme of the program is loosely HANDS related, but the content can be anything of interest! We know what an exceptional sundry of individuals you all are, so put your HANDS to your ears and step up to the mic. First up on this free air time opportunity are Meryll Talbot on homeopathy, Janet Huddleston with warming winter recipes, Ro with complementary currency commentary, Craig Stonyer with “Old School” and Rebecca Reider with her original poetry. In between, local sounds from our musically inclined HANDS members will complement and enhance the overall show.

The program will be pre-recorded in studio and coordinated by our own Paul Woodward, who will then edit it before sending to Nelson for broadcasting. The hour is comprised of four ten-minute slots by different members, each filled with informative and entertaining delights, and HANDtastic music in between.

We need you! We're in search of some keen regulars who'd be up for doing a bi-weekly or monthly slot for four months, and local musicians willing to be interviewed and/or perform virtually live. Also needed are a music buff to conduct

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H.A.N.D.S. Autumn Family Feast & Fun

—by Rebecca, Charlotte, Joanna & Margaret Bell

On a festive Sunday evening in April at the fourth H.A.N.D.S. Autumn Family Feast, everybody hugged everybody, top quality local music was shared and a scrumptious four-course feast was served. Adults merrily conversed and gorged, while children ran riot: I asked myself: What does all this fun, food and togetherness have to do with community currency? But I was distracted from answering at the time, as I marveled at 14 kilos of lush organic salad greens harvested from the Golden Bay Community Gardens for the meal, and as I slurped on avocado ice cream for dessert and dissolved into bliss....

The answer is: all of this has nothing to do with community currency. And it has everything to do with community currency! Perhaps one major reason for the success of H.A.N.D.S. has to do with “community glue,” to borrow a term I once learned from Robina. Quite simply, HANDS transactions and events bring people together to share and exchange in ways that they otherwise might not. At the annual harvest feast, 140 people gather to bask in abundance. Everyone’s admission was in HANDS; everyone who contributed, whether by cooking a stew or playing music on stage, was compensated in HANDS; and somehow, all of us together provided all that we all need.

Margaret adds, “It was a magnificent feast – great atmosphere, colour, warmth, music, friendly people. What struck me most was the children, how they mixed together happily, found space to tear around and use their energy. What joy and fun they found in simple play. Also the children who helped serve the food so cheerfully and gracefully. All a delight to watch on a very special occasion.”

The menu: spicy pumpkin and beetroot soups, wholemeal & sourdough breads, baked root veggies & herby zucchini, rice, salads, tomato, curry and wild pork sauces, pear chutney, and for dessert – mousse, pies, cakes, choc chip bikkies, ice cream, and tea.

THANKS TO:

Decoration & set-up: Rita, Stef & family,
Donald, Chris & Tom, Theron
& Shanti, Coletta, Angela H

Reception: Malcolm

Entertainment coordinator: Rita

Sound system: Grant

MC: Rita, Stef, Sacha

Music: DJ Maia, Tenzin, Amira, Leivity



Sophie & Joie, the salad ladies

Children's activities: Janine

Silly sentences game: Rita, Stef & family

Prizes: Rita, Joanna, Karen, Sacha, Terry, Scott

Food coordinator: Ute G

Kitchen coordinator: Sacha

Kitchen crew: Craig & Natalia, Joey & Sophie, Ute, Jochen

Cooks: Janet, Guinevere, Terese, Mark & Tania, Naia, Hera, Ute, Murray, Yohan, David H, Selena, Steph, Ray, John M, Gabby, Uta, Selena, Dennis, Stef, Kerstin, Lina

Ingredients: Paul M, NgAng, Jessica K, Selena, Hera, the gardens of many of the cooks, Rototai Stall, Organic Shop

Servers: Murray, Robbie, Sarah, Joanna, Susanne, Cris, Gaya, Kirsty, Siti, Jyoti, Kathy B

Clean-up: John Massey, Ashna, Murray, David, Yvonne, Deborah, Karen, Mark B, Angela E, Jan & Mark, Laurence, Kim Wess, Malcolm, Ro, Andrew E, Tess

Overall coordinator: Joanna



Sacha leads the blessing song

Show of HANDS, continued from page 1

interviews/do commentary on this local music segment, and CDs on loan from HANDS members for use on the eight programmes of the show.

Training and help are provided for anyone keen to give it a go. The studio can do phone interviews and has a digital recorder for on-site recordings. If you'd like to get your HANDS on ten minutes of fame, contact Paul on 525 7055.

Keep your ears peeled & radios tuned; the first show will air this June on Takaka /Tasman/Nelson 104.8, Eastern Golden Bay 95.0 (E Takaka, town, Pohara if you're lucky, Ligar Bay etc), Blenheim 89.2 and streaming to the rest of the planet from www.freshfm.net. Fresh broadcasts from Golden Bay to Blenheim and down to Murchison – that's a lot of listeners!

H.A.N.D.S. Community Education – Visualise & Actualise

Impressions – by Rebecca Reider

Pausing, I look up to see three women kneeling around a coffee table. Each gazes intently at a crystal in her hand. Each dangles her prism over the positive and negative ends of a cylindrical AA battery on the table in front of her, determined concentration focusing their faces. I laugh, as a warm autumn mid-morning sun streams in across the bushy hills to the north; “another only-in-Golden-Bay moment,” I say, and we all chuckle in knowing appreciation of the bizarre things we humans sometimes get up to around here. Of course it was a very serious occasion – on this Monday morning, we were in school. A very different kind of school, however. The classroom was the rounded open-plan Onekaka home of herbalist and naturopath Carolyn Simon, our teacher for the day. The day’s curriculum: “A Beginner’s Guide to Pendulum and Muscle Testing,” in which nine students, many of us interested in becoming more intuitive healers, would learn time-tested physical diagnostic tools based on the electrical systems of our bodies. In short, we were there to learn ways to bypass the logic of our thinking brains which had been nourished so intensively in other kinds of schools for many years.

Later that week, I attended my second workshop, “Healing With the Voice,” led by Hera. On a drizzly grey Sunday we gathered around the fire in Kotinga Hall and learned to sing from our bellies, from our hearts, from our throats – sounds emanating from all of our chakras, not just our mouths. I hadn’t spent much time before with most of the people at the course, and we ranged in age from 30s to 70s – yet by the end everyone was opening up and singing. Magical, sacred. We took turns in the middle of the circle while others directed healing energy at us by singing. I actually thought I saw one person’s spine lengthen after she asked us to direct our energy there. Then after several hours together, we all melted back into the mists of the rainy afternoon, and into our lives. I hope they’re all still singing.

Last year, the National government announced funding cuts for the well-attended public adult education courses long held on evenings and weekends at Golden Bay schools and elsewhere in New Zealand. But the H.A.N.D.S. committee decided community education was too important to let a faraway government do away with it. So H.A.N.D.S. members decided to start our own community education system, funded by and for our own community.



Silvia’s preserving workshop

This autumn, the first course catalogue appeared in the GB Weekly and over email to the H.A.N.D.S. network. Offerings included one day workshops in practical skills like harakeke weaving and vegetable preserving, and weekly classes on topics ranging from environmental economics (the version of economics most of us didn't learn in high school) to fire poi. Classes take place around the Bay, in tutors' homes and community halls. Of the instructors I know personally, none are professional teachers; they're skilled people in the community, artists, healers and otherwise learned individuals. That's one of my favourite principles of this community education programme: there are many people tucked away in the hills and valleys of the Bay who hold a huge amount of personal knowledge. We're all teachers, potentially, and I like seeing that people in our community now have a way to share their wisdom and life experience, to benefit the rest of us. I've also enjoyed getting to know the tutors and students in a different context from our usual social interactions around the Bay.

Government funding is gone, but the problem has given way to new opportunities. Financially it appears to work. Payment for courses is in up to half HANDS to honour the exchange. (My opinion is that full HANDS should be OK, if we really value the H.A.N.D.S. system, and I think some tutors have been accepting this.) A small amount is added to give a part-time administrator some HANDS for organising it all from home, and to cover advertising, printing and venues. It's a school without walls. As a satisfied student I've been nearly inseparable from my newly acquired pendulum, using its messages for guidance on what I need to consume for my health ... to the great entertainment and interest of my dining companions. And when I need help finding my expression, I open up and sing from all my chakras. On a more sobering note, perhaps as our globalised world economy continues to crumble and shake, sharing survival and sustainability skills within our community in this way could become even more vitally important.

Our local monetary system has again proven a platform for organising a successful community event; in this case, it may be the beginnings of an evolving institution. I've been talking with some other local poets I admire, and we're planning a series of creative writing workshops where we'll take turns sharing our favourite tools for weaving words into art. What can you teach? And what would you like to learn?

Community Education Logistics – by Joanna

Of the 14 courses & workshops advertised for our first Community Education term, some filled completely and all but two had enough participants to go ahead! Jim, Murray and I learned from the experience that it's easier than we thought to organise a diverse education programme. We're keen to continue to develop the programme as a Golden Bay resource for upskilling and self-enrichment in Terms 3 & 4 this year.

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The response from our local experts enthusiastic about offering their wide range of skills and knowledge has been as expected – extraordinary!! Many thanks to H.A.N.D.S. Community Education pioneer tutors: Alex Hoff (fire poi), Craig Russell (sailing), Ro (maths & economics), Lethea (Women on the Edge of Evolution), Carolyn (pendulum & muscle testing), Cynthia Lorrian (harakeke weaving), Hera (healing with the voice), Silvia Schneider (preserves), Kirsty van den Bemd (felting) and Tessa Whiteman (personal mandala).

Please let Joanna know if you may be able to provide childcare for HANDS for parents attending community education courses and workshops. We can give parents your contact details to arrange childcare directly with you.

If you would like to facilitate a workshop or course in Term 3 or 4, please complete this outline (contact Jim 524 8728 or Joanna 525 8448 for help if needed) and send to either one of us.

Term 3 dates are 19 July - 24 September; Term 4 is 11 October - 14 December.

Title of workshop or course:

Tutor:

Dates & times:

Venue*:

Number of participants (min & maxi):

Description:

Please bring:

Cost**:

Tutor's background:

Other information:



Kirsty's felting workshop

* The venue can be your home or someone else's, a hall, the high school which is offering space for \$5 per hour, the Community Gardens kiosk or Earth Building, or any other workable space.

** This is the cost for each participant for a workshop or a whole course. Please figure in 15% for H.A.N.D.S.'s expenses for advertising, venue and coordinator. We will collect the Kiwi\$ and give them to you, and do the account transfers for the HANDS part. Participants can use up to half HANDS.

The Term 3 programme will be publicised in late June – early July.

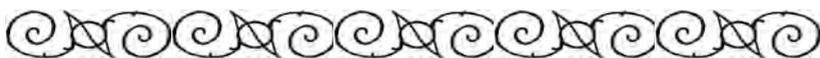
H.A.N.D.S. prints 7000 more Exchange Vouchers

—by Joanna & Murray

HANDS exchange vouchers totaling over 18,000H are circulating in Golden Bay!

For 15 years H.A.N.D.S. accounts were done by hand in a ledger book. Since 2005, members' accounts can be instantly debited and credited at our website, community-exchange.org. In 2005 we had a fundraising drive to enable printing of quality, durable Exchange Vouchers as a medium for direct trading. NgAng created the artwork and 1000 each of 1s, 2s, 5s, 10s and 20s were printed. The 18,000H now in circulation include all the 1s, 2s, 5s and about half of the 10s originally printed. Anyone in Golden Bay, not only H.A.N.D.S. members, can accept and use these exchange vouchers.

We recently printed 2000 more 1s, 2s and 5s and 1000 more 10s at a cost of \$2250. Thank you to those who responded to the need for Kiwi\$ input to pay for the new vouchers. The cost was met, and the vouchers should serve our needs for a long time. They will come into circulation as needed. Our present situation will also enable HANDS to continue paying our Kiwi\$ expenses – printing and posting newsletters, other printing, hall hire and reimbursement to members for ingredients purchased in Kiwi\$ for market food stalls and the Autumn Feast. H.A.N.D.S. does receive some Kiwi\$ from non-members purchasing vouchers at markets, members closing their accounts with Kiwi\$ and members' one-off joining fees. Most LETS exchanges have an annual Kiwi\$ membership charge, but H.A.N.D.S. is one of the rare ones that don't, mainly for simplicity's sake and the ability to do without. The only outside funds over 20 years are a \$600 grant for expenses from COGS in the 1990s, and 200 Community Post postage-free envelopes from NZ post in 2008. The committee endeavours to continue to find ways for H.A.N.D.S. to remain self-sustaining and at the same time support community initiatives and projects. Thus far, membership participation has, in many ways, assured this.



New Member Liaison Needed

After several years as H.A.N.D.S. 'Ring Around A Rosie,' or new member liaison, Rose is stepping down. She's been contacting new members about three months after they join to answer their questions and see how they're getting on and if they need any assistance. There's also a short questionnaire for specific feedback to help us improve H.A.N.D.S. 15H/hour, number of hours varies depending on how many new members join. Please contact Joanna on 525 8448 or Murray on 525 8286 if you may be interested.

I ♥ Local Economy

—by Murray

Each year, a group of “global students” visits Golden Bay, and I meet with them as part of their experience here. These are young people travelling the world to study permaculture and related areas. Here are some basic aspects of a local economy I presented to them for discussion earlier this year. Note how interconnected all the advantages are.

Definition of a local economy

The exchange, sale and gifting of goods, services and information within a community

Means of exchange in a local economy

Direct barter, record keeping, local/complementary currency

Advantages of a local economy

keeps energy local → increases local production

↓ ↘ increases local distribution

strengthens community relationships

↓ ↘ less need for excess profit, interest, speculation

attention to basic needs ↘

↓ ↘ less need for excess profit, interest, speculation

cooperation, sharing ↙

↓ ↘ more meaning

more appreciation of local ecology/environment

↓ ↘ less need to exploit environment

tap into local skills/talents

More stable economy – why?



not as dependent on fluctuations of world economy



Join the H.A.N.D.S. email list

Join the more than 300 members currently receiving H.A.N.D.S. email updates with ads, events and all sorts of fascinating H.A.N.D.S.-related information. Let Joanna know if you want to give it a try.

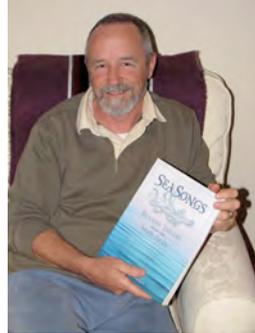
H.A.N.D.S. Profile

Member #464: Jim Barnes

—by Gerard Hindmarsh

After the initial set-up period sorting out tutors and courses, H.A.N.D.S. community education coordinator Jim Barnes, is into the swing of it. His day job, of course, is Head of English at GB High School, a job he enthuses about, with his great passions for writing, poetry, drama and the arts in general. He thought about becoming a visual artist, but literature and being able to share it with young people made him steer a different course.

Born in Oregon in 1952, Jim was the only one of four boys who didn't go into forestry like their logger dad, instead inheriting an appreciation of literature and art from his mother. He enrolled instead into Mt Angel Seminary, a liberal arts college, where he graduated in theology and philosophy, his original intention to become a Catholic priest. After a brief vocational change as a commercial artist, however, he came back to Mt Angel and joined the Abbey as a Benedictine monk for three years, completing his Masters degree in theology. Finally, realising his desires to become an artist and writer were stronger than his desire to live as an ascetic, he left the monastery and very soon met the love of his life, Kathy. He and Kathy ended up in Alaska, working as lay pastoral assistants in remote communities, later with the Sekani Indians of northern British Columbia. In between he did a degree course in theatre arts at Portland State University.



Jim Barnes with his book *Sea Songs - readers theatre from the South Pacific* that he wrote back in Colorado

With their two young boys, Jim and Kathy came out to New Zealand in 1988, when he was recruited as Director of Religious Studies for St Kevin's College in Oamaru. Both Jim and Kathy were excited by the prospect of moving to New Zealand, a perceived paradise that was even nuclear free! But Jim recalls the reality. "We arrived at Oamaru on the first of June to a big, cold five-bedroom house that we could hardly heat. I could barely understand the pupils even. It was culture shock." Drama productions became Jim's big forte at St Kevin's, as well as designing and facilitating retreats, which he ran as character building and leadership camps for the seniors and as overnight hui at the marae in Morven.

After ten years around Oamaru and Kakanui, the family shifted back to the States, spending six years in Crestone, a small Colorado town high up in the Rockies. Here Jim wrote and published his readers' theatre book on Maori myths and

legends, *Sea Songs: Readers Theatre from the South Pacific*. “I guess it made me realise how much New Zealand culture had influenced me, and it got us thinking about coming back.” The family returned in 2003, Jim getting a job at Queen Charlotte College in Picton, where he taught English and produced and directed two drama productions. Stints as English HOD followed at Aurora College in Invercargill and Tuatapere Community College before taking up the job at GBHS in 2008.

One of his highlights here and in other colleges where he has worked has been producing his own drama productions. He has written and produced five of his own plays using community and student actors. His most recent play, “Another Spring” was performed last June to critical acclaim in the GBHS Hall. Jim also won the first prize in the Bay Lit competition in 2008 for poetry, and first place in the short story category in 2009.

In spite of his consistent years of involvement in the teaching service, dancing to the tune of the formal education system, Jim primarily sees himself as a poet, playwright and storyteller. “That’s my passion,” Jim says with a look of intense sincerity and a twinkle in his dark eyes, “and I figure if in the meantime I can share with some young people what it means to be a writer or an actor or a poet, and see one or two of them get the spark of their own passion, and if I can see my poems, my stories bring inspiration to somebody, then I’ve done what I came here to do on this earth.” Jim and Kathy live near the beach at Parapara.



444 (Service to the Community) account

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

Peter Pontier receives 25 🖐️ per market for setting up his wonderful stalls. The committee also decided to transfer 200 🖐️ from the 444 account to the 500 (events account) to help cover Feast expenses not matched by income. More HANDS were needed to give to all the contributors to this community event without putting the 500 account too far in dedication.

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 11-14

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

Sunday, 20 June, 11 am – 2 pm and beyond ... stay as long as you like!
Bing & Gaya's, 43 Beattie Lane, Rototai (off Nees Road, near the reserve)
Rain venue: Primary School Hall

Parking: Non-stallholders please park at Rototai Reserve and walk 100 easy metres along the beach to the left of the reserve or on the gravel road (second house on the right). Stallholders drive down the left side of the property into the front paddock and drop off their items, then drive back to the reserve to park. Limited on-site parking for those in need, but overuse will cause a traffic jam.

Hera Livingsong 11:15

H.A.N.D.S. website help 11:45

New members join 12:00

Chloe Langley 12:30

Laughter Yoga workshop 1:30

Icelandic horse rides – ongoing

Music by Hera Livingsong & Chloe Langley

Hera will sing a mixture of world music, folk and original songs accompanied by guitar and shruti box. Chloe Langley, vocalist and guitarist based in Wellington and home for winter in Golden Bay, sings her original songs, which she describes as Americana folk pop.

Icelandic horse rides

Pamela & Christian Goffriller are offering horse rides for kids and adults, around the paddock for 4[🐾], with proceeds to the Service to the Community account

Laughter Yoga with Hera, 1:30 pm, free

Hera completed laughter yoga leader training in December and wishes to offer it to community groups in Golden Bay. Hearty laughter provides an aerobic workout that exercises muscles of the heart, diaphragm, abdomen, lungs and face. Sustained hearty laughter has many physical and mental benefits, including improved cardiovascular health and reduced blood pressure. Laughter boosts oxygen and energy levels and levels of immune cells that attack cancer, infection and viruses. Laughter releases endorphins, a natural painkiller, stimulates the lymphatic system, boosts immunity, and in minutes reduces levels of stress poisons in our bodies by 50% or more. Laughter is used in hospitals worldwide to speed healing and improve mental outlook. Laughter can ease depression, helps us cope with stress and boosts creativity, communication skills and self-confidence. Stress kills, laughter heals. More info at www.laughteryoga.org.nz

H.A.N.D.S. website intro & help: 11:45 or drop-in

Paul Woodward will be on HAND with a laptop computer to show members how to log on, enter transactions, check your account, etc and explain other site features not yet used much by our members – offerings, wants, recommendations, statistics. At 11:45 he'll host a short session presenting the basics and then be available for one-on-one help. The websites is very easy to use once you know how and have given it a try.

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.

Bid on Peaceful Motion – Cobb Valley 2010

16" x 20" photographic print by Craig Stonyer

#1 of a limited edition, framed by Robbie Dodds

"Box bid" half HANDS/half\$, starting at 120👏/\$.

Place bids in a jar, highest bidder found at 1:30 pm

Winner need not be present - Craig will deliver the photo.

10% HANDS donated to 444 & 10% Kiwi\$ to H.A.N.D.S.



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, plate, cutlery etc* to reduce disposables and simplify food stallholders' logistics

* *H.A.N.D.S. directories* available: \$4 for members, \$5 for non-members

* *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 noon: 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. Members receive HANDS for hosting markets.

Future Market Workshops

Please let a committee member know if you'd like to offer a market workshop to share your skills and knowledge. Members receive HANDS for facilitating workshops.



Community Stall
Organically Homegrown produce is always accepted.

Now Offering Delivery Of Fresh Produce!

Assorted Seasonal Fruit & Vegetables Boxes

- Single & Couple's Boxes
- Family Boxes
- Custom Boxes To Suit Your Tastes
- Twice A Week Delivery (Specific Routes)

Call 9393 or visit ourcommunitystall.co.nz for details and ordering.

The open-air stall on Rototai Rd. is open on Delivery Days Only for buying, selling and swapping during the winter months.

H.A.N.D.S. Autumn Market, Community Gardens, 28 March

The Autumn market featured plenty of wonderful food, including full-on restaurant fare prepared by Paul Ma'a and family using produce from the GB Organic Gardens, great music by Mudfaery Soup (Amira, David Dwyer & Joe Bartow), a diversity of stalls, 23 in all, seedsaving with Sol & John Gilardi and scything with Andrew Earle. All-ages archery kept Stef & Rita busy throughout the market and raised 101👏 for the 444 Service to the Community account. The most successful auction yet, thanks to Jochen and everyone who offered items and services, raised 67👏 for the 444, with 140👏 going to new members for their contributions. A surprise performance by two French puppeteers had everyone spellbound.



A magical interlude with the French puppeteers

Photos by Judith Rothstein



David, Amira & Joe of Mudfaery Soup



archery for fun & the 444

NEW MEMBERS

589 GRACE: Clinical MassageTherapy & Energy Healing

Grace Shields Commercial St, Takaka – above Organic Shop

021 346 642

Massage (therapeutic), Indian Head massage, thermal stone massage, lymphatic drainage, pranic & energy healing. 60 min, \$60, up to 10H per treatment

596 Lynne Cooper & Paul Frika Rangihaeata P.O. Box 33, Takaka

525 9171, 027 221 0045

L: acupuncture including ACC treatments, acupuncture & massage for dogs especially for musculo-skeletal conditions, distance healing for animals, consultation for supplementing your dog for improved health & wellness.

P: remedial massage, vege gardening, house handyman, bookkeeping

Want: furniture, bookcases, storage chests, business brochure & cards, body therapy

604 Fresh FM Takaka 84 Commercial St, Takaka

525 8779

Market venue, air time for the H.A.N.D.S. system

605 Alex Hoff

027 257 2478

Fire & spinning toys, juggling gear; fire jams, classes & lessons

Wants: aluminium tubing (19 mm), anything leather, metalworking & woodworking tools

606 Jules Harper 1197 Onekaka RD 2

525 6025

DJ (ambient & chill-out to world grooves and funky dance music, small parties to big events, music to suit the occasion - "DJ Maia"); DJ-ing tuition - improve your technical skills or learn the basics, record mixes & produce a demo CD, create an artist bio to help you get gigs; Maths tuition (NCEA level 1 & 2 from qualified teacher); organic veggies & veggie seedlings, organic free range eggs (Waiatua Organics stall)

607 Craig Stonyer & Natalia Davis

C: 027 3111 382 N: 027 307 5662

www.picturperfect.co.nz

C & N: gardening

C: landscaping (if tools supplied), knife sharpening, landscape & nature photography, from website or by commission.

N: Reiki

609 Deborah Hyland 25 Falconer Rd RD 1 Pohara 525 6194
Swedish massage, with aromatherapy, tissue salts, herbs & flower essences as complements to the massage

610 Indigo Wise 78 Dodson Rd, Central Takaka 021 144 3523
Retail, crafts
Wants: lawnmowing, food, veges, massage

611 Natalia Frazier Rainbow Valley Community, 679 McCallum Rd, Kotinga 525 8833
Ayurvedic therapy, handcrafts, baking & pastry
Wants: food, massage

MEMBER UPDATES

036 Deb Price Waikorupupu Valley, P.O. Box 105, Takaka 525 9472
027 325 8998
Basket weaving, harakeke: coiled baskets, twined baskets, organic hop pillows, pennywhistle lessons (playing by ear)

#388 Tessa Whiteman is now offering to help you create rituals and to guide them. 525 8115

Rituals created & guided: personal or shared, for times of transition; rites of passage, letting go the past, welcoming the new, cleansing old energies.

Rituals are designed to suit specific needs. When someone is overwhelmed by circumstances, a ritual can offer a way through and forward. Using simple, natural, familiar objects as symbols of change, he or she can experience a new peace and joy, farewell old ways and embracing the indefinable mystery and beauty of life. The ritual can be conducted alone, with a witness/guide, or with others present also.

Several consultations may take place to help the person decide what is needed and what will work best. The details are important!

608 Suzimo Schreuders Clifton 021 053 7253
Yoga classes and group activities for children, hydroponic greens & herbs

355 Charlotte Squire Hiawatha Lane, Takaka 525 7455, 027 404 6373

* Writing guidance - can help beginners to feel comfortable writing articles, blogs, essays, reports, proposals, press releases

* Promotion - can help to develop strategies for promotion of events, projects and businesses nationwide

* Media - can help people prepare for and feel confident about interviews and interactions with media (print, radio, TV)

* Singing & songwriting

Wants: Babysitting (from short half hour stints when I go running to two - three hour stints); massage; eggs and produce

** New contact details*

#478 Rebecca 929 7570

#599 Susanne is on Glenview Rd, #105 Grayham is on Selwyn St, #425 Judith is at Rangihaeata, #520 Guinevere is in Pohara Valley, #414 Rose in Tukurua, #542 Joseph & Sonia in Clifton, #243 Lolly at 74 Rototai Rd, #354 Shane & Kere on Selwyn St

** Out of GB and on hold:* #319 Pierre, #387 Rena & Iris, #603 Ray Songtree, #588 Nick, #432 Jerrie E, #564 Selena, #367 Tina, #564 Selena, #374 Shanti, #532 Kay, #558 Amy, #226 Ursus

Accounts closed at zero:

440 Gina Wilson

524 Josse Tuffnell – left Golden Bay

415 Michael & Delphine – moved to New Caledonia

335 Galen & Nicole – living in Nelson

551 Brett Harston – shifted to Tasmania

577 Andrew Haskell-Salazar – left Golden Bay

529 Jocelyn Outram – on North Island

482 Martine Jimenez – moved to Hamilton



ADS

Offered

* 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

* Mending and darning 14👏 per hour. #275 Karen Brookes 525 8874.

* Organic hop pillows for restful sleep: 12👏. #36 Deb 027 325 8998
Also available at Organic Shop for \$16.

* *Advertise in Happyzine.* From #355 Charlotte, founder and editor of www.happyzine.co.nz. 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) we offer advertising rates of 150\$/👏 for three months, and sponsored reviews of your products and services for 100\$/👏 per month or 225\$/👏 for three months. www.happyzine.co.nz

Donated for sale for the 444 account:

* 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

* Someone to teach a course or workshop in chook raising skills for Term 3. Please contact Jim on 524 8792.

* From #535 Alan 525 7975, 532 East Takaka Rd

Offered:

Eepair of rotary hoes, mechanical mowers, tractors, shredders etc.
Labour 1/2 HANDS, parts at cost in Kiwi\$.

Wanted:

* broken machinery such as above to refurbish and on-sell at reasonable prices or use as spare parts or to be loaned or hired to HANDS members.

* redundant or unused machinery of any kind (I'm often asked to source equipment for my customers)

* very old or vintage machines for my collection. Willing to barter labour/skills. I won't onsell them and I'll keep in the Bay.



organic deodorant
absolutely no synthetic chemicals
.....and it works!

Healed Earth
03 525 9540
healedearth@gmail.com

4H + \$10 each



All or part HANDS accepted

**Savour the taste of autumn
all year round!**
**In stock now: fruit leathers,
dried fruit; great for school
lunches and tramping. Also
dukkah & nasturtium capers.**

**I make pesto, pumpkin &
apple pies, cakes, biscuits,
pizza, tabouli & quiche.**
**Available for private orders,
morning teas & catering.**

Half HANDS
#480 Janet Huddleston
525-7383
027 525 7383

huddleja@xtra.co.nz

17th -20th June: Kriya Yoga Sadhana at ANAHATA YOGA RETREAT
with Internationally known teachers **Rishis Nityabodhananda & Yoga Diwali**

Join an intimate group of Anahata residents and experienced yoga practitioners for this very Special Event focused on Kriya Yoga, which leads to expansion of consciousness and liberation of energy. These deep practices combine asanas, breath control, visualisations and willpower to influence the four different dimensions of our personality.

Full Retreat Only, as each Kriya builds on the next. Take this time for yourself.
(Accommodation, meals & program) \$330 full price, \$295 early bird for hands members by 8th June
50% HANDS accepted

Private Sessions with the Rishis

The Rishis will also be offering Private consultations by appointment: at Anahata only \$75 one hour, \$95 hour & half

Rishi Nityabodhananda is an expert in the deeper aspects of yoga, having just commemorated 45 years as a Swami. He lived in India for many years and has recently published a book, Ajna Chakra.

Rishi Yoga Diwali is creative, joyful and very intuitive. She combines Yoga and art inspire the inner potential and open the door to spontaneity.



For Bookings & Enquiries please Email: yoga@anahata-retreat.org.nz or phone: 03 525-9887

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



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

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.**
- **We each experience this energy in our own unique way.**
- **Some feel great expansion and energy. Others feel great love and joy. Some find great mental clarity. Others find deep stillness and peace. And some find deep inner healing.**
- **As we enter deeper into our own Presence, we connect with something far greater than the mind, emotions and personality.**
- **We feel connected to all of life. The illusion of separation falls away. This deepens into Oneness with all that is. This is the end of suffering.**

**The Oneness Blessing is very simple,
but the effects of the Oneness Blessing are very profound.
Why not find out for yourself?**

RECEIVE THE ONENESS BLESSING

Every Tuesday at 6 pm

Golden Bay Community Centre

Contribution 5 HANDS and \$5

Phone #249 Sue McKellar 525 9594

Hypnotherapy, NLP & Whole Life Coaching with Sue McKellar

**Harness the dynamic ability of the mind to create
powerful positive changes in our lives.**

Hypnotherapy and NLP gives us the ability to do just that.

We can create the life we want to live by enhancing positive patterns of thinking and re-patterning negative ones, and by changing the way memories are encoded in the mind.

Experience this life-changing modality for yourself.

We can heal patterns of depression, anxiety and phobias.

We can build self-esteem and confidence.

Stop smoking, lose weight & let go of other limiting habits.

Heal the Wounded Child Within.

Change limiting and sabotaging beliefs.

Completely transform negative toxic states

Build a positive future by working with our timelines.

We can use Whole Life Coaching to set and achieve goals.

We can model patterns of success.

We find balance and harmony in the whole of our lives.

We can heal past trauma in a way that is empowering and yet gentle.

For more information and to make an appointment,
please phone #249 Sue McKellar on 525 9594.

HANDS accepted

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: 337 member numbers (accounts), 430 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
Mar	249	9756 🙌	39 🙌
Apr	143	6145 🙌	43 🙌
May	518	12,384 🙌	24 🙌
Total	910	28,285 🙌	35 🙌

Account Statements & Balances

E-mailers: 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 – Natalia D
 Market helpers - Murray, Malcolm, Joanna, Peter P, Jochen, Tessa, Donald, Barbara
 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

HERA LIVINGSONG WEDNESDAY

Sunday 20th June
11 am - 2 pm

43 Beattie Lane, Rototai
(near the reserve)

Rain venue: Primary School Hall

Stalls, food, entertainment

Hera Living song 11:15am

New members join 12:00pm

Chloe Langley 12:30pm

Laughter Yoga workshop 1:30pm

Icelandic horse rides

All welcome

