

Golden Bay 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 complementary mutual credit currency. Our aim is to strengthen local community and social climate.



H.A.N.D.S.

Newsletter No. 96

March – Autumn 2011

goldenbayhands@ihug.co.nz 525 8448, 525 8286
Box 156 Takaka <http://community-exchange.org>
Circulation 385 Established 1989

Now printed on 100% post-consumer recycled paper

Building the H.A.N.D.S. Nest – Twig by Twig

—by Charlotte Squire

As someone who has lived all over the country and pondered the Golden Bay community from afar, I often rave about the unique success of Golden Bay H.A.N.D.S. I say something like:

“The H.A.N.D.S. exchange system ... have you heard of it?” in my best name-dropping voice. And regardless of the reply I continue on to proudly say: “It’s by far the largest complementary currency per capita in New Zealand, and the most successful too ... it’s very strong here, thanks to a committed core group who have helped it grow from strength to strength over 21 years by carrying through lots of great ideas.” Sometimes their eyes glaze over and I reign myself in, but sometimes they appear interested. I’ll assume you’re in that category, so I’d like to tell you the story of the many fibres supporting this strong, sturdy system we call H.A.N.D.S....

A newly expanded committee carefully placed the first twig back in 2004, when the HANDy messenger role was introduced. Yes, it wasn’t always so easy to meet our needs as H.A.N.D.S. members. Joanna Piekaski stepped into the role and thanks to this job, information flows freely and support is always available to help us navigate our way around the H.A.N.D.S. system and make it easy to use. If I ever have a H.A.N.D.S. query or something I want to buy or sell, I head straight to Joanna over at 8448!

A year later an exciting twig was created for H.A.N.D.S. in cyberspace. The community-exchange.org website was established, where communities all over the world could trade in Green\$ and do their local transactions and access their

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Introducing H.A.N.D.S. Business Breakfasts AT THE DANGEROUS KITCHEN

— by Laurence Boomert



H.A.N.D.S. committee member Laurence Boomert

March 23 will see the first of regular forums to allow business-minded people to get together to discuss ways to create economic wellbeing in the Bay. Relevant guest speakers will be invited to help us explore topics such as creating new business opportunities, local investment funds, cooperative structures, housing development, agricultural opportunities, the health industry etc etc and ways to enhance and futureproof our existing businesses, all of course based in leading edge social and environmental principles and technologies.

While this is a H.A.N.D.S. initiative, it is expected to draw interest from the wider business community.

Being the Bay, our breakfast will start at the respectable hour of 10 am and will run to noon.

For our first event we are pleased to announce Bruce Dyer as our special guest speaker. Bruce is manager of the Nelson Enterprise Loan Trust (NELT), a regionally based, ethical investment loan fund that facilitates employment opportunities by making loans to socially and environmentally responsible businesses in Nelson City and Tasman District including those unable to obtain finance from mainstream sources.

In the longer term, the Trust sees itself offering this facility as part of a regionally based cooperative bank. “By operating regionally and inviting investment from local people, the fund encourages wealth to remain in the region thereby strengthening the sense of regional community,” says Bruce.

Since its inception in 1998 the fund has made 172 loans worth \$1.35 million, each estimated to have created 1.6 jobs. NELT gets support primarily from the Canterbury Community Trust, as well as Tasman District and Nelson City Councils and the Ministry of Economic Development.

Bruce is a keen proponent of cooperative models and lives on a PROUT (Progressive Utilisation Theory) cooperative on seven acres in the Motueka Valley.

All welcome, and please put forward any ideas you have for topics and guest speakers for future events. Laurence Boomert: 525 8229, laurenceboomert@xtra.co.nz



More H.A.N.D.S. NEWS

H.A.N.D.S. Autumn Family Feast & Fun: 15 May

The fifth annual H.A.N.D.S. Autumn Feast will be at Pohara Hall on Sunday 15 May. Much more info to follow, but for now, if you'd like to help organise the Feast or decorate and set up the hall, provide ingredients, cook, serve, entertain, run children's activities, clean up or have any other role, please contact Murray on 525 8286 or goldenbayhands@ihug.co.nz



H.A.N.D.S. HANDout

Grant runs the H.A.N.D.S. info stall at the Takaka Village Markets, with H.A.N.D.S. brochures for sale at cost and our new larger laminated "HANDS accepted here" signs for \$2 or 2☺. Grant had the great idea of a simple flier we could just give to people wanting to know more about H.A.N.D.S. Joanna pared down the six-page brochure to a single back-to-back flier and it's been coming in very HANDY, not only at the markets. Stef & Rita had them at the H.A.N.D.S. stall at Luminate, they're at the Organic Shop and Our Community Stall, and **there's one for you inserted in this newsletter**. Please pass it along to someone who wants to know about H.A.N.D.S. If every member shares it with a non-member, we could find lots of new members and raise awareness of what H.A.N.D.S. is all about.



Heart Art Summer Events Programme joins H.A.N.D.S.

Grant Knowles has put on Heart Art for five years with Kiwi\$ funds from a variety of sources. He spends many hours every year putting together funding applications and asking local businesses for support. He's had a great response, but the past year has been tight with the recession affecting more people. He decided it was time to change focus and work more with HANDS. This summer he started paying performers and contractors HANDS or part HANDS.

Grant has opened a HANDS account for Heart Art. If you have HANDS to share for a good cause you may donate them to #777 Heart Art. Just tell Grant (525 7974 or tribulldrums@xtra.co.nz).

co.nz) or Joanna (525 8448 or rojoanna@ihug.co.nz). Grant is very grateful for your support of this community event.

H.A.N.D.S. Community Education

We had a great first year with nearly 30 members offering courses or workshops on a huge variety of topics and skills. The Community Education subcommittee (Joanna, Murray and Malcolm) learned a few lessons too, and to increase the programme's success, we made some changes for 2011. To keep H.A.N.D.S. Community Education sustainable, the Early Bird discount for booking and paying a week in advance is 15%, and we're raising slightly the admin percentage that tutors contribute. Payment for courses and to tutors will remain half HANDS and half Kiwi\$. The other change is a reduction in the number of courses and workshops, especially in Terms 1 & 4. Offering 14 to choose from in Term 4 last year seems to have affected enrolment in all of them.

Our publicity formula seemed to work well. Joanna liaises with tutors to gather all their course information and gets the word out in email updates, a term brochure to look at or take away available at different locations in Takaka, plus a display ad in the GB Weekly showing the schedule for each term a few weeks in advance and Learning ads for one or two Fridays before a course begins. We remain most grateful for the fantastic cooperation of Mark and Tania – for their generous donation to the 600 Community Education account and for allowing people to book and pay for courses at the Organic Shop. Murray keeps track of income and pays tutors.



What would you like to learn?

To help us plan successful courses and workshops please contact Joanna on 525 8448 or rojoanna@ihug.co.nz with topics from the list below that you would consider attending:

EFT (Emotional Freedom Technique), Natural remedies, Reflexology, Iridology, Massage, Traditional Chinese approach to well-being, Pendulum & muscle testing, Personal development such as goalsetting & reaching goals, Watercolour painting, Silk painting, Chookraising, Beekeeping, Permaculture, Preserving your harvest, PhotoShop, Other computer skills (what sort?), Cooking (what sort?), Nutrition, French, Spanish, Sign language, Other languages,, Scrapbooking, Drama, Improvisational theatre, Singing/voice, Expressive movement & sound, Dance (what sort?), Writing (what sort?), Harakeke weaving, Collage, Felting, Other crafts (what sort?), Golden ratio applications, Earthgrid and stargate navigation, Conscious evolution, Philosophy (what sort?)

Some of these have already been held and can be repeated, some were scheduled last year but didn't have enough participants to go ahead and some

are new topics that haven't been on the schedule. Also please suggest other topics you'd like to learn about or could teach. Your feedback will be greatly appreciated.

Community Education outline for tutors

If you're considering offering a workshop or course (or collaborating with someone else or several others, as four poets did with great success), please contact Joanna to talk it over. Once we make the decision to go ahead, she can help you organise any aspect of your class. Then to enable her to publicise your course, you'll be asked to complete the outline below and return it to her in hard copy or by email. With the launch of Young HANDS, we're also looking for facilitators for kids' workshops such as hut building, orienteering, toymaking, herbal first aid, kite making, puppets etc.

Community Education Outline

Title of workshop or course:

Tutor:

Dates & times:

Venue*:

Number of participants (minimum & maximum):

Description:

Please bring:

Cost**:

Tutor's background:

Other information:

* Please book and pay for your own venue. The venue can be your home or someone else's, a hall, the library community meeting room (free; daytime only), the high school (offering space for \$5 per hour), the Community Gardens kiosk or Earth Building (accepting HANDS), or any other workable space. Please contact Joanna if you need help finding a suitable venue.

** This is the cost for each participant for a workshop or course. Please figure in 15% for H.A.N.D.S.'s expenses for advertising and printing. If your course has at least one more than the stated minimum number of participants, the percentage will be 20% for the additional participants. We will collect the Kiwi\$ and give them to you (minus 15% or 20%) and do the account transfers for the HANDS part (also minus the percentage). Participants can use up to half HANDS, and tutors are paid half HANDS, half Kiwi\$.

For YOUNG HANDS

— by Chrystal & Cherry

It's Chrystal and Cherry Boomert here saying Hi as the HANDY messengers for Young HANDS. Our job is to stay in touch with you all, answer any questions you have and help coordinate Young HANDS activities.

The fabulous HANDS newsletter is printed four times a year. We've been given our own Young HANDS space in the newsletter for just our stuff, so send us anything you'd like to advertise, either to sell or things you're looking for, or news to share or even a joke, poem or story.

On March 20 at the big Autumn HANDS Market we'll be having a special Young HANDS area to sell and buy things using our HANDS accounts and a place to do some fun stuff.

We intend to phone all Young HANDS members in the near future just to see how you're getting along and to email you once a month or so, but let us know if you don't want to be contacted for any reason and then ... we won't.

Also we hope to have a special Young HANDS get-together during Autumn – maybe a picnic, party or movie – here again please put forward any ideas you have.

As Young HANDS members we can trade with both kids and adults but there will be lots of stuff that just interests us so that's why we try to make a special Young HANDS focus within HANDS. Don't forget to talk with your adult about your involvement with Young HANDS and how you can do some trading. Adults make great pets but even better because they have to feed us not the other way round.

One more thing – check out the Young HANDS members' listings (last newsletter and below, or ask us for the full list) to see what's on offer. Feel free to contact any member if you like what they have on offer or have what they want – so you can do a trade - which is the whole idea of course. If you do a trade, the seller needs to get the buyer's number so the transaction can be entered.

If you have any questions or ideas to help make Young HANDS all it can be – please contact us, preferably by email: chrystal869@gmail.com or ring 525 8229.



New Young HANDS

1020 Tomo Rototai 525 6054

Sweets at markets, origami

1024 Rani Jimenez Bird Clearing 525 7249

ranijimenez@hotmail.com

Mowing lawns

1027 Josue Del Sol Edwards Central Takaka

josue.edwards@yahoo.com

Handmade plaits & bracelets, origami & origami instruction

Wants: food, yummy snacks, books

1028 Fern Campbell-Joyce Takaka 027 758 7226

Fern97@windowslive.com

Secondhand clothes, toys books; walking a dog

1029 Tashi Neary Hamama 525 8868

jai.n@slingshot.co.nz

Books, clothes, plants, food, citrus juices

Wants: coaching for running



Other Young HANDS

(full listings in Summer Newsletter, or contact Cherry & Chrystal)

1000 Star-Ruby, 1001 Bo, 1002 Lily Rose, 1003 Zachary David Phoenix Dwyer, 1004 Cherry Boomert, 1005 Skyla Boomert, 1006 Mukunda Knowles, 1007 China Ambler, 1008 Chrystal Boomert, 1009 Uisce Potter-de Boeck, 1010 Jarvis Ambler, 1011 Ananda Knowles, 1012 Nyree, 1013 Cleopatra Ambler, 1014 Kahu Marsh, 1015 Bella van Susteren, 1016 Elangio Martin, 1017 Luan Martin, 1018 Trinity Mohua, 1019 Jahazi Humano, 1021 Raffi Jongkind, 1022 Niwa Jongkind, 1023 Siti Jongkind, 1024 Rani Jimenez, 1025 Gracie Brett, 1026 Moana Humano

If a child or children in your life would like to become a Young HAND ...

please use the Young HANDS member agreement inserted in this newsletter. Please read it through with the new Young HAND and together fill in the information on the back. Then either return the agreement to Young HANDS subcommittee members Guinevere, Laurence or Rita or to the Young HANDy messengers Chrystal & Cherry, or email one of them with the information. (Find their contact details on the inside back cover of the newsletter.) They'll get back to you with the Young HANDS member number. Alternatively you can contact one of them to get together with you and your child/children to join, or they can join at the HANDS market on 20 March, at 11:30 am.

H.A.N.D.S. Profile
Member #596 Lynne Cooper
—by Gerard Hindmarsh

Oriental Medicine is how Lynne Cooper broadly describes her field of work as a natural health practitioner who since April 2010 has operated two-and-a-half days a week out of Gingko House, 127 Commercial in Takaka. Relatively new to the local health scene, she moved to Golden Bay from Dunedin in 2008 with partner Paul Frika and spent her first two years here employed in Collingwood as Healthpost's health practitioner before going out on her own. She still manages to find the time to swing a few plates waitressing at San Souci during the evenings and enjoys meeting people from all corners of the globe.



"I love helping people in my work," says Lynne. "One thing I like to determine fairly early on is how much stress people have had in their lives because it can cause lots of residual stuff. Symptoms just reveal the imbalance. You have to look at what's causing that imbalance and correct it. She thinks that the reductionist approach to medicine has its limitations and Oriental Medicine is always seeking to find the root (constitutional) and branch (symptomatic) cause of energy disharmony and in this way treat the whole person. Although

Lynne chose to make acupuncture and Toyohari Japanese meridian therapy her specialties, she also uses herbal and nutritional therapies and less-known approaches like moxabustion.

Lynne was born in Christchurch in 1961 and studied to be a nurse before taking off overseas in her early twenties. Travel around Australia, Africa, Europe, China, Indonesia and Tibet occupied many of her early adult years. Inspired by what she saw, she came back to get a B.H.Sc degree in acupuncture from Victoria University of Technology in Melbourne. "As a student I related to Japanese acupuncture but in particular I just loved the approach of a small group of blind Japanese sensei. Some of them who taught me had been training for 30 and 40 years. They were totally in tune with the people they were treating, but in a very subtle way. It felt like something for me to aspire to."

Following completion of her degree Lynne went on to complete a Diploma of Equine Sports Massage. Her first serious job after qualifying was looking

after racehorses and nurturing them back to health after injuries on the track. However she began to feel that the emphasis was on returning the animals to full performance too quickly, with not enough time allowed to complete the healing process. As much as she loves working with horses she's only willing to work with people who have realistic expectations for the recovery and wellness of their animals.

She returned to Christchurch in 1997 and worked for SportsMed, doing much the same work on human competitors. She enjoyed working in a multidisciplinary team alongside doctors, physiotherapists, massage therapists and podiatrists and found it a great place to do her 'apprenticeship.' After five years in Christchurch a job opportunity for her partner Paul at Otago Polytechnic took them to Dunedin. "Dunedin is a great city, the students keep it alive and the southern friendliness matches that of Golden Bay." The colder climate and lack of sun called them north and they shifted to the Bay. They now live on the Browns' property at Rangihaeata where they keep an extensive garden and two dogs. Paul finds ongoing work as a relief milker and remedial massage therapist.

Lynne says they became aware of H.A.N.D.S. as soon as they arrived in the Bay. They use their HANDS to buy food, desktop publishing and computer services. Lynne's natural therapies can be bought with one-third HANDS and ACC clients' surcharge as well. Says Lynne; "When we came to the Bay I wanted to participate in the H.A.N.D.S. system as soon as possible. It has worked really well for us."

H.A.N.D.S. Business Breakfast

Wednesday 23 March, 10 am - 12 pm
Dangerous Kitchen, Takaka

Special guest speaker: Bruce Dyer

Manager of Nelson Enterprise Loan Trust & PROUT Economist

Bruce will speak on the power of cooperatives & local investment
in building a resilient and dynamic local economy.

Facilitated discussion on how we can use these principles in Golden Bay
at this pivotal point in world economic history.

Enjoy a beverage & catch up with other can-do business-minded people.

HANDS or Kiwi\$ koha appreciated towards expenses

For more info, contact Laurence on 525 8229.

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accounts online. This was an amazing feat, considering the array of different systems local communities had individually grown.

Back in the Bay, another important twig was added to H.A.N.D.S. that same year: those gorgeously designed exchange vouchers we all trade with each other. Local artist NgAng poured his love and skills into creating them and if you look closely, each note carries intricate, special messages that reflect the heart and integrity of H.A.N.D.S.

Next in 2006 came charitable raffles, to raise HANDS for members who help other members in need – another way to strengthen the bond that holds the H.A.N.D.S. community together. This led naturally in 2007 to the 444 Service to the Community account, to recognise people who have volunteered to help the community. This account is funded by raffles, auctions and fun have-a-go activities.

Market workshops were also initiated in 2006. Since then there's been one or more workshops for skill-sharing, learning and creativity at each quarterly market.

Then in 2007, the co-creation of the first annual *Autumn Feast*, giving H.A.N.D.S. members a wonderful reason to come together and enjoy the fruits of a Golden Bay summer harvest, whilst gossiping merrily and congratulating ourselves for being part of an innovative, world leading system.

More twigs were to come. The following year another snazzy position was created: the New Member Liaison, to contact new members after three months to see how they're getting on and if they need help, and ask them a set of questions for feedback to help the committee improve H.A.N.D.S. Rose von Dreger was the first New Member Liaison and Melanie Walker currently holds the position.

That same year *Member Profiles* appeared H.A.N.D.S. newsletters to help us all to get to know each other.

In 2009 the *Going through Zero* symbol design competition was held, and one of 20 entries was voted in to celebrate one small but vital aspect of H.A.N.D.S. that makes it stand out from the Kiwi dollar system.

Soon after the government cut funding to *community education*. H.A.N.D.S. responded by expanding from occasional workshops held since 2007, such as soapmaking, bellydancing, sourdough and felting, to a full programme of courses and workshops starting last year.

A new highly localised service was launched in 2010 - the *Local HANDy Messenger*, to facilitate trading amongst members who live near each other. Onekaka to Milnethorpe is covered by Melanie Walker, and the call is out for more LHM's.

Also in 2010 the youth of our community stepped up and had their say. *Young*



HANDS was initiated to empower our children to network and trade amongst themselves and organise their own market stalls and activities, whilst learning important life skills. Young *HANDS* will ensure there'll be younger people stepping up as members and leaders to keep H.A.N.D.S. vibrant and strong in future.

Along the way, a cluster of community groups joined H.A.N.D.S. - Community Workers, Tui Education, Outreach Crafts, Fresh FM, Earthcare Education, Te Wharerangi Trust, Rototai Residents & Friends, Luminare, Democratic School, each finding their H.A.N.D.S. niche to advance their goals and benefit the entire H.A.N.D.S. community.

Whew!

Over time, with each little twig of a project, the overall *HANDS* system has meshed into one solid, beautifully functioning nest that supports our members and holds us together. We are very, very fortunate.

And what of the sweet future? I've been told of a few twinkles in certain committee members' eyes. The possibilities for strengthening H.A.N.D.S. are infinite ... it just takes fresh ideas and the commitment to make it happen.

444 SERVICE TO THE COMMUNITY ACCOUNT

HANDS in the 444 account are donated to people 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 consider nominations and decides how many *HANDS* will be donated. *HANDS* in the account are also used to support community needs. *HANDS* for the 444 account are raised with market raffles and games, auctions and other *HANDS*raisers. Members are also welcome to donate *HANDS* to the 444, either as a one-off or regularly.

Most recently Billy Kerrisk was nominated for *Let's Get Plastered for Breast Cancer*. This campaign to benefit the NZ Breast Cancer Foundation is Billy's brainchild. She initiated it in Golden Bay where over 150 people took part in 2009, and through the support of Rural Women it spread nationwide in 2010. To date sales of the kit have raised well over \$16,000. Funds raised for the Foundation are usually used for breast cancer awareness, but the income from *Get Plastered* will be used in rural areas for direct financial help for women with breast cancer. To date, 1600 women have participated nationwide, with over 30 exhibitions held around the country including Golden Bay. Upon hearing of her gift of 75H from the 444 account, Billy thanked the committee and said she intends to join *Let's Get Plastered for Breast Cancer* and herself as H.A.N.D.S. members shortly.

MARKET NEWS: pages 12 – 14

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

Sunday, 20 March, 11 am – 2 pm and beyond
Joey Ward & Tim Allen's "The Shed," 1178 Abel Tasman Drive, Ligar Bay
Rain venue: GB High School Hall

Stalls, food, entertainment, kids' space

Music by "The Backyard" – original & cover indie folk duo Gabby & Levity

Kids' Zone for Young HANDS stalls & FREE Kids' Space throughout the market

Kids' stalls are welcome and needed.

Please contact Joanna if you can donate games, toys, cards, toys, books, art & craft materials, paint etc. for use at the Kids' Space at the autumn market and future markets, or bring them to the market.

FUNd HANDSraiser for the 444 Service to the Community account

OBSTACLE COURSE! Run * Jump * Climb * Balance * Throw
2👉 for small course, 4👉 for big course. Refunded if you beat the clock.

Drawing Workshop – 12:30-1:30 pm, 10H/\$

with Kare Grayson, MFA (Master of Fine Arts)

A one-hour **Introduction to Drawing for people who believe they "can't."**

If you've always wanted to draw but don't know where to start, this is for you.

Entertaining, enlightening, encouraging and exciting!

Can I teach you? ... Yes I can!

Venue: Indoors (away from other marketgoers). Materials provided.

11:30 pm: **joining time for Young HANDS** (bring a parent/carer)

noon: **joining time for over 18s**

1:30 pm: **HANDSraising auction for the 444 account**

Members are invited to donate products and services to be auctioned and keep up to 25% of the auctioned amount.

MORE MARKET INFORMATION

* **Clean-up:** Helpers are needed to stay til the end of the market and assist the committee to ensure the venue is thoroughly cleaned up. This will be a solution to an ongoing problem. Please contact Joanna if you can help.

* **HANDS quarterly contribution** is waived for stallholders.

* **Stalls:** Please bring your own tables if possible. Peter Pontier also hires his large, wonderful stalls. To ensure he's reimbursed for his time and energy to build, transport, set up and take down the stalls, the price is now 7⁰⁰ per half stall. H.A.N.D.S. will continue to subsidise the use of the stalls in addition to this price, as we've always done. One way to look at it: with stallholders' quarterly contribution waived, the cost of using one of Peter's stalls is only 3H. Please book with Joanna as far in advance as possible.

* **Food stalls are always needed:** Please coordinate with Joanna. Some 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 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. Also bring storage containers for cook's night off!

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

* **HANDS Exchange Vouchers** available 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\$.

* **Young HANDS joining time is 11:30 am; over 18s joining time is noon.** Please let your non-member friends & rellies know they and their children 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 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.

H.A.N.D.S. Summer Markets

19 December at Pohara Hall & 7 January on the Village Green

Another try for a beachside venue at Gaya & Bing's in Rototai, but like the winter market, the *H.A.N.D.S. Summer Market* was rained out and held at Pohara Hall. Even the largest hall in the Bay is becoming too small for our markets! There were 27 stalls with so much diversity on offer that at least one member bought all her Christmas presents, all new and almost all handmade in Golden Bay, without using one Kiwi\$. There was lots of great food from a range of ethnic cuisines to enjoy while browsing. Galanjah and friends provided wonderful, professional-quality reggae folk music throughout, Tania and Guinevere offered a BodyTalk workshop, lots of new members and Young HANDS joined and kids were creatively occupied at the Kids' Space.

The *Heart Art market* on a perfect summer day was a crowded "hybrid" market in combination with the regular Friday stalls on the Green. As part of the Heart Art summer events programme, it was an art-only market, with H.A.N.D.S. artists and craftspeople displaying a wondrous diversity of beauty, functionality, creativity and skill in every imaginable and unimaginable medium, including the edible. Music was by Mohua Sun, with Charlotte on guitar and vocals and Fi on djembe, while their kids played casually on stage behind them. To Guinevere's dismay, Grant chose her Kids' Zone and candle-dipping as the "most artistic" of the 24 HANDS stalls, but the committee has now set a policy that committee members are ineligible for this sort of prize. The market was an all-sensory delight, with an abundance of artwork to admire, music to enjoy and delicious food to savour while soaking up the warm sunlight and warm feelings of friendship and community. Thanks to Grant for coordinating the market.



REFLEXOLOGY, IRIDOLOGY & HERBAL MEDICINE

If you have never tried any of these health practices before...now is your chance. Half HANDS always accepted and FULL HANDS accepted for a limited time.

Special discounts apply to expectant or new mothers and their babies.

Use Iridology to get an amazing glimpse into your inner ecology and learn how to best live within your specific body constitution. Relax and enjoy an hour-long Reflexology session to help with various health issues or just enjoy a foot revitalisation!

Herbal remedies are available as teas or tinctures for you and your Animals!

Enjoy natural remedies and healing. ... you deserve it!

Contact #374 Shanti to book your appointment:
252 7187, 021 056 7548 • shanti@divineherbals.co.nz

NEW MEMBERS

284 Melissa Potter The Sandcastle, Haile Lane, Pohara 525 9087
awakespirit.me@gmail.com

THE ART OF TOUCH ... DISCOVER ENHANCED HEALTH AND WELL-BEING!...

... offering ...

THERAPEUTIC / REMEDIAL MASSAGE (Integrating: Swedish/Relaxation, Deep Tissue/Sports, Acupressure and/or Mehta Indian Head Massage techniques)

HOT VOLCANIC STONE MASSAGE (using extra FULL BODY placement of over 55 volcanic basalt stones!)

CRANIO-SACRAL THERAPY

REFLEXOLOGY (including foot massage)

REIKI HEALING (Usui Energy System)

HATHA YOGA INSTRUCTOR (group or one-on-one Instruction)

POSTURE AND STRESS MANAGEMENT

More about Melissa...

After training in London, Ireland and the USA, I bring 23 years experience in anatomy/physiology and am now available for Holistic Therapy Treatments in Golden Bay. I am passionate about Holistic Therapy and am constantly learning more to assist and complement what I have learnt and combine according to your specific needs and ailments.

I have been practising seven years @ 155 High Street, Motueka, every second Tuesday as well as Wednesdays and Thursdays. Then I practice Mondays and Fridays and every second Tuesday @ the Sandcastle. Our Therapy Room is in the spa/sauna complex which nicely complements any therapeutic treatment!! (Other “back up” therapists will be available through the week/weekend at the Sandcastle’s Therapy Room.)

HALF HANDS NEGOTIABLE FOR ALL TREATMENTS. ALSO BENEFICIARY / LOCAL / REGULAR CONCESSIONS. GIFT VOUCHERS ALSO AVAILABLE! By appointment with: MELISSA POTTER (I.T.E.C, A.T.M, D.REF, R.M., CST I, CST II, SERI, VMIA, YOG)

636 Tina & Mike Delceg 47 Rangihaeata Rd 525 9530
tdelceg@xtra.co.nz

Produce — veges available when we have excess.

T: book layout, general typesetting, InDesign tuition.

Want: nuts, fruit especially apples and avocados

637 Ryoko Takahashi 5A Rototai Rd 525 6054
ryokogolden@slingshot.co.nz

Japanese/Asian food, catering; felted items

Wants: vegetables, dairy products, eggs

638 Maria Frau 022 675 9899

vakitabb@hotmail.com

Gardening, farm & orchard work, vineyard work, painting, odd jobs, climbing tuition, Spanish tuition, Spanish translation, childcare, yoga tuition, cleaning

639 Craig de Boer c/ Grove Orchard, Clifton 022 644 0815

craig_de_boer@yahoo.co.nz

Recycled creations & clothing, children's toys

Wants: recycling materials**; market assistance

** Please think of Craig if you're shifting – he's looking for quality woods, old metals, interesting bits to recycle into unique creations.

640 Heidi Coppard 100 Rangihaeata Rd 027 479 5975

heidi.coppard@gmail.com

Hula hoops, beginner poi & hoop lessons, fire performance, spirit hoops, childcare, fairy skirts, clothing repairs

642 Di & Trev 33 Tukurua Rd 525 6019

diandtrev@windowslive.com

Sheep shearing; advice on raising and caring for sheep & goats, advice on breeds; helping lifestyle farmers to farm sheep: building small yard/animal handling facility, caring for sheep & goats – trimming hooves, drenching including advice on organic alternatives, fixing fences for sheep & goats, advice on growing good sheep meat; home kill for sheep you raise.

New contact details

#598 Grace 172 Commercial St, Takaka, 021 346 642

#470 Aeven 022 750 610

#479 Em: cicadacrossing@gmail.com

Revised listings

520 Guinevere Wilde 7 Falconer Rd, Pohara Valley 027 211 8454

guinevere_wilde@yahoo.co.uk

Mayan matrix life journey workshops for groups and individuals; early years education support; home education support; rainbow candle dipping for group bookings such as birthdays; pre-dipped rainbow candles; Guidance oracle card readings, BodyTalk – a relaxing one-hour session that promotes self-healing and happiness using the innate, held anywhere peaceful

521 Wynette Weaver Rockville RD 1 524 8134

wynetteweaver@gmail.com

Garden tools hire, gardening, weeding, healing touch massage therapy, painting, general help, Photoshop tuition; feedback and editing; reading and writing tutoring, computer, internet & email help for beginners, also photo editing &

resizing for emailing using free internet programs, 1/2 acre of pasture land for grazing an animal in exchange for riding it around the pasture

609 Deborah Hyland 25 Falconer Rd, Pohara Valley 525 6194, 027 404 7348
dhyland@xtra.co.nz

Natural therapies (Certificate of Natural Therapies & Certificate of Relaxation Massage – Naturopathic College of NZ, Certificate of Health Sciences NZQA):
BodyTalk, massage, nutritional science, aromatherapy, zone therapy, cell salts, herbal medicine, flower essences, natural hormones

Back in GB and off hold: #347 Rose Diamond

Out of GB and on hold: #141 Wendy Howard, #319 Peter Hills, #072 Karen Kell

Account closed at zero: #546 Esther Rings

ADS

Offered

- **Plants:** 7 small white sage, 5 🍷 each. 10 larger stevia, 10 🍷 each. #122 Lisa 525 7699, condellisa853@gmail.com
- **AMIKA** accepting half HANDS/half Kiwi\$ on all sale items – #421 Sarah Manson
- **Organic cocoa** powder, 7.5 🍷 + \$7.50 per kg. #513 Melanie B, 524 8765
- Very nice **Djembe** drum from Mali, West Africa, imported by Jimi Dale 12 years ago. 35 cm diameter, 60 cm height. Includes a stand I made from old bicycle bits. \$300, up to 1/3 HANDS. #408 Leivity 525 7610, 027 588 2338
- **Beanbag filling**, good for insulation too! 250L bag: 25 🍷. **Camping table** and two bench seats for four, folds together in one easy to carry unit. Very handy. Hardly used. 50 🍷.
- **CAMP-O-MATIC folding camping trailer** in good condition for its age, sleeps four comfortably, easy towing, good tyres, two double mattresses, 500 🍷 + \$500. #012 Michael 525 8525, microe45@gmail.com
- ebook **Ten Ways to Chillax & Have Fun As You Live Your Green Dreams.** Usually \$19.95; only 15 🍷. #355 Charlotte 525 7455, charlotte@happyzine.co.nz
- Large solid **office desk** with drawers, built-in filing drawer. Vinyl covering damaged. HANDS koha. #438 Anne Harvey 524 8551, annenmark@xnet.co.nz
- **Mending and darning:** 14 🍷 per hour. #275 Karen Brookes 525 8874

- Explore the mystery and healing properties of colour with an **Aura-soma & soul power kinesiology consultation** in a tranquil setting. Discover what colour your body needs and ways to reach ultimate well-being. 1/2 HANDS. #498 Myrriah 525 9997 @>----

Come and join us for a one day **SOUL SISTERS RETREAT**, a day for connecting deeply, self nurturing and renewal, coming into presence, heart and soul sharing, and harvesting your gifts. Tukurua, Sunday 20 March, 11 am - 6 pm.

For more information and to book, email Rose Diamond rose@awholenewworld.net or call me on 525 7578. Exchange: \$45 or \$35 + 10 HANDS

DO YOU WANT TO WRITE A BOOK?

Have you been thinking about writing a book but never begin? Or maybe you started but got sidetracked or filled with doubt? If you're a first time book writer maybe now's the time to set out on your creative adventure and take your book from seed idea to finished product.

Starting soon: small group mentoring sessions monthly, 3 or 4 people per group. \$40 per session 25% HANDS with a commitment to six sessions.

Please email rose@awholenewworld.net for information or phone 525 7578 and let's have a conversation to see if this is right for you.

Savour the taste of autumn all year round!

In stock now:

fruit leathers & dried fruit – great for school lunches & 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

Wanted

- Filing cabinet; reasonably priced piano. #438 Anne Harvey 524 8551, annenmark@xnet.co.nz
- Wanted: Agee or Mason glass jars for bottling, the kind that use metal 2 piece lids. #636 Tina 525 9530 or tdeiceg@xtra.co.nz
- Someone with spare time, internet access and patience! I'd like a compilation of music from the internet put on CD. About 100 songs. #414 Rose 525 9540, thesingingforest@gmail.com

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, MNZSocNat, MIAHP

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

* soften * relax * unwind & resolve stress * release trauma *
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Flower Essence Remedies

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ph: 525 8544

txt: 0274 835 865

e: carolynsimon@clear.net.nz

www.yourfloweressences.co.nz



March - April 2011 Retreat Schedule

Festival of Opportunities

5th - 6th March
Founders Park,
Nelson

Join Swami Karma Karuna and the Anahata Team at the Festival of Opportunities. We will be running workshops such as Relaxation Meditation, Yoga for Women, Breath workshop & Mantra Meditation.

Explore Your 'Self' Interactive Retreats

7th - 13th March
16th - 22nd May
13th - 19th June
Anahata Yoga retreat

An interactive Yoga lifestyle Program. Focus on personal transformation in a supportive environment, beneficial for beginners, yoga teachers and deepening your personal practice.

Investment:
NZ\$195 for shared room (3 nights)

Illuminating Life through Yoga

22nd - 25th APRIL
Nelson



Yogic Living for Self Transformation With Swami Satyasangananda
Easter weekend in Nelson, NZ

www.SwamiSatsangi2011.co.nz

Prana Vidya Sadhana Course

27th - 30th April
Anahata Yoga Retreat

Experience the scientific and esoteric aspects of the subtle breath and body, including practical techniques for awakening the energetic fields.

Investment:
NZ\$195 for shared room (3 nights)

**Camping & other accommodation options available please enquire
Earlybird discounts are available. Part HANDS accepted

For more details please visit:

www.anahata-retreat.org.nz

Yoga Solutions for Life!TM

"There is no noise in the world. There is no peace in the Himalayas. Both are within you." - Paramahansa Satyananda



SATYANANDA YOGA
ANAHATA FOUNDATION

Counselling

Judith Rothstein, M.Sc., MNZAC

525 7674 judith@jrothstein.org

Concerns that can be addressed in counselling:

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

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



*Hot Stone Massage
BodyTalk (CBP)
WellSpring Flower Essences
Reiki
NeuroLink
Hopi Ear Candling*

#026 Tania Marsden
Ginkgo House ~ 127 Commercial St, Takaka
525 6068 / 027 256 6748

Check out my blog, www.wellspringessences.blogspot.com
for more info about my essences and examples of readings....



Community Stall

Organically homegrown produce is always accepted.

All Local, Fresh, Grown & Harvested By Hand

Assorted Seasonal Fruit, Vegetables & Local Items

- Great Prices So You Save More Every Day
- Support Your Neighbours & Community
- Custom & Speciality Items Available
- Free Delivery Offered In Takaka

Call 525 7666 & visit ourcommunitystall.co.nz for details!

Our Community Stall on Rototai Rd. is open Monday thru Friday 12 pm to 6 pm for buying, selling and swapping of organically homegrown produce and other local items.

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.

H.A.N.D.S. office hours

By appointment with Murray, 525 8286.

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: 351 member numbers (accounts), 446 total members

Vouchers in circulation: about 19,050 🍞

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	🍞 traded	avg trade
Dec	198	8166 🍞	41 🍞
Jan	141	6315 🍞	45 🍞
Feb	392	4730 🍞	12 🍞
Total	731	19,211 🍞	33 🍞

Account Statements & Balances

E-mailers: Statements are emailed monthly.

Hard copy-ers: Pick up at GB Organics until they're posted with the newsletter.

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 320 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, 3-5 pm.

All members welcome.

Murray Rogers 525 8286

goldenbayhands@ihug.co.nz

Malcolm McKellar 525 9594

malcolmmckellar@excite.com

Joanna Piekarski 525 8448

rojoanna@ihug.co.nz

David Dwyer 525 7328, 027 421 2621

ripeandfresh@gmail.com

Rita Scholten 525 7249 rita@waiateara.co.nz

Guinevere Wilde 027 211 8454

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laurenceboomert@xtra.co.nz

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Newsletter layout: Tina Delceg

Newsletter distribution: Murray

Market poster: Young HANDS committee

Market helpers: Murray, Malcolm, Joanna,

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Email: Joanna, Murray

Recycled paper: Michel Rose von Dreger

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Ireton, Dan Logtenburg

Website help: Paul Woodward

Young HANDY messengers: Chrystal & Cherry

Boomert, 525 8229, laurenceboomert@xtra.co.nz