

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. 97

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goldenbayhands@ihug.co.nz 525 8448, 525 8286
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H.A.N.D.S. Autumn Feast

Giving & Receiving with Abundance

Making Golden Bay Happen Together

— *by Charlotte & Joanna*

The fifth annual H.A.N.D.S. Autumn Feast was held at Pohara Hall on a sunny, breezy afternoon in mid-May. Feast-goers were welcomed by Feast Faeries Sacha and Amira sprinkling autumn leaves upon them as they entered. The hall was decorated in a splendour of wild foliage, filling the room with the aroma of Golden Bay's outdoors on a cool wintry day. Nice, easy, funky reggae music from DJ Alan set the mellow mood. The team tangrams icebreaker got everyone mingling and concluded with the bestowing of prizes donated by Ute M, Karen, Levity, Cathy & Dennis, Tui Bee Balme, Shane R, Emily, Joanna, Rena & Guinevere.

MC Sacha was resplendent in a Wearable Arts costume made by Murray's mum many years ago, a nikau palm, harekeke and drachyphinia creation. The crowd appreciated Sacha's special gifts for speaking clearly, getting a sincere message across and bringing people together – and, she can sing! She delighted feastgoers with a special song she wrote for the occasion, to the tune of *Summertime*:



Sacha sings

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Helena Wong joins the H.A.N.D.S. committee

In her own words...

“I am new to the Bay, new to H.A.N.D.S, but an old hand at complementary currency systems. Growing up in the North Island, I went to Australia in the early 1990’s in search of ... something, I don’t know quite what. Probably happiness, as His Holiness The Dalai Lama suggests*. Anyway, it seems the quest has sent me full circle and I am back in Aotearoa seeking serenity in Golden Bay.



Whilst living in Australia I was on the Committee of Sydney LETS and more recently became a member of the Byron Shire Community Exchange. For me, the most wonderful thing about an active complementary currency system is the strength and bonding within the community that develops through trading with other members.

From 2001 I made the Blue Mountains my home. At this time I became inspired to journey further down the path of a sustainable lifestyle. I developed a passion for spreading the word about the benefits of local, organic, whole foods. Many of my friends were permaculturists. Then I joined the Blue Mountains Food Coop. This cooperative is 25 years old and is the longest running food coop in Australia, possibly the Southern Hemisphere. It has a thriving membership of over 2,000 people and employs 12+ paid staff who keep the shop open 7 days a week. My time as a board member of the Food Coop was both challenging and rewarding.

When I moved back to Melbourne in 2007 I made the shift to a living (raw) foods lifestyle. In seeking out like-minded people I became the coordinator of the Melbourne Raw Food Group. I loved convening the monthly potluck dinners and speaker events. This led to establishing the Living Foods Cooperative, a monthly organic local buyers’ group for the raw food community.

Passionate about the benefits of eating raw vegan food I realised the key to sharing this experience is in sharing the knowledge with others. There is nothing quite like the joy of eating food you’ve grown yourself picked fresh from the garden. So I offer my services as a garden coach working with people to create a food garden which meets their unique needs and lifestyle.

When I am not in the garden or outdoors, I love to write. Keep an eye out for me at Live Poets once I resume my writerly life in the Bay! Not limited to poetry I am also working on a documentary about local organic food.

In Australia, I had a parallel professional life as an information architect and knowledge management consultant based mainly in Melbourne. My first profession was in

librarianship, working in university and specialist libraries. And if you were in Wellington in the 1980's you might remember me from The Women's Place Bookshop at Courtney Place. I have found a good use for these professional skills in my present life offering organisation and cataloguing services for library collections of any media (books, DVDs, music, collectables).

I look forward to being active on the H.A.N.D.S. Committee.”

Helena adds her experience, skills and interests to those of the other eight committee members: Murray, Malcolm, Joanna, Rita, David D, Guinevere, Karen B and Laurence.

* “The basic thing is that everyone wants happiness, no one wants suffering.”

— His Holiness the Dalai Lama



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

Directory published after 20 new members join in six weeks

In a record for H.A.N.D.S. since its founding 21 years ago, 20 new members, including three community groups, joined in the six weeks starting the day of the autumn market. Though the previous edition of the directory printed last September was badly out of date, we delayed publishing the new one until all the new members got together with Murray, Joanna or Terry to join. A May 2011 edition has been printed and members can collect a hard copy from the Organic Shop. The directories cost \$4.40 each to print; the price is \$4 for members and \$5 for non-members. Directories will also be available at the HANDS Winter Market on 19 June at the Mussel Inn. Single copies for reference are at the Organic Shop, Wholemeal and library. Members can download the directory at <http://hands.someplaceelse.co.nz/> (type in username: HANDS and password: HANDS) but may also want a hard copy.

First H.A.N.D.S. Business Breakfast hosted by Dangerous Kitchen

March 23 saw the first of a series of business forums being organised by committee member Laurence to allow business-minded people to get together to discuss ways to create economic wellbeing in the Bay. Relevant guest speakers are being invited to help us explore topics such as creating new business opportunities, local investment funds, cooperative structures, housing development, agricultural opportunities, health industry etc and ways to enhance and future-proof 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.

Guest speaker Bruce Dyer, manager of the Nelson Enterprise Loan Trust (NELT), spoke on the why and how of a regionally based, ethical investment loan fund for socially and environmentally responsible businesses. In the longer term, the Trust

sees itself 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 our economy and sense of regional community,” said Bruce. He also outlined the value of using formal cooperatives as a business structure. More info can be found at www.nz.coop

Please contact Laurence with any ideas you have for topics and guest speakers for future events: 525 8229, laurenceboomert@xtra.co.nz

Community Currency & Alternative Economics Library

Members can also contact Laurence to borrow books or DVDs from his collection for HANDS koha.

Books

The End of Money and the Beginning of Civilisation, by Thomas Greco

Local Money, by Peter North

No More Throw-Away People, by Edgar S Kahn (explores Time Banking)

Interest- and Inflation-Free Money, by Margrit Kennedy

Health Money, Healthy Planet, by Deirdre Kent

DVDs

Money as Debt, *Secret of Oz*, *The Money Masters*, *In What We Trust*, *Garbage Warrior*, and several peak oil-, permaculture- and democracy-related titles

Return of A Show of HANDS on Fresh FM

Last year an enthusiastic and creative team of H.A.N.D.S. members shared their talent, interests and passion on eight bi-weekly H.A.N.D.S.-flavoured radio programmes hosted and produced mainly by Paul Woodward, and also by Em Hofstede and Rita Scholten. The magazine-style show featured music and poetry by H.A.N.D.S. members between interviews with a slew of eclectic members. The wonderfully supportive Fresh FM Takaka station manager Paddy Brennan has now offered H.A.N.D.S. the opportunity to do another series of one-hour shows. A coordinator/host/producer is needed for each of the shows, or two people working together. If you'd like to try your HAND at radio and have fun putting together one or more shows on your own or with someone else, please contact Joanna. Paddy provides all the support everyone needs to make the show a success.

Young HANDy messenger(s) needed

Big thanks to Cherry & Chrystal for offering to be the first Young HANDy messengers at the launch of Young HANDS in October last year. After six months they realised they're still a bit young to fulfil the role. And so the call is out for a new Young HANDy messenger, about 11 years old or older, or two siblings or friends to collaborate,

This role is completely flexible depending on the interests of the Young HANDY messenger. Some things that can be done are to...

- Contact new Young HANDS (YH) to see how they're getting on.
- Help other YH find buyers for what they have to offer. Help members find what they want to buy from other YH.
- Ask YH about their experiences as YH. Take notes to share with the committee.
- Keep an email list to send messages to all the YH at the same time.
- Ask YH about their new skills, products & items, in case they change.
- Come to H.A.N.D.S. committee meetings and YH subcommittee meetings
- Gather information and ideas from kids for a YH section of the HANDS newsletter (published every three months).
- Help plan events and projects such as the kids' space at HANDS markets, stalls, kids' markets and workshops where YH can learn from each other.
- Talk about YH with other kids and ask if they want to join.

What Young HANDY messengers do is up to them to decide! They can use their imagination and creativity, let the ideas flow, talk to other kids, ask for help if they need it and have fun.

With over 30 Young HANDS already joined, it will be wonderful to build on the momentum gained so far, so if you'd like to give it a go please contact one of the Young HANDS subcommittee members – Guinevere, Laurence or Rita (contact details on the inside back cover of the newsletter).

If a child or children in your life would like to become a Young HAND ... please contact one Guinevere, Laurence or Rita to get together with you and your child/children to join, or they can join at the HANDS market on 19 June, at 11:30 am.

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

As most of you are aware, Heart Art, with musicians on the Village Green in January and Away with the Faeries in March, were both very popular again this year. Heart Art is entirely not-for-profit, and the events are organised through the volunteer efforts of the Arts Council, which has limited resources. Heart Art joined HANDS to be able to pay performers and contractors in HANDS using donations from the HANDS community. To date some HANDS members have made generous donations towards these events, but still not nearly enough for Heart Art to break even. If you enjoyed either or both of these events, please consider a donation to help ensure Heart Art can continue in future. Any amount is greatly appreciated. Please let Grant, Joanna or Murray know the amount you'd like to contribute.

Grant: 525 7974, tribulldrums@xtra.co.nz; Joanna: 525 8448, rojoanna@ihug.co.nz; Murray: 525 8286, goldenbayhands@ihug.co.nz

The Money Myth explodes at freshfm.net

Last year as part of *A Show of HANDS*, Golden Bay H.A.N.D.S.'s radio programme on Fresh FM, a group of H.A.N.D.S. members performed an adapted version of the skit "The Money Myth Exploded," and it can now be heard on line.

"The Money Myth Exploded" is a comedy skit with a serious message written by Murray Rogers, based on a classic story about the damaging intrusion of interest on the inhabitants of a previously peaceful and sustainable desert island. Various casts of members performed it live at events over the years, including *The Price of Milk* variety show, Mardi Gras, LETS Conference, HANDS market and Golden Bay High School. It has also been used as a participatory tool with groups such as Permaculture Design Certificate courses and Global Students. The cast for radio was Murray, Jim Barnes, Naia Kelly, Christie Muir & Joanna Piekarski, and Rita Scholten and her son Raffi did the sound effects.

The 14-minute download is available at www.freshfm.net – go to schedule, then downloads and search *Money Myth*.

Global Students

For the fifth year, a group of about 12 bright & enthusiastic young people from overseas came to Golden Bay as part of their learning tour of permaculture and community building in different parts of the world. Sol is their host and coordinator of their experiences in the Bay. Once again Murray met with the group for an hour on the Village Green. He handed them scripts for a spontaneous performance of that perennially useful skit, *The Money Myth Exploded*, which they kept as a resource. A discussion of community currencies and H.A.N.D.S. in particular ended the students' eye-opening session.



Autumn Feast



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

2011 got off to a great start with courses in Term 1 on fermentation, earthgrid & stargate navigation, mysteries of grammar, reflexology and dowsing, and seven equally interesting and useful Term 2 courses already taken place, underway or still to come. Many thanks to tutors: Lina, Grayham, Shanti B & Shanti C, James, TerryLynn, Myrriah, Cath R, Kevin and Sol. Starting in Term 2 we are able to offer courses and workshops for 2/3 HANDS, and there's a 15% discount for paying a week in advance.

The last three courses in Term 2 are Sign Language for Beginners with Shanti Callagher starting 4 June, Driver Do-it-Yourself: change the oil & replace a tyre with Kevin Heywood on 12 June, and Composting Toilet Systems with Sol Morgan on 10 July.

Course information is sent out by email and published in the *GB Weekly*. Catalogues are available to look at or take away at the Organic Shop, library, Wholemeal, Dangerous and other locations in Takaka.

The Term 3 schedule will be published in July and there's room for more topics and skills.

What would you like to learn and teach?

To help us plan successful courses and workshops please contact Joanna on 525 8448 or rojoanna@ihug.co.nz with topics you'd like to learn about or could teach.

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. 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):	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% to cover 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 two-thirds HANDS, and tutors receive half HANDS, half Kiwi\$. All the organising and admin work for H.A.N.D.S. Community Education is done voluntarily by the subcommittee of Joanna, Murray and Malcolm.

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 HANDSraisers. Members are also welcome to donate HANDS to the 444, either as a one-off or regularly.

Most recently 50H from the 444 were donated to Golden Bay High School in support of the 9 July fundraiser, World on a Plate International Food Festival. The HANDS will be used to help stallholders cover the cost of their ingredients, rather than the high school reimbursing them the equivalent in Kiwi\$ from its earnings on the night.

The Economics of Happiness

Coming soon ... a H.A.N.D.S.-sponsored showing of this inspiring new film that won't be screening at the Village Theatre. Far from the old institutions of power, people are starting to forge a very different future. The film's featured guests tell us that climate change and peak oil give us little choice: we need to localise, to bring the economy home. 'Going local' for self-reliance in food and other needs is a powerful strategy to help repair our ecosystems, our societies and our selves. A better world is possible. Date, time, venue to be announced. www.theeconomicsofhappiness.org/

H.A.N.D.S. Profile

Member #629 Emily van Oosterom & Alan de Boeck

— by Rose Diamond

I met Alan and Emily at the Community Stall in Rotatai Rd, on a beautiful sunny afternoon. Their enthusiasm for the Community Stall and the HANDS economy was catching; both are facets of community participation, sharing and co-creation which help keep the wheels going around in this tough economic climate. For Alan and Emily this forward-looking community action is one of the biggest advantages of living in Golden Bay.



Emily moved here last March from the Bay of Islands and Alan followed at Christmas with his 13-year-old daughter Uisce (pronounced Ishka), who is also a HANDS member, making peace cranes.

Alan's passion is for live music. He plays guitar, djembe drum and background vocals with two Roots Reggae bands: Irie Vibes from Motueka and a new and growing Golden Bay band. He's also a reggae D.J. For Alan, reggae music is food for the soul and essential for happiness. He learned about reggae from his Dad, and it's been a journey of discovery ever since, with always more to learn. Alan says it's intergenerational music, very family friendly, and as good for rocking a baby to sleep as it is for partying.

Alan offers his live music and DJ's for gigs, parties and other occasions, in exchange for part or full HANDS. He also has a weekly show, Fresh Reggae, on Fresh FM, on Friday evening, 7–8, with replays every other Tuesday at noon. Then on Friday, after the show, he plays a live gig at Roots bar from 8pm til late.

Emily is an artist with wide experience and expertise. She paints murals and does interior paint finishing, gilding and illustration. One aspect of her work she enjoyed the most was painting murals for two children's bedrooms, transferring Middle Eastern scenes and Princess stories from old prints and bedspreads onto the walls. She finishes mirrors, furniture and antique frames, and apart from the gilding, her work is available in exchange for full HANDS.

You'll find Alan and Emily at the Community Stall on Wednesday and Fridays from 1–5 pm. Although I had heard of the stall I had never shopped there before, but now I have discovered that it is a venture to distribute local organic and spray free produce for half HANDS, I will want to support it in future. I came away with a boxful of goodies including organic potatoes, fresh carrots, quince, tangelos and more. As Emily said, to be able to buy healthy, locally grown, organic fruit and veggies and save \$\$, is a wonderful opportunity, especially for low-income families.

In addition to my cache of goodies, I came away from my meeting with Alan and Emily with my vision renewed of what is possible in community when we work together. Thank you, Alan and Emily.

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Autumn Time and the living is breezy,
leaves are falling and the harvest is a-bun-dant.
This is our Feast; we're making it happen together,
All HANDS on deck and have a great time.

One of these mornings, you're gonna rise up singing,
you'll spread your wings and take to the sky,
until that morning there's nothing to harm you,
'cause the Golden Bay community is standing right by.

Autumn Time and the living is ... achoo ... sneezy,
leaves are falling and the pumpkin's great in pie,
This is our Feast, we're making it happen together,
so come on everybody, let's have a great time.

A theme of the Feast was "Come together in a celebration of the H.A.N.D.S. spirit." This year all Feast-goers were asked to bring some yummy potluck dishes, and there was an abundance of delicious food with plenty of variety. After gathering in a circle to sing a group thanks and blessing, all pitched in, volunteering to serve food, and (gasp) everyone washed their own dishes! It was a great opportunity for relaxing and visiting with friends, and for long-term H.A.N.D.S. members to meet those who recently joined.

Kids had their own menu and space up on the stage for eating and activities, plus freedom to go outside. The children's good behaviour was noted and appreciated. Says Young HAND Siti, "The Feast was really nice. It was a lot better to have a kids' table. This year there were a lot more choices that kids liked. I enjoyed cooking for the Feast. It was fun."

Mohua Sun – Charlotte, Fifa & Anna – got up to sing a few songs between mains and dessert, and enjoyed watching a roomful of people they knew and loved enjoying their music. Then onto the desserts! Mmmm, potluck desserts are always exciting and this feast had the lot – crumbles, chocolate cakes, pies, muffins, many gluten free or vegan – weighing down the tables, and everyone dined with pleasure!

Financially, after expenses for performers, DJ, P.A., ads, flyers and venue, the Feast just about broke even. Special thanks to Aeven, David Benson and Grayham, and anyone else we may have overlooked, for their extra help, and many thanks to the Feast committee – Rita, Murray, Guinevere and Sacha – for their hard work planning, preparing for and hosting the event: MC Sacha says, "It was my pleasure being a part of the feast. It was a wonderful community event and a relaxed, enjoyable afternoon."

LIVING ECONOMIES AGM

—by Laurence Boomert

The Living Economies Trust is dedicated to finding alternatives to the destructive economics we all seem tied in to. As well as facilitating research and discussion we try to give support and encouragement to communities seeking to empower themselves and build resilience through local trading exchanges.

Over the weekend of May 20-23 I attended the LE AGM in Otaki, where some exciting developments were reported. Several new Timebanks have started up around the country in the past year and one of the attendees talked about her PhD on Time Banking. Margaret Jeffries reported how the Lyttelton Timebank became significant contributors to the civil defence response in Lyttelton following the February earthquake.

Two LE trust members have developed a working system for collective savings pools for members' interest free loans for anything from dental treatment to buying a home. Another has been working on a business-to-business voucher based trading system in Ashhurst. LOAVES (www.loaves.org.nz) is set to launch once 50 main street businesses are signed on.

LE's big project for the year is producing a New Zealand edition of the book *Fleeing Vesuvius: Overcoming the Risks of Economic and Environmental Collapse*, published in Ireland at the beginning of this year in response to that country's economic collapse and the unfolding of the world's environmental and resource crises. The promotion of the book should take our challenges to the monetary system out into the public arena for debate.

This version of John Lennon's "Imagine" was penned by one of the LE trustees and sung at their AGM:

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Imagine there's no interest, it's easy if you try
It isn't hard to sell stuff, it isn't hard to buy
Imagine all the people, working as a team

Imagine there's no bankers, it isn't hard to do
No need to lend or borrow, and no inflation too
Imagine all the people, living mortgage-free

You may say I'm a dreamer, but I'm not the only one
We hope you'll see your way to join us, and the world will live as one

Imagine no recessions, I wonder if you can
No need to fear foreclosure, slaving for the man
Imagine all the people, kissing debt goodbye

You may say I'm a dreamer....

Finally I'm pleased to announce that LE's extensive book and DVD order list is available through our website, www.le.org.nz. Titles can be bought using your HANDS account – if you want to use this option, please contact me on 525 8229 or laurenceboomert@xtra.co.nz. LE's next AGM is being held in Turangi in April 2012 during a combined Australasian Permaculture, Transition Town and Living Economies conference, expected to draw 1000 people. See you there.



Anahata Yoga Retreat
Yoga Solutions for Life!

For Bookings & Information 03-525-9887
or email yoga@anahata-retreat.org.nz
www.anahata-retreat.org.nz
Golden Bay, NZ

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MARKET NEWS: pages 13–15

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

Sunday, 19 June, 11 am – 2 pm
The Mussel Inn, Onekaka
Rain or fine

*Stalls, food, entertainment, kids' space
Happy music provided by Grayham*

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 winter market and future markets, or bring them to the market.

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

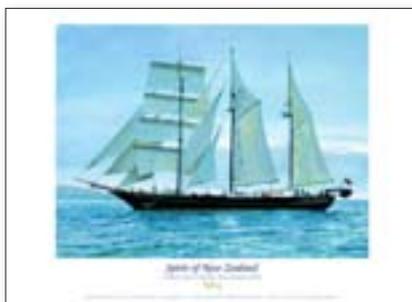
noon: **joining time for over 18s**

RAFFLE: HANDSraiser for the 444 Service to the Community account

TWO PRIZES: two series of four beautiful Russell Boat Race prints by NgAng, including Spirit of NZ

2👏 per ticket, or 3 tickets for 5👏

Winning tickets drawn at 1:30 pm



MORE MARKET INFORMATION

- **Rain:** If rain is falling or possible, the committee will set up gazebos and tarps in the courtyard.
- **Stalls:** Some tables are available on site; it will be helpful to bring your own if possible. Stallholders can set up from 10 am, or if you want to set up before 10 please ring the Mussel in advance on 525 9241.
- **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.
- **Food:** Jane & Andrew are offering food and drink for all HANDS. Other food stalls are also 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.
- **Raffle:** Raffle ticket sellers are needed – a HANDy way to meet everyone at the market. A good job for Young HANDS, too. Please let Joanna know if you can help. Also, if you can't be at the market but would like to be entered in the raffle, please let Joanna know – the HANDS can be deducted from your account.
- **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

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

Sunday 20 March 2011, Ligar Bay

— by Charlotte Squire

I turned up at the HANDS Autumn market with my delectable gluten-free chocolate brownies just a tad late ... ahem ... as in at the end of the market. Yes, I got my times mixed up but still, I managed to find my allocated stall, lay out the goods and enjoy a grand hour of chit chat with my HANDY friends. The great thing about HANDS markets is that we all either know each other well or will soon get to know each other. This is largely thanks to all that social cohesion that the committee pour their energy into encouraging. I do appreciate it.

We were gathered on the front lawn of Tim Allen & Joey Ward's gorgeous property in Ligar Bay. Cars filled paddocks, the HANDS team welcomed us as we walked in, Gabby and Levy's new band 'The Backyard' entertained, and I eyed a fine assortment of items for sale: clothes, food, essential oils, artwork, toys and more. My three year old son joined a marauding herd of small children and I was able to wander about flaunting my brownies and catching up with friends. We left hours later with the last of the HANDS members. I'd sold all my brownies and stocked up on Wildflower essential oils – I bought them 100% on HANDS. What a bargain! It never feels like proper 'spending' when it's on HANDS. See you at the next market.



NEW MEMBERS

632 Taki Matete 61 Rangihaeata Rd 027 872 2334
Labour, gardening, concrete etc
Wants: food

643 Emma Trethewey 027 233 1676 cheek_et@hotmail.com
Photography, specialising in portraiture and live gig etc
See 'emma tree photography' on facebook for online portfolio.

644 Martine Baanvinger Fraser Rd, Rangihaeata 022 652 3078
martinebaanvinger@yahoo.com
Allergy free cooking, Indian and Indonesian vegetarian cooking, gardening, childcare, event management, Dutch translation/conversation, theater directing/acting
Wants: seasonal and local produce, massage/healing

645 Sarah van Iddekinge 022 677 5080 sarahvaniddekinge@hotmail.com
Spanish tuition, clothing repairs, cleaning, gardening, catering
Wants: guitar lessons

646 Graham Polglase 212 Glenview Rd, Central Takaka 525 8217
grahampolglase@ymail.com
Nurseryman, labouring, gardening, weeding, planting, alpha-numero puzzles
Wants: pots & jugs; leather goods: bracelets, bags
Graham is in immediate need of a wide dog collar to prevent his dog from being bitten by other dogs.

647 David Benson 432 One Spec Rd, Takaka 525 7376 fiona_cameron@xtra.co.nz

- Neuromuscular & trigger point therapy (Dip. NMT) for chronic pain, back and neck problems, RSI, headaches, sciatic pain etc
- Therapeutic, sports & relaxation massage (Dip. Ther. Mass., Dip. Body Ther., Dip. Bowen Ther.) Full time therapist last ten years.
- Farm & horticultural work (20 years organic veg grower & farmer), carpentry & house maintenance
- Produce including avocados & lemons

648 Michael Roots 73 Meihana St, Takaka
Reflexology for hands & feet

649 Doc Martin 82 Rangihaeata 021 0649 525
Pro builder (qualified in UK), carpentry, bricklayer, plasterer, landscaper, painting, decorating, general maintenance work, handmade walking sticks & tramping poles
Wants: work in any capacity, mechanical expertise to rebuild car engine

650 Helena Wong c/ 112 Tangmere Rd, Rototai 021 203 8094 or c/ Debbie 525 9317
helenaw@gmail.com

Gardening coach, gardening, eco-cleaning services

Gardening Coach: Ever wanted to grow your own food, but don't know where to start? I can provide one-on-one (or family) support, assistance, and mentoring in all aspects of starting and maintaining a veggie garden. Experience the pleasure of eating food you've grown yourself and learn about organic and earth friendly ways of managing your crops.

Gardening: I specialise in vegetable gardening and garden maintenance (including weeding). Have a good knowledge of organics and permaculture and can assist and inspire with setting up a vegetable garden to suit your needs.

Eco-cleaning Services: I am reliable, meticulous with a great eye for detail and use only eco-friendly cleaning products. Available on a regular basis or for those one-off jobs / spring cleaning / holiday accommodation.

651 Billy Kerrisk 6 Edinburgh St, Takaka 525 8045 billykerrisk@xtra.co.nz
Household items at times, surplus vegetables.

Wants: cleaning

652 Let's Get Plastered for Breast Cancer 41 Commercial St, Takaka 525 7219
c/ Ray White Golden Bay billy.kerrisk@raywhite.com

Not-for-profit organisation to benefit the NZ Breast Cancer Foundation. Donations appreciated. Applications for assistance regarding breast cancer welcomed.

653 Golden Bay Democratic School 027 211 8454 (Guinevere), 525 7328 (David)
ripeandfresh@gmail.com

<http://democraticschoolgoldenbay.info>

Inspired education.

“To understand life is to understand ourselves, and that is the beginning and the end of education. Education is not merely acquiring knowledge, gathering and correlating facts; it is to see the significance of life as a whole.” – J Krishnamurti

Wants:

- skills and experience in teaching
- skills in marketing, finance, administration, building, architecture
- access to resources and supplies such as books, computers, classroom resources, building
- financial support, funding, fundraising
- any other involvement

654 Henrietta Earle 114 Commercial St, Takaka 525 7005 info@bare-foot.co.nz
Accommodation, Springbugs (ride-on toys for children 1–4 years old; see springbugs.co.nz). Part HANDS for both.

655 Marius de Raadt 17 Waitapu Rd, Takaka 525 6298 marius.nelson.nz@gmail.com
Handyman for fixing mechanical, electrical & electronic equipment, and repairs on houses; electrical designer

656 Golden Bay Pottery Club Work Centre, Takaka c/ Sabina 525 8642
sabinaw@slingshot.co.nz

Courses 15% HANDS

Wants: pottery tools & pottery equipment. May need in future: electricians in case there's something wrong with kiln or wheels, carpenters, people to pick up clay from Nelson

657 Jo Campbell & Sean Weaver 29 Central Takaka Rd 525 6029

sean.weaver@carbon-partnership.com jocampbellnz@me.com

S: support with tertiary academic writing (experienced supervisor & lecturer); knowledge of climate change issues & carbon markets, especially in relation to community indigenous forestry; info on and access to biodigesters (waste to energy)

J: art therapy (Interactive Drawing Therapy practitioner), group or private art classes for children, pencil portraits of babies & children, developing environmental education resources & programmes, catering, haircuts for boys, Spanish conversation

Want: chickens, materials for chicken coop, childcare, gardening, cleaning, capoeira for kids, guitar lessons

658 Grant Lewis & Bianca Dias Tukuruia 021 081 04430

G: rusticecoconcepts@live.com.au B: bink.21@hotmail.com

G: Qualified carpenter/builder (small jobs): kitchen & bathroom renovations, extensions, decks/pergolas. Qualified Myotherapist, treating acute and chronic back/hip and neck/shoulder pain, using trigger point and myofacial techniques combined with educating my patients on self treatment and awareness to empower them to get better long term.

B: Qualified hairdresser for men & women (9 years experience), using creativity and understanding to help you find your personal style.

Want: fresh fruit & veg. Will be wanting: plumbing, electrical, excavation, building materials, gardening tools, plants, seeds

659 Martin Nigl 29 Waitapu Rd, Takaka 525 7537, 027 322 2026

m_mrastafari@hotmail.com

Electrician

Wants: firewood

853 Luminate Festival Trust Box 278, Takaka

info@luminatfestival.co.nz www.luminatfestival.co.nz

Hosting workshops, events and an annual festival to facilitate education of environmentally sustainable practices and contemporary arts and culture. Advice and consultation on clean environment strategies, permaculture, event management.

Percent payment for admission to workshops, events and festival with HANDS (pre-sales only).

Wants: trades and services, admin, marketing, legal advice, bookkeeping, data entry, web design, graphics, artists, performers, volunteers. Recycled and re-useable materials, supplies, resources, equipment, tools; organic food including fruit & veggies; alternative energy solutions.

Revised listing

493 Clayton McErlane Motupipi 525 7613, 027 351 8179 clayts666@hotmail.com
Photoshop tuition, video editing, photography

Returned member

294 Chris Garside 027 472 8578 treetopsfurniture@yahoo.co.nz
HT license, furniture maker, massage

New contact details

#485 Jessica Trevino: 525 8558, ring twice, hang up, ring again

#545 Purple: 105 Rocklands Rd, Clifton

#138 Sharon Campbell: wildflowerherbal@windowslive.com

#346 Kevin & Elda: kevelda@gmail.com

#634 Will Humano: planetearth333@yahoo.com

#098 Virginia Stocker: virginiastocker@slingshot.co.nz

#023 John Massey: yogaia@orcon.net.nz

#430 Kat: kat_downunder@hotmail.com

#047 Vicki Lawson: 18 Rototai Road, Takaka, with BodyTalk/Neurolink healthcare practice at Ginkgo House, 127 Commercial Street. 525 9944 / 027 525 9944, vickskey@gmail.com

Back in GB and off hold: #406 John Gilardi, #493 Clayton, #391 Cath Rogers

Out of GB and on hold: #505 Willem Brink, #223 Paul Woodward, #367 Tina Bridgman, #530 Christina Hughes, #480 Janet, #281 Zaina (Gary is here), #505 Willem Brink, #340 Lynn Tracey, #414 Rose von Dreger, #362 Amira, #556 Martina Waidner

Accounts closed at zero: #590 Tudor Burchill (left GB), #635 Egan Elston (left GB to continue his travels), #641 Fritz (left GB to continue his travels), #625 Vince Vincent (left GB), \$235 Premyog (returned to Germany), #561 Petra & Louis, #092 Jon & JoJoy

No longer a member but not closing at zero: #611 Natalia Frazier (returned to Chile): -22☺

Offered

- **YOGA DAY “plus”** at Tui Community, Saturday, June 4: Join us for an inspiring day of yoga, dance, meditation and exploration. Includes Herbal and Dietary talk with Tyson Hammond (Naturopath and Medical Herbalist). \$70-50 (1/3 🐾 welcome). #468 Inna 525 9535, tuiyoga@gmail.com
- **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. Two oil radiators, as new. (5 bars, 1200 watt: 15🐾; 4 bars, 1000 watt, 10🐾.#012 Michael 525 8525, microe45@gmail.com
- **Closing at Zero:** For sale by #512 Jacqueline Peters, who has shifted to Wellington: Dynalink ADSL2+ Wireless 4-port modem router, new: 100🐾. TP LINK 54M wireless router, as new: 80🐾. Both in original boxes with instructions. Please ring Joanna on 525 8448 for more information.
- **Design and photography for advertising** (creation of flyers, photography and posters), half HANDS. #493 Clayton 525 7613, 027 351 8179, clayts666@hotmail.com
- Too many **Tiger Worms!** Bring ice cream containers. Many worms, some soil. No time to count but generous. 17🐾. #275 Karen 525 8874, kabro@xtra.co.nz
- **Mending and darning:** 14🐾 per hour. #275 Karen Brookes 525 8874
- Three vehicle **roof racks**, heavy duty, gutter attach, 30🐾 + \$30 for all three. #408 Leivity 525 7610, 027 LVT BEET or 027 275 4327, gabbity@gmail.com
- **MDF board** 1200 x 2000 (25 mm thick), 30🐾. EPSON printer Style R210 with some extra ink, as new, 100🐾. Large metal filing cabinet, five drawers: H 48 cm, L 104 cm, W 84 cm. 75🐾 #246 Be 525 7172, be@bebou.co.nz
- **Cheap rent** 27 June–27 July in exchange for warm house, walking distance to town and lots of snuggles with my cat. \$50 power & firewood plus \$50 + 50🐾 weekly. Negotiable for right person. #430 Kat 525 6233, kat_downunder@hotmail.com, txt 021 1655 175
- **Left at the HANDS autumn market in Ligar Bay:** key ring with a silver owl whose wings you can lift to reveal a clock. Ring Tim & Joey: 525 7477

Anahata Yoga Retreat nurtures personal growth, relaxation and healing. We are an eco-friendly residential retreat offering nightly to monthly stays, private yoga training, daily and weekly programs and regular ongoing retreats. For more info contact 525 9887 or visit www.anahata-retreat.org.nz

Sheep/Lambs It's a great time to clean up those dags and trim their feet for winter. If you need a hand give me a call. HANDS welcome. #642 Trev 525 6019

#010 Melanie Walker now offering **catering** for large or small affairs from dinner parties to weddings – up to 80 people. Reimburse Kiw\$ expenses but everything else all HANDS. Book well in advance. Lots of experience, references. 525 8456, melaniewalker2@gmail.com

Home based childcare offered under the umbrella of Homegrown Kids, a fully licensed, home based, early childhood education organisation. Individualised care and educational programme, govt subsidies available, part HANDS. Spaces available now for under and over twos. #257 Anna Lakeman, 525 7186, 027 867 7991, annalakeman@yahoo.com

Explore the magic, healing properties of colour with **Aura-Soma** with an Aura-Soma consultation. Aura-Soma is a non-invasive soul therapy which uses colour, herbs and minerals to help heal. The client chooses four or five equilibrium bottles out of 109. Arranged in order, starting with the favourite, I interpret them for the colours, numerology, astrology, Kabala and use the special Aura-Soma tarot. We select the priority bottle and colour, and use this for healing applying the pomanders and quintessences. The client can buy these products for use daily to help solidify the treatment and healing. #498 Myrriah 525 9997, artemisa@slingshot.co.nz

Wanted

- Chest of drawers, large Agee jars, two tennis racquets (not wooden), blackboard, wall clock, baby gear. #493 Clayton 525 7613
- Wooden book shelves. #246 Be 525 7172, be@bebou.co.nz
- Interesting perennial or self-seeding herb plants. #242 Joanna 525 8448, rojoanna@ihug.co.nz
- Fermentation pots for purchase or long-term loan/hire. #255 Dennis 525 7099

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

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

e: carolynsimon@clear.net.nz

www.yourfloweressences.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.

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: 338 member numbers (accounts), 429 total members

Vouchers in circulation: about 18,140 🍞

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
Mar	204	9848 🍞	48 🍞
Apr	118	5823 🍞	49 🍞
May	491	11,131 🍞	23 🍞
Total	813	26,802 🍞	40 🍞

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

Karen Brookes 525 8874 kabro@xtra.co.nz

Laurence Boomert 525 8229

laurenceboomert@xtra.co.nz

Helena Wong 021 203 8094, 525 9317

helenaw@gmail.com

Contributors

HANDy messenger & newsletter editor: Joanna
Newsletter layout: Tina Delceg
Newsletter distribution: Murray
Photos: Redwood, Emma T
Market poster: Clayton McErlane
Market helpers: Murray, Malcolm, Joanna, Laurence, Karen B, Guinevere, Grant K, Bing, Emma T
Accounts & website: Murray, Malcolm
Email: Joanna, Murray
Recycled paper: Michel Rose von Dreger
Technical consultants: Mike Howe, Yvette Ireton, Dan Logtenburg
Website help: Paul Woodward
Gal Friday: TerryLynn
New member liaison: Melanie Walker

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

Sunday, 19 June, 11 am - 2 pm
Mussel Inn, Onekaka -- rain or fine

Stalls, food & entertainment Raffle: boat race prints by NgAng
Happy music by Grayham Kids' market & kids' space

Young HANDS join: 11:30 am
Over 18s join: noon

All
Welcome

A pair of hands, one larger and one smaller, are shown from the back, holding a rectangular sign. The sign is divided into two sections: the top section is dark with the word 'All' in white, and the bottom section is light with the word 'Welcome' in dark. The background is a warm, orange-red gradient with a decorative white floral pattern in the upper right corner.