

Motueka Valley Association Newsletter

the river, the land, the people

December 2021

Sharing Warmth and Knowledge

Motueka Valley resident Janice Eaton, who describes herself as a New Englander by birth, an Alaskan by life experiences and a Kiwi by marriage, has just launched her latest two books – *The Wonders of Nettle* and *Experience Alaska*. Janice has published five other books previously, and has been working and updating these two ones for the last decade.

Explore Alaska is Janice's homage to Alaska, its people, places, and plants:

"There's a saying that you can leave Alaska but Alaska never leaves you," she says.

The book was seeded in 1981 when she moved to Alaska and tried to buy a Christmas colouring-activity book for her nieces and nephews but couldn't find anything suitable. So she wrote one herself and had her brother illustrate it.

The Alaska Story is out of print and the original art lost in a fire. For the past decade, Janice has been creating a dramatically revised and expanded version of the book based on her decades of Alaskan life. She has illustrated *Explore Alaska* herself.

"My goal was to learn something new about Alaska on every single page, and indeed I did!"

With the arrival of the Covid times, Janice says she felt compelled to conclude the project:

"I believe so many children could benefit from the games and learning about Alaska. And colouring is a great stress relieving activity. So too is drawing, and many pages have activities for kids to exercise their creativity and draw. Explore Alaska is a book the whole family can enjoy together. In the turbulent world of today, we all can use quality leisure time sharing together."

The common stinging nettle (*Urtica dioica*) is one of Janice's top food and health care plants and she cultivates it in a ring around her garden to deter her grazing horses. Her original book *Nettles* was published in 1998 by Keats Publishing/McGraw Hill. *The Wonders of Nettle* is a revised and expanded edition. It has over 100 colour illustrations and many new recipes and information, including details about nettles' relationship with our native butterflies.

Janice says she feels an obligation to help connect people with plants and with ideas that make their lives better. She completed the updated version because:

"Right now, a lot of people are struggling economically to pay their bills and keep food on the table. I believe they deserve to know of nutritious plants and health helpers they can harvest for free. Viruses have greatest impact on those with low immunity, and low immunity is associated



with many factors including overweight and poor diets. Nettles contain an alphabet of vitamins and minerals... from A to Zinc and they can be used in a wide variety of food dishes, herbal preparations, and even garden amendments.”

A green drink with nettle seed, wild weeds, spirulina, and berries is one of her regular health practices. Together with her Yoga and Meditation practices, Janice says: “Something is obviously working, as I’m now 70, and healthier and more flexible than when I was a teenager.”

Explore Alaska and The Wonders of Nettles are both available for purchase on Amazon with an e-book of The Wonders of Nettles also available.



NGATIMOTI SCHOOL NEWS

Despite the turmoils of this term, we are very happy with some great progress made this year across all learning areas. We have some very proficient mathematicians emerging, some insightful thinkers, many fabulous readers and writers and lots of budding scientists.

The adults at school are determined to keep life as normal as possible for the students, and so we have had sailing and rock climbing trips, adventures at Whenua Iti, visits to the Nelson museum to see the dinosaurs and many sporting events. Athletics and swimming have been popular events, and Room 4 gained a lot from their week of lessons at the Richmond Aquatic Centre.

Pool Keys The school swimming pool is **OPEN!** Pool keys are for sale from the school office at a cost of **\$70 (\$40 if you have a child currently enrolled at Ngatimoti School), with \$10 refunded on return of your key.** You may pay by cash or cheque at the office (open 8.30am – 3pm daily until Monday 20 December) or you may also pay directly online to account 03 1354 0359568 00 (please reference swim pool key). There is an agreement to sign before you purchase a key so please request one from the office. Thanks to TDC for their small annual subsidy for the running of the pool. Thanks also to Festival funds for enabling us to keep our pool open to the public once again. The pool is an expensive asset to run!

Plans for 2022 We have not lost any school staff through the Covid mandate but at the end of the year a treasured staff member is retiring. Bruce Whitwell has been teaching for many years, and has been a huge asset to us with his computer skills. We thank him for his enthusiasm, his loyalty and his dedication, and wish him a very well deserved retirement.

Congratulations to Nikau Henderson, a Year 8 student, who has been awarded a Motueka High School Emerging Talent Scholarship. This is a great recognition of a student who consistently shows our R.I.V.E.R values.

Congratulations also to all of the High School students who have been recognised for their excellence at their prize giving. It is always great to see so many ex-Ngatimoti School students receiving awards. You are all fabulous role models and you make us very proud!

Ngatimoti School welcomes all students back to school on Tuesday 8 February 2022. New enrolments welcome. For more information about Ngatimoti School please contact Ali Turner, Principal Tel: 03 526 8842. office@ngatimoti.school.nz www.ngatimoti.school.nz

**Wishing you all a Merry Christmas and a Happy New Year.
Have a safe and happy holiday, from everyone here at school!**



Learning Biodynamics

The Kete Ora Trust has granted funding to the Motueka Rudolf Steiner School Trust (MRSST) to offer 8 community workshops in the theory and practice of biodynamics (BD) in home gardens, marae, market gardens, farms, schools and our Steiner School Farm. The tutors are highly experienced biodynamic farmers and gardeners who will guide participants through both theory and hands-on learning. MRSST's vision is to form a regional biodynamic hub which will produce quality BD preparations under guidance and continue to provide community and sector education in biodynamics.

The first workshop on 13th November was an introduction to Biodynamics. The morning session was held at the Steiner School, Lower Moutere. In the afternoon, participants had a hands-on session at the Steiner farm making a brew which included preparation ('prep') BD 500 (cow horn manure) and cow pat pit stirred together. The amount stirred was sufficient to spray 10 acres which participants took home in buckets.

Gita Krenek, who led the introduction session, is well-experienced in biodynamic farming. Now retired in Golden Bay, she and her partner spent forty years running the family farm in North Canterbury using biodynamic principles. The farm is mixed cropping – cereal with sheep and cattle, and is now run by Gita's son.

Gita says: *"We were asked in 1978 to take over my husband's family farm and after a lot of researching we found the bio-dynamic way to be the best. Biodynamics is*

applicable to any sort of agriculture, it's easy to do it on large areas...You see the results in the quality of produce."

The first workshop had 40 people wishing to register but it had to be capped at 24 people. The workshops are being run monthly and there is a limit on numbers with registrations on the basis of first come, first serve.

The next workshop is on Saturday 10th December and is led by Dieter Proebst: Master of Science; Diploma in Permaculture Design with a career as forester, nurseryman, farmer, orchardist, land-use consultant, tutor, author, long-standing biodynamic grower, advisor and former Demeter Inspector.

The morning session is held in a classroom at Steiner School and the afternoon session is at the Steiner School Farm, 49 School Rd. Lower Moutere.

The Theme for the morning session, 10 am to 1pm, is *Farm Individuality and the Farm-organism - underlying philosophy and practical approaches*. How to understand and work with the landscape, earth, water and all living beings on the farm followed by a guided walk around the farm, visiting the different areas and their potential use for the farm.

The afternoon session is from 2pm-5pm with the Theme: *Biodynamic Compost Making* - working with what we have on the farm and building a compost heap.

BYO lunch, garden boots and gloves, a hay fork to build a biodynamic compost heap would help.

Koha

Register your name with carolynhughes@foulis.nz These workshops are each limited to 22 people so registrations are on a first come first serve basis.



Stirring the Brew - Gita Krenek, Edith Bulle and Sophie Michenau



MVA is looking for new committee members

Do you have an interest in the well-being of the Motueka Valley?

Do you have a couple of hours every month to attend meetings at Ngatimoti Community Rooms?

Do you enjoy meeting new people?

If you're interested or have questions, contact one of the committee members or email info@mva.org.nz.



Motueka Valley Association

Meetings every 2nd Wednesday of the month at 8pm (7.30pm in winter) in the Ngatimoti Community Rooms. *Everyone welcome!*

For community concerns email the MVA at info@mva.org.nz or contact any of the following **committee members**:

| | |
|------------------|---------------|
| Peter Laufkotter | 526 8554 |
| Fiona Nelson | 020 4160 1968 |
| Joel Briffault | 021 0284 7245 |
| Fay Knight | 022 320 0449 |

local halls/facilities

Ngatimoti Memorial Hall

• Bex Douglas • 021 173 1279 • ngatimoti.hall@gmail.com

Ngatimoti Community Rooms • Sarah Bradshaw • 526 8026

Pokororo Hall • Sylvia Arnold • 526 8282

Woodstock Hall • Kerry Hall • 543 3884

about your newsletter

- delivered on the 1st Thursday of the month to 500 homes in the Motueka Valley from February to December
- send stories, photos & ads by the 20th of the month to the editor, Seiji Kubo: newsletter@mva.org.nz
- advertising rate: \$2.00 per column cm
- online newsletter + archives: www.mva.org.nz

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ST. JAMES CHURCH NGATIMOTI

Family Service
Sunday 19th December -
10:30 a.m.

Conducted by Rev Neil
Bowdler

Children's Sunday School
All Welcome

Christmas Eve Carol Service
Friday Evening 24th December
at 7.30pm outside (weather permitting)
with the Motueka Brass Band



BEE SWARMS

Please ring Bernd our local beekeeper
at [03 5268545](tel:035268545) or [02102212313](tel:02102212313)
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of summer shall be yours.



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Location of AEDs in Motueka Valley

- **Woodstock Automotive (Kerry Hall)**
1982 Dovedale Road, Woodstock Junction.
- **Ngatimoti Community Rooms/Fire Station**
Motueka Valley Highway next to Ngatimoti
School
- **Pokororo Hall**
West Bank Road at corner of Graham Valley
Road

Motueka Valley Defibrillator Group is a registered charity (CC50792). Donations towards the maintenance of the AEDs can be made to: Motueka Valley Defibrillator Group, NBS acc # 03-1354-0474291-00 or contact Gloria Anderson, chairperson, on 526 8644 for more information.



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Winter Art Workshops

Motueka

Across July/August 2021 **The Motueka Arts Council** brings a variety of arts workshops, sing, carve, print, stitch, weave and more!

Have fun learning new skills taught by local artists.

Please visit our online booking for more information or pick up a programme at Potter Patch Motueka

TO BOOK: online website - bit.ly/Motueka or email motuekawinterworkshops2021@gmail.com



Motueka Arts Council Inc.

Working for Community Art since 1988

Ngatimoti Playgroup is your local Motueka Valley community playgroup focused on fun and friendships, for kids and parents/caregivers alike. We are a welcoming group providing play and socialisation opportunities for all preschoolers and their whanau in our community, regardless of eventual schooling choice. The sessions are free and held weekly during term time on Fridays between 9:15 and 12:15, but families are welcome to arrive anytime during the session to fit in with naps etc. We are based in the Ngatimoti School hall on Greenhill road. Bring a plate for shared morning tea and join in the fun. We love to see new faces and welcome back old friends, so come along or contact Marian for more info on 03 543 3613 / 021 2400 416 or ngati@ngatimotiplaygroup.co.nz



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Community Room Ngatimoti
Friday 4.30-6.00pm
St. Andrews Church Hall Motueka

03 526 8554

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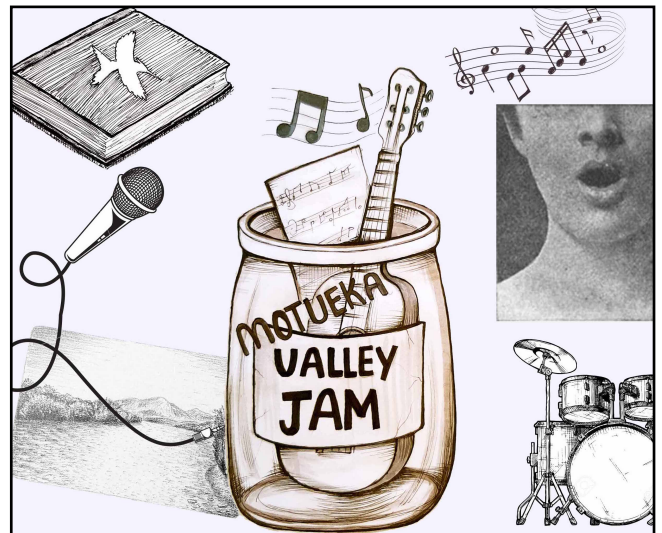
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