

# Motueka Valley Association Newsletter

the river, the land, the people

February 2022

## **Build Your Immunity NOW to Prepare for Covid** **By Ange Palmer, Medical Herbalist.**

It's probable that over the next few months Covid-19 will enter our community so now is the time to get prepared so that we can be resilient and care for ourselves and each other. Whether you are vaccinated or not you are at risk so have a little first aid tool kit ready. It's just like disaster preparation so here's the general approach:

Stock up on basics - hygiene products, pain relief, ice blocks for sore throats, and toilet paper to last the 14 days self-isolation period. Make sure you have enough medications on hand for any conditions such as high blood pressure, cholesterol and depression and decide who will be on your support team if you get sick.

To help support those in home isolation, the NZ Long Covid support group has crowd-sourced a list of things they found helpful.\* It is definitely worth a look. Had you thought about straws or balloons for lung exercises for instance? Do you have a functional thermometer in the house? The list also has some useful suggestions such as keeping a daily diary of symptoms and that Panadol can be purchased via doctor prescription at a lower cost than pharmacies or supermarkets. It also suggests 'Above all else - REST is crucial. You must rest'.

The one thing that we can have control over is keeping our 'being' well and this can greatly influence the strength of our immune response. Start now by reducing sugar intake (viruses depend on sugar to hijack your cells), keep up your exercise, address issues and relationships that are causing stress, aim for mind body balance and importantly get quality sleep. When you feel that moment of tiredness at night head off to bed rather than pushing through. Embrace fun and laughter, and get sunshine for vitamin D. Cheap and easy.

Alongside these measures natural medicines can also support those with respiratory viruses, and must be seen as an adjunct not a substitute for orthodox medical advice and treatment. There is plenty of peer reviewed evidence to indicate the use of these and we are lucky to have such a range

of options available to us. Zinc, vitamin C and D all play important roles in supporting immunity, as can various medicinal mushrooms such as reishi and shitake that are being increasingly recognised and utilised across the world.

There are many useful herbs, particularly echinacea which is an immune modulator. This means it will both boost the immune system but also help to dampen it down when there is an over exaggerated response. Echinacea can be used in pregnancy and whilst breastfeeding too. Garlic is useful and it could well be timely that we will soon see elderberries appear in our weedy woodlands. There are many studies showing elderberry to substantially reduce upper respiratory tract infection, reducing viral replication and cell penetration. They can be made into a tasty syrup.

It is predicted we could have about 18 months on alert as the pandemic passes through, so get smart and use this as an opportunity to build your resilience.

References available on request.  
herbalist@angepalmer.com

\* <https://www.stuff.co.nz/national/health/coronavirus/300438679/covid19-what-you-need-for-home-isolation-according-to-those-whove-had-the-virus>

## Gravel Extraction Peach Island

“Wrong activity in the wrong place – that’s the guts of it”, says Pete Taia of Westbank Natives describing an application for gravel extraction on the west bank of Motueka River.

Almost two years ago valley residents became aware of an application by CJ Industries to Tasman District Council (TDC) for resource consent to extract gravel from 134 Peach Island Road. It is proposed that the extraction of gravel will occur in three stages across an area of 7.4 hectares over 15 years.

An action group was formed to liaise with TDC and other parties, and has been incorporated as Valley Residents Against Gravel Extraction (R.A.G.E) Inc. Pete is spokesperson for the group: “If the mining of gravel gets established in this area, it will be disastrous for the unique, natural, recreational, historical and cultural values of the Motueka River and nearby land.”

The group has been active in informing valley residents with flyers, signs, social media and community meetings. The latest community meeting was held on 8<sup>th</sup> January to help inform, motivate and mobilise the wider Valley community. Residents are concerned that the gravel extraction will contaminate water, be a risk to flood banks, cause environmental degradation, and devalue property and lifestyle. Also the movement of trucks entering and exiting will be a safety risk to road users as well as causing increased dust and noise levels.

The vehicle access to the site is through a right of way over 493 Motueka River West Bank Road, and is then across Crown land and an unformed legal road. The trucks will travel along West Bank Road to

Alexander Bluff Bridge to Motueka Valley Highway, then to CJ Industries processing plant on Hau Road, Motueka.

CJ Industries proposes there will be 30 truck movements per day. That doesn’t include the movements of the vehicles on-site as the gravel is dug up and dumped into the trucks. Pete says “There would be a hundred to two hundred vehicle movements in a day, a peaceful rural 1 zone turned into an industrial site...We’re motivated to fight it and road safety is a big issue – the road is used by locals, school buses and cyclists – it’s part of the Great Taste Cycle Trail. It’s not suited for a proliferation of heavy trucks and trailers”.

Council had numerous concerns about the application including flood level modelling, noise level modelling, amenity planting plans, backfill material and assessment of groundwater levels. CJ Industries provided further information in August 2021. Due to staff shortages Council had not moved on the application and at the initiation of CJ Industries, it was put out for public notification at Christmas/New Year time. Council gave an extension for **submissions** and they are due no later than 5pm. **Tuesday 8<sup>th</sup> February**. The full public notice is available to view on [TDC website](#).



Area flooded 17 July 21





proposed site mostly underwater 17 July 21



proposed exit site for quarry in flood 17 July 2021

### Harvest Day at Pokororo Hall - Saturday February 26th

Following on from Pokororo Hall's Meet Your Neighbour evening in October last year, the community is bringing life back to the hall again.

Sue Thompson, a hall committee member, says: "There has been a good response from the community. We've had a Meet the Locals Drinks and Nibbles, a couple of meetings and even a party!"

Coming up is **Harvest Day** on Saturday February 26<sup>th</sup> where community members can buy, sell or swap the excess food grown in their gardens.

"The Harvest Day is one of the activities that people are keen for and we will consider hosting another one at the hall in March", says Sue.

For more details contact Sylvia Arnold – [sylvia.ranginui@gmail.com](mailto:sylvia.ranginui@gmail.com)

Phone 03 526 8282







### **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](mailto:info@mva.org.nz).



## Motueka Valley Association

Meetings every 2<sup>nd</sup> 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](mailto: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](mailto: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 1<sup>st</sup> Thursday of the month to 500 homes in the Motueka Valley from February to December
- send stories, photos & ads by the 20<sup>th</sup> of the month to the editor, Seiji Kubo:  
[newsletter@mva.org.nz](mailto:newsletter@mva.org.nz)
- advertising rate: \$2.00 per column cm
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### BEE SWARMS

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A sweet reward at the end of summer shall be yours.



### Lavish Gardens

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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](http://bit.ly/Motueka) or email [motuekawinterworkshops2021@gmail.com](mailto: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







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Iyengar  
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with Mechthild Laufkotter

Tuesday 9.15-10.45am Thursday 5.00-6.30pm  
Community Room Ngatimoti  
Friday 4.30-6.00pm  
St. Andrews Church Hall Motueka

**03 526 8554**

Ange Palmer

**Medical Herbalist**



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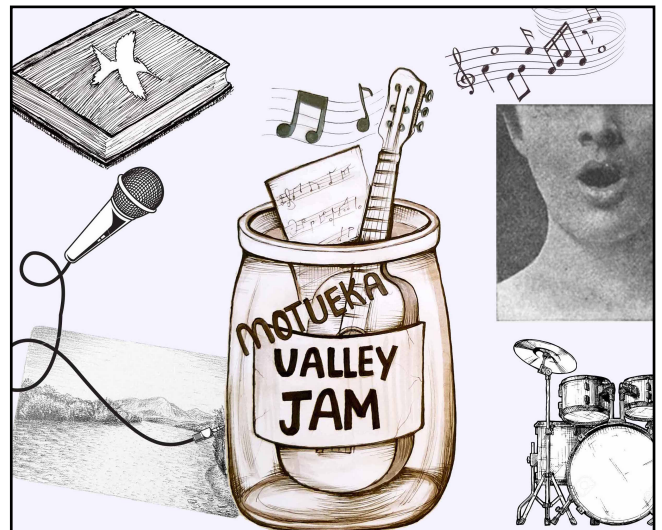
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## Motueka Valley Open Mic

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All are welcome to participate  
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