

Motueka Valley Association Newsletter

the river, the land, the people

March 2021

Taking Action For Our Climate

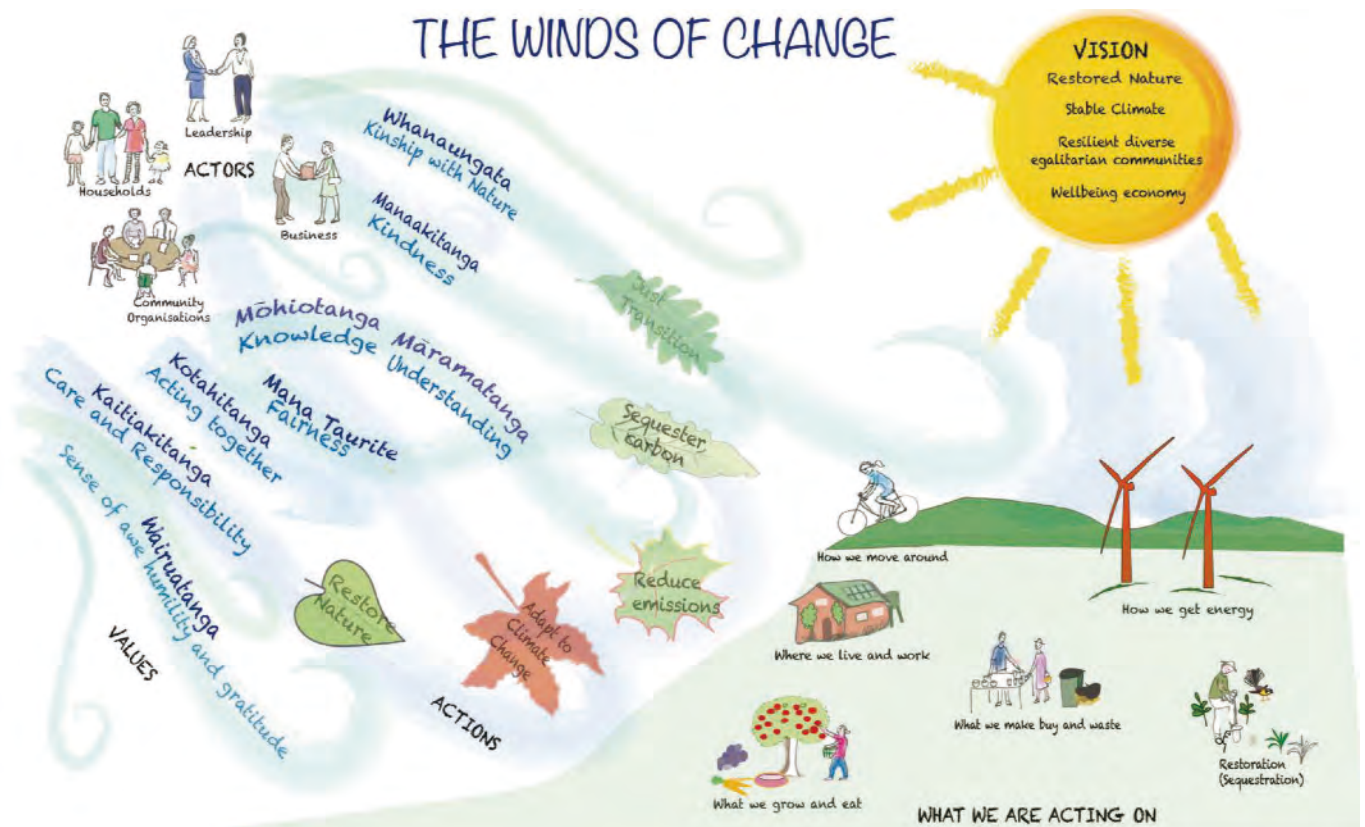
[Nelson Tasman Climate Forum](#) celebrated its first anniversary on Saturday 20th February with the launch of the **Climate Action Book** - a climate action plan for Nelson Tasman. It was a well-attended event at Headingly Centre, Richmond with Professor James Renwick from the Climate Change Commission and Sophie Weenik, Ecogirl NZ and environmental activist, as guest speakers.

Nelson Tasman Climate Forum is a community-led initiative which began a year ago. It is open to everyone with its mission being "...to weave individuals, households, civil society organisations, businesses, councils and iwi together around urgent,

strategic action on climate change in the Nelson-Tasman region."

Joanna Santa Barbara, a valley resident who has been working with the forum since its inception, explains that the forum began:

"...because of the urgency of acting on climate change, not only at a government level but at a whole-of-community level. Everyone needs to be involved in acting on climate change. We wanted to create a big tent that can gather everyone together, the two councils – Nelson City Council (NCC) and Tasman District Council (TDC), Iwi of Nelson Tasman and other organisations such as Zero Carbon Nelson Tasman, and Businesses for Climate Action, all gathered in the one tent working on a direction for the region.



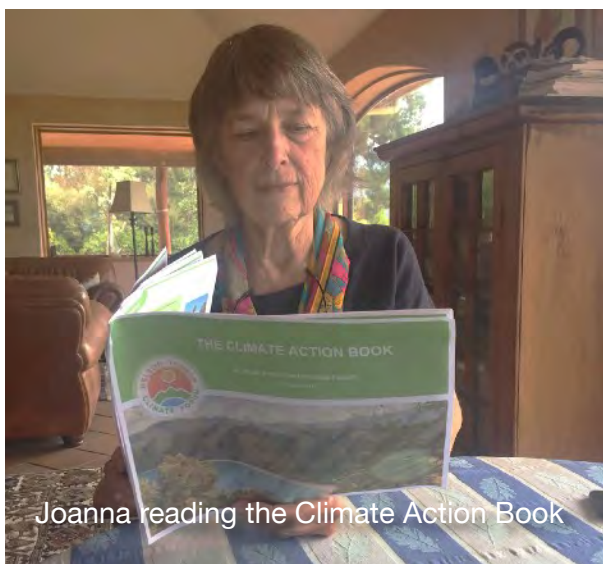
“We now have a draft consultation plan from the Climate Change Commission on their advice to central government on what needs to be done at that level, but we also need action on climate change at a community level – every individual, every household, every business and community organisation needs to work out a plan of action.”

The idea for a Nelson Tasman Climate Forum originated in the group to which Joanna belongs - Zero Carbon Nelson Tasman:

“The early steps in bringing the forum about was talking with the councils saying: this is what we have in mind, we want you to be part of it and we'd also like you to help us make it happen. NCC offered some funding which has been extremely helpful, TDC also, and then we reached out to connect with hundreds of people.”

Over the last year the forum has met monthly via Zoom with face-to-face meetings quarterly:

“ A heck of a lot of work goes on in between the meetings. Much of 2020 was taken up with working groups representing major sections of action like food and agriculture – how we grow our food and what we eat; how we get ourselves around, how we get our stuff around; how we build our cities, what our homes are like; how we sequester carbon, how we take care of nature; the impact of climate change on our nature and using nature-based solutions to climate change...”



Joanna reading the Climate Action Book

“These various working groups generated their own climate action plans for their sectors. In the latter part of the year, a group, which I convened, came together to work all their material into a regional action plan,” says Joanna.

The plan is written for everyone - individuals, communities, businesses and governance. It gives many ideas to act on climate change from measuring one's own emissions and having a climate action plan to reduce one's own carbon footprint.

There are important things councils can do too to reduce carbon emissions in Nelson Tasman region, particularly in the public transport area, but as Joanna points out:

“... Councils can only do it if ratepayers accept that's what is needed to be done. That's why it's important to reach out to lots and lots of people...the more people not only talk about it but see others doing things to lower their carbon footprint, can change the ethos. We've got to act now as fast as possible...we are in a climate emergency.”

Having just received funding from RATA Foundation for the next three years, the forum's next step is outreach:

“Getting invitations to talk to clubs and community organisations, Rotary, in schools and in churches, to really get across the message that all of us can do something, not only can but need to. All of us need to act to make this happen.”, says Joanna.

People can join the Forum online and sign onto the charter. The *Regional Strategic Climate Action Plan* is available on [Nelson Tasman Climate Forum](#) website and can be downloaded.

Joanna Santa Barbara will speak about the Regional Strategic Climate Action Plan at the MVA meeting on April 14th 8pm. Please come along.

Fiona Nelson

Reporter

NGATIMOTI SCHOOL NEWS

2021 TERM DATES

TERM 1: Tuesday 9 February - Friday 16 April

Good Friday 2 April, Easter Mon & Tues holidays 5 & 6 April.

TERM 2: Mon 3 May - Fri 9 July

TERM 3: Mon 26 July - Fri 1 October

TERM 4: Mon 18 October - Monday 20 December

NGATIMOTI FESTIVAL DAY SUNDAY 24 OCTOBER ☺



**Our whakatauki for the year is *Ki te anga whakamua, me titiro whakamuri.*
*If we are to go forward to the future, we must first look to our past. (Ngati Tama)***

Our school year began with a successful 'Infomingle' where the majority of our parents came along to meet the teachers and other parents and enjoy an informal get together. We are enjoying a busy Term 1 at school with lots of swimming lessons, river and beach safety sessions for some, and summer sports such as Teeball and Touch rugby. We are looking forward to our annual school triathlon and class trips to Bark Bay.

Ngatimoti School continues on its environmental journey as a whole school and our ATYA (Abel Tasman Youth Ambassador) students have begun their work for the year alongside Project Janszoon and other schools to maintain our adopted area of the Abel Tasman National Park at Bark Bay.

Our student learning this term includes plants and how they grow, maps and mapping and the Treaty of Waitangi. Over the summer we are pleased to have had solar panels installed thanks to some Ministry of Education sustainability funding ☺

New enrolments are welcome. For more information about Ngatimoti School please contact Alison Turner, Principal Tel: 03 526 8842. office@ngatimoti.school.nz www.ngatimoti.school.nz



Repairing Our Relationships

If your relationships are in good shape then you're in good shape

Katerina Seligman is an "active counsellor" who helps people repair their relationships. She is trained in a method called Psychodrama which was developed in Vienna by Jacob Moreno in the early 20th century. Moreno was a Romanian-American psychiatrist, psycho-sociologist, and educator, around the time of Freud, Adler, and Jung and other psycho-innovators.

Psycho-drama may sound scary but Katerina says it's important for people to know that it's not scary. People only do what they are comfortable with. As she explains:

"It is a brilliant method – very dynamic, very effective. It's used not just in personal therapy but used for healing whole social situations as well. Moreno did a lot of work in refugee camps and other group situations".

Katerina's first training was in Science, and she holds a Masters in Molecular genetics, "believe it or not", she laughs.

"I'm still very interested in science and over the last few years I've studied Climate Science intensively. I like having a scientific way of looking at things.



At my core I'm still a scientist."

Deciding that working in a laboratory was not for her, having her first child, and realising *"how screwed up I was"*, Katerina experimented with different psychotherapeutic methods and came across psychodrama:

"It was by far the most effective and helpful for me so I stuck with it and I did it for my own healing for a long time. Then I got into training and became a qualified psychodramatist and later qualified to train other people in the method."

Katerina lived in the Motueka Valley for 23 years before moving into Motueka 15 years ago. She trained here in Aotearoa and in Australia, and describes her training as *"long and arduous"*. She's been working as a Psychodramatist since 1980, and when she lived up the valley, she conducted lots of psychodrama groups at her farm:

"Now, as a semi-retired person I don't do the group work anymore, but I see couples, families and individuals in my counselling room in town. I still love the work, and want to keep doing it for as long as I am able."

Katerina's work is about healing and repairing relationships:

"I've got on my sign outside – relationship repair - and that's the guts of what psychodrama is. It's repairing relationships with people in your past, sometimes people who are not alive anymore –having new insights and internally letting things go; being able to accept how things were and moving on. But it's also about repairing relationships in the present, relationships that aren't working for you..."

"It all comes back to your relationship with yourself because when you're growing up and you have a dysfunctional relationship with an adult or a parent you kind of internalise those roles... and that same dysfunctional thing the adult did to you, you might start doing to yourself or others"

Katerina gives a simple example of someone who grows up in a very harshly judgemental environment who then starts judging

themselves very harshly:

"...In a one to one session I might use an empty chair and say 'speak to yourself over there in that chair'...In psychodrama you can have a role reversal, and can also mirror the relationship. People get new insights and learn to be more loving and accepting of themselves...the whole idea is to get people's spontaneity up so that they come up with new solutions to old problems, come up with new ways of doing things because their spontaneity's high."

As well as counselling, Katerina provides clinical supervision to other counsellors and mental health workers, as is required by their professional association:

"Every practising counsellor has to have supervision which means getting together with another trained person to talk about your work and any difficulties you may be encountering."

Katerina's appointments run for one and a quarter hours so people get a full hour of therapy allowing time for hellos and goodbyes, making another appointment or making payment. She can be contacted on 021 159 0263



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NEXT MVA MEETING

Wednesday 10 March, 8pm
Ngatimoti Community Rooms

ALL WELCOME!

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 0784 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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Katerina Seligman m. AANZPA
Phone: 03 528 0194
Mobile: 021 159 0263
Email: katselig@xtra.co.nz

ST. JAMES CHURCH NGATIMOTI

Family Service

Sunday 21st March - 10:30 a.m.

Children's Sunday School

Morning tea followed by our AGM

All Welcome

Please note there will be a service on Easter Sunday 4th April at 10.30am, in addition to our normal 3rd Sunday (18th April) service



Location of AEDs in Motueka Valley

- **Woodstock Automotive (Kerry Hall)**
982 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.



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.

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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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Motueka Valley Residents
A private group for people residing in the Motueka Valley area.



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