

# Motueka Valley Association Newsletter

## December 2015

### Yoga with Mechthild

Mechthild Laufkotter has been practising Yoga for over 25 years and teaching at Ngatimoti for nearly 15.

Yoga is more than just a form of exercise, it is a holistic experience that benefits body, mind and spirit.

Next year she is planning to add a morning class to her existing Thursday night class on Tuesdays from 9.15am to 10.45am; a beginners' or an intermediate class.



"The style I practise was founded by B.K.S. Iyengar. It puts emphasis on the perfection of each pose. The innovative use of props like blankets, blocks and straps enables people with no experience or flexibility to practice the poses more easily and effectively.

"By spending as little as an hour or two per week doing yoga, you may notice benefits such as: aches and pains diminish (especially back pain), muscles become more toned and flexible, energy level increases, concentration improves.

"The physical well-being has a strengthening and calming impact on the mind. These benefits will spread to all aspects of your life. Regular practise will bring you to look at yourself and your goals in a new light.

"I am passionate about teaching and enjoy sharing my experiences with the students. "If you are interested, please let me know *before* Christmas at [signcraft@actrix.co.nz](mailto:signcraft@actrix.co.nz)"

### Happy New Year to all Valley residents

The new MVA Committee has now had two meetings since the AGM. The dynamics are working well which is gratifying especially given that before the AGM we thought we might not have a committee!

If we include our new MVA Newsletter editor Liz, we have a good gender balance. We're trialling a system of having a rotating chairperson each meeting.

A warm welcome to Greg Mason who has joined the committee. An example of the new energy are the Christmas lights soon to be installed on the Peninsular Bridge.

"The MVA Committee extends warm Christmas cheer to all valley residents. May your gardens flourish, your animals be healthy and everyone have a very happy and safe New Year ahead."



**MVA DECEMBER MEETING  
8PM, DECEMBER 17  
Ngatimoti Community Room**

### COMMUNITY EVENTS

- Country Christmas Twilight Fair near Tapawera at 4854 Motueka Valley Highway, Sat 19 December 3pm-8pm (advert page 4)
- Riwaka Market Day, Riwaka Domain, Sat January 2, 9am-3pm, pottery, food, crafts
- Pokororo Fair, art, craft, food, wine, Sun January 10, 9am-4pm, Pokororo Village Hall (advert page 2)



**Ngatimoti School**  
"Together We Excel!"

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

**The inter-schools athletics days were fantastic!** Our students all did us proud, with excellent behaviour, manners and sportsmanship, as well as lots of personal bests. Ngatimoti scored some great

results at the Seniors' days, including Overall Winner of Senior Athletics for all schools; Congratulations Kim and well done to all our competitors.

**The Enviro leaders judged some fabulous entries** for their Conservation Week challenge. First Place went to Louie, with his story and photos about a trip up Mount Arthur. The enviro leaders especially liked the detail and presentation of this work. Second was Nikau for his story and photo about fishing at Totaranui. The judges liked the photo and the humour in the caption. Third place was awarded to Mila for her photo and recount of a beach clean-up her family did in Thailand recently. This was a great enviro message! Well done to the three winners and thanks to all those who entered.

**The recent class trips to Flora Hut and the Nga Rua caves** were a vital part of our science curriculum, the music recital by Glenn's musicians was a real treat this week, the art on display at school is amazing and the Kapa Haka group is sounding phenomenal! The relationships between students have continued to be a strength, with buddy reading, writing and art a real highlight for this term. All of these on top of good classroom programmes and open communication stands school in good stead!

**Pool Keys:** the school swimming pool is OPEN! Pool keys are for sale from the school office for \$40, with \$10 refunded on return of your key – BE QUICK as school closes on Wednesday 16 December.

**Best wishes to all those who are moving on and graduating** from Ngatimoti School. We know you will take great values, skills, friendships and memories with you. It has been great to have you all as a part of the Ngatimoti School family!

**Farewell to our most dedicated teacher aide, Mechthild.** After 18 years here, as a supporter of students and teachers, taking reading and writing practice sessions, gardening and stream monitoring groups, yoga and cooking groups and hundreds of other helpful activities, Mechthild has decided to leave school! Thank you for everything Mechthild, you have been a wonderful member of the team, always happy, helpful and able to adapt quickly to our needs.

**We also farewell Steve Dunn at the end of the term.** Mr Dunn has been a great teacher and Deputy Principal, and will be missed by us all. Thank you Steve for your integrity, your commitment to doing your best for our students, your support for the school and your sense of humour. You have been awesome, encouraging lots of sport, putting in lots of extra time at the stream, playing cards and sharing the sausage rolls! All the very best at Nelson Girls Prep; we know they will appreciate the high expectations you bring to your teaching.

Next year, we welcome Malcolm Hepburn as our Year 7 & 8 teacher.

# Home Learning in the Valley – by Kris Kolff

Home learning, often called home schooling, is quite popular in the Motueka Valley. There are about 10 families (with 25 children aged 5 – 17) choosing this option.

How they do this varies quite a lot. Some families have a school-type structure in the mornings, with optional activities in the afternoon. Others let their kids be self-directed throughout the day, encouraging and helping them. This approach is based on the experience that all children naturally want to learn and they will learn things easily and quickly when they become interested in them.

Through the home learning network in the Valley about four families participate in Waka Ama (outrigger canoe paddling) activity from Kaiteriteri, every Monday morning.

This tends to be a real family event, because almost anyone can paddle and it is a lot of fun. "It is one of the things we love doing as a family!" says Tessa Hiebendaal who with partner Remko, have a four and seven year old. "And it offers a wealth of opportunities for learning - team work, raising awareness around safety on the water, learning about weather patterns, wind/currents/ tides, swell, Maori culture etc."

## Book-a-Hall

### Ngatimoti Memorial Hall

Paul Wielandt 526 8047

### Reserve Community Room

Sarah Bradshaw 526 8026

### Pokororo Hall

Brian or Giselle Storer 526 8065

### Woodstock Hall

Kerry Hall 543 3884

## About your newsletter

- Your contributions, ideas and notices are very welcome for the monthly MVA community newsletter. In fact, they're essential!
- Please send ads and copy by the end of each month for the following month's issue.
- For community concerns please contact the MVA at [info@mva.org.nz](mailto:info@mva.org.nz).
- Send editorial of up to 400 words, photos and advertisements to Liz Mahoney at [emj.stuttard@gmail.com](mailto:emj.stuttard@gmail.com). Please include "MVA" in the subject line. Talk to Liz on 021-749583 or 929 8509.
- Advertisements cost \$2.00 a column cm.
- Newsletter archives are on the website at [www.mva.co.nz](http://www.mva.co.nz)

\* Grateful thanks to Ngatimoti School for continuing to print the newsletter.

## Contact MVA Committee Members

Bruce Dyer.....526 8288  
Irma Jager.....526 8080  
Nick Hancox.....526 8869  
Joanna Santa-Barbara ..022 459 0650  
Greg Mason.....526 8112

The Home-education choir that meets at Riverside Community is another weekly activity popular with several families from the Valley. When they performed at The Top of the South Choir Gathering in Motueka recently, they got a standing ovation!

Touch Rugby in Motueka is played weekly during spring and summer by children from the Valley, who formed a team called The Untouchables.

The Motueka Home-learners group is a network with about 35 local families connected through email and regular meet-ups. The Tasman Home Educators covers the wider Motueka and Nelson area and has about 90 families on their email list.

The Ministry of Education grants exemptions to formal schooling after quite a detailed application has been filed. There are almost 3,000 families in New Zealand who choose to home-educate approximately 6,000 children. My own experience, having lived with five home-learning children for the last 10 years, has been one of tremendous joy; watching them grow and mature in their own unique ways. I wish I'd grown up like this!

For more information about the Motueka Home-Learners, contact Katie: [katieldey@gmail.com](mailto:katieldey@gmail.com)

## Ngatimoti Hall Break-in

Information sought about a break-in to the Ngatimoti Memorial Hall some time before Sunday afternoon December 6.

Nothing seems to have been taken but culprits have wrecked the door jam and window frame as well as breaking the glass to gain entry.

Please call Motueka Police on 03-528-1220 with any information to help stamp out this senseless vandalism.

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• **Application form for Pokororo Fair Sunday, 10th Jan. 2016**  
• Site numbers are limited, so prompt applications are advised. Site fees are \$30 for art and craft. All fees payable with application. Cheques made payable to R. Brooks. All proceeds go to Pokororo Hall. All applications will be acknowledged by phone, email or letter. Buskers welcome. No animals on hall grounds. Stalls to be ready by 9.00 a.m.  
• NAME:.....ADDRESS:.....  
• PHONE:.....EMAIL:..... No. of Art & Craft sites@ \$30 ea :..... Food stalls \$75 for 4 metres  
• Power is limited, please contact me for availability Extra for Craft and food \$10 per metre Total \$..... Please return to R.Brooks Estates, 1245 Motueka Valley Highway, Ngatimoti, RD1, Motueka. Tel. Mobile 0275177333. On line payment to R.Brooks 11-7426-0049639-00  
• [www.pokororo.co.nz](http://www.pokororo.co.nz)  
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## ST. JAMES CHURCH NGATIMOTI

### Christmas Service

Sunday 20th Dec at 10:30 am  
Conducted by Rev. Neil Bowdler  
Morning tea and social time to follow.  
Children's Sunday School Programme



**Christmas Carols with Brass Band**  
**7 : 30 p.m. Christmas Eve - 24th Dec**  
*All Welcome*



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# YOGA

with Mechthild Laufkotter

Thursday 5.30-7pm Community Room  
NGATIMOTI

Friday 5-6.30pm Laura Ingram Kindergarten  
MOTUEKA



03 526 8554



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PH Mike Graham 526 8180

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**A Country Christmas Twilight Fair**

The 5th annual TAPAWERA CHRISTMAS FAIR—SATURDAY 19th DECEMBER from 3pm – 8pm at Hidden Sculpture Garden, 4854 Motueka Valley Highway. NZ made goodies, tasty food, drink stalls, awesome live music, in a fabulous setting. \$2 entry fee. Under 12's free. Phone Rachel on 03 5224227. Strictly no admittance until 3pm. Sorry, no dogs and no picnics. Bring cash, no eftpos.

This year's chosen charity is our local St John Ambulance,

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