

Motueka Valley Association Newsletter

Delivered monthly to 500 homes in the Motueka Valley from February to December

THE RIVER, THE LAND, THE PEOPLE

May 2017

Being injured is a pain in the...

Are you injured or bothered by a recurring niggle?
I'm Ben Plows-Kolff from Motueka Valley Physiotherapy & Massage located on West Bank Road.
Wherever you've got pain, I'd love to help!



I've been living in the valley on and off for the past ten years and, more permanently for the past two. Working at private clinics in Dunedin and Christchurch for five years – as well as observing in other clinics - has raised my awareness of how our current medical model and top-down approach to rehabilitation undermine our intentions to support and nourish people back to wellness and independence.

This awareness has inspired me to practice in a way that empowers, supports and inspires every person I see. Some of the strategies I use to support this intention include: listening and communicating in way that builds trust and safety in our interaction; clearly and openly sharing my knowledge; offering tools (such as exercises) that support self-sufficiency and independence; offering hands-on treatment that supports recovery and nourishes the body without creating dependence; using a space that supports care, comfort, trust and warmth.

Being at work during the day can be a barrier to seeing a physiotherapist. I want to make my services accessible to everyone in the valley and am open to considering appointments outside of work hours (including weekends) where no other option is possible. For more information or to book an appointment: Visit www.motuekaphysiotherapy.nz, call/text 027 452 8669 or email ben@motuekaphysiotherapy.nz



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FIREWOOD FOR SALE
Mixture of well seasoned, dry, hot burning gum/wattle/
cypress. \$50 m3. Delivery may be arranged.
Phone 5433753.

Pokororo Public Hall AGM
will be held on
Thursday June 15th at 7.30pm
Enquiries to
Alan Bensemann - 526 8848
or
Giselle Storer - 526 8065
All Welcome

Ngatimoti Playgroup
Providing play & socialisation for all pre-schoolers and whanau in our community.
- Free weekly sessions(term time.)
-Fridays 9.15 to 12.15. (arrive anytime)
-Bring a plate for shared morning tea.
Ngatimoti School Hall, Greenhill Road.
call/txt Annie Simpson **021 0643 232**



Ngatimoti Bowling Club
Meeting 10th June 1.30 at the Bowling club.
This is to discuss the future of this little club.
If the club is to continue it needs the support of the Motueka valley community.
Members of the public are invited to this meeting
Contacts:
President, Chrissy Infield. 03 547589
Secretary, Di McBride. 03 5433644
Madeline Rogers. 5268884



Contact MVA Committee Members

- Bruce Dyer.....526 8288
- Irma Jager.....526 8080
- Fran Deech.....021 02260191
- Joanna Santa-Barbara ..022 459 0650
- Greg Mason.....526 8112
- Leigh Jukes-Smart.....021 539 3656



Term Dates 2017

TERM DATES 2017

Term 2: 1 May – 7 July (Queen’s Birthday Holiday Mon 5 June)

Term 3: 24 July – 29 September

Term 4: 16 October – 20 December NGATIMOTI FESTIVAL DAY SUN 22 OCTOBER

MVA News May 2017

Welcome back to all our school families for Term 2. This term we will have lots of science learning to look forward to, with a science fair as an opportunity to share our learning with the community. As well, we have the new buildings to open, probably about half way through the term. This will include the new library space, and so we will celebrate this with a Book Week. We have El Gregoe the magician coming back, a Puss in Boots show coming, the Life Ed truck here and Sport Tasman here each Friday to teach us new sports skills. What a lot of learning to look forward to! If anybody in the valley would like to join us for any of the shows or activities, please contact our Principal, Ali Turner. This could be a great opportunity for any children who are home-schooled to join in.

Lego Amnesty Our Lego supplies for wet play days have dwindled mysteriously! If anyone has any Lego at home they no longer need, we would appreciate your donations - thank you.

Our school swimming pool is now closed. Please return your key to the school office to receive your \$10 deposit if you have not already done so.



Our Festival Committee have recently made community donations to Motueka Valley Weedbusters, the Motueka Community Swimming Pool and the Motueka Valley Defibrillator group.

Quiz night at Rabbit Hill Café – Friday 19 May
To raise funds for our music department, Glenn Bathgate is running a quiz night on 19 May. \$10 per person – teams of 4-6. Register your team with Amanda at the school office office@ngatimoti.school.nz

If you are interested in what is happening here at school, or are looking at enrolling your child here, we will be pleased to see you! Please phone 526 8842 for an appointment.



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Motueka and surrounding areas

- Shopping • Walking • Meal Prep • Light housekeeping
• Reading • Haircut* • Pedicure*

If you or a family member enjoy independence but would like some good company or help with everyday activities, give me a call.

Lisa (03) 526 8894 or (027) 477 0027

RATE: \$20 per hour (min 1 hour)

* Haircut or pedicure \$10 extra



ST. JAMES CHURCH NGATIMOTI

Family Service

Sunday 21st May at 10:30 a.m.

Conducted by Rev. Barry Doig

Children’s Sunday School

Morning tea and social time to follow.

All Welcome

A special Friday night dinner & event at

Rabbit Hill Cafe

on the 12th May, 2017

Wild Rabbit Hot Pot

with a warm

Chocolate Pudding dessert

\$25 p.p

plus

Friday 26th May 2017

Roast Lamb with vegetables

followed by **Pavlova dessert**

\$22.p.p

Bookings essential:

03-526-8834

Winter hours

Friday evening 5.30pm - 8.30

Saturday, Sunday 11.00am - 4.00pm



YOGA

with Mechthild Laufkötter

Ngatimoti, Community Rooms

Tuesday 9.15-10.45am, Thursday 5.30-7.00pm

Motueka, Laura Ingram Kindergarten

Friday 5.00 - 6.30pm

school terms only



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About your newsletter

- Please send ads and unformatted copy by the 20th of each month for the next month's issue
- For community concerns contact the MVA at info@mva.org.nz or contact committee members (numbers page 2)
- Send editorial of up to 400 words, photos & adverts: leigh.jukes.smart@gmail.com
- Please include "MVA News" in the subject line
- Phone Leigh on 027 539 3656
- Advertisements \$2.00 a column cm
- Newsletter archives at www.mva.org.nz

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

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PH Mike Graham 526 8180

THE LIFESTYLE BLOCK DOC

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