

Motueka Valley Association Newsletter



the river, the land, the people

APRIL 2019

MOTUEKA VALLEY BUSINESS PROFILE

Aiyanna Sophie

Find Joy and Live Your Best Life

On Wednesday mornings in the Ngatimoti community rooms Aiyanna Sophie holds Yuan Qigong classes. She started them in 2010, before taking some time overseas, and resumed on her return about three years ago.

Many of you may not know the meaning of the words, Yuan Qigong. I had the pleasure of meeting Aiyanna at her home in the valley to find out. Yuan Qigong, pronounced “chee gung”, is part of Ren Xue®, which is a study of human life based on the wisdom and culture of China, and teaches essential core principles of health, well-being and happiness. The purpose of Yuan Qigong is to work with the body’s qi, or life force. Acupuncture also works with the qi, but Aiyanna’s experience and study has shown her that Yuan Qigong has the potential to work with this qi at a deep level.

Through Yuan Qigong Aiyanna helps people who want to make a leap forward in life, to unravel the deeper causes of their problems and transform them, and uplift their health and well-being. Problems can be physical or emotional issues, such as fatigue, pain, disease, stress, anxiety, or difficult life challenges. She also supports people who feel stuck and want to understand life better, and those who want to learn how to help and heal themselves. She is passionate about supporting people to transform pain, trauma, emotions, and self-limiting thoughts and beliefs, and to use their potential to gain inner freedom, autonomy, and self-reliance.

Aiyanna comes with an impressive list of experience and qualifications in health and healing. She started with naturopathy and acupuncture, before graduating as a medical doctor through Otago University. From there she chose to discontinue her registration as a doctor, trained in kinesiology, and started practising as a natural therapist. Yoga, Meditation, and Tai Chi, are also practices that she has studied, as well as being a Qigong Master Teacher and Therapist.

Aiming to support people to strengthen their natural self-healing powers, Aiyanna works in groups, or individual sessions. Current group sessions are running at the Ngatimoti Community Rooms, and in Motueka at the Riverside Community; the venue for individual sessions can be the client’s home, or elsewhere by arrangement.

If you are interested in learning how to create a healing state in which the body is nourished and able to regenerate, more information is available from Aiyanna Sophie’s website. The client testimonials page shows the joy the clients have found through Yuan Qigong. — www.aiyannasophie.com, 020 456 7843, 4Aiyanna@gmail.com —

-interview by Chris Tait, reporter

We’ll Weather the Weather

In the mid-18th century Samuel Johnson wrote that when “two Englishmen meet, their first talk is of the weather.” The same could be said of two Kiwis meeting. Perhaps it is because we were colonised by the United Kingdom that we’ve continued the habit. The country’s first name, Aotearoa, is usually translated to mean land of the long white cloud. We live on an island with only a narrow strip of land to buffer us from the rain and to steady the winds. Whatever the reason, when we meet talk invariably turns to the weather.

The last two summers have given us weather that couldn’t be more diverse. Last year Cyclone Gita arrived weakened from its full strength, but still managing to wreak havoc throughout the district. Some people are still suffering in its aftermath while they battle to reconcile their homes. Others may have reinstated their land but are left less confident in their properties and with apprehensions about future flood events. Many are concerned about the impact of forestry practices and what we, as citizens, can do to prevent the damage caused by the combination of slash, rain and gravity, or how to hold the companies responsible for the damage caused.

If only we could have had some of that rain this year. The drought may no longer be the threat that it was a few weeks ago, but I’m sure we are all still keeping a close watch on our water supplies and are acutely aware of the damage that fire can do. The aftereffects of the fires will continue for some time to come.

I’ll leave the discussion about the cause of the unusual weather, and if it proves climate change, to the experts. According to NASA: “The difference between weather and climate is a measure of time. Weather is what conditions of the atmosphere are over a short period of time, and climate is how the atmosphere “behaves” over relatively long periods of time.”

As a recent arrival to the district I am still learning the weather patterns here. I know the patterns in Canterbury and can read the clouds to have a fair idea of what the day might bring. Those who have lived in the valley for a long time are better equipped to know if the last two summers are as unusual as they seem to this newcomer.

Sitting down to watch the weather presenter on television was part of the evening ritual in many families. Often farmers time

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NEXT MVA MEETING

Wednesday 10 April, 7.30pm
Ngatimoti Community Rooms

All welcome!



2019 TERM DATES

TERM 1: THURSDAY 7 FEBRUARY - FRI 12 APRIL
TERM 2: Mon 29 April - Fri 5 July
TERM 3: Mon 22 July - Fri 27 September
TERM 4: Mon 14 October - Friday 20 December

NGATIMOTI FESTIVAL DAY SUNDAY 27 OCTOBER ☺



Our RIVER values of respect, positivity, innovation, excellence and responsibility are the cornerstones to what we at Ngatimoti School believe make for a good learner as well as a great community member. In the wake of the recent tragedy in Christchurch, it seems especially important to come back to these values. Respect for diversity, even for seemingly small things such as children who prefer different clothes or a different food could be discussed at home and at school. This should develop into a growing understanding of respect for all people. Stepping in and having conversations about respecting others, and what is ok and what is not ok to be playing, saying or doing is an important part of parenting and of teaching. To quote L.R. Knost, *Our job is not to toughen our children up to face a cruel and heartless world. Our job is to raise children who will make the world a little less cruel and heartless.*

We are always looking for ways to develop our te reo skills and this term we have River Seligman, a tutor for Te Ataarangi, teaching a series of lessons in each class.

Last year there was discussion amongst students about the safety of our roads, and arising from this Mrs Milnes ran an Enviro Group designing signs. As well as hearing from Mr Laufkotter, a local professional sign designer, students all designed ideas for signs and sent them to Tasman District Council in the hope they would be displayed on some of the roads around Ngatimoti. This work has now paid off, and our signs are currently in production. Here is just one example. Well done to all involved - let's hope this makes drivers a little more aware on our roads.



As the 2018 Festival was super successful, an increase from last year's donation was possible as a result and it was agreed to donate \$45,000 to Ngatimoti School. In addition, parents group usually make small donations to community groups and this year we will donate \$500 to Motueka Riding for Disabled, \$500 to Motueka Swimming Pool fundraising, \$500 to Friends of Flora, and \$500 to Moutere Kai Collective. Thank you once again to all of you wonderful parents and community members who support our annual festival.

Festival funds. Many people wonder what our school uses this very generous donation for, and Ali's report to the recent Parent Group AGM outlined the opportunities, resources and support provided for our children using past donations. These include purchasing the school minivan, solar heating for the pool, musical instruments, stationery and class photos; transport for special trips, river safe training, waka experiences, earthquake strengthening for the Hall, dance, drama, swimming and te reo lessons and subsidising school camp costs.

Our school swimming pool is now closed; many thanks to those who purchased a season key and have treated the pool and our pool safety rules with great respect. Please return your key to the school office to receive your \$10 deposit back.



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their lunch break for the midday forecast on RNZ National. There are now many places to find out what the weather might hold. A quick google search reveals several sites that claim to predict local weather. Jan-Albert touched on an interesting local website in the December newsletter. It shows the current conditions recorded by the weather station located at the Ngatimoti School. www.wunderground.com/personal-weather-station/dashboard?ID=ITASMANN3

Maybe, as Neil and Tim Finn wrote in the Crowded House song Four Seasons in One Day, "It doesn't pay to make predictions". But then again, it's kind of nice to have a bit of an idea of what might come. They also wrote that "everywhere you go you always take the weather with you." We do take it with us and we talk about it.

-Chris Tait, reporter

Thanks Margaret Kerr, for having been our trusted postie, delivering mail with a smile. All the best for your future!

MVA Committee update

From the March MVA meeting:

- The organisation of the family picnic was arranged.
- Joel Briffault attended the meeting as a potential new committee member and some of the workings of our committee were shared.
- Each committee member acknowledged that they were sad to see the postie Margaret go.
- The idea of a live music evening once a month at the Ngatimoti Hall was put on the table. This would need a coordinator. MVA could help get this off the ground.



Welcome to Jason Howcroft & Marianne Hall, our new posties. Looking forward to get to know you!

Next workshops - raising funds for charity through Tutoring for Charity Trust:

- Saturday 13 April - 'Growing competent eaters - how do I get my child to eat?', Alison Bruce, 9.30am-1pm, minimum \$20 donation
- Wednesday 17 April - School holidays children's art workshop "Create your own mobile for your room", Ariadne Smith, 2-4pm, \$25
- Saturday 4 May - 'Create your own piece of modern art', Ariadne Smith, 9.30am-3.30pm, \$80 for the day plus a small cost for materials

All of the workshops are in the Ngatimoti Community Rooms.

Contact Ali at alibrownweaving@gmail.com or 03 526 8786 / 021 290 0636 for booking information.

**ST. JAMES CHURCH
NGATIMOTI**

April Services

Sunday 21st April - 10.30am

Easter Family Service with Rev. Matt Beech

Children's Sunday School

Morning tea and social time to follow

ANZAC Service

Thursday 25th April at 10.30am

All Welcome



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Motueka Kai Fest is a colourful, fun day bringing community together in celebration of our region's outstanding produce.

KAI FEST IS A DAY OF PARTICIPATION

kai (food) • performance • pageantry • music
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www.motuekakaifest.nz

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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**:

Bruce Dyer	526 8288
Irma Jager	526 8080
Peter Laufkotter	526 8554
Greg Mason	526 8112
Chris Tait	027 315 7815

local halls/facilities

Ngatimoti Memorial Hall • Sarah Douglas • text 027 721 3991
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, Jan-Albert Droppers: newsletter@mva.org.nz
- advertising rate: \$2.00 per column cm
- online newsletter + archives: www.mva.org.nz

Facebook: Motueka Valley Community 

This is a closed group with over 1200 members supporting the exchange of goods, services and information within the valley. It can also serve as a place for connection during calamities.

www.mva.org.nz

QUIZ NIGHT - Friday 19 April

@ DUNBAR ESTATES CELLAR DOOR & CAFE

Quiz Night every 3rd Friday of the month starting promptly at 7pm. Max. 6 per team @ \$2pp.

Individuals can join a team on the night.

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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 call/text Phoebe Quinlivan for more information 021 211 6730.



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