

Motueka Valley Association Newsletter



the river, the land, the people

AUGUST 2020

Sharing The Knowledge – The medicine of plants

“I want to share my knowledge, pass it on.”

These are the words of Fran Deech, one of our valley residents. Though constantly learning more, Fran already has a vast knowledge of the magic and medicine of plants and she wants to share it. This is her story.

Fran grew up in London and after studying at Bristol University she travelled to Ghana to teach. She lived in West Africa for two and a half years, which is where she discovered the benefits of living in extended families. Her students would take her to their homes on weekends and she would “hang out” with the local people rather than with other ex-pats, and she knew that being part of a community was how she wanted to live her life.

Fran travelled widely through India, the Middle East, Cyprus, Greece and by herself through Thailand, Indonesia, and Malaysia to Papua New Guinea, where she taught again for three years. When she was 31 years old she moved to Aotearoa New Zealand to live permanently, settling in a community on the outskirts of Auckland, where she lived for 22 years. There she met her husband and started her family. When the community ended, Fran, her husband and their three children, aged 13, 11 and 9, moved to Nelson and lived together “nuclear-style” in a 4 bedroom house. After a year, Fran and her husband separated and she was left to raise her three children on her own. Fran’s interest in medicinal plants began there in her small urban garden. “It was Phillipa Rutherford of Chandrakirti Meditation Centre who was my inspiration...such an immense knowledge of herbs. Phillipa ran a Wild Women and Weeds course at the centre. The course ran for 10 weeks and that’s where I started learning about medicinal plants and growing them in my little garden at Nelson,” Fran said.

Wanting to learn more Fran enrolled in a certificate course run by the Canterbury College of Natural Medicine in Christchurch. “The course was about growing medicinal herbs and preparing them specifically, making tinctures and ointments from them. We studied from home and once a term I went down to Christchurch for 5 days. I spread the course out over 2 years as I was a solo mum parenting 3 teenagers.”

When her children had left home, Fran moved to Riverside Community. There she set up a large medicinal herb garden in the shape of a mandala. When she had to move, she took a bit of everything that she had planted to her new home at Shaggery Road.

And then ex-Tropical Cyclone Gita arrived (February 2018), and all her hard work in the garden was washed away as well as her house and her car. “It was a very traumatic experience. The night of the cyclone I was living in my bach at the bottom and they had been logging nearby. It was a huge event. I evacuated up the hill and watched with my friends as the water was pouring through my cottage.”

After a few months, with the help of friends, Fran found the special place where she wanted to live in Greenhill Road and started her medicinal plant garden once again. “Square by square I turned over the bare soil and made it into the garden it is now, with plots for my medicinal herbs and the other beds for my veggies... I count my blessings and appreciation to live in such a beautiful place. Now I want to pass on my knowledge of these plants...”



Fran grows over twenty medicinal plants such as Echinacea, St.John’s Wort, Motherwort, Skullcap, Valerian, Hyssop, Elecampane and Marshmallow. She makes tinctures and ointments from her plants as well as infusing them as teas. “I use these plants myself and share them with friends. If ever I get the slightest tickle of a sore throat, I take olive leaf tincture and echinacea and it’s gone.”

It’s very important to Fran to share her medicinal plant knowledge with anyone who is interested to learn. “I have a sense of this knowledge as being valuable wisdom and so it’s very important to me that this knowledge gets passed on... I want to make it available, convenient and affordable for people. There’s no charge. People interested can ring or email me, come to my place to learn about the growing and use of these medicinal plants at whatever time works for them.”

(021 0226 0191 / fran.deech@gmail.com)

-Fiona Nelson, reporter

NEXT MVA MEETING

Wednesday 12 August, 8pm
Ngatimoti Community Rooms

All welcome!





Labour Weekend Sunday 25 October 2020

10am to 4pm - Rain or Shine

Invitation to Craft Stall Holders

Please pay and return the info below by email or post, to secure a site at this popular annual fundraising event. For **Sale of Food** to be eaten on the day (eg hot food, cakes, icecream) contact ngatimotifestivalfood@gmail.com to be considered for invitation as food seller. Stalls selling artisanal food for taking home from the festival, (eg tea, honey, salami, nuts) may be considered a craft stall and use this form. Please email Food certificates with your form. Stalls intending to sell **vegetable seedlings** should check before paying as these stalls are capped. This is a school and community fundraiser and items considered inappropriate (eg vapes) or offensive are not to be sold or displayed.

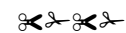
There will be live music, activities, demonstrations, food, sideshow rides, animals and more. It will be advertised on facebook and local media. As required under section 16 Health and Safety Act 2014 (HSE) we inform visitors to the fair that rides and amusement activities, farm equipment both moving and stationary can cause harm or injury. All persons should exercise caution.

At this stage the Festival is not prevented by **Covid level** restrictions, but this could change again by October. If the Festival is cancelled due to Government rules, then your craft stall fee will be refunded, less an administration fee of \$5. The Festival will not be cancelled due to inclement weather, and refunds are not ordinarily given. Please have hand sanitiser easily accessible at the front of your stall, and frequently clean items that attendees can touch. The Festival will have a covid QR code, additional hand sanitiser stations and frequent cleaning of the bathrooms.

In recognition of the disruption to stall holders this year we are keeping our fees at only \$45. Sites are limited and site allocation is at the discretion of the organisers, but multiple sites will be adjacent. There are two areas allocated for craft stalls, the playing field and the community reserve. While it is helpful for us if you indicate your preference, if you would not accept a site in the other location, please do not apply.

- Car parking of aprox 5 m (1 car) behind the stall is available for most sites. (Please let us know if you have a **large** vehicle, or need to be directly behind as some stall sites the car may be behind trees).
- Please set up and remove any additional vehicles by 9 30am
- Site size is **3m by 3m**. Gazebos allowed but not required. Be considerate of your neighbours and do not extend into the walkway.
- Grounds open at 8am enter off Motueka Valley Highway through the Fire station / community reserve entry
- Sites are limited; inclusion is at the discretion of Festival organisers.
- Eftpos facilities are available at the office on Festival day for cash withdrawals for a \$1 administration fee.

Direct Credits can be paid to **NGATIMOTI FESTIVAL 03 1354 0354943 00** or cheques to Ngatimoti Festival. Email form or its information to ngatimotifestival@gmail.com post to Annie Simpson 1693 Motueka River West Bank Road R.D.1 Motueka 7196 or Inquiries by phone to Annie on 021 064 3232



Name & Stall Name _____

Email _____ Phone _____

Address for receipt _____

Description of Goods/ Services to help us with placement. Use the reverse of this form if necessary.

\$45 site fee **or** \$90 fee for 2 sites or other _____

I have paid by direct credit; reference: _____ or Enclosed cash or cheque

Office use: Payment confirmed:

Receipt sent:

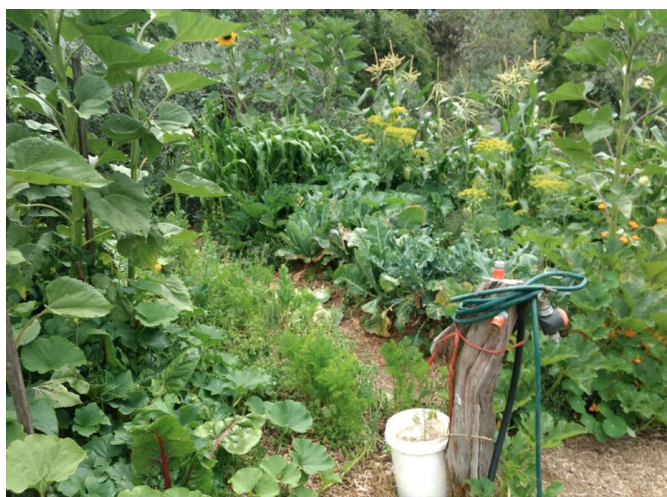
Walking the Talk - Local Solutions for Carbon Reduction

Organisers are delighted that 'Walking the Talk - Local Solutions for Carbon Reduction' is rescheduled for August and September, having been a COVID casualty earlier this year. 'Walking the Talk - Local Solutions for Carbon Reduction' is a series of events showcasing examples of carbon reducing activities on properties in our region. It highlights simple, everyday practices that remove carbon from the atmosphere and/or reduce greenhouse gas emissions.

The global research-based publications 'Project Drawdown' and the recent 'Drawdown Review' are the basis for the climate change reversal solutions featured in 'Walking the Talk...'. Solutions featured are based on the Drawdown Review's framework, grouped into three overarching areas of action according to whether they reduce carbon emissions, support carbon sinks that absorb carbon from the atmosphere, or improve society through health and education.

'Walking the Talk...' will be launched at Mapua on the evening of 27 August, facilitated by Steve Richards of Jester House. The programme is a visual presentation of local climate change reversal practices that reduce carbon emissions in energy, food, agriculture and land use, industry, transport and building. Also featured are land, coastal and engineered carbon sinks that absorb greenhouse gases. Throughout, the audience will be encouraged to reflect that climate solutions are never **just** climate solutions, that solutions have co-benefits that improve society. Think of the co-benefits that an improvement in air pollution will have on health and the health economy, think of the co-benefits of clean water, of affordable housing and food, and many other human needs.

Three site tours in September illustrate many of the emissions and carbon sink solutions outlined in Drawdown Review. All tours are at set times and are guided by site hosts. There is a large focus on food - growing it, storing it, cooking efficiently, preserving it, using waste and creating zero waste. Home gardening and water systems that are domestic applications of agricultural climate change reversal solutions can be seen at every site. Resource information on plant based meals will be available. Solutions in energy efficiency and production that are showcased include a variety of solar hot water and solar electricity generation systems, advanced energy monitoring systems, a zero emissions stove/space heater, and water distribution via gravity or a pump operated



Growing a plant-rich diet



Biochar production

by water pressure. Homes built from recycled or natural materials that eliminate the high emissions of steel or cement are included in all tours, and energy efficient features of buildings are emphasised. One site includes a walk through forestry that's an example of practical, effective ecosystem restoration. Co-benefits of carbon reduction solutions will be evident from the many simple features seen and described by site hosts - health and community spirit, for example.

It's hoped that tour participants will leave 'Walking the Talk' motivated to assess their lifestyles from a perspective of 'what have I learned that I/we could do now to reduce my emissions or create carbon sinks that draw down carbon?' And for sure, many will think 'I can do that...!' Any of the climate change reversal solutions seen could be a start of an individual's or family's progression, a building block, towards climate change reversal. And of course, it is also hoped that everyone will talk about it, at every opportunity.

The 'Walking the Talk' programme is:

Thursday 27 August, Mapua Community Hall, 7.30pm.

Saturday September 12, tour of Jester House (Tasman) property.

Saturday 26 September, properties in and around Motueka.

Sunday 27 September, properties at Ngatimoti.

Places on tours are limited; registration is required and will open at the event launch of 27 August or by visiting www.humanitix.com/nz.

'Walking the Talk...' is a Local Matters event, organised by the Motueka Branch of the Green Party of Aotearoa. Introductory evening (Mapua) \$10; each site tour \$10.60 (includes booking fee); students with ID free (all events). Contact Petra at pdekkernz@gmail.com or 021 029 26209.

'Regeneration trumps Recovery' with Rod Oram



Rod Oram will speak at Mapua on Monday 10 August. His focus will be a Green Recovery and its critical components, the Zero Carbon Act and reducing poverty. His address to a Mapua audience is guaranteed to be thought-provoking and stimulating.

Rod's an international business commentator and is well known in NZ for his regular contributions to Newsroom.co.nz, Radio New Zealand's Nine to Noon and Newstalk ZB. He is a frequent public speaker

on deep sustainability, business, economics, innovation, creativity and entrepreneurship, in both NZ and global contexts. One of Rod's recent articles includes 'NZ's moment for bold action', a summary of five current initiatives that propose strategies capable of delivering real outcomes that could change New Zealand's course (Newsroom, 16 June 2020). Another looks at the need for innovative ways to help our economy survive and evolve rapidly into one that's more sophisticated, more resilient and more valuable (Newsroom, 27 March 2020). His regular slots with RNZ's Nine to Noon have a similar focus on important issues of the day.

Rod is hosted by the Motueka Branch of the Green Party of Aotearoa, as part of its Local Matters programme that focuses on issues rather than politics.

Mapua Community Hall, Monday 10 August, 7.30pm

Entry \$10, students with ID free.

Contact Petra, 021 029 26209.

looking ahead:

MVA AGM

Wednesday 9 September

Ngatimoti Community Rooms

All welcome!



**WE ARE A
COMMUNITY**



Come and join us!

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.



Weeding Bee

The Ngatimoti Reserve committee has done some lovely native plantings on our reserve. Now is the perfect time to weed and they'd appreciate a few more helping hands.

Sunday 23 August - 10am to noon

Gather at the Reserve carpark.

A reminder will be posted on Motueka Valley Community Facebook page.

Triennial elections for the Ngatimoti Reserve Committee will take place on the same evening as the MVA AGM, Wednesday 9 September.

-Lesley Hadley

MVA Committee update

From the July MVA meeting:

- **Mid-winter potluck planning.**
- **Discussion on finding a new editor.** Jan-Albert stepping down as editor at September's AGM.
- **Discussion on attracting new MVA Committee members.** Greg Mason stepping down at September's AGM.
- **TDC.** Update report from Barry Dowler on TDC activities, including:
 - Kingsland Forest Plan adopted
 - Jobs for Nature Programme Funding
 - Estuary Health reports available for Motueka-Riwaka Delta, Moutere and Motupipi
 - Roding alliance with Downer
 - Changes to Plastic Recycling
 - Community grants open until 31st July



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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.



connect on Facebook:

Motueka Valley Community

A closed group with over 1700 members, who are not necessarily living in the valley, but have the valley at heart.

Motueka Valley Residents

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

Locals support Local

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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**:

Greg Mason	526 8112
Peter Laufkotter	526 8554
Fiona Nelson	020 4160 1968

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, Jan-Albert Droppers: newsletter@mva.org.nz
- advertising rate: \$2.00 per column cm
- online newsletter + archives: www.mva.org.nz

www.mva.org.nz

ST. JAMES CHURCH NGATIMOTI



Family Service

Sunday 16th August - 10.30am
conducted by Murray McCaskey

Children's Sunday School

Morning tea and social time to follow

All Welcome

all advertisements 8.5cm wide
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Companion/Carer available

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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 ngatimotiplaygroup@gmail.com.



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Friday 5.00 - 6.30pm

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Motueka Valley Open Mic

Come and check out our awesome valley's local musicians, storytellers, comedians and diverse folk for a night of whatever goes on the mic.

All are welcome to participate
or just come and enjoy.

The 2nd Thursday of every month, 7.30pm

Proudly supported by Ngatimoti Hall
Committee and the MVA.

Koha Appreciated

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