Motueka Valley Association Newsletter





Yoga with Mechthild

There are many different styles of yoga practised today, all originating from Hatha yoga. Iyengar yoga is one of them. Iyengar yoga was developed by B.K.S. Iyengar, born in India in 1918, and he developed this form of yoga over the years from first working with physically disabled people. He used a lot of props like blocks, straps, bolsters and chairs to enable them to stay in the pose for a longer time and therefore benefit more from it. Considered as precision yoga, it is a practice that emphasises attention to detail focussing on correct body alignment.

Mechthild Laufkotter is a certified Iyengar yoga teacher. She was born in Germany and came to New Zealand with her partner Peter in 1980. "We fell in love with this country and really liked the friendliness of the people. We thought what a wonderful place to have a family and bring up children. And we've never looked back," Mechthild said.

They first settled in Motueka which is where Mechthild had her first experience of yoga. "A friend of mine from Germany was visiting us and she saw a yoga class advertised in the local newspaper, so we decided to go. That was about 37 years ago and I've loved it ever since."

Mechthild, Peter and their three sons lived in Motueka for 16 years before moving to a 25 hectare property on Greenhill Road, Ngatimoti. "In 1992 this piece of land found us. I believe the land chooses the people. We moved out here five years later in 1997. We first lived in the milking shed while we built the house, moving into it two years later." They are self-sufficient on their property with solar power, composting toilet and profuse food gardens and fruit trees.

Mechthild began teaching yoga in the Ngatimoti school hall twenty years ago. Now she takes two classes at the Ngatimoti community rooms, a class in Motueka and also teaches in Richmond every second week. "Iyengar yoga is quite a physical way of doing yoga. In class we do approx. 12 different poses as time is needed to work with the props, adjust every student in order to set up a strong foundation. I always encourage the students to have a long spine and to search for space in the joints. If the spine is long, there is freedom to move and one may feel the extension and energy going through the spine... always feeling for a balance."

Inversions are an important part of Iyengar yoga practice. "No other yoga styles do inversions on a regular basis. They teach us to be in the present,

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NEXT MVA MEETING combined with AGM

Wednesday 9 September, 7.30pm Ngatimoti Community Rooms

All welcome!



Welcome and **AGM**; MVA Committee elections and Ngatimoti Reserve Committee triennial elections, facilitated by councillor **Dean McNamara**, treasurer's report.

8pm

Motueka Valley resident **Sky Davies**, will tell us about the mission and work of the Tasman Environmental Trust and projects relevant to the Valley (www.tet.org.nz).

supper will follow

See you there!





2020 TERM DATES

TERM 3: Mon 20 July - Fri 25 September

TERM 4: Mon 12 October - Wednesday 16 Dec

NGATIMOTI FESTIVAL DAY SUNDAY 25 OCTOBER ©







There were some great runners in our whole school cross country run recently! Well done everyone who took part with enthusiasm and smiles. Thanks to Ed Stevens for the use of his paddock once again this year. Thanks also to Marian for the fantastic photography.

This month our students are taking part in technology challenges and we are pleased that some team sports have resumed. We have had the Life Education Truck here teaching our students about kindness, empathy and digital citizenship, and look forward to some te reo lessons with River very soon.



We continue to make plans for this year's annual Ngatimoti Festival to be held on Sunday 25 October (Covid Level dependent). Festival is organised by parents, in close partnership with the school and everybody is involved! Many members of this wonderful community also help out each year and we love that - get in touch

if you would be interested in volunteering your services on the day or if you have any services, art or crafts you would consider donating to our auction. A craft stall application form is attached to this newsletter. There are very limited spaces for food stalls and these are by invite only.



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help with our emotional balance, refresh our mind and work positively on a physical level. When the head is down and the feet are up the venous blood flows back via gravity and the heart can relax a little. The shoulder stand brings fresh blood to the head and throat to stimulate the thyroid.'

"Teaching always leaves me very happy, I teach from the heart and I love to make a positive difference in people's lives. It makes me so happy when a 75 year old walks out of the class saying 'I feel a few centimetres taller now'. If you do this yoga regularly it will give you strength and flexibility and as a result of this aches and pains will diminish. It works on a cellular level so every cell of your body feels alive. While some of the poses can be challenging, you start at a level where it feels comfortable and let the breath take it to a deeper level. I encourage my students to use perception and ask them to feel the muscles they are using and be aware of new sensations in their bodies. We always finish with a relaxation and sometimes we do breathing exercises."

Mechthild practises herself for one to two hours a day Monday to Friday. She has the weekends off to enjoy time with Peter and their four grandchildren in Nelson. Spending time in the garden is also very important to Mechthild. "My other passion is gardening, growing and preparing healthy food, and putting my hands into the soil, she says. My aim is to keep living on and with this land. My yoga practice will help me to stay fit and healthy, be mobile in all my joints, so I can enjoy this lifestyle in my years to come."

Yoga with Mechthild classes are held on Tuesdays 9.15-10.45am, Thursdays, 5-6.30pm both at Ngatimoti Community Rooms and Fridays 4.30-6pm St Andrews Church Hall, Motueka.

Please ring Mechthild on 03 526 8554 to discuss the best class for you.

-Fiona Nelson, reporter



Labour Weekend Sunday 25 October 2020

10am to 4pm - Rain or Shine

Invitation to Craft Stall Holders

Try our online form: https://forms.gle/BWho1CZEkUqMXNY88. Please pay and return the info below online or 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 negetable 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

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MVA Midwinter Community Potluck

Friday 31 July photos by Seiji Kubo



ELECTION 2020 - October 17th

Why should people in the Motueka Valley vote for you?

This question was put to the seven nominated West Coast Tasman candidates before the election had been delayed.

Responses are listed alphabetically by surname.



Cory Aitken - Independent

I'm a 30 year old Reefton museum curator, running as an Independent. The need for adequate Mental Health support has never been higher, especially in rural areas. I would like to see a mental health practitioner available for free consultations at every clinic in NZ, similar to what's been successfully trialled at Motueka. To maintain warm homes I propose to greatly increase the Insulation Subsidy. I also propose new public works projects to create more jobs, including widening the Motueka Bridge. We have rough times ahead, and we must do what we can to help those struggling.



Karl Barkley - New Conservative Party

I'm 63 years old with three adult children and three grandchildren. I'm a tradesman engineer who has also been involved with farming most of my life. I feel I have many good skills, which will be useful as Your Elected Representative. I will give you a STRONG VOICE in our parliament. One of my major concerns for the people of Tasman Region is the building of Waimea Dam, which appears to have many major design faults! I feel the Project needs to be stopped NOW ASAP! I personally feel the whole region would be far better off looking at drawing fresh water from Nelson Lakes! Supplying fresh drinkable water and irrigation/hydropower too.



Jack Collin - Social Credit Party

I became involved with Social Credit in 1968 and have been a party member from that time. Social Credit has promoted a financial system using our own Reserve Bank to be the source of the credit to replace the borrowing that Governments have done for many years. Before the arrival of Covid-19 the country owed 80 billion dollars overseas, having to pay approx. 5 billion dollars a year in interest from taxpayers' money collected, leaving a shortage of funds which should be spent on health services, solving the housing crisis, reducing the numbers living in poverty, or a multitude of other possibilities.



Jackie Farrelly - New Zealand First

I am the New Zealand First candidate for our electorate. NZ First backs the future of our regions, as the regions are the backbone of New Zealand. Continuing the PGF, for one thing, would see more investment, such as the Motueka flood wall upgrade, in badly needed infrastructure, assistance with development and therefore employment. I am passionate about the sustainable future of our region and will be (already am) a loud voice in a party that has a proven record of listening to and supporting the people. A Party Vote New Zealand First will Back Your Future.



Damien O'Connor - Labour Party

The Motueka Valley and Tasman are spectacular areas mixing wild national park and natural values with intensive horticulture, viticulture and land use. Finding the right balance is really important to support the community to have a viable, worthwhile lifestyle, affordable homes and decent incomes. I am a staunch advocate of our region, of our needs and of our potential. I hope you will support me so I can support us to a better future.



Maureen Pugh MP - National Party

I entered Parliament committed to helping West Coast-Tasman, and all other smaller communities, realise their full potential. I understand the challenges that isolated communities face and will ensure they are never forgotten by the decision-makers in Wellington. Rural New Zealand is the powerhouse of this country so responsibly managing our environment, while at the same time having policies that grow our economy and create jobs, are important to me. I'll always tackle issues head on, and have a solid background of delivery. You are assured of a strong advocate when choosing me for your electorate representative in the 2020 election.



Steve Richards - Green Party

I'm standing for an Aotearoa where equality and justice are commonplace; Where we all have access to warm safe homes and where our children are well fed and healthy; Where we can play in rivers that are drinkable and hear bird song in the bush. I know the skills and determination required to run a successful small business. I understand the urgency to act to decarbonise our economy to lessen the effects of climate change. Food security and clean energy are vital. What we do now creates our future. I want to look ahead but act now. Party vote Green.



MVA Committee update

From the July MVA meeting:

- **September AGM.** Planning for the AGM on Wednesday 9th September, 7.30pm (see advert).
- Newsletter Printing and Delivery. Discussion about changes to newsletter printing and delivery, which is now being printed for free in Nelson by Fuji Xerox under a contract with the Ngatimoti School, with the Committee providing the paper.
- Plantings (Hall Committee). The Committee agreed to make a financial contribution towards plantings around the new fence at the Ngatimoti Memorial Hall.
- TDC Funding Application. The Committee will submit a funding application to the TDC Community Consultation Fund, which helps cover costs of the monthly newsletter

From the editor

A couple of months ago I decided to quit my role as editor. This is the 35th and last newsletter I've edited. Over the last three years I've enjoyed the variety of aspects that came with this role; creativity, juggling with content, communicating with people contributing content as well as advertisers; liaising with the MVA Committee; organising printing with Amanda and delivery with the posties. I've also very much appreciated the cooperation with the reporters, first Chris Tait and then Fiona Nelson, and their valuable input.

The new editor is Seiji Kubo. Next month's newsletter will be his first. I wish him all the best.

People of the valley, it's been a pleasure to contribute to this community through the newsletter and I like to keep contributing in different ways. I love living here amongst you all!

-Jan-Albert Droppers

Motueka Valley Defibrillator Group

Motueka Valley Defibrillator Group will hold their AGM on Monday 28 September 2020 at 7.30pm. It will be held in the Community Room at the Ngatimoti Fire Station. Public welcome!

-Gloria Anderson, chairperson

Walk The Talk - new date

Last month' Walk The Talk - Local Matters event was postponed. The new date is Wednesday 16th September; 7.30pm at the Mapua Community Hall.

-Fiona Nelson



Join the MVA Committee

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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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.



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ST. JAMES CHURCH **NGATIMOTI**

Family Service Sunday 20th September - 10.30am conducted by Rev. David Moynan Children's Sunday School Morning tea and social time to follow 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:

526 8112 Greg Mason 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
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Suzy P. (Vendor, Motueka)

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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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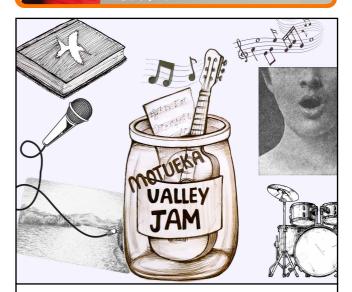
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Kath 526 8068



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



