

Motueka Valley Association Newsletter

The River, The Land, The People

December 2022

Growing Organic Businesses

Recently, a three day boot camp event was held at Mahakaruna Farm, Thorpe-Orinoco Road, for ethical, ecologically-friendly, and organic businesses. It was the sixth annual boot camp run by the Hirshberg Entrepreneurship Institute (HEI), and it was the first time it was held here at Gary Hirshberg's Organic Entrepreneurship Education Centre, Ngatimoti.

An American, Gary is in New Zealand on an Edmund Hillary Fellowship and seeking permanent residency. Co-founder of Stonyfield Organic, the world's leading organic yoghurt producer, Gary conceived the idea of the boot camps in 1998 from his experiences at Stonyfield farm in New Hampshire, USA which began in 1983 with seven cows, and grew to be a multi-million dollar operation.

With his wife Meg, he bought the Orinoco farm six years ago to establish a centre for organic learning. But Gary didn't want it to be just an organic teaching farm: "I wanted to teach the business side, how to not run out of cash, how to raise cash, how to have some balance in your life and how to not make the mistakes I did, which is what I've been doing with this institute for 26 years."

At the camp there were forty entrepreneurs who'd come from around Aotearoa and from Australia. Sixty people joined online, with expert panellists leading the sessions from USA, Australia, Portugal, Spain, and Canada.

Ngatimoti resident, Marios Gavelas, with his business Koru Adventures, was one of the presenters on the second day of the boot camp. Koru Adventures are privately guided, tailor-made soft adventure tourism experiences. The business supports other owner-operated businesses and has a give-back [to conservation] model.



Hirshberg Entrepreneurship
Institute Boot Camp

It was started two years ago but has been in hibernation because of covid. It's next trip will be in March 2023: "Even though it's left-field, there is lots of advice from the panellists here that can translate to other industries such as tourism, and to any business owner," says Marios, "It is a valuable opening to incredible depth and expertise." Some of the other businesses participating were Chia Sisters, Little Beauties, Fix & Fogg, Sheeps-Milk New Zealand, and OurEcoClean Inc. from Brisbane, Australia.



Mahakaruna Farm Team - L-R Tom Schafer, Gary Hirshberg, Myles Gwynne, Harnold, Melissa, Ella, and Menno Dunnick

The camps run twice a year, November in New Zealand and May in Colorado, which usually has about 400 people attending: "It was always my dream to get it out of the big city and have it here in this place," says Gary, "...This building is meant to be a resource for the community, it's occupancy is for 60 people, and more with the outdoors. We will have our own workshops here but we want to make it available to people who have meetings and that kind of thing. I think gathering places are really important."

Harnold and Melissa Dunnick are the Centre's managers and live onsite with their children. They oversee the organising and running of the workshops at the centre, and can be contacted for bookings and more information 021 205 4020.

www.hirshberginstitute.com

Fiona Nelson - Reporter

NGATIMOTI SCHOOL NEWS

Students will celebrate their year at school with a final assembly on Wednesday 14 December. The last official school day of 2022 is Thursday 15 December.



TERM DATES 2023

TERM 1: Wed 1 Feb - Thurs 6 April

TERM 2: Wed 26 April - Fri 30 June

TERM 3: Mon 17 July - Fri 22 Sept

TERM 4: Mon 9 October - Wed 20 Dec

Ngatimoti Festival 2022

Our 20th Ngatimoti Festival was AMAZING!! Thank you to all who contributed for your support, participation and happy enthusiasm!

In particular, thanks to:

- Our wonderful community; landowners, past and present students, staff and the hard working and dedicated parents.
- Local businesses who contributed with services or donations.
- All the fantastic entertainers.
- Neighbours and extended families. Your commitment, goodwill and generosity are hugely appreciated. Thank you for your support. See you next Labour Weekend Sunday 22 October 2023



Lacie King and her prizewinning Paddington Bear Scarecrow

Ngatimoti School Pool Keys For Sale

The school swimming pool is OPEN! Pool keys are for sale from the school office at a cost of **\$70** (\$40 if you have a child currently enrolled at Ngatimoti School), with **\$10 refunded on return of your key - BE QUICK** as school closes at lunchtime on **Thursday 15 December this year**. You may pay by cash or cheque at the office (open 8.30am - 3pm daily) or you may also pay directly online to account 03 1354 0359568 00 (please reference swim pool key). There is an agreement to sign before you purchase a key so please request one from the office. The pool is open to the public between the hours of 12 noon - 6pm during the school holidays and after school, except when swimming lessons are in progress - times and dates for these will be displayed at the poolside (not yet confirmed). Thanks to TDC for their annual subsidy for the running of the pool. Thanks also to Festival funds for enabling us to keep our pool open to the public once again.

Plans for 2023 We say farewell to 8 Year 8 students who move on to High School at the end of the year - good luck to our wonderful RIVER students! New enrolments in all classes are most welcome - contact Ali Turner, Principal for more information about our school or visit our website at www.ngatimoti.school.nz

We wish Mr Hepburn good luck as he takes study leave for 2023. To teach the Year 7 & 8 students we welcome Suzanne Tawharu to our teaching team.

Ngatimoti School welcomes all students back to school on Wednesday 1 February 2023.

For more information about Ngatimoti School please contact Ali Turner, Principal Tel: 03 526 8842.
office@ngatimoti.school.nz www.ngatimoti.school.nz

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



Food With Thought For The Future *Made with love, by hand and in small batches.*

BearLion Foods Chef and Owner, Alesha Bilbrough-Collins, considers herself a true kiwi. She has been working in the industry for over 20 years, with stints at 'Ottolenghi' and 'Maze' restaurants in the UK. When she and her husband John returned to New Zealand in 2013, they created BearLion Foods: "to showcase quality local, organic and seasonal produce and ingredients," Alesha says.



A small owner-operator business with 'a huge environmental conscience', Alesha began selling her BearLion foods from a 'quaint market stall' in Christchurch. This 'morphed' into a restaurant, and BearLion became respected and acknowledged for sustainability, innovation, and for being one of New Zealand's best organic eateries.

Alesha describes herself as: "A cockless chef, an environmental fairy, a mover-shaker, a motivator and a real food advocator/revolutionist." Her health journey was 'side-swiped' when she was brought to her knees after years of torment from being poisoned by agricultural chemicals. As a result of her own personal journey she is fighting for a chemical-free planet, growing the beliefs, mantra and education of BearLion: **"It is a fight that has strengthened BearLion's resolve for a more sustainable and respectful way of living"**

Alesha and John moved to Upper Moutere two years ago to be closer to family and have a simpler lifestyle. From their property in Supplejack Valley, BearLion can cater for events of all sizes, providing platters of delicious foods, a changing weekly menu for breakfast, lunch and dinner, and a farm shop where you can order and pick up some BearLion goodness:

"The idea is for you to bring your own container to be filled with your order. Avoiding the use of single-use containers and packaging so you know you're doing a little bit more for this planet of ours" Alesha says.

Focusing on sustainable food choices including good fats, natural sweetness and minimal processing, Alesha is passionate about supporting New Zealand's farmers, growers and artisans whose ideals represent and reflect a resilient, living ecosystem and community. Their weekly menu consists of two different salads, a main item and a range of other preserves, pickles and chutneys.

Main delights such as Pumpkin and Seed falafel with chilli jam aioli, or Mushroom and Walnut lasagne; lunch delights such as a Sauerkraut fritter, hummus and pickled onion sourdough roll, or a Beef goulash and cheddar filo pie; and weekly salads such as Greens, kimchi, and crispy garlic and a Quinoa, dried apple, feta, walnuts, sesame and oregano. Example menus are on their website and you can sign up to their newsletter for the weekly changing menu. Meals can be ordered on Saturday mornings and picked up on Thursdays.



BearLion also offers the unique service to the Tasman region of coming to your kitchen and preparing meals for your week so you don't have to: "Whatever your food need," says Alesha, "BearLion is confident we can provide, offering catering, cooking classes, private chef hire, products, hampers, art and more." In March 2023, Alesha is releasing the BearLion cookbook 'Food for Thought' - a book of educational and tasty experiences. Orders for food can be made on the website and available by appointment from their farm shop 338 Supplejack Valley Road, Upper Moutere, or ring 03 543 2055. www.bearlionfoods.co.nz

Fiona Nelson - Reporter

PANUI_COMMUNITY UPDATES

Send us your pics:

The MVA needs images of this beautiful area for our upgraded website. Please help us present the valley in all its majesty by sending us your pictures to newsletter@mva.org.nz

Museum exhibition

The Motueka Museum is interested in hearing from local residents on your stories of the river (past and present) for an upcoming exhibition. For example; things that have happened (flash floods, fishing, boating, general adventures) or just a good yarn you were told.

Submissions plus any pictures can be sent to Jen at savepast@snap.net.nz

Advertising

As you will know from reading the November issue, the newsletter is struggling to remain in its printed form, thus as of February 2023 advertising rates will raise to \$3 per column height, as we trust that the community will continue to support us in this way.

Holidays

The volunteers who make the MVA tick are due for a break, so remember there is no newsletter in January, expect to see the next issue in February. Wishing you all a relaxing and joyful holiday

**Submit your community news by the
15th of each month
or**

**Do you have local news or a valid
community issue to raise?**



Let us know!
newsletter@mva.org.nz

The MVA meets Second Thursday of month
The next meeting is
Thursday **8 December** at 7.30pm

Sign up to receive this newsletter via email!
www.mva.org.nz



Connect:
Motueka Valley Community
Motueka Valley Residents

Motueka Valley Association

Meetings every 2nd Thursday of the month at 7.30pm in the Ngatimoti Community Rooms.

Everyone always welcome!

For community concerns email the MVA at info@mva.org.nz or contact any of the following **committee members**:

Fiona Nelson	020 4160 1968
Joel Briffault	021 0284 7245
Faye Knight	022 320 0449
Daniel Bulman	
Trevor Knowles	

about your newsletter

Submit your stories, photos, feedback, print-ready advertisements by the 15th of the month. Contact the editor Kamal Willis on newsletter@mva.org.nz

- Delivered to 500 homes in the Motueka Valley from Feb to Dec
- Advertising rate: \$3.00 per column cm as of Feb 2023
- Online newsletter + archives: www.mva.org.nz

www.mva.org.nz

local halls/facilities

Ngatimoti Memorial Hall • Bex Douglas
021 173 1279 • ngatimoti.hall@gmail.com

Ngatimoti Community Rooms • Sarah Brashaw
526 8026

Pokororo Hall • Sylvia Arnold • 526 8282

Woodstock Hall • Kerry Hall • 543 3884

Location of AEDs in Motueka Valley

- **Woodstock Automotive (Kerry Hall)**
1982 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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Have Your Say on the Tasman Environmental Plan

Not just the Motueka Valley, but the Tasman region as a whole is a special place to live.

TDC need to hear your thoughts on our diverse and delicate environments; beautiful mountains, streams and coastal areas; vibrant towns and growing communities; productive rural areas; and innovative business and industrial zones.

The next round of community engagement has begun as TDC prepares to draft the Tasman Environment Plan (TEP).

Up until **12 December 2022** there are many ways you can discuss the TEP and provide your input. Share your feedback in a way that best suits you. This could be through one of our local community events, webinars, over the phone, online, email, by post or by dropping in for a chat.

To get more information on these events including webinar links, and to find discussion documents on key aspects of the plan as well as feedback forms, please visit the website: shape.tasman.govt.nz/environmentplan



Time to Sort Your Winter Firewood

It's time to think about buying your firewood for next winter so why not take up the 'Good Wood' discount promotion.

TDC has joined Nelson City Council to provide a \$25 discount off the price of firewood per household. The promotion runs until Friday **23 December 2022**, or until fully distributed, whichever comes first.

The smallest load of wood size is 3 cubic metres to qualify for a discount. Their chosen Good Wood suppliers are committed to supplying dry, seasoned firewood, suitable for immediate use, so that's wood that has a moisture content of less than 25% dry weight. This wood can be stored away immediately.

Or you can go green. Green, unseasoned firewood is delivered sufficiently far in advance of winter so that when properly stored by the user, it will be seasoned for use the following winter. You will need to allow this wood to dry before storing it away. When discussing your firewood requirements with your Good Wood supplier, make it clear whether you are happy to receive green wood to dry over summer, or if you are planning to store it away immediately that you need dry wood.

Head to tasman.govt.nz/good-wood for full details about how you can save \$25 with the Good Wood promotion. And remember, just like your car, your wood burner needs regular servicing too.

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Food For Thought

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