

Motueka Valley Association Newsletter

The River, The Land, The People

October 2022

An Essential Oil Journey



Essential Oils have been used for eons across different cultures. They are the volatile aromatic compounds which are there to protect the plant and to attract pollinators. When these essential oils are extracted they can have a therapeutic use for humans and animals working on physical, mental and

emotional levels. They can be added directly into a diffuser, diluted and used on the skin, in a spray, and some can be used as food flavouring. Currently, around 3,000 different volatile aromatic compounds have been identified.

Andrea Blackburn, 'Living Well', Ngatimoti, has been studying and working with essential oils for the past few years: "I used to use them in my younger days, I'd put them in an oil burner until I learnt better- heating them changes the chemical composition," she says, "...But I never got into them in a big way."

Then her own health issues made her look further into the benefits of essential oils: "I ended up on quite a lot of medications all at once, and my body started to react...I realised things needed to change so I talked with my GP at the time about weaning off the medications safely..."

With her husband Ian and their two Jack Russells, Andrea moved here from Wellington four years ago. She met an aromatherapist who helped her with some essential oils to support her, some changes around nutrition and proper supplements to use: "...and between my aromatherapist, research and working with my GP I managed to get off all my prescription medications within 6 months."

Having seen what a big difference using good quality essential oils could make, Andrea started using them more and more with friends, family, and with their dogs. She de-toxed the household making her own cleaning products like glass cleaners, toilet cleaners and a general surface spray.

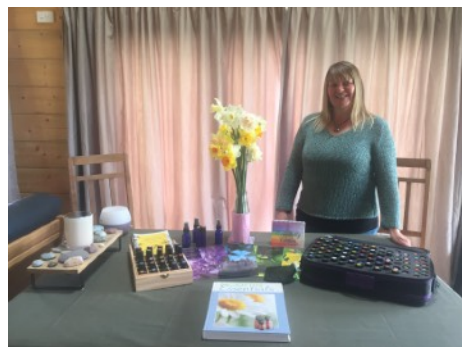
Wanting to learn more about the use and benefits of essential oils, pre-covid Andrea attended a number of workshops, events and conventions. During lockdown she took an essential oil certificate course on-line. One of her 'bibles' is Modern Essentials.

A key thing to remember when buying essential oils is the importance of the quality. As Andrea says: "...many of the essential oils you can buy from around the world are either contaminated by heavy metals and pesticides or adulterated in the process of the making of the oils, or both. So it is really important to do your own homework and research on the oils you are buying."

Andrea uses a range of oils regularly: "Lavender, peppermint, frankincense...I have lemon every day, I flavour my water with it, and around the house I use a protective blend which includes orange, clove and cinnamon."

Andrea will have a stall at Ngatimoti Festival October 23rd and at the 'Healing Expo' in Motueka 19th November. She will be running regular themed sessions at the Ngatimoti Community Room such as detoxing your home, and supporting aches and pains: "I'm really passionate about helping people and sharing what I have learnt.

I've done a couple of workshops so far, and the idea is not just to share my knowledge but also for others to share their stories and knowledge."



Also a Reiki Healer, Andrea plans to have a space for healings at her home. Andrea is happy for people to contact her directly on 021 104 2609 or livingwellhealingnz@gmail.com. Her next workshop will be on October 15th (TBC) at Ngatimoti Community Room.

Fiona Nelson Reporter



Improving Your Vinyl Experience with *The Wand*

There has been a 'Vinyl revival' and many music enthusiasts prefer playing records on turntables to get a better and more real listening experience. Whether it's old LPs we've kept, second-hand LPs scored from an op shop or new releases, to improve that listening experience Simon Brown has designed The Wand Tonearm, The Wand Turntable and The Wand EQ Phono Stage amplifier.

Living in a tiny house, with a portacabin office he shares with his wife Jean, Simon has been able to continue his award-winning design work with his business DesignBuildListen.com. Jean and Simon moved to the valley before Christmas last year and are in the process of designing and drafting plans for their house.

As a mechanical engineer, Simon worked for Fisher & Paykel as part of their design team for over 25 years, mostly designing cooktops, as well as a brief time in the UK designing electric lawn mowers. He has always been interested in product design: "Because we were living in Dunedin and wanting to move to a lifestyle block I was looking for something else to do and I could see 10 years ago that vinyl was on the increase. People were starting to make turntables but nobody was making arms..."

The Wand Tonearm was launched in 2011 and has won multiple design awards and five star reviews both in New Zealand and internationally, including a silver and a bronze New Zealand Industrial Design Award. Considered a 'step change in tonearm design', The Wand Tonearm is made of carbon fibre which Simon gets in two metre lengths. He then cuts and drills it himself. They are available in three lengths - 9.5", 10.3" and 12" and three specification levels - The Wand Plus, The Wand Master and S (Master Lite) series. The Master series is also available as a 14" model to special order.

Simon then turned to designing turntables and The Wand Turntable Model 14-4 was launched in 2019. It has a 14" diameter multilayer platter and a computer-machined antivibration chassis. The casing is plywood which Simon handsaws and coats with manuka beeswax. A recent review from HiFiTest in Germany concluded: **'If you are looking for a turntable with a difference that will bring some sunshine and fun to the system - this is it...'**

The Wand EQ Phono Stage was launched in 2020. It was designed by friend Gary Morrison, a renowned amplifier maker who died last year. Continuing Gary's legacy, the EQ's electronics are made in New Zealand, and the amplifier can be fitted inside The Wand 14-4 turntable or purchased separately.

As much as possible, Simon has the parts made locally to his specifications so the products are 90% New Zealand content: *"One of the good things about New Zealand is that we can get stuff made in low volume. Since moving here, I have parts machined out the back of Brightwater. I started making arms using carbon fibre because, again, New Zealand has a good carbon fibre industry."*

There are a dozen or more distributors of The Wand products around the world but mostly orders come from UK, Germany, USA and Australia. *"They are sold in the audio enthusiast market, similar to those enthusiasts who would be happy to pay \$6000 plus for a mountain bike,"* Simon says. For connoisseurs of music, The Wand tonearms, turntables and amplifiers aim to improve *'the experience of that special musical magic that vinyl is able to reproduce'*.

Simon is still growing the business and plans to do an occasional local market as the weather improves and tourists return.

For more information, prices and orders see www.thewandtonearm.com, or Simon can be contacted on 021 502037, simon@designbuildlisten.com



PANUI_COMMUNITY UPDATES

Motueka Valley Association AGM -Change of date-

To be held directly after October's meeting.
Nominations for all committee positions:
Secretary, Treasurer, and General Members
are open and can be sent to info@mva.org.nz
Tuesday 11 October, 7.30pm
Ngatimoti Community Room

**MVA meetings will now
be held on Tuesday nights**

The Motueka Valley Association (MVA) is a non-profit organisation representing the needs and interests of the Motueka Valley residents; encouraging community engagement and acting for positive change. Our mission is to promote a better community through group action, so that the quality of life in our local area shall be in keeping with the social, environmental, and cultural needs and interests of our residents.

The Motueka Valley Association's activities fall into several categories:

Meetings
Communication
Events
Ongoing efforts

He waka eke noa - We're all in this together

Open Mic Night

Is postponed until further notice

Ngatimoti School Festival

Over Labour Weekend; Sunday 23 October
10am-4pm at Ngatimoti School

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

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



Let us know!
newsletter@mva.org.nz

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



Connect:
Motueka Valley Community
Motueka Valley Residents

ST. JAMES CHURCH NGATIMOTI

Family/Church Anniversary Service

Please join us to mark St James 138 years

Sunday 16th October - 10:30 a.m.

Conducted by Rev. Russell Pickersgill-Brown

Children's Sunday School

Morning tea and social time
to follow.

All Are Welcome

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NGATIMOTI SCHOOL NEWS - October 2022

Terms and Holiday Dates 2022

Term Three: 25 July - 30 September

Term Four: 17 October - 15 December

Ngatimoti Festival Sunday 23 October 10am - 4pm

Labour Day holiday Monday 24 October

2023 start date 1 February



Thank you for your continued community support for our fundraising festival. We are looking forward to another great celebration of our special community and hope this day is happy and profitable for many local businesses and organisations. Special thanks to all of you who help to make this a great day, and to those who happily tolerate it 😊

We would love to see as many scarecrows as possible lining the route to Festival to guide visitors from out of the area. Please add a sign to your creation: 23 October, 10am - 4pm, Rain or Shine, No Dogs, \$2 Koha entry. Please make your sign and scarecrow safe and family friendly, and not too much of a distraction to passing traffic or a danger to road users! 😊

Also if you are willing and able to give us a couple of hours of your time on the day, or donate something for us to sell at our silent auction or second hand treasure trove, please get in touch!

New enrolments are welcome. For more information about Ngatimoti School please contact Alison Turner, Principal Tel: 03 526 8842. office@ngatimoti.school.nz
www.ngatimoti.school.nz



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We are a friendly group of parents running play sessions for children aged 0 - 6.

We operate every Friday morning during term time between 9.15 and 12.15 at Rathgar House (Ngatimoti School Hall, Greenhill Road)

Sessions are free and tea and coffee is provided.

All are welcome so come along and join the fun!

For any enquiries contact Sophie 021 0220 6977



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Community Room Ngatimoti

Friday 4.30-6.00pm
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03 526 8554



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MUSIC THROUGH MOVEMENT

Group music classes for 5-6 year olds

Movement-centred music classes engaging the body, voice, ear,
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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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Motueka Valley Association

Meetings every 2nd Tuesday of the month at 8pm (7.30pm in winter) 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**:

Peter Laufkotter	526 8554
Fiona Nelson	020 4160 1968
Joel Briffault	021 0284 7245
Faye Knight	022 320 0449

about your newsletter
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