

Motueka Valley Association Newsletter

The River, The Land, The People

September 2022



Spirit of Marimba at Ngatimoti

Thanks to Motueka Arts Council's Winter Workshops programme, a group of eight are learning to make music with Marimbas. For four weeks, Sunday afternoons at Ngatimoti Memorial Hall Bridgit Knowles is tutoring the group in the art of Marimba playing.

Bridgit, who lives in Pangatotora, has been playing Marimbas for twenty three years. She is a former member of Chimuka, an eight-piece Marimba band directed and taught by Russell Matthews. Bridgit acknowledges Russell who, with his band Mweya, first brought the Marimba to Golden Bay and the area.

The Marimba is a percussion instrument made up of a set of wooden bars which are struck with mallets to produce musical tones. Underneath the bars, pipes or resonators are suspended to amplify their sound. Originating from the Shona people of Zimbabwe, Marimba is an ancient word meaning 'many tongues'. It is considered the main expression in the west of the thumb piano or 'Mbira', the Shona's primary instrument.

At the second Sunday lesson, one of the group participants, Amara Jane from Mapua, says that after the first session she loved it: "I found it therapeutic too, particularly the depth and vibration of the bass notes. It is a grounding and healing experience."

Beth Bryant, from Motueka, another participant, reiterates these feelings: "...And it's good for memory and coordination, a physical workout and great fun."

Bridgit was really pleased that the workshop members had ended up with a song after their first session. Following their lesson, some of the group stayed on to listen to an open performance practice by the local band Zambuko.

Meaning 'bridge' in the Shona language, Zambuko formed six years ago after the first 'Marimba for Beginners' course was run by Motueka Arts Council and tutored by Bridgit: "We chose 'Zambuko' as our name to acknowledge the bridges over the Motueka River linking the East bank with West bank (our band members come from both sides) but also bridging the Shona world to our valley and region through music, and linking the previous marimba bands to our current band."

Zambuko has members from the Motueka Valley and also further afield - Mapua, Moutere. They practice most Sundays. Bridgit says: "Our practices have us stopping and starting a lot of songs while we learn them and get them up to performance standard...lots of stopping and starting and repeating a phrase over and over..."

Celia Bulman, another of the founding members of Zambuko, says she gets a high from playing the marimba: "...It's so accessible as an instrument. I love it, it's great fun. It makes me happy being in a group with other people. It's also incredibly good for the brain."

As a group, Zambuko recognise how the experience of playing the marimba is 'undeniably joyful and simultaneously soulful' and has enriched their lives. While understanding that the music is the heart and soul of the Shona people, Zambuko says that the songs they play are for dancing, meditating or both; for connecting to one's ancestral heritage and for uplifting and nourishing the spirit.

The band has played at different venues over the years - Ngatimoti Festival, Kai festival, Evolve and at Luminate last year. Their next performance will be at Steiner Spring Fair Sunday 25th September.

Fiona Nelson - Reporter

Growing Food

With a thermos of Nettle, Lemon Balm and Sage, it's time to talk Spring and growing food with Fran. Fran Deech, who lives in Greenhill Road, Ngatimoti, is passionate about sharing her knowledge of growing food as well as growing medicinal plants. About two years ago, Fran and I spoke about her wanting to share her wide knowledge of medicinal plants. Since then, Fran has connected with several people and has a core group of gardeners who gather regularly to learn from Fran and share their experiences. As plants are coming out of dormancy with the energy of Spring, Fran is wanting to let people know that she's still keen to continue sharing her knowledge and her experiences of growing food and medicinal plants in this climate:

"There's a deeper purpose for me than just growing plants and food for myself, especially the way the world is at the moment, and I want to share what I know."

Learning about medicinal plants started for Fran with a 'Wild Women and Weeds' course run by Phillipa Rutherford at the Chandrakirti Meditation Centre. Phillipa was her inspiration and Fran started growing medicinal plants in her small urban garden in Nelson. Wanting to know more, Fran studied at Canterbury College of Natural Medicine in Christchurch. There she learnt more specifically about preparing the plants and making tinctures and ointments from them which she continues to do.

Fran has lived at the Ngatimoti property for four years. She lost her home and garden in Shaggery Road on the West Bank from the devastating damage caused by Cyclone Gita in 2018: "I'm still in awe of how I got to be here," she says, "It's a sanctuary, quite wonderful, and I feel very fortunate to have good neighbours and be able to connect with them on a heart level."

Fran will be 77 this year, and considers ageing an interesting process, very humbling and important to stay present: "I don't want to be considered an expert, I'm on a huge learning curve too, and as before, I'm wanting to connect with people who want to learn."

"Preparing the garden, making compost, and knowing when to sow your seeds. It's all a question of timing...perpetual spinach needs to be sewn after Summer solstice, I sowed my parsley seeds the last week of August, and having a greenhouse makes a difference."

"It's so important for me to share what I know, basic knowledge about growing vegetables. I'm getting food for myself and I want to give seedlings away and share with others," she says.

Anyone interested can ring Fran on 021 0226 0191 or email fran.deech@gmail.com
Happy Spring Planting

Fiona Nelson - Reporter



COMMUNITY UPDATES

Meet the Candidates

The five Local Election Candidates for Moutere-Waimea Ward have been invited to introduce themselves then meet with community members and answer your questions. Part of the MVA monthly meeting on **Wednesday 14 September**, 7.30pm, Ngatimoti Community Room

Motueka Valley Association AGM

To be held as part of October's general meeting. Nominations for all committee positions are open and can be sent to info@mva.org.nz

Wednesday 12 October, 7.30pm, Ngatimoti Community Room

Pokororo Woman's Club AGM

To be held **7th September** at 11am at the Pokororo Hall. Lunch is provided
Enquiry phone 021 335 200

Cycle Trail

It's been delay delay with the cycle trail lately. A little bit of progress coming to keep us all interested though.

The contract has been let to upgrade the Pokororo swingbridge. The sides will be raised to 1.2m from the current 0.9m to make it safer for cyclists. The engineers suggested doing anything further (higher sides, wider deck) may compromise the structural integrity of the Bridge to the extent a new bridge would likely be necessary \$\$.

The trail building team will be back on the trail next week, cleaning up the flood damage (thankfully not much) and tidying up the trail sections that have been started.

We did manage to put the trail and rail up opposite the former Dunbar Estate so a victory there!

We are still waiting for the bridges to be consented and for Iwi approval for continued river work (our fault – we had been breaching our consent!).

Hoping for a summer opening but unable to give firm dates at this stage. - Thanks for your patience.

Catchment Facilitator Role

The Motueka Catchment Collective submitted an application for three years funding from the Ministry of Primary Industries for the MCC in early August and await the outcome as to whether it is successful. If it is, then the Collective is looking to recruit a Catchment Facilitator in the Spring.

The job would be along the lines of a catchment coordinator role and could be done by one person or by two as part-time. The first year is a preparatory phase for the Collective with the second & third years being more of establishment & consolidation of initial actions, so will be dependant on the outcome of the first year.

The role/s would be to support sub-catchment groups & activities, facilitate thematic groups based on community priorities already identified, work with key Collective partners, establish a strong monitoring framework and meet planning & reporting requirements.

If you might be interested in this role with the Collective, please email motcatchment@gmail.com and also indicate whether part-time or fulltime and we will make sure that you receive further details when available. We will wait to hear if our application is successful before moving to advertise this opportunity more widely. If there are people in the local community with strong interests and the skill set to match, it is good to build on the resources

Open Mic Night

Is postponed until further notice

Submit your community news by the 15th of each month

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



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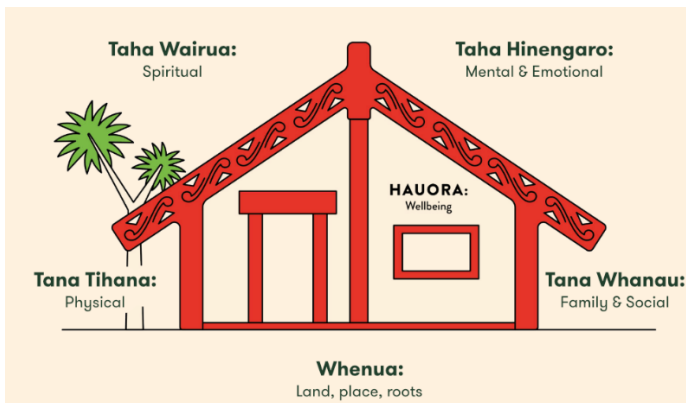
NGATIMOTI SCHOOL NEWS - September 2022

Terms and Holiday Dates 2022

Term Three: 25 July - 30 September

Term Four: 17 October - 15 December

Ngatimoti Festival Sunday 23 October 10am - 4pm



Houses, Homes and Habitats: As a part of our science and social studies learning this term we are finding out about different homes, construction and environmental impacts. We are linking this with our learning about taking **responsibility** for our health too. A Māori model of health is based on a strong house. Each pillar represents a part of our health that we should attend to. The foundations of a strong house are the whenua, or papatuanuku. For the 'health house' (Te Whare Mauri Ora) that we are aiming to develop at Ngatimoti School we lay a foundation of gratitude and appreciation. This is also reflected in our school learning map, where our ultimate aim is to be happy.

Ngatimoti Festival

Ngatimoti Parents Group are busy making plans for the 20th annual Ngatimoti Festival to be held on Sunday 23 October. Festival is organised by parents and we invite all members of our community to become involved! We would love to hear from you 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.

The Ngatimoti Festival is the major fundraiser for Ngatimoti School and our parents group always make a number of small community donations too. It is a major annual event for the community to work together and showcase our district. The festival started in 2000 and has followed a similar formula ever since. It is based on the premise that there is something for everyone to enjoy, and although it is a fund raiser, it is affordable for most. Thank you for your support.



We love seeing all your original scarecrows appear in early October to point the way to our festival for visitors! They are a fun and creative way to advertise our annual extravaganza. This one is from 2019.

Swimming Pool Key holders

There are still a few swimming pool keys out there in the community! Please return your pool key to the school office for your \$10 refund within school hours or contact the school to arrange.
Thank you!

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

FESTIVAL TREASURE TROVE Please send in donations for our Treasure Trove (second hand shop) Good quality second-hand items and clothes are accepted (no electrical appliances or safety gear, children car seats, helmets etc). We cannot accept any broken items. Clothes will need to be in good condition and washed please. If in doubt whether your items can be donated, or if you have several boxes/items, then please call Johan 027 7635871 to organise a drop off/pick up. Thank you all!



Ngatimoti School Board Elections

Parent Election Declaration of results

(no voting election required) At the close of nominations, as the number of valid nominations was equal to the number of vacancies required to be filled, I hereby declare the following duly elected:

Ciaran Bolger
Sophie Jackson
Andy McFarland
Rebecca Myjer

At the first meeting of the new board last month, **Donald Chops Prouting** was co-opted as an additional parent board member.

Staff Election Results Declaration

At the close of nominations, as there was only one valid nomination received, I hereby declare the following duly elected: **Rochelle Roberts**

We would like to express a huge thank you to Heather Reid who has stood down as staff representative on the board after many years of hard work. Thanks Heather!

Amanda Cole, Returning Officer



NGATIMOTI PLAYGROUP

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

Notice: Motueka Valley Association AGM Nominations for all committee positions are open and can be sent to info@mva.org.nz Wednesday 12 October, 7.30pm

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- **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 Wednesday 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

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

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Ngatimoti Community Rooms • Sarah Brashaw
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Pokororo Hall • Sylvia Arnold • 526 8282

Woodstock Hall • Kerry Hall • 543 3884

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