

SNOWFED

SINCE
1986

METHVEN'S COMMUNITY NEWSPAPER - Operated by Mount Hutt College

Thursday 20 June 2019 ISSUE 22

Outstanding Performance by MHC Chorus



Matthew Wood

Friday 7 June marked a huge milestone in the progress of music at Mount Hutt College with the school's choir making a fantastic return to New Zealand's premier choral festival, The Big Sing.

The MHC Chorus, made up of 19 students from year 9 to 13, performed superbly well under the direction of Kath Woodley presenting three songs.

They began their programme with Douglas E. Wagner's A Quiet Sanctus following it with The Voices of Children, a wonderful composition by arguably New Zealand's foremost composer of choral music, David Hamilton. Then demonstrating a high level of contrast they closed their set with the up-beat barbershop classic, One Fine Day by Goffin and King.

In addition to presenting their own music the festival was an excellent opportunity to watch and learn from the myriad of other superb choirs with students developing a range of musicianship skills and leaving them extremely excited at the prospect of returning even stronger next year. In the awards ceremony the MHC Chorus was recognized in receiving the award for Outstanding Performance by a New Choir capping off a superb evening. The gala concert closed with an incredibly emotion massed performance (27 choirs) of Heemi Tuamutu's Wairua o te puna under the direction of Auckland University's Robert Wiremu.

The main theme of this piece is love and was presented to Christchurch as a gift recognizing the strength, love and compassion the city has shown in the wake of the terror attacks and as a way of welcoming everyone back to the Douglas Lilburn Auditorium within the Christchurch Town Hall after a 9 year absence.



It's all about community...

Snowfed is proudly printed locally by Heartland Design & Print.

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DIARY WEEKLY

MONDAY

Housie at Methven House 1.30pm.
All members of the community welcome

Tai Chi - Mt Hutt Memorial Hall, 10.30am

TUESDAY

Methven Public Library 2pm-4pm

Methven Museum 2pm-4pm

WEDNESDAY

Busy Bees 9am-11am at Elim Church

Toy Library 9.30am-12pm at Roads Board Building, 59 Main St

FRIDAY

Methven Public Library 2pm-4pm

Methven Museum 2pm-4pm

SECOND AND FOURTH FRIDAY EACH MONTH:

Plunket Coffee and Chat 10am-12pm
Plunket Rooms, Main Street

SATURDAY

AA Meetings 6pm Methven Primary School

Toy Library 9.30am-12pm at Roads Board Building, 59 Main St

Methven Public Library 10-12pm

DAILY

Mt Hutt Memorial Hall Art Gallery New exhibition 24 May - 5 July by Maria Foley and Colin Higgins

JUNE

June onwards Matariki

15-22 June Elder Abuse Awareness Week, also National Volunteer Week

15 June Night Enduro

20 June World refugee Day

22 June Double Bill: DJ Trump and Merry Wives

27 June Africa Talk, Mt Hutt Elim Church

UPCOMING

4 July Taking the Piste Comedy Night

4-10 August Cook Islands Language Week

9 August International Day Of Indigenous People

9 August Mount Hutt in Concert

Snowfed contact details:

Ph. 302 8437 ext 3

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letterbox@snowfed.co.nz

Methven Community Website

www.methvenmthutt.co.nz

Disclaimer: The opinions, beliefs and viewpoints expressed by the various authors of Snowfed do not necessarily reflect the opinions, beliefs and viewpoints of Snowfed and Mount Hutt College.

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SNOWFED

SINCE 1986

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NEW ADVERTISING RATES

Snowfed will be introducing
a change to the advertising rates from
1st July 2019

For further information please see the website or email us at
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www.snowfed.co.nz - Advertising Rates

PODIATRY SERVICES

Adele Bradley

Will be coming to Methven Medical Centre

Friday 28 June

For all your Podiatry needs, nails, corns Callus
Orthotic Therapy, Nail Surgery, Verruca or
Biomechanical issues.

Ring Methven Medical Centre for an appt, sorry no Eftpos

Methven Aged Person Welfare Association Inc.

(Operator of Methven House)

Annual General Meeting

Monday 24 June 2019 at 1.30pm

St Johns Presbyterian Church

Guest Speaker: Pup Chamberlain, Health Promoter for
Community & Public Health, CDHB

Members will be posted an agenda; annual reports will be available at the AGM. All community members are also welcome to a copy; please contact Lynley Pluck at: officeadmin@methvenhouse.co.nz

Apologies for the AGM to the above email address or
phone 03 302 8528

Subs payable on the day from 1pm



PRINCIPAL'S COLUMN

Kaylib Gorrie: Deputy Principal - Mount Hutt College

Stop, Breathe and Think

We are excited to share with you that Mount Hutt College has chosen to collaborate with a wide range of local organisations to help develop Wellness and Mindfulness, both at school and outside of school.

Recently, teaching and support staff had a professional development opportunity to learn about the Mindfulness techniques offered via the School Based Mental Health (SBMH) team from Christchurch. Georgina Guild from the SBMH team, held a seminar with staff about a range of different wellness strategies, including the mindfulness technique of "Stop, Breathe and Think".

This mindfulness technique supports a sense of calm and focus in the classroom, and at home, stress reduction, and the development of positive attitudes. It has long been understood, that stress is a major cause of behavioural problems and is a barrier to learning. So at Mount Hutt College, we are happy to be working with the SBMH team to help students focus well in the classroom and create a more mindful and kind environment across our wider community.

"How does Mindfulness work? Your brain grows and changes based on how it is used. Every time you have a thought, neurons connect like little impulses across the map of your brain. When these neurons connect, your

brain grows thicker and stronger in certain places based on the thoughts you think. You can actually change the circuitry of the brain to help you become more peaceful, calm and focused simply by directing your thoughts and attention."

We are excited about the new implementation of Mindfulness and Wellness techniques, and look forward to using the "Stop, Breathe and Think" approach in the classroom.

We hope that more members of our Methven Community will join us to better support our young people in our community as they strive to excel in their areas of achievement.

So if you are keen to learn more about this developing area of holistic wellbeing, check out the available resources at:

stopbreathethink.com



STOP, BREATHE
& THINK

SNAPSHOTS OF TIMES PAST

with the Methven Historical Society

Methven Museum open 2-4 Tuesday & Friday



Unveiling of the Mt Hutt District War Memorial Arch on 11 February 1930

Parent and Staff Election results

Our Lady of the Snows



Board of Trustees Election Declaration of Parent and Staff Election Results

Parent representatives votes:

Name	Votes
Cowie Paul	21
Dickson Tammy	11
Fitzgerald Shaun	20
Gorman Eddie	17
McMillan Wade	9
Prince Michael	15
Quigley Connie	26
Total	119

Invalid Votes : NIL

I hereby declare the following duly

Quigley Connie
Cowie Paul
Fitzgerald Shaun
Gorman Eddie
Prince Michael

Staff representative votes:

I hereby declare **Georgia Annear** duly elected
– No Election required

Glenda Ryan
Returning Officer



Methven Primary School Board of Trustees' Election Declaration of Results

Parent Representative Election

Geoffrey Barr	27
Tony Canning	13
Paul Ensor	102
Cameron Glass	75
Steve Judd	82
Kim Turney	64
Invalid Votes	5

I hereby declare the following duly
elected: **Paul Ensor, Cameron Glass,**
Steve Judd.

Staff Representative Election

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

Michelle Bungard
Returning Officer



We had a wonderful Annual Golf Day in May. Over 80 players contributed, and with the lovely supper put on by the ladies it was a great day.

Many generous sponsors tipped in prizes of all sorts and the upshot was that we handed over a cheque for \$9500 to help build the kids' skatepark. Great day, great company, great social, great outcome. Thanks to all those who worked so hard for the good of the kids of this amazing little town of ours.

We recently completed a battery drive to relieve everyone of the dead car batteries we all seem to have lying around. The final tally was \$8200 that went into the Lions Charitable Trust account for local distribution. We'll do it again in about three years by which time all the new ones will have conked out - so don't throw them away when they do!

We sold the 4WD winch that was kindly donated by the Christchurch 4WD enthusiasts after their Treasure Hunt weekend. You will remember that we had a group of kids and

carers from the Linwood Mosque up for a "day on the farm" recently. In addition to all the hard work done on the day, we have received generous local financial support that pretty much covered our costs. Fair makes you proud to be a part of.

This time of the year is "changeover time" where a new President and committee are sworn in. Our thanks to outgoing President Bruce Holmes for his year at the helm and our welcome goes to incoming President Gary Rackham.

Finally, we just had a working bee to install a raised walkway onto a potentially boggy section of the Methven Walkway on Mt Harding Road. Mission accomplished thanks to Ronnie Smith's organisation and to those who turned up to put in 1700 big screws to hold the planks down. Thank heavens for battery-powered drills! And a batch of Mrs Mac's famous scones went down a treat at afternoon tea.....

Till next time.

Health is your Asset

Wow.... Word of the week in the last printing of Snowfed - "callipygian" meaning; having well shaped, beautiful buttocks; opens up a great topic of literally having to work your ass off to achieve that look and success. No one wants a pancake butt?!

Maybe we should say 'Work for the week.' Lack of exercise can make these muscles soft. They are extremely important in preventing all sorts of injuries, from lower back, hips to knees.

Sitting causes big problems for your glutes. If your glutes don't do their job correctly the rest of your body may suffer. When your glutes lose strength, other muscle groups in your back and lower body are forced to take on the extra work to compensate. Find that "something" you like. We know the benefits of exercise, so make it work.

- Mind-set is non-negotiable – find a way. It doesn't mean you have to be fanatical. Exercise no matter what you do, has great benefits.
- Food choices – make those small changes.
- Rest and Recovery – an important component.
- Fun – this we all need!

Productivity and performance will follow. Health is your most valuable asset. You are given the choice to live independently. Measure your success on how far you have come from. Where ever you are now, keep taking those baby steps moving towards a healthy you. Judge yourself against you and don't compare yourself with others. Know who you are and what you are capable of doing. Whatever you are doing take it to the next step. Enjoy that independent life style.

We can do anything....*the muscles you don't use you lose.* Let me help you see those results; benefit and enjoy. My job is to identify the comfy entry level and help you raise the bar gradually to progression. With being on the spot; I can read the progression levels you need, give you knowledge of what you are doing and why.

We need that connection, knowledge, being able to recognise your achievements together and liking what you are doing. Doing it at the right intensity, knowing what you are doing and why. Take the pressure off our health system and keep moving towards your happy place. Be the best you can be.

Margaret Lee
027 516 7549



Year 9 Social Studies

Year 9 classes with Mrs Brennan have been taking the lead in their own learning by developing their own ideas on how to provide evidence of their understanding.



The students decided on the criteria that work would be marked on, chose their learning areas and then creatively came up with different ways to showcase the findings they had discovered.

The focus was on human rights and by choosing their own preferred ways to share information, this encouraged the students to further develop skills including decision making, time management and collaboration.

Project learning is great according to the feedback received and the excellent final presentations.



Mahuri Hub Happenings



Methven Pre-School Visit

On Friday 31 May the children from Methven Pre-School came to visit the Mahuri Hub. The children in the Mahuri Hub know it is their very special job to look after children visiting and new children starting school. We all buddied up and showed our visitors around our collaborative space and the many activities they could choose from. Some of the pre-school children had siblings or cousins in the Mahuri Hub and were excited to be able to spend time with them.

New Students

Welcome to three new students, Henry Barlass, Wyatt Hende and Jerry Nogtev who have started in the Mahuri Monkey Class with Mrs. Spittal. The students were all given one of the many beautiful picture books donated to the school by the Ashburton Rotary Club.

Digital Technology Learning

Geometry and Maths

In maths we all chose a shape and turned it into a monster. Then we learnt how to use the Chatter-Kid App on the iPad. We took photos of our Shape Monsters and made them talk by drawing a mouth on them using the app and then recording our voice.

I made my shape say, "I am a Star Monster and I have 10 sides." *By James Galbraith*



Puppet Talk

We are learning how to use the Sock-Puppets App on the iPad to name our emotions and say what things make us feel that way. One of the emotions we focused on this week was things that make us feel, sad, upset or angry. I liked choosing the puppet with the mask that looked like a superhero. For the background I choose the sun with the blue sky and I chose a pumpkin as a prop.

My Sock Puppet said "I don't like it when people take things from my bag without asking, it makes me feel sad and angry."

By Sophie Stewart



Out of Africa

Life has returned to normal for the team that travelled recently to Malawi, Africa. There they helped on an aid and community development project with Christchurch based charity, Mphatikizo Cooperative. The memories are vivid and the feeling of enjoyment in helping others, lingers on.

The team of Methven locals travelled to Southern Malawi and stayed in a village called Mtubwi, near Liwonde. They stayed for approximately three weeks. Liwonde is a very poor area with people earning one NZ dollar per day, and hunger is not uncommon. The team experienced some of the issues first-hand with a week-long outage of the community water supply, diesel ran out in the local town for three days, and the district ran out of cash for 4 days with no money available from the local ATM's. Credit Cards aren't accepted so the group had to travel 45 minutes to get cash for living expenses.

The team youngster and Mount Hutt College student, Samantha Fitzgerald, really enjoyed her experience. "The poverty is obvious, but the children are so happy despite not having any things", she says. "They have no possessions, but they don't let that get them down. They push along bicycle wheel rims or a block of wood makes for a good cell phone. It was a good reminder of what is important



Agogo's house completed and the team with the local crew who helped at various stages

in life".

Sonya Adams spent a lot of her time interacting with women and children in the village. "Young women have a challenging life over there as marriage as young as 14 is not uncommon, and sometimes the men may have two or three wives. Talking with the girls and explaining that there are better options like staying at school and getting an education is really important", she says.

"The opportunity to help in tangible and practical ways has been very rewarding", says team leader Richard Fitzgerald. "We set out to build one house and re-roof other homes,

which we achieved. We also managed to do other things with the community like repair the community well, service the solar power system for the community centre and spend time with children and young women in the village." The team worked with builders and local village members and constructed a baked-mud brick house with a tin roof. The house was 5 x 6 m in size and will house three families.

"Agogo, who received the house, was so excited she started sleeping in the house when the brick walls were only half-way up. She would dance with excitement at the end of each day as she saw the progress. The

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Rhys hanging out with some of the village kids. For many, this was their first ever trip in a vehicle



Agogo deciding where she wanted to put her windows...no consents or plans required here

highlight for the team was the hand over to Agogo as she cried tears of joy at her new home. There wasn't a dry eye anywhere as we all realised how much it meant to her. She now has a roof over her head and all three families have a much better quality of life," says Mark Taylor, Pastor of the Mt Hutt Elim Church. "One of our aims was to be practical in our Christian faith, which is what we did, and it has made a big difference to that community. This is Christianity in action," says Mark.

Matt Adams, a forester back here in NZ, found himself brick laying, concreting, roofing, building, and not even the appearance of a Black Mamba snake, known to kill an

adult in 30 minutes if bitten, would dent his enthusiasm. Ruth and Rhys Fitzgerald both noted the variety of experiences they faced. "Some were confronting and disturbing, some were delightful and gave you warm fuzzies. Extreme poverty is not pretty but in amongst this the Malawian's are beautiful and so friendly. We have made some great friends and often think about them now were back home here." Megan is still in Malawi completing her Masters research.

From Agogo, Merci, Giblo and the people of Mtubwi Village; "thank you, thank you, thank you for your generosity; we are very grateful for these gifts."

The team also would like to thank the Methven Community for the well wishes and generous support for the re-roofing project. The money was well spent and has and will be making a difference in that community for a long time yet.

If you would like to hear more about the re-roofing project, you are invited to a presentation by the group on 27 June at Mt Hutt Elim Church, where the group will show photos and tell some more stories from the trip. It will run from 7.30 – 8.30 pm followed by tea and biscuits.

Please feel free to join us.

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Vitamin D

We all think of getting our vitamin D when we are out in the sun, but what is its importance to health, and who is at risk of deficiency?

Vitamin D is not strictly a vitamin, but actually a prohormone that regulates serum calcium concentration by aiding the absorption of ingested dietary calcium in the bowel. If serum calcium levels are low, the body has to maintain adequate levels by mobilising stores from our bones. Therefore, Vitamin D's primary role is actually involved in bone health, whilst also helping to maintain a healthy immune system, glowing skin, and muscle integrity. Deficiency can result in increased bone turnover leading to reduced bone mineral density, more porous bones, and consequently an increased risk of fractures.

Suboptimal levels of Vitamin D are relatively common in the NZ population with an estimated 25% of us having serum levels below the optimal amount. Serious clinical deficiencies in adults can lead to a condition called osteomalacia (softening of the bones), also known as rickets in children.

Vitamin D is the only vitamin whereby we cannot meet our requirements from dietary intake alone. In fact there is very little in food sources. Small amounts can be found in oily fish (e.g. wild salmon, mackerel), products

fortified with vitamin D, and mushrooms. The main source is direct sunlight!

As we are now in the middle of winter in Methven, it is important between the months of May to August to try and get sun exposure each day. Around midday is best, with exposure to the face, hands and arms if temperatures allow! Sitting inside in the sun is counterproductive as the UVB required for the metabolic process of generating Vitamin D cannot occur. If you are at higher altitudes, such as skiing, ensure you wear sunscreen, and if you have a history of skin cancer, **always** wear sunscreen. As important as sun exposure is, being sun smart is crucial. So like most aspects of health, balance is key. Skin cancer is the most common cancer in NZ and too much exposure without adequate protection, particularly in the summer months, can be very damaging to the skin (and also leads to wrinkles!).

People at risk of vitamin D deficiency include:

- People who are predominantly indoors, e.g. work, long-stay hospitalisation, institutions.
- Heavy clothing e.g. religious reasons, colder temperatures.
- Locations further from the equator like NZ, particularly in the winter months. This is due to the solar zenith angle with the sun being further away due to the tilt

of the earth and this affects how much UV light reaches the earth's surface. Compared to Europe on equivalent latitudes, NZ has higher UV levels due to the lack of ozone layer. This is good news for vitamin D exposure in winter, but bad news for our skin cancer rates.

- People who avoid the sun e.g. history of skin cancer, photosensitising medications, fair skin.
- People with malabsorption syndromes. People consuming a low fat diet as vitamins A, D, E, and K are the 'fat-soluble' vitamins which can only be absorbed alongside dietary fat.
- Babies who are partially/exclusively breast fed by a mum who is deficient in Vitamin D.

If you are worried about deficiency, talk to your doctor.

Vitamin D definitely needs further research, but there is plenty of exciting work being undertaken, so watch this space!



Cushla Holdaway
NZ Registered Dietitian
BSc Human Nutrition, MDiet
(University of Otago)



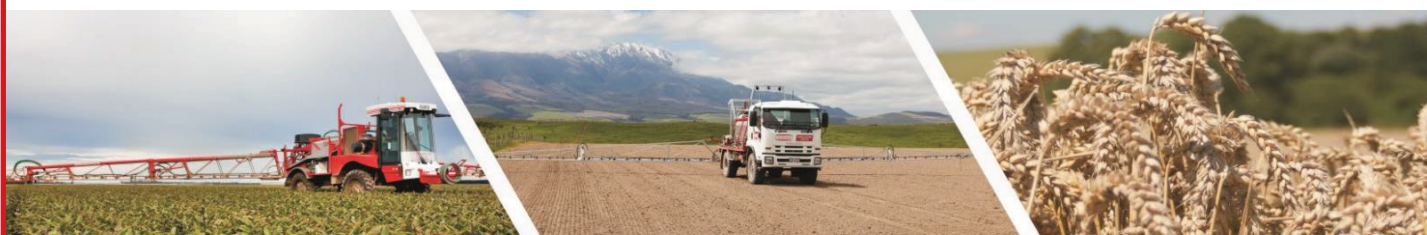
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Jean Markillie 69
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Fun-filled Days at Playcentre

We are well into Term Two now and are having a great time at Methven Playcentre. Welcome to the new families that have joined us this term.

Since it's the beginning of the ski season and dairy changeover I thought that I'd tell you a bit about what Playcentre is all about. Maybe you are new to town too, or maybe your circumstances have changed and your mornings are free? Playcentre offers a unique early childhood option for you and your child.

At Playcentre the adult stays with the child and is actively involved in the learning and playing. The 'adult' can be Mum, Dad, Grandma or Grandad. It's your choice. Playcentre is fun for adults too and provides a meeting place for great conversations, and care-giver support.

The centre is filled with jigsaws, puzzles, books, train sets, cars, blocks, dolls, prams, dress-ups, a mini kitchen and much more.

There is a special area with toys designed especially for the under 2's. As well as all that, different activities are set up each session around the painting, play dough and craft tables. Some days we also do baking, messy play, face painting or toast marshmallows over a campfire. The children choose what, where and how they want to play and learn.

Outside we have a fort, sandpit, swings and slide, playhouse, garden bikes and a waterplay area. Once a term each session goes on a special trip. We have already visited Rakaia Playcentre and had a play with the kids at that centre. We also visited the Margaret Mahy Playground in Christchurch. We have a trip to Willowbank on our agenda too, and a night time get together planned to celebrate Matariki.

Methven Playcentre is open Monday, Tuesday and Thursday mornings from 9 - 11:30am. The

first three visits are free, so come and check us out. Children under 18 months old are free, and once your children are over 3 years old they are eligible for 20 hours free ECE.

Thank you to the wider Methven Community for supporting our latest fundraiser. Our large Black and White self opening umbrellas have popped up for sale again since its winter time. We do have some still for sale at \$35 each. Pop in, FB, email: methven@playcentre.org.nz or phone 027 416 8006 and we will sort you out ... and keep you dry.



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Ploughing Match

Methven Ploughing Association's annual match was held recently at the property of Andrew Currie.

It was a beautiful winter day with a clear sky and snow capped mountains as a backdrop. Locals and others enjoyed a lovely day out.

The committee are grateful to Andrew for the use of his paddock, thanks to the committee who all play a part in the success of the day. Thank you also to Dianne Weavers who added the points.

Results are as follows:

Johnson Gluyas New Holland Vintage Qualifying 1st P Watson, 2nd R Weavers, 3rd C Boon

Vintage Open 1st L Parnham, 2nd E Barnes, 3rd C Cross

Gulf Oil Silver Plough 1st J Cridge, 2nd A Mehrtens, 3rd M Ridge

Rural News Horse Plough J and S Chynoweth

The Methven Ploughing Association gratefully acknowledges the sponsorship and financial contributions made by the following business's towards their annual ploughing match:

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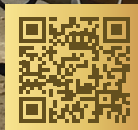
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University AFC Gold Diggers 2 V Methven FC 5

In a huge error, the kit man forgot the strips and to coincide, Methven forgot how to play their usual attractive game. The first half was very scrappy on the boggy pitch, with very few attempts at goal. It took a 30 minute substitution of the returning Gareth Saltmer to shift the Mountaineers into the right gear and with that the game was turned on its head. Liam Hett did well to follow up a keeper parry to slot home, 0-1.

In no time it was 2 with Saltmer himself grabbing a goal with a fine finish to the keepers left. He continued to pull the strings, cutting in from the right wing and squaring his pass to John Peneycad in the box. An exquisite dummy from him, deceived the defender and opened the door for Jan Luccini to unleash a piledriver to make it 0-3 and half time.

After the break Methven continued their fine display and were awarded a penalty after Josh Burrows was felled in the box. Up stepped Thor look a like Liam Hett to hammer home and make it 0-4. The visitors stepped off the gas from that point and allowed the home side a chance to dig themselves out of trouble, when a penalty was awarded after a clumsy challenge from Darcey Taylor, flattened the striker, the only blemish to what was an outstanding performance from him. Veteran Keeper James Wasley rolled back the years with a superb dive to his right, pushing the ball onto the post but as fate would have it, the ball rebounded back into the path of the striker who thankfully finished, 1-4.

Unfortunately, there was nothing he could have done about the second as the Diggers struck gold again. A fluky shot smashed the underside of the bar and the strong wind did the rest to bounce the ball over the line, 2 - 4. Methven took back the control for the remaining minutes and Liam Hett sealed his hat trick from the spot to make it 2-5, final score on a very wet afternoon in Christchurch.

Watch Methven FC next Saturday at the domain, 2:30 kick off when they go head to head with Burwood AFC. A chance to get revenge for the defeat earlier in the season.

In other news the Reserves side got a week off as Banks Peninsula defaulted at the eleventh hour, whilst the 14th Grade shared the points with Ferryhead Bays in a 6-6 classic.

Jon Peneycad

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Weight Watchers is in town!

Exciting news! My name is Clare Keane and I am delighted to announce WW has come to Methven.

I am a WW coach, having been living the programme for six months. I went to weekly workshops in Ashburton where I learnt about the 3 pillars of WW; Food, Mindset and Movement. I was surprised just how simple, flexible and liveable the program is.

Since then I have lost over 30kgs, and have changed my lifestyle and mindset the most.

WW's new Methven workshop started recently, with lots of new members, who are now on their own journey, building healthy habits to reach their wellness and weight loss goals.

Since then, I have lost over 30kgs, and have changed my lifestyle and mindset the most.

There has never been a better time to join us and see how the 3 pillars of WW can change your life, with no obligation to join.

You will find us at the Mt Hutt Memorial Hall every Thursday at 6pm. If you have any questions, please join our closed and private Facebook page: **WW Methven (NZ)** or you can visit the website: www.weightwatchers.com.

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Matthew Oates 027 433 4541
Dan Kennedy 027 432 0898



WW Methven

Mt Hutt Memorial Hall
Thursdays at 6pm

Come along and learn how the
WW 3 pillars can change your life.
No obligation to join.

To find out more join our private
Facebook page: **WW Methven (NZ)**
or go to www.weightwatchers.com

METHUEN



OPEN HOME

DOWNSIZING OR ENTERING THE PROPERTY LADDER?

If you are looking to downsize, taking your first step onto the property ladder, or looking to invest; this is the property for you. This large 1980's unit, built of summerhill stone has 2 double bedrooms with built in wardrobes. The generous living area, kitchen/dining is open plan and heated by a floor heatpump. With new carpet, paint and LED lights the property is ready for you. In addition you have an internal access single garage, garden shed, separate laundry and easy care garden.

Price guide low \$300,000's

Open Home Saturday 22nd June 12.00-12.30pm 31B Colcord Place

METHUEN



VENDOR RELOCATED - ACTION REQUIRED

This fantastic 200 sqm home with mountain views, sits on a 1,012 sqm offers space was built with family in mind. With a family kitchen/dining area, large lounge area, four generous bedrooms and two bathrooms this property can cater to everyday family living with ease. Downstairs has the kitchen and living area, two bedrooms, the main bathroom plus office area and laundry. Upstairs comprises of two bedrooms, one with fantastic mountain vistas, a bathroom and separate toilet. The large backyard area is beautifully established and private with plenty of room for the children to run around safely while you sit back and relax and enjoy the peace and quiet this location offers. This property has so much to offer, call us today to arrange your viewing. **\$498,000**

LAKE COLERIDGE



JUST LISTED

LAKE COLERIDGE SECTION

With sections running out fast, don't miss this opportunity to be able to build your holiday home surrounded by stunning mountains and high-country scenery.

This 500m2 section is located on a quiet cul-de-sac, very close to the tennis and basketball court and play ground.

Enquiries over \$119,000

11 Ryton Place

METHUEN



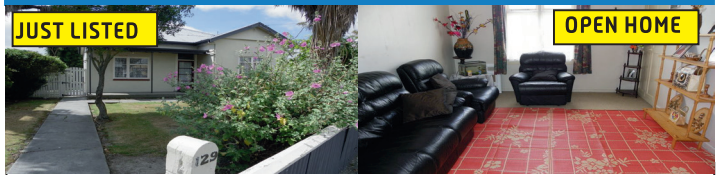
SOLD

VENDORS WANT ACTION

Lovingly cared for and maintained by our current owner for a number of years, this home is ready for a new chapter. This three bedroom home has good bones and with the recent kitchen and bathroom renovations you can move straight in and enjoy just as it is. Upon entering you will appreciate modern kitchen and open plan living area. Viewing by appointment. **\$395,000**

51 Racecourse Avenue

ASHBURTON



JUST LISTED

OPEN HOME

IDEAL FIRST HOME OR INVESTMENT

This family home is close to town and would suit a first home buyer or investor. There are three spacious double bedrooms and one bathroom. The property has a large lounge with separate dining and laundry. The exterior cladding is roughcast and sits on a well maintained section. The property is heated by a heat pump. To complete the property it has a single garage with off street parking and a vegetable garden. The current tenants are paying \$290 per week, so with this asking price you can achieve a 6% return.

\$250,000

Open Home Saturday 22nd June 10.00-10.30am 129 Victoria Street, Ashburton

RAKAIA



OPEN HOME

A CHARMING PROPOSITION

This charming character home is appealing from the moment you walk through the front gate, beautiful woodwork can be found throughout this light and airy home. The three bedrooms are generous in size, with a fourth room a fantastic office or nursery room. The spacious lounge and kitchen area has a heat pump, wood burner and HRV to keep the home warm and dry in the winter and cool in the summer months. This secure established 1012sqm section offers plenty of room for the children and pets to enjoy. Separate laundry, double garage plus another single and ample off street parking.

Enquiries over \$359,000

Open Home Saturday 22nd June 11.00-11.30am 33 Bridge Street

METHUEN



CENTRAL APARTMENTS - METHUEN QUALITY ACCOMMODATION

Located in the centre of Methuen, the Central Apartments are the newest Luxury block of 6 Apartments to be built in Methuen. Each of the six apartments have quality furnishings. All apartments come with an open plan lounge and kitchen with a high standard of fixtures and fittings. Each features it's own private deck with magnificent views of Mt Hutt. **\$1,750,000 + GST IF ANY**

10 Oak Avenue

METHUEN



YOUR PERFECT HOLIDAY HOME

This Whitestone Cottage is a classically designed Oamaru stone home that would make a superb holiday home. Set within a private park like setting this two storey home has been finished to a high standard and is perfect for those looking for an easy care, low maintenance option.

Downstairs consists of a great open plan kitchen and dining area. **POA**

2/3016 Methuen Highway

METHUEN



CAMROSE ESTATE - STAGE THREE NOW AVAILABLE

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METHUEN



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BARRHILL



1/2 ACRE IN THE COUNTRY

Barrhill Village is in the heart of the Mid Canterbury plains. Come and build your country home in this lovely small rural village. This section is 2023m2 with established trees, Oak Avenue boast beautiful trees and countryside views. On the Barrhill water scheme and is currently to the boundary for easy access. Historic village, building subject to Ashburton Council approval. **\$165,000**

10 Oak Avenue

TERRACE DOWNS



TERRACE DOWNS - LOT 38

Build your dream getaway retreat on the edge of fairway 5 with impressive Mountain views. Located down a quiet lane way. Terrace Downs is an Internationally renowned Golf Resort. Adjacent neighbours have built so you know what's in place and what is possible. Activities in the area include skiing at Mt Hutt and the club fields. Also on site bar and restaurant. Services on the boundary. **\$165,000**



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FROM MY DESK

Jo Luxton



Rural Wellbeing

By now, you've likely read and heard about the Wellbeing Budget, and seen how the Government is delivering on our plan to address long-term challenges.

Agriculture and rural communities play a big part in New Zealand's wellbeing – it's the engine room of our economy. For communities like Methven to continue thriving, we need sustainable industry, and jobs for our young people. The Provincial Growth Fund investment into the Opuke Thermal Spa complex is a great example of how this Government is committed to our rural communities and maximising their potential.

Through the Wellbeing Budget this Government is supporting the agricultural sector with a \$122 million injection over four years to support the on-farm changes required to use land more sustainably while growing productivity. This is part of our \$229 million sustainable land use Budget package. This is on top of the work we've undertaken to eradicate M. bovis and protect our national herd – including fixing NAIT. We're also supporting farmers cleaning up our

rivers and waterways, investing in Research & Development and we've introduced the Rural Proofing Policy which makes sure every Government puts rural affairs at the heart of decision making.

This Budget has presented the largest ever investment in mental health. For every person who takes their own life, a whole community is shattered. For too long, we've tackled mental health or addiction only when it becomes a crisis. As a society, we've left too many of our people on their own coping with mental distress or struggling with drugs and alcohol. No matter where we live in New Zealand, we all know someone effected by mental health issues, suicide or addiction. Often this pain reverberates the furthest in our rural communities. People in Methven are self-sufficient and resilient. But we've long known that rural mental health deserves much greater attention and support. That's why this month you saw the Government make the largest ever investment in mental health. New Zealanders have demanded action on mental health and this government has delivered it.

Right now, if you're struggling, the support

you get varies depending on where you live. We believe that no matter where you are, help should be on hand. That's why we're rolling out free mental health, addiction and wellbeing support in every community over the next five years. I am so proud to be part of a Government that knows that the health of rural New Zealand plays a key part in the country's wellbeing, and will continue to be for generations to come. Thriving rural communities benefit all of us, no matter where we live.

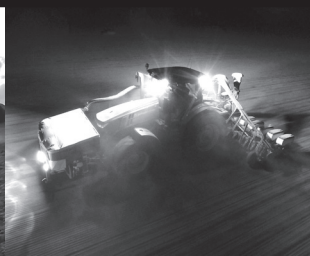
I'll be back in Methven for a day of visits in early July, if you see me out and about, please let me know what you think about the investments being made in the agricultural sector, and how we are tackling long-term challenges. It is important for me to know how you think we are doing.

In the meantime, keep warm Mid Cantabrians! And enjoy that fresh snow on Mt Hutt!

Please feel free to contact me:
jo.luxton@parliament.govt.nz
or my EA Jess:
jessica.hurst@parliament.govt.nz

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CLASSIFIEDS

FOR a wealth of Freemason information and local history www.methvenlodge51.org

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METHVEN Sports Massage Clinic, view/book online. Ph 027 681 3201. Open 7 days

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THAI Chilli Open Wed-Mon, 5pm to 9pm. Buffet takeaway - \$12 small, \$15 large. Dine in buffet \$28 Adult, children under 12 charged by age. Ph: 303 3038

HOUSESHARE: double furnished room, new warm house, share power, own bathroom/toilet, garage parking. Single female \$250/week, couple \$350/week for season. 021 0818 7218

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FOR Sale: 1xRemington 870 Express Shotgun, 1 x Brno Bolt Action 22. Quantity of shotgun ammo. Phone 027 421 0337

U3A Hakatere-Ashburton meeting Tuesday 25 June, 9.30am. Morning tea at 10am Speaker, Felicity Milburn of Christchurch Art Gallery, "Shadow and Light." At St.Davids Church, Allens Road, Ashburton. Visitors welcome \$10

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Methven Medical Centre Winter Clinics

The Methven Medical Centre will begin its winter clinics every Saturday and Sunday, from Saturday 22nd June, between 9am and 6pm. Remember, we no longer have a drop in clinic.

Please phone 302 8105 for a booked appointment. We will have acute appointments available each day for people needing to be seen on the day.

For medical attention out of hours, please phone the Medical Centre on 302 8105. The answerphone message will tell you how to access the right care.



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METHVEN HOCKEY CLUB

R & R Spreading Methven Hockey Results 14 - 15 June

1st Grade

Methven Black v Hampstead- won
6-0 Player of the day - Tammy Dickson

4th Grade Year 5-6

Methven Year 6 v Collegians - lost 7-6

Methven Black v Tinwald - drew 3-3
Player of the day - Issy Marr & Olivia
Keane

Methven White v Allenton- lost 2-1
Player of the day - Keira McGinity

5th Grade Year 3-4

Methven Year 4 v Tinwald/Mayfield -
lost 5-0 Player of the day - The whole
team

What Do You
Think?

Men's Health



"What Do You Think?" is a
new column where you are
invited to air an issue or
have your say. Responses
are welcome.

Please include your name
and phone number (these
will not be published).

METHVEN NETBALL

PREMIER

Methven Wareings A vs Ashburton College
Snr A LOST 26-41

Methven EuroAgri B vs Ashburton College Snr
B LOST 20-31

SENIOR:

Methven Shearmac vs Ashburton College
Yr10B WON 40-19

Methven Trucking vs Ashburton College U18A
WON 24-19 POD Namoi Taylor & Abigail
Cavanagh

Methven Clemens Seed Cleaning LOST 19 vs
Methven Humm Engineering WON 22POD

Methven Humm Engineering Juliet Campbell
JUNIOR:

Methven R&R Spreading A vs St Josephs Celtic
Gold WON 29-8 POD Ruby Giera

Methven Molloy Agriculture vs Hampstead
Speights Ale House Jnr A LOST 8-33 POD Rose
Dargue

Methven Mt Hutt Station vs Southern Taylor
Groundspreading LOST 13-36

Methven Arabica vs St Josephs Celtic Blue
WON 10-5

Methven Paddock Vets vs Hampstead
Speights Ale House Jnr Gold WON 13-12 POD
Keira Jenkins

Yr 6

Methven Transdiesel vs Allenton Eagles LOST
4-5 POD Elsie Dargue

Methven Hammer Hardware vs Allenton
Diamonds LOST 7-14 POD Pippa Clark

Yr 3/4

Methven Silver POD Jessica McKenzie & Nyah
McQuillan

Methven White POD Isobel Davey

METHVEN GOLF CLUB

Ladies Results Wednesday 12 June

LGU Silver: Jenny Senior 87-14-73, Gayle
O'Duffy 89-15-74

Bronze A: Jane Helmore 94-25-69, Lynn
Worsfold 96-25-71

Bronze B: Denise Hood 107-32-75 C/B Wendy
Waring 112-37-75

2nd Gwen Cook: Jane Helmore 69, Lynn
Worsfold 71

4th Tuis: Jane Helmore 40, Lynn Worsfold 38

Nearest the Pins:

No 17 Open Methven Foursquare Lynn
Worsfold

No4 Open Methven Travel Jenny Senior

No6 Br B& Open Methven Pharmacy
Sharon Burrell-Smith

No13 Open Arabica Jenny Senior

No14 2nd shot (Sat Girls) Supervalu Gayle
O'Duffy

No6 Sat Girls Cinema Paradise Sally Jones
**Aqua Japanese Restaurant Best Nett of the
Day:** Jane Helmore 69

Twos and Nett Eagles: Heather Santy. Sally
Jones x2. Wendy Wareing x2. Lynn Worsfold
x2

14 June

9 Hole

Team Stablefords Hiromi Ikehata

22 Stablefords Adrienne Goodwin 19, Kevin
Thompson 14, Total 55

PGG Wrightson Best Player Hiromi Ikehata
Methven Travel 2nd shot Karen Currie.

Mens Results 15 June

**1st round of Mt Harding Trophy. African
Stableford.**

Winners were: Pete Wood & Jim Lattimore
78pts, 2nd Keith Middleton & Athol McAlpine
56pts, 3rd Phil Johnson & Piers Roulton 55pts.

2's: Pete Wood, Jim Lattimore, Piers Roulton

Nearest the pins

No4 Aqua Japanese Russel Currie

No6 Hunters Wine Keith Middleton

No13 Ski Time Keith Middleton

No14 Cinema Paradiso John Robinson

No17 Green Parrot Alister Maxwell

Next Week: 2nd Round of the Mt Harding
Trophy

METHVEN SQUASH CLUB

Open Tournament Results

Open A Grade

Winner Agustin Maunier

Runner up Lee Barker

Plate Winner Katrina Palmer

Mens B Grade

Winner James Robinson

Runner up Bryan Ford

Plate Winner Isaac Bazley

Mens C Grade

Winner Jeremy Robinson

Runner up Jarod Clarke

Plate Winner Phillip Pavletich

Mens D Grade

Winner Flynn Brookland

Runner up Richard Houston

Plate Winner Chris Batt

Mens E Grade

Winner Rob Millar

Runner up Hamish Stoddart

Plate Winner Cameron Glass

Mens F Grade

Winner Richard Jordan

Runner up Scott Clemens

Plate Winner Tim Pike

Mens G Grade

Winner Hamish Murray

Runner up Josh Verberne

Plate Winner Matt Whiteman

Ladies Open/A Grade

Winner Katrina Palmer

Runner up Brooke Cornish-Madden

Plate Winner Amelia Wadsworth

Ladies B Grade

Winner Darnell Lima

Runner up Kelly Wing

Plate Winner Josie Hampton



RayWhite

Open Home

4 Shearer Place, Methven

4 2 2 2

4 bed suntrap home. Quiet cul-de-sac. Master WIR & ensuite. Kitchen with breakfast booth. Formal lounge with street view. Excellent heating & cooling, gas fire & two heat pumps. Well planted grounds. Double garage.

For Sale
\$559,000

View
Saturday
11:00 - 11:30 am



Shirley Fitzgerald
0272 201 528

rwashburton.co.nz/AHB22399

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



23 Morgan Street, Methven

4 3 2 2

Substantial 4 bedroom home is really too good to pass by. 2 luxurious bathrooms + master/ensuite. Kitchen & dining that flows into formal lounge. Rumpus room 2nd floor. Diesel fire, heat pump, open fire & some double glazing. Exterior plaster over bricks + cedar.

For Sale
\$699,000

View
by appointment



Margaret Feiss
021 751 009

rwashburton.co.nz/AHB22328

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



RayWhite



RayWhite

50 Dolma Street, Methven

4 2 2 2

Tucked away is this delightful four bedroom home situated on 7261m2 section. Open plan kitchen, dining, living & study area heated by a log burner + heat pump. Separate hobby room. 2 bathroom (master ensuite). Internal access double garage. Perfect for a pony.

For Sale
\$768,000

View
by appointment



Margaret Feiss
021 751 009

rwashburton.co.nz/AHB22445

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



19 Chapman Street, Methven

4 2 2 2

Modern 4 bedroom home on family size 1012m2 section. New kitchen that flows to living area plus separate family lounge with log burner. 2 bathrooms, master ensuite & WIR. Large laundry. Plenty of sheds & well fenced. This house has something for everyone.

For Sale
\$743,000

View
by appointment



Margaret Feiss
021 751 009

rwashburton.co.nz/AHB22382

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



RayWhite



0 Barkers Road, Methven

Camrose Estates

Stage 1 - lot 8
Stage 2 - SOLD
Stage 3 - now selling (subject to title)

For Sale
Price On Application

View
by appointment



Margaret Feiss
021 751 009



Shirley Fitzgerald
0272 201 528

rwashburton.co.nz/AHB22363

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



RayWhite



RayWhite

Thymestream, Mt Harding Road, Methven

- 16 prime 4,000+m2 rural residential lots
- Water, power and fibre to boundaries
- All lots fenced with sealed vehicle crossings
- Community walkway along stream edge & farmland

For Sale
1st release SOLD
2nd release lot 5
3rd release lots 9, 10



Margaret Feiss
021 751 009

rwashburton.co.nz/AHB22028

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RayWhite

80 Mt Hutt Station Road, Methven

8 Ha freehold block of bare land just outside of the town boundary. Proposed Opuke Thermal Pools & Spa is just 500 metres away. Fully fenced with 3 entrance ways & stock water 2 sides. Already in place at the boundary town water supply, power & phone line.

For Sale
\$875,000 + GST (if any)

View
by appointment



Shirley Fitzgerald
0272 201 528

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RayWhite

22 Spaxton Street, Methven

Hidden Gem, a 4292m2 Residential Section which can be subdivided. Mountain views. Located down private driveway. Could be an ideal long term investment.

For Sale
\$445,000

View
by appointment



Margaret Feiss
021 751 009

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Principal: Jill Quaid
0274 376 755



Margaret Feiss
021 751 009



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Robyn Lilley
03 303 3032

36 McMillan Street, Methven 03 303 3032

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