SINCE 1986 METHVEN'S COMMUNITY NEWSPAPER - Operated by Mount Hutt College Thursday 7 February 2019 ISSUE 4



Kayla Dynes and Craig Blackburn with the Westpac Helicopter Crew at a recent Tour of their facilities.

Julie Clements

Methven local Kayla Dynes is a member of Team Bayleys, set up to help to raise money through The Rescue Crew Challenge 2019, for the Canterbury West Coast Air Rescue Trust.

Kayla, responsible for Residential and Developments at Bayleys Canterbury, says, "Simon Sharpin, Craig Blackburn, Hollie Gibson and I make up Team Bayleys and it is our goal to raise \$5000 for the Trust and take out the Day Challenge!"

The Rescue Crew Challenge is an action-packed event where local businesses go head to head to test their teamwork, fitness, and problem-solving abilities, both on the challenge field and off. The Challenge is designed by the rescue crew themselves to reflect the everyday challenges they face on the job. The biggest part of this challenge is saving a life. "Teamwork is crucial; we exhibit the ultimate teamwork by putting our lives in the hands of colleagues whilst saving the lives of others." Rick Knight, Crew Chief.

Sir John Kirwan, Westpac Ambassador, and Crew Champion is passionate about helping communities and creating impact.

He says, "I think if we can all have a little look at the practical ways to help, we can all create change. For me, New Zealanders have always been outstanding at problem-solving."

Team Bayleys was inspired by the work of Canterbury West Coast Air Rescue Trust and they wanted to offer their support by raising money and also awareness for this great cause. They have a fundraising page, which they would love you to visit and donate big or small as every little helps.

https://rescuecrewchallenge2019.everydayhero.com/nz/team-bayleys

continued inside

It's all about community...





DIARY

WEEKLY

MONDAY

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

Tai Chi - Mount Hutt memorial Hall, 10.30am

TUESDAY

Music and Movement for preschoolers and Caregivers in the Garden of Harmony 10am

Methven Toy Library - 10.30 -11.30am Presbyterian Church

WEDNESDAY

Busy Bees 9am - 11am Elim Church

SECOND AND FOURTH FRIDAY EACH MONTH:

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

SATURDAY

AA Meetings 6pm Methven Primary School *Methven Toy Library* - 9.30 -11.30am

UPCOMING

2 March Discover Mt Hutt
 9 March: Diggler Downhill
 16 March: Methven A & P Show
 30 March: Arrowsmith Multisport Event

31 March: Methyen Races

SNOWFED

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Methven Community Website www.methvenmthutt.co.nz

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Methven Public Library AGM

Monday 18 February 7.30 pm at the library



New members would be welcome to the committee.

Enquiries/Apologies Lorraine 302 8041 or 027 304 8839

CHURCH SERVICES

All Saints Anglican Church 1 Chapman Street 10:00am Sunday

> Mt Hutt Elim Church 112 Main Street 10:30am Sunday

Our Lady of the Snows Catholic Church Main Street 9:00am Sunday

St Johns Presbyterian Church Jackson Street 10:30am Sunday

METHVEN UNITED CLUB AGM

Wednesday 20 February, 7pm

Methven United Clubrooms

All welcome

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Community Grants

- Applications open

Applications are now being sought from groups and organisations for community grants and funding from Ashburton District Council (except Creative Communities and Sport New Zealand). Grants and funding are available for the following five categories:

- Community Library Grant
- · Community Project Grant
- · Community Events Grant
- · School Holiday Programme Grant
- · Heritage, Biodiversity and Community Infrastructure Grants

Applications close at **5pm** on **Thursday 28 February, 2019** for the funding to be allocated in July 2019. Application forms and full criteria for each scheme are available from **ashburtondc.govt.nz** and from the Council office, 5 Baring Square West, Ashburton.

For more information, contact Council on 307-7700 or email info@adc.govt.nz

Ashburton DISTRICT COUNCIL

ashburtondc.govt.nz

Canterbury West Coast Air Rescue Trust continued from front page

Mission types 19% 4% Search and Rescue 21% Medical Conditions 17% Motor Vehicle Accidents 4% Occupational 23% 12% Hospital Transfers Accidents



Team Bayleys left to right: Hollie Gibson, Simon Sharpin, Craig Blackburn and Kayla Dynes.

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Trust Vision

Our vision is that people across the vast and rugged Canterbury and West Coast regions can live their lives to the full, assured that if they have a serious accident or medical emergency, that the Air Rescue Helicopter and Air Ambulance Service will be there day or night, free of charge, to look after them and their families.

The Canterbury West Coast Air Rescue Trust is a registered charity. **The Westpac** Rescue Helicopter crew help those in need every day, demonstrating exceptional teamwork.

Over a 24 hour period, an average of 3 people will place their lives in the hands of the Air Rescue Crews.

The helicopter attends 2,500 mission per year. The crew are on call 24/7, 365 days a year.

Fundraising is needed to meet the \$7 million a year costs and keep the Air Rescue and Air Ambulance Service operational.





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Dear Ed.

I believe I have been written about in your paper. I thought you might like my perspective on things.

Blokess (along with Bloke) think they own me. Ha – what would they know? I've got them reasonably well trained. The result is I get to sit around a lot, I get two good walks a day full of interesting smells, I get fed well. I don't have to run about those awful cattle and the like. I think I've done a good job on them.

Bloke seems to think he's in charge and sometimes yells and uses long words that begin with "B," so I slink about with a long face for a bit, then do exactly what I had planned to do prior to the interruption. Generally it works pretty well.

I'd have to say that Blokess is the better behaved of the two – I still have some work to do with Bloke but I'll get there. It's true what Blokess said about me and smells. Sometimes she'll say that's disgusting and to "leave it". I just don't think she gets it. I mean recently I was lucky enough to find a rabbit road kill which I'd guess was two or three weeks old. Delicious! (Although it would have improved with keeping). However, you have to take what you can get before some other bugger comes along and eats it instead. So I did, just in case. I nearly had to sick it up and start again, but she was walking too fast to give me the time. I'll need a better plan for next time.

I had a very nasty run in with a stone last week up on Hobbs Road. I had stopped for a wee on the stone when suddenly it gave me the most awful whack, right where you don't want it. I got out of there real quick I can tell you. Bloke and Blokess thought it was hilarious and fell about laughing. They mentioned "electric fence" or some such thing, but I couldn't see anything remotely amusing in it. You have to wonder what goes on in their heads sometimes. Note to self – "avoid stones - they can be vicious".

I get on with other dogs reasonably well. Just occasionally you have to growl and pretend you're fierce. I'm less keen on small dogs who think it's okay to run underneath me. I get a bit nervous about that because you can never be certain what they'll get up to when they're under there.

Monty

I see that Bloke has got his old Hilux back so I'd hope we'll get up to the RDR again. I have a good pal up that way called Hurley Burly. I think she's very sexy although she occasionally gives me a nip when I get out of hand. But I'm told that's normal. Ah well, the southerly change has blown through so it'll soon be time for another Sniff-a-thon.





Mt Somers/Staveley Playcentre Presents

Ethel & Bethel Bingo Babes - Valentines Date Night

Friday 15th February 7pm-10pm (bingo kicks off at 7.30pm)



Gather your friends and family for a hilarious night of bingo, comedy and fun at Mt Somers rugby club.

Tickets \$25 each, includes one bingo card & supper.

Bring cash for raffles, chocolate wheel, auctions, extra bingo cards and more Come dressed as your favourite famous couple (optional) and be in to win some great spot prizes.

For tickets and more info contact Heather - 027 610 9906

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ON THE ST JAMES



The Kennett Brothers have it right in their book, Classic New Zealand Cycle Trails, "be warned, this is no easy cycle path" - 66 or 93 km, depending how you manage the vehicle.

It's a big effort with big rewards and stunning scenery. An efficient way to begin is to drop all the gear and and all but one of the

cyclists at the start of the official track, the Maling Pass parking lot, and send the eldest member of the group to reposition the truck at the official finish, the St James Homestead, and then that person cycles back up the road (26km) to reunite with the group, hence a one vehicle operation.

Ashburton Water Zone Committee

Mind the mussels: Protection for wetland habitants

Work is underway to protect the habitat of freshwater mussels and native fish thanks to a local landowner and the Ashburton Water Zone Committee's Immediate Steps fund.

Freshwater mussels, typically found in smallfast flowing streams, are under threat in New Zealand due to a loss of habitat.

A small population of the mussels have been found in the Upper Hinds Catchment in a stream in Swamp Grass wetland. This 8ha area is covered with sliver tussock, carex, and native plants that provide shelter for native species along the stream margins.

The plants' growth has been stunted due to stock grazing so the funding will help to fence off the area to help it regenerate. A second wetland on the property will also be fenced off to protect carex and toetoe.

If you have a local biodiversity project that could benefit from funding support visit www.ecan.govt.nz/biodiversity.

Protecting two wetlands in the Hinds area is important to ensure habitats of freshwater mussels and native fish are not affected by grazing stock.

The Ashburton Water Zone Committee is a community led committee supported by councils.







WALK AND CYCLE WAY

Kem Johnson



We spent about three hours climbing and descending Maling Pass and riding up the track to Lake Guyon and the hut. It's all rideable but it seemed there wasn't enough oxygen near the top of the pass.

Lake Guyon is one of Canterbury's gems and it's a very good thing it's a bit of work to get there. The lake is clear, deep, swimmable and full of trout. There were four cyclists tenting next to the hut (tents are more sandfly resistant than the hut). Mind you, the guide book correctly warns of sandflies; be prepared! I was immediately asked, "You'll be in the good books if you brought the Press." I said of course, I like doing the cryptic crossword. "Good, we need the rest of it to steam these trout."

Day two was a relatively grunty ride, quite a few ups and downs, but nothing the size of Maling Pass. There is a lot of delightful easy single and unused farm tracks and it was easy to be lulled into thinking it could all be like this. None of the riding was terribly technical (up to short Grade 4 if one rides rather than walks), but there were plenty of downs that took some care and a even bit of walking.

The ups were mostly rideable but as the track follows some old and current 4WD tracks at times, there were some quite steep pushes. The day was a boiler, but fortunately there are lots of stream crossings, and some were deep enough to immerse ourselves.

There are a couple of swing bridges to cross the Waiau and plenty of blue marker posts to help with route-finding. At times the track is a bit... sketchy. There are two other huts along the way, Pool and Scotties Camp. Neither had lakes, trees or views like the Lake Guyon hut. Maybe it was the well predicted 30°+ heat that kept kept us from seeing any other mad cyclists in the sun for the day's 50 kms but we did get a good view of the St James horse herd.

The track finishes (after a steep push up a 4WD track to Peter's Pass) with a delightful 7km easy downhill single track back to the

Homestead. Good thing too, as we were both a bit knackered and my butt had become tired of my saddle. Our bikes held up well; tubeless tyres and a bit of pre-trip maintenance were key.

The huts are basic (no stoves or cookware), and it could be a very long walk with a broken bicycle and unlike the Ghost Road or the Heaphy; you will probably be on your own. A good first aid kit for both bikes and riders is essential... and a locator beacon is a good idea. If you are looking for a slightly out there weekend, I highly recommend it.

https://www.nzcycletrail.com/trails/st-james-trail/









All female harness racing drivers will be wearing teal pants in support of the Women's Cancer Foundation.

- · Garrard's Horse & Hound Hororata Cup
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- · Pack a picnic
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- Kidz Kartz









LAURISTON SCHOOL NEWS



We bounce off the bus and tumble out of cars excited to start a new year of school. Our classrooms felt brand new and we even had some new teachers to welcome into our school.

Our Big Idea this year is Energy and we've started to brainstorm what we want to learn and do for this. The Year 5-6 class have started planning an Energy Camp at Lake Clearwater. We will be sleeping in tents, learning to sail and kayak and building our leadership skills.

Right from the first day we were splashing in our pool and training for the Swimming Sports can't wait to be a leader in some in Methven. Thank you so much to all our School Support parents who look after the pool for us so we can learn to swim and cool off on hot days.

Year Off to a Cricket **Good Start**

At the start of every year the year sixes have the opportunity to take on the role of being House Leaders, Student Council members, Red Aiders, Monitors, and other important responsibilities that benefits the school, helps the younger children and gives us the opportunity to expand leadership skills.

Those of us who are standing for the House Leader elections on Tuesday 5th February have made posters and prepared our campaign speeches. Some of us are feeling a bit nervous about putting ourselves out there but we are excited to find out who will be the House Leaders.

This term is going to be filled with fun and adventures and we sort of way.

Written by Mt Somers class

It's a scorching hot day and everybody makes their way to the cricket field. We have a boys' team and a girls' team entered in the Ashburton Cricket tournament. The girls' team was 2 players down, and I wasn't in the team, so Kathryn the coach said for me to have a go. Kathryn explained how to play. We were in pairs and my partner was Lucy. The girls were batting first. I didn't really know what I was doing.

The boys were fielding so we sat in the shade by the trees while we waited for our turn to bat.

Finally it was Lucy and my go. Lucy hit the ball, she yelled out run so I ran to the other side. Then it was my go. I hit the ball - it didn't go far enough, so I tried again and we ran to the other side. Our turn was up so we sat in the shade again.

Now I have joined the cricket team and I think cricket is really fun. I can't wait for the tournament in Ashburton next week.

By Stella Clyne







METHVEN COMMUNITY POOL









BAYLEYS



Methven 37 Pudding Hill Road

Methven lifestyle

Nestled on 9.2614 hectares (more or less) which can be subdivided down to 4000m^2 sections in the future. Fantastic views looking up towards Mt Hutt Ski field and the Southern Alps while sharing a boundary with the Methven Golf Course. The 240m² character home, built in 1994, features four double bedrooms (master with ensuite). A must view.

bayleys.co.nz/559241

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The annual Methven Community Pool Carnival was held last weekend on a beautiful summer's day. There were lots of games, swimming competitions and fun enjoyed by a great turnout from the district.

The Hot Lap - 1 swimmer vs the clock - was hugely contested and it came down to just 0.2 of a second. Well done to Bree Middleton on just pipping Wade at the post

Bree 15:62 Wade 15:82 Charlie Brown 16:97

Well done everyone for a massive effort - you rock!!

In the Corporate Race, 15 teams came down to 5: Methven Pubs, OLS Old Boys, Star Brights Homebased Care, Life Guards A, and the Kowhai Kickers, and what a race it was!!!

Reigning Champs Methven Pubs found themselves lacking this year and were demoted to 4th place. New champions -Star Brights Homebased Care, were well ahead of second place OLS Old Boys and Kowhai Kickers came in third. Winning team times: Star Brights Homebased Care 1:10:34. OLS Old Boys 1:11:79 Kowhai Kickers 1:12:88 Methven Pubs 1:18:03 Life Guards A 1:19:75

Watch the video on Facebook if you missed it or want to see it again and again.

The committee were really happy with how the day went saying, "What a day!! the sun was shining and the pool was heaving!!

Thank you to everyone who swam, young and old and to all the supporters you rock!!"





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Bareland lifestyle

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bayleys.co.nz/559202

Deadline Sale (unless sold prior) 4pm, Thu 14 Mar 2019

4pm, Thu 14 Mar 2019 201 West St, Ashburton

View by appointment

Simon Sharpin

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Tai Chi Classes have started for 2019

It was tremendous to see the 2019 year of Tai Chi class start off so well.

Optimism from the class was infectious. Thank you all for your attendance.

It was exciting to have new and past participants joining us, recognising the fun elements as well as revising the 'Essential Tai Chi Principles' of Movement, Body Posture-Alignment and the Internal aspect.

I hope the class triggered a minimindfulness moment in your day.

This brings you to the present moment, giving you something to **FOCUS** your attention on. This in turn switches to lots of positive thinking.

Tai Chi is about integration of movements. Remember patience, presence – this is the quintessential practice in Tai Chi. All you need is these movements. We've got the integration of weight shift; we've got the regulation of the breath. We're slowing down one fluid, constant movement.

Slow movements that require multidirectional weight shifting, single and double weight-bearing and awareness of body alignment. It challenges limitations in balance and gait, addressing them through a set of controlled, progressively designed exercises.

Tai Chi is a process! Final thoughts; have a wonderful week.

See you on Monday at 10.30am





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METHUEN



IDEAL STARTER OR HOLIDAY HOME

This fantastic 3 bedroom, 2 bathroom is a 2 storey home and has been the ideal holiday home for a number of years. Its time for a new owner to enjoy this great location. You will fall in love with the peaceful tranquillity this tastefully decorated permanent material home has to offer. With lovely open plan living you are able to enjoy the vistas to the garden. This home has that relaxed peaceful feel and provides a perfect haven from the hustle and bustle of every day living. A large master bedroom, with ensuite and built in wardrobes, sliding doors out to a balcony over looking the gardens. Additional features include logfire, wood shed, work shop (used for tuning skis currently) and lovely decor adds to the easy liveability of this home. Price guide - Mid \$300,000's

Open Home Saturday 9th February 11.45-12.15pm 2/5 Macphail Place



SPACIOUS AND PRIVATE

This fantastic 200 sqm home sited 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. Enquiries Over \$498,000

Open Home Saturday 9th February 1.15-1.45pm 10 Jackson Street

METHUEN



INVESTOR OR FIREST HOME BUYERS DELIGHT

What a fantastic opportunity to get on the Methven property ladder! This 2 bedroom home with sleepout and large attic is a great place to start. Set on 809m2 section gives the option to extend or subdivide or have plenty of space to entertain. The home has a lovely feel with a tidy kitchen with french doors opening to the great deck.

Price Guide: Low \$300,000's

METHUEN



CENTRAL TOWNHOUSE

This fantastic three double bedroom townhouse is located in the heart of Methven. In addition this home offers a large sunny deck, single internal access garage, an ensuite, separate laundry, under floor heating in the tiles and so much more. Set on an easy care section, this home would be an ideal first home, investment or holiday home. \$359,000 O/H Sat 9th Feb

METHVEN



CLASSIC CHARACTER CALLING FOR NEW OWNERS

This beautiful two storey character home originally built in the 1930's sits on a private 2,023 sq m section with an established garden. The open plan kitchen and living area has been designed with family and entertaining in mind with generous areas that capture beautiful morning sun. A fantastic sunroom flows from the lounge area offering extra living. \$639,000 O/H Sat 9th Feb 2.00-2.30pm 37 Dolma Street

ASHBURTON



YOUR SEARCH ENDS HERE

Beautifully renovated and refurbished, this charming home is now available for you to eniou The modern kitchen opens to the dining area and then flows through into a large living room. The pellet fire and two heat pumps will keep you comfortable year round! Your indoor / outdoor low is well catered for with French doors leading to patio area. Enquiries Over \$439,000 0/ H at 9th Feb 10.00-10.30am 33 Miller Ave

METHUEN





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 where natural light pours in while you enjoy the stunning rural aspect. This area flows out via french doors onto a sunny deck. This is a fabulous area for your summer entertaining, capitalising on the private and sunny 588 sqm sized section. Off the hallway are three bedrooms which are complemented by the family bathroom. In addition there is a log burner and heat pump for comfort all year round and separate single garage. \$395,000

Onen Home Saturday 9th Feb 11.00-11.30am 51 Racecourse Quen

METHUEN





FAMILY FRIENDLY LIVING

Built just over a year and a half ago, this much loved four bedroom home located in Camrose Estate was built with family in mind. The spacious open plan living/dining area boasts a cosy log fire plus $\,$ heatpump &the generous kitchen offers a great space to create while watching over the family. Sliders from the living lead you to the sheltered patio with great sun sail for summer entertaining. Careful attention to landscaping has produced a garden that is both pleasing to the eye & functional with fantastic raised vegie patches. The tranquil master bedroom has a WIR & ensuite and the remaining three bedrooms are all a good size, there is a family bathroom with a separate toilet & hand basin. This home has so much to offer so come and see it for yourself, you will be glad you did! \$629,000

1 Camrose Avenue



ACTION REQUIRED

Appealing three bedroom sunny home with fantastic mountain views is waiting for a new family to call it home. Will it be yours? Open plan kitchen & dining with large living area. The living area/lounge has lovely large windows which let plenty of sun in. The bathroom boasts both a bath and separate shower.

\$399,000 87 Forest Dr

METHUEN



BEST OF BOTH WORLDS

This stunning timeless character Villa reflects past glory and elegance with the modern comforts of a warm family home. Crafted from quality materials, this 203 sgm property has enduring features such as large bay and sash windows, ornamental fireplaces and traditional wooden floors. Modern country-style kitchen. \$629,000 O/H Sat 9th Feb 2.45-3.15pm

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 and fishing on the Rakaia Rive. Services on the boundary. \$165,000

METHUEN - Alford Forest



LIFESTYLE IN ALFORD FOREST ON 6.6 ACRES

Looking for a lifestyle block with income then look no further- 6.67 acres with 2 permitted houses. Live in one and rent out the other or do you need space for the extended family? Approximately 290 sqm across the 2 houses, plus woodshed and storage shed. The land is divided into 3 paddocks. \$655,000 1929 Arundel Rakaia Gorge Roa



Maree Firth Principal/ Property Consultant 027 5421 364



Rosa Dekker Property Consultant 027 465 5387

Sam Gregory Property Manager 027 886 0179





Amanda Pannett Office Administrator 03 303 3093





Mount Hutt College Teachers and Staff visit the Bowling Club

It was a fun day out for them, and they happened to have chosen the hottest day of the week I think. There were about 38 people there, and they really enjoyed themselves.

Once we had shown them the grip and how to deliver the bowl, they were off into teams, playing qualifying games and culminating in semi-finals and finals. They were good too, and so very competitive. We really enjoyed having them there, and can't wait for a return visit. I thought you might like to see the Principal, John Schreurs delivering a bowl. He has to be the best dressed bowler we have ever had on the green. Laura Hanson who is the PE teacher, as you can see, got the hang of that delivery very quickly. We are thinking of extending this to twilight bowls, so watch this space.

A point to make to all companies and organisations in the district; you can contact the club and arrange social

events, and as long as you give us enough time to get the right licences in place; we can give you a jolly good night's entertainment, and teach you the game of bowls. It is a great social evening.

Rep games between Mid Canterbuy vs North Otago: This was played at Oamaru greens on Saturday 2 Feb. We were represented by Senior and Development Men's teams (The Women's Senior and Development teams had to withdraw for lack of players).

Senior Men: B Mayson, J Nowell, R Fensom, won convincingly.

Development Men: G Blackwell, B Redmond, J Eddington, A Allred, W McArthy - won by 1 game. A great day out for these guys, some of whom got home very late as they apparently fell by the wayside on the way home. Tut tut tut.

Anstiss Cup Open Fours: This was played on Sunday 3 Feb at the Hampstead green. It was a hot, hot day, but I am pleased to report that the winning team was from Methven.

First place: Gary Eddington, Frank Sandys, John Eddington and Boyd Marsh. Very well done team.

Mens Championships at Methven Mens Triples: this has now reached semi-final stage.

B Mayson/B Redmond/G Blackwell vs C Carter/R Fensom/J Nowell

Men's Fours: this has also reached semi-final stage.

C Carter/R Fensom/N Owen/J Nowell vs A Allred/G Blackwell/I Moore/T McLean.

Good luck to all teams.

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AUCTION to be held on 8th March 2019 at 1:30pm (unless sold prior) 375 RAKAIA GORGE ROAD, Windwhistle





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Make no mistake, our instructions are very clear. This 332.3484 hectare farm is to be sold on the 8th March at our auction rooms. Currently operated as a 370 cow dairy farm but also suitable for beef finishing, deer or dairy support. Ignore all previous pricing - the hammer will be going down on this property!

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Exercises for Headaches



I learn as much from my clients as they learn from me! Recently I have had three ladies who have been in to Christchurch to different specialist headache clinics. Each of them came back and said their (very expensive!) consultations really just included all the basics we had gone through here in Methven.

My learning point is to really reinforce the basics over and over before looking at any more complex techniques, so here are those basics;

• **Posture** - upright sitting, with a lumbar roll at the lower back. Petite people may require an extra cushion behind them to prevent them slumping. Avoid lazy boys and foot stools.



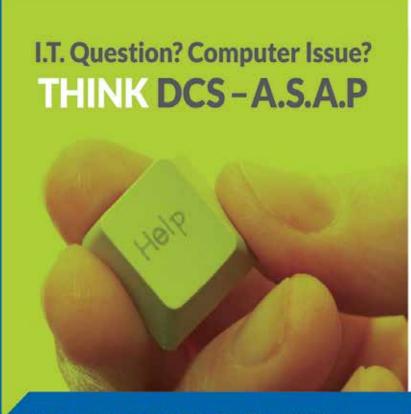
- Chin Tuck Exercises a forward head position is associated with musculoskeletal headaches. Keeping the eyes on the horizon draw the chin back and release. Repeat ten times every couple of hours.
- Stretching the upper back stiffness in the upper thoracic spine can exaggerate the forward head position. Stretch it out by leaning over the back of a chair, swiss ball or foam roller.

That is the basis of all three clinics treatment. To my surprise they also had a positive effect on migraines.

There are other positive actions to take if you are a headache sufferer. Identify and avoid triggers like chocolate or bright light. Get enough sleep. Have regular aerobic exercise. Eat regularly to avoid drops in blood sugar. Find effective ways to manage stress - relaxation, tai chi, forward planning or mindfulness. Reduce caffeine and alcohol and keep hydrated.

Specific strengthening exercises can also help - several of my regular Pilates clients USED to suffer from chronic headaches and these have resolved by strengthening up key muscles.

Come and chat to us at Contact Physiotherapy at the Methven Medical Centre if you need help with your headaches; ph 302 8205.



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Shirley Fitzgerald

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Margaret Feiss
021 751 009





Margaret Feiss

RayWhite

3 ⇌ 1 → 2 🖨

RayWhite

4 ⇌ 2 → 2 🊔

Shirley Fitzgerald

65 Spaxton Street, Methven

This 809m2 section, offers a 4 bedroom family home Large lounge room with exposed

Bathroom, separate toilet & shower. Carport with several storage sheds. Glass house, aviary, hen house & garden shed.

Mid Canterbury Real Estate Limited Licensed (REAA 2008)

Set Date Of Sale Offers closing 2 pm Friday 08 March 2019 (unless sold prior)

rwashburton.co.nz/AHB22347

13 Cameron Street. Methven

Delightful private garden setting on 1012m2 section. 3 bedrooms plus spacious office. Addition of a large family room/decking. Mo bathroom & second W/C Modern Heated by log burner & double glazed. New wiring. Exterior recently painted. Double garage

Set Date Of Sale Offers closing 2 pm

View

rwashburton.co.nz/AHB22345

Mid Canterbury Real Estate Limited Licensed (REAA 2008)

Thursday 07 March 2019 (unless sold prior)

Sat 11:00 - 11:30 am





Situated on a 1012m2 section. Three sunny bedrooms plus sun room.

Open plan living with log burner. The home has new carpet throughout, freshly painted interior plus roof.

. Single garage with attached storage

Set Date Of Sale

Offers closing 2 pm Tuesday 26th February 2019 (unless sold prior)

Sat 10:00 - 10:30 am

Offers closing 2 pm Thursday 28th

sold prior)

February 2019 (unless

3 ⇌ 1 ⇌ 1 🖨 23 Colcord Place, Methven

Open Home

3 spacious bedrooms Bathroom plus 2nd toilet. Large lounge that captures afternoon sun. Detached double garage.
This home is in need of some painting and decoration so you can

For Sale \$347,000 (REDUCED) Sat 11:30 - 12:00 pm

Shirley Fitzgerald 0272 201 528

rwashburton.co.nz/AHB22090 Mid Canterbury Real Estate Limited Licensed (REAA 2008)

rwashburton.co.nz/AHB22326 Mid Canterbury Real Estate Limited Licensed (REAA 2008)



Set Date Of Sale This substantial family home has

much to offer your family. 4 bedrooms, 2 luxurious bathrooms, plus master/ensuite. Spacious kitchen & dining that flows into a large formal lounge. 2nd floor rumpus room. Panoramic views 3rd

23 Morgan Street, Methven

View Sun 2:00 - 3:00 pm

rwashburton.co.nz/AHB22328 bury Real Estate Limited Licensed (REAA 2008)

4 = 3 → 2 🚔

Margaret Feiss 021 751 009

Enjoy the benefits of this 8ha block. 4 bedrooms, plus office. Ensuite, family bathroom, separate

7 fully fenced paddocks.

145 Mt Hutt Station Road, Methven

Cattle yards, hay shed.
Alpine shed with lined workshop.

For Sale \$1.500.000

View

by appointment

rwashburton.co.nz/AHB21765

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



3 Alford Forest Settlement Road, Alford Forest

A little bit country. Everything looks better in red. Three bedrooms. Open plan living. Single garage. Situated on State Highway 72. 15 minutes from Methven township.

For Sale \$325,000 (REDUCED) View

by appointment

rwashburton.co.nz/AHB22170 Mid Canterbury Real Estate Limited Licensed (REAA 2008)

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rwashburton.co.nz/AHB22028 Canterbury Real Estate Limited Licensed (REAA 2008)

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First release lots 1, 14, 15, 16 NOW SOLD



22 Spaxton Street, Methven

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View by appointment

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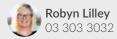
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For Sale Price On Application

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View





36 McMillan Street, Methven 03 303 3032 rwashburton.co.nz

MP for Rangitata Andrew Falloon

Building on shaky foundations

Not long after she became Prime Minister, Jacinda Ardern said something that I agree with completely: "what gets measured gets done."

Setting targets, in any context, is a great way to achieve your goals. What comes after those targets, though, is equally important. A plan on how you're going to achieve it.

Back in 2012 the-then opposition Labour Party proposed the KiwiBuild scheme. They put up-and-comer, Phil Twyford in charge to work out how best the Government could enter the housing market and build 100,000 homes over ten years. Since then that dream has become a nightmare. What's become alarmingly apparent over the past 16 months is that Twyford didn't bother to plan at all.



Soon after coming into Government they trimmed the plans back, saying that instead of building all the houses themselves they would launch a 'buy off the plans' scheme. It amounts to rebranding existing developments as KiwiBuild houses. They also cut the first year target back to just 1,000 homes.

Last month the Housing Minister was forced to grudgingly admit that they're not anywhere close to even that revised goal. Halfway through their term in Government they've achieved just 47 houses, less than five per cent of their first year target. Disappointingly, Twyford's response was simply to dump the targets entirely.

The Housing Minister isn't alone. So far Government Ministers have dumped targets to reduce long-term welfare dependency, cut serious crime, improve the way the Government interacts with the public, have mothers registered with a lead maternity provider, and reduce the rates of children who are hospitalised.

The abolition of targets and scrutiny is having an effect. It's not just 47 homes from a \$2 billion KiwiBuild programme. The Government's fees free tertiary education plan was meant to lift participation. It hasn't. In 2018 there were no more University students than in 2017.

Similarly Shane Jones' much feted billion dollar Provincial Growth Fund. Despite claims of 9,000 new jobs, it's created just 54 jobs at a cost of \$490,000 per job.

Worse, none of them are in Mid Canterbury. We're yet to see a single cent of that billion dollar fund.

I'm pleased that the Government has good intentions. Good intentions are great, as are goals. But without a plan, good intentions and goals are simply left as dreams.

As your local Member of Parliament I'm here to serve you. My offices in Ashburton and Timaru are open during business hours.

Please call (03) 308 7510 for an appointment, or email me directly at andrew.falloon@parliament.govt.nz







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www.ktscontracting.co.nz Phone Ben on 027 458 2000 It's all go in the garden. The hot weather has really spurred on production of beans, cucumbers, zucchinis and other veges. Keeping things well enough watered has been difficult – if your beans are a bit curved or tough, they probably aren't getting enough water. Straight, juicy beans indicate plenty of water. Carrots need deep watering, so it's much better to water for longer less often, than frequent shallow watering. Tomatoes are fairly hardy – adequate water is essential but too much delays ripening of the fruit so it doesn't matter too much if they have a "dry" day. Apples and pears are ripening well and need good water supplies to ensure the fruit doesn't end up tasting "dry" rather than juicy. My newly-planted leeks need daily watering and, despite the heat earlier in the week, look good.

Now is the time to begin planting brassicas for the winter – but don't do lots now – stagger the planting and put in a variety. I still have spare space (from where the potatoes have been harvested) so I will plant curly kale for autumn and winter meals and I have recently planted a batch of green cabbages.

Both kale and cabbages are good because they can happily wait in the garden till you need them – unlike broccoli which needs picking as soon as possible after it becomes ready. Cauliflowers like cooler weather so I would wait on planting them until mid March.

Planting lettuces or a few rocket seeds in between the brassicas makes good use of the space that the cabbage will need later. Celery is another vegetable that can be planted now and it is also one that likes a lot of water. It also likes a lot of fertility, especially nitrogen, so add old manure or blood and bone and mix well into the soil before planting. Spinach and silver beet also need these conditions.

If all your lettuces have bolted or gone bitter in the heat, don't despair – other salad greens are out there.

Sorrel is a common weed which is delicious in a salad. It has a slightly lemony flavour and is very good for you. Add to a dish of tomatoes, cucumbers, parsley, basil or any other herbs you have, and there's a great salad. Add quinoa, olives and hard-boiled eggs to turn it into a meal.

Apparently the greater the variety of plant species eaten in any week, the better your gut biota!



METHVEN TRAVEL

Come join us at the Methven Trotting Club on WEDNESDAY 27th February from 10am – 1pm for the Methven Travel Ladies Driving Day event!

Coaches, vans & school buses all on site for you to have a go driving, relaxed environment, no pressure. Our team of lady drivers will be on-site for a chat about their own stories of why they chose driving as a career path. Driver training info, license requirements and friendly faces all on-site.

Sorry guys, this is a ladies only event ©



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This position is responsible to the Board Chairperson and Principals and entails up to 15 hours per month. Attendance at board meetings is required (alternate between Mount Hutt College and Lauriston School, approximately 6.30pm-9.30pm) with the balance of hours flexible.

Tasks include the preparation and distribution of Board papers, recording of minutes at Board and Special meetings, providing administration support to Trustees for all Board matters, and maintaining Board systems and record keeping.

Along with strong administration and communication skills, confidentiality and high ethical standards are a must.

> For further information and to receive an application pack, please email botsecretary@mthutt.school.nz

> > **APPLICATIONS CLOSE FRIDAY 15 FEBRUARY 2019**

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As we missed a week over the holidays, there's TWO winners this week...



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Cordell Keepa 9

Julia Bessai 12

Edward McMillan 2

Max Helem 12

Chris Wareing 15

Mickayla Thomas 15

Josh Dove 17

Josh Smith 23

Jenna Charlesworth 83

Sky Gottermeyer 1

John Schreurs 60

Sonny-Bill McAndrew 9

Amelia Vaughan 5

Toni Wilson 24

Annabel Ewart 14

Chloe Robinson 13

Kristy Drake 37

Caleb Burgess 9

Colin Glass 50

Callie McAndrew 39

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Registration Info 2019

Methven Football Club: Junior Registration and info 2019

4-16 yr olds : Juniors/Youth Girls and Boys

WHEN: Thursday 14th / 21st February 2018. 3.30 - 4.30 pm

WHERE: Methven Domain Football Clubroom

Subs to be paid prior to season start in April 2019
First Junior/Youth training day Thurs 7th March 2019. 3.30-4.30 pm

For information on joining the club as a Player, Coach, Manager, Parent or Helper please contact: President: OJ Dodson.

Email: methvenfcnz@gmail.com **Call or text:** OJ 021743394

Online Registration: follow the links on Facebook page or web-

site.

Facebook: Methven Football Club **Website:** www.methvenfc.com

Training on Thursdays at 3.30-4.30pm on the Methven Domain. Junior 4-11 years games are played Saturday mornings on the Ashburton Domain.

12-16 year olds and Senior Mens 16+ are Christchurch travelling teams home and away.



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