# 1986 Putanga 45

Methven & Foothills Newspaper

Taite 8 Tihema 2022 **Thursday 8th December 2022** 

Issue 45

# Methven Cricket Club celebrates

Annie Jacobs

Past and present members of Methyen Cricket Club gathered for a weekend of celebration of the game

Methven Cricket Club celebrated 125 years of playing the time honoured game at the weekend.

The club has always had a strong following of players and supporters, and currently is in really great shape.

Players of all ages gathered on Sunday for games to celebrate the club.

The club attracts lots of local families and people enjoy the social aspects Team on Sunday, yet tirelessly gives countless hours to cricket locally, encouraging young people to play.

"Kath is amazing!" agreed the gathered Parents. Kath has encouraged Jack Keane who coaches the 6th Grade (7-8 years old). He has a calm, quiet gentle way about him that is a hit with the kids.

"Jack is the backbone of Methven Cricket," said Anna King whose children play with the club.

continued inside



The oldest Life Member/Alan Cornwall and youngest member Axel Harris cut the cake

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#### PUKA RATAKA Daily Diary

#### **COMMUNITY**

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**TUESDAY and FRIDAY** 

Methven Public Library 2pm-4pm Methven Museum 2pm-4pm

**WEDNESDAY** 

Busy Bees, Mt Hutt Elim Church 9-11am Methven Toy Library 11am-1.30pm Methven Green Waste drop off, Vaughans Rd, 12.30pm-2.30pm

#### SATURDAY

Methven Toy Library 9.30am-12noon Methven Public Library 10-11am AA Meeting Methven Primary School Library, 6pm

**SUNDAY** 

Methven Green Waste drop off, Vaughans Rd, 12.30pm-2.30pm

#### DECEMBER

- 8 Methven Golf Club AGM, 7pm
- 9 A&P Wheat Competition Judging, 8am
- 11 On Foot Show, 6pm, MHMH
- 13 Methven Care Trust AGM, 7pm
- 15 Highbank Reserve Board Meeting 7pm
- 22 Last Snowfed for 2022
- 25 Christmas Day
- 26 Boxing Day

#### **JANUARY**

5-10 Methven Summer School

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

**Marcel Proust** 

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Jack's interest in cricket was sparked by watching it on TV. He mentioned to his Parents Pete and Emma that he'd like to play, and subsequently joined the Club.

"I love hanging out here with my mates – I like introducing them to the game, and hitting the ball," Jack joked.

Many names have been associated with the club over the years and while impossible to thank everyone, it was noted that Lizzie Redfern and Greta Currie have contributed alot to the club along with the Murray, Holmes, Dickson, Cornwall, Sawers, Isherwood, McHugh, Callaghan, and Wareing families.

Methven Cricket Club is attractive as games are held locally, with not much travel involved.

"It's a great sport for the guys to do the leading," said Anna Johnson. It is also very social with all ages represented.

On Sunday, celebratory speeches were shared, an anniversary cake was cut, and then young and old got out onto the pitch for a game in the sunshine - the perfect way to mark 125 years of the fantastic game.

**Methven Historical Society** 

# Christmas Display is now on at Methyen Museum



#### **Raffle Results**

on Friday 2nd December 1st Sandra Marr 2nd Margaret Allan 3rd Jane Lavery Thanks to everyone for their support.

# Mount Hutt College Prizegiving 2022



Year 9/10

Wednesday, 7th December 11am

Year 7/8

Wednesday, 7th December 1.30pm

in the Assembly Hall **All welcome** 

Parking available on the front field



With Methven and the Foothills property market booming, Emma Phillips who grew up in South Canterbury, has decided to return to real estate.

Having started out in real estate 17 years ago, she has now been licensed for three weeks, and has joined Fee Ensor's team at Bayleys.

"I thought it would work well alongside my kids," said Emma, whose daughter Harriet is 12 years old, and son Henry is 9.

"I love houses – really love houses, especially interiors!" she enthuses. Emma has had experience working for an accountancy firm, so brings a head for figures to the team.

Growing up on a deer and dairy operation in South Canterbury, Emma has made the move along with family to a small farm in Mayfield.

Emma and Fee have similar values, enjoy a lot of team laughs together, passionate about everything real estate.

"We want the right outcome for people, and I will go above and beyond – nothing is too much trouble," smiles Emma who prides herself on building a nice rapport with people, recognising that a home is often her client's largest asset. She knows that an individual approach is imperative and is able to identify the right buyer for clients across rural, lifestyle and residential markets throughout Mid Canterbury.

Being community minded is important to Emma, and along with volunteering, loves to spend time meandering through antique shops, going for bush walks, spending time with family and friends, or jumping on her bike.

JOIN US TOMORROW!

#### Methven A & P Association

#### 2022 - 23 Wheat Competition Itinerary

#### Friday 9th December

Convoy starts at Brown Pub at 8am



B G Holmes
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Huntersfield Farm
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# Walk track is happening



Work on the much awaited walk track alongside State Highway 77, leading north out of Methven township has started.

Ashburton District Council (ADC), members of the Methven Community Board, along with other concerned members of the community have been lobbying Waka Kotahi NZ Transport Agency to get a footpath constructed in the interests of public safety, along the stretch of State Highway 77 for a very long time. Waka Kotahi advised in 2021 that the corridor is not a particularly high priority, and is up for speed management review some time in the next 3-6 years. Footpaths are not permitted alongside 100km per hour stretches of road.

ADC have contracted Fulton Hogan to construct an unsealed walk track (stone chip) with works set to be completed before Christmas 2022. The treeline has been trimmed so work can begin.



POP INTO METHVEN 4 SQUARE SUPERMARKET FOR YOUR SURPRISE!

#### Thank you!

A huge thank you to everyone who grew plants for the Methven Care Trust House and Garden Tour plant stall. The selection was amazing and your time and effort is very much appreciated. Thanks to everyone who bought plants - it all adds up.

Don't forget the best time to plant a tree was 40 years ago, the next best time is today!



# 28 years of putting students first!

The end of an incredible career in education is drawing to a close.

It was 28 years ago that Kris Canham came to Methven High School as the Assistant Principal, remaining in Senior Leadership for that tenure. After completing Teacher's College in Christchurch, Kris's first job was at Marlborough Girls High School in Blenheim, where she spent five years teaching Geography and Social Studies.

"One of the things that was noticeable was the beginning of change in the region. There was still a lot of mixed farming, however the vineyards were starting to become important. As a geography teacher, change in the environment was one of our themes, it provided the opportunity for learning. Aquaculture changed the context of what was happening in our environment and helped students to understand that change," reminisced Kris. This was followed by teaching at Westland High School in Hokitika for ten years. This provided loads of opportunities to look at many different examples of environments.

"Going to Franz Josef every year for our field trips was a highlight," said Kris. If you've met Kris you will know that everything she does in her work, is for best possible outcomes for students!

"Franz Josef provided physical geography like glaciology – observations, measurements of landforms, processes, and talking to people in the environment about how the glacier was important, a resource for tourism, and the cultural side of the glacier too," she said.

Westland was a Year 7 to 13 school, and this was one of the drawcards that made what is now Mount Hutt College attractive, along with her Parents living in nearby Timaru. In 1995, MHC had 230 students at that time, and is now around 500. Both of Kris's children, Stephen and Maxine, completed their schooling in Methven.

"I enjoyed being involved with what they were doing and having them here, it was a

great advantage," Kris smiled.

She enjoys the sense of community in the whole school. When the school was smaller, it was very closely tied to Methven and surrounds. Now there are children coming from all over Mid Canterbury to MHC, yet it has kept that sense of community, Kris feels.

As Assistant Principal, Kris has had a lot to do with curriculum and curriculum planning, Prizegiving, school events, NZQA exams (things that people don't always see on the surface), teaching, working with students, Learning support, Career Education and she has managed curriculum change, development and Professional Development.

The College's amazing International Department has been overseen and led by Kris.

"There have been wonderful opportunities to visit schools overseas, make connections with overseas schools, overseeing the international students when they get here, and the homestay families here as well. Certainly visiting the schools in Japan was a big experience – their education system is so different. The Japanese educational system highly esteem international perspectives. Seeing those students come here for a term or a year and improve their English

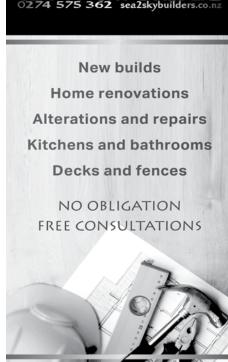


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and learn about the NZ lifestyle is really fascinating! That experience of students going overseas is a really big step," acknowledges Kris.

Her office is packed with gifts, treasures and tokens of appreciation for the work she has done, from international education staff.

As if that wasn't enough, Kris was also involved with school netball and tournaments.

"Parents, the sense of community, and the volunteers who enabled girls at school to have those experiences was very enjoyable for me," Kris said enthusiastically, saying it's very important for the kids – and has always been part of the nature of the school to provide those experiences.

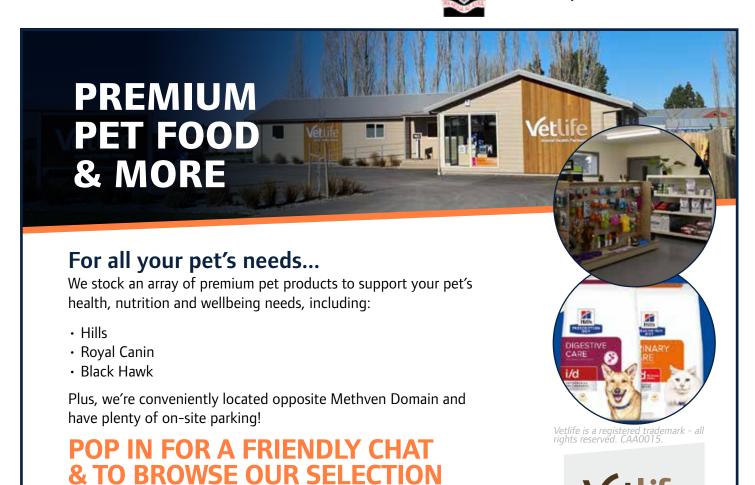
At this stage Kris doesn't have detailed plans for her retirement. However, the family have a caravan so are hoping to use that more and go back and spend time in places that they have been to before but haven't had time to enjoy.

"I'll see what else comes up," she laughed, "I expect that I will develop some other interests, and want to explore that now that I will have time to do that. I will miss the students and the staff – the people!" she said with mixed feelings.

Wanting the best for the students has always been important to Kris, she will be greatly missed, and she leaves enormous shoes to fill!



Congratulations to Mary Stone who celebrated her 90th birthday at Methven Golf Club recently.



Vetlife Methven 2 Line Road | vetlife.co.nz

Lauriston Fire B

The Lauriston Fire Brigade celebrated its 50th anniversary last Saturday with a day of activities including a relay race, a bouncy castle, and a barbecue.

A fiery demonstration was conducted by Donna Lindsay and Marthie Wright where they added a cup of water to an inch of canola oil on a stovetop. The explosive power of fire was shown to both children and adults who could feel the heatwave that came after. It only takes three minutes for a fire to engulf a home and from this demonstration, everyone learned how adding water to an oil fire is the wrong thing to do!

The Lauriston Fire Brigade is filled with volunteers who care for the safety of others. Bruce Leonard, the son of John Leonard who started the brigade, stated that many of the callouts they receive tend to be for emergency situations such as car accidents, more than fires. Bruce appreciates the Lauriston Fire Brigade and the sense of "comradeship" that exists within it. Fire and Emergency New Zealand (FENZ) now provides support for people involved in emergency services but this was not always the way. When asked about the most memorable part of his 46 years as a part of the brigade, Bruce mentioned the housefires he had been to as they were "life-changing events for the families involved." Donations from the community contributed towards the beginnings of the Lauriston's Fire Brigade. Bruce said this "open day for the community was a way to say thank you" while giving back to the community.



There was a relay race between the firefighters in the brigade where the objective was to knock a tennis ball off the cone in the middle with a hose. Afterwards, everyone had the opportunity to have a go at controlling the firehose themselves. There was also a lolly scramble off the back of a 1951 Land Rover fire truck. Other machinery and fire equipment were on display for the public to see, enticing any future firefighters to join the brigade. Grant Walker, a new transfer to the Lauriston Fire Brigade from the West Coast, described the brigade to be a "good crew that have a good culture."

The last fifty years have been a great success for the Lauriston Fire Brigade, and with a strong team, the future of the brigade is looking equally as successful!



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A labour of love and care

Methven Cemetery took a pounding with wind and wet weather damage two years ago.

Since then, Methven Lions, Ashburton District Council, Methven Community Board and Harmer Earthmoving have been working together to fix the damage, replant new trees and give the place

a good clean up.

Many years of moss, grime, dust and dirt had collected on the headstones and memorials at the cemetery. Methven Lions sought community feedback on any family members who did not want headstones of family cleaned up.

Sympathetically, and with appropriate tools for the job, Methven Lion Robert Maxwell has been at the cemetery quietly and humbly tucked out of sight behind the big trees, working his way through row after row of headstones, cleaning them up. A number of Snowfed readers alerted me to a man

doing a fantastic job there. Eight visits later, (Robert had been away unwell), I found out who it was.

The cemetery has more graves at the north end, narrowing as it heads towards Methven Chertsey Road. The headstones needed to be treated with an appropriate solution that would not adversely damage them, which after careful research, the Lions organised. Then Robert stepped up to do the grunt work.

"Each stone can take 3-5 hours to clean, with the tall ones taking the longest. The spray kills off the top of the moss and grime, and the rain we had last night has softened it off," Robert said. "You can't use a water blaster to clean them up as a lot of the surrounds are old concrete, and it would just fly to bits." The work is back-breaking, requires painstaking attention to detail and a steady, patient set of hands.



Robert's interest in cleaning the headstones came about after a massage with Jo at The Salt House.

"Jo's Aunty's grave was a bit of a mess – they were quite tickled that I tidied it up," Robert smiled.

Some of the headstones have lead lettering which can pop out over time, so Robert is extremely careful cleaning around them.

For a retired 85 year old, Robert is putting in a lot of hours doing an incredible job, respectfully cleaning up at the cemetery, unnoticed by many. He said numerous times that he did not want any credit personally, but wanted any credit to go to Methven Lions.

On behalf of the community, enormous thanks to Robert, Methven Lions, Ashburton District Council and Harmer Earthmoving for the wonderful ongoing job of tidying up the cemetery.





# MHC Opuke

Students from Year 9/10 at Mount Hutt College had the opportunity to showcase some of the learning from their Opuke classes this semester.

Students were available to share their work with visiting students, staff, family and community members. Displays were varied, from Bonsai tree projects through to whole year displays of class learning journeys. Wearable Arts projects provided colourful additions with some students choosing to model their creations along with some great community focussed ideas.

Did you know we now have a book exchange in Methven? See if you can locate it and become involved in supplying and the

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reading of books, all for free!

The base skills of Opuke learning; collaboration, creativity, critical thinking and communication were represented.

For those who participated it was a positive experience to be recognised for the work they had been involved in



# SEPTIC TANKS BLOCKED DRAINS FARM EFFLUENT CCTV CAMERA AS H B U R I O N LIQUID WASTE DISPOSAL FEEEE

# MPS News

#### **Top Team**

Wednesday 30th November was a buzz of activity at Our Lady of the Snow fields, where students from our Ōpuke Kahui Ako 9 schools were participating in a Top Team event. These events were challenging and involved students problem solving, collaborating, and communicating as a team to complete the tasks. We started off working in school groups in the morning, then mixing together with other schools in the afternoon. Some of



the tasks involved the student being a little wet as they tried to carry a bucket of water balancing on boards that were balancing on road cones. Another task was working together to walk in skis (with six foot-holds on each side), along the grass, around the cone, and back again.

It was great fun and we all really enjoyed ourselves and the weather even held out!

#### Extravaganza – Save our Pool

Wednesday 30th November MPS students held their Extravaganza to raise money to save our community pool.

Just to make a point, the weather decided that it would create a pool for us on the court of MPS. Waterfalls were falling around the school, and puddles formed for children to have fun in. While it wasn't quite how the children had



planned, we appreciate all the support from our whanau and community in coming along and sharing through donations, participating in the stalls, and buying products. We would also like to acknowledge the businesses and Our Lady of the Snows who joined us for the night buying a site for a stall and donating extra money towards saving our pool.

The staff from MPS couldn't be prouder of our students. when told that the pool wouldn't be opening this year, they decided to help fundraise and donate profits back to the Methven Swimming Pool Committee towards saving our fantastic and vital pool. As a school one of our focus's this year has been on learning about Te Whare Tapa Whā (4 Walls of Wellbeing – Taha Tinana (physical), Taha Wairua - spiritual, Taha Hinengaro emotional and Taha Whānau - social and family). We have learned about the need to look after each well, so we will be stronger and have better well-being. This was a student-led event and like all events, things take time and effort to organise and run. First, a board of directors was decided on from the Opuke Team, these students (alongside Mrs. Monk and Opuke teachers), worked tirelessly organising plans, maps, and logistics for the day. Each team from MPS decided on holding one or more stalls/activities which were related to Te Whare Tapa Whā. Some stalls/activities were free and others required money to participate. Students from these teams all took part in manning stalls alongside whanau.

The evening despite the torrential rain, was a great success with MPS raising \$7500 with still some money to come in. We are happy that we can donate this to the Methven Community Pool to help save our pool as we believe that every child needs to learn to swim!

MPS Staff would like to thank you all for coming out on such a night and supporting our students. MPS students you were awesome, and did us proud!

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#### **Plan for 2023!**

Anna Johnson **Garage Gym** 

As we hurtle towards beginning of 2023 I find myself thinking - hold on, I'm not really ready for 2022 to start yet, let alone another new

The year has gone by so fast, even though it got off to a pretty rocky start and no one really knew what to expect. We were still shaking from the last two years and wondering what was coming next. However as '22 rolled on we got used to the new normal.

Around two months ago I suddenly realised I felt lighter, my shoulders had loosened and I was getting excited about making plans again - then blow me down I saw a FB post that said 8 Fridays till Christmas - only 8! Like what? How? Bang, my shoulders headed back towards my ears again.

Idon't know about you, but around November I fall into the "well the year's nearly over, no point in starting anything trap," and even the best intended New Year's resolutions are nothing but a distant memory by now. I want this coming year to be different, I want to plan, make those plans happen and above all to really start living again. What do I do with this new found planning enthusiasm?

I wrote a few things down that I'd really like to start right now (if it wasn't December), and have put things in place so I can start them next year, even if my mojo has dropped.

#### Things like:

- committing to my pilates block
- booking a few hikes
- finding/buying books a want to read and making a pile beside my bed

How could you do this?

Find a way that suits you. Record a few things you would like to achieve right now; in a notebook, on your phone, maybe make a vision board, or draw pictures, record them however you want - this is your 2023 journey and you have control of it.

Then commit to them right now, don't wait until January, life is out there, go get it now! For example you could buy a gym membership, Hot Pool vouchers, book a hike, buy a plunge pool concession card, take an art or pottery class, or set up a dream bank account to save for something you've always wanted, a holiday, or whatever you like. These are your plans to make happen when and where you see fit.

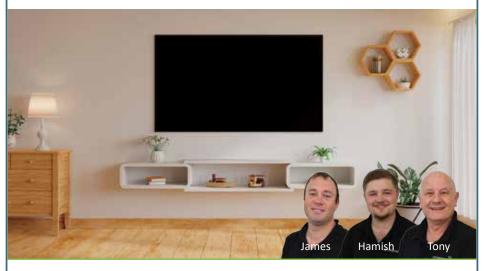
Share this plan with someone - have them as your conscience. Prep your year, keep it simple but use the 2022 mojo for a successful 2023.

Have an amazing Christmas period and I can't wait to hear, and see your 2023 achievements.

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# OLS News

#### **Top Teams at OLS**

Term 4 is flying by and there is so much to pack in, in such a short time!

On Wednesday, it was our pleasure to host our Kahui Ako Top Teams event. Eight of the nine schools in our cluster came to enjoy a day of teamwork and fun! Students from MHC, Lauriston, MPS, Mayfield, Mt Somers Springburn, Rakaia, Chertsey and our own senior students from Room 1 all participated in different teamwork activities, including three stations with water!

As they all worked together the competition was high to finish first and accurately. There was a lot of laughter and cheering as they succeeded. With music sounding out across the field, it made for a fun party atmosphere which was slightly



distracting for students in Room 2 to complete their work - so we had to go out and cheer on all the teams. Even Father was intrigued by the tasks and went out to cheer all the students on.

Each school worked together for the first section and for the second section all children were divided into new teams from all the schools. All worked well together and a lot of fun was had. Thankfully the rain held off long enough for the completion of all activities.

We were very proud of our students who supported and encouraged not only their team mates from OLS but also other students from the other schools - Ka pai Tamariki!



# Wedding Picture Mystery solved!

The couple are George Henry Weir and Mary Frances Harrison who were married on August 20, 1919 at St Patrick's Church, Dorie. They were identified by Deidre Knox, Mary's niece who lived in Methven for the first 10 years of her life but now lives in Auckland. George and Mary had 2 children – Gertrude Elizabeth and James (Jim) Harrison Weir. Jim became the NZ Ambassador to Russia but was expelled in a tit-for-tat move when the Russian Ambassador to NZ was expelled for passing funds to the NZ Socialist Party in 1980.

Thanks everyone for your help,

Methven Historical Society



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# METHVEN GARDEN CLUB

Liz Wilson

A small group of us met at the Garden of Harmony for our November outing to the Ashburton area - travelling by van to Akaunui Homestead, nine kilometres along the Longbeach Road off State Highway One.



We were greeted by Dianna McKenzie and given a most interesting talk on the history of the property. It was originally part of the Longbeach Estate owned by the Grigg family and had very swampy land. The owners undertook the arduous task to drain it all before farming could commence. Current owners, Dianne and Ian McKenzie raised their family here.

\*\*continued on next page\*\*







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#### Tai Chi News

Tai Chi can positively impact our lives with connections between body, mind, mood, posture, alleviates heightened emotions all before commencement begins, using diaphragmatic breathing.

With all sessions we work on our breath work which energises the body. By focusing on the inhale and using the exhale to stimulate the parasympathetic nervous system, allows and enables relaxation, lowers blood pressure, helps relieve pain and improves digestion. Exhaling fully enables you to breathe in more oxygen on the inhale breath.

The last few weeks we have been learning the Diabetes form which is based on the Qi Gong exercise. Qi meaning "the life energy" within you," Gong being a method of energy.

Improving the balance of Qi is the fundamental principle of helping diabetes. Qi Gong is especially effective for relaxation. World Diabetes Day passed us by on 14th November,

so this form was a fitting way to complete our year.

I have recently updated my training with:

Tai Chi for Arthritis and Fall Prevention, Tai Chi for Diabetes, Tai Chi for Energy, Tai Chi for Rehabilitation, and All forms of Dr Paul Lam's Tai Chi for Health.

For those participants that have learnt the many challenges, laughed, enjoyed and benefited from attending throughout the year, I thank you with gratitude. Huge thanks to the clients I Personal Train. It's very rewarding working on corrective exercises, addressing muscle imbalances enabling you to perform better to reach your goals. Following intense training, time must be allowed for the body to change and adapt, so rest for recovery from exercise is vital. Tai Chi is a wonderful session to use for active recovery.

Have a happy and relaxed Merry Christmas. Go well, I wish you all the best with all you do.

I will be restarting classes again on Monday 9 January.



Their children and grandchildren now run the farm. The garden is extensive, empassing twelve hectares developed over many years. The display of towering mature trees, rhododendrons, camelias, roses and many perennials are a sight to behold. We sat and ate our packed lunches overlooking one of three large ponds - just magnificent and very tranquil. The garden boasts a six hole golf course. A whole day could have been spent taking it all in. Dianna spends 12 hours per day, sometimes more, maintaining her garden. She said it takes her 16 hours to mow the lawn on a ride-on mower. Two huge vegetable gardens feed all the family and more. They were looking very healthy so early in the season. An archway of old and newer apple varieties were laden with young fruit - surely a labour of love!

Leaving half an hour later than intended, we arrived at our second garden – Winchmore Gardens on highway 77, on our way back to Methven. This equally beautiful large garden belongs to Marg and Rob Verrall, where Bob and his sister Helen Love (a Club member), gave us an historical overview of the garden. Here, were beautiful rhododendrons, peonies, roses, and perennials framed by original Wellingtonia trees and many other tree species, surrounded by boxed hedging.

Marg makes jellies out of crab apples and medlar fruit which we purchased. I have always wondered what lay behind the large trees bordering the road on my way to Ashubrton, and was pleasantly surprised – a botanical treasure!

What a wonderful day we experienced!

# **Public Notice** Highbank Reserve Board

#### TRIENNIAL MEETING

The purpose of the meeting is to elect up to seven residents to fill the vacancies on the Board.

The Board will meet immediately following the Triennial Meeting and appoint members to the positions of Chairman, Secretary and Treasurer.

Date: 15 December 2022 Venue: Highbank Hall

Time: 7:00pm

ALL RESIDENTS WELCOME.

#### **Hamish Riach**

Chief Executive Officer
Ashburton District Council



ashburtondc.govt.nz

# **Conversion Therapy prohibited**

Same sex couples in New Zealand have had the right to legally wed Philipa Murray since 2013.

This was a remarkable time in history for all members of the LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (one's sexual identity), Intersex, Asexual/ Agender), community. To be afforded the right to marry the same as a heterosexual couple is something that should always have been an option, however late is better than

In February 2022, another change in history occurred when the Conversions Practices Prohibition Legislation Bill was passed, prohibiting Conversion Therapy in New Zealand.

If you're lucky enough to have never heard the phrase conversion therapy, it is a therapy used to try and change someone's sexual orientation and/gender identity. These therapies oftentimes use abusive methods, most of which are akin to torture. These techniques tend to fall under three categories, Psychotherapy, Medical and Faith. As simple words, these three categories don't sound too bad, until you learn aversion therapy, gender affirming surgery and exorcism are only some of the techniques used for these methods.

There is no medical evidence to support the effectiveness of conversion therapy however there are multiple studies detailing the negative side effects of conversion therapy. As written by webmd.com, the statistics show those who have suffered through this ordeal are eight times more likely to attempt suicide, six times more likely to have high rates of depression, more than three times more likely to use illegal drugs and are three times more likely to be at high risk of HIV (Human Immunodeficiency Virus) or other STD's

(Sexually Transmitted Disease). These things seem a lot to risk, just to attempt changing someone's identity, purely because they're different.

Subjecting anyone to conversion therapy now offers a five year prison sentence in an attempt to discourage people from committing this atrocity ever again. It seems strange to have a nine year gap between the accepting of same sex marriage and banning of conversion therapy.

Nevertheless, both laws will help to protect our future children.

Conversion therapy practices now illegal in New Zealand after law passes final hurdle in Parliament

What Is Conversion Therapy?

New Zealand: Bill Prohibiting Conversion Therapy Passed

### **METHVEN** CROQUET **Heather Santy**

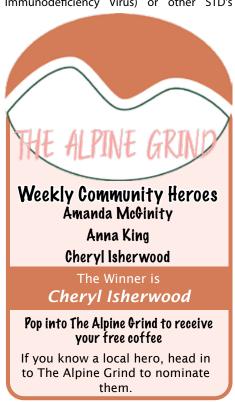
A Fun Day was held by the Methven Golf Croquet Club Members. After a rocky start due to the greens being flooded by the excess of rain, we have had and a rethink of how we would play. A very friendly day was held.

The winners were:

Block One: 1st John Bruce Allenton, 2nd Shirley Lindroos Geraldine. 3rd Jan Lane Methven.

Block Two: 1st Doug Brinsmead Geraldine. 2nd Chris O'Sullivan Geraldine. 3rd Colin Clemens Methven.







#### **EXPLORING OUTSIDE**

The Awa Awa Rata Reserve Society held its AGM last week. Members of the committee help maintain the rhododendron plantings at the reserve and there is also a focus on protecting the native plants and animals.





Bait is also used to help control mice, and in summer wasp bait will be put out

RK Firewood selling dry firewood for this winter

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around the perimeter of the Reserve. In the last year, over 50 rats, 9 mustelids, 5 hedgehogs and 38 possums were caught in these traps. Another 85 possums were caught during the winter by a keen local trapper.

Awa Awa is in a unique place – it sits right at the junction of the plains and the foothills and because of this it is home to a wide range of native species.

One of the distinctive species is the magnificent kowhai, which were once a common tree of the Canterbury Plains. Kowhai seedlings have been grown from seeds collected from the Reserve and the young trees will soon be planted out. Other unusual tree species are kahikatea (a native podocarp that likes boggy spots), totara, rata, and Pennantia or kaikomako. This one looks a bit like a beech tree but has yellow flowers in summer.

The rhododendrons that the reserve is famous for are going to be supplemented by rare rhodo species from the Pukeiti Reserve in the North Island. Awa Awa will act as an "insurance" reserve to help preserve some special varieties.

The new toilets are nearly ready and there will be landscaping done once they are finished.

The rhodos have been flowering for some time now and there are still some beautiful blooms to be seen – so if you haven't paid a visit yet this spring, go soon and enjoy this special spot of both colourful rhodos and native biodiversity.





## Shoulder Academy?

Upskilling is a crucial part of clinical practice as a physio.

Always be sure to check what experience your practitioner has in your problem area. We are so lucky in Mid Canterbury as there are some amazingly skilled health practitioners within easy

After 200+ hours of reading, classes, lectures and live webinars of shoulder study last year I confess I was horrified when I received an invitation to join Angela Cadogan, Shoulder Physiotherapy Specialist online in the Shoulder Academy. More free lectures, real time webinars, client handouts and an online forum where physio's can discuss their clients with Angela and

ADBLUE available at Methven Motors 302 8201.

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**CHIM** Chim Chimney Sweeps-We'll sweep your logburner's flue, check firebricks, baffles, airtubes and controls. We're experts on coal-ranges, and can sweep any sized open fire. We quote and undertake repairs, flue extensions and install bird netting. 0800 224 464 www.chimchim.nz

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**HAY** Fever? Rocket Fuel is a 100% natural product which aids better breathing. Available at Junko Acupuncture. Contact 03 302 8888.

METHVEN Motors has solar panels for sale. Come see your friendly auto electricians for advice 170 Main Street 302 8201.

R B Property Maintenance. Do you need gutters cleaned, lawns mowed, hedges trimmed, water blasting or other small jobs done? Call Rhys on 027 313 0795. other expert physios. I was studied out! But it has been incredible! Shoulders problems are complex and their rehabilitation equally so. Fortunately, there is an increasing amount of research papers to help us, but keeping up with reading and incorporating their recommendations is overwhelming!

Back in 2018, after I completed another 200 hour course on Acute and Chronic Low Back Pain with the Physiotherapy Specialist Mark Lazlett. I definitely emerged expertly equipped to assess and identify complex cases. The treatment was great when clients responded like the book says (which is most to be fair), but where to go if they don't? We are lucky that Mark is still in Christchurch and available for a second opinion.

This time around, having access to the online Academy and interactive Webinars it is really bringing my study together and pushing forward my advanced clinical analysis and treatments. Especially with advice from experts in their field throughout the world!

Here are a few examples:

- a 28 year old barista with several years of shoulder and arm pain and a background of hypermobility. We improved her symptoms to 80% but frothing coffee was still painful! During a webinar Angela was able to suggest an exercise to give her 100%
- a 78 year old gardener who had pulled his shoulder digging. Imaging showed a bone spur and rotator cuff tear. Angela

advised steroid injection, neuromuscular rehabilitation (watch this space!) and specialist referral

- an 11 year old gymnast with ACJ/ shoulder pain. Reached about 80% after three sessions and progress slowed. Online we were recommended to xray to exclude growth plate problems and received exercise progressions from a specialist in the North Island who works with climbers
- a 35 year old painter with pain and weakness after a fall. We arranged xray and ultrasound which showed a partial rotator cuff tear. Best practice advised 12 weeks of rehabilitation and if still problematic refer to a surgeon. He has returned to painting five months after a rotator cuff repair.
- another senior had been declined ACC after a fall in the street. She had a massive rotator cuff tear and was unable to sleep. was unable to do her exercises due to pain and could not use her walking stick. Recommendation was a steroid injection, physio two weeks later while her pain was reduced and referral to a previously unknown Shoulder Clinic at a Christchurch hospital run by a surgeon and the shoulder specialist

Winning! Shoulder treatment does not always result in a fix. At least now I can increase my confidence that I am doing the best that is available within the circle of specialist opinion. On-going learning helps keep my passion for physiotherapy alive! With Physio Academy I can also do that with a group of other passionate experts who support and enhance our learning. Thanks Angela Cadogan! She, like Mark, is available for expert opinion in Christchurch - hopefully she will soon be helping me with an atraumatic shoulder instability of 30 years!

If you want to discuss your shoulder problem with us, call Contact Physiotherapy on 302







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#### **Methven and Surrounds**





#### Windwhistle Lot 38/623 Coleridge Rd

546sqm 🎞

For Sale offers invited over \$229,000

View by appointment Rosa Dekker 0274 655 387 rosa.dekker@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### Price reduced, act now

On offer is Lot 38 Tussock Lane, a quiet, peaceful and private part of Terrace Downs Resort, Situated on a 546sam (more or less) section.

bayleys.co.nz/5518813



#### Methven **Lot 90 Memorial Crescent**

775<sub>sqm</sub> 🎞

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rosa.dekker@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### Priced to sell

This well sited rear 775sqm (more or less) section, offers a wonderful platform to design and build the home of your dreams.

bayleys.co.nz/5519611



#### Methven 86 Spaxton Street

420sqm 🗖 2 🛏 1 📫 1 🕌

Asking Price \$455,000 **View** by appointment Rosa Dekker 0274 655 387 rosa.dekker@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### Modern ease

Presented in excellent condition, the home features a modern kitchen. bathroom and two double bedrooms.

bayleys.co.nz/**5519626** 



#### Methven 7 Burbank Place

3 🛏 1 🕮 2 🕮 2 📾

Price on Application View by appointment Rosa Dekker 0274 655 387 rosa.dekker@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### Brand new, modern and convenient

Set amidst Camrose Estate, this brand-new home currently under construction offers an exceptional lifestyle.

bayleys.co.nz/5519360



#### Methven **Lot 174 Arrowsmith Drive**

705<sub>sqm</sub> 🎞

For Sale offers invited over \$250,000

**View** by appointment Fee Ensor 021 705 014 Emma Phillips 027 483 3110 WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### Invest in your lifestyle

Be quick to secure this perfectly positioned 705sam (more or less) section located in Camrose Estate.

bayleys.co.nz/5518862



#### Methven Lot 2 of Lot 4 Hobbs Road

5,000<sub>sqm</sub>

**Asking Price** \$1,238,000 View by appointment Fee Ensor 021 705 014 fee.ensor@bayleys.co.nz Emma Phillips 027 483 3110 emma.phillips@baylevs.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### House and land package

This perfectly positioned 5,000sqm (more or less) section with stunning

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#### Methven **3 Burbank Place**

676sqm 🎞

Asking Price \$220,000 View by appointment Fee Ensor 021 705 014 Emma Phillips 027 483 3110 WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### Ready and waiting for your dream home

This 676sqm (more or less) section, is located within walking distance to the Methyen Township.

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#### **Methven** 83 Barkers Road

3 🛏 2 쁙 2 🖷 2 🗐

Asking Price \$775,000 View by appointment Fee Ensor 021 705 014 fee.ensor@bayleys.co.nz Emma Phillips 027 483 3110 emma.phillips@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

#### **Premium property**

Three bedroom home, perfectly positioned on a quiet rear section within Camrose Estate.

bayleys.co.nz/5518811







Margaret Feiss 021 751 009





Margaret Feiss 021 751 009

#### 45 South Belt, Methven

- This versatile home has something for everyone Open plan kitchen/dining, spacious lounge room with log fire, three double bedrooms and one smaller room
- At rear a tiny shed with power, sound system, internet + TV

Deadline Sale closing 2pm, Wed 14 Dec 2022 (unless sold prior)

View

Sat 10:30am-11:00am

#### 4 South Belt, Methven

- Instantly appealing 3 bedroom plus office home
- Modern kitchen with an open plan dining area
- Separate lounge room with a log fire and heat pump, single garage + games room
- Private and well fenced back yard

Deadline Sale closing 2pm, Thurs 15 Dec 2022 (unless sold prior)

View

Price by negotiation

Sat 11:30am-12:00pm

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Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

#### rwashburton.co.nz/MVN30048

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)









17 Lochhead Crescent, Methven

- Attractive three bedroom home on a private 820m2 section in sought after location
- Bright open plan kitchen and dining, sunroom + office and heat pump
- Separate lounge with log fire

Deadline Sale closing 2pm, Fri 9 Dec 2022

(unless sold prior) View by appointment

Margaret Feiss 021 751 009

#### 10 Cameron Street, Methven

- Delightful three bedroom home on a 1012m2 section with fruit
- Open plan kitchen and dining
- heated by a wood pellet fire Single garage plus storage/

3 ⇌ 1 ⇌ 1 🖨 For Sale Margaret Feiss 021 751 009

workshop area

#### rwashburton.co.nz/MVN30043

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rwashburton.co.nz/MVN30046

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48a&B/43 Barkers Road, Methven

- Appealing upstairs fully self-contained holiday unit at Brinkley Village. Three bedrooms in total (sleeps six)
- A separate lockable; studio unit with a kitchenette plus bathroom
- Available for up to 90 days per year to owners

#### 3 ⇌ 2 ⇌

For Sale \$165,000 plus GST (if Margaret Feiss 021 751 009 any)

View by appointment

#### 1636 Methven Highway, Methven

- Sitting perfectly on 25 hectares taking in the view of the Southern Alps Open fire, log fire, heat pumps,
- sound system and underfloor heating
- Four bedrooms, two study's and three bathrooms

#### For Sale Margaret Feiss

- Price Upon Application 021 751 009 View
- by appointment only

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#### 44 Line Road, Methven

- Like living in the country set on 4396m2 with impressive views
- Modern open plan kitchen, spacious sunny living and dining, four bedrooms, diesel heating throughout
- Two bay shed with power

#### For Sale \$760,000

View by appointment Margaret Feiss 021 751 009

#### 5 Farquhar Place, Methven

- Well-built Lodge on a large 1399m2 section plus adjoining section of 640m2 (PBN separately)
- The property has a floor area of 544m2, separated into three wings and 10 spacious king size

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For Sale Lodge \$990,000 o.n.o plus GST (if any)

View

by appointment

Margaret Feiss 021 751 009 Shirley Fitzgerald

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Margaret Feiss Licensee Salesperson



4 ⇌ 1 → 2 🚔

Shirley Fitzgerald Licensee Salesperson



Tracey Frost Licensee Salesperson 021 279 1972



Trevor The Bald One Licensee Salesperson

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