

SNOWFED



Methven & Foothills Community Newspaper - Owned by Mount Hutt College

Taite 3 Hakihea 2020
Thursday 3 December 2020

Putanga 47
Issue 47

Annie Jacobs

STUNNING!

- Methven Care Trust House & Garden Tour



Amidst wet, cold, inclement weather, Saturday dawned sunny, bright and perfect for the Methven Care Trust (MCT) House and Garden Tour.

Six beautifully unique properties were showcased on the tour with a mix of rural and urban on display, along with established and newly planted gardens.

A pond, flowers, trees and other greenery, garden art and ornaments were on show outside, whilst inside gorgeous interiors, muted colours,

different styles of furniture, variety of building materials and textures gave viewers insights into a raft of creative ideas for inside the home.

Each property was different to any other on the tour.

continued inside



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Methven 20 Barkers Road

Character charm

Traditional charm abounds at this timeless three bedroom home. It is a delightful 150sqm chalet-style home which spans across two-storeys and features stunning exposed wooden beams and wall panelling. Two bedrooms are located upstairs along with a loft and the ground floor an open plan kitchen/dining/living area and a third bedroom/office.

bayleys.co.nz/5513762

3 2 1 1

Deadline Sale (unless sold prior)
2pm, Mon 7 Dec 2020

View 10-10.30am Sat 5 Dec
or by appointment

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Methven 39 Racecourse Avenue

Mountain views and hot pools

Situated in a lovely quiet back section on the edge of Methven, this chalet style home ticks all the boxes; mountain views, walking distance to the up and coming hot pools and right on the doorstep of the popular bar and restaurant SkiTime.

bayleys.co.nz/5513855

4 1 2 2

Set Sale Date (unless sold prior)
2pm, Wed 16 Dec 2020

View 12-12.30pm Sat 5 Dec
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Methven 23 Allen Street

What a magic first home

Situated in the centre of Methven, this weatherboard bungalow ticks all the boxes for the astute first home buyer to create the perfect family home. Set on a fully fenced 801sqm section with plenty of room for children and pets to securely play.

bayleys.co.nz/5513857

3 1 1 2

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2pm, Mon 14 Dec 2020

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ALTOGETHER BETTER

PUKA RATAKA (Diary)

COMMUNITY

TUESDAY and FRIDAY

Methven Public Library 2pm-4pm

Methven Museum 2pm-4pm

SATURDAY

Methven Public Library 10-11am

AA Meeting Methven Primary School Library, 6pm

DECEMBER

- 3 Twilight Golf 4.30-6pm tee off
- 3 Music Concert, 7pm, Presbyterian Church, gold coin entry
- 4 Entries close for Methven A & P Wheat Competition
- 4 Methven Historical Society Christmas Raffle 8am-5pm, Methven 4 Square
- 8 MHC Senior Prizegiving, 7pm, School Hall
- 9 Junior Prizegiving, Yr 9-10 11am, Yr7-8 1.30pm
- 10 Twilight golf 4.30-6pm tee off
- 12-13 Methven Croquet Centennial
- 13 Christmas races, Methven Racecourse, 12pm
- 17 Twilight Golf final - presentation of prizes
- 17 Childrens Christmas Workshop 9am and 10 am
- 20 Community Christmas Carols, Mount Hutt Memorial Hall, all welcome, 7pm

2021

5-10 January 2021 Methven Summer School

19-21 March South Island MTB Championships, Mt Hutt Bike Park

Love your enemies just in case your friends turn out to be a bunch of bastards.

R A Dickson

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MOUNT HUTT COLLEGE PRIZEGIVING 2020



Senior Year 11 - 13
Tuesday 8 December
7pm

Year 9/10
Wednesday 9 December
11am

Year 7/8
Wednesday 9 December
1.30pm

in the Assembly Hall
Parking available on the Front Field

All welcome



Methven Lions and the Salvation Army

invite you to come along
and hear the Salvation
Army band playing
outside Methven Resort

Wednesday 9 December
6 - 7pm



RD6 Logan Sisters

wish everyone a restful and
safe Christmas break.

For RD6 mail updates, info
and enquiries see Facebook-
RD6Logan Sisters, or email
Logansisters@gmail.com

METHVEN LIBRARY

New Books for November

Hidden in Plain Sight *Jeffery Archer*

The Hunted *Gabriel Bergmoser*

The Sentinel *Lee Childs*

The Darkest Evening *Ann Cleeves*

The Dressmaker's Secret *Rosalie Ham*

The Champagne War *Fiona McIntosh*

Sorrow and Bliss *Meg Mason*

Before the Storm *Di Morrissey*

Lucky's *Andrew Pipos*

Honey Bee *Craig Silvey*

Addressed to Greta *Fiona Sussman*

White Ivy *Susie Yang*

Bella (N.F.) *Annabel Langbein*

HOURS:

Tuesday & Friday 2-4pm
Saturday 10am-11pm

For any books to be returned
outside of these hours, please leave
at Methven Supervalu in the Mall
with your name. If your book is
overdue, the fine of 50c per week is
appreciated.

THANK YOU

A big THANK YOU to all the
people and businesses who have
used our venue over the past
year.

**Merry
Christmas
and a Happy
New Year**



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160 Main Street, Methven
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Website: methvenheritagecentre.co.nz
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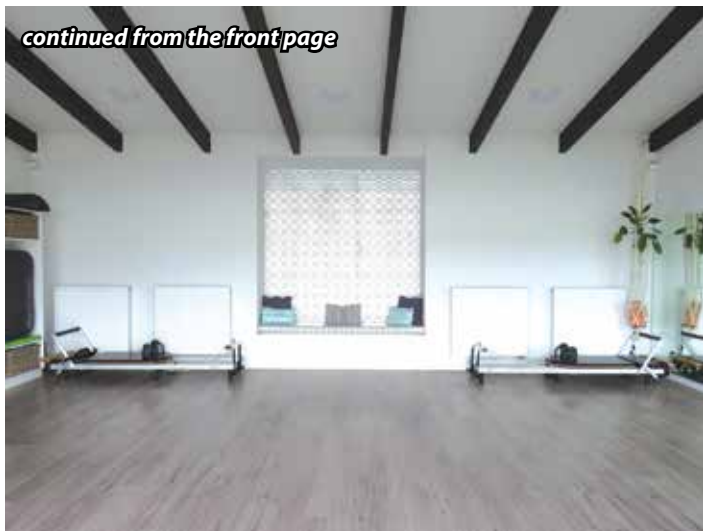
Methven Rugby Football Club

AGM

December 16, 2020
Clubrooms @ 7.30pm
All welcome



continued from the front page



Visitors could choose the order they visited the properties in, and lunch and entertainment was available in the expansive garden of the Casey-Solly family on Back Track. It was an exquisite venue – sheltered by a large hedge, their home is set in a beautiful garden with established trees providing a mix of shade and sunshine – just the right spot to enjoy a delicious lunch, icecream or drink while listening to the live entertainment! The MCT Plant Stall did a roaring trade with green fingered buyers inspired by what they'd already seen on the tour.

As always, Methven Care Trust got this event absolutely right; creating a stunning day out, fundraising for a great cause, with a tasteful sense of enjoyment, relaxation and ambience. Around 250 tickets were sold with ticket holders coming from North Canterbury, Christchurch, West Coast, South Canterbury, as well as the locals.

"A massive thank you to our property owners, volunteers, ticket holders and sponsors - Bayleys, Spirit magazine, DG Construction,



Snowfed Builders, Ken Body Plumbing, Anderson's Joinery, Trends Kitchens, and Joseph's Builders," said MCT Administrator Hen Royston. "There has been six very successful House and Garden Tours and going forward we want to ensure our event remains sustainable. We will be moving to a biennial tour, with the next one to be held in November 2022. This change will also allow us to support other groups / fundraisers in our community, such as the Mayfield Playcentre's "Homegrown Garden Tour" which is also a biennial event, and will be held in alternate years to the Methven Care Trust House and Garden Tour.

We look forward to seeing everyone again in November 2022.



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Huge thank you!

A huge thank you to my local community for their generous response to the Dementia Canterbury Annual Appeal last Friday.

Their generosity of funds and kind words for me especially was just mind blowing and humbling.

I can't disclose how much we raised but it was considerable and a big help to Dementia Canterbury's work.

I would love to thank my lovely friends Rosa, Jude, Sue, Rose, Robyn and Kerri for being with me, Tracey and Becky for collecting in the pubs .

Supervalue and especially Nol's and Di for looking after us. Top Notch for allowing Jude to harass their lunch time customers. The Brown and Blue pub for allowing us to collect there and The Crossroads.

Thank you,

Jan Middleton



Methven Museum's New Womens Sports Display

We have a large collection of objects which we try and make available at the museum for all to see by changing our central display regularly.

Recently our popular Methven Railway display which was researched by Jeanette McLennan was packed away. Our new display is on Methven Women's Sport. This is to coincide with Methven Croquet Club's celebrations.

Tee up a day and bowl on in, you might just see your Mum, Grandma, an aunt or even yourself in a photo. Our hours are advertised in the Snowfed, entry is free but a donation is always welcome.

We have Methven's "History of Houses" books for sale, plus cards and other historical books.

Rakaia Gorge Conservation work

What progress we made for the fantails in the bush!

In fact the forest looks lovely, new growth everywhere and an energy almost palpable. Seed production in full swing. Saplings pushing up in the undergrowth and of course busy birds feeding the young ones. And everything has a better chance of survival. The seeds will be there for the birds, the new plants will grow into bigger ones all because there are fewer possums around as we have now removed more than 200 of them! Now that is good news.

Our traps extend now from our access point at Terrace Downs down the river for about 1km to the lookout above the Rakaia. There are now over 40 traps which we check three or four times a week. We have three lines: Piccadilly Line, Circle Line and the newest one: Waterloo Line. Our access point is called Central Station. Makes it all more fun! And I can better remember where all the traps are!

Robbie and Christine

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Welcome Emma!

Annie Jacobs

Emma Milburn is Methven's newest Police Officer, and is thought to be the first female officer that Methven Police has had!

Having previously spent two years at Hinds Police and Timaru before that, Emma is looking forward to getting to know more of the locals in this area. She is a member of Methven Search And Rescue (SAR), is a Dog Handler and also a member of the Mount Somers Walkway Trust, and has been for a number of years, so is no stranger to many.

In her spare time, Emma enjoys oil painting and exhibits at the Little River Art Gallery and The Artists Room.

It was through her interest in SAR that Emma was encouraged to join the Police force.

"I love the variety of policing work and working in the community," said Emma, "and it comes with massive responsibility. I'm victim focussed throughout investigation processes." Although she doesn't like being the bearer of bad news when the occasion arises. She does find policing very rewarding, and values highly the work that volunteers do and how they help Police.

"I'm fair but firm," smiles Emma, "there are rules we all have to abide by, and a lot of the rules we have are for public safety. I like being able to help guide people through life to a community spirited pathway."

Emma is looking forward to more community involvement, being closer to Methven SAR, enabling people, keeping the community crime free, and crime prevention.

Prevention is the way to go, and Emma encourages the whole community to know how to keep yourself safe particularly during the Christmas period, don't be tempted to drink and drive, and drive safely.



Emma Milburn

"Christmas needs to be an enjoyable time with families where everyone can celebrate safely," she says.

If you see anything suspicious, don't hesitate to get in touch.



DISCOVER ART IN ASHBURTON |

The staff and committee of the Ashburton Art Gallery warmly invite you to attend the opening of our new exhibition

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MOUNT HUTT STUDENTS RESPOND TO THE COLLECTION

OPENING | SATURDAY 5 DECEMBER | 2PM
EXHIBITION AVAILABLE | DECEMBER - APRIL 2021

Join us for afternoon tea as we appreciate the fantastic artwork created for our foyer wall by Mount Hutt College students

Image credit |
Philip Clairmont, *The Chair*, oil on hessian, 1978.
Ashburton Art Gallery collection



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GALLERY**
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ASHBURTON
03 308 1133

METHVEN GARDEN CLUB

Nellie Frame



The Methven Garden Club set off on Thursday 19th November for their day trip to visit Mona Vale Garden Park and the Christchurch Botanical Gardens. After a wet start, the day improved with the sun shining by lunch time.

We arrived at Mona Vale and had a coffee at the cafe. We then made our way around the beautiful spacious gardens and lawn areas, with something different around every corner.

The rose gardens were looking a picture, and the fernery housing New Zealand Native ferns, relocated from the New Zealand International Exhibition in Hagley Park in 1906-07.

I was talking to one of the gardeners working there about some of the trees, to

find out they only have two gardeners at Mona Vale, and several of the gardeners from the Botanical Gardens were there clearing spent spring bulbs and flowers ready for replanting.

Off to the Botanical Gardens, where the trees and flowers gleamed in the full sunshine, everything looked a picture.

We made our way along the path by the Avon river where the ducks, ducklings, geese and goslings were sunning themselves on the bank, to the Boat

House for lunch. We then went through another section of the Gardens. There are some huge spectacular trees and the colourful rose gardens were delightful.

Lastly we visited the Glasshouse where there is always something new to see; different Bromelias were flowering. The gardens are so spacious we could have spent all day there, however we didn't have time, so we headed home at 3.30pm.

A most enjoyable day was had by us all.

DECEMBER ENTERTAINMENT GUIDE

SATURDAY 5th
SUNDAY 6th

Realignment Band
Quiz Night
(free entry 7-9pm)

SATURDAY 12th
SATURDAY 19th
SATURDAY 26th
THURSDAY 31st (NYE)
SATURDAY 2nd

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The last issue for 2020 will be
on Thursday 17 December.

Advertising bookings for 2021
can be made anytime.
First issue for 2021 - 28.1.21.
(The office will be monitored throughout
January)

Email your advertising to:
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Website: **www.snowfed.co.nz**

Grab a drink and watch the band!

Annie Jacobs

Methven Lions are re-invigorating a tradition that started a long time ago with the Salvation Army.

Many years ago, the Salvation Army used to come and visit various farms in the Methven area at this time of the year, visiting farmers, playing Christmas Carols and sharing Christmas cheer.

In the last few years, it hasn't occurred for one reason or another, and this year it's going to happen in a format that the public can come along to, and support the great work that the Salvation Army does.

"The ten member band will be travelling to Methven from Linwood in Christchurch. One of their members remembers doing this many years ago," said Methven Lions member, Ashley Jenkins.

On Wednesday 9 December, they will be performing outside the Methven Resort from 6-7pm. The Methven Lions invite the community to come along and have a listen – the band will be playing Christmas favourites and having a bit of a march as well. Donations are welcome. The Methven Resort Bar will be open.

This is a wonderful opportunity to bring your kids, your family and your Grannies out to see and hear a real brass band in action, and support a great work at the same time.



Methven Races next weekend



Methven Races next meeting will be on Sunday 13th December starting at 12 noon.

Entry is free. A gold coin donation will secure you a race book, and the proceeds will go to the Methven Volunteer Fire Brigade.

There will be plenty of giveaways for kids throughout the day with Father Christmas making an appearance also. Hopefully the weatherman will come to the party!

Bring your kids, bring your granny, bring your cousins, bring your aunty, (but leave the dog at home) for a fun day out.

Don't forget the sunhats, sunglasses and sunscreen!

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Want a photo with Santa?

You now don't have to travel out of town for photos with the jolly fellow, (or is she a fellowess?).

Santa will be visiting the Mt Hutt Memorial Hall. Staff at the hall are still in the process of making a nice little Grotto for Santa, and the end is in sight.

Come along with a gold coin donation at the following times:

Friday 4 December 1:30 – 3:30pm

Tuesday 8 December 1:30 – 3:30pm

Saturday December 11am – 1:00pm

Thursday December 1:30 – 3:30pm

Tuesday December 1:30 – 3:30pm



Public Notice

Speed limit changes

New speed limits on some Mid Canterbury roads come into force in December 2020.

Council recently completed its Speed Limit Review for local roads, following a public consultation process which included requests from the community. Some speed limits are changing to reflect the growth and development around towns and ensure safe and appropriate speed limits are in place. The changes will be made in three stages.

The first stage of speed limit changes will come into force on Friday 11 December, 2020. The areas where speed limits are changing are in Tinwald, Methven, Mt Somers, Mayfield, Fairton and the Ashburton Business Estate.

To learn which roads are affected, view the maps on the Council website ashburtondc.govt.nz.

Neil McCann
Group Manager Infrastructure Services



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Thank you, John!

Annie Jacobs



Last week, a true gentleman was farewelled from his solicitor duties with White Fox and Jones in Methven having served the Foothills communities since 1977, starting work here with Bill Talbot.

John Goodwin's farewell function was destined from the beginning to be injected with humour... when the gathered group were asked for any funny stories regarding John, John interjected and said, "No funny stories, they do that at funerals."

Over 70 people gathered to say goodbye to John at the Methven Golf Course Club Rooms. John came to Methven for one year's work experience and stayed for ten.

"There are so many leaders in Methven, wonderful people – great leaders who don't make any noise, and just get the job done," said John, "I've loved coming here."

John and his wife Ceridwen lived here for ten years and for the last six

years, every Wednesday, John has been based at Mount Hutt Memorial Hall. A previous employee of John's, Rose Watson, worked with him fulltime for 12 years.

"John was just great to work with," said Rose.

John is described as unique, kind, and good to families who live here.

"John was not only our solicitor, but also our friend," said Margaret Feiss.

A frequent player on the Golf Course, John also loves rugby.

"I've really enjoyed my time here in Methven," said John, "the atmosphere here is truly special."

Community Clinic

With Jo Luxton

MP for Rangitata

Thursday 17 December

**Mount Hutt Memorial Hall
160 Main Street, Methven**

12.30pm – 1.30pm

jo.luxton@parliament.govt.nz

**Timaru office
03 688 9588**



Authorised by Jo Luxton MP,
149 Stafford Street, Timaru

SNAPSHOTS OF TIMES PAST

with the Methven Historical Society

Methven Museum open 2-4 Tuesday & Friday



Photo taken looking west to Alford Forest Road (now Forest Drive)

Protein powder

Cushla Holdaway

NZ Registered Dietician

Protein is one of the awesome macronutrients crucial to keep our bodies rebuilding, regenerating, healthy, and strong!

If your protein intake is evenly distributed over the day and you are meeting your total daily requirements from a wide variety of sources, the need for protein powder reduces significantly.

Meeting your total daily protein requirements predominantly through wholefoods needs to be the priority, rather than using protein powder at every meal and snack because it is convenient. However, protein powders can certainly be an effective tool in your nutrition toolbox.

Pros of protein powder:

- Convenience: protein powder is an efficient way to get in a lot of protein

when your requirements are particularly high, it can be useful when appetite is suppressed after training to ensure you are still getting nutrition on board, and it can bump up protein at breakfast for those who struggle to eat enough or don't eat dairy or eggs.

- Cost effective: protein powders are cost effective if you are comparing price per portion compared to other rich protein sources such as chicken breast, egg, and milk. For example, some whey proteins can cost as little as \$1 for 15g of protein.
- Quality: most protein powders are high quality which is really important,

especially for initiating muscle protein synthesis. However, not all are made equal, as outlined below.

Cons of protein powder:

- Lack of micronutrients: protein powders are not typically fortified with the vitamins and minerals we would consume from wholefoods, as they are not designed to be a meal replacement. For example, a beef steak provides highly bioavailable vitamin B12, iron, zinc, and niacin, but protein powders do not.
- Bigger up-front cost: even though protein powders are cost effective, they are generally a less regular and bigger



27 November - 3 December

Jackie Proudman

Phoenix Hariis 9

Neil Pluck

Wendy White

Nikita Burton 14

Amy Markillie 39

Elliott Harper 9

Bruce Redmond

Dale Fisher 50

Dan J

Nina Concannon 30

Eveline Muldoon 66

Sally Truelove 40

Jan de Kliejn 30

Roger Grieve

Heidi Burgess 50

Margaret Campbell

Sophie Henderson 4

Honor Coleman 7

Eric Dunn 70

Konrad Furndorfler 11

Scott Smillie 38

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up-front cost. Buying in store will always be more expensive than buying online, pick wisely and shop smart.

- No added benefit: if you are meeting your total protein needs through whole foods alone, additional protein powder will not magically transform you, regardless of clever marketing.

What should I look for in a protein powder?

Choose a reputable New Zealand or Australian company. Per serving of protein, (usually 30 – 40g of powder) you ideally want greater than 20g protein, less than 5g of carbohydrates and less than 5g of fat. This will ensure you are paying for a good protein powder and not a meal replacement.

“...protein powders are cost effective if you are comparing price per portion compared to other rich protein sources...”

What is the best protein powder for me?

Whey Protein Isolate:

Whey Protein Isolate (WPI) is the gold standard of powders and is relatively cheap. WPI is excellent for initiating muscle protein synthesis (MPS) as it is rapidly absorbed by the body which is why it is recommended after workouts. WPI has an ideal amino acid profile and is also one of the lowest in fat and carbohydrates compared to other protein powders. As it is low in carbohydrates, it means it is also low in the natural sugar from dairy products, lactose. For this reason, WPI is typically well tolerated in people with lactose intolerance.

Whey Protein Concentrate:

Whey Protein Concentrate (WPC) is similar to WPI, but often even cheaper. The only difference between WPC and WPI is that WPC

has slightly more fat and carbohydrates, which means slightly more lactose. For people without lactose intolerance or those who aren't needing to meet specific macronutrient targets, I would typically recommend WPC simply because it is cheaper.

Hydrolysed Whey Protein:

This protein sounds fancier but really just costs you more money. Hydrolysed Whey Protein has been processed in a way that it is supposedly meant to “pre-digest” the protein allowing it to be more rapidly absorbed by the body. However, there is limited evidence to support that it is superior over WPI or WPC.

Casein:

This protein is also from dairy but is much more slow acting compared to whey protein. As it is slow acting, it is not typically recommended after working out if the goal is rapid recovery. It can have applications when consumed prior to bed for individuals who have really high protein requirements (e.g. body builders) as the night-time period can be six hours or more without any protein ingested. Again, if total protein requirements are met throughout the day then the importance of protein before bed reduces significantly.

Soy:

Soy is the one of the best plant-based



alternatives to dairy-based proteins. It has a complete amino acid profile and is low in fat and carbohydrates. It doesn't quite support muscle recovery as rapidly or to the extent of WPI, but if overall protein intake is met throughout the day, soy protein provides similar results overall.

Pea:

Pea protein behaves similarly to WPI in terms of MPS. Unfortunately, pea protein is low in an amino acid called methionine. If using pea protein, it is important to combine with another source of protein such as rice protein to address this issue. Pea proteins are typically more expensive and can have a chalky texture depending on how they are prepared.

Rice:

Rice protein in isolation is not recommended as it is low in the essential amino acids lysine and leucine. Rice protein also performs poorly when compared to other proteins. The good news is, it is high in the amino acid methionine, the amino acid pea protein lacks, and this is why many companies combine pea AND rice protein together. A protein powder with pea and rice combined is a good alternative to whey protein. As mentioned above it is typically more expensive and can have a chalky texture.

In summary, you should always prioritise wholefoods and use protein powders as a tool to help with your protein intake. Depending on your dietary requirements, there is a protein powder to suit everyone. Most importantly, choose a protein powder that fits your budget and you enjoy.

If you have any questions around your protein needs, whether you should be including protein powder, or what powder is the right for you, please feel free to get in touch.

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Cricket Boys Win!

Kath Clark



The boys were looking forward to the next round of this knock out competition.

We opted to bat first and set a total. Most of the boys got starts but failed to go on and make a big score. We eventually made 141 in our 35 overs. Probably 20/30 runs short of what we should have got.

Lincoln came into bat and were scoring at a quick pace. Our boys were flat in the field and showed very little fight to win the game. Lincoln were very much on course to win the game as when drinks were taken at 17 overs they had 100 on the board and had 8 batters still to come in.

The Coach wasn't happy with the situation and after a bit of a rev up the boys went back into the field. It was certainly a different team than the one before drinks. The chat out in the field was loud and positive, then the runs started to dry up after a couple of big wickets. The wickets kept coming! Within the space of 9 overs and with only an extra 14 runs put on the boys had shown what they were capable of if they all work together. They had WON the game!

The team are now waiting on the final early next year!

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Cash and Carry on now!

Annie Jacobs

Just in time for that extra special Christmas gift, Mount Hutt Memorial Hall Art Gallery has their exciting Cash and Carry Exhibition now hanging in the gallery, ready for you to purchase.

Featuring the works of Clare Naden, Jo Gerard, Susie Millichamp, George Coppard, Libby Chambers, Graeme Campbell, Pania Brown, Trish Woods, Sally Whithell, and Lee Muckle; there is something for everyone here.

Each exhibitor has three paintings on display, and they are such good value for money – every painting is under \$500! Once they're gone, they're gone!

The exhibition runs until the end of January, (it may extend into February).



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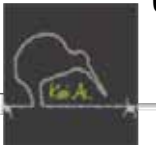
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Methven Primary School recently had a visit from Harold and his special classroom which is in a truck!

Mahuri M was very excited to get to see Harold The Giraffe. For most of us this was the very first time meeting Harold and going into the Life Education Truck. We did some buddy writing to show what we enjoyed about our visit. For buddy writing to be successful, we decided that we needed to collaborate with our partner by listening to each other's ideas and taking turns to do the writing.

Here are some of our stories:

We saw Harold and we helped Harold pack a healthy lunch. **Zoe, Kyle and Emma**

When we saw Harold's campervan, we thought that Harold was real! **Florence and Fergus**

We went to Harold's classroom and we sang



"Twinkle Twinkle Little Star." **Skylah and Penelope**

Harold went on a picnic and a possum stole all of Harold's food. Harold's friend Tam was a

doll and she had body parts that would light up. **Katelyn, Michelle and Sophia**

I liked when Harold got told to tidy his room but he didn't! We turned the lights off and there were stars on the roof. **Cora and Mia**

We made some healthy food for Harold and then a possum ate Harold's food. **James and Kyree**

We went to Harold and we sang "Twinkle Twinkle Little Star." We even made Harold a healthy picnic. **Will and Rosa**

I liked it when Harold said he would tidy his room. There were sparkly lights on the roof. We learned about healthy food. **Sophie and Lillyanna**

Harold did not tidy his room. We made healthy food for Harold but the possum ate it all. Harold let us play with his doll Tam. **Rorie and Kalyan**



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Wonderful School Camp

On the 4th and 5th November, we ventured to Kakariki camps for our Room 1 2020 Camp. We had wonderful learning opportunities with a stream study, mindfulness and meditation, team building, and a legacy project as part of our programme.

Here is what the students have to share about their camp experience:

"Last Wednesday, we went to Kakariki Camps. The weather was amazing! We did a legacy project where we got to cut down Sycamore trees. Mine was super big and the first big one to fall. After mine was cut down, I helped everyone else carry their trees to the pile." **Harry Y7**

"We were given a map of all the forest trails and list of things we needed to collect. Liam and I buddied up and set off. As soon as I got into the forest, I had to stop and take in the beautiful surroundings." **Hunter Y6**

"Some trees are not native to New Zealand and are spreading all around the forest. We

cut them down so that the native trees could grow. We also had to put up hammocks and then we lay in them and watched and listened to what was around us." **Emma Y7**

"My favourite part was chopping trees down, we had so much fun." **Riley Y6**

"I buddied up with Ethan and we went into the forest to do a scavenger hunt. First we found the stream, then we picked a flower and went on looking for other things. Afterwards we went into the hammocks and used binoculars to look around. The hammocks were pretty comfortable." **George Y3**

"I cut down a tree, it was a Sycamore, it was SO SO BIG! It took me forever because I had to use a handsaw. When it was finally cut, I

poisoned the stump so that it cannot regrow. After lunch we went into the hammocks, it was so relaxing, listening to the birds and watching them through binoculars." **Anna Y7**



"We went into the forest and did a sensory trail with blindfolds on." **Ethan Y3**

"On the way to the Hammocks, Jen told us to listen to the sounds of the forest. I heard birds, the wind and I even heard frogs hopping about. I lay in my hammock and started swinging from side to side. Camp was really memorable and such an awesome experience." **Isabel Y6**

"We did a sensory trail where we had blindfolds on and did an obstacle course. Then we did a stream study and played in the river. Ethan and I found tadpoles." **Lucy Y8**

"We had a pillow fight in the blue room, it was crazy fun! We also had ice pops." **Alex Y4**

"After breakfast, we did a stream study which was fun. I saw a baby fish and other interesting creatures. Afterwards we did a sensory trail where we directed people through the bush, I directed my mum which was so funny!" **Liam Y5**

"I named a tree that recently fell. I called it the Dragon Tree because it looked like a dragon tore it down." **Matthew Y6**

"We did tree cutting and it was long and exhausting. Then we had a delicious lunch followed by ice cream." **Zyra Y6**

"We did a scavenger hunt and we had to look for flowers, bark, leaves and other things." **Elliott Y4**



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Thank you!

Methven Care Trust House and Garden Tour Plant Stall

A huge thank you to everyone who contributed plants, eggs, flowers or walnuts to the stall.

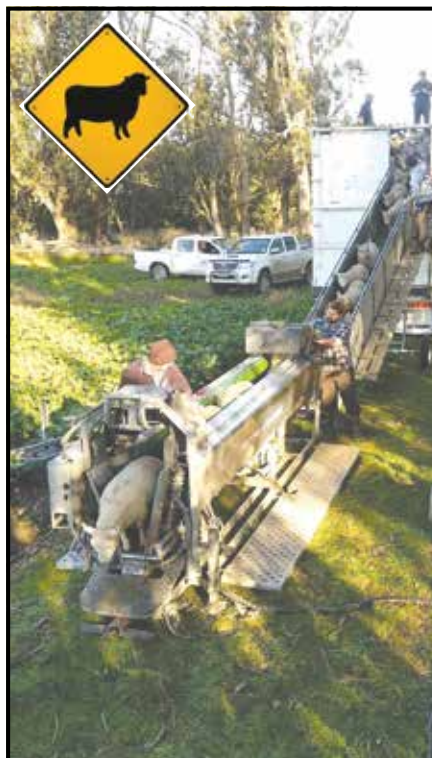
Another huge thank you to all those who purchased from the plant stall.

There are some amazing gardeners out there who had lovely healthy plants to donate.

Going forward please pot any excess plants you are splitting up that are spare and nurture till next years plant stall. Hosta, peonies, flag iris, trilliums, vegetable seedlings and perennials all sell well.

Regards

Sandy Redmond



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METHVEN BOWLING CLUB

Pat Mac

Congratulations to Craig Carter who played in the Bowls Canterbury Centre Over 60's men's singles.

Having qualified in the section play, he went on to post section and eventually won against the other semi finalist, Mike Small. This means Craig was awarded the Over 60's men's Champion of Champions. A great effort.

Representative Teams from Canterbury Country, South Canterbury, North Otago and Canterbury converged at West End Bowling Club,



Methven was part of Canterbury Country, and was represented by Pat McElwain (Senior) and Di Callaghan (Development) and John Eddington (Development) and Craig Carter, Jeff Nowell, Tim White (Seniors).

Unhappily, Canterbury Country did not win in any section, although I understand the Senior Men came within a whisker of a win but just needed one more team win to accomplish that. Often it is all in one bowl delivered by an opposing Skip that can change the whole game. We try to be ladylike and gentlemanly when this happens, but what is rattling around in your own head is often quite different from what comes out of your mouth!

Christmas is looming and the heat is on to get quite a few of the championship games finished. The men are working hard at their games and I am seeing some awesome bowls played at the end of the day with the clubhouse full of spectators whose comments are sometimes helpful! Great stuff.

Club Members: remember that our Christmas Dinner is on the 18th December so make sure you keep that night free.

Kia Toa and Town and Country Club bowling greens on Sunday. It was a long day with an early start, and luckily it was sunny and warm. Development Men, Development Women, Senior Men and Senior Women gathered from all those regions to slug it out.

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FROM MY DESK

Responding to the impact of COVID

Labour
Jo Luxton

These are uncertain times. COVID has cast a shadow across the world. The global health and economic consequences will be with us for some time and New Zealand and Mid Canterbury, will not be immune.

We are, however, well placed to weather the storm and we can emerge from it stronger, especially here in Rangitata where our primary production backbone has meant that we are in a better position than hoped.

Our success in fighting the virus, protecting lives and livelihoods, has put us in a better position than many other countries in the world. Earlier this month, we saw lower than anticipated unemployment numbers, positive merchandise export figures, and a recent boost in consumer and business confidence.

We did not achieve these results by chance. We went hard and early with a clear plan that we stuck to. When issues arose, we moved to fix them as quickly as possible. The response worked. But we do still face challenges.

Employment figures tell us that women have been disproportionately affected by COVID. The underutilisation rate – indicating when employees are working fewer hours than they would like to, has also been higher for women.

In part, this reflects the fact that women tend to be more represented in sectors like retail and hospitality. These sectors, with support from the wage subsidy, have largely come back since Alert Level 4 and people have been reemployed or newly employed.

What remains true is that around the world, the pandemic's toll on employment is heavier for women.

As a Government we are acutely aware of this fact and we will remain focussed on ensuring that our economic recovery responds to it.

Our first objective is to ensure New Zealanders are kept safe from COVID. In keeping New Zealanders safe, we protect jobs, livelihoods, and strengthen our economy.

Second, the ongoing impact of COVID on the global economy is the most significant risk to our future growth. The virus' spread abroad will have a downstream impact on our exporters and impact economic activity domestically.

New Zealand will be cushioned from that slump by our five point economic plan to foster jobs and growth which includes: \$42 billion of infrastructure investment to future proof the economy, training and job creation opportunities, programmes to bolster our exports, support for small business to grow and thrive, and policies that prepare New Zealand for the future by making the most of our competitive advantage in renewable energy and waste reduction.

To ensure women aren't left behind, we can't just rely on job growth – our response needs to be purposeful.

In the early stages of our COVID response the Government focused heavily on growing training and apprenticeships. We launched a comprehensive support package for apprentices and their employers, assuring job security for existing apprentices and creating openings for new ones. This was offered in industries that traditionally have a high women employment component – such as community support and mental health care.

We also provided support and pathways for women to enter industries where there is significant growth, such as construction and primary production.

I've read this week of a South Canterbury trucking company that has spoken of the increase in the number of their female workforce – due in part to being more flexible in hours and recognising that their new employees are available to drive from 9.15am – 2.45pm. It is this kind

of flexibility (of course, which not all employers will be able to offer), that can help our women get back into the workforce.

We will reinstate the Training Incentive Allowance to assist sole-parents with the costs of getting a degree level tertiary qualification.

We will lift abatement thresholds to ensure that people are not punished by transitioning from a benefit to paid work. We will also support those at risk of long-term unemployment through funding up to an additional 40,000 New Zealanders into work through the Flexi-wage programme.

We will continue to invest in our people, to create opportunities and to build the foundations for New Zealand to emerge stronger.

On Thursday 17th December I will be in Methven for a community clinic. I'll be at the Mount Hutt Memorial Hall from 12.30pm – 1.30pm with my new Ashburton MP Support staff member to hear your concerns and issues and to help where I am able.

It would be great to see you there!

Please feel free to contact me anytime:

jo.luxton@parliament.govt.nz

or my EA Jess:

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GROW YOUR OWN

Great rain, but sun now needed!

Mary Ralston

Well the rain was good but now I think we need the sun! Some plants are looking a bit pale, which can be a sign of poor fertility, especially a lack of nitrogen, but at this time of year it probably means lack of sun.

It's still a good time to plant as long as the soil isn't too wet – carrots, beetroot, spring onions, lettuce, zucchini, beans etc but do it before long because we are nearly at peak growing time – long daylight hours, warm soils – so make the most of it and get lots in the ground!

It might be getting a bit late to plant bulbing onions, peas, outdoor tomatoes, peppers, cucumbers or pumpkins. Spinach, silver beet and celery planted now might go directly to seed (bolt) so it might be best to wait til after the longest day.

Brassicas (cabbage, broccoli) will do well if planted now but they take up a lot of room and seeing it is (supposedly) the right conditions for summer veg (zucchini, beans, etc) have a think about priorities if your space is limited.

Space can be well utilised by planting lettuces or a row of radishes in between the cabbages – these will be ready well before the cabbage.



Climbing beans grown on a trellis or teepee also take up less space than rows of dwarf beans.

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Carrots and parsnips planted a month or so ago will need thinning soon – take out as many as you need to ensure the ones remaining have plenty of room to develop good roots. Potatoes are growing fast and need mounding up and/or mulching.

I have had an unexpected harvest of delicious mushrooms from the mushroom compost I put around plants in the tunnelhouse a few months ago. These grew underneath some broccoli which gave them shade and shelter.

Christmas is on it's way so let's be sustainable Kiwis and give home-made presents or plants, seeds or gardening-related tools and books. The Christmas holidays are a great time to encourage children's interest in gardening and the outdoors – help them build scarecrows, worm farms, raised beds, compost bins, bird covers, teepees for beans, or paint quirky signs or labels for the different vege beds. All of these activities are great fun and are a good way to spend time outside.

Thanks for reading my column this year and best wishes for Christmas!



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JOIN the Mid Canterbury Choir for one of our Christmas Concerts: Friday 11th December at St Stephens Church, Park St, Ashburton 12 noon and 5pm, Sunday 13th December at St Andrews Church, 10 Cox Street, Geraldine 2pm. Admission \$5 at the door plus a gift of food for the foodbank.

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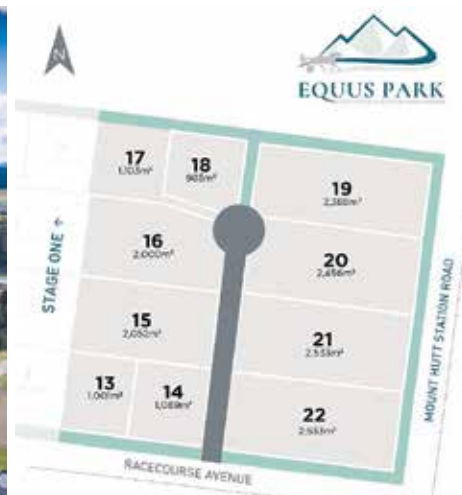
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122 Barkers Road, Methven

5 3 2

2 hectares of land bordering Methven's town boundary is a rare find. 5 bedroom plus office home. O/plan kitchen & large sunny living spaces with log fire, double glazed & underfloor heating. 2 ensuite & family bathroom. Double garaging. New shed 18m x 18m. Town water.

rwashburton.co.nz/AHB22908

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

For Sale
\$1,275,000

View
by appointment



Margaret Feiss
021 751 009



4 Blackford Street, Methven

7 3.5 3

Two homes. Outstanding opportunity for a buyer seeking a reliable income. So close to the township. 1st home - 2 bed, 1 bath, open plan living, single attached garage. 2nd home 5 bed, 2.5 bath, large open plan kitchen living. Double attached garage.

rwashburton.co.nz/AHB22671

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

For Sale
\$980,000

View
by appointment



Shirley Fitzgerald
027 220 1528



18a Mcmillan Street, Methven

3 2 1

This trendy 3 bedroom house has an industrial feel. Kitchen features a double oven, black concrete bench top, mirror splash back & a small butlers pantry. O/plan living with office nook, heat pump & feature lighting. Single attached garage. Fully fenced. Perfect Air B & B.

rwashburton.co.nz/AHB22951

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

For Sale
by negotiation

View
by appointment



Margaret Feiss
021 751 009



4 Lilley Place, Methven

4 1 2

4 bedroom modernised home that captures the sun. O/ plan kitchen with new dishwasher, oven, vinyl & benchtop. Living space with heat pump that opens onto a decking & rear garden. Updated family bathroom. 2 large bedrooms upstairs. Separate double garage.

rwashburton.co.nz/AHB22948

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

For Sale
by negotiation

View
by appointment



Margaret Feiss
021 751 009



Lots 2 & 3 149 Forest Drive, Methven

- Two 4000m2 plus sections
- Located down a private driveway
- Town water, power, fibre & fully fenced
- These sections combine pristine views, privacy & tranquility

- Lot 4 SOLD

rwashburton.co.nz/AHB22536

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

For Sale
'Ranelagh'
2 Boutique Lifestyle Sections

View
by appointment only



Margaret Feiss
021 751 009



Camrose Subdivision, Methven

- Stage 1 & 2 SOLD
- Stage 3/4 titles available - selling now
- Stage 5/6 new release (subject to survey & title)
- Sections ranging in size from 725m2 - 970m2

rwashburton.co.nz/AHB22363

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

For Sale
price on application

View
by appointment



Margaret Feiss
021 751 009



Shirley Fitzgerald
0272 201 528



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

rwashburton.co.nz/AHB22028

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

For Sale
1st release SOLD
2nd release SOLD
3rd release lot 11

View
by appointment



Margaret Feiss
021 751 009



Principal: Kim Miller
027 236 8627



Margaret Feiss
021 751 009



Shirley Fitzgerald
0272 201 528



Robyn Lilley
03 303 3032

36 McMillan Street, Methven 03 303 3032

rwashburton.co.nz