SNOWFED

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Methven & Foothills Newspaper - *owned by Mount Hutt College*

Rāpare 9 Paengawhāwhā 2026 Putanga 10
Thursday 9th April 2026 Issue 10

Heart of an Angel

Annie Jacobs

With the kind, sensitive heart of an angel, Kim Berquist seamlessly and gently supports those in a time of their greatest need.

Far too many women and men have experienced and suffered the devastating, soul-destroying grief of losing a child. When that child is a precious wee baby, there can be limited material things that a Parent can have or hold on to and that is where Kim gently and sympathetically steps in.

Kim is originally from the northern King Country, (south of Hamilton) and husband Russell came from a farming family further north. The couple met through Young Farmers in the Waikato and had mutual friends. They moved to Alford Forest in 2012 to take on sheep and beef farming, previously from Cust and the North Island where they'd started out as dairy farmers.

Last year, Kim headed off in a voluntary capacity to Lusaka, Zambia to put her farming knowledge to good use. In a remote village, she showed the residents how to till the ground and prepare it for growing vegetables, teaching them about weeding, watering and general agricultural husbandry. She enjoys doing something without pay and found it to be a life-altering experience.

Having always had an interest in photography, Kim had previously photographed a couple of weddings and done general photography work, but struggled with accepting if her work was good enough.

"It wasn't until the COVID lockdowns that I had some time and was able to do something with my photography interest, doing extra education and learning along with online courses. It was then that I decided I had something to give," said Kim, who loves to volunteer and do something for nothing.

Volunteer Heartfelt Photographer Kim Berquist

continues overleaf

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PUKA RATAKA Daily Diary

This space is available for events that are advertised in Snowfed - to advertise, see below.

APRIL

20 Methv. Theatre Co AGM, MHMH, 7pm
21 Fish Market outside iHub, 3-5pm
25 ANZAC Day, details below
28 U3A Ashb. Future of RSA in NZ

UPCOMING

15 May Lions Machinery Auction

COMMUNITY

RUBBISH BINS ***red bin, glass recycling.***
SCRAP METAL DROP OFF ***opposite the Police Station***

TUESDAY
Methven Toy Library 9-10.30am
Methven Bowling Club 1.30pm
Methven Public Library 2pm-4pm
Methven Museum 2pm-4pm

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

THURSDAY
Tai Chi, All Saints Church, 9.15am
Methven Bowling Club 1.30pm

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

SATURDAY
Methven Toy Library 9-10.30am
Methven Public Library 10-11am
AA Meeting All Saints Church, 6pm

SUNDAY
Methven Green Waste drop off, Vaughans Rd, 12pm-4pm

Only those who will risk going too far, can possibly find out how far they can go.
T S Elliot

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continued from front page

Kim had known about the Heartfelt organisation for a long time, so joined and was accepted on 22 July 2021.

"I used to think my photography was no good and wondered, can I do this? But they really liked my work and I was accepted!"

Heartfelt works as a non-profit volunteer organisation founded in 2010, by photographer Gavin Blue in Melbourne. Having personally experienced the pain and loss of a child, he knew that having beautiful memories and images that families could share with friends and loved ones would bring a measure of comfort, after the loss of their little one.

The organisation now works across New Zealand and Australia utilising professional photographers, dedicated to families who've experienced stillbirth or have children with serious or life-threatening illnesses. On request, a Heartfelt photographer will come and photograph their little one with or without other family included, as desired. A session request can come through either the hospital or an 0800 number, from which a notification is sent to a private group of professional photographers, who indicate their availability. At the beginning of a session, Kim shares how Heartfelt works, using volunteer photographers and explaining how families will receive their photographs. The length of a session depends on the family and they can ask for the photographer to step out of the room at any time. A hospital is a very clinical environment and part of Kim's role is to take soft, sensitive photos.

Kim always asks permission to touch their little one and move them which is reassuring for Parents. A session involves documentary style photography and takes photos of moments; tangible memories and little details, such as their baby's hands, feet, ears or lips. Some Parents are not wanting to be involved in the photos and are not ready to be photographed with their child but they still want the memory of their baby. Others might have extended family, friends, whanau supporting them and involved. Kim encourages Parents to look past the grief and look at the enormous beauty, giving reassurance; as Parents often have not seen a premature or any baby that doesn't have a feature. Kim helps to take the weight out of what is going on, demystifying what is happening, as for some families it may be the first time they've experienced, (or about to experience) a death.

"You're trying to capture those memories. Some families want to capture special things such as trinkets, a blanket that Nana has knitted, a hat or something that hospital volunteers have knitted or made. Other times it is a shock and the family might have nothing. Peoples' generosity in those moments is mind blowing," says Kim who has seen that generosity in action. Families receive an online gallery of password protected photos, a USB of all the photos along with some printed photos.

"The printed photos are so helpful as some families are so overwhelmed by the enormity of having to take a pen drive to a machine when they're in the height of grief - it just may not be doable," said Kim.

Sometimes withdrawal sessions are photographed: where a child's care has to be withdrawn due to their medical condition. Families are encouraged to take the opportunity to get in the photo because these are special memories.

Kim clearly remembers her very first session, the little baby and it's Parents.

"I thought, 'What the f*@# am I doing?' but it worked out fine."

Sometimes families are advised that the baby may not live long, so Kim may be called back to do a number of sessions before the baby's life fades away.

"It makes me feel privileged. Privileged to be in a space that sometimes families can't be in. Sometimes a partner can't be there, or sometimes there aren't Parents there (a baby only session - where grief is so huge that Parents don't want to be in the photos), but want the memories. There are no rules, but there is a huge duty of care, respect and responsibility," explains Kim. And for her, she really likes to do something for nothing.

"I like to do something without having to be paid," said Kim, "the reward is doing something for nothing. I do this because I think it is a very important service." And with the heart of an angel, she does - in a heartfelt manner.

Sponsoring a photography session for a family costs $75, but donations of all amounts can be made, go to: **heartfelt.org.au** for more information or call 0800 583 768.

Photo supplied

Kim with some of the children in Lusaka, Zambia

ANZAC Day
in the Foothills and Plains
Saturday 25th April

Lauriston

10am ANZAC Community Service at the Lauriston Memorial Hall - please bring a plate for morning tea which will follow the service

Mayfield, Mt Somers and Districts

9.30am Assemble at Panthers Rock carpark, Mayfield
9.45am Parade leaves for the Memorial Hall
10am **Service:** Donna-Marie Lever, Mayfield Memorial Hall
Guest Speaker: Barry Austin. Ashburton Silver Band in attendance. Pictorial Roll of Honour for our fallen. Collection for Dear Effie Charitable Trust and Canterbury Cancer Centre - Cancer Society
11am Artillery Gun Salute in Mayfield Domain
11.30am Morning tea to follow in the Hall, a plate is appreciated
12.30pm Golf match at Mayfield Golf Club, 12.30pm start
1pm Panthers Rock open for refreshments

Methven, Alford Forest, Highbank and Districts

9.10am Assemble at Methven Memorial Arch, McDonald Street, Methven
9.30am Laying of wreaths and poppies. Organisations are welcome to lay wreaths and members of the public are welcome to lay poppies at the Arch.
9.40am Parade/walk to the Mt Hutt Memorial Hall (outside)
Raising and lowering of the flag and speeches (in Hall if wet)
National Anthem led by Mt Hutt College and community joining in
Morning tea will be served in Mount Hutt Memorial Hall

All welcome

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Meg is off to the Springston!

Annie Jacobs

Fifteen year old Meghan Nish has been riding since she was five and is the second member of the Methven Pony Club Springston Trophy team that Snowfed is featuring.

Meg's interest in horses started because her Mum Clare, had horses.

"So I was interested," laughed Meg. Clare had always had horses having - pestered her Parents for a pony and that interest followed through to daughter, Meg.

"Bubble was my first pony who was just under 9hh (hands high). He was a palomino who came with Squeak. Squeak is 40 years old, (equal to approx 110-120 human years) and still in the paddock!

"Then came BB who threw me off every day I rode him, taking out my two front teeth. I really learned to hang on! I started Pony Club and liked the variation and the games. One time we had a game and I had a sword in one hand and a whip and BB did a buck and I managed to stay on with one hand. Everyone else thought it was pretty epic!" laughed Meg.

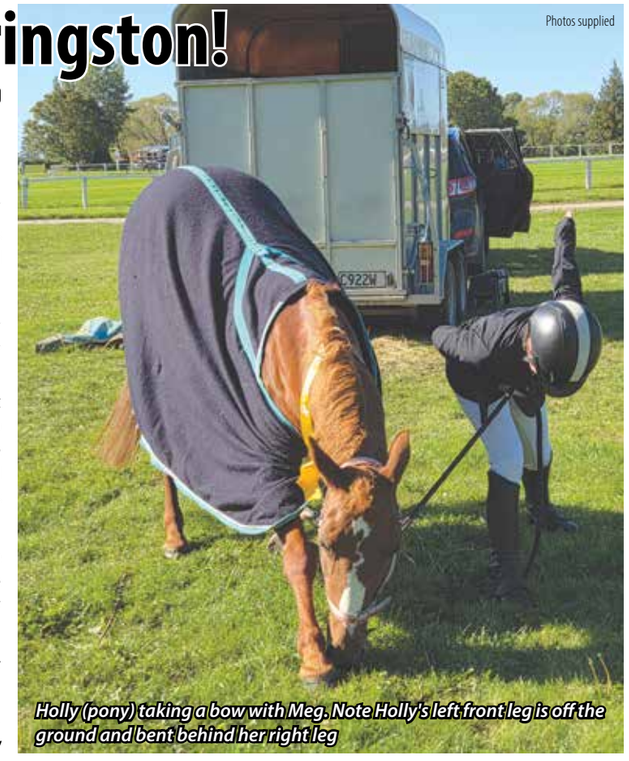
Meg says that everything she knows about her seat position in the saddle and horse care, she has learned at Pony Club, valuing the tuition and instruction she has received from Jane Withers, very highly.

As Meg grew, she needed a bigger pony and moved onto Stoney who was a 13.2hh black with a white blaze.

"I started jumping on him and managed to get to 65cm, having him for three years. We did quite a bit of distance riding with Stoney," said Meg.

"Meg pretty much cleaned up those Competitive Trail Riding (CTR) events, as Stoney would have such a low heart rate," said Clare.

Photos supplied



Holly (pony) taking a bow with Meg. Note Holly's left front leg is off the ground and bent behind her right leg

Meg has taught Holly to bow. Here are Meg and Holly taking a bow of thanks for the help they have received and to thank organisers of the event they rode in

In the Springston Trophy Event, Meg will ride chestnut, 14.2hh Holly, her current pony. To prepare, Meg has been doing a bit of everything, lots of jumping, dressage, and hacking out on the farm. "She's an English Riding Pony crossed with a bush pony," laughed Clare, "so can handle just about anything."

"She came off a Station. She can handle sheep but she doesn't like ducks," said Meg. And in the true partnership that develops between horse and rider, Meg said, "Holly and I are going up to 95cms. Last year was our first season of eventing and we were jumping at 80cms. So we are doing quite a bit of training to achieve that increase. Lots of training with new fences - big, scary, solid jumps, that you need a back protector for - big solid ones that you don't want to hit," describes Meg. She's also practising show jumping to develop her's and Holly's rhythm and impulsion.

Last Wednesday, riding in the Mt Hutt College Team, Meg and her team got 3rd at the Interschools Competition held at Waimate Showgrounds. The competition included over 12 teams from the Aoraki region, so it was fantastic that the Mt Hutt College team did so well.

Meg and Holly bring a steady strength to the Methven Pony Club's Springston Trophy Team. Clare said Meg is pretty solid all round.

"She did a tidy dressage test, achieving 10th out of 42 competitors. Considering this is her first year eventing, that result surprised a few people!"

"I'm looking forward to the challenge of going up to 95 and seeing how we can go with it," enthused Meg, who rides every day after school, doing lots of fitness work and hacking out in the cow paddocks. "We'll be fit, conditioned and ready to start."

This coming weekend, Meg's got her first One Day Event at Waihora Pony Club (Motukarara) to kick start her season!

Goondiwindi Team Thanks Sponsors

Annie Jacobs

Centre: Dave Nesbit from Methven Hammer Hardware with the Goondi Team

Last Thursday, taking a break from practice, the team of 21 young people from Methven Rugby Club who're heading to Goondiwindi for their biannual exchange, called time out to thank their sponsors.

Dave Nesbit from Methven Hammer Hardware came to the rugby grounds to present each team member with useful and generous gifts for their trip across the ditch. Each person received a backpack suitable as carry-on luggage and large enough to carry their kit. Methven Hammer Hardware also supplied a high quality mouthguard for each child. Parent Anadia Brightwell was thrilled. "The mouthguard are a really good quality. The insides mould well and the outside stays strong," she said.

The team will be in Australia from 9th-16th April for games against the Goondiwindi teams, inland from the Gold Coast. Some families will make the most of the Australian and NZ School holidays coinciding and takea family holiday, once the rugby exchange has finished. The team have been planning and fundraising for a year, raising close to $70k. Jackson Holmes have been a major sponsor, with fundraising events including firewood selling, car wash, catering for Lions, A & P Show Raffles and lots more.

One of their last fundraisers before leaving was catering for Methven Lions monthly dinner meal, raising $2,870!

NZ Zephyr Car Club Methven Meet

Annie Jacobs

Last weekend, the New Zealand Zephyr Club held it's annual meeting in Methven, with many staying at Brinkley.

The visit was organised and hosted by the Canterbury Club which began in 1976.

Despite the cooler temperatures, the public turned out to view the 43 cars and their owners whom had travelled from all over New Zealand and Australia to attend the event. On Sunday a display was held so the public could view the classy vehicles, chat to the owners, reminisce and enjoy the nostalgia of the classic cars.

Local Leonie Campbell, on reading of the event in last week's Snowfed, was determined to attend in case her Dad's car turned up. To her absolute delight, it did! Not only that, she was able to spend time talking with the current owner.

"We were never allowed to drive it," she said, "it was Dad's car and was very precious. Dad was so proud of it as it was the best vehicle he ever had. For his job, he drove old forestry vehicles, so this (Zephyr) was his pride and joy. I only got to drive it once!"

Locals were invited to attend with their vehicles and join in the display.

Top right: Les Sloane (Leeston) and Leonie Campbell with the Zephyr previously owned by her Dad

Bottom right: Restorer John Daniel and Zephyr Six owner Linda Irvine. The Zephyr is painted in an original colour release - Pastel Peach and has carried Mayor Tim Shadbolt. Linda enjoys using it to take her girlfriends out for coffee

Ploughing to Win & Make a Difference

Annie Jacobs

Staying with Bruce and Sandy Redmond until the NZ National Ploughing Competition, Malcolm Taylor is putting his time to good use In Murray Redmond's workshop, adjusting his gear.

Champion Ploughman Malcolm Taylor and his tractor highlighting Dyslexia

Malcolm ploughs for the Waikato Ploughing Association and will compete in the Reversible section in the Nationals, which will be held at Andrew Currie's farm in a couple of weeks. Four more competitors from his club will join him. Malcolm is originally from England and has been here 50 years.

"What's happening in the the world has affected sports like ours. Since COVID it costs around $5k to bring my truck and trailer down on the ferry," said dairy farmer Malcolm, who enjoys the family camaraderie and banter in ploughing circles. He has always brought others with him free of charge and paid their costs, but now he has to charge due to escalating costs.

"It's very competitive yet very warm - we're like a family. I've known Sandy and Bruce for over 20 years," Malcolm said. "I started ploughing in 2004 for fun, but that stopped quickly as I got competitive and I don't like losing," he laughed with a determined twinkle in his eye. As he won the final last year, he is off to the Worlds in Croatia next year.

"You go a year later than you won, so you have to time to organise getting your gear there. It was all good until Trump dropped a f%#@*! bomb - our costs have all gone up a third!"

Malcolm has competed int he Worlds a few times.

"It's about surrounding yourself with like-minded people," he said. "Each time costs $12-14k. The next time I go will be my tenth time."

In the last seven years, Malcolm has coached the NZ Team. He visits the winner of the National Title to coach them if they want it.

"There's a NZ family and a Worlds family. I could go anywhere in the world and get a bed."

continues on page 12

Build. Buy Existing or Renovate?

Rosa Dekker

This is one of the most common questions I get asked, and one many buyers find themselves weighing up when planning their next move.

It's a topic I'm particularly passionate about. My husband and I have experienced all three options; we've built an investment property, renovated a home and most recently completed the build of our own family home. Every option comes with real pros and cons - the best choice depends on your lifestyle, budget, and how involved you want to be in the process.

Ask yourself: can I actually be bothered building? Building a home involves countless decisions, from where the house sits on the section, to layout, lighting, door swings and finishes. For some, that level of involvement is exciting and empowering. For others, it's overwhelming. Buying an existing home can be a less stressful option. Another middle ground is working with a building company that offers set plans and manages most of the detail for you, while still allowing input on the big-ticket items such as layout, colours and finishes. Being clear on priorities, making informed decisions, about design, layout and finishes, are principles that apply no matter what the budget is.

Some assume that choosing set plans is the most economical way to build and on the surface, it often looks that way. However, it's important to factor in the costs that come after handover. Driveways, fencing, landscaping, decks, steps, curtains and even letterboxes can add up very quickly. From our experience, building with an architect and builder doesn't have to mean spending a fortune or doing everything exactly as suggested. You could absolutely go all-in on every detail, but with clear priorities and thoughtful compromises, it's possible to create a home that's beautiful, functional, and perfectly suited to your lifestyle, without unnecessary extras.

Renovating sits somewhere in the middle, and for many, it can be a really appealing option, especially if you already love the area you live in and don't necessarily want to move. It allows you to improve a home over time, tailor it to your needs, and spread costs, rather than taking everything on at once. Renovating to stay and renovating to sell can be quite different. If you're staying long-term, you can make decisions based on what works best for your lifestyle. If you're renovating with resale in mind, it's important to appeal to future buyers. Having a clear plan is key. Not every improvement will add value, and it's easy to get carried away. Consider the balance between time and money. Doing it yourself can save costs, but it can quickly take over your spare time, while bringing in professionals can ensure a higher-quality result.

Buying an existing home has strong advantages. You know what you're getting, you can move in straight away, and established homes often come with mature gardens, fencing, driveways and window treatments already in place.

There is no one-size-fits-all answer. What matters is understanding the trade-offs of each option and choosing what best fits you.

If you're currently weighing up whether to build, buy existing, or renovate, even if it's not through Bayleys, I'm always happy to have a chat. This is something I genuinely enjoy talking through, and I'd love to sit down over a coffee and share what I've learnt to help you work out the best path forward.

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Support for Kiwis

James Meager

There is no doubt that many households across Mid Canterbury are feeling the squeeze.

Rising fuel prices driven by conflict in the Middle East are flowing through to transport, food and energy costs, putting pressure on budgets that are already tight.

While our Government cannot control global oil prices, we are taking practical steps to support New Zealanders who are feeling the strain, without making inflation worse. From 1 April, policy changes and annual adjustments will increase financial support for more than a million New Zealanders.

Around 960,000 people receiving New Zealand Superannuation or the Veteran's Pension will see increased payments. For a married couple who both qualify, NZ Super will lift by more than $50 a fortnight to $1,708, an increase of more than $180 since the 2023 election.

Working families will also see meaningful support. Around 280,000 low to middle income families will receive increases to the Family Tax Credit, up to $400 a year for one child, $720 for two, and more than $1,000 for families with three children. On top of that, a temporary boost to the In Work Tax Credit means around 143,000 working families will receive an extra $50 a week for up to a year to help manage fuel and transport costs.

Students and beneficiaries are included as well. Around 52,000 students receiving Student Allowance will gain an additional $22 a fortnight. More than 435,000 working age beneficiaries will also receive increases, including an extra $22 a fortnight for a single person on Jobseeker Support and around $40 a fortnight for couples with children, alongside family tax credit increases.

Home and community support workers, who travel daily to care for vulnerable people, are receiving a temporary 30% increase in mileage rates to help offset fuel costs and ensure services can keep running.

These are careful, targeted decisions, aimed at easing pressure without fuelling inflation, while the Government continues to monitor fuel supply, global risks, and the resilience of food, transport and primary production. It is about helping people get through today, while keeping the country on a stable footing for tomorrow.

To contact James:
03 307 1729 JamesMeagerMP
james.meagerMP@parliament.govt.nz
James Meager MP for Rangitata

Funded by the Parliamentary Service. Authorised by J Meager, 161 Burnett Street, Ashburton.

GROW YOUR OWN

Mary Ralston

The war in Iran is affecting the whole world. Our reliance on fossil fuels makes us vulnerable to this conflict that is thousands of miles away.

Although amounts may change, at the moment we have about 24 days worth of petrol in New Zealand, and 18 days of diesel. If ships were diverted, or if the suddenly the refineries in South Korea and Singapore could no longer supply us, we'd be in deep trouble: just about all the food in supermarkets is moved on diesel-powered trucks, and then moved from the supermarket to our homes in diesel or petrol-fuelled cars.

It's amazing to me that there is no general sense of urgency to reduce demand (although this may change). Should we all try to drive less? Order groceries on-line rather than hundreds of individuals driving to the supermarket? Should the government subsidise public transport (yes, of course).

Getting on our bikes or walking for short distances, such as going to school or the café, seems an easy and obvious way to save fuel and money. Car pooling and getting kids on buses would be another easy win.

The bigger and longer term picture needs thought too. This is where our gardens are important: growing a bit of our own food helps reduce fossil fuel use and food miles as well as giving us a sense of doing something about a very serious situation.

The choices we make at the supermarket are another positive thing we can do: it's a small action but collectively this is the way change happens. If no-one bought bacon or cheese imported from Denmark (or Canada or wherever), it wouldn't be brought into New Zealand. This would help ease fuel use and support Kiwi farmers.

So, this weekend, if the weather is nice, head out into the garden and plant some rocket seeds! Harvest the cabbage that has grubs for a stir-fry and relish the opportunity for late-summer sunshine.

Gardening is one of those amazing things – food, exercise, mental health, reducing fossil fuel use and helping climate change all rolled into one.

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Dealing with Stress

Margaret Lee

We all have to deal with stress most days! It's how we deal with stress which we sometimes find hard.

Many of us are stressed by the small stuff – things that really shouldn't bother us at all. But then many of us feel stressed by problems that relate to our job, family and/or health.

Certainly, there may be viable concerns, but will fretting over them help resolve anything? No. The stress response makes things worse. When we worry, cortisol levels spike – along with other adrenal hormones and the body moves into a state of alert.

This alert response decreases mucosal secretions, which reduces the ability to digest food and fight infections. It stimulates the heart rate and decreases many neurotransmitters such as serotonin – important for maintaining equilibrium throughout our metabolism.

Does that sound familiar? Altering our activities is the first and easiest means for reducing stress. Research on the following activities have been proven to reduce stress:

- Diaphragmatic breathing or deep breathing reduces oxidative stress and helps normalise insulin and blood sugar levels.
- Walking in bush or mountains have been found to lower heart rates compared to the urban walks.

Among clinical trials involving systolic blood pressure, those practising Tai Chi bettered routine care reduction in diastolic blood pressure by more than six millimetres of mercury.

This is only one of the many health benefits of practising Tai Chi.

Tai Chi can be challenging to learn but great to explore different styles - it's certainly a fun process balancing mindfulness with joy.

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Ploughing to Win & Make a Difference

Winners don't receive any prize nor money, but do receive the prestige of being the best in the world and achieving the challenge of winning.

"It doesn't matter what you go through it's the reward at the end of it," believes Malcolm and he is speaking from his own experience.

Twenty years ago, Malcolm was in an entirely different place.

"I was suicidal and had a breakdown. I then found out I was dyslexic and diagnosed with ADHD," said Malcolm who'd felt like he didn't fit anywhere, was misunderstood and had been labelled dumb and slow. That was a turning point. His tractor highlights dyslexia and that has opened the way for many people to come and have a chat to him about it, sharing their own experiences. That sign will sit proudly on his tractor while he ploughs at the Nationals.

Murray and Gemma Redmond have generously loaned their workshop to Malcolm to adjust the compressor which monitors the tyre pressure on his rig.

"It's vital to have even tyre pressure for competition ploughing as it can increase yield. If one tyre is lower than the others, it will plough differently on one side to the other."

Malcolm knows a thing or two about soil types too.

"NZ soils are quite different because we're volcanic and are an iron/ash base with ph levels around 4%. That is why Malcolm uses plastic ploughing boards, saying that in the Waikato nearly all the boards are plastic.

"We competed extremely well in the Worlds in Kenya because we were were essentially ploughing in the bottom of a volcano.

Bruce will coach Malcolm for the the Worlds in Croatia, as Malcolm made the boards for Bruce when Bruce won the Worlds when New Zealand hosted them here in Methven, in 2010.

The Nationals are not too far away and will provide riveting competition with some of the best there are.

Need support?

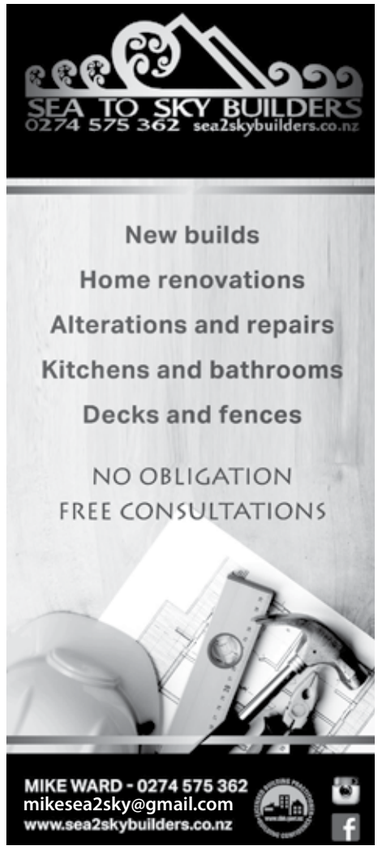
If you need ADHD support, contact ADHD NZ: **https://www.adhd.org.nz**

Suicide Support: Available 24 hours ph 0800 543 354

Text 1737

NZ Mental Health Foundation: **https://mentalhealth.org.nz/suicide prevention**

There are other sources for help on page 17.



Schools News

Mount Somers Springburn School

Year 5–6 Explore Recycling in Action

Our Year 5 and 6 students recently travelled to the Eco Centre in Christchurch for a hands-on look at what really happens to our recycling once it leaves the school gate.

Students followed the journey of waste from arrival through to sorting and processing, gaining a behind-the-scenes understanding of how different materials are separated and prepared for reuse. It was eye-opening to see just how much work goes into turning "rubbish" back into a resource.

Along the way, they discovered the real impact our choices have on the environment and how small actions can make a big difference when it comes to reducing waste.

A big highlight was watching the sorting process in action and realising just how important it is to get recycling right the first time.

A huge thank you to our staff and helpers who supported the trip and helped make this valuable learning experience possible.

Methven Primary School

On Wednesday 1st of April MPS hosted their first ever Move-Athon for all the students to enjoy the fun day of moving and grooving. The Star and House Leaders organised a groovy playlist with upbeat songs. We also placed obstacles around the field to make the day fun for all students we made it so everyone can join in the fun!

FOMPS ran a bake sale for the students to come along and grab a yummy treat. Thanks to the families that donated towards this. They sold the treats for $2 a day. The Star and House Leaders asked the students to Dressup in our house colours to create a fun vibe throughout the school there were some funky and colourful Dressup's on the day.

Thanks to Rosa Dekker and Bayleys for providing us with a sausage sizzle for us to enjoy the day with yummy hot sausage.

We are fundraising money for learning support throughout the school. Learning support is important here at Methven Primary School. Students were asked to collect sponsors for every lap they completed. Thank you to everyone who sponsored a student! We all had an amazing day of fun with yummy sweets and treats. It's a great way to finish term one!

By Haven, Ruby and Skyla

METHVEN Primary School

Schools News

Humans of Ōpuke - a Mt Hutt College Project

Introducing Liz McMillan

I grew up on a sheep farm in the Waikari Valley, North Canterbury.

Liz McMillan

I had a pretty good childhood. We did lots of camping, tramping, trips to the beach and I enjoyed helping out on the farm with my sister.

There are lots of people I look up to, but when I go back to it, I just remember my grandparents being good staunch community people and my Mum and Dad are too. I am most happy at home when my kids are around, when we're just having a bit of family time or spending time with my Parents up at the farm where I grew up. Spending Christmas time up there is pretty special.

Some interesting facts about me are that I can speak Japanese because I went to school in Japan in my last year of high school. I love pot plants. I've got about 80 of them at home. I'm a Mum, I've got two kids. I came to Methven to work at Mount Hutt in the office downtown. I helped set up Ski Express, which was like a ski tour company for mainly Aussie and Japanese tourists. I love skiing. I love concerts and I've probably seen the band Shapeshifter about 25 times. I like to see the good side in people. I guess I like to be happy, so I try to have a smile on my face most of the time.

My biggest struggle is managing my time and saying no to things. I think I'm pretty good at just saying, yes, yes, I'll do that. So going forward I need to make sure that I have a bit of life balance and spend a bit of time doing my own stuff. I remember when I was thinking about standing for Mayor and Estella said to me, "Mum, just write that you care about everyone, because that's the one thing about you that people should know." As Mayor, I am passionate about the whole district. I guess I like people to be connected. If someone's struggling, I like finding some way for them to match up with someone that could help them and connect people.

Looking to the future, the whole Ashburton district is doing well. We are growing, expanding and have a multicultural group of people living here now. All our towns are looking good and I hope that that continues.

My advice to others is to keep up community spirit. Talk to people, get to know your neighbours. We can sometimes rely on social media too much and forget to connect. Our district has a great community spirit and I am proud of that.

New Books at Methven Library

What the Bones Know *Kirstyn McDermott*

Want to know a Secret? *Freida McFadden*

The Antique Hunter's Murder at the Castle *C L Miller*

The Irish Goodbye *Heather A O'Neill*

The Invisible Women's Club *Helen Paris*

The Secrets of the Lost Vineyard *Erin Palmisano*

Judge Stone *J Patterson/V Davis*

How to get away with Murder *Rebecca Philipson*

The Gambler *J P Pomare*

A Far-Flung Life *M L Stedman*

Felicia's Favourites *Danielle Steel*

A Long Winter *Colm Toibin*

The Little Penguin Bookshop *Joanna Toye*

Witch Trial *Harriet Tyce*

The Game is Murder *Hazel Ward*

Every Second Counts (NF) *Charlotte Glennie*

Surviving White Island (NF) *Kelsey Waghorn*

Methven Lions

Reminder

Have you got any glasses that you no longer need?

Are they in good useable condition?

Please drop them to Methven Hammer Hardware or Methven Pharmacy for donation to the Fred Hollows Foundation (supporting those in need in the Pacific Islands).

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mta ASSURED
www.mckaymotorcycles.co.nz

MHC Students Attend University of Canterbury Model United Nations

Recently, the University of Canterbury transformed into a world of international diplomacy, hosting high school students from across Canterbury for the annual "Model United Nations." Representing Mount Hutt College with confidence and intelligence were Year 11 students Ruby Saxon and Kate Ferguson-Cooke.

The two-day event required participants to step into the shoes of world leaders, tasked with navigating geopolitical issues while strictly adhering to the foreign policies of their assigned nations. Each student was assigned a specific country to represent, requiring them to view global crises through a lens very different from their own.

Ruby Saxon represented Somalia. Tasked with representing a nation facing significant challenges in security and climate resilience, Ruby had to advocate for stability and international aid in a high-stakes committee environment.

Kate Ferguson-Cooke acted as the delegate for the Kingdom of Lesotho. Kate focused on regional cooperation and sustainable development. Kate saying, "This event was really eye-opening as to what actually occurs within the United Nations. I came into this event not knowing loads about policies, politics and procedures, but after two days of full-on learning and debating I felt I was a good representative of the Kingdom of Lesotho."

The University of Canterbury's lecture theatre was full of intense debate. From drafting resolutions to forming strategic alliances, the girls experienced the nature of international relations. "The environment was very open and unjudged with everyone being super friendly, if you're interested in debate you should totally try it." noted Ruby.

By the end of the second day, both Ruby and Kate had successfully completed several rounds of amendments and voting, gaining a deeper understanding of the United Nations' role in maintaining global peace. Their participation highlights the strong spirit of leadership and global citizenship encouraged at Mount Hutt College.

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CARS - 4X4 - VANS
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$995 + GST

EURO TUNE

Methven Autoservices Limited

Ph: 03 302 9077

Room for rent?

The end of May will see an influx of winter workers arriving in Methven ready for another season at NZ's Best Ski Resort!

We will have several employees seeking accommodation for the upcoming season.

If you have a reasonable price property, sleepout or room available from May/June-October, we can advertise this for you to our team.

Email the details along with photos and your price to:
staffaccom@mthutt.co.nz

Mt Hutt canterbury new zealand www.mthutt.co.nz

#simplesigns

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Methven's Local Signage Company

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027 647 4624

Schools News

Our Lady of the Snows School

Methven

OLS Annual Caritas Challenge Day

Caritas Challenge Day is an annual event that encourages young people to stand in solidarity with those experiencing poverty and injustice around the world. This year's focus highlighted communities impacted by climate change, with students stepping into hands-on challenges designed to build empathy and understanding.

Throughout the day, students engaged in a range of activities, each representing real-life struggles faced by millions globally. The Move It Challenge helped students understand what it's like to travel long distances for basic needs such as water and food. The Live It Challenge gave insight into life without stable housing, as students built shelters from cardboard and simple materials, reflecting the reality for many living in overcrowded situations.

Senior students also took part in the Sweat It Challenge, walking to our Red Cross Station at Methven Preschool to collect food and water for the day. Many found this far more difficult than expected, gaining a deeper appreciation for those who must work long hours in tough conditions for very little. Afterwards our dedicated Student Council, prepared simple meals for our morning tea and lunch.

The Stop It Challenge brought the day together, reminding students that we all have a responsibility to care for the most vulnerable in our global community. The day reflected OLS values of Compassion, Awhina, Respect, and Excellence in action.

With beautiful weather on our side, it was a memorable experience for all. More importantly, it gave students a powerful sense of perspective, and a reminder of how fortunate we are to live in Aotearoa New Zealand.

Every dollar raised through the challenge will go towards supporting vulnerable communities, making a meaningful difference in the lives of others.

CLASSIFIEDS

ACUPUNCTURE Clinic with Junco opens Wednesday to Monday. Contact Fred 03 302 8888 / 021 434 603.

ARE you sick of the slow engine response from your diesel ute? Consider fitting an S-DRIVE. Big performance gains for low cost. See Andrew at Methven Motors or phone 03 302 8201.

BODY Balance with Massage, Bowen & Emmett. Breathe easier with Dry Salt Therapy (Halotherapy). Contact Cherie at The Salt House 027 302 8556.

PERSONAL Training - Peak Fitness Methven, Ryan Ashworth 027 466 7647

BOOKKEEPER in Methven looking for work. Ten years experience with Xero. Contact Rosalyn 027 493 4120

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

FIREWOOD & Treework. Tree removal, call RK Firewood. Top money paid for big large trees. Call Rini 027 451 7300.

SNOWFED ACCOUNTS

For any queries, please email:
Bethany Gibbs
accounts@snowfed.co.nz

METHVEN GOLF CLUB

Ladies Results 1st April

Competition 1st Round Championships

Silver: *Wanda Campbell* beat Robyn Maw.

Bronze A: *Linda Ayers* beat Heather Middleton.

Hammer Hardware Best Nett Of Day *Robyn Maw* 71.

Two's And Nett Eagles: *Robyn Maw, Wanda Campbell, Nicky Gill.*

Mens Results 4th April

Stableford

1st *Paul Middleton* 78-10-68 (39). 2nd *Phillip Thomas* 99-29-70 (37). 3rd *Simon Wareing* 82-9-73 (34).

Weekly Community Heroes

Celebrating our local heroes and heroines!

Head into The Alpine Grind to nominate.

Rosa Dekker
Wayne Holmes

Wayne Holmes

Stop by The Alpine Grind for your free coffee

THE ALPINE GRIND

TIPS FOR KEEPING HEALTHY

Nutrition

Lauren Stokes
Naturopath

The old saying "we are what we eat" used to really annoy me – until I properly understood it.

When we eat food, the gut breaks it down and absorbs every part of the food in some way. The nutrition is sent to the cells for fuel through the bloodstream, and toxins are sent to the liver and kidneys for removal.

Every cell of the body, whether it is a brain cell, skin cell muscle cell or other, requires specific nutrients to be able to work properly. For example, muscles require protein, the brain requires omega 3's, the heart requires calcium and much more…

We can see then that if our food contains a wide variety of nutrient packed goodness, these nutrients can travel through the body and give our cells, organs and systems what they need to function properly. If our food is lacking (or if gut health is poor and we can't absorb nutrients properly), our cells, therefore our organs and systems simply cannot work properly, or heal and recover.

For this reason, nutrient deficiencies have been found to be associated with many disease states, and correcting these deficiencies must be the first port of call.

What if your painful, heavy periods were because you were just low in iron?

What if your skin condition that requires steroids was because you were low in omega 3's?

What if your ADHD was because your brain was lacking in zinc?

What if your child's lack of focus was because they haven't had enough protein at lunchtime?

What if your lack energy could be corrected with some simple changes to your diet?

What if we corrected nutrient deficiencies before we medicate, and then look at medication if it is still required after the diet is giving us all we need?

I feel very passionate about this – food is our backbone and must be looked at as the first medicine. What we eat could give our minds and bodies what we need to feel great and enjoy life, or it could be the cause of our issues.

Hydration, nutrition and proper rest are the pillars of health. Diving into these aspects of life almost always results in partial or complete resolution of health issues – for the simple reason that the body begins to get what it needs to be in balance and do what it does naturally – heal and recover.

It can be hard to know how we are going with nutrition, and have ideas for ways to make changes that the whole family are happy with, without feeling deprived or pressured to make hard changes. If so, professional advice can be a life changer.

4 FOUR SQUARE

9 - 15 April

Dayna Jamieson 29
Storm Rooney 10
Mason Roskruge 15
Jasper Keenan 15
Adaline Bailey 6
Isabella Barlass 14
Alissa Grieve 11
Jane Lavery 68
Lloyd Smith 13
Ellie Whittaker 6
Sophie Fagalima 9
Savena Fagalima 18
Lachie Munro 13
Finlay McGarva 5
Phill Elliot 80
Gabi Lilley 21
Mitch Lilley 21
Hannah Barlass 9

CONGRATULATIONS
Dayna Jamieson
Pop into Methven 4 Square Supermarket for your surprise!

Justices of the Peace (JP)

Ashburton Forks
Anne-Marie Allen 027 284 8013

Lauriston
Dianne Prendergast 027 235 7227

Lyndhurst
James Anderson 03 302 4943

Methven
Jennie Coleman 027 222 4214
Julie Cunneen 027 341 5978
Paul Dixon 03 302 8767
Martin Nordqvist 03 302 8717
David Wright 021 531 830

Mount Somers
Wendy Millichamp 03 303 9743
Anne Parnham 027 767 6056
Robert Schikker 021 186 6107

Springburn
Rob Withers 03 303 0901

Please do not sign any documents before you see the JP. The JP service is free.

Go to: **https://www.jpfed.org.nz/** to find a JP in another area.

Need Help?

Healthline 0800 611 116
Where to get Help? Text 1737
Depression Helpline 0800 111 757
Youthline 0800 376 633
The Lowdown Text 5626
Alcohol & Drug Help 0800 787 797
Lifeline 0800 543 354
What's Up 0800 942 8787
Quitline 0800 778 778
Womens Refuge 0800 733 843
Plunketline 0800 933 322
Citizens Advice 0800 611 116
Netsafe Netsafe.org.nz
Police, Fire Ambulance 111
Non urgent Police 105

BAYLEYS

Methven and Surrounds

Methven 2 Gleniffer Place

Cosy easy living

Enjoy the light-filled open plan kitchen, dining and living area, the heart of the home and perfect for everyday living or entertaining. The kitchen has been designed with hosting in mind, offering a spacious layout and a walk-in pantry. From the dining area, sliding doors lead out to a private and secure patio. A separate cosy snug or second living area is a further feature of the home.

3 2 2 2

Deadline Sale (unless sold prior)
12pm, Thu 9 Apr 2026
View by appointment
Kayla Dynes 027 697 0915
kayla.dynes@bayleys.co.nz
WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

bayleys.co.nz/**5529903**

Methven 31A Colcord Place

Smart start or solid investment

Tucked away in a quiet cul-de-sac, 31A Colcord Place offers an easy-care lifestyle in a convenient location. This cross lease property is connected to the neighbouring home yet, remains completely separate with its own front garden and private backyard. Inside, the home offers a generous open-plan living and kitchen area.

2 1 1 1

Asking Price $439,000
View by appointment
Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz
WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

bayleys.co.nz/**5529043**

Methven 24 Morgan Street

Income, land and future possibilities

Located in the heart of Methven on a generous residentially zoned landholding, Methven House is a rare property. At the heart of the site sits a substantial main building featuring eleven bedrooms. Also including a detached block of four one-bedroom apartments.

15 5 8 3

Price by Negotiation
View by appointment
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rosa.dekker@bayleys.co.nz
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Methven 5 Westward Way

Kakariki view

Time to build in Methven's Premium subdivision. This spacious, private section is available and ready for the construction of your dream home to start. With excellent views, the section is also serviced with power, town water supply and fibre. This is a great opportunity to start your next project in this peaceful area of Methven.

4,219sqm

Asking Price $420,000
View by appointment
Simon Sharpin 027 631 8087
simon.sharpin@bayleys.co.nz
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Methven and Surrounds

BAYLEYS

Methven 1 Farquhar Place

Income opportunities

Originally designed as one substantial family home, the current owner has cleverly configured the property into two distinct, well-defined spaces under one roof. Whether you choose to retain both areas as tenanted spaces or live in one and rent the other.

5 2 3

For Sale offers invited over $760,000
View by appointment
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Methven
Lots 3, 4, 5, 6, 7 and 8/15 Racecourse Avenue

Brand new alpine chalets - now under construction

Following the successful ownership of the first four chalets, six further brand-new alpine chalets are now underway within this boutique 10-home development - offering a rare opportunity to secure your new holiday home in this development.

3 1 3 1

Asking Price $845,000
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kayla.dynes@bayleys.co.nz
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Mt Somers
4 Pattons Road and 7 Ashburton Gorge Road

A quaint village setting

Offers invited over $169,000 per section. An exceptional opportunity to secure one of two, or both sections in Mt Somers. Available Options:

- 4 Pattons Road (Lot 1) – 1,000sqm (more or less)
- 7 Ashburton Gorge Road (Lot 2) – 1,337sqm (more or less)

1,000sqm

For Sale offers invited over $169,000
Kayla Dynes 027 697 0915
kayla.dynes@bayleys.co.nz
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bayleys.co.nz/**5529839**

Windwhistle Lot 33 Tussock Lane

A truly special getaway

Offering 810sqm (more or less) within the prestigious Fable Terrace Downs Resort, this section on Tussock Lane combines privacy, lifestyle, and the very best of the Canterbury High Country. Tucked away in a peaceful position yet still immersed in the resort's amenities and breathtaking surroundings.

810sqm

Asking Price $189,000
Kayla Dynes 027 697 0915
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bayleys.co.nz/**5529244**

18 Memorial Crescent, **Methven** 3 2 2

- Well built home and energy efficient with 11 solar panels
- 3 bedroom home + office and 2 bathrooms (ensuite)
- Heat pump's and HRV
- Features 45m2 fully lined, batted double glazed, workshop/hobby space

By Negotiation
View
Saturday 11:30am - 12:00pm

Margaret Feiss
021 751 009
Shirley Fitzgerald
027 220 1528

rwashburton.co.nz/MVN30143
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

37 Sam Holmes Drive, **Methven** 4 4 3 2

- Timeless at Thyme Stream
- Elegant brand new build set on 4044m2 amongst extensive plantings & landscaping
- 371.85m2 home with an emphasis on low maintenance
- Multiple living options
- Superb rural & mountain views

Price on Application
View
by appointment

Margaret Feiss
021 751 009

rwashburton.co.nz/MVN30104
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

96 Ashburton Gorge Road, **Mount Somers** 4 3 3

* This stunning 4 bedroom, 3 bathroom property is designed by the owner and built by Joseph builders in 2021
* Offers open concept living and dining filled with natural light
* A separate art room adjoined to large separate garage

By Negotiation
View
by appointment

Margaret Feiss
021 751 009
Shirley Fitzgerald
027 220 1528

rwashburton.co.nz/MVN30136
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

25 Sam Holmes Drive, **Methven**

* The last water edge section available at the popular Thyne Stream subdivision
* 4087m2 fully fenced with tree and shrub planting commenced ready for that keen gardener
* Power, water & fibre to boundary

For Sale
Price by Negotiation
View
by appointment

Margaret Feiss
021 751 009

rwashburton.co.nz/MVN30121
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

Lot 3 Hobbs Road, **Methven**

- Attractive 1.0596 hectare block located down a private laneway just off Hobbs Road right on Methven township boundary
- Waste water system required
- Town water & power

Price on Application
View
by appointment

Margaret Feiss
021 751 009

rwashburton.co.nz/MVN30037
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

2969 Methven Highway, **Methven**

- Lot 2 DP 308461
- Expansive 16.745 ha parcel of Residential D pristine bare land
- Situated on the fringe of the Methven township
- Magnificent views of the Southern Alps from Mt Somers to Mt Hutt

Price on Application
+ GST (if any)
View
by appointment only

Shirley Fitzgerald
027 220 1528

rwashburton.co.nz/MVN30100
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

119 Forest Drive, **Methven** 5 3 2

Welcome to your dream retreat! Nestled in a serene and picturesque setting, this magnificent 5 bedroom, 3 bathroom home offers the perfect blend of luxury, space, and tranquility. Set on an impressive 6969m2 of lush land, this property is an oasis of comfort and style.

Sold

Shirley Fitzgerald
027 220 1528

rwashburton.co.nz/MVN30138
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)

1/178 Main Street, **Methven** 2 1

* Holiday Chalet , charming 2 bedroom fully furnished Cedar Chalet blends comfort and style
* Gable ceiling making a spacious living room
* Bedrooms are roomy
* In a complex with 7 other similar chalets

Sold

Margaret Feiss
021 751 009
Shirley Fitzgerald
027 220 1528

rwashburton.co.nz/MVN30141
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Business Owner:
Kim Miller
027 236 8627

Margaret Feiss
Licensee Salesperson
021 751 009

Shirley Fitzgerald
Licensee Salesperson
0272 201 528

Trevor The Bald One
Licensee Salesperson
027 225 5669

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