

SNOWFED

Methven & Foothills Newspaper - owned by Mount Hutt College

Rāpare 5 Mahuru 2024
Thursday 5th September 2024

Putanga 34
Issue 34

Charity match brings in the dollars!

Photos by Kim Berquist



After delays due to weather, the much-awaited, longest running charity match in the Southern Hemisphere - Rakaia Gorge Musterers fundraising game went ahead on Friday night.

Annie Jacobs

Held at the Methven Rugby Club grounds, the game was held as a fundraiser for Hato Hone St John, who attends fixtures held at the sports grounds.

The Rakaia River was up so two of the organiser's Sam Plunket and her husband Ben were unable to attend, but the game ploughed on.

"Apparently the score was 22-26 to Methven but no one was keeping track," said Sam. "The Musterers thought they won and Methven thought they won." Great camaraderie and fun - all in the name of

fundraising for a good cause! 45 items were donated for auction and a donation bucket was handed around which netted just under \$10,000 - twice as much as last year's event!

As much as possible of the raised funds will be directed to the Methven branch of Hato Hone St John.



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PUKA RATAKA Daily Diary

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

SEPTEMBER

- 5-7 Footrot Flats, 7.30pm, MHMH
- 6 Gold Card Lunch at Brown, \$20, 12pm
- 10 U3A Seabed Exploitation, Ashb
- 10 Crime Camera Meeting, MHMH, 7pm
- 21 Methven Chill Fest 4pm onwards
- 25 Digital Help, 1.30pm, MHC Hall foyer
- 29 ADC Solid Waste feedback closes

OCTOBER

- 4 ECAN Dam Feedback closes
- 8 Pink Ribbon Day

COMMUNITY

SCRAP METAL DROP OFF opposite the
Police Station

TUESDAY

Methven Toy Library 9-10.30am
Methven Public Library 2pm-4pm
Methven Museum 2pm-4pm

WEDNESDAY

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

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

**Take risks - you can't fall
off the bottom**

Barbara Proctor

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consent from Annie Jacobs, Editor.

Footrot Flats - have you

Don't miss out on this hilarious show!

Annie Jacobs

Methven Theatre Company are performing a very fine rendition of the comedic stage show,
"Footrot Flats" this week, with opening night on Thursday.

Fantastically skilful performances from those
both old and new to the stage bring this
delightful show to Foothills audiences.

Taken from iconic Murray Ball's comic strip,
the storyline takes viewers through a hilarious
story of what *really* happens on farm.



Rough and ready, farmer Wal (Jason Ree)
seems to have his foot in his mouth, (when
it's not in the wrong gumboot thanks to Dog's



hijinks), is much taken by the beautiful Cheeky
- a city girl (played by Rebecca Robinson)
, who is trying to understand two tooth's, wool
percentages and greasy wool.

You will learn a whole new way of how dogs
communicate with each other and their best
friends (humans). Dolores the pig (Jenny
Thompson) hits the oinky notes - she's in
season and the boar knows it!

New to the stage, Craig Mackenzie plays
Major the Pig Dog who along with Dog



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got your tickets?



(Richard Norrish) are after the attentions of the elegant Jess (Becky Dirks) - who will be the Father of Jess's puppies?

Who might have the last laugh with the mischievous Pongo's deadpan jokes?

Prince Charles the corgi (Janine Holland), will bring you whole new insights into how the upper class do "biggies" and he will do just about anything for the delightfully, homely Aunt Dolly's apple crumble.

Just when you think you couldn't laugh any more, Ewe 1 (Mary Cressey), Ewe 2 (Jenna Chenery) and Ewe 3 (Holly Thompson) will have farmers and others absolutely relating to the antics that happen on Dog Trial Day, tuppung and shearing. Cecil the Ram (Shane Stockdill) - the stud who has fire in his blood, can't be a dud, and must be firm is sure to have

you laughing. Crutchng and dags? Hmm, well!

Life at Footrot Flats changes when Bayleys Real Estate Agent Liv Gorman is tasked with selling the farm. Whaaaat?

The show is truly a family affair with Jason and Jake Ree (Father and son) performing on stage and Pattie Ree (Jason's wife) taking care of the wardrobe. The President is granddaughter of the Patron and a Mother and Daughters trio are performing.

The Theatre Company have been kindly supported by the Te Puke Theatre group who performed the show recently and generously loaned their costumes, which are incredible. As with any show, what you see on stage is the tip of the iceberg, with a large team of people backstage doing lighting, ticketing, props, marketing, sound and more.

With kiwi-isms and jokes aplenty, upbeat music, this is a high energy show from start to finish - top of the line and **not to be missed!**

The show runs on Thursday, Friday and Saturday evenings this week. Tickets can be purchased from Cafe 45 (cash) or online from Ashburton Event Centre.

Be there!





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Methven Theatre Company Presents

Footrot Flats™

by **Roger Hall**, with music by **Philip Norman**
and lyrics by **A K Grant**
Based on original characters created by **Murray Ball**






Directed by Matt Markham



5th, 6th, 7th September

Doors open 7.00pm Mt Hutt Memorial Hall
Showtime 7.30pm Bar and food available

Tickets \$40 Available at Cafe 45 (Methven/Cash only)
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Prestigious award for Rí Rá

Mid Canterbury's event management and promotions company Rí Rá Events, working in partnership with the Ashburton District Council has picked up a prestigious New Zealand Events Association (NZEA) award.

The award was presented for "Best Local Government Event" for their production of the ANZ Business of The Year Awards 2024. Rí Rá Events attended the NZEA awards gala dinner in Palmerston North on Tuesday 27th August to collect the award. The event also received special mention in the "Best Business Event" category at the evening.

The ANZ Business of The Year Awards was held in February 2024 at the Ashburton Aviation Museum and 375 guests attended the gala awards dinner. The overall objective of the event was to promote the Ashburton District as a great place to do business. Rí Rá events have already commenced work on the 2026 Business of the Year Awards event welcoming ANZ Bank onboard once again for the journey.

Speaking about the awards, director Colm McGrath said, "We're delighted to win a New Zealand Event Association Award for this event. We believe it proves that Mid Canterbury can and does deliver great events. It was a pleasure to work with the economic development and events team from Ashburton District Council on this project."

Rí Rá events and Ashburton District Council were shortlisted as finalists in July and competed

against the following events, Local Wild Food Festival, Whakatāne District Council, Taste Hastings, Hastings District Council, TSB Festival of Lights Winter Pop Up, New Plymouth District Council and Waitangi Day 2024 Porirua City, to win this award.

Founded in 2019 by two Irish kiwis; Gary Manning and Colm McGrath, Rí Rá Events produces and promotes events predominantly in the Mid Canterbury region. It's key clients include The Embassy of Ireland, The Ashburton District Council, ANZ Bank, Ashburton Toyota and The New Zealand Law Society. The phase Rí Rá roughly translates from Gaeilge to English as "fun."



Gary Manning and Colm McGrath

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Please provide your feedback by 4 October 2024.





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"Grandma has Staples in her Knee"

Annie Jacobs

Methven's local, multi talented teacher Kath Woodley, has written a children's book which is hot off the press.

"Grandma Has Staples in her Knee" is a project that has taken three years to get off the ground.

The book idea came about because Kath is a Grandma. Trying to explain a surgical

operation to her grandchildren, she saw the need for a book that children would love, which would help show and explain what would happen to her when she needed surgery.

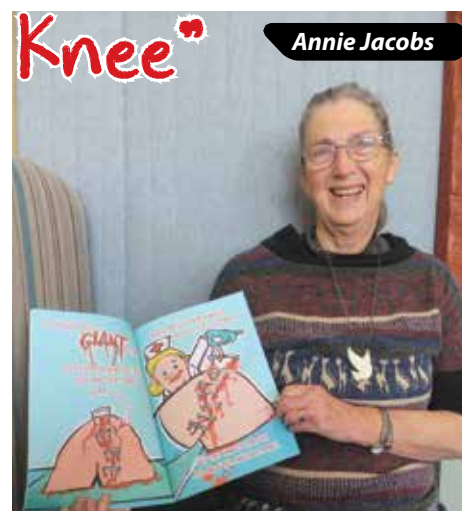
"It took three years to find a publisher as I had to do suggestions that encapsulated my project. The publisher then might ask you to add things or change things," Kath explained about the process.

"My grandchildren were so inquisitive about getting my knee reconstructed."

Kath had reached the stage where she couldn't walk and needed crutches.

"My knee needed to be fixed and it needed to be got right," she said. "For children to be able to understand the process without anxiety then be able to understand where that process is going, is really important. When you say you're going to have staples in your knee - they don't know how to process that. They imagine staples like they might see at school. My grandchildren were really keen to be able to help and show that they loved me."

Kath did the illustrations for the book and the publishers helped with colour and design. Kath wanted the words integrated with the



illustrations, whereas the publisher was wanting them separate. Kath wanted the text to be designed expressively and that is what has been produced.

Already the book is under world-wide distribution and has been purchased in Sweden, Denmark, China and is available through Amazon, Google, Barns and Noble (the largest bookstore in USA). The book is going to be translated and printed in Chinese.

If you want to purchase a copy, it can be purchased online from Amazon.

Kath is planning a book launch, details to be advised. And watch this space... another book might be brewing.



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Solid Waste Management and Minimisation Bylaw Review

Managing waste responsibly helps protect our environment and makes our district more sustainable. From sorting recyclables at home, to industrial waste reduction strategies, every step helps.

We're proposing to make a few changes to our bylaw, which controls how waste is managed in the Ashburton District.

- Should events on public land be required to have a plan for minimising rubbish?
- Should we look at ways to reduce waste on construction sites?
- Should we require businesses in our town centre to bring in their bins before midday?

We want to hear what you think!



Find out more and
have your say at
ItsOurPlace.nz

Feedback closes Sunday
29 September

Have your Say!



Ashburton
DISTRICT COUNCIL

Charline off to represent Methven (& NZ) in Masters League Games

Annie Jacobs

One of Methven's own is heading off to represent New Zealand in the Masters League Games in Australia next month.

Charline Dupanloup, the owner of Methven's XM Crossfit gym is going to compete in the Masters League Games in the over 35 age group.

"There will be competitors from Asia, Australia and New Zealand going to compete at the event which will be held at Orange, New South Wales in Australia on 18th-20th October," Charline said.

One month before the Games, the workouts will be released, so competitors have to use the lead up time to prepare for anything.

"We already know there will be running, wall ball and the yoke walk - carrying a pole with heavy weights on each end, across your shoulders. At Crossfit, we need to be prepared for every kind of workout," Charline explained. There will likely be six workouts over the three days

Talented, hardworking and committed to Crossfit, Charline is self-funding the trip which will cost \$2,000.

"I will be representing New Zealand, Methven and XM Crossfit," smiled go-getter Charline. It

looks like there will be 12 competitors from the South Island and more from the North who will travel to the event.



An online competition was held in March to qualify with some competitors required to do more in May. Charline qualified immediately.

This is Charline's second games. Her first one was held last year in Rotorua where she received a Silver Medal for the whole of New Zealand in her age category.

"I love the atmosphere and seeing people achieve at your level. You're there for the competition but also to compete with yourself. It's great to see over the three days what you've achieved," she said. "Crossfit is a sport for older people - it's not necessarily a sport for people with a younger body. Some Masters League competitors start in their 40's and 50's."

In fact, the World Champion is kiwi woman Pauline Sciascia who competed in the +65 world championship.

Next year, Charline hopes to take a group from Methven with her to compete.

Charline is planning some fun fundraising competitions to help fund her trip - details will follow, however if you would like to help Charline represent New Zealand, please donate at: <https://givealittle.co.nz/cause/help-me-get-to-oz-to-represent-nz-and-mid-cant>

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Tracking tunnels now in Methven Walkway

Annie Jacobs

Methven and Foothills Birdsong Initiative are underway with their programme to start making a safe habitat for native birds and wildlife - to have a safe space to live, eliminating predator species in the region.

The appropriate permissions have been granted by Ashburton District Council, trappers have put in the work to become qualified and volunteers have started to put out tracking tunnels in the Methven Walkway.

The long rectangular shaped black plastic tunnels are not a trap, but contain peanut butter (as bait) and an ink pad. This invites small predators such as stoats, ferrets, hedgehogs, rats and mice to travel through to the bait (and they exit out the other end), with their footprints recorded on the ink pad. This information then shows the qualified trappers what predators are in the area and subsequently the appropriate trap is used.

Signage reminds dog walkers that dogs are required to be on a lead or leash in the Walkway and not running free.

The Methven and Foothills Birdsong Initiative will have additional clear signage up when they start trapping (such as in the Thyme Stream section of the Walkway) and will keep traps away from the path as much as possible.

The group are now equipped with some A230 traps thanks to support from the Department of Conservation. These traps which catch mustelids, possums and feral cats, have a chip that reads the chip of a microchipped cat. The trap will not activate if a microchipped cat is nearby.

What can you do to assist? Actively trap predators such as possums, hedgehogs, mice and rats on your property. Local stores stock a great variety of traps. A tasty morsel of peanut butter is very attractive to hedgehogs, mice and rats. Peanut butter or mayonnaise is delicious to possums.



A Tracking Tunnel in situ in the Methven Walkway



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She May or May not...

Ms May Brothers

This enchanting diva knows exactly how to navigate the world of the semi. A true dreamer at heart, she often imagines herself in a sweeping romantic film, dancing through fields of golden wheat and playfully tumbling behind hay bales.

With countless hours spent on the contracting open road, she has a keen eye for spotting another player from a mile away. Fearless and fiercely protective of her friends, don't think you can drill this girl's seed crooked.

Her knack for juggling multiple long shifts has equipped her to tackle any challenge that comes her way during the pageant.

This committed lass has dedicated herself to intense preparation, ensuring both her skills and her chassis are ready for the competition. Her flat deck won't hold her back; she's all set to flash you her lights and blast her horn as she charges toward victory.

When she's not busy delivering hefty loads at work you can find her behind the DJ booth, where she revels in the sight of strong men twirling on the dance floor. There's something about their twinkling toes that really gets her gears spinning.

Ms. May Brothers is all set to rev up her engine and leave you all breathless!



Ms Methven is returning to our district. Snowfed will feature one of the gorgeous ladies each week, leading up to the event on Saturday 19th October.

This is a fundraiser for Methven Pre School so keep an eye out for ticket sales and get in quick - this event sells out fast!

Forsyth Barr, expert investment advice

Forsyth Barr Investment Adviser, Michelle Parkin will be at the Mt Hutt Memorial Hall every Wednesday from 10:00am until 12:30pm.

Join Michelle for a coffee and an informal chat to find out how Forsyth Barr's investment services can help you achieve your future financial goals.



Michelle Parkin
Investment Adviser
michelle.parkin@forsythbarr.co.nz
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TIPS FOR KEEPING HEALTHY

What exactly is Inflammation?

Lauren Wilding
Naturopath



Inflammation is the immune systems response to fight infection and heal damaged tissue – an incredible process which is vital for health and survival, however sometimes the level of inflammation gets out of hand, and if happening over a long period of time can become problematic as it causes more tissue damage.

You may have experienced signs of local inflammation such as redness, swelling, pain, heat, fever or loss of function, as the white blood cells and other inflammatory chemicals such as cytokines flood the area to help with the healing and recovery.

This process can also happen within the organs and systems of the body in response to tissue damage which can be caused by a variety of factors including infection, an inflammatory diet, alcohol, toxin exposure, stress, obesity, smoking and vaping.

Chronic (long term) inflammation is known to be at the root cause of many disease states such as cardiac disease, auto-immunity, arthritis, diabetes, cancer, liver disease, gastrointestinal issues, mental health concerns. For this reason, understanding causes of inflammation is key to overall health.

Strategies to support a healthy inflammatory response:

- Eat an anti-inflammatory diet, rich in fruits, veg, nuts, wholegrains. Some

foods which are particularly anti-inflammatory include salmon, berries, walnuts, avocado, olive oil, ginger, leafy greens, green tea, turmeric and most spices.

- Avoid large amounts of inflammatory foods such as vegetable oils (except extra virgin cold pressed olive oil), sugar, alcohol, refined carbohydrates (white flour based products such as white bread, scones, cakes etc), processed meats, margarine (made with inflammatory vegetable oils).
- Stress management: prioritise life balance / do what you enjoy as much as possible / breathing practices / meditation / yoga / exercise.
- Exercise regularly.

Supplements which can help reduce inflammation (however the cause of the inflammation should be addressed as well):

- Quality fish oil / Algae oil if vegetarian - quality is vital, if you get a fishy aftertaste, the oil has gone rancid and

should not be taken.

- Curcumin (from turmeric) - a super high dose of this is needed as absorption is very low, so many turmeric based supplements will do very little.
- Magnesium – 300mg/day can help with many things including sleep which is vital to inflammatory regulation.
- Multi vitamin including vitamins C, D and E which all have some anti-inflammatory actions.

In summary, a healthy inflammatory response means that our body can identify and heal from infection and tissue damage, without going overboard and causing more damage. Supporting this process is key to disease prevention and treatment.

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Schools News

Our Lady of the Snows School

In this exciting, sticky hands-on experiment, we explored solubility by investigating how sugar dissolves in water. We learnt water acts as the solvent, while sugar is the solute. When the sugar is added to the water, it breaks down into tiny particles, allowing it to mix evenly.

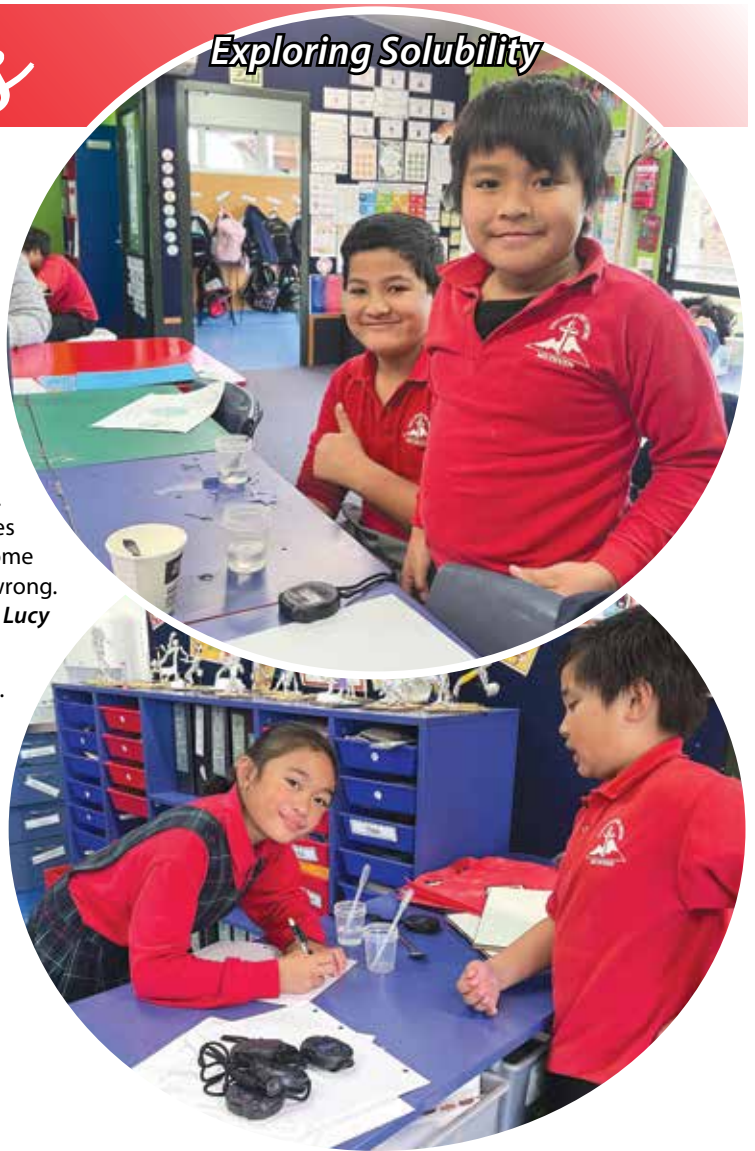
"As we added sugar, we discovered the concept of saturation—the point at which no more sugar can dissolve in the water."

"Each time we add sugar, the temperature gets cooler so the sugar takes longer to dissolve. The colour changes as we add more sugar. We predicted that the covered container would crystallise on the sides and that uncovered container would crystallise on the top with some liquid in the middle. One prediction was correct and the other was wrong. The covered container stayed liquidy and did not crystallise at all." **By Lucy and Marivelle**

"We started an hour after everyone else but we caught up quite fast. We were on our fifth spoon of sugar and our hands were getting covered in wet sugar. At first the sugar dissolved easily but as time went and we added sugar, it took forever. Our predictions for the covered cup was that it would become slimey, gloopy and watery- and we were right! For cup B which was uncovered, we thought it would go hard and crusty, which it did. So both our predictions were right!" **By Elizabete and Tristan**



Exploring Solubility



Methven Primary School



On Friday 30th August we supported Daffodil Day. Students and staff made a big effort to dress in yellow, making for a bright school assembly. Thanks to generous donations, we managed to raise \$440 to support a great cause.



The day was filled with fun activities organised by our leaders, including face painting, exciting games, and music to dance to at lunch. The school was decorated with hand-made daffodils, made by Piwakawaka and Mahuri students.

Schools News

Mount Hutt College

Head Student Appointments for 2025

Jordan Imms-Protheroe, Estella Lister, Lucas Plimmer and Sarah Reeve have been elected to Head Student Roles for 2025 - congratulations to you all!

Jake Bailey Visit - Growing Good Humans

Recently we were thrilled to have Jake Bailey visit to speak to all of our students, Jake is an internationally recognised educator on resilience. Jake first caused a global sensation aged 18, when his prize-giving speech as head boy at Christchurch Boys' High School went viral.

A week before this speech, Jake was diagnosed with cancer and given two weeks to live if this went untreated. Jake persevered to give his speech from a wheelchair, the video of which went on to touch the hearts of tens of millions and draw praise from across the globe. Once in remission, Jake's experience left him with questions: what exactly enables people to overcome adversity?

Are we born with these skills, or can you learn them? And if so, what does it take to create people able to not only recover, but to grow from immense setbacks? Following his study in positive psychology, he now shares his knowledge with people all around New Zealand and Australia.

Year 12 student, Estella Lister said, "It was really different than what I expected and gave me a new insight into how I live my life. I think this did not only give us a better way to understand ourselves personally, but to give us a new perspective on how our values are

the things that make us who we are and they stay with us our entire lives."

Jake spoke to the students about the best pathway to a successful life is having and working with your individual values. He asked, "What are your values? Are you living your life in accordance with your core values?"

Our values are largely shaped by the people and experiences in their first seven years of life. Jake led the students through an exercise where they identified what their values are, as one more tool to help students with their decision making, goals and planning for the future.

You can see Jake's viral speech here:
<https://www.jakebailey.co.nz/info/media>



Estella Lister, Jake Bailey and Lucas Plimmer

Yumegaoka High School Visit

Recently we had visitors from Yumegaoka High School in Japan come to stay and experience everyday life as a teenager in Methven and at MHC. In June a group of MHC students for the Japan trip did the same thing at their school in Japan. We picked them up from school, took them home to meet our families and settle in. The next day, the snow changed our plans so we met up at Station Coffee for hot chocolate. Then we took them on a tour of the school and made some New Zealand treats for them to try. We took the group around popular Methven attractions. On Friday night everyone met up at Brinkley Resort and had dinner there. When we were having dinner Jack Saxon handed out awards to all the Japanese students that came and stayed with us. On Saturday, thankfully the weather played ball and we got to take the group skiing. We spent most of the morning skiing or tobogganing. We sadly then said goodbye to our group. It was an awesome experience to have our buddies come back to stay with us and experience life in Methven. We enjoyed spending time with them and building our friendships even stronger. We hope to see our Japanese friends again!

By Georgia Schiphorst & Piper Lill



Kuala Lumpur - the 13th instalment of our Japan trip



In Kuala Lumpur (KL) we went to the Batu Caves. The stairs had 272 steps from the very bottom. At the top of the steps you would walk through a giant cave and then see a lot of monkeys.

They are called the Batu Caves because of the nearby river called the Batu Pahat river. The giant statue is called the Arulmigu Murugan Statue. The statue is 42 metres tall. It was my favourite part of Malaysia. We also went up the KL Tower. It was so big we could see it from our hotel. The tickets took a while to get, but the lift to the top only took 50 seconds. They have a revolving restaurant up there. The KL Tower is 421 metres tall - that is 100 metres taller than the Auckland Sky Tower.



The rooftop swimming pool at our hotel was also great fun, with great views of the city.

On our final night in KL we had our group celebration dinner and awards. The buffet had every kind of food imaginable, including ice cream from New Zealand!

By Tiger McMahon & Gus Morris



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New Books at Methven Library

Murder on Lake Garda Tom Hindle

The Curse of Pietro Houndini Derek B Miller

Southern Man Greg Isles

A Refiner's Fire Donna Leon

To Sing of War Catherine McKinnon

You Are Here David Nicholls

The Hazelbourne Ladies Motorcycle & Flying Club Helen Simonson

The Gallows Bird Barbara Sumner

Hard by a Great Forest Leo Vardiashrili

Woman Missing Sherryl Clarke

Think Twice Harlan Coben

In a Place of Darkness Stuart Macbride

Finding Sophie Imran Mahmood

Little Library of Banned Books Kirsten Miller

Shadows in the Moonlight Santa Montefiore

Storm Child Michael Robotham

This is Why we Lied Karin Slaughter

The Bookshop Detectives Dead Girl Gone Gareth & Louise Ward

The Afghans (N.F.) Asne Seierstad

The Waiting Game (N.F.) Nicola Clarke

The Sewing Girls Tale (N.F.) John Wood-Sweet

Love From Venice (N.F.) Gill Johnson

Medical

Last week Medical Students from Otago Medical School visited Methven to experience a rural community, get involved and have a taste of some of the service groups and businesses in a typical rural community. They write...

We want to thank everyone we visited during our week in Methven – Mount Hutt Medical Team, Methven House Rest Home, Methven Fire Brigade, Mt Hutt Physiotherapy, Flow Pool & Therapy, Whānau Āwhina Plunket, Methven Medical Centre, Methven Land Search and Rescue, Methven Primary School, Mount Hutt College, Methven Lions Club, Hato Hone St John Ambulance, and Methven Pre School Learning & Childcare Centre, as well as everyone in the community we met along the way.

Our week in Methven has been hugely valuable to us to witness how this community works from varied perspectives. We experienced many highlights, including learning how to put a plaster cast at Mount Hutt, talking to residents at Methven house, seeing the historic fire trucks at the station (especially Squirt), seeing hydrotherapy in practice at Flow Pool & Therapy, learning more about Plunket, meeting a long-time Methven legend at the Methven Medical Centre, hearing some amazing rescue stories at LandSAR, seeing the new GA ball pit at Methven Primary School, meeting an aspiring medical student at Mount Hutt College, chatting with the Lions and getting some gardening done at the Garden of Harmony, getting a private tour of the St John ambulance trucks, seeing the kids play in the beautiful outdoor area of Methven Pre School Learning & Childcare Centre, and of course, the fantastic hospitality of Snow Denn Lodge.

continues on page 15

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Students experience Methven Community



Overall, we were in awe of the selfless community atmosphere, everyone's friendly attitudes and willingness to contribute their time and efforts to the community. We saw this through each one of our interactions, and it was amazing to see everyone speaking so highly of each other.

Thank you to everyone who took the time out of their busy days to meet with us, to teach us about your small but inspirational town. Thank you for having us Methven!

From Francine Sales, Lizzie Chapman, Maia Kirikiri, Dakyung (DK) Lee, Jess Moffett and Bronwyn Parry (third Year Medical Students).

If you are interested in participating and having Medical Students visit you next year, please contact: cc.dunedin@otago.ac.nz





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Want to try Qigong?

Local acupuncturist Junco Yoshida is using some of her expertise to bring a new kind of healthy exercise class to Methven and the Foothills communities.

Qigong is new to the district and Junco says she has been seeing a lot of sick or/and injured people in her clinic.

"Some people say they didn't do anything and were injured. However, they often soon realise that their body had been sending messages to them to do something about their body for a long time before the injury, and it is a great part of my work to see that they start to realise that connection," she said.

Qi means a kind of energy and Gong means work. So, Qigong is working with Qi.

"In the classes, we will learn how to feel Qi, move the Qi and change the Qi by doing Qigong. We'll practise Qigong together!" explained Junco.

In Chinese medicine, it's believed that lack of organ essence causes sickness. For example, not all people get the flu even if they were together in a room. If their organ(s) were deficient, they tend to get sick easier.

"When we take care of ourselves more, we might prevent accidents and sickness. Not only that, we appreciate our own body more (which is your mate till the end of our life), and we won't take it for granted," said Junco. "Let's practise Zhineng Qigong to get healthier and happier."

Junco is offering an introductory session to the classes for free on Wednesday 4th September. If you would like to take part, see the advertisement below for more information.

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Introduction session:

4th Sept at no cost

*Come and try it
for free!*

Qigong with Junco

Qigong classes:

Wednesdays, starting 11th
September

10:45am to 11:45am

Anglican Parish Centre
(opposite Foursquare)

*If you sign up before 10th
September: \$150 for 15
classes
(last class 18 December)*

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GROW YOUR OWN

Mary Ralston

The weather's a mess but mostly warm so we can do more planting and other brassicas can be planted where leeks grew over the winter. (There's no hurry with this, so if you're still eating your leeks, it's okay to wait on planting brassicas. But leeks will need to be eaten by the end of September, or they'll start to bolt and lose their lovely flavour and texture.) Before planting, add plenty of old manure, compost or fertiliser to replenish the nutrients taken out by the leeks over their long growing season.

Broad beans and garlic can also be planted (but not for much longer). And it's a good time to plant peas – they need some sort of support and it is best to organize this at the time of planting. Climbing snow or sugar snap peas will do well up a trellis or frame, and even dwarf peas are best if they are supported by sticks so they don't slump on the ground. The pea pods are susceptible to mildew if they lie on the ground in wet or humid weather.

September is the month for planting strawberries. Home-grown strawberries have great flavour because they can be left on the plant till they're perfectly ripe (shop bought ones are

often picked early because they need to be transported). They're very easy to grow at home and if planted now, will be fruiting by Christmas, if not before.

Plants usually fruit



well for two years, so if your strawberry bed is that age it is a good idea to plant out a new patch. They like a sunny spot with fertile well-drained soil. Plant carefully – the growing point of the plant should be at soil level, not too high or the roots won't establish well, and not too deep or it may rot. Before planting, think about bird protection – make the bed the right size so that it is easy to cover, either with hoops and netting or a more permanent frame. Mulch the new plants with pine needles so the fruit will be off the soil surface (to minimise mould).

BRIDGE CLUB

Janet Cuttle	Derek Newton	75.00%
Willie Ensor	Bob Todhunter	56.25%
Gerald Kidner	Melody Kidner	53.13%
Hilary Guild	Mary Stone	37.50%
Sharren Glass	E. Wallace	28.13%

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METHVEN GOLF CLUB

Ladies Results 28 August

Captain v Secretary - Captain Won

FreshChoice Methven Best Nett Of Day
Tania Wilson 64. **Mt Hutt Lodge Best Nett**
For August Tania Wilson 64.

Nearest The Pins: No 4 Open Methven Travel Ruth Smith, No 6 Open Bronze B 2nd Shot Methven Foursquare Cindy Mackenzie, No 13 Open Methven Pharmacy Ellen Kemp, No 17 Open Primo Katrina Glass, No 14 bronze B 2nd shot Farmhouse Station Coffee Becky Hood.

Two's And Nett Eagles: Tania Wilson, Heather Santy, Nola Hydes, Katrina Glass, Sandra Marr, Dennise Hood.

9 Hole 30th August

Stroke and Stableford round: Bryan Petrie **48-16-32**, 21 Stablefords. Chris Cunneen **58-23-35**, 19 Stablefords. Karen Currie **56-21-35**,

19 Stablefords. Alister Goodwin **56-21-35**, 18 Stablefords.

PGG Wrightson Best Player Bryan Petrie. Methven Travel 1st Shot John Moodie. 2nd Shot Wynand Putter.

Club Champs Semifinal 31st August

Blue Tees, Stroke

Senior: C Cavanagh 70 Four Square Second Best Nett. Intermediate: A McAlpine 71. **Junior:** P Johnson 71.

Ladies: T Robins 110-44-66 Dubliner Best Nett.

Other Good Scores: B Dickson 72, D Middleton 72, G Shaw 73, F Sandys 73, J Johnson 74, S Wareing 75, M Ferris 75, J McGettigan 75.

Twos: S Wareing, D Lucas.

Nearest The Pins: No 4 Methven Pubs P Harper, No 6 Charterhouse Farm F McGrath, No 13 Hunters Wines P Rolten, No 14 Aqua Japanese A Maxwell, 317 Frydays J Johnson.

Next Week: Four Club Challenge, Redpath team in Penants final tomorrow.

AGM'S

Lauriston Hall AGM

Thursday 19th September 7pm
At the Hall



Everyone welcome

Annette Maw
027 229 9732

Crime Prevention Cameras for Methven Area Meeting

Tuesday 10th September, 7pm
Mt Hutt Memorial Hall Supper
Room

Main Street, Methven

CLASSIFIEDS

TAI CHI CLASSES Margaret Lee Fitness, Starting Thursday 5 September 10.30-11.30 0275167549

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

FOOTHILLS Upholstery. Full recovering, repairs, respringing, loose covers, sewing alterations, canvas, leather. Phone Margaret 027 212 2712 or maggiebec@slingshot.co.nz

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

NOTICES

To Whom it May Concern, this letter is to notify you of an upcoming event in your region. The annual Peak to Pub will be held on Saturday 14th September, 2024 starting at 2pm at the Mt Hutt summit). The back-up weather day for this event is Sunday 17th September.

The running course starts at Highway 72 Waimarama Road, and competitors will exit onto the RDR west bank at the Waimarama bridge, then follow the RDR to cross adjacent to the start of the walkway. They will then continue through the Methven Walkway to the Main Road and run into Methven, crossing at Racecourse Ave and then again at Hall Street onto Barkers Road. There will be no road closures because of this event, however there are some reduced speed zones and controlled crossings. We apologise in advance for any inconvenience this may cause.

We would also like to notify public of the extra activity in the Methven Walkway from 3pm-5pm on this day. Any concerns regarding this event please feel free to contact me as below.

Kind regards, Richie Owen, 027 809 2261

richie@mthutt.co.nz

Mt Hutt Ski Area - Peak to Pub event.

NETBALL CLUB

Week ending 1st September

Seniors - Finals Methven Wareings vs Mt Somers won 28-16 (3rd place). Methven EuroAgri vs Rakaia A lost 37-32 (2nd place). Methven Shearmac vs Rakaia B won 30-10 (3rd place).



29 August - 4 September

Natasha Heybrook
Sammy Ridge
Marianne Patterson 39
Hugo Keeble 6
Olly Maw 20
Charlie Brown 21
Zac Wilson 12
Charline Dupanloup 38

CONGRATULATIONS
Olly Maw

Pop into Methven 4 Square Supermarket for your surprise!

THE ALPINE GRIND

**Weekly
Community Heroine**

Winner
Sue Duff

**Pop into The Alpine Grind to
receive your free coffee**

If you know a local hero,
head in to The Alpine Grind
to nominate them.

To Whom It May Concern, this letter is to notify you of a upcoming event in your region scheduled for the 21st Sept from 4pm -9pm. The event location is behind the Mt Hutt town office and in the Bike Methven jump park area. We will bring snow down

from the mountain and run an exhibition event of jumps and rails. We will have live music, food trucks and Shebeen bar. Fireworks are scheduled for this event to be fired at 7:45pm, followed by our main act Summer Thieves. By notifying you we hope that all animals will be kept inside for this short period of 10mins during the fireworks display. No parking will be provided at the above mentioned event location however alternative options are available in the Methven domains car parks.

Entry to this event is ticket only (no door sales) and can be purchased here <https://www.mthutt.co.nz/events/august/methven-chill-fest/> for a minimal donation of \$5. This will go to support

our local Community Swimming Pool and Mt Hutt College climbing wall project, two awesome local facilities.

If there are any questions related to this event please feel free to contact me on the below address.

Ngā mihi , Richie Owen.

Mt Hutt Ski Area richie@mthutt.co.nz

EMPLOYMENT



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We have Seasonal Operator jobs available
from September/
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» 1 Gleniffer Place, Methven

Modern family home

This 206m2 modern three bedroom, two bathroom house is perfect for couples, families or those looking to downsize without compromising on comfort.

Built in 2020 and located in a tranquil neighbourhood, this home offers a contemporary design with ample outdoorspace and storage. It has everything you need for a convenient lifestyle.

3 1 2 2

Deadline Sale: Closes 12th Sept
Reference: RX4254921
Open Home: Thurs 5 Sept 11:00am-11:30am
Saturday 7 Sept 11:00am-11:30am

Fee Ensor

021 705 014

fee@ensorandco.nz

ANDCO REALTY 24 LTD LICENSED REAA 2008

New Listing



» 53 Morgan street, Methven

Cute as a button on Morgan

Welcome to this delightful and affordable two bedroom home located on Morgan Street in the picturesque town of Methven.

Perfect for couples or those looking to downsize, this cross-lease property offers a cozy living space with modern conveniences.

Built in 1995, the 80m2 home is well-maintained and features a range of amenities including a heat pump, wood burner, and gas hot water, ensuring comfort throughout the year.

2 1 1 1

Deadline Sale: Closes 29th Sept
Reference: RX4271190
Open Home: Saturday 7 Sept 12:00pm-12:30pm
Wed 11th Sept 5:00pm-5:30pm

Fee Ensor

021 705 014

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ALL OVER METHVEN



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Bayleys Methven

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BAYLEYS

Methven and Surrounds

NEW LISTING



Methven 26 Allen Street

Timeless beauty

This charming character cottage is the perfect place to call home. With a spacious garage and a generous land area of 809sqm, (more or less) there is plenty of room for outdoor activities and entertaining. The home features an open plan living area, with a well-appointed renovated kitchen, and three comfortable bedrooms.

bayleys.co.nz/5524826

3 1 1 1

Deadline Sale (unless sold prior)
2pm, Wed 25 Sep 2024
View Sat 12-12.30pm
or by appointment
Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz
WHALAN AND PARTNERS LTD, BAYLEYS,
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FINAL NOTICE



Methven 51 Spaxton Street

Discover your haven

Welcome to this charming character home, perfectly blending classic appeal with modern updates. Step into the open plan living area, where a beautifully renovated kitchen features sleek stainless-steel countertops. Large doors lead out to a spacious deck, perfect for enjoying your morning coffee.

bayleys.co.nz/5524867

4 1 1 1

Deadline Sale (unless sold prior)
2pm, Wed 11 Sep 2024
View Sat 1-1.30pm
or by appointment
Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz
WHALAN AND PARTNERS LTD, BAYLEYS,
LICENSED UNDER THE REA ACT 2008

OPEN HOME



Methven 81 Barkers Road

Vendors on the move - your opportunity awaits!

Situated on a generous 680sqm section (more or less), this brick home stands out with its clean and fresh colour scheme both inside and out. Thoughtfully designed with families in mind, the home's layout is both practical and inviting.

bayleys.co.nz/5524752

3 1 2 2

Asking Price \$735,000
View Sat 12-12.30pm
or by appointment
Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz
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OPEN HOME



Boundary lines are indicative only



Methven 52 South Belt

Something special on South Belt

A spacious and functional home, perfect for comfortable living with significant renovation having taken place. An open plan living kitchen and dining space with updated benchtops and flooring, the living area is a great private space with sliding doors out to the fully fenced section.

bayleys.co.nz/5523963

3 1 2 1

Asking Price \$570,000
View Sat 11-11.30am
or by appointment
Simon Sharpin 027 631 8087
simon.sharpin@bayleys.co.nz
Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz
WHALAN AND PARTNERS LTD, BAYLEYS,
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Methven and Surrounds

BAYLEYS

OPEN DAY


Methven 7 Methven Chertsey Road

Methven central retirement village

Prices starting from \$560,000

Introducing your dream retirement haven at Methven Central, Methven's first Retirement Village, comprising of six two-bedroom beautiful, modern, high-quality apartments. All six apartments boast lovely open plan kitchen, living and dining areas.

bayleys.co.nz/5523803

2 1 1

For Sale offers invited over \$560,000

View 11am-2pm Sun 15 Sep or by appointment

Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz

WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

Methven 13 Allen Street

Timeless charm

Built in 1925 and nestled in the centre of Mt Hutt Village, this spacious family home radiates warmth and is brimming with memories of a wonderful family home. Step inside and be greeted by an updated entertainer's kitchen which seamlessly flows into a private and sheltered patio area, complete with a large storage space for all your outdoor essentials.

bayleys.co.nz/5523227

5 1 2

For Sale offers invited over \$750,000

View by appointment

Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz

Liv Gorman 027 856 4416
liv.gorman@bayleys.co.nz

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Boundary lines are indicative only



Boundary lines are indicative only



Boundary lines are indicative only



Boundary lines are indicative only

Methven 31 Westward Way

Welcome to Kakariki

This spacious 4,822sqm (more or less) section boasts stunning mountain views, providing the perfect backdrop for your dream home. Situated in the sought-after Kakariki View development, this section offers not only natural beauty but also convenience. Just a short stroll away, you will find the renowned Methven Golf Course.

bayleys.co.nz/5522727

4,822sqm

For Sale offers invited over \$460,000

View by appointment

Rosa Dekker 0274 655 387
rosa.dekker@bayleys.co.nz

Liv Gorman 027 856 4416
liv.gorman@bayleys.co.nz

WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

Methven 15 Elmwood Farm Lane

Elmwood Farm Lane

Here is an exceptional opportunity to create your dream home, holiday retreat, or investment property in the coveted "Elmwood" subdivision of Methven. This well-sited rear section, measuring approximately 831sqm, offers a wonderful platform to build on. Located in a quiet area of town, this section offers the ideal blend of tranquillity and convenience.

bayleys.co.nz/5522577

831sqm

Asking Price \$195,000

View by appointment

Liv Gorman 027 856 4416
liv.gorman@bayleys.co.nz

WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008



58 Main Street, **Methven**

3 1 2

- Don't miss this amazing chance to own your own home
- 3 bedroom Summerhill Stone property
- So close to schools & town centre
- Good sized garage with loads of storage space
- Plenty of rooms, separate lounge, dining room & kitchen

Deadline Sale
closing 12pm
Tue 24 Sep 2024
(unless sold prior)

View
Sat 11:00 - 11:30am
Sun 1:00 - 1:30pm

Shirley Fitzgerald
027 220 1528

rwashburton.co.nz/MVN30103
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)



10 Dolma Street, **Methven**

4 3 2

- Designed in two wings
- Four bedrooms & three bathrooms
- Kitchen is the hub of this home
- Lounge off kitchen
- Separate media room & laundry
- Large double garage with loft
- All on a 4001sqm section

For Sale
Enquiries over \$1,699,000

View
by appointment

Margaret Feiss
021 751 009
Shirley Fitzgerald
027 220 1528

rwashburton.co.nz/MVN30092
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)



1 Arrowsmith Drive, **Methven**

- 1222m2 desirable residential section
- Fully fenced apart from laneway
- Ideal building site
- Town water supply, power & fibre to section boundary
- Stunning mountain views

For Sale
\$230,000 negotiable

View
by appointment

Margaret Feiss
021 751 009

rwashburton.co.nz/MVN30102
Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)



Lots 2 & 3 Hobbs Road, **Methven**

- Located just off Hobbs Road right on Methven township boundary
- Two attractive one hectare blocks located down a private laneway
- Town water & power
- Waste water system required
- This is your chance to find your piece of country but so close to town

For Sale
Price Upon Application

View
by appointment

Margaret Feiss
021 751 009

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Business Owner:
Kim Miller
027 236 8627



Margaret Feiss
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