SNOWEED

Methven & Foothills Newspaper - owned by Mount Hutt College Rāpare 17 Whiringa-ā-nuku 2024 Putanga 40 Thursday 17th October 2024 Issue 40



This year I was lucky enough to have been selected to race for the Down Under Cycling Academy in Italy, for the duration of Term Three, representing Australasia racing in Road Cycling.

Lucy Reeve

Mount Hutt College was amazing at encouraging me to take this opportunity and enabling and supporting me in working towards achieving most of Level 3 NCEA internally before I left.

I am also very fortunate to have awesome parents who were willing to let me go on the trip and support me financially. Travelling across the world and saying goodbye to my family was definitely a big thing for me, but I have now gained valuable life skills through the experience that will help me in future travel, flatting and just general life.

Our team was made up of two Kiwis and seven Aussies with ages ranging from 17-25. Because most of the team was above the age of 19, (I was the youngest and there was one other girl who was nearly 19) we raced in the U23 and Open women's races.

In February this year I raced as an under 19 in Elite Road Nationals where there were less than 15 girls on the start line. Arriving at the first race in Italy and seeing that there would be 189 women starting, was definitely really intimidating and scary to me. The first race was in Arcade (near Venice) and was 112 km of circuits and hills.

Unfortunately only one of nine team members finished this race as everyone else either crashed, got heat stroke, or got pulled from the race. It is very common to get pulled from these races because if you get dropped from the peloton (the main group of riders), then you have the convoy (the line of team cars following the race with drink bottles, spare bikes and wheels), behind you, then are out on the



open road, are a hazard to drivers and could also get lapped by the peloton if the circuit is small. After getting pulled from this race I was worried if I had what it takes to even finish a race.

continues on page 4



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OCTOBER

- 18 Gold Card lunch at the Brown, \$20 Methven Touch Rugby start date
- 20 Methven Playcentre AGM, 7.30pm
- 24 Lighting Community Meeting, 7pm
- 25 Methven A&P Scholarship Applications close
- 31 Advance Ashburton Scholarship Applications close

UPCOMING

7 Nov Geraldine Garden Fete, 9,30am 9 Nov Mt Somers Rifle Club 100th 24 Nov Hospice Christmas Experience 19 Dec Last Snowfed for 2024

COMMUNITY

SCRAP METAL DROP OFF opposite the Police Station

MONDAY

Contact Physio Spring Pilates Methven and Staveley

TUESDAY

Contact Physio Spring Pilates Ladies Methven Toy Library 9-10.30am Methven Públic Library 2pm-4pm Methven Museum 2pm-4pm

WEDNESDAY

Qigong Classes, Anglican Hall, 10.45am Methven Green Waste drop off, Vaughans Rd, 12.30pm-2.30pm

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

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PUKA RATAKA We're not as native bird friendly as thought friendly as thought

Despite a growing awareness and losing a number of native birds and animals in New Zealand, an initial bird count in and around Methven has shown disturbing results.

Don Geddes has started monitoring native bird numbers in and around Methven, working with the Methven Birdsong Trust. It was important for the Trust to know what native birdlife was there so that efforts of local trapping groups could ascertain efficacy. Don has a long experience doing bird counting for the Department of Conservation and NIWA

(National Institute of Water and Atmospheric Research).

He created 24 count points around town and another 25 on the walkway which were done at 400 metre intervals.

Bird counts need to be done in optimum conditions sunshine, no screaming winds, no rain and little

disturbance to give the best result.

The results were disturbing and disappointing.

Last weekend there were only four fantails spotted and 17 silvereyes (waxeye/tauhou), two sites with grey warbler (which may have been the same bird). The weekend before; three fantails sighted and a few silvereyes.

"We've already lost the Brown Creeper from our Foothills Forests," said Don. "It would be good to get it around Methven - it's a future opportunity for reintroduction. It was exciting to see a New Zealand Falcon at the corner of Grace Ireland Drive and Camrose Avenue."

This Bird Count gives really good baseline data. The next one will be in March or April

> 2025 to allow for breeding and feeding cycles.

Annie Jacobs

What can you do at home to help native birds to thrive? Plant native species in your garden that native birds can use as a food source - check with your garden nursery. Don't feed bird seed (as this attracts the wrong species

and they overpopulate and compete), but put out apples and pears in a safe place away from cats. Sugar water is attractive (1teaspoon sugar dissolved in 1 cup water) - silvereyes LOVE this! Put out balls of fat in autumn, winter and spring in a bird feeder.





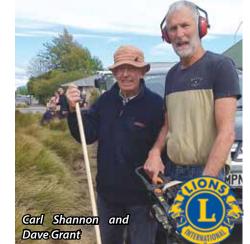
Above back left: Library Committee Members Leonie Donald, Sabrina Read. Lions Richard Lilley, Mac McElwain, Dave Grant, Paul Dixon, David Barlass, John Robinson (obscured), Graham Buick, John Barwell. Front left: Mike Markillie, Annette Garde, Selwyn Allred, Carl Shannon



Annette Garde, Richard Lilley, Paul Dixon



Lion David Barlass demonstrates how to wrestle an errant tussock



Service Day on Saturday, helping out at the Methven Library and Museum gardens. Joined by some Library Committee members

Methven Lions joined in Lions World

Joined by some Library Committee members the Lions, armed with rakes, brooms and trimmers, tidied up the tussocks with many given a trim. Numerous truckloads of garden trimmings were removed and the beds tidied. Spiders and their webs were removed from the building exterior.

The exerting work was beautifully rewarded with a delicious morning tea and cuppa supplied by members of the Methven Library Committee and others.



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The racing style is very different to New Zealand. Because of the number of riders, it is much more dangerous and crashes happen

constantly. A successful race comes down to positioning in the bunch, preserving your energy for the sprint whilst avoiding crashes, flying drink bottles and making sure you get enough carbs and liquids into your body to keep you going. Because it was so hot (some races averaged upwards from 38 degrees), it was critical that we were drinking 3-4 bottles per hour. This meant that we needed to learn to grab bottles from a soigneur, (a person employed to stand on the side of the road and hand us bottles as we ride past). We had to drop our empty ones and/or purposely drop from the peloton and go to the team car where our manager would hand us a bottle and sling us forward in the same motion back into the bunch - this is called a "sticky

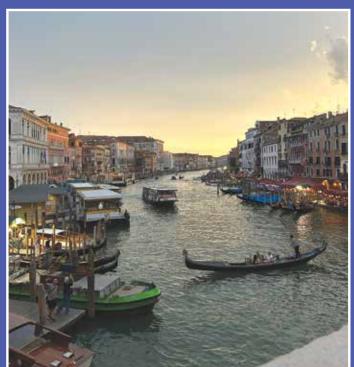
Our team was based in a small town, slightly bigger than

Methven, called Illasi. It was about a 45 minute drive into Verona. The other eight girls and I lived in a team house where we had to be self-sufficient, cooking and cleaning for ourselves. The amount of pasta we consumed was concerning, but much-needed to counter

the calories we were burning each day! A typical week day we'd get up, ride half an hour up to the next town called Tregnago (similar

> size to Ashburton), where we would meet the team coach who would follow us on his motorbike. We would then ride for 2-5 hours, and then return back to eat lunch. The afternoons would then be for recovery time where the older girls wanted to do uni work, but unfortunately we had very limited wifi so we would entertain ourselves by exploring Ilassi, playing cards and trying to learn Italian from the locals. We would ride back to Tregnago about two days a week in the afternoon to do a gym session in the coach's gym. We would also have a team meeting and individual massages once a week. Every weekend we would load up the team van and drive to the location of our races. We raced in many beautiful places including the base of the Dolomites, Florence, Tuscany and Marche. After the first race

I made a list of workons that would help me to finish the next races. After adapting to the climate a bit better and recovering from jet lag fully, our team was successful in the race and 8/9 girls finished. I was very proud of myself and was now looking forward to more racing, rather than dreading it.



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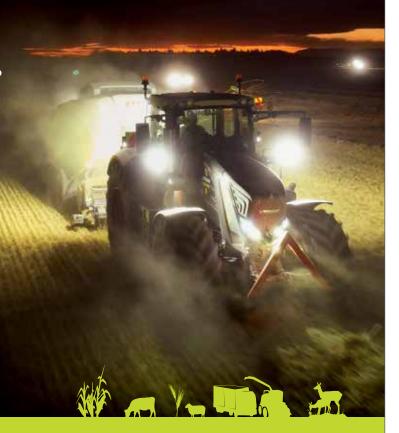


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Cycling may sound like an individual sport but anyone that has watched Netflix's documentary "Tour De France - Unchained" will know that it is actually a team sport. Within your team cyclists have different roles. I was one of the team's sprinters, so if the race suited my style the other girls would work for me and lead me out into the sprint finish. I was quite comfortable getting bottles from the

car because of my Track Cycling experience, so I would often grab 4-5 bottles at a time and put them down my shirt and then give them to the other girls. The bond we created was very strong within our team, I would have genuinely done anything for all of the girls and they would have done the same for me.

My highlight of the trip on the bike was finishing the Giro Della Toscana (The Tour of Tuscany). This was a UCI 2.2 level race, which meant that there were high level International teams competing including the UAE development team and Fenix Decernick. Unfortunately for my team, only myself and one other

made it to the end. The winner of the tour competed at the Olympics placing 43rd in the road race, and 2nd place at the tour came 20th at the Olympics. For me the goal was just to finish the tour, so as not to get pulled. It consisted of one time trial and three road stages clocking up to 360 km with about 2,500 vertical metres of climbing in total. On Stage Two I was very close to pulling myself out of the race as I was suffering from heat stroke and struggling, but I dug deep and finished. Going up the final climb on the final stage was very emotional for me and probably my proudest moment in my

Cycling Career so far. I was the only rider in the tour under the age of 19 to finish the race and out of 127 open women starters I placed 78th overall.

Like life, cycling is not all just sprinkles and cupcakes. Alongside the highs came the lows. In one race I was having the time of my life

> leading the breakaway, (a group off the front of the peloton that has attacked) and the next minute I was in an ambulance. A major take away from the trip was learning how to deal with these surges and dips and how to prepare myself for future

> Off the bike, my highlights were definitely riding with the girls through the beautiful countryside and travelling. After my crash I caught a train to Venice by myself to meet my Cousin and Uncle from the UK there which was absolutely stunning. I was mind-blown with the architecture of the buildings and the fact that I was standing above swampy land on wooden

poles. I will forever cherish the lessons I learned, memories made and the bonds developed on my trip. I am a very very lucky girl to have experienced all of this at such a young age. It could have not been possible without the support from my parents, Mount Hutt College, my cyclist friends in the Methven Community, the Methven Lions, Tatai Whetu Waitaha and Buzz Natural supplements.

I cannot thank everyone enough for being in my corner and believing in my dreams.



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A sneak peek at Methven's own Beauty Pageant - last tickets on sale now!

Last Sunday's cold wet afternoone saw a bunch of blokes and blokess's gathered in the Mt Hutt Memorial Hall.

Along with Compere and Hokonui Radio Host Luke Howden, makeup artists and other helpers, the group of men are busy rehearsing and planning for Ms Methven - a beauty pageant style fundraiser which is to be held this coming Saturday.

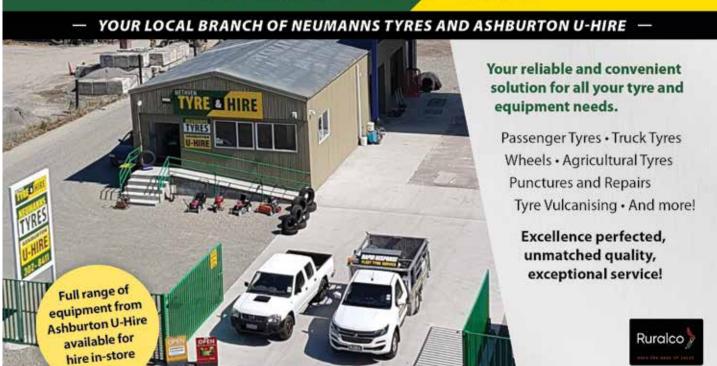
The ticketed event has called on volunteers to raise money for the not-for-profit Methven Pre School, with the men giving their time and energy to assist.

Rehearsing since June, the men have had loads of fun, with practices being filled with humour, motivation, camaraderie, surprise, understanding and more as they have navigated what it is like for women. Some in society expect much from women's attire,

makeup, high heels and body hair removal and the men are experiencing what this is like and having some fun for a good cause while doing it.

The event has nine contestants (Snowfed ran a weekly feature showcasing each one recently), who will be judged similar to a beauty pageant style event, but with the difference that this is guys. With bucketloads of humour, the blokes have dressed up as





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girls, yet reference what they do in their workplace or the business which has sponsored them.

Without letting too much away, the event will feature workwear, activewear, two group dances, three individual dances (which includes talent) and a catwalk.

Dancing, music and learning what they would take if marooned on a deserted island, the evening is sure to entertain those looking for glitz, glamour, a bit of sass and a laugh, (knowing these guys as we do!). They have been really brave - being prepared to wax body hair, wear makeup, suffer high heels, wear wigs (which are incredibly hot to wear). This week the men will have spray tan, get their nails done and present themsleves to the paying public - all to raise money for the Pre School.

A number of the contestants described feeling the pain of what ladies go through was an eye opener giving them a new appreciation.

Ms Team Hutchinson Ford (Simon Fleetwood) said, "Waxing brought a wee tear to my eye. I'm glad I don't have to go through that again!"

The opportunity to get to know the contestants a little better arises when Compere Luke Howden asks them questions about themselves.

Ms Muffler May Brothers (Kirk Power) said how much she loved the curls in her wig whilst Ms Rosa Dekker Real Estate (Glen Limbrick) would choose to be the Prime Minister of New Zealand - move over Christopher Luxon!

The judges will then deliberate followed by the announcement of the ultimate winner. The downstairs tables will have platters of food and food is available to purchase from 6pm at food trucks parked up outside. There will be a silent auction and a bar so come along prepared for a laugh and to raise money for Methven Pre School.

The event is R18, there won't be any door sales so tickets need to be purchased in advance.

See the advertisement for more information and ticket purchasing.









CALL US TODAY 03 307 6388

James visits Puss N Boots Kitty Rescue

Last Friday morning prior to a visit by National Member of Parliament, James Meager, it's alleged that three pregnant mother cats were intentionally released by someone at Puss N Boots Kitty Rescue.

Undoing hours and hours of volunteer, this means that 15-18 kittens will be birthed back in the wild, unravelling the valuable work of Puss N Boots.

"Someone has even come inside the house and released a cat that was being nursed back to health inside in a cat cage," said Salena - Manager at Puss N Boots.

James Meager came to visit the Kitty Rescue to see what the charity is doing, what he can do to help and catching some cuddles with some of the kittens while he was there!

Salena described that the situation is getting rather dire - the need is enormous and she is getting tired of asking for funds. She explained that Mid Canterbury Cat Rescue can hold 14 cats, the SPCA don't do fostering and kitten season is beginning.

A building with space is needed to run the charity in or near to Methven.

"What would happen to all of those animals if we didn't rescue them?" she asked.

The charity has a Manager in Christchurch, one in Twizel and one in Ashburton where they already have ten cats that need to be adopted.

All of the cats adopted out by Puss N Boots Charity are microchipped, desexed and vaccinated.



A new branch of the charity is opening on the West Coast in Hokitika. "We already have 12 colonies of cats (over 1,000) over there to deal







with," said Salena. "Over \$750,000 is needed for the West Coast branch establishment."



However, all fundraising being done here is for Mid Canterbury. Adoptees are needed for barn cats which are desexed and microchipped. Barn cats do still need to be fed and not rely on rodents and birdlife.

"Responsible ownership is still required for barn cats," Salena said.

"If you let your cat outside, it is highly likely they will contract Feline Aids. Bring your cats inside. This also means they're not as likely to go missing or get hurt in cat fights," she said.

"Be responsible," said Salena, "love them unconditionally. Get them desexed and microchipped."





Ienni Gibson Celebrant

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EA Networks help with Home Progress on **Insulation**

As a locally owned cooperative, EA Networks is passionate about building awareness around energy efficiency, and how to keep power bills down.

As part of this work, EA Networks is now partnering with Community Energy Action to commence an initiative focused on insulating up to 100 homes in Mid Canterbury, in conjunction with the government's Warmer Kiwi Homes scheme.

By supporting other funding sources, EA Networks is helping eligible people achieve warmer and more energy efficient homes. "Helping local families and individuals is important to us, particularly when it comes to warmer, drier, healthier homes that are cheaper to heat," said Onno Mulder, CEO, EA Networks.

Community Energy Action is stepping in to support the work, commencing a door knocking campaign around target areas in Ashburton. "We need to get people on the ground, to connect with those that might be eligible for funding and reassure them that it's not too good to be true and we can help", said Louw Bezuidenhout, General Manager, Community Energy Action.

The door knocking campaign commenced on Monday 14th October, with a goal to insulate the first 40 homes by 31 March 2025.

"We're starting this work now because it can take time to get the insulation in, and we want homes to be ready before winter next year", said Jessica Harris, Customer Experience Manager, EA Networks. Building community awareness around the support available is also key. "We're connecting in with local community agencies and helping to build awareness of the support that is currently out there," Ms Harris says.

To be eligible for Warmer Kiwi Homes funding, a recipient must:

- be the homeowner (owner-occupier) of a home built before 2008, and either:
- have a Community Services Card (CSC) or SuperGold Combo Card (with an expiry date and NZS / CSC on the back), or
- own and be living in a home in a qualifying area

Anyone who thinks they might be eligible can contact Community Energy Action in the first instance, on 0800 438 9276.



Stockwater **Exit**

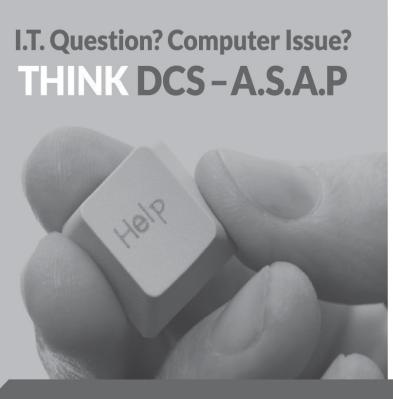
Ashburton District Council is progressing work on a transition plan to exit its stockwater delivery service.

The plan will include an intake-by-intake closure strategy, with scheduled engagement with property owners, irrigation companies, Environment Canterbury and Arowhenua and other stakeholders.

Group Manager of Infrastructure and Open Spaces Neil McCann said Council had a blueprint for closing some intakes.

"We've been working through a process to close the Pudding Hill intake and we believe the methodical approach we are using can be applied to other intakes. The stockwater network is fed by many sources, including springs, the north and south branch of the Ashburton River, Pudding Hill Stream and the Rangitata River, via the Rangitata Diversion Race"

"We know it will be a complicated process, as some stockwater races are also stormwater drains, some are fed by springs and some flow



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Mt Somers Rifle Club 2024

100 YEARS CELEBRATION

The Mt Somers Rifle Club is celebrating 100 years of its existence at an evening at the Mt Somers Rugby Clubrooms on Saturday 9th November starting at 6.30pm

Drinks (bar will be open) will be followed by an evening meal and celebrations

All past members and supporters welcome

Please RSVP by Saturday 26th October \$50 covers meal and dessert

Payment confirms booking - use your name as the reference

Bank Account: Mt Somers Rifle Club 02 0868 0102757

Please also RSVP to:

Julian Evans 021 295 7676, Andy Oram 027 418 3701, or Dave Millichamp 027 434 5882

If you have any questions, please contact one of the above

Precision

twilight golf methven golf club



thursday evenings
17th october-12th december
tee off 4pm-6pm

includes green fees & bbq & free club hire for newbies!

open to members, non-members & anyone wanting to give golf a go for the first time

get your friends together and enter at methvengolf.co.nz or phone 027 502 8439 into places like the Tinwald Domain and Ashburton Domain ponds. It will take time and flexibility will be required, and we will do our best to keep everyone informed and included along the way."

The transition plan is being prepared by Council staff and should be adopted by Council at its meeting on 18 December. Meetings of the working group set up to monitor progress will be held over the next few weeks to review the draft Transition Plan before recommending adoption by Council in December.

"We know that some in the wider community are as interested in the stockwater system as those who pay targeted stockwater rates," Mr McCann said. "We have a core membership of the working group, and stakeholders will be invited to join in as appropriate."



Some of the work under way at the moment is scheduling the intakes in an order of priority so that the timeframes will be clearer for those who currently use the stock water system. This will clearly identify when we will engage with property owners and stakeholders for each

Council committed to exiting the stockwater delivery service as part of the Long Term Plan 2024-34 and has set a target date of June 2027. It does not mean all races and intakes will be closed, as some may need to be retained for various reasons including ecological, drainage and cultural reasons.

Part of the Council's decision to exit the service was also because it would need to install expensive fish screens at the intakes. Council has been progressively closing races over the past decade, where property owners agree, and will continue to process closure applications during the transition period.

Mr McCann said the Pudding Hill closure investigation had been a good learning experience for Council and property owners.

"We have been using the services of John Wright, who knows a great deal about water in this district, and in some cases alternative water can be accessed through a simple rain storage tank system or from an irrigation company with pipes in the area.

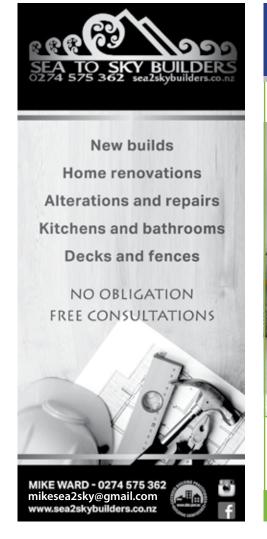
"Council will not pay for alternative water options on individual properties, but it can provide some good information when the time comes."

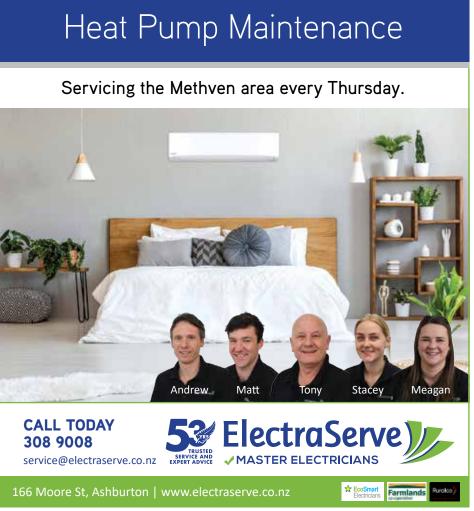
Information and regular updates about progress of the stockwater transition plan will be posted on Council's website, and interested parties can also sign up to receive a stockwater newsletter by email.





Road and rail used to share one bridge at the Rakaia River
Photo courtesy of Ashburton Museum and Historical Society Inc.





Methven local to receive a Community Civic Award

Ashburton Mayor Neil Brown will mark the achievements of a busy farmer, a very active retiree and a caring community organisation at the 2024 Community Civic Awards on Thursday.

Hinds farmer Peter Lowe will receive the Mayor's Award for Public Service, the Ashburton RSA will receive the Ashburton Medal and Robert Maxwell, of Methven, will receive a Civic Award.

Mayor Brown said it had been a privilege reading through the work and achievements of all three recipients.

"Peter has been involved in a range of volunteer work, from school boards of trustees to environmental work, and some of it quite challenging. It will be an honour to

present him the Mayor's Award for Public Service, because he has truly worked hard on behalf of the whole district for more than 40 years.

"Robert has recently been involved in protecting a slice of Methven history, through his work with the Methven Lions and cleaning up old headstones in the Methven cemetery.

"The Ashburton RSA has also done important work for war veterans and the wider community for more than 100 years, and will be recognised with an Ashburton Medal."

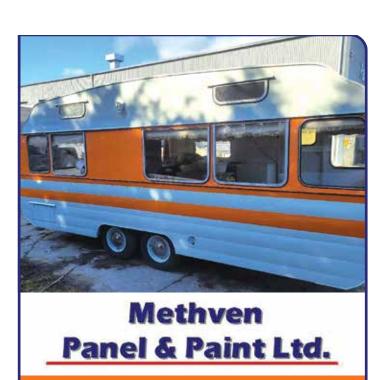


The civic awards are being held in the Council Chamber, at Te Whare Whakatere, on Thursday 17 October, starting at 10am.

Mayor Brown said members of the public were also welcome to attend to show their support for the award recipients.

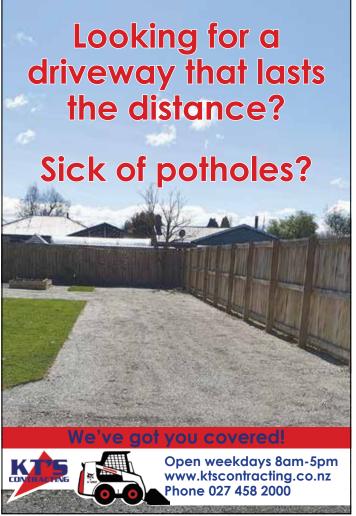
"Our district runs with the help of many volunteers and many seek to avoid the limelight. It's special to be able to acknowledge their work on occasions like this."





03 303 3148 47 Line Road, Methven Email: methvenp.p@xtra.co.nz

After hours: Matt 027 711 7117





A hard fought win was secured at the weekend in a nail biting finish.

The Heartland Rugby semifinal was played at the new Fraser Park facility in Timaru with the Mid Canterbury Hammers playing South Canterbury. The tight finish was helped by a last minute penalty.

South Canterbury had not been beaten since 2019, holding their five year, 39 game pedestal, until last weekend.

Mid Canterbury have secured their place in the Meads Cup final this coming weekend, playing Thames Valley at Te Aroha. The Mid

Canterbury team has players from all the different clubs in the district.

Mid Canterbury 17-16.



Coaching **Applications** for 2025

Methven Rugby Club

Planning is well underway for the 2025 season. Applications are called for all open grade sides including Senior A, Senior B and Colts.

Please email your applications to Dan Maw: secretary@methvenrugby.co.nz

Any questions or to discuss, please phone John Fulton 027 489 4504



Applications close 18 October



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 DDI: (03) 307 9541 027 598 1655

🛟 FORSYTH BARR

STARTING SCHOOL **PARENT MEETING**

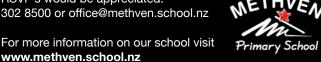
Will your 4 year old be starting at MPS in 2025?

We invite you to meet with Junior Teachers, our Principal and office staff to learn about the enrolment process, transition visits, and our New Entrant programme.

If you can't make our evening, please contact us to arrange a meeting and tour at a time that suits your family.

Wednesday 31st October, 7pm

RSVP's would be appreciated: 302 8500 or office@methven.school.nz



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TIPS FOR KEEPING HEALTHY

Magnesium

Lauren Wilding Naturopath

Magnesium (Mg) is one of the most commonly supplemented minerals and for good reason.

Mg deficiency is quite common, and supplementation is relatively safe as long as the kidneys are in good condition to be able to excrete any excess. Mg has over 300 roles to play within the body, so if we are deficient in this vital nutrient it can affect every system of the body.

Some main functions of Mg include:

- is required for energy production in the body
- muscle relaxant (including the bowel)
- helps regulate blood pressure and cardiac rhythm
- supports growth and development in children
- necessary for nerve transmission
- neutralises stomach acid
- supports immunity
- helps keep bones strong
- · helps regulate mood
- can aid sleep
- helps regulate blood sugar levels and much more

I often get asked about Mg supplementation, so thought it might be of interest to address the common questions here.

Q: What form of mg should I be taking?

A: Minerals need to be bound to something to be carried through the body, and those binding factors have properties of their own which could help/hinder your intentions:

- Mg Citrate: most highly absorbed of all forms of Mg. Good for constipation, migraines, and treating Mg deficiencies in general.
- Mg Oxide: poor absorption, most common as is cheap to make but may help with reflux and constipation
- Mg Chloride: good absorption, good for cholesterol, diabetes, low stomach acid
- Mg Glycinate: well absorbed, good for stress management and sleep, has less of a laxative effect. Good for inflammation, heart disease, diabetes.
- Mg Sulfate: good for sore muscles (can apply topically – Southern Alps Honey does a fantastic Magnesium balm) or use Epsom salts in a bath
- Mg Malate: good for energy, chronic fatigue and sore muscles. Well absorbed, less of a laxative effect than other types.
- Mg Threonate: good for stress and anxiety, well absorbed. Good for brain health (is the only form that can cross the blood brain barrier) so can be helpful for brain fog, depression, Alzheimer's, ADHD, focus, concentration.
- Mg Taurate: well absorbed, good for energy, blood sugar levels, aids healthy blood pressure

Q: How much should I take?

A: It depends on many factors – your age, size, health concern and severity of the health concern. The maximum dosage you should take without professional advice should be no more than 350mg/day. On the

back of the pack it will say something like: Magnesium citrate 600mg, Elemental (or total) Magnesium 300mg. That means that each capsule has 300mg Mg and 300mg citric acid so when calculating dosage, you need to look at the elemental or total figure.

Q: Is Mg safe to take?

A: For most people, yes - under 350mg/day. If you have kidney or cardiac issues, you should consult your health professional first.

Q: When should I take it?

A: If you are taking Mg to aid sleep, take before bed. For all other reasons, taking anytime is fine. If you have a sensitive stomach, take with food.

It's always a good idea to try get your nutrients from food sources first, and supplement if needed over and above this. Good sources of Mg include leafy greens, nuts and seeds, beans, avocado, legumes, wholegrains.

Magnesium deficiencies can occur because intake is poor, absorption is poor (gut issues), or you are using it in excess, as in times of stress. Eating a diet rich in wholefoods, addressing any gut issues and practicing stress management will all help with repleting magnesium stores – and supplementation is an option if you need a little extra.





Schools News

Methven Primary School



On Monday 23rd of September last term, we went skiing up at Mt Hutt!

We got to do skiing and snowboarding lessons as well. It was brand new learning for those who have not skied or snowboarded. For the first timers, we had to lift our skis and learn to take their skis off and on. We learnt to stop, that's called a pizza or a mountain. Lots of people fell but that's ok!

It was a good day, but it was too hot to ski, so many people took some

layers off! Lots of the children enjoyed playing in the snow and having lots of fun.

Students got to ski all over the mountain from the Magic Carpet to the Summit.

Thank you to the Teachers for organising, the bus drivers and parents that came along. We all had so much fun!

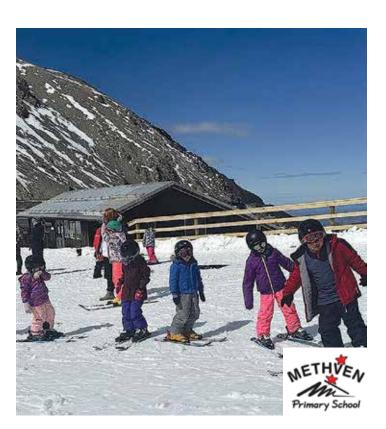
By Harper & Rebecca Piwakawaka



Friends of Methven House Raffle Results

1st Greg Turnbull
2nd Greg Shearer
3rd Ann Wells
4th Rhonda Reveley

Thank you for your support





Stock cartage
Container cartage
Firewood supplies
Bulk Grain storage
Agricultural spraying
Lime & Super spreading
Precision Nitrogen sowing
Hay & Straw cartage

Philip Wareing 027 433 4897 Simon Wareing 027 228 9448 Gary Sheridan 027 672 3995 Grant Kenny 027 414 2886 Julia Childs 027 433 4541 Stephen Currie 027 224 5037 Ian McLean 027 433 4545 Dan Kennedy 027 432 0898 Thomas Ward 027 433 4548



Line Road, Methven Phone 302 8616 www.philipwareing.co.nz philipwareingltd@xtra.co.nz

NATIONAL MP James Meager

Fast-Track Legislation Brings New Momentum to Critical Mid Canterbury Projects

The government's Fast-Track Approvals Bill represents a significant breakthrough for two vital Mid Canterbury infrastructure projects - Ashburton's second bridge and the Klondyke water storage expansion.

Both projects have made the list of 149 proposals selected for fast-tracking, promising to accelerate their development from years down to months.

For Mid Canterbury residents who have long awaited a second bridge, this announcement is another step in the right direction. Once funding arrangements between the Ashburton District Council and NZ Transport Agency are finalised, the streamlined consenting process will significantly reduce the bureaucratic hurdles slowing the construction.

This is particularly crucial given the bridge's importance to our region's resilience and transportation network.

The inclusion of the Klondyke water storage project is equally significant for our agricultural sector. The expansion will increase reliability of access to water for both the MHV and ALI irrigation schemes by increasing storage capacity at the Carew Ponds from 6m cumecs to over 50m cumecs.

This development will provide our farmers with greater water security and support sustainable agricultural practices across the district.

The fast-track legislation will serve as a "onestop shop" for processing consenting issues, while also boosting investor confidence in these crucial infrastructure projects.

This streamlined approach is expected to attract investment and stimulate economic growth throughout Mid Canterbury. The benefits extend beyond just faster approvals. These projects will create local jobs, improve infrastructure resilience, and support our region's agricultural productivity.

The expert panels overseeing the fasttrack process will ensure environmental considerations are properly addressed while cutting through unnecessary red and green tape.

For Mid Canterbury, this legislation marks a turning point in how we approach major infrastructure development. By reducing the time and cost associated with resource consents, we can expect to see these crucial projects moving forward with renewed momentum, delivering tangible benefits to our community sooner rather than later.



The Tales Dead Men and Women Tell

U3A Lifelong Learning Ashburton will host Professor Hallie Buckley at their next meeting, which the public are invited to come along to.

Professor Buckley will speak on "The Tales Dead Men (and Women) Tell: Bioarchaeological investigations of the lost lives and forgotten stories of Otago's gold miners.

Buckley's research interests focus on the effect of different cultural and ecological

Community
Heroes

Celebrating our local heroes and heroines!

Head into The Alpine Grind to nominate.

Kath Schikker

Like life, cycling is not all cupcakes and sprinkles.

Lucy Reeve

PINE GRIND

environments on the health and disease of prehistoric peoples in the Asia–Pacific region.

research is conducted by the analysis of museumcurated Pacific Island human skeletal remains and recently-excavated samples from Vanuatu and Papua New Guinea, Vietnam, Thailand, and Indonesia. Most recently has co-directed bioarchaeological research project on gold

mining era cemeteries in Otago.

She is an Emerita Professor at the University of Otago in the Department of Anatomy.

The talk will be held onTuesday 22nd October at 10.15am (doors open at 9.30am) at the Ashburton Event Centre on Wills Street. Casual visitors \$10 cash at the door.

U3A began in Ashburton in 2013 and is one of 60 groups nationwide. Monthly speakers are informative, stimulating and insightful and provide members with new discussion and learning opportunities.

U3A aims to provide a broad spectrum of themes for meetings and speakers who are leaders in their fields. Short seminar series and special interest groups also meet – from books to geology, men's discussion and music.



To become a financial member, speak to one of our committee at any meeting – or anyone can attend any session and pay a \$10 casual fee (cash please).

Hakatere/Ashburton



GROW YOUR OWN

Mary Ralston

With cool temperatures, rain, and changeable weather still the norm, it's best to stick to planting the "first wave" of spring veges – those that tolerate (and thrive on) low soil temps and cool days – onions, peas, brassicas, lettuces, potatoes.

In the greenhouse, go ahead and plant tomatoes and cucumbers; perhaps wait on peppers and basil.

The strawberries I planted about a month ago look green and healthy, but last year's ones are looking like they may have a nutrient deficiency. Some of the older leaves have a yellowish tinge around the outside and the green veins are very prominent. Some leaves are much smaller than usual and also have very obvious veins against a yellow background.

Consulting doctor Google is a fraught occupation as it could be many things, but it's interesting to look at the pictures to try to figure it out, while keeping in mind the characteristics of the soil in this area. My best guess is boron deficiency, which is not unlikely as it is known that soils around Methven are naturally low in boron.



When thinking about deficiencies, it pays to remember that there could be multiple things going on. Often in spring plants are low in nitrogen (N), giving them a yellowy appearance. This is because N does not stay long in the soil, (it can be easily leached away) and is not taken up by plants at low soil temps. By spring there may not be a lot left and plants aren't taking up much.



Once it's warm, plants like a top up of N throughout the growing season (use liquid manure, fish fertiliser etc). N also becomes available through the action of microorganisms releasing N from manure or organic matter and the fixing of N from the air, by the bacteria living on clover roots.

Some cucumbers in the greenhouse also look as if they have some deficiency – the leaves are green but the veins are prominent. I'll give them a liquid manure drink and see if that fixes it.

Enjoy some spring sunny days and happy gardening!









10 - 16 October

Dale Stanley James Joyce 12 Deb Shears 50 Elliot Wareing 23 Jo Stern Scott Paton 27 Emma Maw Sharleese Greenall 15 Tristan Naidoo 9 Pat Johnson 14 Natalie Ellis 9 Ellie Gibbs 6 Sally Wilson 58 Luca Forbes-Williams 16 Willow McKerrow 13 Ryan Dynes 15 Richy Oakland 14 Angela Grieve Lisa Crawford 43 Kate Smedley 16

CONGRATULATIONS

Deb Shears

Pop into Methven 4 Square Supermarket for your surprise!

BRIDGE CLUB

Stowell Trophy Round No 9

John Barwell	Murray Hawkes	61.25%
Derek Newton	Mary Stone	57.50%
Colin Clemens	Janet Cuttle	55.00%
Jennifer Hooke	Flora Lowe	53.75%
Willie Ensor	Bob Todhunter	43.75%
Sharren Glass	Cheryl Richards	28.75%

METHVEN GOLF

Results for 12th October

African Stableford

Combined Winners: Ben Mardon, Gary Spence 80.

Individual Scores: I Madon 42, E Hampton 40, W Anderson 36, P Rolton 35, M Graham 34, M Beaudon 33, S Wareing 33, G Spence 33, L Steel 33, A McAlpine 33, B Dickson 33, S Johnstone 33, M Kemp 32, R Nicholls 32, M Methven 31, M Ferris 31, C Fletcher 31, A Middleton 31.

Twos: P Rolton, H Woolsey, L Steele, T Jordan, S Wilson.

New Books at Methven Library

Death at the Sign of the Rook Kate
Atkinson

The Instrumentalist Harriet Constable

The Girl with the Violin Shelley Davidow

House of Earth and Blood Sarah J Maas

House of Flame and Shadow (Y.A.)

Sarah J Maas

The Ruin Dervla McTiernan

Frankie Graham Norton

Marry Me in Italy Nicky Pellegrino

The Hidden Girl Lucinda Riley

Passions in Death JD Robb

Opening Hours

Tuesday & Friday 2-4 pm, Saturday's 10am- 11am

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

Bookings for the Meeting Room can be made with Debbie at Hammer Hardware.

EMPLOYMENT



SOUTH PACIFIC SEEDS EMPLOYMENT OPPORTUNITY

We are seeking a **HARDWORKING, TEAM PLAYER** to join our team in Central Canterbury

FIELD AGRONOMIST

Reporting to our General Manager of Field Production, the role is to oversee and be responsible for crop management within the central Canterbury region. To maintain and develop good relationships between SPSNZ growers and customers, whilst ensuring vegetable seed production is achieved to the highest quality and yield.

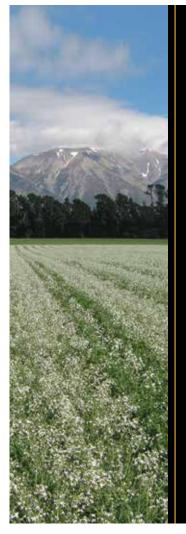
Ideally you would be an Agronomist, with a minimum 2-3 years' experience, have a strong understanding of plant health, seed production, harvesting and handling techniques.

Whilst an experienced Agronomist is an advantage, this is not a pre-requisite to be considered, we would welcome applications from graduates or applicants displaying a dedicated attitude to the seed industry with a desire to learn.

If this sounds like you, CONTACT US TODAY s.vandenheuvel@spsnz.co.nz

Applicants must have New Zealand full class 1 drivers licence. Applicants must have New Zealand residency, or have the legal rights to work in New Zealand.

WWW.SOUTHPACIFICSEEDS.CO.NZ



AGM'S

Highbank Water Society Ltd



Tuesday 29th October 8pm, Highbank Hall

All Water Society Members are welcome

Methven Netball Club AGM

Tuesday 19 November 2024, 7pm Methven Library Meeting Room



Everyone welcome

Methven Playcentre

Sunday 20th October, 7.30pm The Green Parrot

Supper provided, all welcome



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.

BATTERY Problems? Come talk to your friendly Auto Electricians at Methven Motors for a FREE Battery test. Tel 302 8201 ext 2

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

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

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

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

TAI Chi Classes: Methven, Thursdays 10.30-11.30, Margaret Lee 027 516 7549.

EMPLOYMENT

We Want You!

Are You Fit, Motivated with a Great Attitude?

Are you looking to launch a new career in the Dairy Industry? We are looking for a cattle hoof trimmer to join our team of cattle hoof trimmers.

You will get trained to the highest standards in New Zealand and will become part of a tightly knit team who believe in working hard, giving high quality service, and having fun. We will supply all necessary equipment, full training, good remuneration and a gateway to a new career with a lot of future potential. Having some cattle handling or dairy farming experience would be an advantage but is not essential.

Visit our website www.veehof.co.nz to find out more.



Please email a cover letter and your CV to: frikkie@veehof.co.nz



2. Engineer (Supervisory/Managerial)For the right candidate, proven project and team management experience essential.

Ready to elevate your career? Apply now! **Guyon Humm** on **027 622 8933** or **guyon@hummengineering.co.nz**.

New Sales & Business Development Role

Are you ready to transform lead generation and business development?

Veehof is looking for a passionate sales and business development team member. This is a newly created role that will evolve over time. It demands that you have the passion and ability to work independently as a specialist and trusted supplier in this field. You will have an affinity for working with rural-based clients and corporates. The focus is on growing sales, showcasing our brand to potential clients, and extending the company's footprint throughout New Zealand's rural community. Our company's core values; Integrity, Responsibility and Excellence are the main drivers behind

To apply send your CV and cover letter to:

frikkie@veehof.co.nz

all decisions we make.



Applications close 1st November 2024

Ensor **&** Co maximising your results **everytime**.



» 1 Gleniffer Place, Methven









Priced: Reference: Open Home: \$815,000 RX4254921 Saturday 19 Oct 11:00-11:30am



» 10C Burbank Place, Methven











Sale By Negotiation RX4129841



» 17 Spaxton Street, Methven









FEE ENSOR ANDCO REALTY 24 LTD LICENSED REAA 2008

Sale By Negotiation

Reference:

RX4286198 12:00-12:30pm

Open Home: Saturday 19 Oct



» Stage 14, Camrose Estate, Methven



FEE ENSOR ANDCO REALTY 24 LTD LICENSED REAA 2008

Sale By Negotiation

RX4260074 Reference:

NEW LISTING



» 15 Main Street, Methven





Designed by renowned architect Paul Pasce, this charming 180sqm mid-century home is a timeless gem. Nestled on an expansive 9018sqm lot on the edge of Methyen, it features two bedrooms, a sunroom and a modern bathroom adding a touch of contemporary to this classic retreat.

Outside discover a 341sqm shed (once a machinery museum), that not only provides ample storage but endless possibilities. Established garden surround the property offering privacy and plenty of room for outdoor enjoyment.



Deadline Sale Closes 4 Nov

Reference: RX4320468 Saturday 19 Oct Open Home: 10:00-10:30am



» 124 Ashburton Gorge Road, Mt Somers









Priced: \$570,000 Reference: RX4259690 Open Home: Saturday 19 Oct





» 56 Memorial Crescent, Methven

440m2 - 605m2

1469m2 FEE ENSOR ANDCO REALTY 24 LTD LICENSED REAA 2008 Priced: Reference:

\$295,000 RX4230558

Fee Ensor

021 705 014 | 03 423 2460

fee@ensorandco.nz | ensorandco.nz

PART OF THE ANDCO GROUP ANDCO MEANS MORE

Ensor®

REALTY



Methven and Surrounds

FINAL NOTICE











Methven 11B Memorial Crescent

Perfect fit in Camrose

Nestled privately down a rear driveway, this stunning home, constructed by A1 and Brent Anderson in 2020, epitomises timeless elegance with its brick veneer. This modern build is perfect for families, downsizers, and investors seeking a smart, lowmaintenance property.

bayleys.co.nz/5525308

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Deadline Sale (unless sold prior) 12pm, Wed 23 Oct 2024 View Sat 12-12.30pm or by appointment Rosa Dekker 0274 655 387 rosa.dekker@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

Mt Somers 1003 Tramway Road

Tramway treasure

Located only minutes from the Mt Somers Village is this private rear section comprising approximately 8.6ha. The property is fenced into ten paddocks, has a three-bay pole shed providing storage and is complete with solar panels on the roof. NB: The Ashburton District Council has advised the dwelling (or building) does not have a consent, and cannot be lived in.

bayleys.co.nz/5524481

8.6618ha 🗖

Deadline Sale (unless sold prior) 2pm. Wed 23 Oct 2024 View by appointment Simon Sharpin 027 631 8087 simon.sharpin@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008







PRICE REDUCED Boundary lines are indicative





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 📾

Asking Price \$680,000 View Sat 12.45-1.15pm 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 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 \$555,000 View Sat 12-12.30pm 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, LICENSED UNDER THE REA ACT 2008





Methven and Surrounds



OPEN HOME





OPEN HOME



Methven 7 Burbank Place

Burbanks best

This recently built home offers modern luxury. With a 190sqm (more or less) floor plan, the home includes three bedrooms and two bathrooms featuring high end brass tapware and fixtures throughout. The open plan living area has two large sliding doors providing an excellent flow to the deck and surrounding lawn and garden.

bayleys.co.nz/5524035

Deadline Sale (unless sold prior) 12pm, Thu 31 Oct 2024 View Sat 1-1.30pm or by appointment

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Simon Sharpin 027 631 8087 simon.sharpin@bayleys.co.nz WHALAN AND PARTNERS LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008

Methven 34 Spaxton Street

A timeless beauty with modern flair

With captivating street appeal and a commanding presence, 34 Spaxton Street is a beautifully restored 1910scharacter villa that seamlessly blends timeless charm with modern luxury. This residence has undergone a meticulous renovation to highlight its original features while introducing contemporary comforts.

bayleys.co.nz/5525351

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Deadline Sale (unless sold prior) 12pm, Thu 31 Oct 2024 View Sat 1.30-2pm 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 🖷 2 🗐 For Sale offers invited over

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

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

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

Methven 5 Holmes Road

Your gateway to Methven!

This spacious 1,008sqm (more or less) section is now available on Holmes Road. Essential services such as power, water, and fibre are readily available at the property boundary, simplifying the process of building your dream home. Please note that the council development levy remains unpaid.

bayleys.co.nz/5525347

1,008_{sqm}

For Sale offers invited over \$210,000

View by appointment **Liv Gorman** 027 856 4416 liv.gorman@bayleys.co.nz

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





Deadline Sale

closing 2pm Tues 5 Nov 2024

(unless sold prior)

Sat 11:00-11:30am

GST (if any)





22 Arrowsmith Drive, Methven

- Titles have been issued on this picturesque section in Camrose
- Mountain views, road frontage 664m2 which is a good manageable sized section or ideal for a holiday home
- Services to boundary

For Sale Asking price \$208,000 Margaret Feiss 021 751 009

View by appointment

rwashburton.co.nz/MVN30109

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)





282 Back Track, Methven

- Lifestyle block with stunning mountain views just 5km from Methven · Gorgeous renovated character home with all day
- Country kitchen, 3 bedrooms, separate lounge,
- family bathroom & 2 WC

 Established garden with trees & shrubs
- · Large greenhouse, organic vegetable garden

rwashburton.co.nz/MVN30105

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Margaret Feiss 021 751 009

One of the few lifestyle blocks left in this exclusive Thyme Stream subdivision 4010m2 fully fenced section

4 Mt Harding Road, **Methven**

- Power, water & fibre to boundary
- Covenants

Price on Application

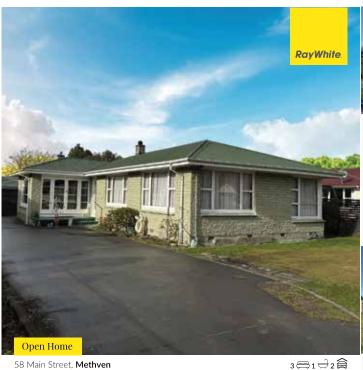
View

by appointment

Margaret Feiss 021 751 009

rwashburton.co.nz/MVN30108

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)







46 Zig Zag Road, Windwhistle

- Sale includes restaurant & bar, 2 bedroom managers apartment with office, accommodation units (1x studio motel unit, 1 x 1
- bedroom apartment) Freehold development land with resource consent owned by the managers

By Negotiation View

by appointment

Trevor Goldsmith 027 225 5669

rwashburton.co.nz/MVN30073

Real Estate Mid Canterbury Property Ltd Licensed (REAA 2008)





Margaret Feiss 021 751 009

58 Main Street, Methven

- 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 &
- rwashburton.co.nz/MVN30103



Wed 16 Oct 5:30 - 6pm Sat 19 Oct 1 - 1:30pm Wed 22 Oct 5:30 - 6pm

For Sale Asking price \$572,000

Shirley Fitzgerald 027 220 1528

· 1222m2 desirable residential

1 Arrowsmith Drive, Methven

- section Fully fenced apart from laneway
- Ideal building site • Stunning mountain views

For Sale \$230,000 negotiable

View by appointment

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







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