

# hanmer springs village news

## the pinkie



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Photo: Eunice Belk

**Well done all those who took part in the Mt Isobel Challenge!**

Katie Hill



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# the pinkie

Hanmer Springs Village News

[www.thepinkie.co.nz](http://www.thepinkie.co.nz)



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## CONTACT

While Richard is taking a well-earned break,  
Barrie Clubb is sitting in as relief editor.  
If you have something for The Pinkie  
please email Barrie at  
[hsvillagenews@xtra.co.nz](mailto:hsvillagenews@xtra.co.nz)

## Deadline for material

(including Advertising)  
is midday Sunday if the space is  
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Opinions expressed herein are not  
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\*\*\*\*\*

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upon at short notice when required. Please call the Health Centre 03 315 7503 and talk to our Practice Manager for more information.

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**IN AN EMERGENCY DIAL 111**

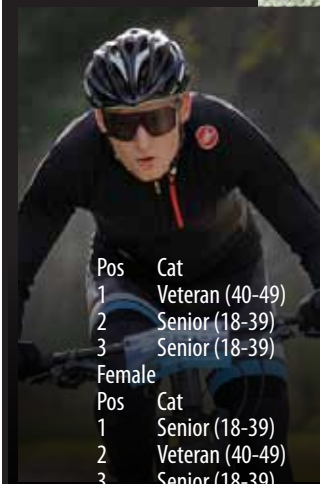
trivia.

Quiz



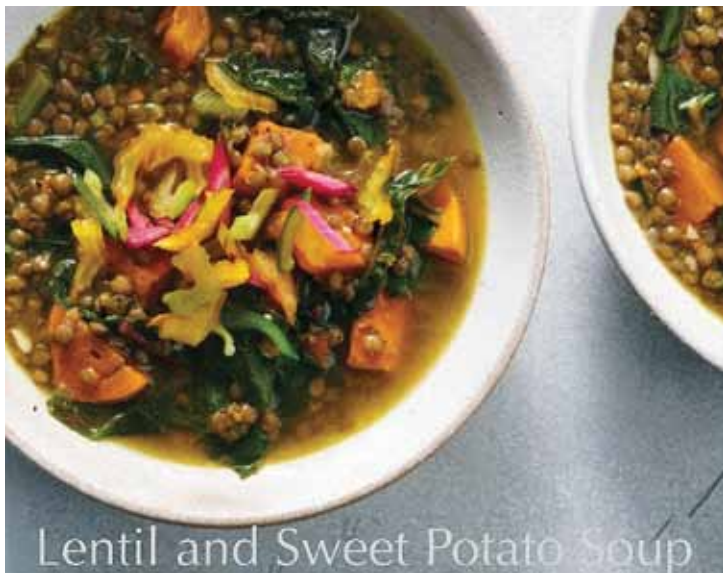
1. Who would wear a chasuble?
2. Aceh was badly damaged in the 2004 tsunami. In which country is it?
3. Who or what is your doppelganger?
4. What is hydrated magnesium sulphide also known as?
5. Which song begins with the words, "Friday night and the lights are low"?
6. How many valves does a bugle have?
7. What common childhood disease is varicella?
8. Which newspaper once stated that English cricket had died, hence the competition for The Ashes?
9. Which comedy actor and writer swam the English Channel for Sports Relief in 2006?
10. Who was Lord Lucan accused of murdering?
11. Tokai wine comes from which country?
12. Which bingo number is 'two little ducks'?
13. Which country's stamps bear the name 'Helvetia'?
14. Who were the subject of the British 'Cat and Mouse Act' of 1913?
15. Who said "Float like a butterfly, sting like a bee"?
16. Who played the train robber of the title in Buster?
17. Recently deceased writer David Cornwell wrote under which pen name?
18. Which country was formerly joined with Slovakia?
19. In various novels by P G Wodehouse who or what is the Empress of Blandings?
20. What is the Fahrenheit equivalent of 0°C?
21. What was the name of the British naval officer who suffered a mutiny on the Bounty?
22. Which NSW location was the site of the first penal colony in Australia?
23. What is a greenshank?
24. Which Shakespearean character refers to jealousy as "the green-eyed monster"?
25. What is another name for wild marjoram?
26. What is the name given to a mix of champagne and chilled stout?
27. Of whom was William the Conqueror the leader when he invaded England?
28. In The Adventures of Priscilla, Queen of the Desert who or what was Priscilla?
29. Clove hitch and bowline are examples of what?
30. What was the surname of the brothers who made up the Bee Gees?

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for the  
challenge  
next year?



Pos	Cat
1	Veteran (40-49)
2	Senior (18-39)
3	Senior (18-39)
Female	
Pos	Cat
1	Senior (18-39)
2	Veteran (40-49)
3	Senior (18-39)

Name	Gun Time
ANTHONY CHAPMAN (#1040)	01:42:14
STEVEN MELTON (#1142)	01:43:01
FERGUS O'NEILL (#1115)	01:45:17
Name	Gun Time
JOSIE WILCOX (#1133)	01:47:46
BRITTA MARTIN (#1135)	01:57:17
MILLIE JUNG (#1152)	02:07:39



Lentil and Sweet Potato Soup

- ¼ cup extra-virgin olive oil
- 4 scallions, thinly sliced
- 4 garlic cloves, coarsely chopped
- 1 teaspoon ground cumin or coriander (or a mix)
- 1 bay leaf, thyme or oregano sprig (optional — only if you have them)
- Kosher salt (such as Diamond Crystal)
- 1 jalapeño, halved lengthwise, seeds removed if desired
- 1 medium sweet potato (8 to 10 ounces), peeled and cut into ½-inch pieces
- 1 cup green lentils
- 1 medium bunch chard (8 to 10 ounces)
- ¼ cup lemon or lime juice (from 2 lemons or limes)

#### PREPARATION

##### Step 1

In a large Dutch oven or pot, combine the oil, scallions, garlic, cumin, bay leaf (if using), a pinch of salt and one jalapeño half. Set over medium heat and cook, stirring constantly, until scallions are softened and fragrant but not browned, 2 to 4 minutes.

##### Step 2

Add 5 cups of water, the sweet potato, lentils and 1½ teaspoons salt. Bring to a simmer over medium-high, then reduce heat to low, cover and simmer for 10 minutes.

##### Step 3

Meanwhile, thinly slice the chard stems all the way to the leaves. Place the stems in a small bowl; add the lemon juice and season with salt. Thinly slice the remaining jalapeño and add to the chard stems to taste. (If you don't want your soup too spicy, just add a few slices, or leave them out entirely.) Coarsely chop the chard leaves.

##### Step 4

After the lentils have been simmering for 10 minutes, taste the broth. If flavours are muted, add more salt. If the broth tastes spicy to you at this stage, remove the jalapeño. Add the chard leaves, stir to combine, then cover and cook until the lentils and sweet potato are tender, 8 to 12 minutes. Remove from heat and thin with water if necessary. Remove and discard the bay leaf plus the jalapeño half (if you haven't already done so).

##### Step 5

Divide soup among bowls. Top bowls with a spoonful of the chard stems, jalapeño and lemon juice. For a more bracing soup, add another spoonful or two. Soup and topping will keep separately for up to 3 days in the refrigerator. Warm the soup, add water and salt as needed, then combine with the citrusy chard stems.

## Strawberry Shortcake

#### INGREDIENTS

- 2 punnets ripe, well-rinsed strawberries
- ½ cup sugar, or more to taste
- 4 cups flour
- 3 tablespoons sugar
- ¼ teaspoon salt
- 5 teaspoons baking powder
- 1¼ cups butter
- 3 cups whipping cream
- ¼ teaspoon vanilla extract

#### PREPARATION

##### Step 1

Pick over and hull strawberries. Cut in half or slice, depending on size. Gently crush about a quarter of the berries with a fork to release their juices. Mix with remaining berries and the ½ cup of sugar, adding more sugar if necessary. Set aside, covered, for about half an hour to develop flavour.

##### Step 2

Preheat oven to 240° C

##### Step 3

Into a large mixing bowl, sift together flour, 3 tablespoons sugar, salt and baking powder. Add ¾ cup of softened butter, and rub into dry ingredients as for pastry. Add 1¼ cups cream, and mix to a soft dough. Knead the dough for one minute on a lightly floured pastry board, then roll it out to about 1 cm thickness. Using a 7 cm biscuit cutter, cut an even number of rounds - 2 rounds per serving.

##### Step 4

Use a little of the butter to grease a baking sheet. Place half the rounds on it. Melt remaining butter and brush a little on the rounds; place remaining rounds on top. Bake for 10 to 15 minutes, or until golden brown.

##### Step 5

Remove from the oven, and pull shortcakes apart. Brush the insides with some of the remaining melted butter. Step 6 Beat remaining cream until it thickens. Add vanilla. Beat again just until thick.





## \$3.1 million confirmed for Soldiers' Block restoration and earthquake strengthening

Confirmed funding of \$3.1 million has been announced by Hurunui District Council to give impetus to a long-awaited project to revitalise the Old Soldiers' Block at Queen Mary Hospital Historic Reserve in Hanmer Springs.

At a public meeting in Hanmer Springs last week, Council's Chief Strategy and Community Officer Judith Batchelor and Graeme Abbot, General Manager for Product Development at Hurunui Tourism, unveiled the Development Plan for the three-stage, multi-use project, which, Batchelor said, had been eight years in the pipeline to secure funding.

Lottery Grants Board funding of \$350,000, combined with \$1 million existing budget from the Queen Mary development contributions account, an allocation of \$250,000 from Councils' earthquake strengthening fund, and \$1.5 million from the government's Better Off funding had raised a total of \$3.1 million to proceed with the first stages of the project.

Stage One will see the earthquake strengthening and restoration of the Soldiers' Block building and is expected to be completed by the end of next year. The restoration work would include the original hospital wards, located in the east and west octagons, and the rooms linking these, and the restoration and fit-out of the central hall as a multi-use community space, said Batchelor.

A concept plan for a potential immersive experience created by Weta Workshop was also shown at the meeting. The experience would guide visitors through history brought to life as soldiers, nurses and patients share their experiences from the past. Visitors would move through a series of rooms that follow the journey from the horrors of the war to the healing that was delivered at Queen Mary Hospital, bringing attention to special features such as the octagon design of the building that let in light and air to patients as part of the healing process. The experience would acknowledge the importance of the building's full history as a convalescent home for soldiers, a national centre for the treatment of functional nervous disorders and neurasthenia, a community centre for dances and events,



Graeme Abbot, General Manager for Product Development at Hurunui Tourism; Rosie Marchant, marketing assistant Hanmer Springs Thermal Pools & Spa; Jason Fletcher (obscured); and local historian Rosemary Ensor view the proposal document for the immersive experience.

the Taha Maori programme and a clinic for drug and alcohol addiction.

Abbot said 21st century technology had made the telling of these stories from the past possible in a way that was immersive and interactive.

"There has come to light some incredible stories and incredible opportunities for telling these stories," Abbot said. "This is not about putting up some hospital beds and signs – this is about creating an experience."

Abbot said the next step would be to seek external capital funding and/or a commercial partner for bring the immersive experience to reality.

Batchelor said the project would be presented to community organisations across Hurunui.

"We need to work with the community all the way through this journey as this building sits at the heart of our community and its restoration needs to be community led."

The Soldiers' Block, along with the other buildings on the Queen Mary Hospital Historic Reserve, was vested in the Hurunui District Council in 2010 and is managed under the Queen Mary Hospital Historic Reserve Management Plan.

## Medical Centre Award

Huge congratulations to the Medical Centre for their amazing efforts in helping us during the Covid Pandemic. They kept us safe and cared for, during those difficult times. The team have been recognised by Prime Minister Chris Hipkins with this Covid Response Recognition Award.

Sincere thanks team, well deserved, you are truly awesome!

Councillor Tom Davies



# MOLESWORTH POSSUM CONTROL OPERATION

Vector Free Marlborough (VFM) wishes to advise the public of its intention to aerially apply the toxin Sodium fluoroacetate (1080) to parts of Molesworth Station and the adjacent Muller Station for the purpose of controlling possums. The Molesworth possum control operation is being carried out on behalf of OSPRI as part of its TBfree New Zealand programme, which aims to eradicate bovine tuberculosis from wildlife vectors that pose a risk to farmed cattle and deer.

Unfavourable weather conditions over recent weeks have delayed the planned commencement of this operation, originally scheduled for early May 2023.

## Description of Control Area

The control area takes in a substantial tract of Molesworth Station and part of the adjacent Muller Station. The control area is more or less bounded by the Acheron Road in the east, Tophouse Road/Wairau Hanmer Springs Hydro Road in the west, including the head of the Wairau River, the Clarence River in the south and the Raglan Range to the north. A number of waterways flow through the project area, with the most notable of these being the Clarence and Wairau rivers.

The permission area for the Molesworth operations take in approximately 104,000 hectares of publicly owned land, administered by various agencies including the Department of Conservation, Land Information New Zealand and several local authorities. A detailed map may be obtained from VFM as per contact details below.

## Commencement Date

The 2023 Molesworth operations will be carried out in two stages:

### Bush Gully – Tarndale

Control in the approximately 96,000 hectare Bush Gully – Tarndale block is scheduled to commence from 29 May 2023, with the aerial application of non-toxic cereal pre-feed pellets.

Note: Most pre-feed will be dyed green, however in some areas non-dyed (straw coloured) pre-feed will be used. This will be followed approximately 7-10 days later by the aerial application of bait containing biodegradable Sodium fluoroacetate (1080) also dyed green. In addition to aerial methods, supplemental ground control, using hand-laid 1080 pellets may be undertaken around sensitive areas and other places unsuitable for aerial methods.

All work is weather dependent, and commencement may be later than indicated. In the event of an extended delay, further notices will be placed to advise the public.

### Yarra – Five Mile

Control in the approximately 8,000 hectare Yarra – Five Mile block is scheduled to commence from 01 September 2023. Public notices for this operation will be placed nearer the time. Control methods for this block will be the same as the Bush Gully & Tarndale block.

## Bait Description

Aerial and ground control using 1080:

- Pre-feed – Non-toxic cereal-based pellet, approximately 16mm long, cinnamon-lured, non-dyed (straw coloured) and/or dyed green
- Toxic bait – Cereal-based pellet, approximately 16mm long, cinnamon-lured and dyed green with a toxic loading of 0.15% Sodium fluoroacetate (1080).

Note – All prefeed and 1080 bait for aerial and ground application will contain deer repellent.

## Precautions

The public are reminded of the danger that toxic baits and possum carcasses pose, particularly to children and dogs.

- Do not touch or eat baits
- Children must be kept under strict supervision in the control area.
- Dogs must be kept under strict control at all times and not have access to, or be taken into, the control area, as they are particularly susceptible to harm from contact with toxic baits and poisoned carcasses. The risk that poisoned carcasses pose to dogs may extend downstream of the control area.
- Toxin warning signs will be installed at main public entry points and the public are reminded that it is an offence to remove this warning signage. Please follow the instructions on the signs.
- Game animals should not be sold or taken for eating from within or adjacent to this area until it is declared clear of pesticides.

## \*\* If you suspect poisoning \*\*

Contact your local hospital, or dial 111

National Poisons Centre 0800 POISON – 0800 764 766

In the case of a domestic animal being poisoned, contact a local veterinarian.

For further information please contact

### VFM Operations Controller – Molesworth

#### Vector Free Marlborough

PO Box 5171, Springlands, Blenheim 7241

Free Phone: 0508 548 008

Email: [communications@vectorfree.co.nz](mailto:communications@vectorfree.co.nz)

Website: [www.vectorfree.co.nz](http://www.vectorfree.co.nz)

*OSPRI helps protect and enhance the reputation of New Zealand's primary industries and currently runs the TBfree and National Animal Identification and Tracing (NAIT) programmes.*



Please provide your  
feedback by end of  
Tuesday June 6.

## DRAFT ANNUAL PLAN 2023/24

### STICKING TO THE GAME PLAN

#### Have a read:

Click on the QR code below, visit [www.hurunui.govt.nz](http://www.hurunui.govt.nz) and under Consultations see 'Sticking to the Game Plan,' or pop into Amberley Office or a Council service centre and ask for a print out of the Engagement Document.

#### Tell us your thoughts:

Online under Consultations, email [feedback@hurunui.govt.nz](mailto:feedback@hurunui.govt.nz) (\*subject line: Sticking to the game plan), or drop in to the Amberley Office or a Council service centre and jot them down.



## Deep Dive into Italy

with Pita Alexander

- Population: 58.96 million (10.7 times higher than New Zealand).
- Land area: 302,073 square kilometres (slightly larger than New Zealand at 268,021 square kilometres).
- Capital: Rome (population 4,316,000 people).
- Italy's population has, since 2014, decreased by 1.4 million people.
- Total governments in the 78 years from 1945 to 2023: 66 governments.
- EU member since 1958 - one of the five EU founding countries.
- Members of Parliament: 400 (called: Chamber of Deputies).
- Members of Senate: 200.
- Approximately 99% of the population is Catholic.
- Member of NATO since 2002.
- Currency since 2002 is the Euro (previously the Lira).
- One Euro is currently worth NZ\$1.75.
- In a nutshell, Italy has:
  - Excessive debt
  - Political instability
  - Poor demographics
  - A combination that looks like future trouble.
- Italy has the second highest debt to GDP ratio in the world, at 147.3%, with only Greece higher, at 178.2% (New Zealand is approximately 22%).
- A big income gap between north (sound) and south (unsound) Italy.
- Does not have a lot of natural resources.
- The bulk of Italian people are aging at a faster rate

than some other countries.

- Key current issues for Italy, apart from excessive debt, are: small boat immigrants coming in from North Africa - there is talk of 900,000 from Tunisia and 685,000 from Libya in the 2023 year - numbers like this would cause all sorts of problems for the whole of the EU. Secondly, the low Italian birth rate of 1.2 - one of the lowest in the world - this birth rate has fallen for each of the last 14 years.
- A declining population in a country tends to lead to economic problems.
- The unemployment rate in Italy in February 2023 was 8% - but its youth rate is much higher (around 35%).
- Italy has the highest relative pension bill in the OECD block of 38 countries, and with inflation indexing looks unsustainable.
- Many other countries have a pension funding problem, or looming problem - within say 20 years a retirement age of 70 years looks necessary in economic terms for many countries, but the resistance to this will be enormous on a number of fronts (as per France).
- A larger than normal percentage of people between 18-65 years of age are not in work compared with other countries.
- Italy needs some structural changes, but whether the Government and its people can cope with this is another story - the country and its people have not faced up to this change to date.
- Countries with high debt are very vulnerable to market interest rate changes (Italy and Greece are very much in this group).
- High reliance on natural gas.

- A large number of small companies (more than 90% have ten employees or less).
- Italy is the third largest economy in Europe.
- Italy has:
  - Some world leading industry commercial business brands
  - A very scenic tourist destination (the world's fifth most popular)
  - A strong history
  - Mediterranean setting
  - Strong art and culture
  - Pizza invented in Naples
  - World heritage sites
- Italy though has some weaknesses:
  - In economic terms, its debt means it is probably too big to bail out
  - Urgent structural reforms necessary
  - Unsustainable pensions
  - Very low birth rate
  - Potential enormous immigration problem
  - Very unstable politically
  - Needs to import many raw materials
  - Quite an asset and income inequality issue amongst its people
  - Not in a good position to cope with inflation and interest issues
  - Needs top class economic management, but not getting it.



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# Hanmer Springs School

## Pinkie Report

### Term 2 Week 5

Journalists - Amelia Saric, Sharnie Inglis, Amelia Nelson, Kiara Bratschi, Charlie Bryant,

#### Hurunui Cross Country.

On Monday a team of 18 students travelled to Scargill to participate in the Hurunui Cross Country. We started off just running one lap of the Scargill Domain, then started to run on farm land. The hardest part of the whole course was the massive hill about halfway through the course. The ground was super muddy and there were puddles everywhere but it was still a really good run and to finish off we did one last lap of the domain.

Thank you to Mrs Hay and to the parents who provided transport and who were marshalls on the course.



The following students have qualified to represent the Hurunui Region at the Canterbury Cross Country next month: Noah who was 3rd in the Year 8 boys; Amelia S who was 5th in the Year 8 girls; Rosie who was 6th in the Year 7 girls; Jimmy who was 4th in the Year 6 boys and Archie M who was 4th in the Year 5 boys. The Year 4s are unable to qualify for the Canterbury Cross Country but there were also some strong races run by those members of our team. Aaliya came 3rd, Ethan was 5th and Timmy came 6th.



### Debate Team.

On Tuesday 16th of May Levi, Kiara and Preeti went to Ashley School in Woodend to debate the topic 'Crocs Are Better than Jandals'. Our team was the affirmative for the topic, so we had to argue that Crocs are better than jandals. We had some good points in our argument about how great Crocs are but in the end the Ashley School team won the debate. The speeches were about three minutes long. Thank you to Tori and Miss Holland for taking us there.



### William Pike Mt Isobel Hike.

On a cold Thursday morning on the 24th of May the Year 7s and 8s went for a hike up Mt Isobel as part of our William Pike Challenge. The class were split into two groups and we chose which route we wanted to walk. One group walked up from the water tank with our local police officer Dave and Mr McBride. The start of the climb was very difficult, then it was reasonably good until we got to the last steep part up on to the windy ridge.

The other group walked up from the top of Jacks Pass with Miss Holland and Fi. When we got to the ridge the wind was really picking up and when we got to the top we had to hold on to each other so we didn't blow off the mountain! At the top we found a little spot out of the wind to have lunch. Then we took a photo at the top and made our way down trying not to fall over in the wind. We all made it down safely.

We had lots of fun and most of us enjoyed walking up the mountain. Some of us thought it was easy and we raced each other to get to the top. Others found it harder and had to show resilience to keep trying. It is great to look out of our classroom windows and know that we have climbed to the top of the mountain we can see. Thank you to all of the adults who walked up with us, we all appreciate your support and encouragement.



# HANMER NETBALL CLUB RESULTS

## Gavins Logging Senior A

### Hanmer A/Harwarden A – Score 35/33 Harwarden

The seniors called up U14 player Preeti Watson who held her own in defence & helped the ball through the court while the attack of Cassidy Gray & Melissa Buschi Smith fed the ball into the great shooting pair of Ella Cole & Ashleigh Crean. Defenders Megan Williamson & Talia Shadbolt held the space & interfered with as much ball as they could, even when Megan was injured within the first few minutes of the game. Unfortunately, the last quarter was played with 6 players – Ashleigh moving fantastically into defence, Preeti moving to WA & Melissa moving into shoot a lot of goals. A great game with the final score going the way of Harwarden, which didn't reflect how well everyone played today. **Monteith's Hanmer Brewery Bar** player of the day went to Talia Shadbolt for her relentless work in the defensive circle & assistance through the court. Congratulations to everyone who left it out on court.

## Alpine Electrical U14s

### Hanmer Under 14's/ Culverden B – Score 20/1 Culverden B

The team put in a very solid effort, and after going to Culverden to practise against them so we could get some full court practise, they showed that they learnt a lot from the session. I was very encouraged when one of the refs from our game told me she thought the girls did great and offered a couple of tips. The score didn't reflect the hard work they all put in. Special mention to Charlie Bryant and Ella Paterson for a big effort in the defence end. The **Fire and Ice** most improved player was Amelia Nelson for a stellar game as C, awesome intercepts too.



THE UNDER 14'S WOULD LIKE TO SAY A HUGE THANKS TO HANMER BAKERY CAFÉ FOR SPONSORING THEIR AWESOME HOODIES. Also, a big thanks to Dave and Bec Long for collecting them and delivering them to this week game.

## Future Ferns

A great game for the Future Ferns who played against Cheviot. Lots of good team work especially with two new players this week. Some awesome passes and excellent defence **The Toy Shop** player of the day was Iris Roborgh.



**A HUGE THANKS TO ALL OUR SPONSORS**



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# Hurunui recyclers do their bit for kidney patients and their families

A record 24 sacks of wine bottle lids from Hurunui recyclers have gone to assist Canterbury kidney-failure patients and their families over the 2022-2023 year.

Hurunui District Council supports the Amberley Lions Club by collecting aluminium wine bottle lids at Hurunui transfer stations, which are picked up by the Lions Club and sold for metal recycling. Proceeds are donated to the Christchurch Kidney Society.

Council's Waste Minimisation Team Leader Sally Cracknell said the amount represented a significant increase from the 2021-2022 year, which netted a total of 13 sacks. "It's only beaten by the 2019-2020 year, which had included unused lids from the district's wineries, inflating the amount to 32 sacks," said Cracknell.

Christchurch Kidney Society Manager Jo Houghton said the support of rural communities was invaluable. "The funds raised from the wine bottle lids goes to support our younger members to do what they love — whether it's a hobby or a passion — and what supports their mental health. This could be ballet lessons or Driver Licence education."

Amberley Lions President Simon Mather said Amberley Lions were proud to be part of a line of organisations making the initiative a reality, with the revenue raised flowing back to Canterbury communities.

For Hurunui District Mayor Marie Black, the issue is personal. The mayor and her family walked a difficult path when their daughter, Rachael, was diagnosed with diabetes at age 13 and, despite keeping good control of her diabetes, at age 28 her kidneys failed. She required dialysis for a period of two years before being considered for a kidney transplant. Both her parents were not able to offer a kidney as they were not considered a sufficiently good match. Rachael's nephrologist suggested she go on the donor list and she received the gift of life with a double transplant of a new kidney and pancreas in 2012. This has been life changing for Rachael and her family.



*Hurunui District Mayor Marie Black, Christchurch Kidney Society Manager Jo Houghton, and Amberley Lions President Simon Mather.*

"Being able to support patients and other families travelling the same path through this initiative is incredibly rewarding. Not only are we supporting our Canterbury families in need but we're doing what's right for the environment," said Mayor Black.

Cracknell said that while glass wine bottles were recyclable, their aluminium lids would otherwise go to landfill. "This is a great way to recycle these. I'm thrilled at how our local households have supported this project."

Cracknell reminded recyclers that beer bottle tops aren't included in the initiative.

Aluminium wine bottle lids can be dropped off to the locations below:

Amberley (weighbridge), Cheviot, Culverden, Hanmer Springs and Waiau transfer stations

For further information:

Laura Melville, Communications Advisory, 022 016 7972  
[laura.melville@hurunui.govt.nz](mailto:laura.melville@hurunui.govt.nz)



## When did you last hang out in the forest?

The smell of the trees — sunlight falling on the rocks — the soft moss and ferns on the forest floor — the sound of birds singing in the branches above. How does the simple act of walking through a forest impact one's body and mind? The Japanese tradition of *shinrin-yoku* or "forest bathing" has inspired the modern concept of "forest therapy," or walking in the forest as a way to improve health and mood. Several studies over the past decade have found that being in a forest can lead to a relaxed and healthy well-being — both physically and mentally — and can even reduce blood levels of the stress hormone cortisol and boost the immune system.

Recent research published in the *International Journal of Environmental Research and Public Health* suggests that walking for as little as 15 minutes in a forest can improve one's mood and relieve stress and anxiety. The study had 60 participants who were divided into two groups — one that walked in a city environment, and the other in a forest environment. People who walked for as little as 15 minutes in the forest experienced significantly less negative feelings and felt more relaxed both mentally and physically.

Does that sound like a good plan? Well, we have everything you need to create your own "forest therapy" right here in Hanmer Springs. Pretty neat place to live, huh?



## Or you could always just sit in front of the telly...

Engaging in social and productive activities, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age.

An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.

Research has shown that older adults with an active lifestyle:

### ***Are less likely to develop certain diseases.***

Participating in hobbies and other social activities may lower risk for developing some health problems, including dementia, heart disease, stroke, and some types of cancer.

### ***Have a longer lifespan.***

Studies looking at people's outlooks and how long they live show that happiness, life satisfaction, and a sense of purpose are all linked to living longer. Doing things that you enjoy may help cultivate those positive feelings.

### ***Are happier and less depressed.***

Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.

### ***Are better prepared to cope.***

When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.

### ***May be able to improve their thinking abilities.***

Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory – and the more variety the better. Other studies are providing new information about ways that creative activities, such as music or dance, can help older adults with memory problems or dementia.

## **Find the right balance**

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person may be too much for another. You might start by adding one or two activities to your routine and see how you feel. You can always add more.

**Archivist uncovers 500-year-old playing cards.** While restoring the cover of a medieval court record, he uncovered 90 playing cards dating from 500 years ago. The chance find is only four cards shy of a complete set. And the discovery is one of only a handful to yield a group of so many cards of this vintage. These cards probably date from 16th century Basel in Switzerland.

## **Activities to consider**

There are a huge number of opportunities right here in the Village to engage in a ton of healthy and fun activities. Here's a few ideas:

- Join the Golf Club – exercise and a great bunch of folk
- Join the Bridge Club for weekly fun
- Join Probus or Lion's Club
- Come along to Quiz night – join or form a team
- Join the Garden Group to share and learn
- Join the weekly knitters for a knit and a natter
- Video chat your friends and family members
- Try different restaurants with your loved ones
- Listen to and share favourite music with your family
- Join the Men's Shed and build new relationships
- Take a class – cooking, art, dance, language, or computers. Get in touch with the library for advice on courses for older adults or check out [www.Seniornet.nz](http://www.Seniornet.nz)
- Join the book club and find some new hot reads
- Try pilates, line dancing, or join the Morris Dancing Troupe
- Learn (or relearn) how to play a musical instrument and join the Big Band. There's also a new strum and sing group just for beginners.
- Help with the community garden – you are needed!
- Sing in the community choir – Hanmer Sings
- Join the film club – enjoy a great film and meet people
- Take part in a local theatre troupe – Amuri Players
- Get a local part-time job
- Teach a favourite pastime or skill, such as embroidery, photography, building models, chess, baking, woodworking, calligraphy, or quilting, to a new generation – talk to Amuri Community Arts Council
- Join the bowling club
- Join Winter Darts
- Walk or bicycle with a friend or neighbour
- Join Aquacize – early morning fun with pool noodles
- Play with your grandchildren. Teach them a game or dance you remember from childhood
- Join a walking group and explore our nature trails
- Join the volunteer Fire Service

*Richard was telling me in the other day that in the old days Hanmer residents got together each week to play Euchre, and turnout was usually around 50 or more! – and I bet they all had a ton of fun*





## JUNE

- 17 Netball Club Day @ Domain
- 17 Movie Night @ Remnant House
- 23 Hanmer Springs Film Club showing Burke & Hare

## JULY

- 7 Five Stags School Holiday Movie 4pm
- 13 Canterbury Junior Open Golf
- 15 Movie Night @ Remnant House
- 21 Hanmer Springs Film Club – The Boat that Rocked
- 22 George Erceg Memorial Men's Golf
- Olive Long Memorial Ladies Golf

## AUGUST

- 18 Hanmer Springs Film Club – Golf Club 6.40pm
- 19 Movie Night @ Remnant House
- 26 Scotty Anderson Memorial Men's Golf
- Jessie Sutherland Memorial Ladies Golf

## SEPTEMBER

- 3 Fathers Day @ Remnant House
- 15 Hanmer Springs Film Club – Golf Club 6.40pm
- 18 Movie Night @ Remnant House
- 30 Saxophone Weekend Workshop with Lana Law

## Just for fun...

*A woman was in her front yard mowing grass when her elderly neighbour came out of the house and went straight to the mailbox. He opened it, then slammed it shut and stormed back into his house.*

*A little later he came out and again went to the mail box, and once again, opened it, peered inside, slammed it shut again, before angrily storming back into his house.*

*As she was getting ready to do the edges, here he came out yet again, marched to the mail box, opened it and then slammed it shut harder than ever.*

*Puzzled by his actions the woman asked him, 'Is something wrong?'*

*To which he replied, There certainly is! – My stupid computer keeps saying, 'YOU'VE GOT MAIL!'*

## OCTOBER

- 3 Christchurch Youth Jazz Orchestra @12 noon
- Concert on the Green. Memorial Hall if wet.
- 6–8 Mens 54 Hole Golf Tournament
- 13 Hanmer Springs Film Club – Golf Club 6.40pm
- 26–29 Hurunui Garden Festival
- 27 Hanmer Springs Fete

## NOVEMBER

- 5 Shootout Golf Final

## DECEMBER

- 2 Alpine Marathon
- 16 Christmas Hamper Golf Tournament

Please let us know if you have any events running between now and the end of the year as this calendar is frequently consulted [hsvillagenews@xtra.co.nz](mailto:hsvillagenews@xtra.co.nz)

# DARTS RESULTS

## Board 1

Scottish Terriers vs Darty Deeds  
Winner – **Darty Deeds** 8 – 5 legs

## Board 2

The Full Donty vs Woodbank Darters  
Winner – **Woodbank Darters** 6 – 4 legs

## Board 3

HMS vs Oche Bandits  
Winner – **Oche Bandits** 10 – 5 legs

## Board 4

4 S vs Ton Up Pirates  
Winner – **Ton Up Pirates** 6 – 4 legs

## Board 5

Wannabe's vs Screaming Eagles  
Winner – **Wannabes** 10 – 0 legs

## Board 6

Armed & Hammered vs Guvners  
Winner – **Armed & Hammered** 6 – 5 legs

## Top Man's score

Adam Carter – 180

## Top ladies score

Boio – 100





# Community Notices

## Hurunui District Councillors

Please feel free to contact us, as your closest representatives

**Tom Davies**, Hanmer Springs  
027 600 7779  
tom.davies@hurunui.govt.nz

**Dave Hislop**  
027 443 6909  
dave.hislop@hurunui.govt.nz

**Ross Barnes**, Mount Lyford  
03 315 6583  
ross.barnes@hurunui.govt.nz

**Karen Armstrong**, Waikari  
03 314 4042 or 0274 383 464  
karen.armstrong@hurunui.govt.nz

## JPs in Hanmer Springs

**Alice Stielow** 021 317 001

**Joy Wilson** 027 220 2511

**Rod Ell** 315 7222 or 027 437 2464

**Jonathan Gardiner** 315 7925 or 027 685 9276

**Ann Toomey** 03 384 2564 or 021 155 7622

## TRIVIA ANSWERS

1. A priest, 2. Indonesia, 3. Your double, 4. Epsom salts, 5. Dancing Queen, 6. None, 7. Chickenpox, 8. The Times, 9. David Walliams, 10. His family's nanny - Sandra Rivett, 11. Hungary, 12. Twenty Two, 13. Switzerland, 14. The Suffragettes, 15. Muhammad Ali, 16. Phil Collins, 17. John le Carre, 18. Czech Republic (Czechia), 19. A pig, 20. 32°F, 21. William Bligh, 22. Botany Bay, 23. A bird, 24. Iago (Othello), 25. Oregano, 26. Black Velvet, 27. The Normans, 28. A bus, 29. Knots, 30. Gibb

## HANMER SPRINGS BRIDGE CLUB

Results 25/05/2023

1st = G Scrivener & T Davies  
= R Hothersall & J Wilson



Saturday 27th May

### Drawn Pairs Stableford

1st Louise Pearce & Garry Ritsma	69 pts
2nd Murray Pool & Howard Chellew	65 pts
3rd Gordon Simpson & Cliff Tipler	62 pts

### Twos

Ken Williams  
Cliff Tipler  
Murray Pool  
Steve Daly

### Nearest the Pin

Murray Pool

### Jackpot Twos

Ken Williams

### Net Eagles

Not struck



Cover Image: Hanmer Springs Volunteer Fire Service 1933.  
If you are keen to help out our community and become part of this awesome volunteer service, contact Jason Fletcher on 027 274 7321 or Jason Phillips on 027 210 4084.



## Bird Feeders

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## CLASSES & FITNESS, CLUBS & MUSIC

### HANMER SINGS Adults Choir

Come and raise the roof with us! We are a super-friendly and welcoming bunch who simply love singing. We sing a wide variety of songs (always open to requests!) while learning harmonies and singing techniques.

Hanmer Sings is FREE! The more the merrier! Donations are optional.

Tuesday nights 7pm–8.30pm @ the School

### FILM CLUB

Venue: The Golf Club Rooms

Next movie: Burke & Hare – British black comedy loosely based on the murders of 1828

**Friday 23 June @ 6.40pm**

\$18 – Cash only no EFT POS

Hot food, soft drinks & snacks available

Contact: hanmermusicandarts@gmail.com

### TUESDAY WALKERS

Tuesday morn walks in local forest area. Approx 1.5 – 2 hours. Meet 9.45am at Jollies Pass Rd Forest Entry Car Park (by old DoC house).

More info Anne 021 277 7515 or Julian 021 148 2811

### HANMER SPRINGS TENNIS CLUB

During season twilight tennis plus kid's coaching.

Contacts:

Olivia Reid 021 548 776 (adults)

Sarah Currie 021 082 64557 (kids)

### PILATES

Pilates classes @ 12 Amuri Ave

Monday 5.30pm

Thursday 8.45am and 10am

Corrie 021 045 7666

Wendy 027 243 2123

### TRAMPING GROUP

Day tramps in local mountains and surrounding areas. Every Wednesday.

For more information contact:

Janet 021 103 4303

Mt Isobel Tramping Group

### HANMER SPRINGS COMMUNITY GYM

For use by members. Located downstairs @ Sports Pavilion. Machines for Cardio & Weight exercise. Membership enquiries phone

Shane Adcock 021 921 109

### LINE DANCING

Memorial Hall

Monday 1pm

Contact Penny 027 2408 321

Cost: Donation

### HANMER SPRINGS BRIDGE CLUB

Thursdays at the Anglican Church Hall @ 7.15pm

Call Joy 027 220 2511

### AQUACIZE

Thermal Pools Entrance

Monday Mornings 10am

Informal group. Will need aqua stick.

For more information contact:

Linda 021 223 8188

### HANMER SPRINGS BIG BAND

Monday 7pm @ the School (during Term)

New members always welcome. You will need to read music or have a good ear.

Contact Marguerite 021 125 4062

Cost: FREE

### MORRIS DANCING

Lots of laughs with some added exertion. Dancers and musicians welcome.

Sundays 7pm onwards

Contact John 021 395 022

*Listings on these pages are  
FREE and are the  
responsibility of those listed  
to keep up-to-date.*

### HANMER SPRINGS LIONS CLUB

Dinner meetings every 2nd Thursday of the month at Five Stags at 6.30pm. All welcome.

To join or for more information contact:

Boio Sarahu–Hothersall at  
hanmerspringslionsclub@gmail.com

### COMBINED PROBUS CLUB HANMER SPRINGS

Meetings first Tuesday each month. Fun and Fellowship for the more mature.

To join or for more information contact:

Carolyn Hall 027 360 9001  
Dennis Hall 021 294 1541

## FACILITIES, VENUES & CHURCHES

### HANMER SPRINGS GOLF CLUB

Available for hire for functions, weddings, Funerals etc. Fully equipped kitchen. Spacious, warm, carpeted room. Bar facilities. Phone 315 7110

### HANMER SPRINGS SPORTS PAVILION

Available for sports groups, weddings, functions etc. Fully equipped kitchen. Large carpeted function room, changing rooms, showers.

Contact: The Hurunui District Council,  
Nicola on 03 314 8816

### ANGLICAN CHURCH

Available for hire for Community Groups, Meetings, worship, retreats etc.

Contact:

Shirley Whitaker 0274 161 415

### REMANT CHURCH NZ

Sunday 10am. All welcome.

108 Rippingale Road.

A Four Square Church

021 076 7236

### HANMER CHURCH OF THE EPIPHANY

31 Lollies Pass Road – Sundays 10am

1st and 3rd Sunday – Morning Worship

2nd and 4th Sunday – Communion

Tea & coffee after Sunday Service

Contact Jonathan Gardiner (Warden) 315 7925 or 0276 859 276

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St Roch's Church 27 Amuri Ave.

Mass 5pm each Saturday.

Culverden Church Mass 6.30pm first Sunday of each month & 2nd and 3rd Saturday of each month.



## Know your Plastic Codes as In Hurunui 1, 2 and 5 ONLY can be Recycled

Symbol	Acronym	Full name and uses
	PET	Polyethylene terephthalate - Fizzy drink bottles and frozen ready meal packages.
	HDPE	High-density polyethylene - Milk and washing-up liquid bottles
	PVC	Polyvinyl chloride - Food trays, cling film, bottles for squash, mineral water and shampoo.
	LDPE	Low density polyethylene - Carrier bags and bin liners.
	PP	Polypropylene - Margarine tubs, microwaveable meal trays.
	PS	Polystyrene - Yoghurt pots, foam meat or fish trays, hamburger boxes and egg cartons, vending cups, plastic cutlery, protective packaging for electronic goods and toys.
	Other	Any other plastics that do not fall into any of the above categories. For example melamine, often used in plastic plates and cups.

Please Note that HDC garbage & recycling bags are no longer available from the Four Square supermarket. Henceforth, bags will only be available from Hanmer Springs Service Station, the library, The Log Cabin and Super Liquor



HANMER SPRINGS TRANSFER STATION  
637 Hanmer Springs Road

- **Tuesday: 10am to 2.00pm**
- **Wednesday: 10am to 2.00pm**
- **Friday: 10am to 2.00pm**
- **Sunday: 10am to 2.00pm**

Out of hours recycling facilities for paper, card, cans, plastics types 1, 2 & 5 only and glass bottles are provided; please ensure recycling is clean, loose and all lids are removed. Soft plastics (i.e. those you can scrunch in your hand) are not recyclable and must be placed in the refuse.

Kerbside refuse and recycling collection – Monday 8am

Only official refuse and recycling bags will be collected; these can be purchased from Hanmer Springs Service Station and the library.

Via the recycling bags, clean paper, card, cans and plastics types 1, 2 & 5 only can be recycled. If in doubt – place it in the refuse to save contaminating recycling.

Non-complying bags and recycling bags containing glass and soft plastics will not be collected.



## Refuse and Recycling King's Birthday Weekend

Due to King's Birthday Public Holiday on **Monday 5 June**, refuse and recycling in Hanmer Springs will be collected **one day later, on Tuesday 6 June**. Please ensure official Hurunui District Council refuse and recycling bags are placed at the kerbside boundary **by 8am on collection day**.

### Please remember:

- Only Hurunui District Council bags will be collected. These are available from various outlets in Hurunui.
- Bags must be securely tied and at the kerbside or Council collection point by 8am. Collection times may vary to normal, and the crew will not return to collect bags placed out late.
- Refuse bags must not exceed 15kg in weight. Bags split prior to the crew's arrival and non-official bags will not be collected.
- Bundles of cardboard will not be collected, but can be recycled via any transfer station.

### What is accepted via the recycling collections if it is clean and loose in a Council recycling bag?

Newspapers, magazines, office paper and telephone directories, Cardboard, greeting cards, junk mail, envelopes and egg boxes, food, drink and pet food cans, rigid plastic bottles and small containers – types 1, 2 and 5 with lids removed.

### What cannot be recycled?

Soft plastics, plastics 3, 4, 6 and 7, tetrapaks, polystyrene (including meat trays), plant pots, plastic strapping, clothing, food-stained paper or card, coffee cups, plastic lids, foil trays, and food waste – if in doubt, throw it out.

Do not put glass bottles in recycling bags. These can be recycled via any transfer station. For further information on waste and recycling in Hurunui, visit:

[www.hurunui.govt.nz/property-rates/rubbish-recycling](http://www.hurunui.govt.nz/property-rates/rubbish-recycling)

## FRIDAY 23 June Hanmer Springs Golf Club

# BURKE & HARE





Doors Open: **6.10pm** for **6.40 screening**  
**Door Sales: Adults \$18, Youth \$15**  
Note: Cash only – No EFT POS available (youth = under 18)

Upcoming movie info and screening dates on the **Hanmer Springs App**





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