



UPCOMING EVENTS

See Moodle for more details

Friday 21 September
Semester 2, Term 3 ends

Quote for the month

*Silence is golden.
Unless you have children.
Then silence is suspicious.*



Recently one of our Year Two students, Frith Chamberlain was interviewed on TV 1 in regards the spread of toxic algae in the Marlborough Sounds. She has been kind enough to write an article about the causes she is concerned about in New Zealand. Frith says:

I am super concerned about our water resources in New Zealand. I believe that water is not the "new oil", it is more important than oil, it is life. Therefore my spare time is presently taken up with activating our communities into action.

Creating exposure about New Zealand's water problems in both the quality and quantity of it. I am secretary for Aotearoa Water Action Group. We are currently taking Environment Canterbury and two water bottling companies to court for consents in Christchurch, that we believe have been issued under incorrect circumstances. We are fundraising for our court costs and taking on huge Chinese companies who have significant financial backing. Not an easy task!

In the past I have spent eight years facilitating Mid Canterbury Soil and Health Association, again creating exposure, this time around our food resources. Teaching community groups how to grow their own food and the importance of choosing spray-free and nutrient-dense products. Again, this wasn't easy, as mid-Canterbury is mostly conventional farming, where pre-harvest glyphosate spraying is the new normal.

I now live in Havelock North, Marlborough, where we have had a toxic algae bloom, followed by a shellfish consumption warning. It is thought to be due to unusual water temperatures and increased water acidity that creates an environment for the overpopulation of pathogens. This is of huge concern, as a large portion of this region relies on aquaculture for income.

I know consumers have huge power against corporate organisations, every cent you spend sends a message about your passion and the future you want to create. We can make change, it just takes courage and some humility when creating it. I encourage you all to put humble action into your ethos, believe in yourselves and focus on your vision.

A big thanks to Frith for writing this. If anyone else has a cause or story they are passionate about, please forward to be considered for publication.

Carrying on the theme from last month's newsletter in regards reducing waste in our homes and making the beeswax wraps, have you thought about making your own household cleaning products and reduce the amount of plastic you buy?

A couple of recipes to try:

General cleanser: warm water and soap or vinegar can be used for many cleaning jobs.

Toilet and bathroom: a scouring paste of water and baking soda is a great cleaning product. A paste of Borax and lemon juice is good for toilets.

A paste of vinegar and washing soda is good for soap scum.

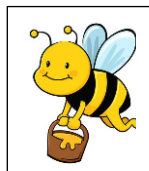
To stop windows and mirrors steaming up, use eucalyptus oil on a piece of wadded-up newspaper and wipe down.

For mould on grout and window frames, use pure white vinegar and an old toothbrush.



REMINDER TO ALL STUDENTS

Please remember to sign in any visiting family (including children) and friends at reception.



BEE AWARE MONTH

Did you know a 500gm jar of honey is the result of visits to approximately two million flowers and is the life's work of more than 1000 bees. Each worker, or female bee, produces around one teaspoon of honey in her life. Such hard work for a lovely and tasty product.



In August, some of our lecturers and Year 3 students went to Waitaia Lodge in the Kaimai Ranges. They spent a weekend immersed in the forest gaining invaluable hands-on learning about our native medicinal plants and Rongoā Maori, with Rob McGowan and Donna Kerridge. A wonderful time was had by all in a beautiful and sacred place.

WE'VE SIGNED UP FOR

New Zealand
Shake Out 

At 9.30 am on 18 October, all on site will be asked to practice the right action to take in an earthquake – when the whistle is blown please **Drop, Cover and Hold** for 1 minute (the whistle will be blown at the end of the practice).

Find out more at www.shakeout.govt.nz

WHEN AN EARTHQUAKE HAPPENS

DROP
COVER
HOLD



IF AN EARTHQUAKE IS LONG OR STRONG GET GONE



Visit www.shakeout.govt.nz for more information



More information will be forthcoming closer to the day.

Another
Deliciously Ella
recipe – serves 4



SWEET POTATO AND BLACK BEAN SHEPHERD'S PIE

INGREDIENTS:

600g sweet potato, peeled and cut into small cubes
Small splash of almond milk
230g black beans (drained weight), drained and washed
230g kidney beans (drained weight), drained and washed
1 x 400g can tinned tomatoes
150g button mushrooms
4 spring onions, sliced
1 large red onion, peeled and finely diced
1 tablespoon maple syrup
Handful fresh coriander, roughly chopped
Teaspoon smoked sweet paprika
Juice of 1 lime
Salt and pepper to taste
Olive oil

METHOD:

Preheat the oven to 200C, grill setting

Boil the sweet potatoes until tender, about 30 minutes.

Drain and leave to one side.

Fry the onions, garlic and a pinch of salt, in a drizzle of olive oil over a medium heat for 5 minutes, until the onion softens. Add the paprika and slices of spring onion, sauté for 2-3 minutes, ensuring they are coated in the paprika, before adding the mushrooms and mixing again.

Add both of the beans, coating them in the paprika, and sauté for a further 5 minutes. Then add the tinned tomatoes, maple syrup, lime juice, pepper and coriander, mixing everything through.

Once the sweet potatoes are soft, mash them with the almond milk and a pinch of salt.

Spoon the bean mix at the bottom of a baking tray and top with the sweet potato mash. Place in the oven to grill until it starts to crisp on the top, about 20-25 minutes.