

SNOWFED



Methven & Foothills Community Newspaper - Operated by Mount Hutt College

Taite 20 Akuhata 2020
Thursday 20 August

Putanga 32
Issue 32

Adventure Balloons ride Winners

Annie Jacobs



*Up above Alford Forest: Russell Stanley, Kelly Markham, Graeme Church (Balloon Pilot)
Front: Isaac Markham*

High above the plains of Mid Canterbury is where Adventure Balloons Competition ride winners soared recently.

Winner Kelly Markham took her Dad, Russell Stanley and son Isaac, along for the jaunt. Isaac said, "It was fun!"

Graeme was delighted to offer Kelly the winning ride saying, "she is very deserving." Thank you to all who entered the competition. Check out the website below to book a ride.

Adventure Balloons is a new business to the Methven area, having started here earlier this year. Graeme had previously piloted here for his good friend George Currie in what was the "off season" for his piloting work in the UK.

Graeme is also getting a Balloon Pilot school programme started here, where you can train to do your licence.

For more information go to:

www.adventureballoonsnz.com



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Rosa Dekker 0274 655 387

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Large home or opportunity

This property is divided into two spaces with upstairs and downstairs and comes fully furnished. Options for home and income or large/extended family.

bayleys.co.nz/5512560



Methven 40/43 Barkers Road

3 1 2

Asking Price

\$119,000 + GST (if any)

Maree Firth 027 542 1364

maree.firth@bayleys.co.nz

WHALAN AND PARTNERS LTD, BAYLEYS,
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Unit 40 Brinkley Village

The package includes a two bedroom unit plus a studio unit, fully furnished and available for up to 90 days for the owner to use a year. These units are fully managed.

bayleys.co.nz/5512796



Methven 23 Morgan Street

4 2 3 2

For Sale offers invited over

\$650,000

View Sat 1-1.30pm

Fee Ensor 021 705 014

WHALAN AND PARTNERS LTD, BAYLEYS,
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Family need space?

Four bedrooms, three bathrooms, two living areas, and a study spread over three levels makes this 300sqm home with space aplenty ideal for families of all ages, stages and sizes.

bayleys.co.nz/5511945



Mt Somers 8 Hoods Road

Price on Application

View by appointment

Fee Ensor 021 705 014

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Business, land and buildings to be sold. Two restaurants, eight motel units and manager's residence. Clientele mostly from Christchurch and Mid Canterbury. Stronechrubie also hosts special events with dining and accommodation packages.

bayleys.co.nz/5512420



Staveley 234 Flynns Road

5 3 4 2

Price by Negotiation

View by appointment

Fee Ensor 021 705 014

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Time for a change?

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bayleys.co.nz/5510565



FINAL NOTICE



Boundary lines are indicative only

Staveley 70 Flynns Road

3 1 1 1 1

Deadline Sale (unless sold prior) 2pm, Thu 27 Aug 2020

View Sun 1-2pm

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PUKA RATAKA (Diary)

COMMUNITY

This section is for community support groups. For sports groups and clubs, contact your local group.

TUESDAY and FRIDAY

Methven Public Library 2pm-4pm

Methven Museum 2pm-4pm

SATURDAY

Methven Public Library 10-11am

AUGUST

21-23 Pop up shop at old Gifts Galore

21 Fire Brigade AGM, 7.15pm

24 Methven Care Trust AGM, 7pm

31 Newcomers Rural Driver Licence

Course registrations close

SEPTEMBER

5 Community Board Planting Day at

Methven Cemetery, 10am

6 120th Celebration St Aidans, Mt

Somers, 10am

24 Toy Library AGM, 7.30pm

25 DJ Trump and Alexander Sparrow
Comedy, Mount Hutt Memorial Hall, 7pm

26 September - 11 October

Methven Scarecrow Trail

UPCOMING

7 November

Hororata highland Games, 9am Hororata
Domain

7 November

Geraldine Fete, Stover Farm, 9.30am-4pm

13 November

Methven High Country Fete, Methven
Racecourse, 10am

29 November

The Merry Little Christmas Market,
11.30am, Ashburton Event Centre

5-10 January 2021

Methven Summer School

Snowfed contact details:

Ph. 302 8437 ext 3

Email: letterbox@snowfed.co.nz

Website: www.snowfed.co.nz



Disclaimer: The opinions, beliefs and viewpoints expressed by the various authors of Snowfed do not necessarily reflect the opinions, beliefs and viewpoints of Snowfed and Mount Hutt College.

Information in the Snowfed is deemed correct at time of print, but subject to change due to COVID-19.

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AGM

Monday 24th August

7.00pm

All welcome ☺

Methven Library,

60 Main St,

Methven



Methven Fire Brigade

AGM

21 August, 7.15pm

At the Fire Station



Auditions for
"The Four Musketeers"
a frolicking fun pantomime

29th, 30th August
Mt Hutt Memorial Hall
10-12pm, 1-3pm.

For audition packs email:
methventheatreco@gmail.com

Or phone Chris 027 680 3818

Main roles speaking & singing: 6 male,
5 female, plus chorus.

All ages welcome.



Methven
Summer School

5 - 10 January 2021

Enrolments open now!

Make soap, baskets, cheese, paintings,
prints and much more...

Enrol online:

www.methvensummerschool.co.nz



Methven Toy Library AGM

Thursday 24 September, 7.30pm

Upstairs at Crossroads

Supper provided

New committee members needed or the Toy Library
cannot continue. You do not have to be a TL member to
help!

Help keep this great asset in our community!



Methven Rugby Club



Annual Gorge game vs Methven Senior B
Postponed due to COVID Level 2 Restrictions

Still on at present: Married vs Singles match 29 August,
2.30 pm, with the Open Grades prize giving to follow in the
clubrooms from 4 pm onwards.

All supporters, sponsors and families invited to attend.

METHVEN LIBRARY

New Books for August 2020

The Vanishing Sky L Annette Binder
The Terminal List Jack Carr
Fair Warning Michael Connelly
Little Bee Chris Cleave
The Girl with the Louding Voice Abi Dare
The Hunting Party Lucy Foley
The Guest List Lucy Foley
Freedom Jonathan Franzen
The Court of Miracles Kester Grant
Shelter Frances Greenslade
The Fifth Column Andrew Gross
Button Andrew Gross
The Foundling Stacey Halls
Find them Dead Peter James
Miss Benson's Beetle Rachel Joyce
The Museum of Desire Jonathan Kellerman
Something Should Remain Buried Lynda La Plante
The Deceptions Suzanne Leal
Matterhorn Karl Marlantes
Americanah Chimamanda N Adichie
The Shadow Friend Alex North
Last Survivor Tony Park
Liar Lesley Pearce
The Black Swan of Paris Karen Robards
Inside the Whale Jennie Rooney
The Chestnut Man Soren Svestrup

The Daughter of Victory Lights Kerri Turner
The Recovery of Rose Gold Stephanie Wrobel
Exactly (N.F.) Simon Winchester
The Wine O'Clock Myth (N.F.) Lotta Dann
Healthy Living (N.F.)
NZ Fashion Design (N.F.) Angela Lassig
The Quick and the Dead (N.F.) Cynric Temple-Camp
The World's Worst Parents (Junior F) David Walliams

HOURS:

Tuesday & Friday 2-4pm

Saturday 10-11am

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

POLICE NEWS

It has been noticed that vehicle drivers around Methven and surrounds have been speeding past school buses.

When a bus has the "School" sign on display, then it is carrying, collecting or dropping off school students. All vehicles passing the school bus must slow down to 20km per hour. The rule is "20k either way" when passing a school bus. Be prepared for a wee person to run out on to the road (hopefully they won't!), and if you're travelling at 20km per hour, you have a much higher chance of stopping without incident.

In other Police news, Methven township has been targeted with nuisance offenders who've been breaking into vehicles at residential addresses, and the district's Sports Clubs. Please ensure your vehicles are locked, and remove your valuables.

If you see anybody behaving suspiciously, have a chat to Ross or Mike when you see them around town.

For emergencies call 111, if it's not urgent, call 105.



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MTA APPROVED

Round 2 Community Grant

– Creative Communities Scheme
– Heritage Grant & Events Grant

CLOSING SOON don't forget to get your applications in

Applications are now being invited from groups and organisations for the second round of Events and Heritage grants from Ashburton District Council. We are also inviting applications for the Creative New Zealand 'Creative Communities Scheme funding' to go towards local arts and cultural projects in the Ashburton District.

Round 2 of the Community Grants are available for the following:

- Creative Communities Scheme
- Heritage Grants
- Events Grants

Applications for all grants close at **5pm, Tuesday 1 September, 2020** for the funding to be allocated in September 2020. Application forms and full criteria for each scheme are available online from **ashburtondc.govt.nz**

For more information, contact Council on 307 9646 or email grants@adc.govt.nz

Ashburton District

creativenz
COMMUNITIES

Ashburton
DISTRICT COUNCIL

ashburtondc.govt.nz

Running on Adrenaline?



In these uncertain times stress and anxiety is increasing for some people, on top of the drive for most people to achieve highly, making us busier than ever before. We can find ourselves running on adrenaline to the point of burnout. Lisa Kirby and Sara Scott from Flow have brought us their Transformative Yoga classes.

Lisa has been teaching many Yoga styles for over 10 years, and Sara brings a Psychotherapeutic background to the meditation practice. They have put several programmes together to support the community in managing high levels of stress. They currently have been running a 5 week programme in Being Mindful. Not just practicing the Mind & Body aspects of being present in the moment, but also looking deeper into the 9 disciplines of Mindfulness, which is the backbone of their courses.

These are: non-judging, patience, a beginner's mind, trust, non-striving, acceptance, letting go, gratitude and generosity.

Using methods of Yoga Flow for movement, and deepening Yin Yoga postures followed by a deeply relaxing meditation, these principles are woven into the practice to work in the unconscious mind to support and develop a healthier mind and body.

The Being Mindful course was well supported with a waiting list, but Lisa & Sara are about

to start a 4 week "Stress Buster" to support managing Stress & Anxiety and to shake the winter blues off.

The Stress Buster course aims to help participants;

- Increase Energy
- Develop Self Regulation
- Practice Self Care
- Develop Self-Awareness
- Learn how to relax and manage intrusive thoughts
- Increase capacity to manage life challenges more positively and effectively.
- Leave you feeling refreshed and energised

This will be the last of the Winter season courses provided by Lisa & Sara, however they are running day workshops every month on both Being Mindful, Stress & Anxiety, Healing Bodies, Healing Trauma, Couples workshops, Health Reset, Letting go of unwanted habits, Pregnancy yoga and Celebrating the Feminine. If you would like a course on a particular subject let them know! All their courses are fully accessible to anybody, or any ability.

Take a look at the Flow website or Yoga with Lisa Facebook page for dates, further details, and feedback from current participants.

For Sale

OPEN HOME
Sunday 23 August
1.30-2.30pm

All the hard work has been done on this beautiful, immaculate home up for private sale.

- Indoor/outdoor entertaining area with two decks to the front and rear and a private spa pool enclosure. Separate lounge and dining areas, Yunca log burner. Double internal access garaging, with plenty of parking.
- Two fenced paddocks and small sheep yards, large garden shed with an attached woodshed, plus chicken coop and berry enclosure on 1.25 acres.
- Established gardens are well laid out for easy care, with an established orchard.
- Vendors are committed to sell!

4 2 2

Price reduction
\$799,000

Contact Steve 027 404 0038

**54 Dolma Street,
Methven**

Soon to celebrate 120 years

Mount Somers Village residents and those driving through recently, will have noticed a change when they look up the hill to the church.

To W.A.P. Clarkson, Architect,
Christchurch.
22 August 1898

"I have carefully looked through the specifications for the Mount Somers Church and have pencilled crosses at certain places with numbers and enclose memoranda with corresponding numbers... I am not quite clear, as to how you propose to nail the iron roofing. I do not consider that the boards would give sufficient hold. Did you enquire about the corrugated iron battens to lay on top of the iron? Do you find Baltic good timber for outside door frames? I should have thought Totara would have been better... I will talk matters over with Mr. Purchas before posting this and may add a note or two afterwards. If not, you may take it for granted that this

letter is sent with his approval. I hope you will not mind my making so many notes, etc. on your specifications. We like the look of the Church in the Prospective Sketch I brought back...."

Some notes are added with Specifications returned to Mr Clarkson; 'Birch boards under iron in bell-tower would be liable to curl up. Alford Forest white pine would be better. Snow board would be required in gutter between bell-tower and Church roof. Weather boards should be primed before being fixed.'

Excerpts of letters from A.E. Peache to W.A.P. Clarkson, from the book "Quiet With the Hills - The Life of Alfred Edward Peache of Mount Somers" by Constance Gray.



Saint Aidan's Anglican Church on the hill, is once again visible from the village as it was planned to be, thanks to the extraordinary effort of Colin Bellamy and a few other helpers with their chainsaws, and to expert advice of David Millichamp.

The removal/pruning of trees now allows for better air movement around the damp side of the building.

A Celebration Service at Saint Aidan's is being held to mark the 120th Anniversary of the opening and consecration of Saint Aidan's on Sunday 6th of September 2020 at 10 a.m. All are cordially invited to attend.

continued on next page

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Bishop Peter Carrell will lead the service and this will be followed by morning tea and a time of sharing memories.

Next time you glance up to the lovely little church - the only functioning church of three formerly in Mount Somers, (Presbyterian on Inland Scenic Route 72 and St Theresa's Roman Catholic on the corner of Hoods Road and Buccleugh Street), spare a thought for the efforts of those committed persons who, over 120 years ago, planned and built both the church and it's vicarage, and for the history of this local treasure.

METHVEN RAILWAY AT THE METHVEN MUSEUM

COME AND SEE THE MODEL RAILWAY!

A new temporary display, on the Methven Railway (1880-1976), is available in the Methven Museum on the Main Street (in the Library building), during August and October.

It covers the line's private origins; construction and station details; the Methven Terminus and surviving evidence of the railway. Some typical railway apparel items held by The Plains Museum are on display.

For a limited period, Mr Ian Marr's model steam locomotive, which runs on a 5 inch track will also be on display. An illustrated talk on the railway will be given after COVID restrictions are lifted.



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Make it Legal

Four out of five Kiwis know cannabis prohibition does not work. Over 70% say that controls on possessing and growing cannabis would deliver better outcomes.

The Bill we will vote on in the referendum confines cannabis use to a home or licensed premises, brings in a minimum age (20+), has a limit on potency, puts health warnings on the packaging, reduces the illicit market, bans advertising and puts controls on growing at home.

It is the control that people are looking for! Yet, support for the Cannabis Legalisation and Control Bill still hovers around 50%. We obviously still need to give this some serious discussion and thought.

People have some concerns about what may happen if the law changes. The experience of places like Colorado and Canada which have legalised provides a useful guide as to what is likely to happen here.

Drug driving is one of these concerns. However, the American Journal Of Public Health reports, "Three years after recreational marijuana legalisation, changes in motor vehicle crash fatality rates for Washington and Colorado were not statistically different from those in similar states without recreational marijuana legalisation." Canada's police force has also noticed no increase in drivers using cannabis since legalisation in 2018.

Effective public health messaging is our best way to educate and deter impaired driving, but the illegal status of cannabis makes it much harder to put out good effective messaging that will be taken seriously.

Nor has cannabis use itself gone up much in states that have legalised. Why? Because prohibition deters very few who want to use cannabis. In Canada, youth usage is down near 10%. The group now enjoying cannabis more are 55+ folk, for both its health and recreational benefits.

Larry Wolk, the former director of the Colorado Department of Public Health puts it well: "We have not experienced any significant issues as a result of legalisation."

The law will not make cannabis "safe." What the law can do is make it safer.

The law will not make cannabis "safe." What the law can do is make it safer. On top of any potential harm from cannabis itself, prohibition generates numerous other harms; association with the criminal underworld, easy and dangerous access for youth, no

product safety standards or potency controls, profits for organised crime, and the effects of a criminal history on people's life prospects. The law isn't fit for purpose and it needs to change. A "No" vote is a vote for the failed regime that is prohibition.

The Cannabis Legalisation and Control Bill is a chance to minimise these harms. It doesn't create a cannabis market; it puts controls and regulations on the one that already exists. It's a pragmatic bill and I encourage people to find out more about it and cast "Yes" as their vote on 17 October.

Michael Smith

Make It Legal Canterbury coordinator



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Vote for your right to smoke

Annie Jacobs

The purpose of the Legalisation of Cannabis Bill is to reduce harm to individuals in our communities, however the question for many voters is; will it work? How will it work? What does it look like long term?

The Euthanasia Referendum is immediately binding, whereas the Cannabis Referendum is not. Many voters think they are voting on whether or not medicinal cannabis should be permitted. Medicinal cannabis is already legal in New Zealand, although cost prohibitive for many, as it is unsubsidised.

In the USA pre-legalisation, it was predicted that the crime rate would drop as the black market and fund supply to gangs dried up, however analysis showed it had very little, if any impact. Gangs simply continued to supply below the retail rate.

When the drinking age was lowered here a number of years ago, it was meant to

prevent under age drinking. In fact, what it did do, was give younger people access to alcohol. Emergency services, community support groups and whanau have had to, and continue to pick up the pieces since.

“Medicinal cannabis is already legal in New Zealand... although unsubsidised.”

The bill sets the legal age of cannabis use at 20 years. In 2018, 14% of 14-15 year olds reported using cannabis compared to 19% in 2012. Other countries found a significant increase in youth cannabis associated

emergency department visits following legalisation with larger numbers requiring treatment for psychiatric or acute medical symptoms following cannabis use. There is a relationship between schizophrenia and cannabis use.

In 2018, there were 95 people killed in preventable road accidents due to drug driving. The NZ Government plans to roll out roadside drug testing in New Zealand and Police will use an oral fluid test to test for drugs. Police will test for THC (cannabis), methamphetamine, opiates, cocaine, MDMA (ecstasy), and benzodiazepines. Some prescription drugs will also be tested for, but Associate Minister of Minister of Transport Julie Anne Genter said there would be a medical defence for people who were driving with drugs in accordance with their prescription, although just how this worked had not yet been developed.

Overseas information shows that there is a slight increase in cannabis consumption in adults where cannabis has been legalised.

Data in New Zealand is hard to find as recreational cannabis use is still illegal, however up to 80% of adults say they have tried it. Tested waste water in New Zealand reflects a high drug use per capita.

In legalised countries, tobacco and alcohol companies have heavily invested in the freshly created cannabis industry.

In our country, large and small corporates alike are lining up preparing for legalised cannabis use. Are we prepared for potentially the next “profiting-from-addiction based industry?” If we recognise that there are harms associated with cannabis, then legalisation is not the way to address those harms. How will access to social, health and family/whanau support be improved from our current services which are already stretched. What funding is earmarked for this?

How will the legalisation of cannabis affect businesses? The Bill will not change workplace health and safety issues and current law, however, it potentially can make it harder for employers who may have to find replacement staff at the last minute, due to an “under the influence employee” being unable to work. Right now, businesses don’t need any extra stress!

Ask questions. Do your homework and make an informed decision.

In New Zealand, we proudly take our place on the international democratic stage, giving women the right to vote, but are we as prudent and astute with our vote when it comes to thinking about the effects on a community of cannabis legalisation, or are we thinking of our rights as individuals?



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PRINCIPAL'S COLUMN

Jack Saxon

Principal - Tumuaki Mount Hutt College



"Coming together is a beginning, staying together is progress, working together is success."

Henry Ford

As I write this piece, we find ourselves once again in a changing environment characterized by increased uncertainty, anxiety and stress. Often when we find ourselves in challenging environments, the tendency is to point the finger and apportion blame. We have seen this in the media lately, where rather than acknowledge that there are times where despite the best efforts of all parties, the end result is less than ideal. Regardless of the environment, the key to success, as Henry Ford so accurately surmised, is to continue to work together. Working together in a manner that reserves judgement, yet challenges our thinking, is success.

At our school, we acknowledge that we don't get it right all the time. We encourage our wider community to come in and work alongside us, to ensure that the work we are doing for our learners continues to strengthen further. Education is a partnership between our school, whānau (family/community) and our wider community.

There are currently multiple platforms available for those that would like to come in and work alongside the school around our vision for the future. There is always space for new members on our fabulous Parent Teacher Association (PTA) who meet monthly, there are opportunities to connect directly with me every Friday at school during our weekly coffee club 10-11am, and a range of ways for you to contribute to shaping our vision for 2021 and beyond.

For those interested in contributing towards our 2021 vision, links to the introductory videos and surveys can be found on our school website and Facebook page. Meanwhile, wider community planning workshops are scheduled for later in the term. Please follow our Facebook page to keep updated as to when these will happen.

Whilst there may be more challenges on the horizon for our community and our wider team of five million, it is something that we will emerge from should we all continue to work together.

He whakatauki

- he moana pukepuke ka ekengia e te waka.

(A choppy sea can be navigated.)

Lets continue to navigate the choppy seas together whānau.



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Coding at MPS

Kia ora koutou (hello everyone),

This term the Mahuri Hub have been learning about coding in class. We are doing our best to prepare our students for the ever-changing advancements in technology by introducing students to a range of technical skills. For anyone who is uncertain about what coding is, it is about writing the script or instructions that allow us to navigate our way through computer software, apps and websites.

Teaching coding to 5 year olds is not quite what you would expect, as it doesn't always involve electronic gadgets but focuses on being methodical and following instructions. Last week in class we discussed with our students the steps to making a jam sandwich. The students were learning about giving detailed and accurate instructions on how

to make a sandwich and if the instructions weren't quite up to scratch the end result - the sandwiches, wouldn't be produced correctly. Miss McLeod did a great job demonstrating this when a student told her simply to "put butter on the bread" and she used her fingers to spread the butter on - the student's were shocked and learnt very quickly that their instructions had to be more comprehensive.

Our students loved being involved in the hands-on learning experience as they got to follow the collective instructions and make their own sandwiches. They also loved the outcome, getting to eat their jam sandwiches! It turned out to be both a great technical and practical lesson as some students were almost foreign to such tools as the humble butter knife.

The lesson was a great reminder that learning can happen in many forms. It was also very rewarding to hear that students

were keen to show off their skills at home. Annabelle came home and told her Mum; "I will make my sandwich today Mum, because I know how. We did it at school."



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Why are we learning this stuff?

This is the second article in a series of four by Dr Chris Jansen from Leadership Lab and Dr Cheryl Doig from Think Beyond that profiles the shifts that are happening in many secondary schools towards more future-focussed and flexible learning opportunities.

Learning in our schools is designed around the New Zealand Curriculum, a curriculum document that currently enables a great deal of flexibility in approach. The first half of the curriculum document focusses on a vision for developing "confident, connected life-long learners" and the second half is organised into eight key learning areas, such as English, Maths, Science and so forth, that we are all familiar with. But the world is changing and these eight learning areas do not necessarily fall neatly into the diverse range of contexts and applications that are increasingly common in our workplace and society. There is also an increasing demand for skills such as collaboration, creativity, critical thinking and communication and increasingly employers are looking for people who are able to work confidently and creatively across integrated content areas.

Until recently our secondary schools have organised their learning programmes strictly into the eight learning areas each with discreet and separate knowledge sets. The result of this is strongly defined departments with very little collaboration between them. However, many schools are now exploring integrating two or more existing learning areas by designing multidisciplinary units of work based around authentic real-world contexts. These can be known as project-based learning, curriculum integration or cross-subject learning. Some of the demonstrated benefits of these more integrated approaches to curriculum design are increased engagement levels of students and development of skills such as initiative, curiosity and problem-solving.

Rangiora High School for example has developed a connected curriculum in years 9 and 10 where students explore "passion projects" that require individual students to select topics of interest and then investigate industry sources of information in specific areas; one student is currently studying Marine Biology and Underwater Photography. Benefits reported include students feeling a strong sense of ownership by designing their own learning. Scott Wright (Deputy Principal) describes the school's focus on slowly putting control back towards students: "Students can do it if they are given a chance."

In Canterbury during 2018, the NCEA kickstart project involved ten secondary schools exploring ways that they could merge traditionally siloed subjects at senior secondary level by co-designing assessment tasks to fit more than one subject area. NZQA (New Zealand Qualifications Authority), assisted by critiquing the tasks to ensure reliability and validity at NCEA Level 1. This resulted in a range of cross-curricular assessments that allows students to experience success from a number of achievement standards from different subject-related domains. One school has since established an innovative integrated prototype class of Year 11 students who spend the majority of their week working with several teachers in a cross-curricular collaborative environment to learn and achieve successfully at NCEA Level 1.

Finally, some schools are interested in exploring new knowledge that is being generated at an exponential rate across the globe, with strong themes of technological change, environmental sustainability and local/global connections as drivers. New school subjects and blocks of learning are the result, for example, the St Thomas of Canterbury curriculum includes subjects such

as Sustainability (a combination of History, Geography and Biology) and a Forensics course (a combination of Science, Maths and Technology).

From a wider perspective, ChristchurchNZ is developing Supernodes which focus on high growth industries, namely Future Transport and Aerospace, Health-tec and Resilient Communities and Future Food, Fibre and AgriTech. Local secondary schools are showing an interest in using such resources to develop new models of curriculum, intentional curriculum design and future pathways for learners. Changes to curriculum have implications for the training and recruitment of teachers, qualification structures and models of ongoing professional learning so that students have access to a future-focussed and flexible curriculum while at school.

The above is the first of a series of articles which will feature in Snowfed for their relevance, over the coming weeks.

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Water testing with Room 1

On Monday, 10th August, the Room 1 students at OLS ventured on a field trip to a stream in Methven to be young scientists.

We used a School Kit where we used different ways to measure the health of a water body. There were a series of unique tests with apparatus that were assigned to students to conduct at the site. Before we headed out, we spent a few weeks familiarising ourselves with all the equipment and vocabulary that we would need to understand. We also spent time researching different species of plants and animals that we may encounter.

Here is what the students had to say:

"When we got to the waterway, Mrs Naidoo marked each metre with a marker so we could find and research a zone equally. In my zone, I got things that came from animals! I found a hedgehog quill, a rat jaw and also a stick-cased caddis." **Matthew, Y6.**

"The reason we went was because they are testing all the local creeks to see how healthy our water ways are." **Isabel, Y6.**

"We tested the temperature and we measured the width, length and depth. We also tested the clarity of the stream." **Lucy, Y8.**

"The water flow test was my favourite test of the day. My least favourite part was when I got in the water. We found lots of living species." **Elliott, Y4.**

"We all had gumboots to go in the water. I thought that I had small boots but they were just right. When we got in the water, it was squishy. The water flow was a bit strong. It almost felt like it pushed me. Then Matthew found a stick-cased caddis, it laid two fascinating eggs." **Alex, Y4.**

"When I stepped into the water, I was so



freezing cold, it felt like I was in the North Pole. I tested how cold the water was using a thermometer, I also checked how clean the water was." **Katalina, Y4.**

I forgot my gumboots and water proof clothes so I was just recording. We used oranges to see how fast the stream was going and we used a thermometer to see how cold it was in different areas. It was really fun!" **George, Y3.**



On the bank there were loads of periphyton. After that I took the temperature of my water, it was 4.9°C. I kept falling over. After that I was freezing cold." **Harry, Y7.**

The students took so much away from this experience. One of the favourites were classifying the different species that they had found. This stimulated many conversations between students of different ages which was fantastic! Every student was engaged, even the ones that forgot their gumboots!

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Calcium - more than just Bone Health!

We all know we need calcium for strong bones. Around 99% of our body's calcium is stored in our skeleton and teeth. However, the remaining 1% in our bloodstream plays a critical role in a number of functions.

These functions include aiding the electrical system of the heart, blood coagulation, muscle contractions, and functioning of the nervous system. It also acts like a 'co-pilot' in different metabolic reactions around the body helping them to run effectively.

The recommended daily requirements of calcium are 1,000mg for healthy adult males aged 19–70 years and females aged 19–50 years. As bone loss accelerates after menopause in women and men over 70 years, calcium requirements increase to 1,300mg daily. Children aged 12–18 years also require more calcium (1,300mg). Think of consuming calcium like saving for your retirement, although you may not see the benefits now, consuming calcium each day will mean you have good calcium savings for retirement (aka good bone health). Lack of savings in the bone bank now can lead to frail and porous bones later in life, otherwise known as osteoporosis.

Dairy products are without a doubt some of the richest food sources of calcium, but not the only sources. As an example, $\frac{3}{4}$ cup (180g) of the "Anchor Protein +" unsweetened yoghurt will provide you with 357mg of calcium, or 1 cup (250mL) of calci-trim/ yellow top milk will provide you with 457mg of calcium. If you were to include these two foods with your breakfast you have already met 81% of your calcium requirements for the day – easy! Where it can become more difficult is for people who do not consume dairy due to intolerance, allergies, or personal beliefs. For people consuming a dairy-free diet it is important to be really smart about consuming calcium from non-dairy sources. Additionally, like other minerals such as iron, the bioavailability of the mineral needs to be considered, which basically means how much of that mineral can be absorbed from the food consumed. For example, you can consider spinach as a dairy-free calcium source with half a cup of cooked spinach containing around 130mg of calcium, but only 5% of this is absorbed as it has low bioavailability.

Calcium food source inspiration:

- 40g Edam cheese 396mg
- 2 poached eggs 50mg
- 1 cup blackberries 77mg
- Regular latte 275mg
- 2 dried figs 64mg
- 2 slices grainy bread 40mg
- 125g cottage cheese 95mg
- 250mL fortified soy milk 400mg*
- 30g almond 75mg
- 90g canned sardines 300mg

*When choosing dairy-free milks ensure

they are fortified with calcium at levels of 120mg/100mL or more.

Myth busting on dairy

Dairy products are high in sugar. FALSE. Unsweetened yoghurts and milk alongside cheese do not have added sugar. The only sugar in these products is natural sugar from the cow called lactose. Lactose sugar in unsweetened milk naturally occurs in quantities of 4.8g/100mL.

Dairy causes weight gain. FALSE. Research has shown people who included three servings of dairy on calorie-controlled diets lost more weight than people who consumed less dairy.

Lactose intolerance is the same as dairy intolerance. FALSE. People with lactose intolerance can typically consume a certain amount of lactose without symptoms. Some dairy products such as hard cheeses have very little to no lactose in them and are tolerated very well.



Cushla Holdaway

NZ Registered Dietitian
BSc Human Nutrition, MDiet
(University of Otago)
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This course is available only for rural people (including townships), *but not for teenagers learning to drive.*

You can register right up until Monday 31 August.



To register, please contact Wendy Hewitt
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GROW YOUR OWN

Mary Ralston

My tomato and lettuce seeds that were planted in seed raising mix and placed on a heated bed have germinated. I put the trays of seedlings in the greenhouse for maximum light, but brought them back inside on the really cold frosty nights we have had lately, in case they got frosted. I'll prick them out into individual pots once they're a bit bigger.



The recent warm sunny days prompted me to get serious in the tunnelhouse, which I had ignored all winter. I weeded and dug in preparation for planting lettuce, silverbeet, spinach, peas and broccoli.

Spinach and silver beet grow well in cool spring weather, but may bolt by late summer. Still, it's worth planting some in spring to get some nice early greens. I plant all these in the tunnelhouse because it protects them from the elements but it doesn't get too hot like the greenhouse. It also prevents the birds eating them – if I planted them outside I would have to cover them with netting.

Planting in stages is a better plan than doing it all at once. The crops that like cooler weather go in first (of course), such as the aforementioned lettuce, silverbeet and spinach. Potatoes can also go in early (but not yet); even though they are vulnerable to frost they grow well in cool conditions. Peas like cool weather – they can be sown from September onwards.

Brassicas are very adaptable – they tolerate cool weather but can also manage heat if they have plenty of water. I think it's best either to plant early or late: I will buy punnets of broccoli, cabbage and cauli seedlings and plant them soon, and not plant more until autumn as I'd prefer to eat "real" summer veges (beans, zucchinis, etc) during summer.

In the outside garden, I've dug up the rest of the parsnips as they were starting to produce new green tops, which means they will soon start to bolt (going to the reproductive phase which makes them tough to eat). Leeks and carrots are also not far away from bolting so use them up soon too.

Happy gardening – spring is not far away!

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METHVEN GOLF CLUB

Moyes Pennant Team into Final

The Moyes Pennant Team has reached the final of the Mid Canterbury Pennants. The team won 12-5 yesterday at Methven to remain unbeaten. Captain Peter Kemp, was thrilled with the result but now has the difficult task of deciding which players will play in the final at Tinwald against Rakaia, unbeaten in the other section.

The Low handicap team tried valiantly against the strong Ashburton team but came up short, likewise the Ladies team at Mayfield.

The first round of the championships began on Saturday with several tight matches highlighted by Piers Rolton winning on the 20th against Frikkie Greybe.

Steve Schwass had the best nett score while Dayle Lucas the best gross with a 72 the same score as Steve Schwass and Alister Maxwell achieved last week.

Last week there was superb scoring. To win a prize you had to have a nett 68 or better. Steven Schwass in the Senior Grade had a superb 72 and nett 66. He was matched by Alister Maxwell with a gross 72 and John Robinson with a Nett 66 winning Junior B. Jim Lattimore and Paddy Helmore were close behind.

In the Ladies last week Sharon Burrell – Smith and Margaret Kelk had superb 64s while consistent Bev Isherwood had a 69.

Championship matches continue this week.

Mens Results 15 August

Senior: Steve Schwass 74-6-68 by lot. **Intermediate:** Phil Johnson 81-11-70 by lot. **Junior A:** Rod Carson 90-19-71. **Junior B:** Bruce Dickson 91-22-69

Other Good Scores: 68 Greg Overall. 69 Dayle Lucas. 70 Gavin Murray. 71 Paddy Helmore, Alister Maxwell. 72 Neil McArther, Frekkie Greybie, Phil Elliott. 73 Ian Lucas, Piers Rolton.

Two's: Gary Kermode, Peter Harper.

Dubliner Best Nett: Steve Schwass 68 by lot. **Methven Foursquare Second Best Nett:** Greg Overall 68. **Bar Voucher Best Gross:** Dayle Lucas 72.

Closest to the Pins-Aqua Japanese No4: Jim Lattimore. **Bar Voucher No6:** Frikkie Greybie. **Ski Time No13:** Graeme Gunn. **Green Parrot No17:** Matt Guncan. **Hunters Wines No14:** Neil McArther.

Next Week 22nd August: 2nd Round Club Champs, Blue Tees. Tee Times Intermediate 12pm, Junior A 12.25, Junior B 12.30 Senior 12.40. Everyone else 12.30.

Ladies Golf 12 August

4th Margaret Lilley Putting: Roz Grant 27, Tania Wilson 29, Wendy Wareing 29.

Putting Teams: Sharon Burrell-Smith, Heather Middleton 92, Heather Santy.

Best Scores: Sharon Burrell Smith 92-30-64, Marg Kelk 102-38-64, Bev Isherwood 98-29-69.

Aqua Japanese Restaurant Best Nett Of the Day: Sharon Burrell-Smith 64 C/B

Nearest the Pins: No4 Open Methven Foursquare Robbie Maw, **No17 Open Supervalve** Sharon Burrell-Smith, **No13 Open&Br B Methven Travel** Sandra Marr, **No6 Open Methven Pharmacy** Jenny Senior, **No6 Sat Girls The Surprise Hole** Not Played

Twos and Nett Eagles: Gail Limbrick x2, Sharon Burrell-Smith, Marg Kelk.

BRIDGE

N/S

Hilary Guild/Peter Wilson 68.06%

Val Brown/Mary Stone 45.83%

Janet Cuttle/Heather Santy 36.11%

E/W

Willie Ensor/Bob Todhunter 72.22%

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At the Footy



Photo courtesy of Clayton Yaxley

Methven FC 7 V Cashmere Sweaters 0

Ruthless Methven leave opponents sweating in drubbing

Conditions were perfect at the inception of this match, with the Mountaineers looking to avenge their draw to Cashmere earlier in the season.

A simply fantastic performance from the Mountaineers from start to finish, embracing their first clean sheet of the campaign with a notable contribution by stand in keeper Marty Fitzgerald, who remained switched on when needed. In particular saving a one on one chance with his outstretched leg. Ice cream man, James Wasley may find himself frozen out with Fitzgerald scooping performances of this nature.

Unfortunately, in division 6, Methven International continued their barren run of collecting points, beaten 0-3 away to Hornby United AFC.

Methven FC will now get a week off before playing Ferrymead Bays Keen Lads at the Methven Bowling Alley on the 29th August. Methven International will however be gracing this hallowed turf this coming Saturday when they take on Papanui- Redwood AFC Kingz.

HOCKEY

10-15 August

R & R Spreading

Methven White v -Tinwald Draw
1-1 POD Stacey Hayes

1st Grade Women

Methven v Hampstead Draw
1-1

Year 5 Methven v-Tinwald
Foothills Lost 2-4 POD Toby
Lemon

Year 7/8 Methven v - Tinwald
Orange won 4-1 POD Charlie
Morris

Year 4 Methven Yr 4 v Tinwald
Foothills Lost 2-4 POD Charlie
Russell

Year 6 Methven Black v
Collegians Won 5-0 POD Ella
Quinn

Year 3 Methven Yr 3 Won 5-1
POD Claire Copland

SQUASH RACQUET CLUB

Club Champs Results and Winners

Mens A Grade: Mitch Sim, **Mens B Grade:** Elliot Nicolson, **Mens C Grade:** James McKenzie, **Mens D Grade:** Brendon Ridgen, **Ladies A Grade:** Leah Mee, **Ladies B Grade:** Erica Dynes.

Club Awards

Most Improved Male Player: Hamish Hunter-Letham. **Most Improved Female Player:** Erica Dynes. **Sportsmanship:** Cameron Glass.

Interclub

Division 4 Winners: Methven Hamish Stoddart, Tim Gibbs, George Mannering, Henry Watson, Mike Wilson, Rob Millar, Hamish Hunter-Letham.

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14 - 20 August



David Butterick 65
Tony Blake 54
Hayden Dove 17
Rachel Clark 40
Colin Keane 88
Benjamin Ritchie 19
Mini Hepburn 17
William Bowmer 3
Alana Turnbull 42
Michele Chambers 37
Owen Hende 9
Elise Manning 21
Brenton Connell 32
Skyla Williams 5
Gary Russell 50
Eric Meaclem 64
Pam Saxon 61
Shino Allen 64
Kelvin Williams 50
Sam Gregory 28
Anna Poole 27
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James Fleming 27

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\$980,000
View
by appointment

 **Shirley Fitzgerald**
027 220 1528

rwashburton.co.nz/AHB22671

Mid Canterbury Real Estate Limited Licensed (REAA 2008)




20 Dolma Street, Methven

- 4226m2 section with title
- This is where town meets country
- Fully fenced
- Close to all schools
- Walking distance to town centre

For Sale
\$340,000

View
by appointment

 **Shirley Fitzgerald**
027 220 1528

rwashburton.co.nz/AHB22450

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



9/45 Racecourse Avenue, Methven

3 2 2

Fully managed luxury holiday apartment. Three bedrooms, two bathrooms, laundry facilities, master bedroom & ensuite can be separate lockable studio unit. Fully self contained. Available to owners 20 days in winter and 10 days in summer. Shows good returns.

For Sale
\$349,000 + GST (if any)
View
by appointment

 **Margaret Feiss**
021 751 009

rwashburton.co.nz/AHB21622

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



Camrose Subdivision, Methven

- Stage 1 & 2 SOLD
- Stage 3/4 titles available - selling now
- Stage 5/6 new release (subject to survey & title)
- Sections ranging in size from 725m2 - 970m2

For Sale
price on application
View
by appointment

 **Margaret Feiss**
021 751 009
 **Shirley Fitzgerald**
0272 201 528

rwashburton.co.nz/AHB22363

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



Thymestream, Mt Harding Road, Methven

- 16 prime 4,000+m2 rural residential lots
- Water, power and fibre to boundaries
- All lots fenced with sealed vehicle crossings
- Community walkway along stream edge & farmland

For Sale
1st release SOLD
2nd release lot 5
3rd release lot 10 & 11

View
by appointment

 **Margaret Feiss**
021 751 009

rwashburton.co.nz/AHB22028

Mid Canterbury Real Estate Limited Licensed (REAA 2008)



Principal: Jill Quaid
0274 376 755



Margaret Feiss
021 751 009



Shirley Fitzgerald
0272 201 528



Robyn Lilley
03 303 3032

36 McMillan Street, Methven 03 303 3032

rwashburton.co.nz