

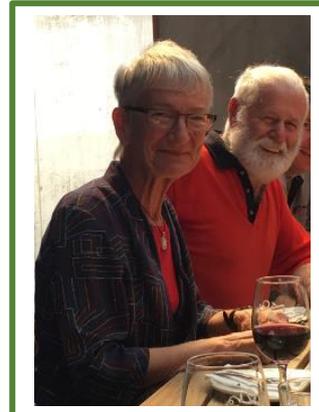


UPCOMING EVENTS

See Moodle for more details

- Every Tuesday – Friday (term time) Yoga – 8 am
- 12 April – Term 1 ends
- 19 – 22 April – Easter
- 25 April – Anzac Day
- 26 April – College closed
- 29 April – Semester 1, Term 2 starts

Quote of the month:



Last week was a time of fond farewells, as we said our goodbyes to Patsy and Alan. We wish them all the very best as they embark on a new chapter of their life. They will be doing some travelling within New Zealand, some house-sitting and eventually house-hunting! Go well Patsy and Alan, you are both an inspiration.

What are our 2018 graduates up to?

This month we catch up with Jane McClurg.....



“After the whirlwind that was the final year of my naturopathic degree and a short break, I have been busy setting up my new naturopathic and massage practice Blend Wellness. The late nights studying have been replaced with late nights setting up the website, accounts with suppliers, booking system, and so much more!

I am blessed to already have a busy massage practice which keeps things ticking over and I have had a few follow ups from my college clients and a few new naturopathic clients. It’s exciting and daunting when you get a new naturopathic booking without the “safety net” of supervisor and classmates, but with great support from suppliers plus class and association Facebook groups there is help at hand. My top tips for post degree:

1. Take a break, like a real one...go camping, get off the grid and unwind.
2. Tee up a buddy or two from class that you can touch base with on the good, the bad and the ugly!
3. Set up that class Facebook group for more general questions and connection
4. Take your time, don’t rush but do the least favourite things first (accounts!), then have fun designing your logo.
5. Don’t make up too many herbal tinctures for yourself...it’s tempting, but you’re drinking your profits. Ha ha!

Keeping in the theme of chocolate, this lovely recipe from the book Livia’s Kitchen:

LIVIA’S CHOCOLATE & ORANGE CARMEL TART

FOR THE TART

165g soft Medjool dates, 155g almonds, 130g pecans, ¼ tsp salt and a small amount of softened coconut oil, for greasing the dish.

FOR THE ORANGE CARMEL

350g pitted soft Medjool dates, 3 tablespoons softened raw coconut oil, 300 ml fresh orange juice, 2 tablespoons orange zest, 1.4 tsp salt.

FOR THE CHOCOLATE TORTE

150g Oat milk (or Almond milk), 125g almond butter, 125g soft pitted Medjool dates, 3 tablespoons of cacao powder

METHOD:

Preheat the oven to 180 deg C and grease a 24cm tart tin. Now make the crust: with a food processor, crush the nuts with the pitted dates and salt until the nuts are in very small pieces and the dates make the mixture gooey. Use your hands to check the stickiness of the mix. It should all bind together well. If not, then use a few extra dates and pulse the mix again. Place the mix in the pie dish and, with your hand, flatten it out across the base and the sides. Make sure it is evenly spread across the dish. Bake for 8 minutes, until it begins to firm and brown slightly. While this bakes make the orange caramel. Simply add all the ingredients to a food processor. Blitz until the mixture is thick and sticky and there are no visible dates. Take the crust out of the oven and spread the orange caramel over the base. Then make the chocolate torte. Mix all the ingredients for the torte in a food processor and then place over the orange caramel. Bake the cake tart in the oven for 15-20 minutes until the chocolate torte is firm but not too hard. Leave to set in the fridge for at least 30 minutes before serving. Before serving sprinkle the orange zest over the top.



Recycling Update

The efforts of most are paying off and we have reduced our waste even further. Just the odd food packaging left lying around. Please take this home with you! Thank you for your continued support.