



UPCOMING EVENTS

See Moodle for more details

Every Tuesday – Friday (term time) Yoga – 8 am

13 May - Semester 2 Course selection for students enrolled in current programmes open

18-19 May - On-site weekend – BNat MNed

3 June - Queen's Birthday

GUMBOOT FRIDAY

Thanks to all of you that participated and donated on Gumboot Friday. We raised \$50.20 towards this worthy cause.



Quote of the month

Singing in the shower
Is all fun and games
Until you get
Shampoo
in your mouth,
Then it just
Becomes a soap opera.



This month's recipe taken from the magazine "thisNZLife" is a yummy Topsy Turvey Feijoa Cake



You will need: a 22cm springform tin, baking paper cut to fit in the bottom and up the sides in one piece (to stop the caramel dripping out onto the bottom of the oven and burning)

INGREDIENTS

Caramel:

65g butter & 1/2 cup brown sugar

Cake:

4-6 feijoas	125g butter
3/4 cup brown sugar	2 large eggs
2/3 cup sour cream or thick Greek yoghurt	
1 1/3 cups flour	2 tsp baking powder
1/4 tsp salt	1 tsp ground ginger
1 tsp ground cinnamon	

METHOD

Preheat your oven to 180 C.

Line the tin and peel and slice the feijoas.

To make the caramel, put the butter and sugar into a small pot and heat until simmering. Whisk for 2 minutes until it just starts to peel away from the sides of the pot. Quickly spread out in the bottom of the springform tin using a spatula. Place the feijoa slices onto the caramel.

Cream the second lot of butter and sugar together until smooth, followed by the eggs, one by one. Add the sour cream or yoghurt and beat or whisk in until smooth.

Sift the dry ingredients together into a separate bowl and then fold into the wet mix.

Pour over the feijoas and caramel and bake for 45-50 minutes until a skewer comes out clean.

Let the cake sit for 15 minutes and then release the springform ring. Place a plate over the cake and flip it over, then carefully remove the base of the tin and the baking paper. **ENJOY!**

What are our 2018 graduates up to?

This month we catch up with

Sophia Goodare.....



After completing my Bachelor of Natural Medicine degree in December last year, I managed to grab a quick, and if I'm honest, not an entirely well-behaved break away, with close friends and family. I'm all about balance in life, and that break was what I needed to celebrate my achievements, and to reset before the new exciting year ahead.

I then returned to full-time work as a Beauty Therapist, which has been my occupation for over thirteen years. During my spare time, I began setting up my business. With the help of some wonderful friends who assisted with business direction, branding, marketing, and support for entering the scary world of self-employment, in early March I launched my new venture: State of Health.

I currently now work three days as a Beauty Therapist, and two days as a Medical Herbalist for State of Health out of Loft Beauty Clinic in Mt Eden.

Since leaving South Pacific, I've realised just how important it is to have a group of friends to catch up with, bounce ideas around with, share experiences, encourage each other, and have as a support network. I was very fortunate to have a year group that included many awesome and talented individuals, who I am still strongly connected with via our social media page.

What advice would I give to others opening their own practice? Work on building, maintaining and utilising any connections you have made over the years. Ask for help, stay connected, be brave and remember the end goal of all this hard work is seeing that pivotal moment when you have been able to change someone's health for the better.