



UPCOMING EVENTS

See Moodle for more details

Every Tuesday, Wednesday and Friday in term time
7.45 – 8.15 am – YOGA in the Weleda Classroom

25 Nov – Study Week

FUNNY OF THE MONTH



NEW STAFF MEMBER



We welcome Sylvan Lockie as our A & P 2 tutor this semester. Sylvan is a registered nurse with 20 years' experience in nursing in New Zealand and overseas, as well as 6 years' practicing as an Osteopath.

What are our 2018 graduates up to?

This month we catch up with
Rebecca George.....



When I graduated I still hadn't completely decided what path to take - seek employment or start my own practice. I took a month off post-graduation to enjoy Christmas and the summer holidays with my family, which was perfect. I thought I'd set up my own clinic at home while I was figuring it all out. I had ordered enough herbs throughout my study to practically kit out a dispensary! It felt great to hang my degree on the wall and get some business cards printed! When clients started booking in via word of mouth referrals, with not an ounce of advertising on my part, it felt surreal. People are paying me to advise them!

Eleven months in I continue with the part time role (in another industry) I've had for many years (approx. 12 hours a week). This allows me to continue to build up my practice without feeling huge financial pressure. I am rapt to have started practising as a Registered Naturopath thanks to my qualification. I have also just completed my second shift where I now work a day a week at Huckleberry in Browns Bay. It'll be great to learn more about products and meet with reps which will enhance my knowledge and my own clinical practice further. I love my clinic work but I still spend a lot of time with my nose in my books, researching for clients. Being instore forces me to flex my recall muscle when dealing with clients presenting for answers right in front of me!

I am hugely thankful for the support of the team at SPCNM, and the fantastic education I received. I love what I do, and I love the difference we can make in people's lives. Well done to all of you, you've nearly completed another year and for some of you amazing souls, you're almost graduated!! Congratulations to you all, this is just the beginning!

LOW-SUGAR ORANGE KUMARA BROWNIES



Ingredients: 1 cup cooked, mashed golden kumara (peeled before cooking); half cup smooth nut butter (options: peanut, cashew, almond); 2 tbsp maple syrup or rice malt; quarter cup melted coconut oil; quarter cup cocoa or raw cacao powder. Optional: handful of carob or chocolate chips or coarsely chopped nuts.

Method: Stir the maple syrup and melted coconut into the nut butter and add to the cooled mashed kumara. Fold in the cocoa or raw cacao powder and the chips until the mixture is smooth. It will make an almost dough-like ball. Press into a lined sponge roll tin and bake for 20 minutes at 180 deg C. Cool before slicing. This recipe makes quite a thin brownie so if you want a thicker one, make one and a half times the mixture. Recipe from: [thisNZLife](#) magazine.

CUTLERY AMNESTY

Could the students who have inadvertently taken cutlery home from Cheal Cottage please make an effort to return it please. A new set of cutlery was put in Cheal approx. 4 months ago and a lot of it has gone – mainly the forks and spoons. Thank you

Seeing a spider
in my room
isn't scary.
It's scary when
it disappears.