



UPCOMING EVENTS

See Moodle for more details

26 November – Beginning of Study Week
3 December – Beginning of Test Week
7 December – Semester 2 – Term 4 Ends
11 December – Reiki-share (Lynne Walker)
14 December - Graduation



Funny of the month

Darth Vader's rarely
photographed wife



-Ella.
Ella Vader.

A yummy dessert idea for Christmas Day



Raspberry, Banana and Coconut Raw Cheesecake

(Gluten and Dairy free)

Base:

1 cup walnuts, 1 cup almonds, ½ cup dates (soak in hot water for 10 minutes before using), 2 tbsps cocoa, ¼ cup coconut, 2 tbsps coconut oil, melted.

Filling:

2 cups cashews, soaked for at least 3 hours, or preferably overnight in water, 2 bananas, 2/3 cup melted coconut oil, ¼ cup coconut cream, 1 tbsp melted cacao butter (helps set it hard – but if you don't have any just leave it out), ½ cup honey, ½ lemon juice, 2 tsps vanilla essence, 2 cups raspberries.

For the base:

Blend the nuts in a food processor until fine. It doesn't matter if there are some chunky bits as these make the base have a yummy crunchy texture. Add the remaining ingredients and blend until the mixture sticks together well when squished. Press into a 9-inch spring form tin. (If you want a higher cake, use a smaller tin).

For the filling:

Pop all ingredients, except the raspberries, in the food processor and blend until you get a silky-smooth mixture. You'll need to stop the food processor and scrape the mixture down the sides a few times to get the mixture just right. Set aside half the mixture from the food processor into a separate bowl, then add the berries to the food processor and blend again.

Now for the fun part:

To make the pretty colour swirl, add one big spoonful of the banana/cashew mixture in to the base, then a scoop of the raspberry mixture on top. Keep doing this until all the mixture is used up and in the tin. Pop in the fridge to set overnight (or if impatient – the freezer – should be ready 5-6 hours in the freezer. Enjoy!





GUTTER GARDEN



Saw this great idea in This New Zealand Life magazine:
<https://thisnzlife.co.nz/diy-project-build-a-vertical-gutter-garden-for-growing-salad-greens/>

This smart stand-alone “gutter garden” would look good on a deck, patio or an external wall. It has a shallow base and best suits shallow-rooted plants. It is possible to re-purpose old guttering and timber. Make sure you allow plenty of room between each gutter to give plants plenty of light and room to grow.

The Ashton Wylie Charitable Trust are holding an international well-being conference in Takapuna in April 2019.

We would like to offer 3 scholarships to your students, for the attendance to this conference.

The Trust is bringing world renowned scientists, integrative medical doctors, and practitioners from the UK and USA to share their knowledge with us. None of the speakers have been to NZ before, so this is a unique and powerful opportunity to learn cutting edge integrative health and well-being ideas and techniques.

The students can apply for the scholarship by submitting a 300 word summary about why they would like to attend the conference, and their CV, to scholarships@awct.org.nz The deadline for submissions is 28th February and winners announced on 18th March 2019.

This ground breaking international conference is for anyone interested in integrative health as well as practitioners and physicians. For more information please check out:
<http://www.awct.org.nz/conference/conference.asp>.

***An end of year message
from the College Director,
Patsy Paxton***



We are fast approaching the end of the year which will conclude with the excitement of our 2018 BNatMed and NZCertS&CP(L4) graduation on Friday 14 December at Waipuna Lodge. We are so looking forward to sharing this wonderful occasion with you and your loved ones.

Our 2018 Graduation will bring to a conclusion a very busy year for us all. The College underwent three separate audits by the NZQA and our funding body, the Tertiary Education Commission (TEC) over the July – August period, and I personally thank all of the SPCNM Community for the important role they played in this process, either with assisting in preparation or making themselves available to be interviewed, or both.

I wish you all a lovely, relaxing break, whatever you decide to do.

Those of you who will be returning in 2019 will find a newly repainted exterior and other refurbishment, which promise to perk up our beautiful College even more.

