 THE SPCNM newsletter

**September 2022**

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It was fantastic and incredibly moving to be able to attend graduation recently, "In Person" and with an audience no less.

Not only did we see 30 of the 39 graduates attending, but 6 of the 39 graduated "with distinction". This is an amazing accomplishment in the best of times, and for these students to have achieved this level of excellence after the past two covid affected years is awe inspiring. It made me so proud to be able to think "I graduated from this place".

Seeing these graduates complete their studies in these numbers and in this manner is a testament to the calibre and fortitude of our staff who have gone above and beyond in supporting their students over the past two incredibly challenging years.

Not only was academic excellence celebrated, but the college's heart and soul was clearly on display.  How many bachelor graduations do you go to where every student leaving the stage receives a heartfelt hug from the clinical director. Well done to our amazing MC for keeping it together!

It is a pleasure to be able to remain connected to the college and its staff by serving on the board. SPCNM really is a unique and special place.

 **THE SPCNM NEWSLETTER**

**Graduation 2021**

***by Mike Eyres***

Graduate 2016

Current Board Member

***Robyn***

***Our EER***

The big news and the reason for the smiles all around is that the College has received an excellent report back from NZQA. We have achieved Category 1 status, which is the highest possible, but we were also rated as excellent for every single area of assessment. I’m delighted and I really want to thank all our staff for their hard work and dedication. Thanks to everyone who participated in the EER by speaking with the panel. This is a great moment for the College. The EER cycle is four years (so we now start preparing for 2026!)

***Events***

There are lots of events coming up:

* Firstly, it’s not too late to sign up for the online course with Simon Mills. It is aimed at graduates with the focus of “learning from our clients”, looking at naturopathic assessment skills. There are 6 sessions (2 sessions have taken place, but they are recorded) and it is recommended that you attend on-campus. $276. The remaining dates are 29 September, 13 & 27 October and 10 November. Please email Robyn if interested.
* **Thursday, 22 September** – Open Day for potentialnew students. There are 2 sessions – 10 am – 12pm and 4 pm – 6 pm
* **Thursday, 20 October** – Cultural Day organised by the Tauira hub
* **Friday, 28 October** – Noho Marae for our Rongoa class and last year’s class
* **Saturday, 29 October** – Immersion Day – it’s a Saturday. We have a great day planned, including our keynote speaker Dr Sandra Clair, founder of Artemis and herbal researcher
* **Friday, Saturday & Sunday, November** **4-6** – Waitaia weekend – have an extra Rongoā Māori experience in the Te Ngahere. Email Robyn
* **Saturday & Sunday November 12-13** – Go Green Expo, North Shore Event Centre. We have a stall at the expo – come and see us! Please contact me if you would like to spend some time minding the stall

…and then it’s nearly Xmas, after your end of year assessments

***Administration***

**Course Enrolment**:

It is course enrolment time for 2023 (years 1 and 2). You will hear from one of the enrolment team shortly with instructions on what you need to do.

**Course Survey:**

You will have just received a course survey to complete too. We are sending this survey now focused on your courses. There will be a further survey at the end of the year asking for more of an overview. Thanks for providing us with this great information!

***Holidays***

\* Last day of term is Friday 23 September.

\* Monday 26 September is now a statutory day to honour Queen Elizabeth.

\* Please note that we are closing the College to students from 3-7 October, the second week of the holidays.

***See you back on 10 October for a short 7-week term***

**Auckland students**

We would **LOVE** to see more of you back here attending on-campus. We get lonely (especially Catherine 😊)

***Wishing you a good break with lots of rest,***

***Take care***

![A person smiling for the camera

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**Kia ora koutou**

**What a quick term that was!**

**The only person you should try to be better than, is the person you were yesterday.**

**Kākāpō Recovery Programme**.

Whenua Hou (Codfish Island) is a small island off the Western Coast of Stewart Island and home to New Zealand’s largest breeding population of kākāpō. The island is closed to visitors but at the end of July I was lucky enough to spend two weeks on it volunteering for DOC as part of their Kākāpō Recovery Programme.

Kākāpō are critically endangered and endemic to New Zealand. They only breed every two to three years when Rimu trees bear masses of fruit (known as a mast year). They last bred in 2019 when 73 birds were added to the population. This breeding year, another 55 chicks were born, bringing the total number of Kākāpō in New Zealand to 252.

As one of two feed-out volunteers, I was responsible for cleaning and replenishing various supplementary feed-out stations on the island. A feed-out station usually consisted of a container that held the cereal pellets, a smart hopper that only let certain birds in (each bird is microchipped and fitted with a transmitter), a set of scales that allowed the DOC rangers to keep an eye on the weight of each bird, plus a data logger that recorded all the information.

The island was reasonably hilly and was mapped into six different routes with up to 6 feed out stations on each. There were many other birds on the island, such as Kākā, Kakariki, Mohua, and penguins and petrels which made walking around my designated route for the day very entertaining particularly as Kākāpō are nocturnal so the chances of actually seeing one without being with a ranger are pretty remote.

Nights were spent watching movies, playing table tennis, Sip’n’Paint, making gingerbread creations, or arguing over board games. We even braved the Southern Ocean for an icy 6°C mid-winter swim. The hut was luxurious by DOC standards with a shower and a pantry any Four Square would die for. Two young DOC rangers were there during my stint on the island and I was humbled by how dedicated they were to their job and the lengths they went to make sure every bird survived.

For anyone interested in volunteering in the future (the next breeding season will likely be 2024 or 2025), follow Kākāpō recovery on Facebook or look for Kākāpō recovery on the DOC website. It pays to have some backcountry skills, so you don’t get lost in the forest, and you need to be prepared to stay for a minimum of two weeks. But it's great fun, an awesome insight and experience, plus a great way (if not the only way) to hang out with some pretty cool birds.

***Written by Carmen Fookes***

***Year 1 SPCNM student***





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***Wayne has previously made these yummy lime and ginger energy bites in class. He kindly passed on the recipe which is from the Deliciously Ella Every Day book***

**LIME AND GINGER**

**ENERGY BITES**

125g cashews

Large handful of pumpkin seeds

1 tablespoon chia seeds

200g medjool dates, pitted

Juice of 1 lime

3 teaspoons ground ginger

Place the cashews and pumpkin seeds into a food processor and blend for 30 seconds, until the nuts and seeds are crushed but have not yet become a flour.

Add the dates to the mix with the ground ginger and lime juice and blend until it becomes nice and sticky.

Scoop 2 teaspoons of the mix into your hand and roll it into a ball. Repeat until all the mixture has been used up.

Place the bites into the freezer for 1 hour to set, then store in the fridge.

**Woodward, E. (2016).  *Deliciously Ella every day*.**

**Yellow Kite.**

A plate of food

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**People said follow your dreams**



**So I went back to bed!**



Thank you to all who have donated to the two past collections for the Auckland City Mission this year. We are currently collecting for Christmas and would appreciate donations of toiletries and non-perishable food items.

**CITY MISSION**

**COLLECTION**

**FOR CHRISTMAS**



**PAUA CLINIC**

**CLIENTS NEEDED**

Please support the 3rd year students. They are currently looking for new clients – remember as a student you get free consultations and 10% off remedies, etc from the dispensary.

**Please email:** [**karen.wesseling@spcnm.ac.nz**](mailto:karen.wesseling@spcnm.ac.nz)

**to make an appointment.**