



A message from the College Board of Trustees



Welcome back to everyone in the SPCNM family, we're excited to see both students and staff all fully back and the college heaving with life again. Currently the Board of Trustees is busy working on the strategic plan for 2020-2022, which we'll be presenting at the SPCNM AGM in May. The strategic plan lays out the results we intend for the college over the next couple of years and how we're going to fulfil our founders' wishes to promote natural healthcare, both within communities and through the education of high quality practitioners. We're in the process of requesting feedback from SPCNM society members around what's going to most benefit you, our current students, in the next few years as you graduate and move into the naturopathic arena as fully qualified naturopaths. It's possible that the health landscape and environment may change over the next two years, so we strive to have a robust plan in place to support you and to envision what this landscape may look like. This is an exciting time for natural medicine and we're confident our new strategic plan will have us continuing as NZ's top college for naturopathic study.

Robyn and her team have undertaken a huge amount of work already this year, having revamped both the library and Cheal cottage, and made key changes around the building and gardens that have significantly improved the college aesthetic. Not to forget all the work in the background with course planning and roll out, enrolments and budgets – we'd like to give a heartfelt thank you to the whole SPCNM team for the hard work they put in, it is very appreciated.

Have a great first Semester, we're looking forward to hearing about the great things you're achieving in clinic and personally as the year rolls out.

Kathryn and Elizabeth
Board Co-Chairs.

Welcome to the 2020 Academic Year, a note from Robyn.....



Dear students,

It's almost a little late to say this, but welcome to the 2020 Academic year, already several weeks in. It's been lovely to hear the feedback from students on-campus about the changes we've made to the library and in Cheal cottage.

We received some sad news at the end of January when we heard that Gilian Painter had died. Gilian is a link to our past and part of our heritage at SPCNM but she was quite elderly and had not been in good health for some years. Gilian taught at the College in the late 90s. The author of many books, the College used her text the *Materia medica of Western herbs* alongside the manufacturing text *A herbalist's medicine making workbook* for years. My own recollections are of having Gilian teach us the history of natural medicine and how she wove wonderful stories. Not all of my classmates at the time enjoyed the huge amount of history that we learned, but I loved the classical way Gilian taught. More recent memories are of Gilian complaining that our lavender hedges in the garden are not the medicinal lavender and that we should have *L. officinalis* not *L. angustifolia*. I was away at the time of Gilian's funeral but Karen Mees and Wayne Hill attended.

On another note entirely, please stay mindful of the Coronavirus and follow the recommendations given to you. Of utmost importance is to stay at home if you are sick, please. We are keeping a close eye on Government advice from both the Ministry of Health and the Ministry of Education. Let's also keep our perspective and not panic unnecessarily.

All the best for the remainder of the term. Please any time you wish to talk to me, pop in or email.

Kind regards,
Robyn

FUNNY OF THE MONTH SENT IN BY WAYNE



I have a pet tree.
It's just like a pet dog, but the bark is quieter.

If you have not already been to the library to view the two new beautiful paintings, please do take the time to do so. Our talented Year 2 student, Maria Fowler has painted and kindly donated the painting on the back wall "The Journey" above the books and also generously loaned the College the painting hanging above the new book display "The Womb of the Wave".



HOMEMADE DISINFECTING WIPES AND HAND SANITISER



Make your own disinfecting wipes and hand sanitiser. Made with non-toxic ingredients

Ingredients:

- 1 roll paper towels, preferably made of sustainable, reusable bamboo
- 2/3 cup 99.9% isopropyl alcohol
- 1/3 cup aloe vera, preferably organic
- 2 drops anti-microbial essential oil (optional) clove, tea-tree or thyme suggested.

Instructions:

1. Mix the alcohol, aloe vera and optional essential oil together in a glass jar to make a gentle but highly effective disinfectant. Pour into a cleaned, recycled hand sanitiser bottle. To make wipes continue with the additional steps below.
 2. Cut each paper towel in the entire roll into four squares.
 3. Make two stacks of the cut paper towels in a large glass bowl and pour the alcohol mixture evenly over them. Let stand until the liquid is fully absorbed.
 4. If you find you need more liquid depending on the thickness of the paper towels you are using, mix up more alcohol/aloe mixture at the ratio of 2:1.
 5. Store in a reusable container
- <https://www.thehealthyhomeeconomist.com/diy-disinfectant-wipes-hand-sanitizer/>



It is with sadness we acknowledge the passing of Jeanette Mary Fitzsimons:
17 January 1945 –
5 March 2020

Jeanette Fitzsimons was a New Zealand politician and environmentalist. You will know Jeanette as the co-leader of the Green Party of New Zealand from 1995 to 2009 and was a member of parliament from 1996 to 2010. We were privileged to have Jeanette open the college on 26 January 2007.

Rest in peace Jeanette.



DELICIOUS DOUBLE CHOCOLATE COURGETTE CAKE

This lovely recipe is taken from thisNZlife.co.nz. Courgettes make moist cakes and breads. This cake is rich, moist, and you would never guess it contains courgette.

INGREDIENTS

- | | |
|--|--------------------------|
| 250g sour cream | 1½ cups brown sugar |
| 4 eggs | |
| 2 large courgettes, ends cut off, grated, with skin on | |
| ½ cup peanut oil | 2 cups all-purpose flour |
| 1 tsp baking powder | ¾ cup cocoa powder |
| ½ tsp salt | 1 tsp ground cinnamon |
| ½ cup large dark chocolate chips | |
| 2 tsp baking soda | ¼ cup milk, boiling |

METHOD

Preheat oven to 175°C. Grease and flour two 20cm cake tins. Cream the sour cream and brown sugar, then add the eggs, grated courgette and oil. Sift flour, baking powder, salt, cinnamon and cocoa into the bowl and mix until combined. Add the chocolate chips. Dissolve the baking soda in boiling milk and add to the mix. Blend well. Pour into your prepared tins. Bake for 40-50 minutes, until a knife inserted in the centre comes out clean.

