



CYF NEWSLETTER SUMMER 2018 CHAIR'S MESSAGE

Hari Om Yogis!

We have had a great first half of the year with lovely seminars and fantastic shared lunches.

We have 1 more day left this year which is the AGM and the practice will be led by our wonderful treasurer Gill. On the thought of the AGM, lots of you go home after lunch thinking the AGM has nothing to do with you but as members you have a say in how the Fellowship is run. Please join us and give us your ideas for the future of the CYF. If anyone would like to join the committee do get in touch, there is always room for more.

Surya is certainly been kind to us this summer. We are in the depths of an abundant Summer which, for a change, has definitely been governed by the Dosha Pitta, fiery & hot. To keep our head through the Summer heat we need to pacify our Pitta Dosha, especially if this is your predominate Dosha. You can find out by taking a simple test on line.

Try out <https://www.pukkaherbs.com/our-mission/ayurveda/dosha-quiz/>

Pitta is made up of fire and water so it governs our digestion & metabolism. It controls hormone function, body temperature and vision to name just a few. This isn't just our physical body but our emotional body too. It governs how we digest and transform relationships, information and experiences. Pitta dominant people tend to be very charming, colourful and sharp witted, they can also have fiery temper.

To balance our Pitta Dosha during summer we should avoid hot, spicy, oily foods and keep cool by enjoying cool, drying foods like leafy greens, so lots of fresh salad but avoid too many tomatoes as they increase Pitta. Avoid coffee and try cooling juices of fresh vegetables or fruit instead. Maybe add wheatgrass or spirulina which helps to temper down the fiery nature of Summer Pitta.

Change your practice time to a cool part of the day and keep your practice playful and fun. Take time out for self care, literally take chill time, star gazing or cloud watching...if there are any. Take a trip to the beach and paddle and simply slow down.

Enjoy the summer!

See you in October.

Namaste Deb

**SEMINAR, TEACHER TRAINING
AND WORKSHOP SCHEDULE
FOR 2018**

2 September

Extra Training Workshop – details to be confirmed

7 October, Seminar

AGM and Gill Drummond

A practice of twists and triangles to cleanse and energise

Venue:- Acton Church Hall

4 November, Teacher Training
Balances

2 December, Workshop

Bandhas, Mudras, Kriyas and Mantra

Remember that we have re-instated the "pot luck" lunches for our Seminars, giving us all chance to share food along with conversation, so we invite you to bring along something vegan or vegetarian and don't forget your plate, knife and fork.

We are always searching for qualified teachers to lead our seminars. If you would like to share your knowledge and experience, or have ideas for guest teachers, please contact Pamela Sunderland, on pamelasunderland@googlemail.com

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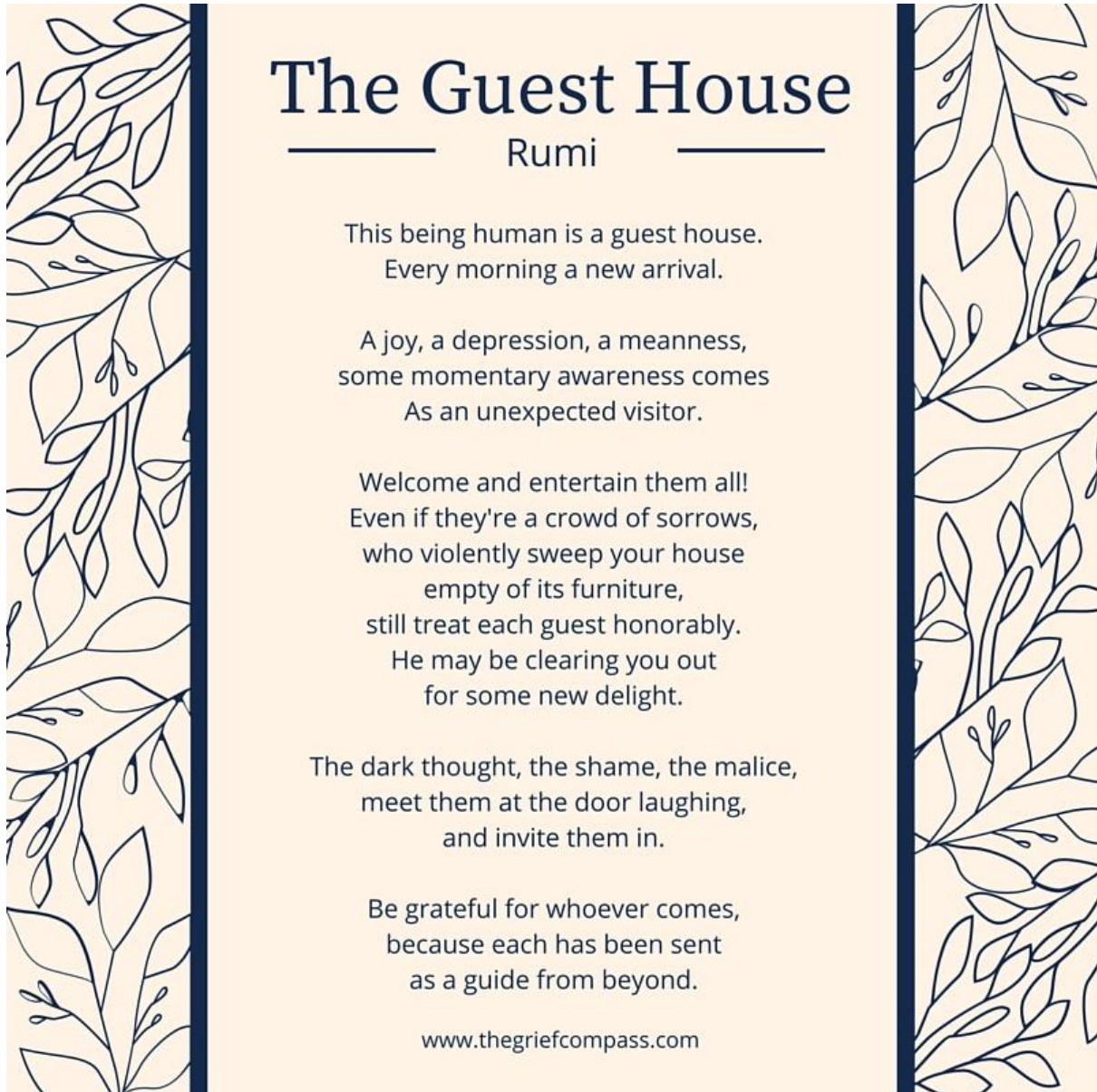
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Thanks to Alison Lawson for reminding us of this powerful and beautiful poem by Rumi.
What an uplifting thought, that even a "crowd of sorrows" might be helping us to make room for "some new delight".



KEEP YOUR COOL

Following on from Deb's opening theme of taking care of our Pitta Dosha during this abundant Summer, here are a few ideas for our warm weather practice.

We have been blessed with some glorious weather over the past weeks and hopefully we can look forward to an Indian Summer. However, we've probably all had our fair share of unintentional "hot yoga" to date.

This led me to thinking about practices to combat the heat and help us keep our cool.

We have more opportunity to take our practice outdoors and really connect with the Earth, notice the breeze and observe the trees, but it's probably wise to avoid the direct sunlight, especially during the hottest part of the day.

This is a great opportunity to adapt our usual practice - even during an active practice, maybe slow down the flow and try taking two or more breaths per pose instead of one. Focus on the flow of the breath rather than intensity of the poses and aim for a long, complete exhalation, which will help cool the body.

Asanas which help cool the body include:-

Spinal twists help cool the blood and release excess heat from the mid-abdomen, including the small intestine and liver. Twists performed seated or lying down are especially cooling.

Seated Spinal Twist, Reclined Spinal Twist

Gentle back bends apply beneficial pressure to release tension and dissipate excess heat from the mid-abdomen.

Baby Cobra, Fish, Bridge

Cat-Cow is an ideal pairing of opposites: a gentle backbend and cooling forward bend.

Forward bends physically cool the body and calm the mind.

Standing Forward Bend and Standing Open Leg Forward Bend both work well during the more active part of the practice

Whilst Seated Forward Bend and Child's Pose are perfect ways to relax and cool the body toward the end of a practice.

End on a slow note and make time for Savasana.

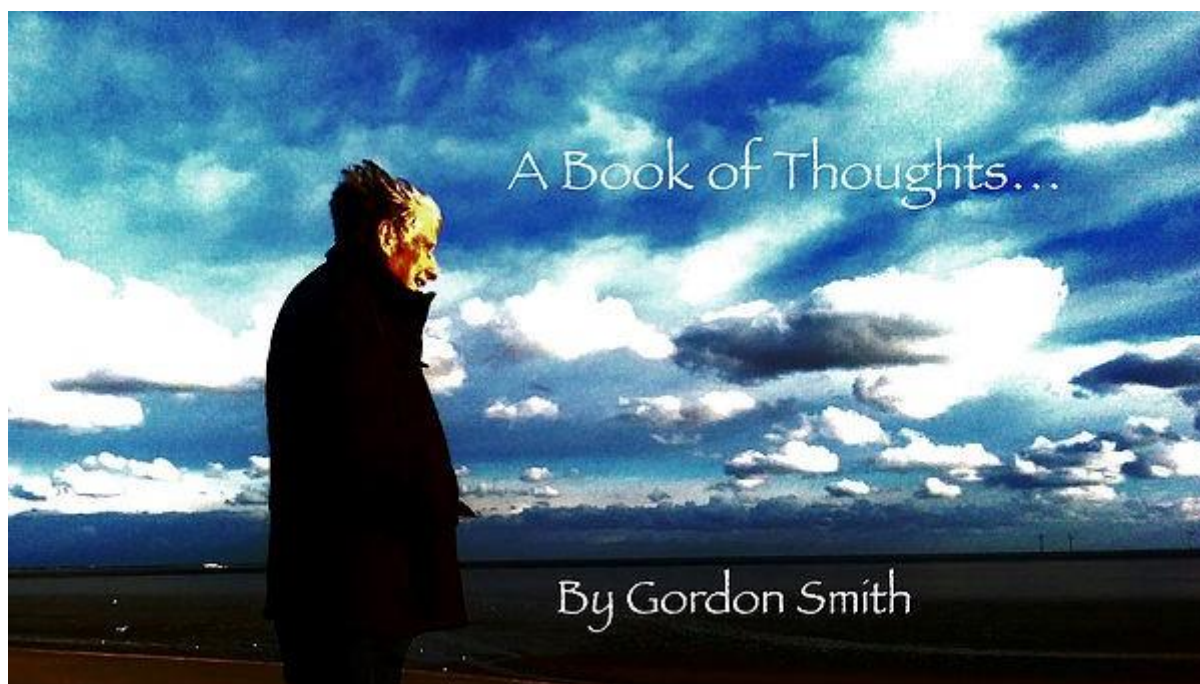
Sitali Pranayama is a cooling breathing exercise.

Stick your tongue out and curl the sides of the tongue upward to make a tube. for those of us who don't have the tongue rolling gene, gently purse the lips, tuck the tongue behind the teeth and gently sip in the cool air as if drinking through a straw.

Breathe in through the mouth, pause at the top of the breath and slowly exhale through the nose.

To see a short demonstration of the Sitali Pranayama take a look at this link featuring Gigi Yogini.

https://www.youtube.com/watch?v=UQUBdMtRf_Q



Many thanks to Alan Paddick for his engaging review of Gordon's new book.....

"A Book of Thoughts... " by Gordon Smith

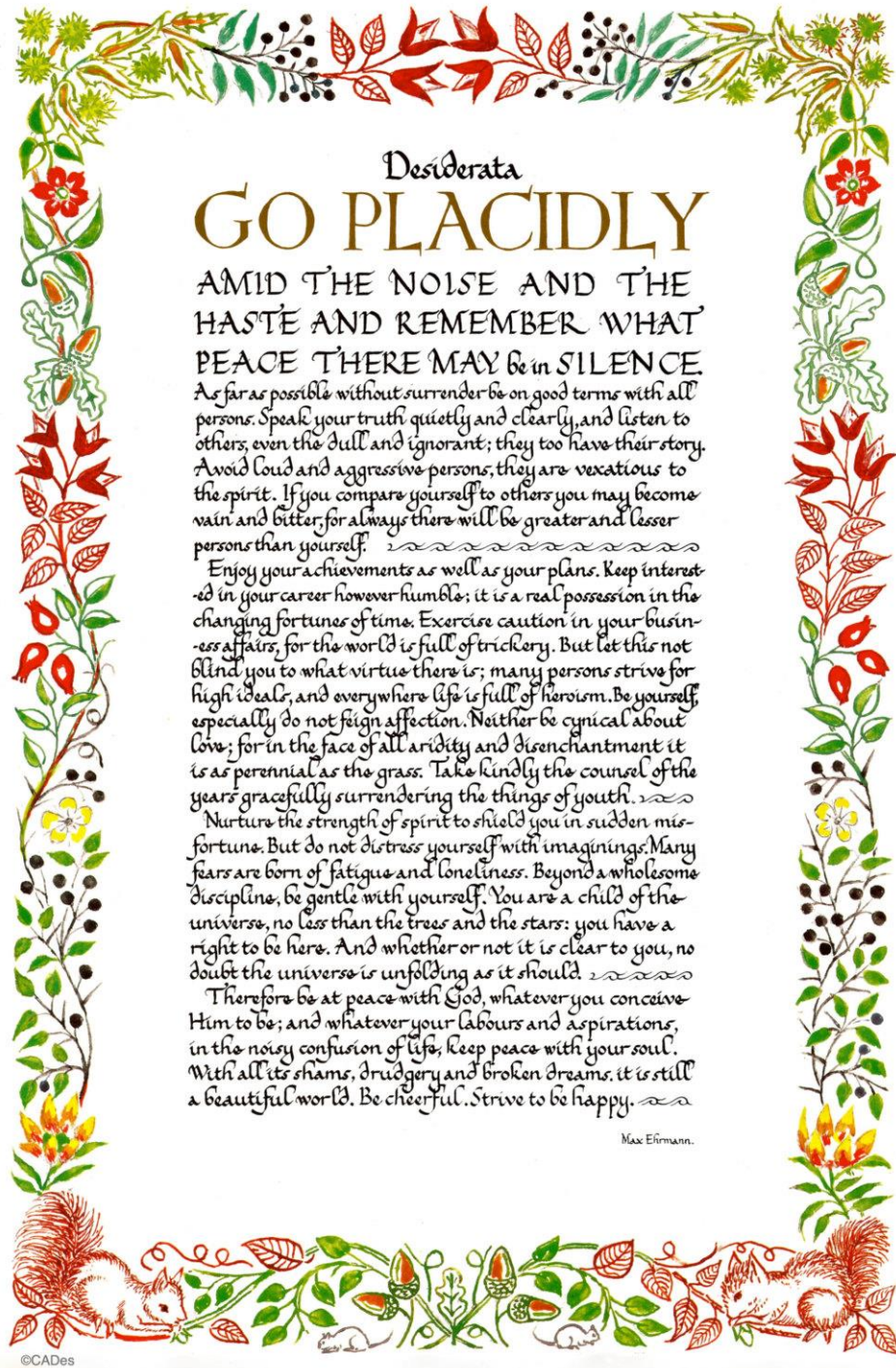
This little book is a gem, which I believe will prove to be an excellent source of inspiration for those who prepare yoga classes and for all of us for personal development. Even before I'd received my copy I heard from a fellow committee member who said of the book "I have read it and it's beautiful", a sentiment with which I can now agree, having dipped into it myself. I use the word 'dipped' as it's not really a book to read from cover to cover and put away. Keep it easily accessible and it can be opened at random, or maybe use the contents list and go to one of the sixty-four sections whose title appeals on a particular day. I like that page numbers have been dispensed with and as the sections vary in length you have to engage with the content rather than focussing purely on finding the right page by number, so it may be, that when looking for your chosen section, another may catch your attention.

Thoughts, as we know, pop up from our subconscious and then attract all their friends and relations to join them in our minds. In yoga and particularly in meditation we are advised not to attach to the thoughts but let them pass, so why would we want a book full of them? Well, Gordon has put together a collection of meditation themes drawn from a variety of traditions and paths which can act as seeds for contemplation thus allowing our normal mental chatter to subside. There are also plenty of practical exercises in the book and photographs which complement the rest of the content.

Gordon's writings are always thoughtfully prepared and thought provoking. This is something to which those of us fortunate to have had Gordon as a tutor on the CYF course can attest.

Looking through my scribbled notes for this review I now realise that I need to learn from Section number sixty in the book. In order to find out what I mean by this and more importantly to benefit from all the thoughts in the book I encourage you to get a copy of the book from Gordon and Pam's website www.nirvana-essence.co.uk or from Emma who can often be seen carrying a box of these books for sale!

In his prologue Gordon says "Many books contain one essential idea that can be written on a postcard and then developed over many pages". Here he has presented us with many of those essential ideas. I think I have now proved that the same principle can be true of a book review as the essential idea of this review is in the first sentence.



Joyce Watson has contributed the thought provoking and incredibly relevant words of the Desiderata, written in 1927 by American writer Max Ehrmann. Is anyone else struck by the similarity to the words written in 1997 by Mary Schmich, Chicago Tribune columnist, which were later put to music as the hit single "Everybody's Free (To Wear Sunscreen)"?

In homage to our dazzling Summer of 2018, here are those compelling words

<https://www.youtube.com/watch?v=JhCFR03kx98>

Ladies and gentlemen of the class of '97 Wear sunscreen
If I could offer you only one tip for the future
Sunscreen would be it
The long term benefits of sunscreen have been proved by scientists
Whereas the rest of my advice has no basis more reliable than my own meandering experience
I will dispense this advice now
Enjoy the power and beauty of your youth, Oh, never mind
You will not understand the power and beauty of your youth until they have faded
But trust me, in 20 years you'll look back at photos of yourself
And recall in a way you can't grasp now how much possibility lay before you
And how fabulous you really looked
You are not as fat as you imagine
Don't worry about the future, or worry
But know that worrying is as effective as trying to solve an algebra equation by chewing bubblegum
The real troubles in your life are apt to be things that never crossed your worried mind
The kind that blindsides you at 4 PM on some idle Tuesday
Do one thing everyday that scares you

Sing

Don't be reckless with other people's hearts
Don't put up with people who are reckless with yours

Floss

Don't waste your time on jealousy, Sometimes you're ahead, sometimes you're behind
The race is long. And in the end, it's only with yourself
Remember the compliments you receive, forget the insults
If you succeed in doing this, tell me how
Keep your old love letters. Throw away your old bank statements

Stretch

Don't feel guilty if you don't know what you want to do with your life
The most interesting people I know didn't know at 22 what they wanted to do with their lives
Some of the most interesting 40 year olds I know still don't
Get plenty of calcium. Be kind to your knees
You'll miss them when they're gone
Maybe you'll marry, maybe you won't
Maybe you'll have children, maybe you won't
Maybe you'll divorce at 40
Maybe you'll dance the funky chicken on your 75th wedding anniversary
Whatever you do, don't congratulate yourself too much or berate yourself either
Your choices are half chance, so are everybody else's
Enjoy your body. Use it every way you can. Don't be afraid of it, or what other people think of it
It's the greatest instrument you'll ever own

Dance

Even if you have nowhere to do it but in your own living room
Read the directions, even if you don't follow them. Do not read beauty magazines, they will only make you
feel ugly
Get to know your parents. You never know when they'll be gone for good
Be nice to your siblings
They are the best link to your past
And the people most likely to stick with you in the future
Understand that friends come and go
But for the precious few you should hold on
Work hard to bridge the gaps in geography and lifestyle
Because the older you get, the more you need the people you knew when you were young
Live in New York City once, but leave before it makes you hard
Live in Northern California once, but leave before it makes you soft

Travel

Accept certain inalienable truths
Prices will rise. Politicians will philander. You too will get old
And when you do you'll fantasize that when you were young
Prices were reasonable. Politicians were noble. And children respected their elders
Respect your elders
Don't expect anyone else to support you
Maybe you have a trust fund
Maybe you have a wealthy spouse
But you never know when either one might run out
Don't mess too much with your hair
Or by the time you're 40, it will look 85
Be careful whose advice you buy
But be patient with those who supply it. Advice is a form of nostalgia
Dispensing it is a way of fishing the past from the disposal, wiping it off
Painting over the ugly parts and recycling it for more than it's worth
But trust me on the sunscreen

FINANCE CORNER

This month's Finance Corner feature takes the shape of our CYF Privacy Statement, which has been assiduously compiled by our hardworking Treasurer Gill Drummond. This is in response to the Data Protection Act 2018 which controls how our personal information is used by organisations, businesses and the government.

COMPREHENSIVE YOGA FELLOWSHIP (Founded in 1987 by Ted & Joan Lovett and Gordon and Pamela Smith) The CYF incorporates the Crewe & District Yoga Fellowship

The Comprehensive Yoga Fellowship (CYF) Privacy Statement

The Comprehensive Yoga Fellowship necessarily holds personal data on its members. This data is not 'Special Category' data as defined by the General Data Protection Regulation (GDPR) but consists mainly in contact details, details of teaching qualifications, correspondence about specific matters e.g. request for advice especially teacher training and applications for membership. None of this data is shared with other parties, with three lawful exceptions:

1. The list of CYF members is supplied to DSC Strand Insurance who offer discounted yoga teacher insurance to CYF members.
2. An enforceable requirement to share data e.g. Court Order
3. The teacher's data may be published on the CYF website – the details are supplied to the CYF by the teacher. Without specific 'opt-ins' of each data item, no data will be published on the CYF website. The lawful basis for this is the data use is 'consent' as defined by GDPR.

The member's data can be removed or updated at anytime and immediately if the 'data controller' [as defined by GDPR] is informed of what is desired by the subject of the data. The data controllers for the CYF are the Treasurer, Gill Drummond and Chairperson Deb Jackson. This will, however mean that reminders to renew membership cannot be sent and membership will cease when its term has elapsed. If the member requests it, either in writing or orally, membership can cease at any time and their data will be removed from the CYF records and website at the behest of the teacher. In the event of a teacher not renewing membership, their details will be removed from the database and website.

The uses for which the CYF will use the member's data are as follows:

1. Members will be reminded when their membership is due for renewal
2. Members will be informed of CYF events and news relating to the CYF in general, including newsletters which are e-mailed (to all members who opt in to the e-newsletter) via 'Mailchimp' which has the facility to opt out of receiving the newsletter.

The lawful basis of using the member's data in these ways is that their consent exists between members and the CYF when first renewing membership on or after 01.01.2018 by means of a clause in the application for membership form or giving their consent to the CYF to contact them in writing or by e-mail. The CYF's obligation to the contract is outlined on the membership renewal form and justifies the above two uses of the members data according to the conditions required by the GDPR.

As required by the GDPR, the member's data is under his/her control. To update data contact Chairperson Deb Jackson shantiandjai@gmail.com and Treasurer Gill Drummond gdrum63@gmail.com

CYF Workshops During 2018

Thank you to all the teachers who have led workshops this year. In February Katy Smith led a gentle Hatha practice and Ros Philips (pictured below, left) led a philosophical discussion on the *Gunas*.

Lisa Russel (pictured below, middle) encouraged us to think and act mindfully in June. This even extended to the mindful practice of eating chocolateamazing!!

Pamela Sunderland's review of the Jay Rossi Workshop, written from the heart.

My understanding of Jay Rossi and Kashmiri Yoga was through my sister's experience at a previous workshop the year before, it was mainly wow's and "you should go, you should go" so I took the opportunity to invite him to the CYF "extra" day to see what all the craic was about.

Jay introduced the class by sharing his own story into Yoga back in the 1980's, with a wit and an ease which was spell binding. It led him of course, to Kashmiri Yoga which as he explains, is working with the body/energy, a practice which aids in us connecting with the energy that is within all life, that *is* life. What makes Jay different, is he bridges the scientific world with the spiritual one, building a greater understanding of why we practice the way we do in Yoga, it also helps any sceptics accept the Truth of Yoga.

The exercises he taught were to help us connect to our aura, (I forget the scientific name for it, but it is real!), one example was with the arms, connecting to the aura around it, insomuch that our energy/aura was lifting our arm *not* our mind. It was a powerful experience and has certainly brought more awareness to my actions in my daily life.

His approach to teaching was light and comforting, funny with a dash of seriousness and the lesson he taught was profound. I will be organising a second visit toward the end of the year at the Ananda-Kula studio in Stoke. So, if you did not make it last time, I highly recommend this time.

See below right, Jay working with CYF members.



TEACHER TRAINING NEWS

A big welcome to our 5 new trainees

**Angie Crosby
Alison Golds
Donna Marie Morris
Marianglea Palladino
Fiona Read**



UPCOMING CYF EVENTS

Sunday 2 September 2018

We have an extra day on which may incorporate a session on teaching children's yoga. Details will be confirmed shortly.

Sunday 7 October 2018

**"The Auld Triangle" with Gill Drummond
& AGM**

Gill combines various styles of yoga, including Iyengar and Hatha Yoga, into a practice inspired by the old Irish folksong. After a gentle warm up, expect a practice of twists and triangles to wake you up on a Sunday morning. Do bring bricks, blocks and a strap. This lively practice will be done to some gentle contemporary music.

The afternoon session will incorporate a chair based practice based on yoga that Gill has taught whilst volunteering with a group of adults with various disabilities; followed by a chair based meditation.

We will conclude with 'Be kind to your heart' - a very gentle practice which should be safe to share with people that have very limited fitness, followed by Savasana.

All members are welcome to attend the AGM and help determine the future of our organisation.



Congratulations to Fiona Read for her excellent essay on Yoga as Unity.

Write a short essay explaining in your own words the meaning of "yoga" as "unity". Use quotations of your choice either from those in the text or from elsewhere as thought necessary.

The aim of this assignment is to identify the classical definitions of yoga, whilst exploring my own understanding and interpretation of the literature.

It seems that there is no single definition to describe "yoga" and its meaning. History of the development of yoga spans over 5,000 or possibly some researchers claim, even 10,000 years ago due to it being a multifaceted practice speculatively, passed on through oral transmission (Burgin 2011). The practice of yoga began in Northern India and the word yoga was first mentioned within the world's oldest books and sacred texts, the Vedas, of Eastern origin composed approximately 2,500 B.C to 2,000 B.C (Comprehensive Yoga Fellowship (CYF) 2017).

The Vedas were a collection of texts, 4 to be precise, which contained songs, mantras and rituals to be used by Brahmins, the Vedic priests.

The Brahmins documented their practices and beliefs and drew reasoning from the four texts, (Rig Veda, Yajur Veda, Sama Veda and Atharva Veda). Conclusions from these texts formed the Upanishads.

In Sanskrit, (the classical language of Indian and liturgical language of Hinduism) the origin of the word yoga means, 'Connection', 'Union' or 'Unity' (CYF. 2017).

Fraser, (2003) offers us this definition below.

"Yoga, the union of our physical, mental and spiritual selves" (Fraser, 2003 pg.13)

The English Collins Dictionary (2017) offers the following definitions:

A Hindu system of philosophy aiming at the mystical union of the self with the Supreme Being in a state of complete awareness and tranquillity through certain physical and mental exercises.

Any method by which such awareness and tranquillity are attained, especially a course of related exercises and postures designed to promote physical and spiritual well-being.

Within these definitions there is a constant reference to a connection of the body, mind and spirit (Shankar 2016). Moreover in a philosophical sense, yoga is a conscious awareness of this connection, in which, when practiced and achieved, we can enjoy a joyful, relaxing, fulfilling experience (Saraswati 2011). Dr Saraswati goes on to say that this awareness is the secret of yoga, through our awareness we can find the place of wonderment. This indicates an involvement of thought and intention. Shankar (2015) discusses the rise of knowledge, educating others to unite their 'thoughts', 'words' and 'deeds' and in doing so, we are practicing yoga, that is, we are uniting the diverse aspects of life. Therefore through the practice of yoga, we can 'merge with the self' and the world we live in and beyond.

When I first started attending yoga classes as a 14 year old, it was to fulfil a 'physical' challenge for my Duke of Edinburgh's Award, not a particularly sporty person, I chose yoga thinking it would be an easy option, to stretch and relax. However I quickly started to learn that yoga is not an easy practice. I also started to learn all about the breath, and as an anxious teenager, this was an amazing realisation, it began to encourage me to focus my mind and become more aware of my body and its internal flow of energy. This had an immediate calming and grounding effect on me and I knew it was a practice I wanted to pursue and would NEED to pursue for my overall health and wellbeing. I recall in some of my yoga classes attended over the years, the teacher reminding the students of the mind and body connection, to breathe whilst moving through or holding postures.

My first and current professional discipline is Adult Nursing, I learned how to observe patients and assess their needs, how to plan and deliver the most appropriate care for them, and evaluate the results. Often in nursing we talk about using a 'holistic approach' to the nursing process, this is in contrast to the conventional medical models which have a focus to 'diagnosis' and 'fix' people. The profession of nursing attempts to combine the medical model with other models of health, such as the social model, to be able to use a bio-psycho-social-spiritual assessment model of patients. Meaning, the goal of holistic nursing is to heal the 'whole' person, 'mind, body and spirit' (Klebanoff 2013). *"Yoga is also a psycho-somatic-spiritual discipline for achieving healing, union and harmony between our mind, body and soul and the ultimate union of our individual consciousness with the universal consciousness"* (Balaji et al 2012).

The following quote summarises this perfectly, I note however that this is an American view and not fully appreciated in the UK.

"Holistic assessment and care are inseparable from the nursing process. Holistic nursing practice informed by a philosophy of holism balancing art and science recognizes the interconnectedness of body, mind, and spirit." (Potter & Frisch 2007).

Now embarking on a personal journey to learn more about yoga, the idea of 'holism' for health is exemplified. Spirituality, the third component to unite within the philosophical texts of yoga, although mentioned in nursing, has been largely unnoted, and has only recently seen an interest, particularly in the fields of end of life care or patients living with long term conditions, such as cancer. To me on a continuous path of discovery for health and wellbeing, spirituality must be upheld as equally as important as physical and mental health, for my everyday living and professional practice as a nurse and teacher. Yoga in modern day Western practice has perhaps become more focused on the physical body and postures, however, traditional Yoga practice, through the addition of pranayama and meditation aims to slow and achieve an equanimous state of mind, striving for balance, unity of our physical, mental and spiritual selves.

Moreover not only does yoga mean unity within ourselves, but also with the universe, 'The fundamental unity of all existence' having an interconnectedness with all other living things, ie the plant, animal, mineral kingdoms and beyond. It is written within classical yogic literature, that there is one universal source of energy which we all share and are dependant and interdependent upon (CYF 2017). It is also alluded within many other cultures and religions texts eg Christianity 'I and the Father are One' and 'I in the father and the Father in me'. (CYF 2017). According to Bjornes (2011), *'Shiva allegedly said that yoga means the unity between the individual soul and the cosmic soul, the unity between our heart and the cosmic heart, the unity between oneself and the Other.'*

To conclude, this essay aimed to define and explore the meaning of yoga as unity. To summarise, traditional philosophical texts, modern day theorists and spiritual leaders state that yoga is the integration of mind, heart and soul, entering into the inner stillness, to be at one with the self and the universe. This practice, through 'thought', 'word' and 'deed', I endeavour to learn and develop.

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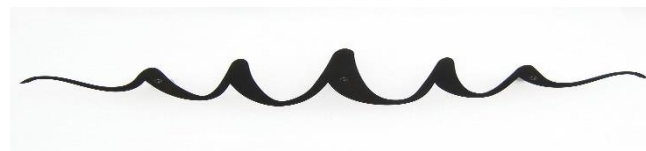
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RECIPES

We have 2 recipes for you in this edition. The first is a favourite of Pamela Sunderland, Quinoa and Butternut squash salad. Note Pamela's fascinating advice about phthalic acid. This recipe is so virtuous that you can then spoil yourselves with the very naughty Vegan Chocolate, Cherry & Honeycomb Parfait from jamieoliver.com/recipes.
Bon appetit!!!

QUINOA AND BUTTERNUT SQUASH SALAD	METHOD
INGREDIENTS Butternut squash x 1 Quinoa x half a pack Olive oil Lemon Balsamic vinegar Soy sauce Garlic (as much as you fancy – maybe loads, like Pamela!!) Fresh coriander Salt Pepper Side Dish Mixed Nuts Tikka masala powder Salad of your choice	Peel the squash and de-seed, cube to 1 inch, and slice and dice the garlic. Put in roasting dish and splash olive oil, balsamic vinegar and soy sauce. Bake on high for half an hour. Check it's not burned and give a good mixing, putting more olive oil, balsamic soy etc on if you think it needs it and bake for a further 30 minutes, turning the oven down a little. When done, I taste a piece of squash to see if it needs more of everything ... I like lots of flavour. Meanwhile, wash through the quinoa (I always soak the night before - phthalic acid is naturally occurring on most grains, nuts and seeds and is not good for our digestions. Ever heard people say "Oooh, I can't eat nuts, they give me stomach ache"? It's the acid,



it stops the nut/seed/grain from germinating. By soaking, not only has the grain been freed from this acid but the nutrients have also been unlocked. This is an ancient method - which has been lost in our fast paced consumerist society. Cook as per the instructions on the packet, a lot like rice, only easier.

Meanwhile, roast the already soaked nuts and seeds and when dried through fry with a little olive oil and tikka powder.

To Serve

Once squash and quinoa are cooked, mix together in a wide dish, sprinkle the curried nuts on top, tear a handful of coriander leaves and sprinkle on top also.

Splash some olive oil, salt, pepper and juice of half a lemon.

Voila!!

VEGAN CHOCOLATE, CHERRY & HONEYCOMB

INGREDIENTS

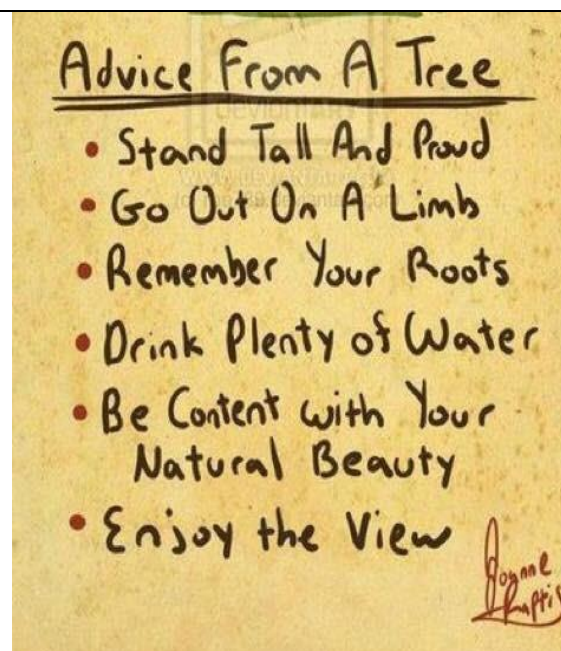
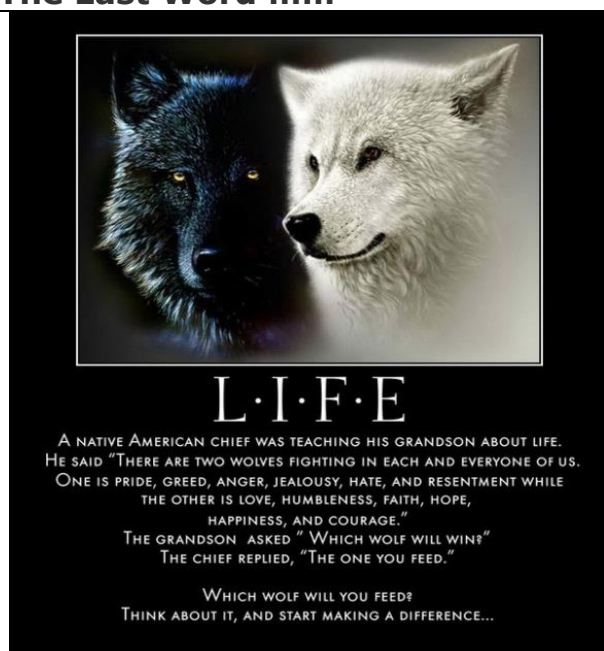
- 200 g dark dairy-free chocolate
 - 85g blanched almonds
- 150 g dairy-free margarine
 - 85g glacé cherries
- 10100 g dried cranberries
 - Honeycomb
- vegetable oil , for greasing

METHOD

1. Begin by making the honeycomb.
Generously grease a baking tray with vegetable oil. Melt the granulated sugar and golden syrup in a high-sided saucepan over a low heat. Once melted, turn up the heat a little and bubble the syrup until it turns a rich, caramel-gold colour.
2. Whisk in the bicarbonate of soda. The syrup will foam up – immediately pour it onto your greased baking tray. Set the tray aside and leave it to cool for 20 minutes. Slide the honeycomb off the tray and roughly chop it up.
3. Line a 450g loaf tin with enough clingfilm to allow it to drape over the sides by about 7 to 8cm, smoothing the clingfilm into the tin to form a crease-free surface. Break up the dark chocolate and roughly chop the almonds.
4. Place the chocolate and margarine in a heatproof bowl over a pan of simmering water, stir together until melted and combined to a smooth and glossy finish.

• 5 tbsp granulated sugar • 2 tbsp golden syrup • 1/2 tsp bicarbonate of soda	5. Take the bowl off the heat and stir in the chopped honeycomb, almonds, cherries and cranberries. 6. Spoon the mixture into the lined tin and level the top. Fold the overhanging clingfilm loosely over the parfait, then freeze for 1 hour. 7. Remove from the freezer and transfer the parfait to the fridge until completely set. Once you're ready to serve, carefully lift the parfait from the tin, unwrap the clingfilm and cut into 2cm slices.
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The Last Word



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