



COMMUNITY EDUCATION WHANGAREI

Programme of classes



Term One - 2018

Kamo High School, Wilkinson Ave, Kamo

Be excited by learning again. Take the opportunity to upskill, to learn something new, to meet new people. CEW offers lifelong learning that is accessible to all. We look forward to you joining us in 2018.



*Adult Community Education
is alive & well at Kamo High School!*

- Co-ordinator:** Shona Hill
Phone: 09 435 0889 (with answerphone)
Location: Wilkinson Ave, Kamo
Postal Address: PO Box 4137, Kamo 0141
Email: cew@kamohigh.school.nz
Website: www.cew.ac.nz
Office hours: 10am-5pm Monday to Thursday
(term time only) (until 6pm the first night a class starts)
10am-4pm Friday

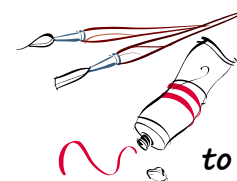


Please note: The CEW office will be closed over the school holiday period and will re-open on Wednesday the 7th of February 2018.

- ENROLMENT:** Enrol online www.cew.ac.nz or post in the form on page 18 together with payment. All enrolments are responded to, no response means it hasn't been received.

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Art & Craft

*Art doesn't have
to be pretty, it has
to be meaningful!*

CALLIGRAPHY for BEGINNERS

Become enthused about calligraphy and discover its practical day to day use. In this one day workshop you will acquire the basic skills of fundamental letter construction and learn a variety of traditional lettering styles. A useful art form which can be used for certificates, invitations, or special journal entries. All materials provided. Take home a calligraphy pen and practice journal. Tutor: Julie Jones

A14 Sat 24 March 9am-4pm
1 day \$85

NEW

CALLIGRAPHY: THE NEXT STEP

Have you attended a beginners class or do you already have some knowledge of calligraphy and want to learn more? Learn tips for letter weight, spacing between letters, words and lines plus layout and designs for those home projects such as cards, verses and sayings etc. Bring your own calligraphy pens.

A15 Saturday 7 April 9am-4pm
1 day \$80

EXPLORE WATERCOLOUR PASTELS

Discover your talent & passion for painting with watercolour pastels. Not an artist? You don't need to be. This workshop is designed for beginners wishing to explore art techniques at a pace that suits them, with some gentle guidance and practical tips, in a relaxed environment. Free your inner artist with easy and relaxing watercolour techniques. Watercolour pastels are quick and easy to use. No experience needed and all materials provided. Tutored by Shelley Chappory

A32 Saturday 3 March 9am-3pm
1 day \$75

PAINTING POHUTUKAWA FLOWERS

Create a special painting of one of the most recognisable icons of Aotearoa - the pohutukawa flower. Paint a picture of blooming pohutukawa on a medium size canvas with acrylics. Be guided through the painting process step by step, learning an easy way to replicate the shapes and colours of these beautiful flowers. Suitable for any level of experience. All materials provided. Tutored by Elena Nikolaeva.

A33 Sat 24 Feb 9am-2.30pm
1 day \$90

PAINTING KOWHAI FLOWERS

Celebrate spring by painting beautiful kowhai flowers as they dangle in the breeze, pleasing our eye with their cheerful bright yellow colour, inviting tuis to drink their nectar. In this one day workshop you will paint a bunch of kowhai flowers on a medium size canvas, using acrylic paints. Let our tutor guide you step by step through this fascinating painting process. Suitable for any level of artistic experience. All materials provided. Tutor: Elena Nikolaeva

A34 Sat 10 March 9am-2.30pm
1 day \$90

A PORTRAIT OF A SEAGULL

Create a touch of sunlight in your house - paint a picture of a seagull on the beach, full of sun, surrounded by cloudless sky, blue water and light sand - a typical peaceful New Zealand scene. Our tutor will guide you step by step to make this cheerful bright painting using acrylics on a medium size canvas. All materials provided. Suitable for any level of artistic experience. Tutor: Elena Nikolaeva.

A35 Sat 24 March 9am-2.30pm
1 day \$90

Email:

cew@kamohigh.school.nz

TECHNIQUES for POURING ACRYLICS

The pouring of acrylics is a new exciting invention in contemporary painting. Many artists become addicted to this method, experimenting with various techniques, creating distinctive and amazing pictures. This workshop is an opportunity for you to explore this new territory of fluid acrylics. Learn several of the most interesting and important techniques using your favourite colours and following the detailed instructions of our experienced tutor. Elena will also demonstrate each technique. You will create not one, but four small round or square paintings with all art materials provided. Suitable for students with artistic experience. Enjoy a day of creativity and fun!

A36 Sat 7 April 9am-2.30pm
1 day \$115



"It doesn't make much difference how the paint has been put on as long as something has been said. Technique is just a means of arriving at a statement."

Jackson Pollock

PAINTING WITH PALETTE KNIVES

This is an effective technique which avoids unnecessary details, creating the main shapes and colours in a fast and easy way.

A37 Register your interest for Term 2

METAL WALL ART

Shelley Chappory

Have fun with an underused or dysfunctional outdoor space by making a corrugated iron mural. Metal wall art is very popular and corrugated iron gives a unique visual effect. Bring along your own designs - a photo, a drawing or an image to use as a starting point, then see where your creativity takes you! Never painted before? No experience is necessary. Discover your inner artist. ALL materials included. View photos online www.cew.ac.nz or call into the CEW office.

A24 Sat 17 March 9am-3pm
1 day \$85

HAVE FUN WITH CLAY!

Experience the joy of creating in clay alongside our experienced tutor, Katherine Batchelor. Make hand built altered spheres, add carvings, texture, hanging loops, animal/human features, feet, etc. Decorate with underglaze, painting, stencils, layering, sgraffito. The objects you create can be functional (i.e. a salt pig) or simply decorative. The course fee includes a basic tool kit, clay, glazes and firing.

A40 Sat 3 March 9am-4pm
1 day \$115

Phone: 09 435 0889

MOSAICS

AnneMaree Herbert

Explore your creative side. Mosaics is the art of creating pictures and designs using pieces of tile, ceramics or glass. In this introductory workshop you will create a set piece of work with all materials provided including tiles, glue, grout, etc. No experience necessary. Learn the art of mosaics today!

A41 Sat 7 April 9am-2pm
Sun 8 April 10am-12 noon
2 mornings \$85

(Continued on page 6)

(Continued from page 5)

RARANGA KORARI (FLAX WEAVING)

Make a small kete and putiputi (flowers) in this introductory course where you will learn the basics of raranga (weaving) and how to harvest the korari (flax). In earlier times learning the art of raranga was a tapu (sacred) and intensive activity so you will also be advised how to follow Maori protocols when working with korari. Tutor: Kiri Peeni

A16 Sat 24 March 9am-4.30pm
1 day \$75

"Aitia te wahine o te pā korari."

"Marry the woman who is always at the flax bush, for she is an expert flax weaver and an industrious person."

THE ART of GIFT WRAPPING

Mika Sakai

Japanese gift wrapping is an art form. Learn three major wrapping techniques e.g. formal, caramel box wrapping, and envelope style wrapping. Make your gifts look presentable and attractive. Includes a classic elegant minimalist style suitable for all occasions, to a creative fun style using different inexpensive wrapping materials. Wrap your gifts with style!

A23 Sat 17 March 10am-12noon
1 day \$35

Visit:

www.cew.ac.nz



SCHOOL TERM DATES : 2018

Term One:	7 February	-	13 April
Term Two:	30 April	-	6 July
Term Three:	23 July	-	28 September
Term Four:	15 October	-	18 December

ORIGAMI

Learn this ancient Japanese art form. Make a range of items including planes, boats, hats, musical instruments (organ), paper cups and many more. Our Japanese tutor, Mika Sakai, will teach you step by step how to turn paper into beautiful origami creations. This is a beginners class (mainly easy 2D fold).

A20 Sat 24 Feb 10am-12 noon
1 morn \$30

SOAP MAKING

Lyn Madden

Learn the basics of traditional soap making. Using the Cold Process method and oils that may be in your pantry you will produce a very mild soap, perfect for baby or sensitive skin yet will still clean the grubbier of hands. A practical hands-on workshop; take home a handmade soap. All ingredients provided.

A38 Sat 17 March 9am-12 noon
1 morning \$55

'EASY' SOAP MAKING

Do you want to make soap the cheats way? Our tutor, Lyn, will provide batches of premade soap that can be reprocessed to form brand new soap bars. You get lots of interesting patterns as the different soaps merge together and you can customise your soap by adding scents and colours to make a unique and easy homemade gift! There is no caustic soda and no curing time, the soaps simply need to harden. Make soap the 'easy' way!

A39 Sat 7 April 9am-12noon
1 morning \$60

Business & Computers

*People with goals succeed
because they know where
they are going!*

NEW

STARTING YOUR OWN BUSINESS

What is unique about your products/services? Who are your competitors? What records do you need to keep? This course covers marketing, distribution, risk management, financial planning, GST, wages, KiwiSaver, etc. If you're thinking of starting up a small business, or have a business that is struggling, then this course is for you! Approximately 50% of small New Zealand businesses fail within three years. Gain the knowledge to run a successful business - don't be another statistic! Tutored by Anne Patrick.

A50 Starts Mon 26 Feb 6-8.30pm
5 weeks \$155

DIY MARKETING

Want to know more about marketing? Are you a small business on a tight budget?

A75 Register your interest for Term 2

CREATE YOUR OWN WEBSITE

Explore the easy ways to create your own website. Have fun making a website for family and friends, for a special occasion, to share your interests with the world, or to publicise your business. Make a professional quality website that will work on computers, tablets, and phones. Discover online resources that can help you create great imagery and compelling content. Learn website jargon and the basics behind establishing a successful website. Topics include: SEO, hyperlinks, domains, copyright, metadata, navigation, and hosting. Get your website online in five evening sessions. Join Shelley to learn how!

A160 Starts Thurs 1 March 6-8.30pm
5 weeks \$120

BECOME A BLOGGER

Shelley Chappory
Explore how to set up a professional looking blog, fill it with quality content, spread your posts via social media, and grow your online community. Follow practical hints and tips, make your Blog for fun, for family and friends, to share with the world, or to aid the marketing of your business. This workshop will cover the basic fundamentals of creating a successful blog: platforms and design, content strategy, creating quality and engaging content, how to find and make good pictures, creating a call to action, content scheduling, SEO, and marketing your blog. Get the help you need to start your successful blog and become a Blogger!

A70 Sat 24 March 9am-3.30pm
1 day \$60

Email:

cew@kamohigh.school.nz

NEW

PUBLISH YOUR OWN eBook

Have you written a book? Would you like to sell it online? These classes will show you how you can create your own eBook. Publish your eBook for FREE on Amazon and sell it all over the world! Feel proud of your professional looking eBook and have a copy kept in the National Library of New Zealand. Learn how to keep your identity private or share your story with the world. Tutor: Shelley Chappory

A130 Starts Wed 28 Feb 6-8.30pm
4 weeks \$90

EXCEL

Learn how to create a spreadsheet: input data, use formulas, make and sort lists, create charts and graphs, etc.

A103 Register your interest

(Continued on page 8)

(Continued from page 7)

NEW

PHOTO EDITING MADE EASY

Want to adjust and enhance photos? Want to fix a dark photo or remove a scratch? In this beginners course Shelley will show you how to efficiently and effectively get the most out of your photos using Photoshop. The skills learnt can also be applied to other photo editing programs. Resize and crop photos, save for internet or print, easily manage photo storage and security, and more....Bring along some of your photos and join us to learn how!

A135 Starts Tues 6 March 6-8.30pm
4 weeks \$90

ADVANCED PHOTO EDITING

A follow-on class for those who have previously attended a photo editing course with Shelley or already know the basics of Photoshop. In this course you will explore masks, blend modes, effects, filters, text and brushes.

A136 Register your interest for Term 2

CREATE A DIGITAL PHOTOBOOK

Explore how to design your own interactive digital photo book using your own photos and text. Discover your inner creativity by adjusting and enhancing your photos and exploring fonts and different layouts.

A137 Register your interest

INDESIGN

Learn how to use this amazing desktop publishing program and create flyers, posters, newsletters, etc

A140 Register your interest

ILLUSTRATOR

Create your own artwork and graphics using Illustrator. Discover how Illustrator works seamlessly with Photoshop and InDesign.

A145 Register your interest

Phone: 09 435 0889



In the Garden

*Gardeners know
all the dirt!*

BEEKEEPING

David Herbert

Thinking of keeping bees? Discover whether you have the aptitude to work with bees by handling a live hive in this hands-on practical session. If you grow your own veges and have your own fruit trees you realise how important honey bees are in this equation. Help a declining bee population plus enjoy the benefits of the garden being pollinated and harvesting your own honey. Spaces are limited

A243 Sat 24 Feb 10am-12 noon
1 morn \$25

GARDEN DESIGN WORKSHOP

What do you want from your garden? Does your garden need to accommodate children, pets, entertaining? Do you just want a quiet peaceful space to sit and enjoy your surroundings? Our qualified landscape architect, Holly Nichol, will work with you providing inspiration and advice. Holly will critique your plan as it develops. Bring along a site or building plan and photos of the area(s) and/or inspiration. If you want a more accurate design on completion of the course it is recommended you have a one-on-one consultation with Holly prior to the first lesson (Holly is offering her services at a discounted rate).

A230 Starts Thurs 1 March 6-8pm
4 weeks \$75

NEW**METAL WALL ART**

Metal wall art is very popular and corrugated iron gives a unique visual effect. No experience is necessary. Discover your inner artist. ALL materials included. **Refer page 5**

Enrol in more than one of Ginny's classes and **SAVE! 1 for \$25, 2 for \$45 or 3 for \$60**

NEW**HEALING HERBS**

Discover what herbs are available from your home garden to help counteract some common ailments. Learn what can be grown and how to go about using these fascinating herbs. You will be amazed at the variety of traditional medicinal herbs available. Ginny will provide recipes for you to try at home.

A220 Wed 28 Feb 6-8pm
1 eve \$25

NEW**THE FRAGRANT GARDEN**

Be inspired by the scents and perfumes from a range of herbs and perennials. Plant areas close to where you typically relax or regularly walk by - the front steps, porches or under windows. Design a scented garden against a warm wall with some seating or around a BBQ area for those long summer evenings. Ginny will provide you with a list of suitable plants for different situations and soil conditions.

A221 Wed 7 March 6-8pm
1 eve \$25

HEIRLOOM GARDENING

Heirloom vegetables are known not only for their superior taste but also for their hardiness and disease and pest resistance. Join Ginny for a brief guide to heirloom gardening through the seasons, what to plant and when. Enjoy the satisfaction of growing traditional veges that our forebears grew. Tutor: Ginny Clayton

A222 Wed 14 March 6-8pm
1 eve \$25

HOME HERBALS

Using plants found in the garden and kitchen such as chillies, herbs and lavender, learn how to make a number of products including a soothing moisture cream, lip balm and rubbing oil. Discover the beneficial properties of each plant. Learn how to prepare the herbs for use and follow the step by step methods from infusing to bottling. Join this practical hands-on workshop. At the end of the day you will take home at least four products together with a range of recipes. Fee includes ALL ingredients plus jars. Tutored by Raewyn Rouse.

A225 Sat 3 March 12.30-4.30pm
1 afternoon \$60

HAVE FUN WITH FRAGRANCE

Learn the first steps to create your own fragrance blends using natural oils.

A226 Register your interest for Term 2

**General Interest****NEW**

*Nothing worth
having was ever
achieved without effort!*

WRITE CLUB:**FICTION WRITING CRASH COURSE**

Written fiction is the dominant form of writing in the world. Behind every film, book, TV show, great speech, news report and website lies written text, pulled from the ordinary and turned into something extraordinary. Our tutor, Michael Botur, is a much-published author of novels, short stories, poetry and journalism. Every week you will be encouraged to produce a fresh piece of creative writing and by the end of the course you will publish a book with your fellow students. Join this class and let Michael introduce you to the world of fiction

A430 Starts Tues 20 Feb 6-8.30pm
7 weeks \$70

*"Why write? We write
not just to change the world,
but to create a new world."*

MAKE THE MOST OF YOUR CAMERA

This is a practical workshop for beginners. Learn to use the full capabilities of your camera to produce professional looking photos. Break away from 'auto mode'. Discover shutter speeds, apertures & look at composition. The first three weeks you will learn how to operate your camera & the last week will cover basic photo editing. Suitable for both SLR 35mm and digital cameras. Bring your camera and manual (if possible). Tutor: Sally McGunnigle

A26 Starts Wed 7 March 6-8.30pm
4 weeks \$75

PHOTO EDITING MADE EASY

Want to adjust and enhance photos?

A135 Refer page 8 for details

TE TIRITI O WAITANGI

Gain an insight into the unique cultural history of Aotearoa and in doing so learn the answers to fundamental questions such as, what is the Treaty of Waitangi? Compare the Declaration of Independence with that of the Treaty texts. Involves activity-based learning techniques. This course offers a safe environment to enable full and free discussion. To be held at the Pehiaweri Marae, Glenbervie.

A285 Register your interest

DEALING with**INTERPERSONAL CONFLICT**

What brings about certain types of conflict? How can you manage and resolve conflict? Explore the field of personal conflict resolution from various angles and reflect and plan how to resolve issues. Various practical exercises and the personal experience of different behaviour will help to improve outcomes. Only issues that involve no physical violence will be covered. Gain the skills, knowledge and confidence to manage conflict in your life. Facilitated by Barbara Ruhdorfer.

A470 Sat 7 April 9am-3.30pm
1 day \$65

SEWING WORKSHOPS

Yes, you CAN sew! Do you find the thought of sewing a bit daunting? Have you sewed before but lost your confidence? Do you need some guidance with an existing project? Suitable for both beginners & sewing enthusiasts.

A350 Refer page 13 for details

UPHOLSTERY WORKSHOP

Before you throw away that old chair, ask yourself, "Can it be recovered?" Bring your favourite piece of furniture back to life! Learn the basics of upholstery.

A355 Refer page 13 for details

We welcome suggestions for courses

NEW COURSES I WOULD LIKE TO SEE OFFERED BY CEW

1.
2.
3.

*Please return this form to Community Education Whangarei
PO Box 4137, Kamo 0141 or email cew@kamohigh.school.nz*

Health & Wellbeing

The body achieves what the mind believes!



NEW

ASSERTIVENESS

Develop your self-esteem and the confidence to speak up for yourself in all aspects of your life...and love doing it! Many people find it hard to ask for what they want in their lives and they also find it hard to say no. Discover how to express yourself in a way that makes you feel good, yet still respects the other person. This workshop is all about finding the new YOU! Through creativity, games, visualisations, sharing and practical exercises, explore and be guided to find your new voice. Leave with a plan of action, strategies and tools. Tutored by Liz Gow.

A440 Starts Wed 21 March 6-8pm
4 weeks \$75

Enrol early to avoid disappointment

NEW

BODY TRUST® WELLNESS

The notion of body trust is that you start to learn how to eat more intuitively. This is an introduction to the five core competencies of Body Trust Wellness. Discover more meaningful markers of your health, reduced body shame, increased trust with food and more satisfaction. Leave with tools to begin your journey to increase confidence in your own skin with the knowledge and skills to deepen your practice of body trust. You CAN have a different relationship with food and your body. Facilitated by Liz Gow.

A445 Sat 10 & 17 March 9am-1pm
2 mornings \$75

TRADITIONAL MAORI MEDICINE

Experience a wonderful part of our heritage, the medicinal properties of our native plants. Learn more about your local bush and the plants within. Discover some simple home remedies for common ailments and conditions. Learn a little about traditional Maori medicines and how to prepare tonics, teas and balms. Join our tutor, HineAhua Tokōtokō, named for her role in Rongoa Maori, as she shares with you some of the wonders of our native plants.

A480 Sat 10 March 9am-3.30pm
1 day \$65

Visit: www.cew.ac.nz

HEALTH within CHINESE CULTURE

Traditional Chinese medicine is an important part of healthcare in China where practitioners approach healthcare from a holistic point of view. This short course will look at the human body user manual, the theory behind the foundation of traditional Chinese medicine and the key to longevity – how to live a long healthy life! Discover how to live healthily with traditional Chinese cultural principles. Our tutor, Sophia Xiao-Colley, has a degree in medicine and is a qualified acupuncturist.

A485 Sat 24 March 9am-1pm
1 morning \$35



Recycle this brochure - share it with a friend!

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(Continued from page 11)

NEW

NUTRITION : A HEALTHIER YOU!

What you eat every day can make a big difference to how healthy you are. Nutrition also influences your intelligence, your energy levels, your sleep. Our tutor, Bianca Haux, is a naturopath and will help you discover the changes you can make in your life which will have an impact on your health. Learn about natural antibiotics, detoxing and the affect that nutrition can have on allergies, pain and much more. Track your progress each week. There will be time allowed each session for questions and discussion. Become a healthier you!

A210 Starts Mon 5 March 6-8pm
4 weeks \$75

The CEW office will be closed over the school holiday period. The office will re-open on Wednesday 7 February



NEW

THE VEGAN REVOLUTION

Why Vegan? How Vegan? Discover why and how to change the way you eat, to adopt a vegan diet and lifestyle. Is it sensible, is it possible, is it healthy, is it necessary? The pros and cons of veganism will be discussed. This course covers the three key arguments regarding the impact our food choices have on: climate change/the environment; our health; animal rights. Learn the value of a plant-based diet.

A215 Starts Tues 13 March 6-8pm
3 weeks \$60

NEW

DEALING with INTERPERSONAL CONFLICT

What brings about certain types of conflict? How can you manage and resolve conflict?

A470 Refer page 10 for details

MINDFULNESS MEDITATION

Be introduced to basic sitting and walking meditation practice, concentrating on the breath and becoming aware of your moment by moment experience of living in your body. We approach this practice with curiosity, openness and compassion, acknowledging that a radical awareness of body/mind can bring us to the truth of our lives. You will be part of a disciplined enquiry, where discussion and sharing supports the growth of the group. In addition to the course fee there will be a weekly koha payable directly to our tutor, Barbara.

A475 Starts Thurs 22 Feb 6-7pm
7 weeks \$25

NEW

MANAGE your WELLBEING with NLP

Would you like to be more relaxed and composed? Do you want to feel more contented? Learn some basic neuro-linguistic programming tools and life skills to help you in your day to day life. Michelle will offer a range of strategies so you can look forward to a brighter future! Tutor: Michelle Sime

A490 Starts Tues 27 Feb 6-8pm
4 weeks \$75

Email:

cew@kamohigh.school.nz

YOGA

Discover yoga! Yoga can help reduce stress; increase flexibility, muscle strength and tone; improve respiration, energy, vitality. Suitable for both beginners and those who are more advanced. Please disclose any injuries you may have i.e. a bad back, if you have had any recent or major surgery, if you are pregnant.

A498 Phone 435 0889 for details

Any health issues should be disclosed i.e. pregnancy, history of a bad back or neck, any major or recent surgery. Always work to your own ability.



*There is no place
like home!*

NEW

PROPERTY STYLING

Are you looking at selling your home or do you simply want to give your home a new look? Whether you intend to sell, are thinking of doing a room make-over or are just wanting some new ideas to freshen up a room, then this is the course for you. Learn how to present your home with style! Preparing your home for sale can be overwhelming. Where do you start? Let our tutor, Yvette Parker, help you look at your home from a fresh perspective. Learn how to showcase your property's strong points. Discover stylish and practical ideas to transform your home and make it more attractive to prospective purchasers. Create a lasting first impression!

A345 Wed 28 Feb 6-8pm
1 eve \$30

GARDEN DESIGN WORKSHOP

What do you want from your garden? Our qualified landscape architect, Holly Nichol, will work with you providing inspiration and advice and will critique your plan as it develops. Bring along a site or building plan and photos of the area(s) and/or inspiration. You can have a one-on-one consultation with Holly prior to the first lesson (fees extra). Visit page 8 for further course details.

A230 Starts Thurs 1 March 6-8pm
4 weeks \$75

HOME HERBALS

Join this practical hands-on workshop and take home at least four products together with a range of recipes. All ingredients and jars provided.

A225 Refer page 9 for details

About the Home

SEWING WORKSHOP

Do you find the thought of sewing a bit daunting? Have you sewed before but lost your confidence? Do you need some guidance with an existing project? This class is suitable for both beginners and sewing enthusiasts. Make a new garment or up-cycle an existing item. Each student will work on their own individual project; yes YOU will make your own garment! Learn the basics, develop your existing skills, refresh your memory if you're a bit rusty. Become friends with your sewing machine. Yes, you CAN sew! Orientation evening for enrolled students is 21 February @ 6pm, meet the tutor for guidance in choosing both pattern & fabric.

A350 Starts Wed 28 Feb 6-8.30pm
5 weeks \$85 **OR**

A351 Sat 17 & 24 March 9am-3.30pm
2 days \$85

*School map on
page 19*

UPHOLSTERY WORKSHOP *Ken Brain*

Do you have a chair or stool that needs recovering? Bring your favourite piece of furniture back to life! Learn the basics of upholstery in an intensive weekend workshop with our experienced tutor. Only small projects will be accepted - no large items allowed due to time constraints. Basic sewing skills recommended. You will be given the opportunity to meet with the tutor prior to the class to discuss your project and calculate the quantity of fabric needed together with any other materials that may be required. Info evening will be mid February. Material costs are extra.

A355 3 & 4 March 9am-4.30pm
Weekend \$150



In the Kitchen

NEW

*Eating is a necessity
but cooking is an art!*

BREADMAKING

Amy Sinclair

Home-baked bread always tastes best! Make a range of European and Middle Eastern breads including baguettes, ciabatta, pitas and wraps. Our tutor will teach you the secret to making bread which is better for your digestive system. Join Amy for a day of mixing, kneading and baking. Discover the wonderful art of bread making! Ingredients included.

A170 Sat 3 & 10 March 9am-12.30pm
2 mornings \$60

NEW

DELIGHTFULLY DECORATED CAKES

Learn the basic icing steps and make simple, easy, but attractive decorations. Ideal for all those special occasions—birthdays, anniversaries, etc. Amaze your friends and family with your newfound skills. Ingredients extra.

A184 Wed 7 March 5.30-8.30pm
1 evening \$50

CHEESE MAKING

Pamela Parkinson

Experience the ageless craft of cheese making! Discover how easy it is to make your own cheese with our tutor, Pamela Parkinson. Pamela will demonstrate the basic steps of making a hard cheese and share with you her extensive knowledge. Samples will be available for you to try. Detailed handouts will be provided so you can make your own cheese at home and Pamela will also explain what equipment you will need. Join this class and become a cheesemaker!

A180 Sat 24 March 10am-2pm
1 day \$65

NEW

THE VEGAN REVOLUTION

Why Vegan? How Vegan? Learn the value of a plant-based diet. **Refer page 12**

FRENCH COOKING

Join our tutor and discover how to cook authentic French dishes including navarin d'agneau, gratin dauphinois, tarte tatin, madeleines, etc. Learn to speak a little French as you cook. Bon appetit! Tutor: Sylvie Roblot

A190 Starts Wed 14 March 6-8pm
4 weeks \$65

BUON APPETITO!

This Italian cooking course begins with antipasto, savoury treats to get a meal off to a good start and to serve at parties. Primo (first course), banishes hunger! A popular class with the emphasis on nutritious and homemade, including sauces which you'll find simple to make and easy on the pocket. Secondo (mains), learn how to present your family and friends with a genuine Italian dish that will become a favourite for all, together with ways of preparing vegetables Italian-style. Dolce (dessert), this is always a highlight! Please let us know in advance if you have any dietary requirements.

A196 Starts Wed 7 March 6-8pm
4 weeks \$65

NEW

MEXICAN COOKING

Having trouble finding delicious Mexican food? Why not learn to cook it yourself? Learn the basics of Mexican cooking with recipes that are easy to follow. Make authentic tortillas, salsas, tacos and more! Don't worry – it's only as spicy as you want it to be. Gluten free, vegetarian & vegan options available. Ingredients extra. Tutor: Diane Coleman

A200 Starts Mon 5 March 6-8pm
4 weeks \$65

NEW

NUTRITION : A HEALTHIER YOU!

Nutrition influences your intelligence, your energy levels, your sleep. **Refer page 12**

JAPANESE COOKING Mari Fushida-Hardy
Learn how to prepare a variety of popular dishes including sushi, gyoza, miso ramen, katsu curry, etc. Experience new tastes and healthy eating. Ingredients extra.

A198 Starts Tues 6 March 6-8pm
4 weeks \$65

Visit:

www.cew.ac.nz



Language & Culture

Learning a language is to understand others!

FRENCH

So you want to learn French? Do you already speak a little of the language and want to expand on your existing skills? Improve your French week by week by listening, speaking, reading & writing.

Beginners:

A360 Starts Thurs 22 Feb 5.30-7.30pm
7 weeks \$90

Advanced:

A362 Starts Tues 20 Feb 5.30-7.30pm
7 weeks \$90

ITALIAN

Planning a trip to Italy? Then this course is for you! Learn essential words and phrases to assist when travelling, including vocabulary for shopping, dining, asking directions and meeting new people. Be prepared for what to expect in different regions of Italy. Suitable for beginners and those who want to practice their pronunciation and conversation. Tutored by Madelaine Reid

A374 Starts Tues 20 Feb 6-8pm
7 weeks \$90

PASTRIES

Amy Sinclair
Discover Amy's secrets to baking her famous pastries, said to be some of the best in Northland. Learn how to make delicious pastries such as croissants, tarts, danishes and pies. You may have already sampled Amy's croissants at the Canopy markets – now you can make your own! Ingredients included.

A175 Sat 7 April 9am-1pm
1 morning \$45

SPANISH for BEGINNERS

Do you intend to travel to Spain or Latin America? This course is suitable for beginners and will include greetings & farewells, ordering food and drinks, asking for information, requesting directions, etc. Tutor: Maria Alvarez

A394 Starts Mon 19 Feb 6-8pm
7 weeks \$90

Enrol early to avoid disappointment

TE REO MĀORI for BEGINNERS

An introductory course for those with little or no prior knowledge of te reo Māori. The course will cover the basic language structure including greetings and farewells and simple conversations. Learn to korero with confidence. Tutor: Jason Tepania

A398 Starts Mon 19 Feb 6-8pm
7 weeks \$90

ALL online enrolments are acknowledged – no response means we haven't received it!

Music



Music expresses that which cannot be put into words and cannot remain silent!

GUITAR for BEGINNERS

This class assumes that you have no prior musical knowledge and is designed for absolute beginners. Our tutor will show you how to tune your guitar and will teach you basic chords, how to quickly change chords and how to strum. By the end of the course we will have you strumming a few popular tunes. You will also learn some simple picking and some basic musical terms. Tutor: Murray Sargeant

A425 Starts Tues 20 Feb 5.30-7pm
7 weeks \$90



Please note:

**NO CLASSES
EASTER WEEKEND
Fri 30 March—Tues 3 April**



Look out for these classes this term!

- Assertiveness
- Body Trust ® Wellness
- Wellbeing with NLP
- Interpersonal Conflict
- Traditional Maori Medicine
- Health within Chinese Culture
- Nutrition: A Healthier You
- The Vegan Revolution
- Mexican Cooking
- French Cooking
- Italian Cooking
- Cake Decorating
- Writing Fiction
- Photo Editing
- Publish Your Own eBook
- Start Your Own Business
- Te Tiriti o Waitangi
- Art: The Pour Technique
- Have Fun with Clay!
- Flax Weaving
- Mosaics
- Italian
- Property Styling
- Gardening with Ginny

INFORMATION

ENROLMENT: Enrolment forms are on **page 18** of this brochure or enrol online - www.cew.ac.nz. All online enrolments will be acknowledged so **NO RESPONSE** means it hasn't been received!

FEES: To secure your enrolment fees should be paid **prior to commencement of the class**. This also helps to keep costs (and fees) down, assists with administration and reduces interruptions to the class on the first evening.

PAYMENT can be made by cash, cheque or internet banking to the ASB account of Kamo High School account no. 12 3093 0154474 00. Reference: CEW followed by the course code & your surname. CEW does not have facilities for EFTPOS or credit cards.

RECEIPTS will only be posted if requested. If enrolling by mail please enclose a stamped addressed envelope if you require a receipt.

REFUNDS: If a class is cancelled a full refund will be given. In all other situations refunds are at the sole discretion of the CEW office and an administration fee may be deducted. CEW reserves the right to transfer the fees to another course or hold a credit for a later date.

NOTIFICATION: You will be contacted if.....

- there is any change to the date or time of your class
- the class you wish to enrol in is full
- the class is to be cancelled due to lack of enrolments

For this purpose it is important that you provide a **DAYTIME** contact number - work, home, cellphone. **All emails are responded to** — no response means your email has not been received!

ENROL EARLY: Late enrolments mean classes can be full or cancelled.

ELIGIBILITY: Funding regulations state that students under the age of 16 years may not attend any government subsidised classes. If you are under 16 please check eligibility when enrolling in any courses.

SAFETY ISSUES: All care is taken to ensure the safety of students but due diligence is required by individuals. In the health & fitness classes it is requested that any health issues are disclosed before enrolling, i.e. pregnancy, history of a bad back or neck, any major or recent surgery. For your own safety it is essential that the tutor is informed of any condition that could cause concern. Students should work to their own ability. When working with equipment it is important that basic safety procedures are followed.

OFFICE HOURS: Mon to Thurs 10am-5pm & 10am-4pm Fridays (term time only). Being a sole-charge position the office is sometimes unattended, I may be off-site or setting up classrooms for that night. Please leave a message or email cew@kamohigh.school.nz. If you have called in during school hours please go to the school office.

CLOSED: The CEW office is closed over the school holidays and **re-opens Wed 7 Feb**



CE-W ENROLMENT FORM

Community Education, P.O. Box 4137, Kamo

Email: cew@kamohigh.school.nz Ph/fax: 09 435 0889 Website: www.cew.ac.nz

Surname:.....First Name:.....

Address:.....

Phone: (day).....(eve).....(cell).....

Email:.....

Code No.	Course Title	Receipt no	Fee

Cheques to: Community Education Whangarei. Enclose a S.A.E. if receipt required

Do you want to receive CEW brochures? Yes / No (please circle)

The following information is required for statistical purposes only (please circle)

Gender: Male Female Immigraton Status (if applicable): Migrant Refugee

English Language Status: native English speaker non-native English speaker

Age: 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 44-49, 50-54, 55-59, 60+

NZ European/Pakeha, NZ Maori, Pacifica, Asian, Middle Eastern, Latin American, African, Other

Qualifications: no formal secondary school qual, 14 or more credits, NCEA Level 1 or School C, NCEA Level 2 or 6th form cert, UE, NCEA Level 3 or bursary or scholarship, overseas qual, other



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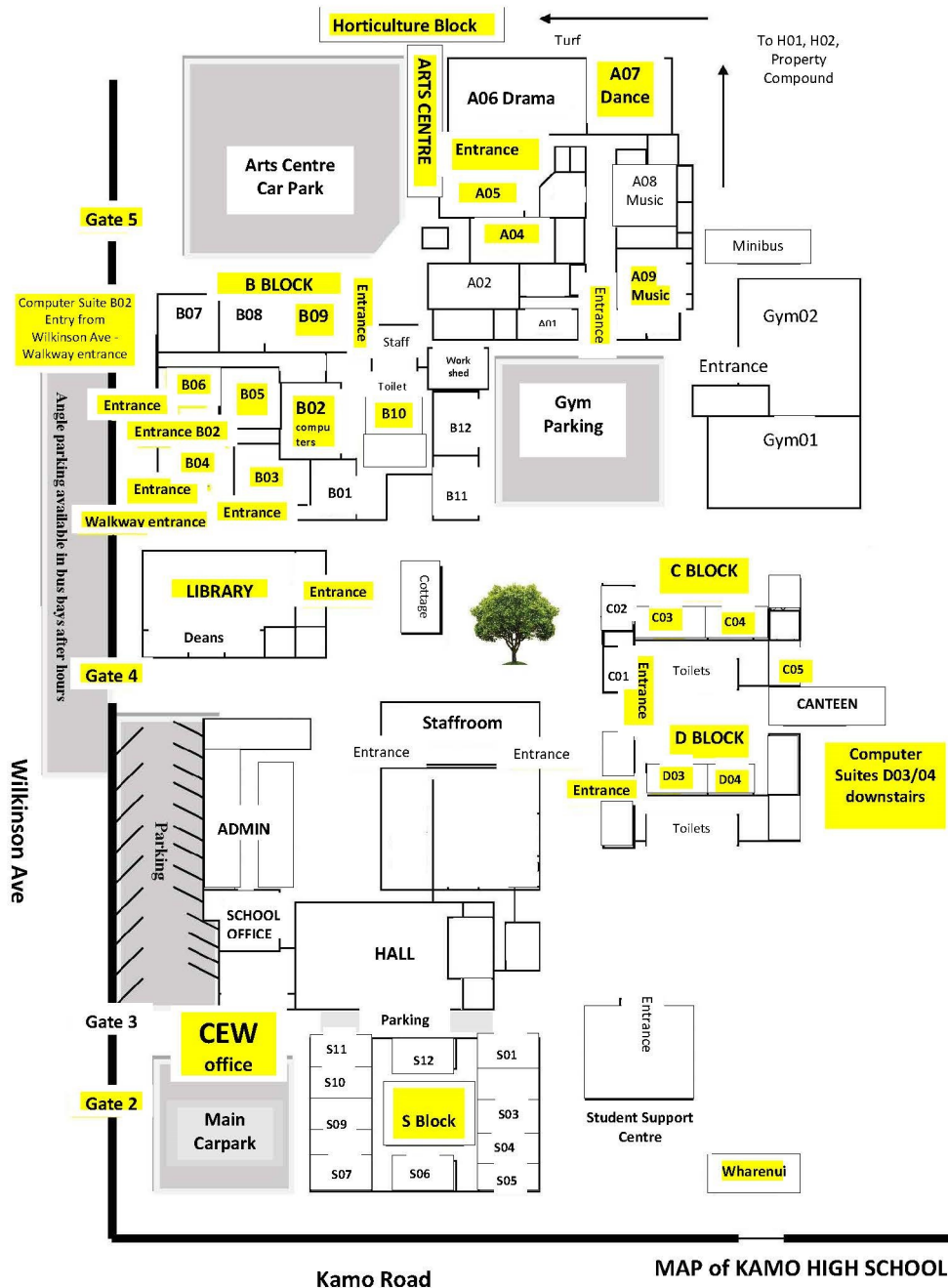


ARTS CENTRE:
A04 & A05 art rooms
A07 dance floor

B BLOCK:
B03 & B04 cooking rooms
B05 & B06 sewing/textiles
B09 woodwork

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B block – B02 & B10
D block – D03 & D04

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Telephone +64-9-435 2261
Facsimile +64-9-435 4250
Mobile 0274 402 105
Freephone 0800 667529
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