



COMMUNITY EDUCATION WHANGAREI



[www.cew.ac.nz](http://www.cew.ac.nz)

*It's a new dawn,  
It's a new day,  
It's a New Year.....  
and we hope you're feeling good!*

*Learn something new this year: a new skill, a new hobby and meet new people. There are more than 20 NEW courses available plus many old favourites. What do you want to learn?*

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## **ADULT COMMUNITY EDUCATION**

*Affordable, Accessible, Lifelong Learning*

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<b>Co-ordinator:</b>	Shona Hill
<b>Phone:</b>	09 435 0889 (with answerphone)
<b>Location:</b>	Kamo High School, Wilkinson Ave, Kamo
<b>Postal Address:</b>	PO Box 4137, Kamo 0141
<b>Email:</b>	cew@kamohigh.school.nz
<b>Website:</b>	www.cew.ac.nz

**Office hours:** 10am-5pm Monday to Thursday,  
**(term time only)** 10am-4pm Friday..... open until 6pm  
the first night a class starts



The CEW office will be closed over the school holiday period and will re-open on Monday the 3rd of February 2020

**Enrol:** Online - [www.cew.ac.nz](http://www.cew.ac.nz)  
Email - [cew@kamohigh.school.nz](mailto:cew@kamohigh.school.nz)  
Phone - 435 0889 OR call into our office.  
All enrolments are responded to, no response means it hasn't been received.

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For classes **NEW** this term look for this image





# Art & Craft

*Art speaks where words are  
unable to explain*

**NEW**

## WATERCOLOURS for BEGINNERS

Learn and practise traditional and contemporary water colour techniques in a friendly, relaxed environment. Understanding painting techniques is a foundation for expressing and exploring ideas more fully. You will follow a step by step process with exercises that will extend into painting simple geometric/organic objects in monochrome. Further experimentation will be encouraged in this one day workshop. Take the opportunity to try something new with our tutor, Gayle Forster. All materials provided.

**A34** Sat 14 March 9am-3pm  
1 day \$105

*“Discover the artist within.”*



**NEW**

## TUTUKAKA COAST LANDSCAPE

The Tutukaka coastline is one of Northland's jewels! We are lucky to live here and enjoy the beauty of these wonderful bays. Bring home a little corner of the Tutukaka coast by making your very own painting of one of the bays. Elena will guide you through the creative process step by step as you paint a landscape with acrylics on a medium size canvas. Suitable for any level of artistic experience. All materials provided. Just bring your artistic drive and have fun! Tutor: Elena Nikolaeva

**A35** Sat 7 March 9am-2.30pm  
1 day \$110

**NEW**

## PAINTING MIST and FOG

Winter in New Zealand is a time of beautiful morning mists and fogs and is a wonderful source of inspiration for an artist. How do you paint the elusive quality of misty air, the silhouettes of trees in the mist, or grass, or a building seen through the mist? What colours do you use to avoid the boredom of greys and murky shades? It's a challenge – quite the opposite of typical New Zealand landscapes with clear air, vibrant colours and sharp shapes. In this workshop you will work on a medium size canvas exploring the subtle and refined palette of mists, creating a "mysterious" landscape painting. Suitable for students of any level of artistic experience. All materials provided. Tutor: Elena Nikolaeva

**A36** Sat 21 March 9am-2.30pm  
1 day \$110



*Recycle this  
brochure -  
share it with  
a friend!*

**NEW****PAINTING : USING GOLD LEAF**

Gold leaf is one of the oldest materials in visual arts. It was neglected for a number of years due to its high cost but recently it has seen a return to use in visual art. Art Suppliers today offer several substitutes for real gold. This workshop offers you an opportunity to play with this traditional material in a contemporary way, adding a 'touch of gold' to your painting. During this workshop you will make a painting on a medium size board, using "gold" leaf and acrylics in an easy and relaxed way guided step by step by our tutor. Suitable for any level of artistic experience. Tutored by Elena Nikolaeva. All materials provided including the gold leaf.

**A37** Sat 28 March 9am-2.30pm  
1 day \$125

**WEAVING WORKSHOP:****CONTEMPORARY KOROWAI and TĀNIKO**

Korowai is one of the oldest and most versatile of all Maori weaving techniques. This is a hand weaving technique that uses a range of different weaving materials. Korowai can be used to create wall hangings, ketes, guitar straps and full sized korowai cloaks. Our tutor, Rita Pickering, is a well-known and respected kuia and weaver who was born in Rawene and grew up in Waima. Rita can help you start your journey to design and create your very own korowai, an heirloom to be treasured by future generations. Join Rita in a relaxed and friendly atmosphere and learn at a pace you are comfortable with. This course will be held over three alternative Saturdays\*\*. Materials are extra\* and cost \$55, kits can be purchased from the tutor on the first day. A sample korowai can be viewed at the CEW office.

**A14** Starts Sat 29 Feb 9am-5pm  
3 days (total)\*\* \$120\*

**2020 VISION BOARD**

Visualisation is one of the greatest and most effective mind workouts ever. **Refer page 12**

**MOSAICS**

A messy, creative, FUN weekend! Explore your creative side. Learn about materials, tools, basic skills, creative inspiration and finishing touches. In this introductory workshop learn how to create a mosaic using tiles, ceramics, glass. This class includes gluing processes and grouting. No experience necessary. All materials provided. You are also welcome to bring along your own china and/or glass beads to use in your project. Come along and have some fun! No extra costs

**A41** Sat 21 March 9am-4pm  
Sun 22 March 10am-12.30pm  
2 days \$125

**ENJOY ART JOURNALING**

Explore the benefits of art journaling. Use your art journal for artistic inspiration, to collect ideas and samples, to explore art techniques, to develop your creativity, and as relaxation. Try out a range of creative techniques in an artist quality journal you can take home and continue to enjoy. Not an artist? You don't need to be - no art experience needed and all materials provided. Tutor: Shelley Chappory

**A32** Sat 29 Feb 9am-2pm  
1 day \$75

(Continued on page 6)

**NEW**

(Continued from page 5)

### MINI ART MURAL

*Shelley Chappory*

Paint a Mini Mural onto corrugated iron for your garden, shed, or entrance-way. Explore your inner creativity with a relaxing day of painting. Bring along your own design or adapt one of ours. Not an artist? You don't need to be - no experience necessary. All materials provided including iron and paints.

**A24** Sat 4 April 9am-2pm  
1 day \$85



### BEESWAX FOOD WRAPS

Want to be crafty and eco-conscious? Join this workshop and learn how to make beeswax food wraps, your very own cling wrap alternative. You will be crafting your way to plastic-free living using natural ingredients with no additives! This is a hands-on class and you will get to make a couple of wraps to take home (all materials provided). Beeswax wraps are a perfect home essential for wrapping up lunchbox items, preserving last night's dinner or bundling up your favourite on-the-go snacks. They also make great gifts!

**A20** Sat 4 April 9am-11am  
1 morning \$30

### NATURAL BODY PRODUCTS and HAVE FUN with FRAGRANCE

*Refer page 17 for details*

### FABRIC SHOPPING BAG

*Lyn Madden*

Easy to make, re-usable and washable, just the thing for replacing those plastic shopping bags. Approx 35cm square and lined for strength this bag will hold lots! The fabric choice is yours, the style is simple and elegant and so easy to make. A sample can be viewed at the CEW office or at <http://www.cew.ac.nz/about-the-home.html>. \*Materials are extra.

**A29** Sat 29 Feb 9am-11.30am  
1 morning \$28\*

### ZIPPY LITTLE BAG

**NEW**

Easy to make, great for makeup or as a sewing kit. This versatile little fabric bag has a zip closure to keep all your treasures safe and is washable. Suitable for confident beginners. Materials provided. View a sample at the CEW office. Tutor: Lyn Madden

**A30** Sat 4 April 9am-12 noon  
1 morning \$80

### BASIC SOAP MAKING

*Lyn Madden*

Learn the basics of traditional soap making in this practical workshop. 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. All ingredients provided.

**A38** Sat 7 March 9am-12 noon  
1 morning \$55

### FRENCH MILLED SOAP

*Lyn Madden*

French Milled soap is the fuss free way to make soap. French Milled or Triple Milled is also known as Rebatching, making it a lovely luxurious soap. Lovely new pre-made all natural soap will be provided that can be reprocessed to form brand new soap bars with lots of interesting patterns as the soaps merge together. Add colours and scents and take home your own soap. No caustic soda, no curing time. All ingredients provided.

**A39** Sat 21 March 9am-12 noon  
1 morning \$65



# Business & Computers

*A goal is a dream with a deadline!*

**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.

**A60** Starts Mon 24 Feb 6-8.30pm  
5 weeks \$155

**NEW****GET FOUND on the INTERNET**

Improve the SEO of your website and Social Media. Explore how to quickly update your SEO in simple easy steps. Use the benefits of SEO (Search Engine Optimisation) to help people easily find your website and Social media. If you have a business or would like people to find you on the internet then come along and find out how SEO can be your key to success.

**A120** Thurs 5 March 6-8.30pm  
1 eve \$40

**PINTEREST for BUSINESS**

Utilise the free benefits of Pinterest to help market & publicise your business. Quickly and easily create content for your customers and clients to enjoy. Pinterest is also a free technique to aid your Website & Blog SEO. Learn how to share management of your Pinterest with other team members or share the marketing benefits with other related businesses.

**A133** Mon 6 April 6-8.30pm  
1 eve \$40

**DIY MARKETING****NEW**

Want to know how to do your own online marketing? Are you a small business on a tight budget? In this hands-on workshop we will explore FREE online techniques to make and use your own publicity images, text, and other content. Topics covered include websites, social media, SEO, branding, copyright, and print promotions. Bring along your own images and writing or use our examples.

**A65** Starts Wed 18 March 6-8.30pm  
4 weeks \$120

**CREATE YOUR OWN WEBSITE****NEW**

Explore everything you need to know about websites while creating your own FREE website. Create an easy-to-use professional website that works for you. A responsive website that works on all devices, has great SEO, and is cheap & easy to maintain. Find out how easy it can be to have a website for you, for your interests, for family, or for business. Bring along your own images and writing or use our examples.

**A160** Starts Thurs 12 March 6-8.30pm  
4 weeks \$120

**DESIGN A BUSINESS CARD**

Use Free online software and Apps to create your own business card. Business cards are quick, cheap, and easy to make and can be used for all sorts of things. Print a business card as a mini portfolio, a quirky invite, a list of all your contact details for family and friends, or as part of your business marketing. Explore Business Card techniques - what the options are and how to do it. Not a designer? You don't need to be - no experience needed.

**A130** Mon 30 March 6-8.30pm  
1 eve \$40

*(Continued on page 8)*

*(Continued from page 7)***EXCEL***Jo Martin*

An introduction to this popular program. Learn how to create spreadsheets, charts, perform calculations with formulae, make and sort lists, format data, etc. Discover many of the time-saving features that Excel has to offer. This course is designed to help build your skills and confidence. No previous knowledge of spreadsheets required. Make Excel work for you!

**A103** Starts Tues 18 Feb 6-8pm  
3 weeks \$75

**NEW****LEARN TO USE GMAIL WITH CONFIDENCE**

Learn how to create a Gmail account, create and format emails and add attachments. Understand the difference between reply and forward and what CC and BCC are used for. Create folders to store your emails and move emails into them. Create, add and edit Contacts and Groups and access the calendar and tasks features in Gmail. Understand some of the basic settings, including how to create an automatic email response, add an email signature, etc. Tutor: Jo Martin

**A105** Tues 17 March 6-8pm  
1 eve \$30

**WORD WORKSHOP:** Gain confidence in using Microsoft Word. **Register for Term 2**

**CREATE YOUR OWN BLOG**

Create a Blog for fun or for your business. Share stories, images and videos with just friends and family, or share your ideas with the world. Inspire others! Share your creativity, your hobbies, your knowledge, your business advice. Learn easy blogging techniques. Create a quick FREE blog that can be available online within 2 hours. Bring along your own images and writing or use our examples. Discover the joy of Blogging!

**A135** Sat 28 March 9am-12.30pm  
1 morn \$45

**EXPLORE YOUR FAMILY ROOTS****NEW**

Discover your family history with easy-to-use online techniques that you can use for FREE at home. Experience the fun of finding relatives and their stories, all over the world. Learn about the healing benefits of genealogy, for all the family. Bring along the names of some of your ancestors and we'll see what we can discover.....

**A136** Sat 14 March 9am-12.30pm  
1 morn \$45

**NEW****PUBLISH YOUR OWN BOOK**

Explore how to publish your own eBook on Amazon and sell it all over the world! Enjoy a passive income and seeing your own book on the internet or publish a promotional book for your business. Share your story with the world or keep your identity private. Discover FREE modern book publishing techniques to use in the comfort of your own home. Bring along your own writing or use our examples.

**A134** Sat 21 March 9am-2pm  
1 morn \$55

**GET CREATIVE WITH CANVA**

Use the FREE online App Canva to quickly and easily create images & designs for hobbies, fun, family or business. Use Canva for creative inspiration, for printable artworks or quick designs for Social Media, Websites or Print. No design experience needed.

**A125** Sat 7 March 9am-12.30pm  
1 morning \$45

**PHOTOS FOR THE INTERNET**

Improve your photos with easy-to-use online software and Apps. Create the perfect sizes and formats for your Website, Blog, or Social Media or create large photos to print and frame. Fix light and dark photos, faded photos, blurry and crooked photos, remove marks, scratches and unwanted items. Save your photos safely for the future.

**A140** Sat 22 Feb 9am-12.30pm  
1 morning \$45



# Culinary Delights

*Cooking is like love,  
it should be entered into  
with abandon or not at all!*

**NEW**

## CUCINA ITALIANA

Cook, Eat, Speak Italian—Cucinare, Mangiare, Parlare Italiano! Join our tutor, Madelaine, as she shares her love of both Italian food and the Italian language. This is a cooking class with a twist! Learn a little of the language as you prepare some popular dishes including Penne all'Arrabbiata (short pasta with piquant sauce), Pollo alla romana (Roman-style chicken), Parmigiana I Melanzane (aubergine baked with creamy cheese & tasty tomato) and last not but least, make your very own Panforte (Siena Cake). \*Ingredients extra. Buon appetito!

**A196** Starts Wed 11 March 6-8pm  
4 weeks \$80\*



**NEW**

## WILD HERBS in THE KITCHEN

How do you use wild herbs? What are the benefits? Learn how to introduce wild herbs into your cooking and at the end of the session sample some simple dishes that Bianca will prepare including pesto & salads. Please note that this is not a hands-on workshop.

**A178** Sat 14 March 12.30-3.30pm  
1 afternoon \$40

*Join Bianca for a morning field trip  
foraging for edible wild herbs*

**'Wild about Weeds'**

**Refer page 11**

## JAPANESE COOKING

All NEW recipes! Learn how to prepare a variety of popular Japanese dishes including Hap-po-sai, Shumai, Chicken Karaage, Sukiyaki-style beef and tofu. Join our tutor as she shares with you some authentic Japanese meals. Experience new tastes and healthy eating. \*Ingredients extra. Tutored by Mari Fushida-Hardy.

**A198** Starts Thurs 27 Feb 6-8pm  
4 weeks \$80\*

## POPULAR INDIAN STARTERS & SNACKS

Learn a variety of easy mouthwatering recipes which will make a pleasant change to your 'bring a plate' ideas. Dishes will include Paneer tikka, onion bhajji, chole kulche, sago fritters and vege cutlets accompanied with sweet n sour tamarind chutney.

**A193** Sat 22 Feb 9am-3.30pm  
1 day \$60\*

**NEW**

## REFRESHING SUMMER DRINKS

Learn how to prepare some cool and refreshing Indian drinks including Mango Lassi, Jaljeera mint lassi, thandai and watermelon cooler. Cool off this summer with these easy to prepare and thirst-quenching drinks.

**A194** Sat 29 Feb 9am-12pm  
1 morn \$35\*

**NEW**

## INDO-CHINESE FOOD

Discover popular and flavourful Indo-Chinese food such as veg Manchurian with gravy accompanied by veg fried rice or noodles. This can be a great lunch or dinner dish prepared by combining both Indian and Chinese flavours. \*Ingredients extra.

**A195** Sat 29 Feb 1-4pm  
1 afternoon \$35\*

*(Continued on page 10)*

*\*Ingredients are extra*

*(Continued from page 9)***NEW****POPULAR INDIAN BREADS**

Learn how to make a variety of healthy and fulfilling Indian breads which could become favourite lunch box treats for yourself and your children. You can prepare them a night in advance and they can also be frozen for later use. Enjoy them with your favourite curry, chutney, yoghurt dip or any relish of your choice. Includes a variety of stuffed paranthas i.e. allu paneer onion, peas gobhi and laccha (multi-layered) paranthas and Palak (spinach) poori with yoghurt dip.

**A191** Sat 7 March 9am-3.30pm  
1 day \$60\*

**NEW****FAMOUS INDIAN CURRIES**

Cook authentic Indian vegetarian food which offers a great balance of flavours and nutrition. Includes Chana Masala, Kadhai Paneer, Jeera Allu with Veg Pulao, Pineapple Raita & Ajwaini Parathas. A great start to your Indian cooking experience or a transition to an affordable nourishing vegetarian lifestyle.

**A192** Sat 28 March 9am-3.30pm  
1 day \$60\*

**MEXICAN COOKING***Diane Coleman*

Having trouble finding delicious Mexican food? Why not learn to cook it yourself? Learn some basic Mexican recipes that are easy to follow. Make authentic tortillas, salsas, tacos, etc. It's only as spicy as you want it to be. Gluten free, vegetarian and vegan options available.

\*Ingredients extra.

**A200** Sat 29 Feb 9am-3pm.  
1 day \$65\*

**FERMENTED FOODS***Bianca Haux*

What are fermented foods, how are they made and what are their health benefits? Fermented foods are probiotics that support a healthy gut and help us to stay healthy. They include yoghurt, kombucha, kimchi, sauerkraut, quark etc. A healthy gut contains supportive bacteria that assists digestion & produces vitamins and minerals for us. Learn how to make your own fermented food to improve your gut health. You will make your own sauerkraut in class and the tutor will demonstrate how to make quark. A range of recipes will also be provided for you to make your own fermented foods at home.

**A176** Sat 21 March 9am-1pm  
1 morning \$55

**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. 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. Our tutor, Bianca Haux, is a natural medicine practitioner and will help you discover the changes you can make in your life which will have an impact on your health. Become a healthier you!

**A315** Starts Tues 10 March 6-8pm  
4 weeks \$85

**BEESWAX FOOD WRAPS***Refer page 6 for details***TERM DATES : 2020**

<b>Term One:</b>	<b>3 February</b>	<b>-</b>	<b>9 April</b>
<b>Term Two:</b>	<b>28 April</b>	<b>-</b>	<b>3 July</b>
<b>Term Three:</b>	<b>20 July</b>	<b>-</b>	<b>25 September</b>
<b>Term Four:</b>	<b>12 October</b>	<b>-</b>	<b>11 December</b>

*\*Ingredients are extra*

# In the Garden



*Born to garden,  
forced to work!*

## KEEPING BEES

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. Facilitated by David Herbert.

**A225** Sat 15 Feb 9am-11am  
1 morn \$30



*The CEW office will  
be closed over the  
school holiday period.  
The office will re-open  
on Monday 3 February*

## WILD ABOUT WEEDS

Discover how to forage for wild herbs on a short field trip and learn how to identify and use edible wild herbs that are full of vitamins, minerals and essential phytochemicals, in short: they are way more nutritious than cultivated veggies. Challenge your taste buds and get to know some of the weeds/herbs that you will find (almost) anywhere. Are you curious and open to new tastes? Then join Bianca on this herbal excursion.

**A223** Sat 14 March 9am-12pm  
1 morning \$35

*Attend both of Bianca's  
classes for \$70*



## WILD HERBS in THE KITCHEN

How do you use wild herbs? What are the benefits? Learn how to introduce wild herbs into your cooking and at the end of the session sample some simple dishes that Bianca will prepare including pesto & salads. Please note that this is not a hands-on workshop.

**A178** Sat 14 March 12.30-3.30pm  
1 afternoon \$40

*We welcome suggestions for courses*

### NEW COURSES I WOULD LIKE TO SEE OFFERED BY CEW

1. ....
2. ....
3. ....

*Please return this form to CEW, PO Box 4137, Kamo O141  
or scan and email to cew@kamohigh.school.nz*



# General Interest

*Take one step towards your dreams and they will take two steps towards you!*

## TRAINING THE TRAINER: HOW TO TEACH ADULTS

Improve your tutoring skills and come away with a toolkit to help you become a great adult educator! This workshop is suitable for anyone who facilitates groups, teaches staff one-on-one or teaches adults privately. Whether you are new to tutoring or simply want to improve your teaching techniques, this course will be very beneficial. By the end of the course you will have gained confidence in your ability to facilitate a group and teach one-on-one. You will have discussed the differences between teaching adults and children, different learning styles and their relationship to tutoring, how to create a positive learning experience, how to embed literacy and numeracy into a lesson, create a course outline and a lesson plan including objectives and outcomes, write good handouts, learn the skills of positive lesson delivery and more! You will also have a chance to experience teaching a brief lesson first-hand, in a non-judgmental environment, with helpful suggestions to take away. Learn how to tutor adult learners and make a difference in someone's life! Facilitated by Jo Martin.

**A440** Sat 14 & 21 March 9am-12pm  
Sat 28 March 9am - 3pm  
Fee: \$155



*For further information*  
**Ph 435 0889**

## AGEING SUCCESSFULLY

We begin to age from the moment of our birth! So when do we actually think about the process itself....40's, 50's, 60's, 70's? How do you feel about ageing? What choices can you make? Staying happy, healthy, socially-connected and active can all help you age successfully. Join this frank and open workshop on Ageing Successfully in the 21st century. What does it look like personally and for our society today? Our tutor, Gail Robinson, will offer ideas, research and thought-provoking questions. Come and share your thoughts and experiences. Lots of laughter too!

**A431** Sat 7 March 9am-2pm  
1 day \$50



## 2020 VISION BOARD

Visualisation is one of the greatest and most effective mind workouts ever. Focus on what you want to achieve in 2020 by creating a physical vision board. What we focus on expands, especially when we can also focus on how we would feel once we achieved those goals. Bring along any of your own photos or pictures cut from magazines, cards, quotes and anything else that will inspire you to keep going and reach your goals, whatever they may be. All other materials will be provided including the board. Take home your own vision board to put on display and encourage you to stay on track. Our tutor, Julie Thompson, is a trained Life Coach.

**A433** Wed 19 & 26 Feb 6-8pm  
2 evenings \$65

*Visit: [www.cew.ac.nz](http://www.cew.ac.nz)*

**MAKE THE MOST OF YOUR CAMERA**

Get the best results from your camera by learning the fundamental skills and theory of good photography. Break away from 'auto mode'. Discover shutter speeds, apertures and look at composition. Learn to use the full capabilities of your camera to produce professional looking photos. This is a practical workshop designed for beginners and is suitable for both SLR 35mm and digital cameras. Bring your camera and manual (if possible). Tutored by Sally McGunnigle-Trail.

**A26** Starts Wed 26 Feb 6-8.30pm  
4 weeks \$85

*"Photography is like learning a new language, the more you learn the better you can express yourself."*

**NEW****PHOTOGRAPHY FIELD TRIP**

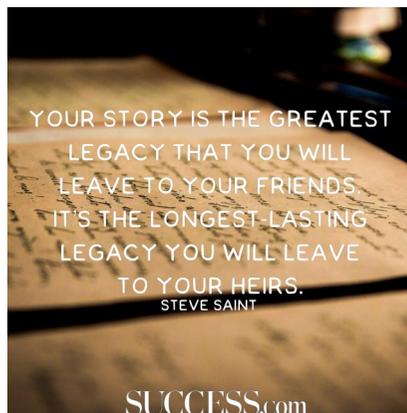
Join Sally on a photography field trip. Meet at Kamo High School for a brief revision of shutter, aperture, composition and lighting. Then buddy up and head out on a field trip. Working with your buddy you will be given a photographic challenge to fulfil, with specific criteria, and working together you will come up with 10 images each. Each pair of buddy's will have a different focus for their challenge (this is flexible). Finally, meet back together to share your photos and discuss your understanding of the shutter, aperture, composition and lighting that you have used. Bring your camera (with charged batteries), an empty card and card reader (if you have one) plus a drink bottle and your lunch. Suitable for students who have previously attended one of Sally's photography workshops or for those with some basic experience of camera functions.

**A27** Sat 28 March 10am-2pm  
1 day \$55

**CREATE YOUR OWN LEGACY BOOK**

We all have stories to tell and knowledge to share. Using photographs, paper clippings and any other personal memorabilia, you will make your own unique scrapbook full of memories, shared values and family traditions. Share your life stories, your greatest accomplishments and most memorable moments, creating a special gift for future generations to treasure. As well as being a keeper of family memories, sharing stories this way can help with the healing process following a challenge or a loss. It is also a means of documenting family history and important dates. The focus is on leaving a legacy for your children, grandchildren and beyond. Those who inherit your Legacy Book will be reminded of you, your journey and of those who made the journey alongside you. Our facilitator, Julie Thompson, is a trained life coach. No previous scrapbooking experience is required as the focus is on the personal content. Bring along your photos, personal memorabilia and any embellishments you want to use. All other materials will be supplied including a seven page (double-sided) 12 x 12 album. A sample album can be viewed at the CEW office.

**A432** Starts Wed 11 March 6-8pm  
5 weeks \$125



(Continued on page 14)

(Continued from page 13)

**NEW****BEAUTY WORKSHOP**

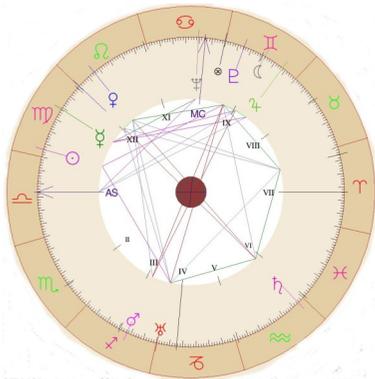
Discover how to do your make-up like a professional. You are invited to a beauty workshop with our expert make-up artist, Valeria. Learn how to create an amazing make-up look by following some very simple steps. Some make-up will be provided but please bring your own cosmetics, including foundation, so that Valeria can show you how to make the most of the products you have at home

**A242** Sat 4 April 9am-12pm  
1 morning \$50

**NEW****INTRODUCTION to ASTROLOGY**

Do you want to know how the stars influence your life? Learn the basics of the tropical zodiac in this six week course. You will gain an understanding of how to read a natal chart so you can use these skills to do a personalised horoscope. Astrology offers the opportunity to gain a deeper understanding of who you are. Tutor: Carolyn Bond

**A241** Starts Thurs 27 Feb 6-7.30pm  
6 weeks \$95



Recycle this  
brochure -  
share it with  
a friend!

**WHAT'S HOT  
FOR THIS TERM**

- Starting your own Business
- DIY Marketing
- Create your own Website
- Get Found on the Internet
- Explore your Family Roots
- Publish your own Book
- Learn to use Gmail
- Mindfulness Meditation
- Women's Health
- Balance class
- Health is Simple
- Colour your Home
- Old Clothes : New Clothes
- Create a Zippy Little Bag
- Beauty Workshop
- Keeping Bees
- Wild Herbs
- Astrology
- Photography Field Trip
- Cook, Eat, Speak Italian
- Famous Indian Curries
- Popular Indian Breads
- Indo-Chinese Food
- Refreshing Summer Drinks
- Fermented Foods
- Mini Art Mural
- Mosaics
- Art Journaling
- Watercolours for Beginners



# Health & Wellbeing

*It is health that is real wealth,  
not pieces of gold & silver!*

**NEW**

## WOMEN'S HEALTH

How are you? What are your health needs? This course will look at the different health and wellness issues that impact on women's lives including menstruation, pregnancy, menopause, bladder infections, PMS, depression. The facilitator is Bianca Haux, a natural medicine practitioner. Join Bianca as she talks about hormone imbalances, hot flashes, sleeping issues, bone density, period cramps and pains, irregular cycles, heavy bleeding, contraception and fertility. Learn what changes you can make to manage your health. Discussion welcomed. Own your health!

**A320** Starts Tues 25 Feb 6-8pm  
2 evenings \$50

**NEW**

## MINDFULNESS MEDITATION

The greatest misunderstanding about meditation is the misconception that you need to clear your mind of all thoughts. Meditation is not about clearing the mind; it is simply about being in a relaxed state in which the mind is free of scattered thoughts and overthinking. Meditation is proven to have many health benefits for the mind, body and spirit. Join Shannon on a six week journey to discover inner peace amongst the noisy confusion of life. Each week will build upon the techniques you learn, providing you with the skills to easily integrate the practice into your day to day life. Tutored by Shannon Douglas.

**A310** Starts Thurs 20 Feb 6-7.15pm  
6 weeks \$85

*"Peace is not found elsewhere,  
it comes from within."*

**HEALTH IS SIMPLE** *Sophia Xiao-Colley*  
Discover the healing power of the body's eco-system. It can heal itself if we provide it with the right conditions. This six week course will cover the importance of sleep, diet, mindfulness, posture, exercise and your connection to others. Learn how to trust the power of nature as the true healer. Our facilitator is Sophie Xiao-Colley, a Chinese acupuncturist with a degree in medicine.

**A300** Starts Sat 29 Feb 9am-11am  
6 weeks \$150



For further  
information  
Ph 435 0889

## 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. 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. Our tutor, Bianca Haux, is a natural medicine practitioner and will help you discover the changes you can make in your life which will have an impact on your health. Become a healthier you!

**A315** Starts Tues 10 March 6-8pm  
4 weeks \$85

**Email:**

**cew@kamohigh.school.nz**

*(Continued on page 16)*

(Continued from page 15)

### TRADITIONAL MĀORI 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. This is a practical hands-on workshop where you will discover some simple home remedies for common ailments and conditions and make your own tonics, teas and balms. Join Michelle as she shares with you some of the wonders of our native plants as you learn a little about traditional Māori medicines. Tutor: Michelle Sime

**A306** Sat 22 Feb 10am-5pm  
1 day \$75

### TRADITIONAL MĀORI HOME REMEDIES

Learn some easy, accessible and affordable home remedies to help keep your family healthy. Ears, eyes, throats and stomach often tend to be the main problem areas for families. This is a practical hands-on workshop where you will make some simple remedies including an eye wash, ear ache treatment, cough syrup, probiotics for your stomach and a medicinal balm. Our tutor, Michelle Sime, specialises in Māori medicines using plants and ingredients from your backyard, the bush and pantry that are all readily available.

**A307** Sat 4 April 10am-5pm  
1 day \$75

**NEW**

### 'HAPPY ON YOUR FEET' BALANCE CLASS

Would you like to strengthen your body, to have better balance and co-ordination, increased flexibility and more focus? Learn a mix of Qigong, Pilates and Tai Chi exercises to have more awareness and help prevent falls and injuries. Suitable for all ages and physical abilities. Tutor: Marie-Laure Darricarrere

**A495** Starts Wed 26 Feb 6-7.30pm  
7 weeks \$95

### DISCOVER YOGA!

*Suze Waymouth*

Enough working out, it's time to WORK IN! Yoga is an internal art and science which has existed as a healing method since ancient times. If you are looking for a life tool to help stabilise and balance the body and mind, then Yoga could be a good fit for you. Through freeing the joints and using simple squatting movements, Prana or Life Force awakens and begins to flow freely through the body. The quality of the breath is cultivated, which quiets the mind without mental imposition. This practice increases vitality, is incredibly grounding, and moves you quietly inward. Try a yoga class today!

**A498** Starts Mon 17 Feb 6-7.30pm  
7 weeks \$95



### WELLNESS WORKSHOP

Do you want to experience wellbeing, to be healthier, more balanced and vibrant? Do you want to be reconnected with your ability to heal? Learn effective tools to relax your body and your mind easily; breathing techniques, Qigong techniques, movements and postures and gentle stretches. You will also learn how to heal yourself, people, pets, plants. Healing is a natural process in nature. Qi healing is about activating energy and information for the purpose of changing and normalising the unhealthy condition of the Qi, body and/or mind. NB: This does not replace medical advice and treatment. Tutor: Marie-Laure Darricarrere

**A497** Sat 14 March 9am-12.30pm  
1 morn \$40



# About the Home

**NEW**

*Home isn't where you're from,  
it's where you find light  
when all grows dark!*

## HAVE FUN with FRAGRANCE

Have you ever dreamed of making your own fragrances? Would you like something natural to pop in the bath while you soak? Learn the first steps on how to create your own fragrance blends using natural essential oils. Make a roll on perfume and bath bomb to take home. These are great treats for yourself or make lovely gifts for family & friends. All ingredients provided. Tutor: Raewyn Rouse

**A325** Sat 14 March 12.30-2.30pm  
1 afternoon \$35

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

## NATURAL BODY PRODUCTS

Making skin and body care products can be quite addictive. Ingredients can come from your garden, the supermarket, the bush. Using plants such as chillies, herbs and lavender you will learn how to make an infused oil, lip balm, salve, hand cream and body lotion. Discover how to prepare the herbs for use from infusing to bottling. This is a practical hands-on workshop where you will take home samples of each of the products. The fee includes all ingredients plus jars. Tutor: Raewyn Rouse.

**A326** Sat 28 March 12.30-4pm  
1 afternoon \$55

## COLOUR YOUR HOME

Discover the power of colour! This four week course will cover the foundation principles of colour and how it can be used in the home. Learn how to successfully combine colours to create the desired mood in your home, as well as moving beyond the colour wheel to discover how to make whites and neutrals work for you. Through a series of hands on activities you will become familiar with the colour wheel, learn the properties of colour through value and intensity charts, figure out the key to successful neutrals and plan a colour scheme. Our tutor, Anna Witten, is an interior designer with a passion for colour. Come and join her to learn how you can use colour in your space to create a home that you love!

**A330** Starts Mon 2 March 6-8pm  
4 weeks \$85

## OLD CLOTHES : NEW CLOTHES

Upcycle and turn your old clothes into something new! Do you have pre-loved and neglected garments in your wardrobe that you can't bear to throw away? Learn how to transform them. For example, create a new outfit by turning a dress into a top or skirt. Be limited only by your imagination! Would you prefer to create something new? Let our tutor guide you as you learn how to make your own garment. Viv is a qualified Burda Style teacher so you can either choose your own pattern or one from the Burda Style magazines that will be available for you to browse through. Never sewed before? No previous experience necessary. Join Viv at the information evening to discuss your project. Contact 435 0889 for details. \*Materials extra.

**A350** Starts Wed 11 March 6-8.30pm  
5 weeks \$95\*

*(Continued on page 18)*

*(Continued from page 17)***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. Basic sewing skills recommended. An info evening will be held in February for those who have enrolled (contact CEW for details). This will give you the opportunity to meet with the tutor to discuss your project and calculate the quantity of fabric needed together with any other resources that may be required. \* Materials are extra. Spaces are limited. Enrol early to ensure you don't miss out!

**A355** 7 & 8 March 9am-4.30pm  
Weekend \$160\*

*Enrol early to  
avoid disappointment*

**FABRIC SHOPPING BAG** *Lyn Madden*

Re-usable and washable, just the thing for replacing those plastic shopping bags and easy to make. Approx 35cm square and lined for strength this bag will hold lots! The fabric choice is yours, the style is simple and elegant and so easy to make. \*Materials extra. A sample can be viewed at the CEW office or at <http://www.cew.ac.nz/about-the-home.html>.

**A29** Sat 29 Feb 9am-11.30am  
1 morning \$28\*

**ZIPPY LITTLE BAG**

Easy to make, great for makeup or as a sewing kit. This versatile little fabric bag has a zip closure to keep all your treasures safe and is washable. Suitable for confident beginners. All materials provided. View a sample at the CEW office. Tutor: Lyn Madden

**A30** Sat 4 April 9am-12pm  
1 morning \$60

**BASIC SOAP MAKING**

Learn the basics of traditional soap making in this practical workshop. 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. Ingredients provided. Tutored by Lyn Madden.

**A38** Sat 7 March 9am-12 noon  
1 morning \$55

**FRENCH MILLED SOAP**

French Milled soap is the fuss free way to make soap. French Milled or Triple Milled is also known as Rebatching, making it a lovely luxurious soap. Lovely new pre-made all natural soap will be provided that can be reprocessed to form brand new soap bars with lots of interesting patterns as the soaps merge together. Add colours and scents and take home your own soap. No caustic soda, no curing time. All materials provided. Tutored by Lyn Madden.

**A39** Sat 21 March 9am-12noon  
1 morning \$65

**KEEPING BEES**

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. Facilitated by David Herbert.

**A225** Sat 15 Feb 9am-11am  
1 morn \$30

**NEW**



# Language & Culture

*If we spoke a different language, we would perceive a somewhat different world!*

**NEW**

## ENGLISH for BEGINNERS

Are you struggling to speak English? This course will help you understand and speak English more fluently with a focus on everyday conversations. Each lesson will cover basic vocabulary and grammar as well as the opportunity to practice speaking. Improve your communication skills, become more confident, meet new people. Tutored by Valeria Munoz

**A360** Starts Mon 24 Feb 6-8pm  
7 weeks FREE

## FRENCH for BEGINNERS

Bonjour! So you want to learn a little French? Are you travelling to France this year? Perhaps you learnt French at school and just need a refresher. This introductory course is intended for those with no prior knowledge or minimal experience. Learn how to greet people along with some basic phrases and useful vocabulary. Our native French tutor will help you with your pronunciation as you learn French in a fun & relaxed atmosphere.

**A365** Starts Tues 18 Feb 6-8pm  
7 weeks \$120

## SPANISH for BEGINNERS *Maria Alvarez*

Learn Spanish, one of the most widely spoken languages in the world. Do you intend to travel to Spain or South America this year? Learn some basic vocabulary to help you converse in Spanish in everyday situations. This course is suitable for beginners and will include greetings and farewells, asking for information, requesting directions, etc.

**A394** Starts Tues 18 Feb 6-8pm  
7 weeks \$120

## TE REO MĀORI for BEGINNERS

Learn the basics of te reo Māori in this introductory course. Develop your confidence in using Māori language in everyday situations. Learn to introduce yourself and to greet others. Learn to korero with confidence. Tutored by Jason Tepania.

**A398** Starts Mon 17 Feb 6-8pm  
7 weeks \$95



## COOK, EAT, SPEAK ITALIAN

Cucinare, Mangiare, Parlare Italiano! Join Madelaine as she shares her love of both Italian food and the Italian language. Learn a little of the language as you prepare some popular dishes including Penne all'Arrabbiata (short pasta with piquant sauce), Pollo alla romana (Roman-style chicken), Parmigiana I Melanzane (aubergine baked with creamy cheese & tasty tomato) and last not but least, make your very own Panforte (Siena Cake). \*Ingredients extra. Buon appetito!

**A196** Starts Wed 11 March 6-8pm  
4 weeks \$80\*

**NEW**



# Music & Dance



*Dance like no one is watching!*

## HULA MAI

*Maria Lawton*

Are you looking for something fun and active to do? Join Maria and bring the colour and sounds of the Pacific Islands to life by learning some Pasifika Fusion dance moves. Experience the art of dance with the added bonus of getting a great fitness workout. Benefits include body balance, co-ordination and strengthening core muscles.

**A430** Starts Sat 29 Feb 10am-11am  
6 weeks \$60

*"Dancing with the feet  
is one thing  
but dancing with the  
heart is another!"*



## GUITAR for BEGINNERS

Learn to play the guitar. Our tutor will show you how to tune your guitar and will teach you the 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.

**A425** Starts Mon 17 Feb 7.30-9pm  
7 weeks \$95

## UKULELE FUN

Who made the ukulele cool again? This twangy little instrument has made a comeback and there is even a NZ Ukulele Festival. Have you always wanted to learn to play the ukulele? This is a very popular, easy-to-play instrument. Learn to tune it, strum it, play it! This class is suitable for both beginners and those with some experience.

**A427** Starts Mon 17 Feb 5.30-7pm  
7 weeks \$95

Visit: [www.cew.ac.nz](http://www.cew.ac.nz)

## 4 EASY WAYS TO ENROL



ONLINE



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IN PERSON

Online: visit [www.cew.ac.nz](http://www.cew.ac.nz) and enrol online

Email: [cew@kamohigh.school.nz](mailto:cew@kamohigh.school.nz)

Phone: 09 435 0889 (with answerphone)

In person: call into our office at Kamo High School,  
Wilkinson Ave, Kamo.

# CE-W ENROLMENT FORM

Community Education, P.O. Box 4137, Kamo

Email: [cew@kamohigh.school.nz](mailto:cew@kamohigh.school.nz) Ph: 09 435 0889 Website: [www.cew.ac.nz](http://www.cew.ac.nz)

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

Address:.....

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

Email:.....

Code No.	Course Title	Receipt no	Fee

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

# CE-W ENROLMENT FORM

Community Education, P.O. Box 4137, Kamo

Email: [cew@kamohigh.school.nz](mailto:cew@kamohigh.school.nz) Ph: 09 435 0889 Website: [www.cew.ac.nz](http://www.cew.ac.nz)

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

Address:.....

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

Email:.....

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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

## BOOK



**ONLINE:** Visit the CEW website [www.ceb.ac.nz](http://www.ceb.ac.nz)

**PHONE:** 09 435 0889 (with answerphone)

**IN PERSON:** The CEW office is situated by the main carpark at Kamo High School, on the corner of Kamo Road and Wilkinson Ave

All online enrolments will be acknowledged so **NO RESPONSE** means it hasn't been received! You will also be emailed **CONFIRMATION** closer to the start date together with any relevant information and directions to the classroom.

**REGISTRATION IS ESSENTIAL:** Enrol early to secure a space or to ensure that the class is not cancelled. Please note, some classes have limited spaces available.

**CANCELLATIONS:** All courses need a minimum number to go ahead. Cancellations will generally be made 2—3 days prior to the scheduled start date. You will be notified by email. Full refunds will be given for any course that is cancelled. If you cancel, a refund will be at the discretion of the administrator and administration fees may apply. Alternatively, you may be given the option of transferring to another class or having a credit held for another time.

## ACCESS

**VENUE:** All classes are held at Kamo High School (unless otherwise stated). The entrance to the school is down Wilkinson Ave

**PARKING:** Parking is available in the school grounds. Alternatively you can angle park in the bus bays (after hours). Carparks are by the science block on the corner of Kamo Road and Wilkinson Ave (gate 2), outside the Admin block (gate 4), by the Arts Centre (gate 5) and Gymnasium (gate 5). You will be advised which parking area is closest to your classroom.

**DISABILITY ACCESS:** Please advise in advance if you have any access needs so you can be advised of the best parking options and the easiest approach to the classroom

## FOLLOW

**FACEBOOK:** Follow CEW on Facebook for information on upcoming classes [www.facebook.com/CEWwhangarei](http://www.facebook.com/CEWwhangarei)

**SIGN UP:** Visit the CEW home page [www.ceb.ac.nz](http://www.ceb.ac.nz) to subscribe to email updates and receive early alerts when the website is updated each term with new courses.

**ARTS CENTRE:**

Main entrance:

A04 & A02 art rooms

A06 drama

A07 dance floor (upstairs)

Side entrance:

A03 computer suite

A08 & A09 music suites

**B BLOCK:**

B03 & B04 cooking rooms

B06 sewing/textiles

B09 woodwork

**COMPUTER SUITES:**

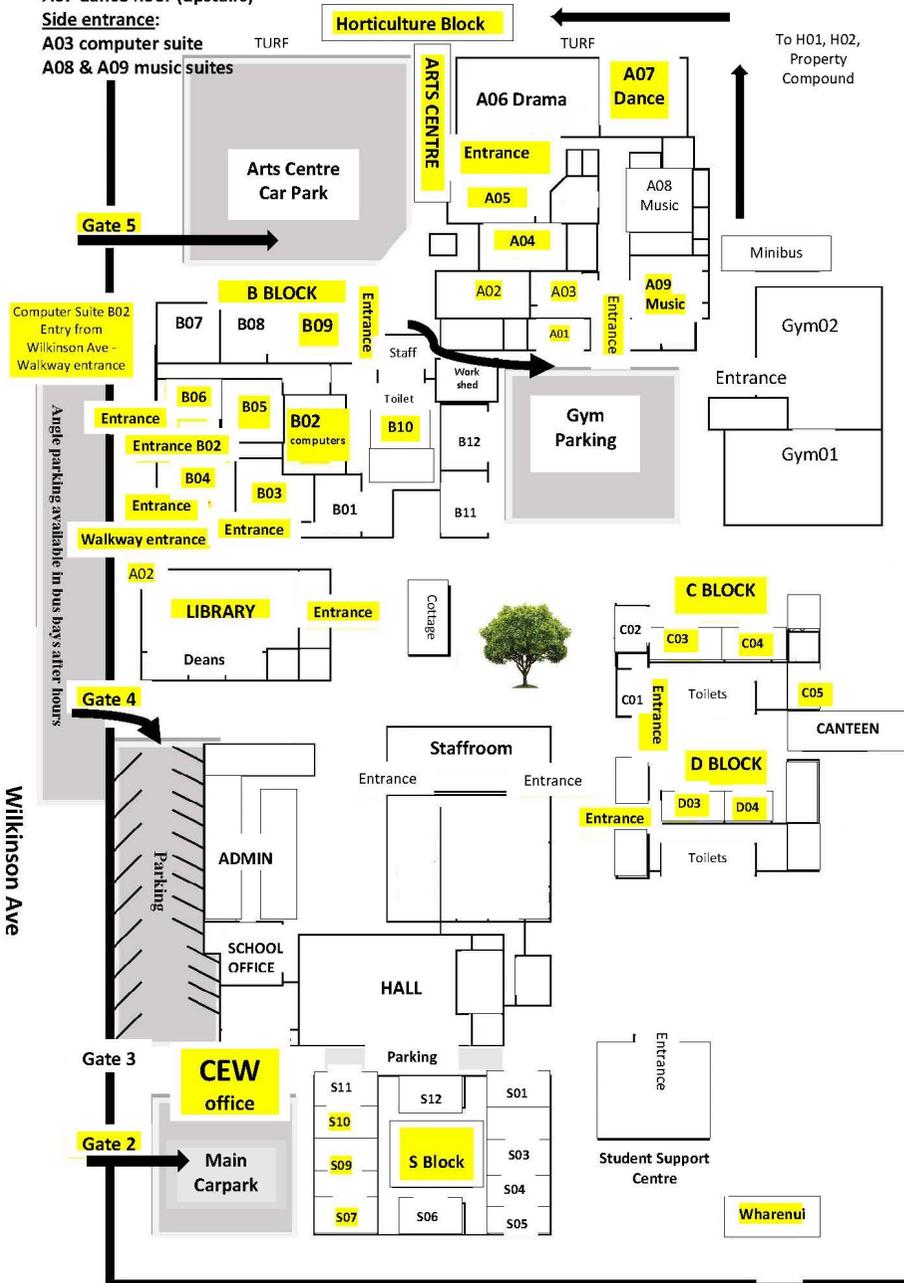
Arts Centre – A03

B block – B02

**GENERAL CLASSROOMS:**

C block

S block



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Registered Dog Groomer  
with  
National Dog Groomers Association of NZ

 **Mob:** 021 022 41507  
**Email:** [cheryl@niftydoggrooming.co.nz](mailto:cheryl@niftydoggrooming.co.nz)  
**Web:** [niftydoggrooming.co.nz](http://niftydoggrooming.co.nz)

**re-vive**  
*beauty therapy*

Ph: 09 435 0938 • 483 Kamo Rd  
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