

Programme of classes



Winter 2016

***Need** something to fill those long winter evenings? Join a class today. The weather outside may be chilly but we've come up with over 60 ways to keep you occupied this winter. Whether it be an evening class or a weekend workshop, browse through this brochure and see what inspires you! What course will you be doing this term?*

ADULT COMMUNITY EDUCATION Affordable, Accessible, Lifelong Learning

Co-ordinator:	Shona Hill
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Office hours: (term time only)	10am-5pm Monday to Thursday (until 6pm the first night a class starts) 10am-4pm Friday



ENROLMENT: Enrol online www.cew.ac.nz or post in the form on page 17 together with payment. All enrolments are responded to, no response means it hasn't been received.

Contents

Art & Craft Workshops	Pages 4 - 5
Business & Computing	Pages 6 - 8
General Interest	Pages 8 - 11
Health & Recreation	Page 11 - 12
Home & Garden	Pages 12 - 14
In the Kitchen	Pages 15 - 16
Language & Culture	Page 16
Enrolment forms	Page 17
General Information	Page 18
School map	Page 19
For classes NEW this term look for this image	



NEW

Art & Craft Workshops

NEW

*Art washes away from the
soul the dust of everyday life!*

LEARN HOW TO SKETCH

Neil Beart

Have you always wanted to draw but never thought you could? Well you can. Learn the basics of how to approach perspective and composition. This workshop is ideal for people with little or no previous experience but who want to 'give it a go'. Drawing skills can be learned. All materials provided.

C9 Sat 13 August 9am-3.30pm
1 day \$70

NEW

DISCOVER INKSCAPE DRAWING

An introduction on how to use this FREE design software to make invites, posters, cards, flyers, forms, letterhead, logos, invoices, drawings, and more... **Refer page 6 for details**

THE HART PROCESS

Discover the enjoyable relaxing healing properties of making art. Learn the benefits of art techniques that can help deal with strong emotions and anxiety, alleviate stress and help release pain. Experience the freedom of abstract art. Unleash your inner creativity using paint, colour, expressive line and sgraffito. Expand your imagination, discover inner inspiration and experiment with mixed media. This is a fun, hands-on, creative and intuitive workshop. A range of art materials will be provided. No art experience needed. Tutored by Shelley Chappory

C20 Sat 13 Aug 9am-1pm
1 day \$65

*"If you hear a voice within you
say 'you cannot paint',
then by all means paint and
that voice will be silenced."*

Vincent Van Gogh

A PORTRAIT OF FANTAILS

The fantail, a small but cheerful native New Zealand bird sometimes found flying around in pairs or small groups chirping merrily, has long been a source of inspiration for painters. This is another iconic NZ bird which has the most recognizable shape. Following our tutor's detailed instructions you will paint an image of two fantails in their natural bush habitat. All materials provided including a medium size canvas and acrylic paints. Suitable for students of any level of artistic experience. Tutored by Elena Nikolaeva.

C35 Saturday 20 Aug 9am-2.30pm
1 day \$85

NEW

PAINTING POPPIES

For centuries poppies have been the most popular flowers in the world of painting. Many artists have been inspired by their vibrant red colours and beautiful shapes. This workshop offers you an opportunity to express your creativity – to make your own acrylic painting of these elegant and bright flowers on a medium size canvas. Elena will show you an easy way of painting poppies with step by step instructions throughout the workshop. Suitable for students of any level of artistic experience. All materials provided. Tutor: Elena Nikolaeva

C36 Sat 27 August 9am-2.30pm
1 day \$85



NEW**PAINTING WITH PALETTE KNIVES**

Think and paint BIG! Avoid unnecessary details, painting the main shapes and colours in a fast and easy way using palette knives instead of brushes. This workshop will focus on land and seascapes with our tutor showing you how to paint clouds, trees, water, surf, rocks and sky. Basic painting skills required. Materials extra. Tutor: Elena Nikolaeva.

C37 Sat 10 Sept 9am-2.30pm
1 day \$65

NEW**INTRODUCING NEW ZEALAND ART**

An introduction to New Zealand art history through profiles of some of our leading artists including Rita Angus, Len Lye, Colin McCahon, Frank Carpay, Billy Apple, Ronnie Van Hout and Yvonne Todd. Our tutor, Vaughan Gunson, has over 10 years experience lecturing on art history at tertiary level.

C400 Starts Mon 15 Aug 6-7.30pm
6 weeks \$80

GARDEN ART*Shelley Chappory*

Have fun with an underused or dysfunctional outdoor space by making a corrugated iron mural. Paint one for yourself or as a special gift. 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! No experience needed, our art tutor will help you discover your inner artist. The course fee covers ALL materials including the iron and paints. View photos online www.cew.ac.nz or call into the CEW office.

C24 Sat 24 Sept 9am-3pm
1 day \$85

THE SEWING WORKSHOP*Refer page 14 for details***THE UPHOLSTERY WORKSHOP***Refer page 14 for details***JOURNAL MAKING from
UPCYCLED BOOKS***Maureen Baker*

Create a personal journal from a disused or discarded book. Old books often have interesting titles, great pictures and different fonts. Transform an old musty book: add some blank pages, embellish with twine, ribbons, charms, customise according to the intended purpose or recipient. Materials provided. View examples at the CEW office.

C16 Sat 20 August 9am-2pm
1 day \$55

MOSAIC A TERRACOTTA POT

Explore your creativity by designing a colourful outdoor pot using your own design or a supplied template. You will be using tools and experiencing the use of Glass tiles and other mosaic materials. You are invited to bring any materials you may wish to incorporate into your design. This a great course which continues on from previous classes. Course fee includes ALL materials. Tutor: AnneMaree Herbert.

C30 Sat 10 Sept 9am-2pm
Sat 17 Sept 9am-11am
2 mornings \$85

SOAP MAKING*Lyn Madden*

Learn the basics of soap making. Using the traditional Cold Process method and oils that may be in your pantry you will produce a very mild soap that is perfect for baby or sensitive skin yet will still clean the grubbier of hands. A practical hands-on workshop, take home a beautiful handmade soap together with full instructions. All ingredients provided. View examples at the CEW office. Two sessions available: morning for beginners, the afternoon for those who already know how to make soap and want to learn to add colour and scent.

C38 Sat 20 Aug 9am-12 noon
1 morning \$55
C39 Sat 20 Aug 1.30-4.30pm
1 afternoon \$60

NEW**NEW**

Business & Computing

*Let's get down to business!***NEW****WELLBEING in the WORKPLACE for
LEADERS and BUSINESS OWNERS**

Are you a business owner or leader? Learn how to inspire your staff. Evidence shows that people who achieve good standards of wellbeing at work are likely to be more creative, more loyal, more productive and provide better customer satisfaction than those with poor levels of wellbeing at work. Wellbeing can increase a sense of purpose and promote positive emotions. It can also improve morale, motivation and overall job satisfaction. Take a simple audit of wellbeing in the workplace and in your own life as you influence what occurs and how it feels in this environment. Explore what is already working and how you want to develop further wellbeing in your workplace and/or business. Tutored by Liz Gow.

C436 Sat 24 Sept 9am-1pm
1 morning \$40

WELLBEING in the WORKPLACE (2)

Explore why & how work, rest & play has a significant impact on feeling satisfied, fulfilled and can influence how you feel at work.

*Refer page 10 for details***APPEALING EMAIL ANNOUNCEMENTS**

Connect with several people in one quick and easy email! Learn how to make attractive email invites & announcements with your own photos & text. Useful for events & newsletters, birthdays, weddings, clubs & businesses. Also explore a free online email template maker with practical hands-on hints & tips. Discover free online resources that can help you with your project. Bring along your own images and text. Good computer skills required.

C100 Starts Wed 14 Sept 6-8pm
2 weeks \$45

EXCEL for BEGINNERS*Jo Martin*

Learn how to create a spreadsheet: input data, use formulas, add & delete columns and rows, keep column titles in sight as you scroll, make and sort lists, create charts & graphs and prepare a spreadsheet for printing. No previous knowledge of spreadsheets will be assumed.

C103 Starts Thurs 1 Sept 6-8.30pm
4 weeks \$90

DISCOVER INKSCAPE DRAWING

An introduction on how to use this FREE design software to make invites, posters, cards, flyers, forms, letterhead, logos, invoices, drawings, and more... This hands on course will show you how easily you can use Inkscape to help your business or just for fun! Explore how to create the text you want, add images, lines, and colour, and save to PDF to share online or print. Learn about formats, colour, fonts, file safety, Metadata, and where to find free online resources. Good computer skills required. Tutored by Shelley Chappory.

C130 Wed 31 Aug 6-8.30pm
2 evenings \$50

LINKEDIN*Jo Martin*

LinkedIn is the world's largest business social networking service. It is a great way to be seen and to connect with people in business circles. Employers often search LinkedIn profiles to find suitable candidates - if you are looking for work this is where you should be. Discover how to set up your own profile, the do's and don'ts of using LinkedIn, including privacy issues, etc. Join this class today and get noticed on LinkedIn!

C120 Thurs 18 Aug 6-8pm
2 evenings \$45

*Email:**cew@kamohigh.school.nz***NEW**

NEW**MYOB ACCOUNTING***Dianne Sketchley*

A hands-on introductory course covering the setting up of a new MYOB data file and entering a selection of business transactions, preparing an end of month bank reconciliation & GST return. MYOB is a user-friendly program which makes record keeping easy.

C51 Starts Mon 8 August 6-8.30pm
4 weeks \$100

MYOB PAYROLL*Dianne Sketchley*

Set up a new MYOB Payroll file, load employee details, annual leave/holiday pay balances, process pays, reporting, terminating employees etc. An introductory course. Basic computer experience required. Payroll knowledge preferred but not a necessity.

C53 Starts Mon 5 Sept 6-8.30pm
3 weeks \$80

MYOB ESSENTIALS

This cloud-based accounting software package is MYOB's equivalent to Xero. MYOB Essentials is easy to use and is the perfect accounting toolkit for small businesses. This course will show you how to set up your business accounts online and will introduce you to the main features of this software program.

C54 Register your interest

Phone 09 435 0889

MAKE PINTEREST BOARDS

An introduction to Pinterest – the FREE social media site you can use for business or just for fun! Explore how to set up Pinterest boards, add text, add images, and share stories and ideas with family, friends and the world! Explore your creativity with easy-to-use, inspirational boards. Make boards for yourself, family or clients, or to help your website SEO. All you need is good computer skills and a little time... by the end of the session you will have several online Pinterest Boards.

C132 Sat 20 Aug 9am-1pm
1 morning \$40

AMAZING PHOTOS WITH PIXLR

Pixlr is a high quality image manipulation program that is fun and easy to use once you know how and it is also available FREE on the Internet. Explore how to adjust your photos, including how to easily resize images, change the colours, adjust the darkness/lightness, add text, and save your images for a range of uses. Learn how to keep your images for the future, how to make images for printing or the Internet, and where to find resources on the web. Optional: bring along your own images. Good general computer skills are essential. Tutor: Shelley Chappory

C135 Starts Wed 17 Aug 6-8.30pm
2 eve \$50

MAKE YOUR OWN WEBSITE

An introduction on how to make a website, either for business use or just for fun! Learn how to make a cheap or free website. Make your website easy to find and easy to use. Explore how to use text & images, make links and forms, add logos & multiple pages. Learn about html/CSS, SEO Domains and Hosting. This is an intensive class that briefly covers what professionals learn over several years. Be prepared to do some homework (most websites take 20 hours to setup). Bring along your own images & text. Good computer skills essential. By the end of the course you will have the knowledge needed to complete your own website. Tutored by Shelley Chappory.

C160 Starts Tues 16 Aug 6-8.30pm
4 weeks \$100



(Continued on page 8)

(Continued from page 7)

NEW**UPDATE YOUR EXISTING WEBSITE**

This hands on course will teach you how to make your website easy to find, easy-to-use and cost efficient! Explore how to utilise text and images, make links and forms work for you, and create easy-to-use navigation. Fix up your html and CSS and make the most of your SEO to help people easily find your website. Make your website look professional and ensure it also works well on mobile phones. Bring along your own website details and good computer skills. Limited spaces! Tutored by Shelley Chappory

C165 Starts Tues 13 Sept 6-8.30pm
2 eve \$60

MAKE A YOUTUBE PAGE

This hands on workshop is an introduction to YouTube – the FREE online video website. Explore how to set up a YouTube Channel to share your favourite videos with family, friends, and the world! Learn how to easily manage your channel, find videos you enjoy, get the most from your settings, and about online safety and copyright. Also explore making money from your original videos with YouTube. Use YouTube for business or just for fun. By the end of the session you will have an online YouTube Channel. Optional: bring along your own images and text. Good computer skills are essential. Tutored by Shelley Chappory.

C167 Sat 10 Sept 9am-1pm
1 morning \$45

General Interest

*"The more that you read, the more things you will know.
The more that you learn, the more places you will go."*

Dr Seuss

POETRY APPRECIATION

An exploration of English language poetry which will involve close readings and discussion of poems by John Keats, Dylan Thomas, Charles Bukowski, Emily Dickinson, William Carlos Williams, Sam Hunt, Sylvia Plath, William Shakespeare, Philip Larkin and more! Tutored by Vaughan Gunson.

C405 Starts Thurs 18 Aug 6-7.30pm
6 weeks \$80

*"Poetry is the rhythmical
creation of beauty in words."*

Edgar Allan Poe

WRITING YOUR OWN LIFE STORIES

Start recording your own life journey. Talk and write about childhood memories, loved people and places, celebrations, challenges. Even the most ordinary of lives may have extraordinary moments - capture these in writing. You don't have to be skilled at formal writing as you will be guided by our trained facilitator in a supportive group environment. In the years ahead your life stories may be looked upon as treasures by your children and grandchildren. Facilitated by Margo Irvine.

C410 Sat 10 Sept 9am-4pm
1 day \$60



CREATIVE WRITING

Written fiction is the dominant form of writing in the world. Behind every film, book, TV show, great speech, news report & website lies written text, pulled from the ordinary and turned into something extraordinary. If you are interested in fiction writing then this course, taught by an experienced and much published writer, will introduce you to aspects such as cliché, point of view, narrative, dialogue, editing, conflict, literature, genre and poetic writing. By the end of the course you will publish a book together with your fellow students. Tutored by Michael Botur.

C415 Starts Tues 9 August 6-8pm
7 weeks \$80

People who engage in expressive writing report feeling happier and less negative than before writing.

NEW**INTRODUCING NEW ZEALAND ART**

An introduction to New Zealand art history through profiles of some of our leading artists. Refer page 5 for details

EMBODY LOVE WORKSHOP

This transformational workshop aims to change the way you see and treat yourself and others in regards to body image. You will engage in a range of interactive exercises that explore the 'beauty myth' and your own beliefs about beauty and self-worth with the intention of changing the conversation from criticism to kindness. Gentle yoga based movement is used to introduce a healthy way of connecting with the body (no previous yoga experience is necessary). Please wear comfortable clothing that you can move easily in. Recommended for women 18 years and over. Facilitated by Aileen Perrin

C430 Sat 13 Aug 1-4pm
1 afternoon \$35

MINDFUL EATING WORKSHOP

Would you like to end the struggle with over-eating and end the diet roller-coaster? Yo-yo dieting, binge eating and emotional overeating can result in negative psychological effects often leaving you discouraged or depressed. Most people who diet gain the weight back within a year. Science shows to maintain weight loss you need to lose it gradually over an extended period of time. Are you struggling with overeating? Discover the tools and information to change your eating behavior for the rest of your life, achieve permanent weight loss and live a healthy lifestyle. Our tutor, Dianne Arthur, is a retired nurse with a degree in health science who not only speaks as a health professional but also from personal experience. Still on the 'mindful eating' journey herself Dianne is keen to share her experience with, and help, others. Enrol today!

C420 Sat 20 & 27 August 2 morns
9am-12 noon \$65

By listening to what your body needs, you can move toward a more positive relationship with food.

BRAIN FIT FOR LIFE

Improve your everyday memory skills; increase your understanding of how memory works, what can go wrong & how to improve your memory. Designed to help baby boomers and seniors but suitable for anyone who's interested. Put strategies in place to compensate for the memory changes that can appear from the age of 50 onwards. There is growing awareness & often fear of memory disorders but research shows that memory improves & brain connections re-grow when the brain is challenged. Improving memory skills is the best protection against memory loss!

C445 Starts Wed 10 Aug 6-7.30pm
5 weeks \$70

Jessie Bell

(Continued on page 10)

(Continued from page 9)

SELF HYPNOSIS & BEYOND *Derry Cooke*
Have you ever wished you had better control over your thoughts, feelings, beliefs and behaviour? Drawing upon current neuroscience as well as his experience as a hypnotherapist, Derry will share insights into the surprising relationships between brain, mind and behaviour. Over the course of five weeks you will learn how easy it is to make meaningful changes using powerfully simple exercises and techniques, including self-hypnosis.

C425 Starts Tues 23 Aug 6-7.30pm
5 weeks \$70

INFINITE POSSIBILITIES WORKSHOP

Would you like to create the life you've always dreamed of? Does the idea of manifesting new and positive things into your life such as improving your job situation, attracting wealth, finding new relationships or traveling to different places appeal to you? This workshop is for anyone who wants to achieve their goals by working with their thoughts, beliefs, attitudes and actions. Using Mike Dooley's Infinite Possibilities programme is easy to understand, easy to learn and best of all, easy to use. Be among the first in New Zealand to be motivated and inspired by this programme! Price of class also includes an 80 page Infinite Possibilities workbook. Facilitated by Leasy DeLong, a certified IP trainer.

C455 Starts Wed 24 Aug 6-8pm
4 weeks \$75

NEW**BE YOUR OWN LIFE COACH**

Discover how to be your own life coach! Come along with a goal, an intention, a focus in mind. Learn coaching techniques that are creative, fun, that you can use over & over again, for yourself, for others & in groups. This course will be available Term 4.

C440 Register your interest

Phone: 09 435 0889

WELLBEING IN THE WORKPLACE

Wellbeing plays a key role and can improve overall job & life satisfaction. Explore why and how work, rest and play has a significant impact on feeling satisfied, fulfilled and therefore can influence how you feel at work. Explore your values, what matters to you, as lifestyle can affect how you feel and what is working for you already. Develop strategies to bring fun into the work place, deal with stress, time management and some assertiveness skills. Tutored by Liz Gow.

C435 Tues 30 Aug 6-8pm
4 weeks \$70

NEW**WELLBEING in the WORKPLACE for LEADERS and BUSINESS OWNERS**

Learn how to inspire your staff. Refer page 6

Email:

cew@kamohigh.school.nz

NEW**MAKE THE MOST OF YOUR CAMERA**

Break away from 'auto mode'. Learn to use the full capabilities of your camera to produce professional looking photos. Discover shutter speeds, apertures & look at composition. A practical workshop for beginners. 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. Tutor: Sally McGunnigle-Trail.

C26 Starts Wed 24 Aug 6-8.30pm
4 weeks \$70

The heart and mind are the true lens of the camera!

NEW

CALENDARS, CLOCKS & COMPASSES

How do you measure time, distance and direction using the Planets and Stars? We take the 7 day week, the 24 hour day & the length of a meter for granted, but why did mankind come up with those specific numbers? For millennia the evening sky was our only way of measuring progress, with many cultures using the Moon and Sun extensively in their time keeping. In this talk we track the history of time and distance by following our ancestors as they explored further and wider than ever before. Along the way we will also meet Capt. James Cook and the real reason he came to New Zealand in 1769. Held at Planetarium North in Maunu. Weather permitting there will be a viewing of the night sky. Registration essential.

C278 Friday 19 August 7pm start
1 eve \$25

EXOPLANETS and ALIENS

Are we alone, or is there life out there? In 1930 Pluto was discovered and was quickly adopted as the 9th planet. While much has been made of its demotion, the discovery of over 2000 planets orbiting other stars nearby has been almost without fanfare. Exploration of our solar system has taught us that no two celestial bodies will be identical, so of all these planets how many might be supporting life? This talk reviews the current state of exoplanet research, how we find them and what can we learn about them. We'll even attempt to answer the question on everyone's lips....Why do aliens drink water?

C279 Friday 14 October 7pm start
1 eve \$25

Visit: www.cew.ac.nz

NEW

Health & Recreation

*Take care of your body,
it's the only place you have
to live in.*

NEW

RONGOA: MAORI HERBAL MEDICINE

This full day workshop provides an opportunity to explore Māori healing. Presenter and Maori Medicine practitioner, Donna Kerridge, will share the key concepts of Māori medicine: the role of plants in healing; how to identify plants and where to find them in their natural habitat; tikanga (protocols) for harvesting and preparing rongoā Māori remedies and our obligations as inhabitants of this land to care for it. You will also be shown how to prepare some simple remedies and have an opportunity to taste and to sample others.

C490 Sat 10 Sept 9am-4.30pm
1 day \$60

MASSAGE: AN INTRODUCTION

A good massage is not only relaxing but is also beneficial to your health. It can improve circulation, increase flexibility and relieve muscular tension. Our tutor, Trish Ford, will teach you the basic techniques for a back and shoulder massage. This is a hands-on introductory one day workshop for both men and women - enrol your partner too, or a friend.

C480 Sat 17 Sept 9am-3pm
\$75 or SAVE! (2 for \$140)

YOGA

All generations and fitness levels are welcome. Yoga is about breathing well, slowing down, improving your posture, strengthening your body and aiming for balance physically and mentally, moving well (within your body's capabilities) and it's a great antidote for stress.

C498 Starts Mon 8 Aug 6-7.30pm
7 weeks \$80

(Continued on page 12)

(Continued from page 11)

NEW

BOLLYWOOD DANCE CLASSES

Learn to dance Bollywood style and enjoy this vibrant and colourful form of dance. Bollywood dance classes incorporate a traditional style of Indian dance for women, with modern influences. Discover how much fun you can have with dance, gain the confidence & ability to get out there & take over the dance floor. Bring your friends & join Sakshi for a fun, active session of Bollywood dancing. With guidance from our tutor, Sakshi Vij, and a positive attitude, we believe that you CAN dance!

C485 Starts Wed 10 Aug 6-7.30pm
7 weeks \$80

*Great dancers are not great
because of their technique;
they are great because
of their passion!*

EMBODY LOVE WORKSHOP: Explore your own beliefs about beauty & self-worth. **Page 9**

MINDFUL EATING: Change your eating behaviour for life. **Refer page 9**

Home & Garden

NEW

*Home: an environment
offering security & happiness*

BUYING A HOME?

This down-to-earth course will take you through the process of buying a home, from the beginning of your search to the day you are handed the keys. Topics include real estate terminology, LIMs, titles, building reports, pricing, how to make an offer and what happens next! Our tutor, Shari Pickering, has 15 years real estate experience. Take this opportunity to learn the basics before you buy.

C328 Sat 17 Sept 9am-1pm
1 morning \$40

KENDO: JAPANESE FENCING Sanghee Lee

Do you want to try something NEW? Kendo is the Japanese word for 'The way of the sword' - 'Ken' meaning sword and 'do' meaning way. This form of martial art originated in Japan from the time of the Samurai warrior. Kendo is a unique mental and physical discipline which combines martial arts practices and values with strenuous sport-like physical activity. This class is designed for beginners and will incorporate the principles of samurai swordsmanship, how to train your body and your mental state of mind. Our tutor, Sanghee, holds a 4th Dan in Kendo. Two FREE trial evenings are available. If committing to the full seven week course additional costs apply.

C475 Two FREE trial evenings
11 & 18 Aug 6-7.30pm

SELF HYPNOSIS: Learn simple techniques to create personal change in your life. **Page 10**

WELLBEING in the WORKPLACE: Wellbeing plays a key role and can improve overall job & life satisfaction. **Refer page 10**

SELLING YOUR HOME?

Are you considering selling your home, whether privately or through an agent? This useful course will simplify the whole process and explain the six stages to selling your home: Making the Decision, Preparing your Home, Marketing (including pricing), Negotiating, Contract Conditions & Settlement Day! Shari has 15 years real estate experience and is looking forward to sharing tips and tools to take the stress out of selling.

C329 Sat 24 Sept 9am-1pm
1 morning \$40

*Attend both Buying & Selling
courses for \$75*

The following FIVE garden and herb classes are tutored by Ginny Clayton.

Enrol in more than one of Ginny's classes and SAVE! 2 for \$45 or attend 3 or more sessions & pay only \$20 a class

DESIGN A POTAGER & HOME ORCHARD

Whether you have a lifestyle block or a small backyard, you can grow fruiting plants of some description and establish a potager garden. What do you want to eat? When does it ripen? What grows well where you are? This workshop covers what to grow, where to plant, companion planting, preparing the site and providing protection from the weather, pets and pests. There's nothing nicer than picking fresh produce from your own garden.

C223 Wed 24 Aug 6-8pm
1 eve \$25

NEW

HERBAL HEALTH FOR ANIMALS

There are lots of herbs that naturally enhance our pets lives - from flea repellants to sun-burn creams. Ginny will provide you with recipes to make your own treats and biscuits at home for your very own Rover or Tigger!

C220 Wed 31 Aug 6-8pm
1 evening \$25

NEW

ORGANIC GROWING & HEIRLOOM VEGES

Do you want to garden without harmful chemical fertilisers and sprays? Do you want to know how and when and where to plant to get the best results? Learn to manage your garden organically. This course covers natural pest control, companion planting, organic sprays and fertilisers and tips for growing heirloom vegetables. Acquire the fundamental knowledge of organic growing.

C221 Wed 7 Sept 6-8pm
1 evening \$25

HERBAL CRAFTS

Ginny Clayton

Learn how to make your own gifts using dried herbs, including potpourri, tussie mussies, scented candles, catnip mice, pomanders, herbal sachets, lavender bottles and sleep pillows. This is not a practical workshop but full instructions will be provided for you to make at home. Samples will be available for viewing.

C224 Saturday 13 Aug 9am-11am
1 morning \$25

NEW

WILD HERBS & THEIR USES

Discover the amazing properties of some of the plants that we have grown to know as weeds! You will look at your garden and lawn plants in a whole different light.

C222 Sat 17 Sept 9am-11am
1 morning \$25

HOME HERBALS

Raewyn Rouse

Using plants found in the garden and kitchen such as chillies, herbs & 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. ALL ingredients provided.

C225 Sat 17 Sept 12.30-4pm
1 afternoon \$60

NEW

RONGOA: MAORI HERBAL MEDICINE

This full day workshop provides an opportunity to explore Māori healing. Includes key concepts of Māori medicine; how to identify plants; the role of plants in healing; etc.

Refer page 11

GARDEN ART

Have fun with an underused or dysfunctional outdoor space by making a corrugated iron mural. **Refer page 5 for details**

(Continued on page 14)

(Continued from page 13)

NEW

BEEKEEPING IN YOUR BACKYARD

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 run by a local commercial beekeeper. 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.

C243 Sat 24 Sept 9am-11am
1 morning \$25

GARDEN DESIGN WORKSHOP

What do you want from your garden? Does your garden need to accommodate children, pets, entertaining or do you just want a quiet peaceful space to sit and enjoy your surroundings? Our qualified landscape architect will work with you providing inspiration and advice and will critique your plan as it develops. Bring along a site plan/building plan (preferably to scale), photos of the area(s) and/or inspiration. For best results you can have a private one-on-one consultation with the tutor prior to the first lesson. Holly is offering her services at a discounted rate. This is recommended if you are wanting a more accurate design on completion of the four week course or if you have a larger site or new build

C230 Starts Thurs 25 Aug 6-8pm
4 weeks \$70

SOAP MAKING

Lyn Madden

Lyn is offering two practical hands-on workshops. In the morning workshop you will learn the basics of soap making to produce a very mild soap that is perfect for sensitive skin. There is also an afternoon session for those wanting to learn how to add scents and colours. **Refer page 5 for details**

SEWING WORKSHOP

Want to learn how to sew? Need some guidance with an existing project? This workshop is suitable for both beginners or sewing enthusiasts. Learn the basics, develop your existing skills, refresh your memory if you're a bit rusty. Make a new garment or up-cycle an existing item. Get out of the house for a couple of hours each week and sew to your heart's content. Attend the information evening to discuss your project. Discover the art and craft of sewing. Join the sewing renaissance!

Information evening Wed 3 Aug @ 6pm
Registration essential

C350 Starts Wed 10 Aug 6-8.30pm
5 weeks \$85

SATURDAY SEWING WORKSHOP

If there is sufficient interest a sewing workshop will also be held over two consecutive Saturdays from 9am-3.30pm.

C351 Register your interest

Email:

cew@kamohigh.school.nz

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 this intensive weekend workshop with our experienced tutor. Only small projects will be accepted - no large items allowed due to time constraints. Basic sewing skills are required. An information evening will be held where you can discuss your project with the tutor and calculate the quantity of fabric required together with any other materials. Use of staple gun included in fee. Material costs are extra.

Info evening: Thursday 18 Aug @ 6pm
Registration essential

C355 27 & 28 August 9am-4.30pm
Weekend \$150

BEEKEEPING refer page 14

In the Kitchen

*Winter is a time of reflection,
a time for comfort and
good food!*

BREAD MAKING

Amy Sinclair

Home-baked bread always tastes best! Make a range of European & 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 & baking. Ingredients provided.

C170 Sat 20 & 27 Aug 9am-12.30pm
2 mornings \$60

CHEESEMAKING

Have you always wanted to see how cheese is made? Learn the basic steps of making a hard cheese plus the equipment you will need to produce your own cheese at home. This class is a demonstration only but samples will be available for you to try. Ingredients provided. Tutor: Pamea Parkinson

C175 Sat 27 August 10am-2pm
1 day \$65

INDIAN COOKING

Be introduced to the pleasures of preparing Indian food whilst also learning about Indian culture. Some of the myths of Indian cooking will be dispelled. Contrary to common belief not all Indian dishes are curries. With its exotic ingredients, unfamiliar dishes and tongue-tingling flavours, Indian cuisine can be both exciting and intimidating. Every single spice used in Indian dishes carries some nutritional or medicinal properties. This class is a mixture of hands-on cooking and demonstration.

C190 Register your interest

INDIAN VEGETARIAN COOKING

Are you a fan of Indian food? Who can resist a spicy curry or a comforting daal? Learn to prepare some easy vegetarian dishes including Chana masala, Gobi Aloo, a daal & more! Ingredients extra. Tutors: Nick & Rachel Major.

C192 Starts Tues 23 Aug 6-8pm
4 weeks \$65

MIDDLE EASTERN COOKING

Each week you will create a full meal to feed a family including a meat dish, like ottoman lamb, or koftas, a starch like jewelled rice or pulao and a vegetable dish to complete the meal including fattoush salad, spanakopita or felafels. There will also be demonstrations of classics like baklava, and you will learn how to make your own spiced labna. Join our trained chef, Reema Ghandi, in this NEW cooking class. Ingredients extra.

C200 Mon 29 Aug 6-8pm
4 weeks \$65

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

THAI COOKING

Introducing our new tutor, Reema Ghandi, a trained chef. Each class will feature a different base recipe which will be used to create different dishes every week. Base recipes include Thai red curry and nam jim sauce, used to create dishes like a creamy red duck curry with jasmine rice, a fresh salad of grilled beef, herbs and nam jim sauce with roasted cashews. Learn how to cook these tantalising dishes and more such as fish & prawn cakes with Thai dipping sauce, Pad Thai, Curry Puffs and stir fried vegetarian noodles. Ingredients extra.

C205 Thurs 25 Aug 6-8pm
4 weeks \$65

NEW

NEW

Phone 09 435 0889

(Continued on page 16)

(Continued from page 15)

SUWEN'S KITCHEN (Part One)

Suwen Gao
Do you enjoy Chinese food or food from another culture? Our tutor will demonstrate a variety of dishes each week which you then get to sample! Learn how to cook 12 different recipes over this four week course including a mix of traditional Chinese dishes (with a special family recipe) and recipes from other cultures. No additional costs - all ingredients provided. Sit back and enjoy!

C180 Starts Wed 17 Aug 6-8pm
4 weeks \$75

SUWEN'S KITCHEN (Part Two)

ALL NEW recipes! Watch and learn as our tutor demonstrates how to cook 12 healthy dishes over the four nights that this course runs. You don't need to bring a thing - just sit back and enjoy the demonstration. The class concludes each week with the students sampling the dishes that Suwen has prepared. All ingredients provided - no additional costs. Enjoy a night out where someone else does the cooking!

C181 Starts Mon 22 Aug 6-8pm
4 weeks \$75

Language & Culture

*A different language is a
different vision of life!*

FRENCH

Brigitte Legendre

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:

C360 Starts Tues 9 Aug 5.30-7.30pm
7 weeks \$85

Advanced:

C361 Starts Thurs 11 Aug 5.30-7.30pm
7 weeks \$85

MANDARIN

Lijie Goodhue

Are you intending to travel to China as a tourist, do you intend to study or work there or are you trading with China? Learn how to read and write simple Chinese characters, speak basic greetings & comprehend daily conversations in Mandarin. Gain a better understanding of Chinese culture & its modern development.

C380 Starts Thurs 18 Aug 6-8pm
6 weeks \$80

SPANISH for BEGINNERS

Maria Alvarez

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. Learn Spanish from our experienced native tutor.

C394 Starts Tues 9 Aug 6-8pm
7 weeks \$85

SPANISH: CONTINUATION

Maria Alvarez

A continuation class for those who want to continue on their learning journey. Suitable for those who have attended a beginners class or those with some existing knowledge.

C395 Starts Thurs 11 Aug 6-8pm
7 weeks \$85

TE REO MAORI for BEGINNERS

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

C398 Starts Thurs 11 Aug 6-8pm
7 weeks \$85

*He Waka Eke Noa
We're in this together*

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

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

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INFORMATION

ENROLMENT: Enrolment forms are on **page 17** 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 re-funds 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, we 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.

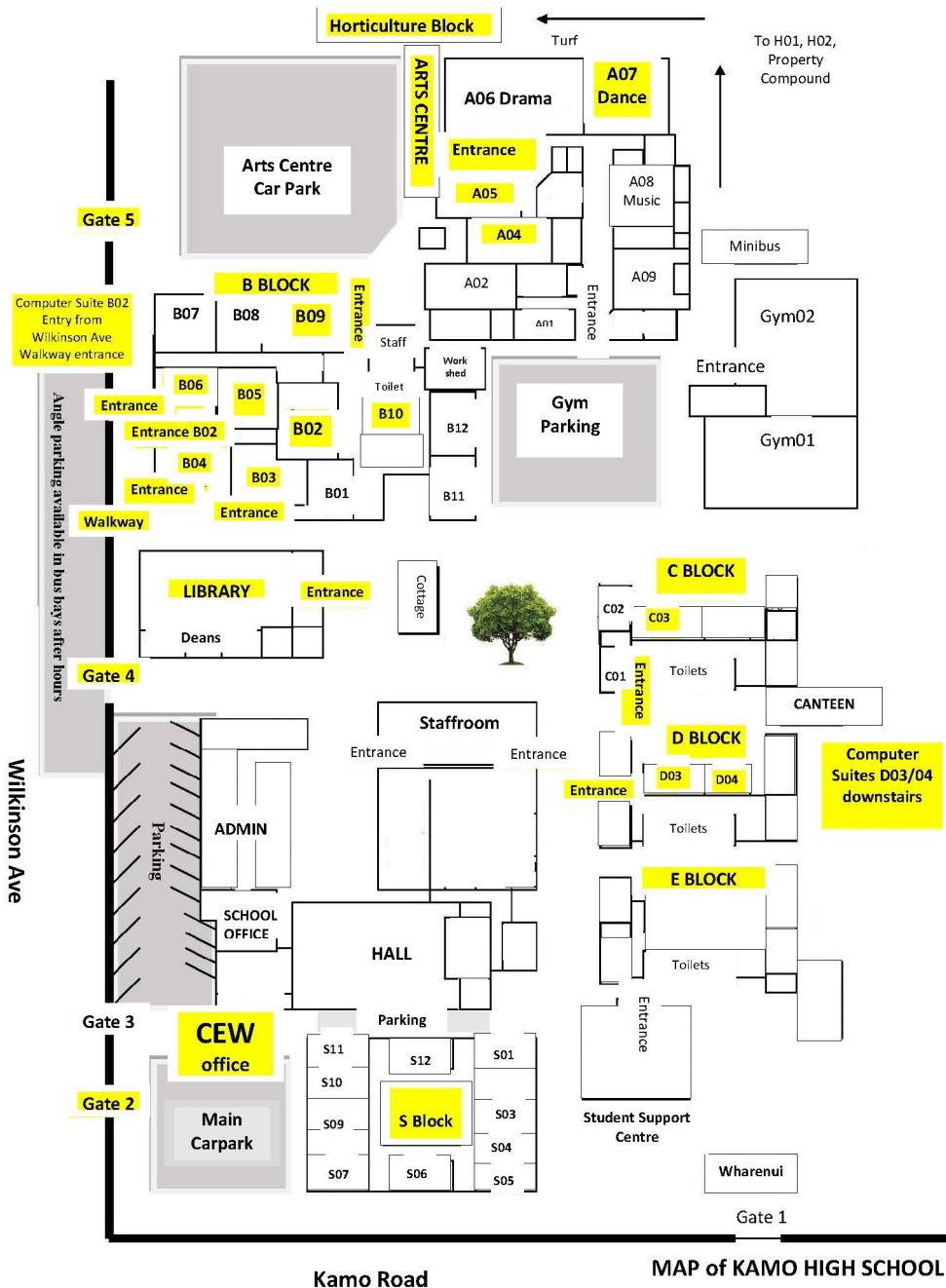
CLOSED: The CEW office is closed over the school holidays & re-opens Monday 25 July

ARTS CENTRE:
A04 & A05 art rooms
A07 dance floor

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

COMPUTER SUITES:
B block – B02 & B10
D block – D03 & D04

GENERAL CLASSROOMS:
C block
S block

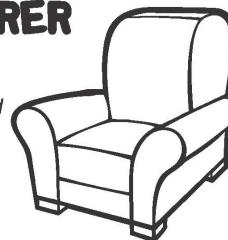


MAP of KAMO HIGH SCHOOL

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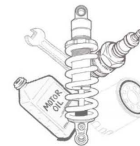
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Saturday 10am - 2pm

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We are here to help,
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