



COMMUNITY EDUCATION WHANGAREI

Programme of classes

A close-up photograph of a bouquet of tulips. The bouquet includes several purple tulips and several yellow tulips, all with long green leaves. The flowers are arranged in a dense cluster, filling the lower half of the page.


Spring 2019

Kamo High School, Wilkinson Ave, Kamo

*Welcome to Community Education Whangarei.
Become inspired by the courses on offer this term
and learn something new. Find your creative side,
upskill, build on your existing knowledge, make
new friendsand have some fun along the way!*

ADULT COMMUNITY EDUCATION

Affordable, Accessible, Lifelong Learning

| | |
|---|---|
| Co-ordinator: | Shona Hill |
| Phone: | 09 435 0889 (with answerphone) |
| Location: | Wilkinson Ave, Kamo |
| Postal Address: | PO Box 4137, Kamo 0141 |
| Email: | cew@kamohigh.school.nz |
| Website: | www.cew.ac.nz |
| Office hours: (term time only) | 10am-5pm Monday to Thursday 10am-4pm Friday (open until 6pm the first night a class starts) |
|  | Please note: The CEW office will be closed over the school holiday period and will re-open on Monday the 14th of October. |
| Enrolment: | Enrol online www.cew.ac.nz or post in the form on page 18 together with pay- ment. 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 is something
that makes you breathe with
a different kind of happiness!*

NEW

PAINTING FLOWERS

It is springtime and there are an abundance of fresh blooms and colours everywhere to inspire us to paint flowers. It is wonderful to paint with a variety of happy colours in many shapes and sizes. Join our new tutor, Margriet Bruin, and paint your very own floral portrait so you will always have flowers in your home. All materials provided. An example can be viewed at the CEW office or visit www.cew.ac.nz/arts.

D35 Sat 2 Nov 9am-2.30pm
1 day \$100


NEW

PAINTING A LANDSCAPE

Land, sun and water are all around us and we love to paint landscapes. Have fun with this subject as our tutor shows you first how to make your design and then create your painting. This technique enables you to paint any landscape, without being in the landscape itself! Materials provided. Tutor: Margriet Bruin

D36 Sat 9 Nov 9am-2.30pm
1 day \$100

NEW

STILL LIFE : GLASSWARE

Glass is an interesting subject to paint because of its see through quality. Using this quality you will capture the changes of colour and special character of the glass to create a transparent appearance. This is an exciting subject and is a lot of fun to paint. Come along and enjoy this workshop with our new tutor, Margriet Bruin, who is looking forward to working with you.

D37 Sat 23 Nov 9am-2.30pm
1 day \$100

NEW

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, kete, 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 alternating 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.

D14 Starts Sat 9 Nov 9am-5pm
3 days (in total) \$120



*For further
information
Ph 435 0889*

NEW**EXPLORE COLLAGE**

Have you tried collage? Free your inner artist with quick & relaxing collage techniques. Create a range of original artworks using a variety of collage media including printed text, watercolour pastels, pencil, pen, acrylic paint, and gesso. Not an artist? You don't need to be - no experience needed and all materials provided. Tutor: Shelley Chappory

D33 Sat 16 Nov 9am-2pm
1 day \$70

NEW**CREATE A FRAMED ARTWORK**

Create several small artworks using book pages and mixed media. Get creative and artistically inspired with a range of art making techniques. Choose your favourite design and frame it ready to hang or give as a gift. No experience needed. All materials provided including a frame. Tutor: Shelley Chappory

D32 Sat 7 Dec 9am-2pm
1 day \$80

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

NEW**FABRIC SHOPPING BAG**

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, you could make one for all your friends for Christmas! Materials extra. A sample bag can be viewed at CEW or at <http://www.cew.ac.nz/about-the-home.html>

D34 Sat 23 Nov 1pm-3.30pm
1 afternoon \$28

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 grubbies of hands. Ingredients provided.

D38 Sat 16 Nov 9am-12 noon
1 morning \$55

COLOURED & SCENTED SOAP

Have you already attended a soap making workshop with Lyn? Do you want to learn more? If you already know the basics, learn how to add colour and scent to your soaps. Handmade soaps make great gifts! Tutored by Lyn Madden

D39 Sat 16 Nov 1-4pm
1 morning \$60

FRENCH MILLED SOAP**NEW**

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

D40 Sat 23 Nov 9am-12 noon
1 afternoon \$55

NATURAL BODY PRODUCTS

Making skin and body care products can be quite addictive. Using plants such as chillies, herbs and lavender learn how to make an infused oil, lip balm, salve, hand cream and body lotion. This is a practical hands-on workshop where you will take home samples of each of the products.

Refer page 12 for details

(Continued on page 6)

*(Continued from page 5)***NEW****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! Tutored by Greer Rasmussen.

| | | |
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| D20 | Sat 2 Nov | 9am-11am |
| | 1 morning | \$30 |



Business & Computers

*Good things come to those
who wait. The best things
come to those who
don't give up!*

ANCESTRY DNA

Discover why everyone's talking about DNA tests - what the options are and how to do it. Ancestry DNA is a popular Christmas gift that the whole family can share. Explore your family history and find relatives all over the world.

| | | |
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| D120 | Sat 23 Nov | 9am-12.30pm |
| | 1 morning | \$40 |



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

CREATE YOUR OWN LEGACY BOOK

We all have stories to tell and knowledge to share. Make your own unique scrapbook full of memories. The focus is on leaving a legacy for your children, grandchildren and beyond. No previous scrapbooking experience is required as the focus is on the personal content.

Refer page 9 for details

NEW**2020 VISION BOARD**

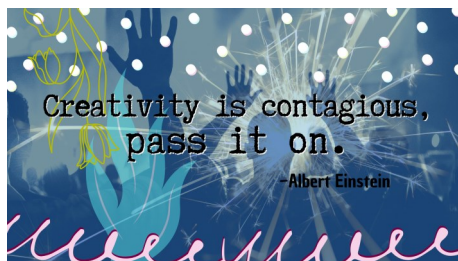
Visualisation is one of the greatest and most effective mind workouts ever. Bring along any of your own photos or pictures cut from magazines, cards, quotes and anything else that will inspire you to keep going and reach your goals, whatever they may be.

Refer page 8 for details

NEW**GET CREATIVE WITH CANVA**

Use the FREE online App Canva to quickly and easily create images & designs for hobbies, fun, or family events. Use Canva for creative inspiration or to design with family and friends. Create invites, booklets, posters, Social Media announcements and much more..... No design skills needed.

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| D125 | Sat 2 Nov | 9am-12.30pm |
| | 1 morning | \$40 |



*** Discount applies if attending more than one of Shelley's EVENING classes or attend ALL four classes for only \$120**

NEW**DESIGN A BUSINESS CARD**

Use Free online software and Apps to create your own business card. Explore how to print your Business Card - what the options are and how to do it. Use your Business Card to remind your customers of the benefits you provide and publicise your business. Not a designer? You don't need to be, no experience needed. Tutor: Shelley Chappory

D130 Wed 6 Nov 6-8.30pm
1 eve \$35*

NEW**SURVEYMONKEY**

Use FREE SurveyMonkey to discover the opinions of the people who matter most to you. Quickly and easily collect customer feedback to help improve your business and provide client satisfaction. Gather testimonials that can help explain to potential customers what you do and the benefits you provide. Tutored by Shelley Chappory

D132 Wed 13 Nov 6-8.30pm
1 eve \$35*

NEW**PINTEREST for BUSINESS**

Utilise Pinterest to help market and publicise your business. Quickly and easily create content for your customers and clients to enjoy. Also use Pinterest to aid your website or blog SEO. Learn how to share management of your Pinterest with other team members or share the marketing benefits with other related businesses. Tutor: Shelley Chappory

D133 Wed 20 Nov 6-8.30pm
1 eve \$35*

- SMALL CLASSES
- EXPERIENCED TUTORS
- ACCOMPANYING NOTES
- RELAXED ATMOSPHERE

**BLOGGING for BUSINESS**

Create an easy to manage Blog to help market your business and for your customers to enjoy. Share a range of content with customers and clients including photos and videos. Utilise your Blog to improve the SEO of your website. Learn the benefits of blogging while exploring how to create quick FREE blog that can be available online within 2 hours. Tutored by Shelley Chappory.

D135 Wed 27 Nov 6-8.30pm
1 eve \$35*

NEW

*Can't find the
course you want?
Tell us what is
missing.
Ph: 435 0889*

**PHOTOS for the INTERNET**

Improve your photos with FREE online software and Apps. Fix the light/dark, blurry photos, crooked photos, remove marks and scratches and more! Create photos for your website, Blog or Social Media or create beautiful photos to print and frame

D140 Sat 9 Nov 9am-12.30pm
1 morning \$40

EXCEL

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

D103 Starts Tues 22 Oct 6-8pm
3 weeks \$75

Email:

ceb@kamohigh.school.nz



General Interest

*You are never too old
to set another goal or
to dream a new dream!*

NEW

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!

| | | |
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| D431 | Sat 16 Nov | 9am-2pm |
| | 1 day | \$50 |

*"Ageing is an extraordinary
process where you become
the person you always
should have been."*

WRITING YOUR FAMILY HISTORY

Are you interested in preserving the history and stories of yourself or your family? This workshop, facilitated by Geoff Bartlett, will offer ideas on gathering material and methods for sorting through information and pictures to create an attractive, easy to read and informative record of your history. You will be shown ways to structure your stories and gain tips and techniques to bring your stories to life. Learn how to create your own personal memoirs which can be shared with future generations. No previous writing experience required.

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| D435 | Sat 2 Nov | 9am-1pm |
| | 1 morning | \$45 |

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 in this morning workshop. 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.

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| D433 | Sat 23 Nov | 9am-1pm |
| | 1 morn | \$65 |

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.

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| D26 | Starts Wed 6 Nov | 6-8.30pm |
| | 4 weeks | \$85 |

NATURE CONNECTION FOR WELLBEING

Feeling stressed? Want to bring more peace, wonder and wellbeing into your daily life? Offering simple practices to help you connect with nature and strategies to integrate them into your busy lifestyle. **Refer page 10**

NEW

NEW**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.

D432 Starts Mon 11 Nov 6-8pm
5 weeks \$125

**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.

D440 Sat 2 & 9 Nov 9am-12pm
Sat 16 Nov 9am - 3pm
Fee: \$155

NEW

Email:

ceb@kamohigh.school.nz

The CEW office will be closed over the school holiday period. The office will re-open on Monday 14 October





Health & Wellbeing

I don't have time, is the grownup version of the dog ate my homework!

NEW

NATURE CONNECTION FOR WELLBEING

Feeling stressed? Want to bring more peace, wonder and wellbeing into your daily life? In this four week course you will be introduced to some simple practices to help you connect with nature and strategies to integrate them into your busy lifestyle. Coming into the busy holiday season, this is the perfect course to help you remember to make time for yourself, rest your busy mind and balance your energy levels. Come and explore the benefits nature connection can bring to all areas of life. Facilitated by Jeff Pendleton

D470 Starts Wed 20 Nov 6-7.30pm
4 weeks \$55



TAI CHI

Michelle Nilsson-Webby

Try Tai Chi for good health and to improve balance and co-ordination. Tai Chi is a series of gentle rhythmical exercises that can help relieve tension and clear and refresh the mind, leaving you feeling energised at the end of the session. This low-impact activity is suitable for all ages. Attend the first evening as a TRIAL. Registration essential.

D490 Starts Tues 29 Oct 6-7.30pm
7 weeks \$90

NUTRITION: A HEALTHIER YOU

NEW

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

D205 Starts Thurs 7 Nov 6-8pm
4 weeks \$80

2020 VISION BOARD

NEW

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 in this morning workshop. 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 a 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.

D433 Sat 23 Nov 9am-1pm
1 morn \$65

AGEING SUCCESSFULLY

NEW

How do you feel about ageing? What choices can you make? Our tutor, Gail Robinson, will offer ideas, research and thought-provoking questions. **Refer page 8 for details**

Join our tutor, Michelle Sime, also known as HineAhua Tokōtokō, named for her role in Rongoa Māori. Attend two of Michelle's courses for \$140 or all three for \$200

NEW

TRADITIONAL MĀORI MASSAGE

Traditional Māori bodywork and massage are used for healing, restoring balance and blessing the body, mind and spirit of a person. Romiromi, Mirimiri, Honohono, Waiata and Karakia will be introduced including some spiritual aspects. Practice some body work techniques – Māori Body Movement techniques, Rakau Ora and Wairua under the supervision of our tutor. You will also make your own therapeutic oils from native plants. This one day workshop will be held at Michelle's premises situated about 10 minutes from the school.

D480 Sat 16 Nov 9am-4pm
1 day \$70

NEW

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.

D481 Starts Tues 22 Oct 6-8pm
4 weeks \$75

HULA MAI

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

Refer page 16 for details

MĀORI TRADITIONAL 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 & ingredients from your backyard, the bush and pantry that are readily available.

D482 Starts Tues 19 Nov 6-8pm
4 weeks \$75

NEW

WELLNESS WORKSHOP *Marie-Laure*

Do you want to experience wellbeing; to be healthier, more balanced & vibrant, to find the strength in yourself? Learn effective tools and breathing techniques to easily relax your body and mind. This course will also look at the practice of Qigong including movements and postures & gentle stretches. Learn to create positive information to change a situation, deal with problems, improve your relationships. Understand the root of your problems & grow!

D497 Sat 7 Dec 9am-12.30pm
1 morn \$40

HATHA YOGA

Discover yoga! Let go of the day's stresses, learn to relax, improve your posture, tune into the needs of your body. Yoga can help increase flexibility; builds strength and stability; improves breath, energy, vitality. This is a gentle safe introduction to yoga suitable for beginners but those with previous yoga experience are also welcome. Please disclose any injuries you may have i.e. a bad back, if you have had any recent or major surgery or if you are pregnant. Discover the benefits of yoga with our tutor, Suze Waymouth.

D498 Starts Mon 4 Nov 6-7.30pm
6 weeks \$80



About the Home

Home is where you treat your friends like family and your family like friends!

YES, YOU CAN SEW!

All levels welcome! Are you a beginner? Have you sewed before but lost your confidence? Do you already sew and simply need some guidance with an existing project? No matter what your skill level our tutor can help you! Learn the basic skills and techniques or improve on your existing skills and learn some extra tips and tricks. You will work on your own project: make a new garment, up-cycle or re-purpose an existing item. Register for the orientation evening on Wed 30 October @ 6pm to meet the tutor, discuss your project, and receive guidance on both pattern & fabric.

D350 Starts Wed 6 Nov 6-8.30pm
5 weeks \$95

"I loved this course and learnt so much. I look forward to doing another one."

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.

D225 Sat 9 Nov 12.30-4pm
1 afternoon \$55

"Really fun class with great lotions to come away with."

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. An info evening will be held late October for those who have enrolled (contact CEW for details). This will give you the opportunity to meet with the tutor to discuss your project, calculate the quantity of fabric needed and learn what other resources may be required. Due to time constraints it is suggested that your first project is not too large. Basic sewing skills are recommended. Material costs are extra. This is a popular workshop and spaces are limited, enrol early to avoid disappointment.

D355 2 & 3 November 9am-4.30pm
Weekend \$155

"Thank you for a great upholstery course. Ken's passion is infectious!"

IKEBANA: FLOWER ARRANGING

Ikebana is the Japanese art of flower arrangement; an ancient tradition that dates back to the 7th century. The style is often minimalist and is not unlike a sculpture with colour, line, form and function all considered. Learn the basics of this graceful art form. All flowers and greenery provided as well as a container/vase and kensan (flower frog) which are all included in the course fee. Take home your own floral arrangement and the skills to replicate this at home. Tutor: Satomi Chave

D235 Sat 23 Nov 9am-11.30am
1 morning \$70

FABRIC SHOPPING BAG

Easy to make, re-usable and washable, just the thing for replacing those plastic shopping bags. **Refer page 5 for details**

NEW



In the Kitchen

*There are no
bad cooks, just bad recipes!*

BREADMAKING

Amy Sinclair

Home-baked bread always tastes best! Make a range of European & Middle Eastern breads including baguettes, ciabatta, pitas and wraps. Learn the secret of baking bread which is better for your digestive system. All ingredients provided. Discover the art of breadmaking!

D170 Sat 16 & 23 Nov 9am-12.30pm
2 mornings \$70

*"Very interesting & very
inspirational. Can't wait to start
baking more at home.."*

NEW

CHRISTMAS TREATS

Be prepared for the festive season. If you need some inspiration then join Kay in the kitchen. Make some delicious treats to serve at Christmas or impress your family and friends with a gift from your own kitchen. Recipes include Christmas chocolates, a Christmas tree, iced biscuits. Ingredients extra.

D185 Wed 6 & 13 Nov 6-8pm
2 evenings \$45

Visit: www.cew.ac.nz

NEW

THE ICING ON THE CAKE

Decorate a cake for someone special or add some flair to your Christmas cake this year. This class will cover the basic icing steps using fondant. You will also make some simple, easy, but attractive decorations. Bring along a cake to decorate and take home your very own masterpiece. Ingredients extra

D184 Wed 20 Nov 5.30-9pm
1 evening \$45

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! Tutored by Greer Rasmussen.

D20 Sat 2 Nov 9am-11am
1 morning \$30



For further
information
Ph 435 0889

INDIAN VEGETARIAN SNACKS and CHUTNEYS

If you enjoy Indian snacks then this course is for you. You will learn a variety of vegetarian snacks - Onion Bhaji and mix veg pakoras, bread pakoras, chole kulche and Hara Bhara Kabab accompanied with tamarind and mint coriander chutney. Join our tutor, Purnima Goyal, and enjoy some authentic Indian dishes

D197 Sat 7 Dec 9am-3.30pm
1 day \$60

Email:

cew@kamohigh.school.nz

(Continued on page 14)

*(Continued from page 13)***JAPANESE COOKING**

All NEW recipes! Learn how to prepare a variety of popular Japanese dishes including Happosai, 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

D198 Starts Thurs 28 Nov 6-8pm
3 weeks \$65

*"Good class, great food!"***NEW****NUTRITION: A HEALTHIER YOU**

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

D205 Starts Thurs 7 Nov 6-8pm
4 weeks \$80

PASTRIES

Amy Sinclair

Discover Amy's secrets to baking her famous pastries, said to be some of the best in Northland. Learn how to make delicious pastries such as croissants, tarts, danishes and pies. All ingredients provided.

D175 Sat 7 Dec 9am-1pm
1 morning \$50

"Highly recommended."

Recycle this
brochure -
share it with
a friend!

5 EASY WAYS TO ENROL**PHONE****POST****DELIVER****EMAIL****ONLINE**

Phone: 09 435 0889

Post: CEW PO Box 4137 Kamo 0141

Deliver: Kamo High School, Wilkinson Ave, Kamo

Email: ceb@kamohigh.school.nz Online: www.ceb.ac.nz

Language and Culture



Watch out for these classes this term!

To learn a language is to have one more window from which to view the world!

FRENCH for BEGINNERS *Brigitte Legendre*
Bonjour! So you want to learn a little French? Are you travelling to France? 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 and relaxed atmosphere.

D365 Starts Tues 29 Oct 6-8pm
7 weeks \$115

SPANISH for BEGINNERS *Maria Alvarez*
Hola! Do you intend to travel to Spain or South America? This course is suitable for beginners and will include greetings and farewells, asking for information, requesting directions, etc. Maria is from Argentina and is passionate about sharing her native language with you!

D394 Starts Tues 29 Oct 6-8pm
7 weeks \$115

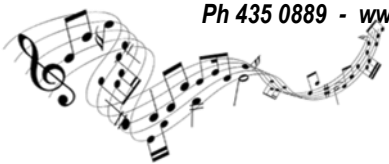
*"Maria is very encouraging,
very patient and
a delight to learn from."*

TE REO MĀORI for BEGINNERS

Kia ora! This is an introductory course for those with little or no prior knowledge of te reo Māori. The course will cover the basic language structure including greetings and farewells and simple conversations.

D398 Ph 435 0889 to register your interest

- Ancestry DNA
- Create your own Legacy Book
- Writing your Family History
- Ageing Successfully
- Training the Trainer: How to Teach Adults
- Painting a Landscape
- Painting Flowers
- Still Life: Glassware
- Explore Collage
- Create a Framed Artwork
- Weaving: Contemporary Korowai and Tāniko
- French Milled Soap
- Natural Body Products
- Ikebana: Flower Arranging
- Fabric Shopping Bag
- Nature Connection
- Wellness workshop
- Nutrition Workshop
- Māori Traditional Medicine
- Traditional Home Remedies
- Traditional Māori Massage
- Christmas Treats
- The Icing on the Cake
- Indian Snacks & Chutneys
- Hula Mai



Music & Dance

Music in itself is healing!

GIUITAR

Murray Sargeant

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.

D427 Starts Mon 4 Nov 5.30-7pm
6 weeks \$85

Which musical instrument do you want to learn this term? Will it be guitar or ukulele?

Murray is offering the option of either guitar OR ukulele lessons. Demand will dictate which course goes ahead.

Enrol early!

UKULELE

Murray Sargeant

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

D428 Starts Mon 4 Nov 5.30-7pm
6 weeks \$85

HULA MAI

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.

D430 Starts Sat 2 Nov 9am-10am
6 weeks \$60

NEW

*Dance your way
to better health!*



GIFT VOUCHERS

*Give the gift of learning.
How often are we stuck
for gift ideas?*

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learning, creating, achieving,
fun and self-discovery.*

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any value you nominate*

TERM DATES : 2020

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

I N F O R M A T I O N

ENROLMENT: Enrolment forms are on **page 18** of this brochure or enrol online - www.cew.ac.nz/enrol.html. 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**.

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 so payment using these methods needs to be made at the school office during school hours.

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

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

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

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

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

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

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

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

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

CLOSED: The CEW office is closed over the school holidays, re-opening **Mon 14 Oct**

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 |
|----------|--------------|------------|-----|
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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, OtherQualifications: 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

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

Address:.....

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

Email:.....

| Code No. | Course Title | Receipt no | Fee |
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NZ European/Pakeha, NZ Maori, Pacifica, Asian, Middle Eastern, Latin American, African, OtherQualifications: 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

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:

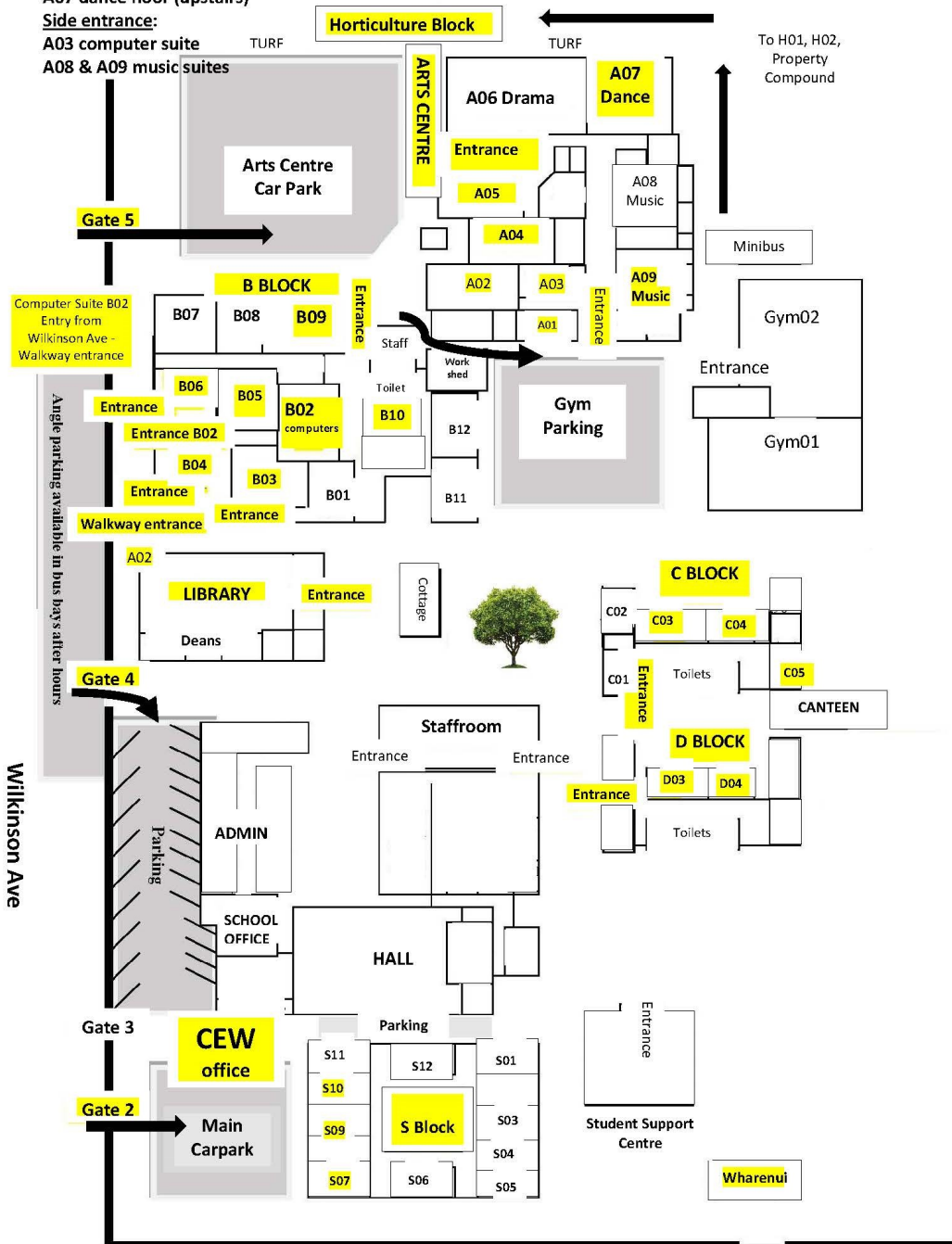
Arts Centre – A03

B block – B02

GENERAL CLASSROOMS:

C block

S block



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