



COMMUNITY EDUCATION WHANGAREI

*Term 2, 2022*



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

## *LOOKING for ways to unwind?*

*Unleash your creativity in an art workshop, learn a new craft, book in for computer lessons, sign up for a wellbeing course, enjoy a cooking class, get sewing! Join a class today. Try something new!*

## **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
<b>Enrol:</b>	Online - www.cew.ac.nz Email—cew@kamohigh.school.nz Ph—435 0889 OR call into our office All enrolments are responded to, no response means it hasn't been received.
<b>Office hours:</b> (term time only)	10am-5pm Monday to Thursday, 10am-4pm Friday..... open until 6pm the first night a class starts



The CEW office is closed for the school holidays, re-opening Monday 2 May

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Some classes are subsidised,  
look for this symbol



# Art & Craft



*Where the spirit does not  
work with the hand,  
there is no art!*

## WATERCOLOURS for BEGINNERS

Watercolour is a very spontaneous and individual method of painting, making it both fun and challenging. It can be used to sketch ideas or to complete more complex, finished works. Follow a step-by-step process with exercises that will explore both traditional (wet on dry) and contemporary techniques (wet on wet). Further explore these drawing techniques into painting geometric/organic objects in monochrome, or for the more daring, polychrome. Watercolour is about suggestion, gestural marking, saying "a lot with a little". All materials provided. Tutor: Gayle Forster.

**B34** Sat 28 May 9am-3pm  
1 day \$125

## PAINTING WORKSHOP: HUNDERTWASSER STYLE

Hundertwasser is one of the outstanding artists of the 20<sup>th</sup> century. His original and unruly artistic vision expressed itself in visual art, architecture, philosophy and design. With the Hundertwasser designed building in Whangarei about to open we can recognise his genius. In this workshop you will explore Hundertwasser's visual language in practice, painting a picture in his inimitable style. With the use of bright colours, irregular shapes and strong outlines, all the features he is famous for, you will create a bright decorative painting on a medium size canvas using acrylics. Let Elena guide you step by step. All materials provided. Come along and have some creative fun!

**B38** Sat 11 June 9am-2.30pm  
1 day \$115

## SUNSET at a ROCKY BEACH

Sunset can be the most attractive time of day. Living in New Zealand we enjoy various sunsets in different locations and one of the most dramatic scenes can be at a rocky beach lightened by a low sun. In this workshop you have the opportunity to create a beautiful painting of a sunset at a rocky seascape, full of warm sunlight and gentle surf. Suitable for students of any level of artistic experience, Elena will help you in your creative process leading you through all rocky areas step by step. All materials provided. Tutored by Elena Nikolaeva

**B35** Sat 18 June 9am-2.30pm  
1 day \$115



For further  
information  
Ph 435 0889

## PAINTING with PALETTE KNIVES

Palette knife technique is effective and rewarding and allows you to create paintings that are full of rich texture and sweeping blends of colour. Using this technique you avoid unnecessary details, creating the main shapes and colours in a fast and easy way. Let Elena show you step by step how to create some stunning effects using palette knives. This workshop is suitable for people with different levels of artistic experience as Elena will provide images with various degrees of complexity to cater for a range of abilities. You are required to bring your own supplies to this class (a list will be provided). Alternatively, the tutor can provide materials for an extra fee (if requested in advance). Tutor: Elena Nikolaeva.

**B36** Sat 2 July 9am-2.30pm  
1 day \$80 + supplies

**NEW****MINI ART MURAL***Shelley Chappory*

Live up your garden by painting a mini art mural onto corrugated iron. Ideal 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. Visit <https://www.cew.ac.nz/gallery.html> to view examples from previous classes.

**B24** Sat 21 May 9am-2pm  
1 day \$95

**NEW****CREATIVE PAINTING**

Explore your creativity and make a large painting in one day. Create your artwork for a wall or room in your house or as a gift for a loved one. In this hands-on workshop we will explore a variety of art techniques including painting, drawing, printing, and mixed media. Art can be very therapeutic and can be used as a tool to help us learn to express ourselves. Be limited only by your imagination as you create your own original artwork. No art experience needed, and all materials supplied. Join Shelley for a fun day in the art-room and enjoy re-connecting with your creativity!

**B33** Sat 25 June 9am-3.30pm  
1 day \$60

**JOURNAL MAKING from UPCYCLED BOOKS**

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. This would make a great handcrafted gift! Join our tutor, Maureen Baker, in this fun one-day workshop. All materials provided. View an example at the CEW office.

**B16** Sat 28 May 9am-2pm  
1 day \$75

**NEW****BECOME A KNITWIT**

Knit one, purl two! Discover the healing and therapeutic nature of creating with needles and yarn. Knitting is the new yoga! Learn the basics.... how to cast on, create knit and purl stitches and cast off. Designed for beginners this introductory workshop, with our tutor Peggy Shepherd, will get you started on the road to becoming a confident knitter by learning how to make 'peggy' squares. Includes yarn and needles. Join the knitting revolution!

**B18** Sat 18 June 9am-1pm  
1 morning \$55

**RARANGA KŌRARI**

Have you ever wanted to try flax weaving? Join this introductory one day raranga workshop and learn the basics of weaving including how to make putiputi (flowers). Discover the joy of raranga kōrari!

**B17** Taking registrations of interest  
Ph 435 0889

**CREATE DIGITAL ART**

Create artworks using online digital techniques. Designs can be printed, used for your website or blog, book or newsletter, etc.

**Refer page 8 for details**

(Continued from page 5)

### MOSAICS: AN INTRODUCTION

A messy, creative, FUN weekend! Explore your creative side. Learn about materials, tools, basic skills, gluing and grouting, creative inspiration and finishing touches. Create a mosaic using tiles, ceramics, glass. No experience necessary. All materials provided, no extra costs, but you're welcome to bring along your own china and/or glass beads to use in your project. Visit our website to view work from previous classes <https://www.cew.ac.nz/gallery.html>. Create your own design or use the examples provided for inspiration. Our tutor, AnneMaree Herbert, offers a relaxed, friendly environment and will provide support and guidance as you create your very own artwork. Come along and have some fun!

<b>B41</b>	Sat 21 May	9am-4pm
	Sun 22 May	10am-12.30pm
	2 days	\$125



### WEAVING CONTEMPORARY KOROWAI and TĀNIKO

Join a small group of like-minded individuals in a relaxed and friendly atmosphere as you start your journey to make your very own miniature korowai which can be used as a wall hanging. Korowai is one of the oldest and most versatile of all Maori weaving techniques and can be used to create wall hangings, ketes, guitar straps and full-sized korowai cloaks. You will meet over three Saturdays to design and create your miniature korowai. A local kuia, Rita Pickering, will be on hand to share her knowledge and provide guidance and help as needed. Rita will provide a basic kit with a range of different materials to get you started (cost \$55), all additional materials are extra.

<b>B14</b>	Sat 28 May, 11 & 25 June (3 days)	
	9am-5pm	\$90 + materials

**B15** A workshop will also be offered at Bay-leys Beach, if there is sufficient interest. To register your interest please either email [cew@kamohigh.school.nz](mailto:cew@kamohigh.school.nz) or ph 09 435 0889

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

### CEW TERM DATES : 2022

Term One:	8 February	-	14 April
Term Two:	2 May	-	8 July
Term Three:	25 July	-	30 September
Term Four:	17 October	-	12 December



# Business & Computers

*To err is human .....  
to blame it on a computer  
is even more so!*

**NEW**

## FOUNDATIONAL FACILITATION SKILLS

Do you want to learn ways to facilitate a group of people to be at their best? Do you need or wish to engage others to achieve shared goals? Discover how to encourage co-operation through exploring the art of facilitation with Ange Jones, a trained facilitator with ten years' experience. This one-day introductory workshop is ideal for anyone who finds themselves in an organising or leading role within their community or workplace wishing to learn the foundation of good facilitation practice that supports inclusive, participatory conversations and decision-making.

**B62** Sat 21 May 9am-4.30pm  
1 day \$80

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

**NEW**

## AWEBER for BUSINESS

In this hands-on workshop we will explore email newsletter techniques that can help you and your small business. Learn how to use Aweber, a free easy-to-use alternative to Mailchimp. Aweber provides a range of email marketing features including email templates, email lists, sign-up forms, automatic emails, and statistics. Aweber is linked to Canva which helps make all your marketing and email designs consistent, quick, and easy. General computer skills essential. Bring along your own text and images or use our examples. Tutored by Shelley Chappory.

**B125** Sat 11 June 9am-3.30pm  
1 day \$40



## CREATE AN ONLINE SHOP

**NEW**

Be open 24/7 from the comfort of home with an online shop. Make your shop easy to use for both you and your customers. Create great images and text and provide services your clients will enjoy. Link your shop to your social media and other marketing items to help increase brand awareness. Bring along your own text and images or use our examples.

**B140** Starts Wed 25 May 6-8.30pm  
4 weeks \$60



## MAKE AN EBOOK

**NEW**

Create an eBook for yourself or to help your business marketing. Sell your eBook online or provide it to clients as a free giveaway. Use your eBook to increase your followers, publicise your writing, or create an alternative revenue stream. Explore eBook format options, set-up, distribution, how to sell online. General computer skills essential. Bring along your own text & images or use our examples.

**B145** Starts Wed 22 June 6-8.30pm  
3 weeks \$50



## CREATE with CANVA *Shelley Chappory*

Get creative and explore the popular online tool Canva. Canva is easy to use, FREE, and provides a wide range of design options for you or your business. Quickly make items for print, social media, blogs, and websites. Create invitations, business cards, social media graphics, posters, brochures, logos, menus, portfolios, presentations, newsletters, book covers, resumes and more! Basic computer skills required. Bring along your own images and text or use the FREE resources available on Canva.

**B130** Sat 28 May 9am-12.30pm  
1 morning \$45

(Continued on page 8)

*(Continued from page 7)***NLP for SUCCESS***Michelle Sime*

NLP is used widely by both businesses and individuals. Do you want to negotiate more effectively? Do you want to better understand yourself and others? Would you like to be more successful and fulfilled in life? Learn some NLP (Neuro Linguistic Programming) skills to help you increase motivation, enhance performance, handle conflict and stress, raise self-esteem and confidence. If you are looking for extra skills to improve your work satisfaction and life then this is the course for you.

**B67** Sat 25 June 10am-5pm  
1 day \$40

**NEW****INTERNET TIPS for BEGINNERS**

The Internet makes it possible to quickly find information, communicate with people around the world, manage your finances, shop from home, listen to music, watch TV, and much more. Learn how to utilise Internet resources with our easy-to-use tips. Enjoy the convenience of doing tasks & errands from the comfort of home. Learn about the range of online services available and how to use them. This hands-on workshop is for beginners. Bring along any of your computer questions.

**B132** Sat 2 July 9am-12.30pm  
1 morn \$45

**NEW****EXPLORE YOUR DNA**

In this hands-on workshop we will explore DNA techniques that can help you find family members and understand your own DNA. We will step through how to use Ancestry.com, MyHeritage & GedMatch, and how to get the most from a DNA test. You will make a FREE online family tree and practice some easy-to-use online techniques that you can continue using at home. Discover what you never knew about your family, and why so many folk around the world enjoy exploring their DNA.

**B134** Sat 18 June 9am-3.30pm  
1 day \$40

**WORD (on ZOOM)***Jo Martin*

Are you new to using Microsoft Word, or need to fill in some gaps? Join Jo in this short 80 minute FREE Zoom workshop and learn how to create, edit, format, print, save and open a document. Add images, bullet points, numbering and borders. Spell and grammar check your document. Add headers and footers and change line spacing. Gain confidence in using Microsoft Word. Instructions will be provided on enrolment on how to join Zoom.

**B165** Wed 15 June, 6.30pm start

**EXCEL (on ZOOM)***Jo Martin*

An introduction to this popular program. In this short 80 minute FREE Zoom workshop you will learn how to create a spreadsheet with some basic formulas in it. This course is designed to help build your skills and confidence. No previous knowledge of spreadsheets required. Make Excel work for you! Instructions will be provided on enrolment on how to join Zoom.

**B103** Wed 22 June, 6.30pm start

**CREATE DIGITAL ART****NEW**

Create artworks using online digital techniques. Create your designs to be printed, for your website or blog, for your book or newsletter, or to share on social media. No art experience necessary. In this hands-on workshop we will explore a variety of computer art techniques including colour adjustments, layers, collage, filters and drawing tools. Basic computer skills required. All materials supplied. Tutor: Shelley Chappory

**B135** Starts Tues 14 June 6-8.30pm  
3 weeks \$50



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





# Culinary Delights

*I cook, therefore I am!*

**NEW**

## A THAI BANQUET

In this 4-hour class, we will prepare and cook three classic Thai dishes. We will start with a hot and sour Tom Yum soup before working on the quintessential Thai dish—Pad Thai. A few fried banana wedges will finish off the class. Suitable for beginners. All ingredients provided.

**B181** Sat 11 June 9am-1pm  
1 morning \$55

*To keep costs as low as possible students are asked to provide the ingredients they need.*

## MEXICAN TAPAS

Back by popular demand, on tonight's menu is the classic Latino cheese toasty – the Quesadilla which we'll be making from scratch and serving up alongside a zesty salsa. What better way to warm-up a winter evening? Beginners welcome. Ingredients extra.

**B176** Tues 14 June 6-8pm  
1 eve \$30



*Which cooking classes do you want to enrol in?*

## NEW WAYS with POTATOES

Tonight we celebrate the humble spud.

We will be cooking them using three inventive methods - Gnocchi, Hedgehogs and Fondant Potatoes, very chic! Wintertime doesn't have to be all about mash and fries. Beginners welcome. Ingredients extra

**B180** Tues 5 July 6-8pm  
1 eve \$30



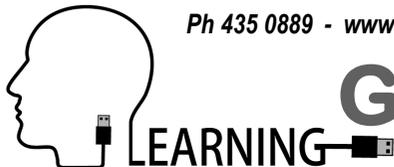
## CANTONESE DIM SUM

For those of you who missed out last term, we are revisiting our popular Asian dumpling class. You will be making your own wrappers to stuff with a traditional pork and prawn filling. Learn about other dough recipes and the various fillings and dumpling shapes widely found across Asia. Beginners welcome. Ingredients extra. Due to demand two classes are offered this term.

**B178** Tues 21 June 6-8pm  
1 evening \$30

**B179** Tues 28 June 6-8pm  
1 evening \$30

*Join our tutor and professional cook  
BEN FERMOOR*



# General Interest

*Knowing yourself is the beginning of all wisdom!*

**NEW**

## FOUNDATIONAL FACILITATION SKILLS

Do you want to learn ways to facilitate a group of people to be at their best? Do you need or wish to engage others to achieve shared goals? Discover how to encourage co-operation through exploring the art of facilitation with Ange Jones, a trained facilitator with ten years' experience. This one-day introductory workshop is ideal for anyone who finds themselves in an organising or leading role within their community or workplace wishing to learn the foundation of good facilitation practice that supports inclusive, participatory conversations and decision-making.

**B62** Sat 21 May 9am-4.30pm  
1 day \$80

**THERE WILL BE NO  
CLASSES OVER  
QUEEN'S BIRTHDAY  
4-6 June**

**NEW**

## EXPLORE your DNA

Learn what you need to know to take a DNA test and what to do when you get the results. Explore DNA on Ancestry.com, MyHeritage, GedMatch and other locations. Discover lost family members or your birth family. Make a family tree that will help you find relatives around the world. Find out why so many folk enjoy exploring their DNA.

**B134** Sat 18 June 9am-3.30pm  
1 day \$40

## SHARPEN UP YOUR PHOTO SKILLS

Take your photos to the next level. 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 and lighting. 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 and compact digital cameras. Bring your camera and manual (if possible). Limited spaces, enrol early. Tutor: Sally McGunnigle

**B260** Starts Mon 13 June 6-8.30pm  
4 weeks \$90

*"Photography is the only language that can be understood anywhere in the world."*



## NLP for SUCCESS

*Michelle Sime*

NLP is used widely by both businesses and individuals. Do you want to negotiate more effectively? Do you want to better understand yourself and others? Would you like to be more successful and fulfilled in life? Learn some NLP (Neuro Linguistic Programming) skills to help you increase motivation, enhance performance, handle conflict and stress, raise self-esteem and confidence. If you are looking for extra skills to improve your work satisfaction and life then this is the course for you.

**B67** Sat 25 June 10am-5pm  
1 day \$40



# Health & Wellbeing

Enjoy the journey as you  
strive for wellness!

**NEW**

## SELF-HEALING WORKSHOP

This self-healing workshop combines both eastern and western methods, including traditional Chinese medicine and C.A.R.E. (Circulation, Assimilation, Relaxation, Elimination) remedies. Learn why you get sick and what you can do to assist the body to increase its vitality and to heal itself. The focus is on the original cause of your illness and ways to balance your life including active meditation. This workshop concentrates on both the body (day one) and mind (day two). Learn how to strengthen and control your body, mind and emotions and change your life for the better.

**B485** Sat 18 & 25 June 9am-3pm  
2 days \$60



**NEW**

## SELF-MASSAGE

Discover how to boost your immune system with self-massage. The fluid in the lymphatic system helps remove waste and toxins from the body tissues and is the key part of the immune system. Some health conditions can cause Blood and lymph fluid to build up that may lead to sickness. In this one-day workshop you will learn how to help improve the lymph fluid and blood circulation and prevent illnesses such as the flu. The self-massage involves a gentle touch, so is also suitable for older students, but is very effective. It can be beneficial for swelling or edema, fatigue, stress, sinus, skin care, sleep difficulties and digestive problems. Learn the basic mechanisms of the lymph system and some acupressure points for boosting your health. Our tutor, Aiko Fukumoto, is a qualified massage therapist with over 12 years experience.

**B480** Sat 2 July 9am-3pm  
1 day \$30



## 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. Our tutor specialises in Māori medicines using plants and ingredients from your backyard, the bush and pantry that are all readily available. 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.

**B445** Sat 21 May 10am-5pm  
1 day \$40



*“Kia mahu tatau,  
Kia mahu whenua  
Heal our people,  
Heal our land.”*

## 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. In this practical hands-on workshop 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.

**B446** Sat 2 July 10am-5pm  
1 day \$40



(Continued on page 12)

(Continued from page 11)

## DISCOVER YOGA *Lani Baddeley*

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 and vitality. A gentle introduction to yoga suitable for beginners but also those with previous yoga experience.. Please disclose any injuries i.e. a bad back or neck, any recent or major surgery, if you are pregnant.

<b>B498</b>	Starts Mon 16 May		6-7pm
	7 weeks		\$45
<b>B499</b>	Starts Tues 17 May		6-7pm
	7 weeks		\$45

## EMOTIONAL FREEDOM TECHNIQUES

Discover how EFT can help change what is not working in your life. Tapping into the body's acupressure points/energy meridians can help restore and heal the body's energy system. The body and mind are inexplicably linked so while using acupressure points on your body you can focus your mind on any emotional or physical problems. EFT can be used to help relieve stress and anxiety, including past trauma. It can also be used to enhance your performance at work or sport and shift any limiting negative beliefs. Create real and lasting change by learning how to effectively use EFT in your life. Our tutor, Monique Murphy, is a trained EFT practitioner and also has a degree in Psychology. Join this fun, interactive, one day workshop .

**B450** Saturday, 9am-3pm  
Register your interest  
Ph 09 435 0889

## INTRODUCTION TO MEDITATION and MINDFULNESS

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 and mindfulness have been proven to have many health benefits for the mind and body. Join Shannon on this six week introductory course to learn simple techniques to help you find 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

**B410** Thursdays, 6-7.15pm  
Register your interest, ph 435 0889



## KUNG FU for WOMEN *Aiko Fukumoto*

Discover how to leverage your power and weight, no matter what size you are. The class will also incorporate Qigong to help with the flow of energy. Benefits include improved strength, flexibility and muscle tone, increased self-confidence and reduced fear and anxiety. Gain more confidence in your everyday life and learn ways to be strong and safe. Aiko is an experienced trainer with a red belt in Kung Fu.

<b>B490</b>	Starts Tues 17 May		6-7pm
	8 weeks		\$50

## WHAT ABOUT YOU? *Christine Elliott*

A one-day workshop for women who feel that most of their time is spent nurturing & tending to others. Experience and learn ways to relax, destress, make time for yourself, have fun, have some quiet time. Start to learn how to reject and accept. Our tutor has over 30 years experience in facilitating groups using psychotherapeutic techniques and one-to-one therapy. Christine will introduce you to techniques from psychotherapy and group work including: relaxation, guided writing, communication, self-awareness, laughing and celebration of self!

**B443** Taking registrations of interest  
Ph 435 0889

*Email:*

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



# Home & Garden

*The ache for home  
lives in all of us!*

## THE SEWING BEE

Have you never sewed before? Are you an amateur sewer who needs some guidance? Make something new or upcycle and transform an existing item. Create a new outfit by turning a dress into a top or skirt. Be limited only by your imagination. Sewing is a great skill to have and allows you to be creative. Learn how to make your own garment with the help of our experienced tutor. Suitable for both novices and those with some experience. Attend the information evening, contact CEW for details - ph 435 0889

<b>B350</b>	Starts Mon 23 May	6-8.30pm
	5 weeks	\$75
<b>B351</b>	Starts Wed 25 May	6-8.30pm
	5 weeks	\$75

## GROWING BANANAS

Have you ever thought about growing bananas? Learn how to inexpensively set up a banana plot. You don't need a lot of space, bananas can happily grow in a small urban section. Do you already have ornamental or edible banana plants? Then discover how you can maximise fruit quantity and size with the right plant care to receive an abundance of tasty fruit. Learn about safe harvesting techniques, storage tips and how to market any excess produce. Presented by two local banana enthusiasts: Roslyn, and Geoff (a qualified horticulturalist and grower). Due to the demand last year we are taking early registrations for this spring class. Don't miss out!

<b>B225</b>	Sat 24 Sept	9am-11am
	1 morning	\$30



# Language & Culture

*Language is a gateway  
to identity and  
develops empathy!*

## LEARN ESPAÑOL

Learn a new language, discover a different culture. Did you know that Spanish is the second most widely spoken language in the world? Enjoy the camaraderie of a small class and learn a language that is spoken by more than 500 million people in more than 20 countries. Join Maria as she teaches you some basic phrases. Learn to speak a little Español.

<b>B394</b>	Taking registrations of interest
	Ph 09 435 0889

## TE REO MĀORI for BEGINNERS

Do you want to learn te reo Māori? Take that first step in this introductory course. Learn the proper pronunciation of names for people, places and things, how to introduce yourself and to greet others as well as some popular phrases you can use every day. Gain an understanding of tikanga Māori as you are introduced to some common customary practices. Join our tutor in a fun, safe and comfortable environment where your confidence can grow. Tutored by Jason Tepania.

<b>B398</b>	Starts Mon 16 May 6-8pm
	7 weeks \$70



Email:  
cew@kamohigh.school.nz



# Music

*Music feeds the soul!*

**NEW**

## SONGWRITING: FINDING YOUR UNIQUE VOICE

This class is dedicated to supporting each writer in finding their own musical voice and sharing their unique perspective. You will be given simple 'song prompts' to provoke and inspire a song. Attempting to write a song is a success, whatever the result. Practice writing songs that ring true to the writer, rather than to impress or satisfy anyone else. Bring something to share each week. Bring a new song if you have one. Fragments, starts, poems, free-writes, etc. are equally welcome. Bring something you wrote earlier, or written by someone else. Anything you share is valuable, whether written by you or not. This is a workshop in listening as well as writing. We encourage a critique-free, advice-free zone & we'll practice listening deeply, generously, to discover "what our ears love." Our tutor, Nina Lane, is a professional singer, songwriter, guitarist who has toured, performed & recorded her own original songs in NZ & abroad for the past 30 years.

**B525** Starts Tues 24 May 6-7.15pm  
6 weeks \$75

**LEARN to PLAY the GUITAR** *Bryan Owens*  
Have you always wanted to learn to play the guitar? In this six week course you will learn the fundamentals such as how to tune, play chords (strumming and picking), and play a number of popular songs. You will quickly learn how the basics can be applied to almost any new song that you want to learn. Our tutor plays many stringed instruments and has over 20 years experience teaching, performing, and recording music. You will need your own acoustic guitar.

**B530** Starts Tues 24 May 6-7.15pm  
6 weeks \$75

**WHAT'S  
NEW?**

- Facilitation Skills
- Aweber for Business
- Create an Online Shop
- Internet for Beginners
- Explore your DNA
- Make an eBook
- Create Digital Art
- Creative Painting
- Painting a Sunset
- Painting with Palette Knives
- Become a Knitwit
- Upcycled Journals
- Self-Healing Workshop
- Self-Massage
- Mexican Tapas
- A Thai Banquet
- Cantonese Dim Sum
- New ways with Potatoes
- Songwriting workshop

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



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

**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:**

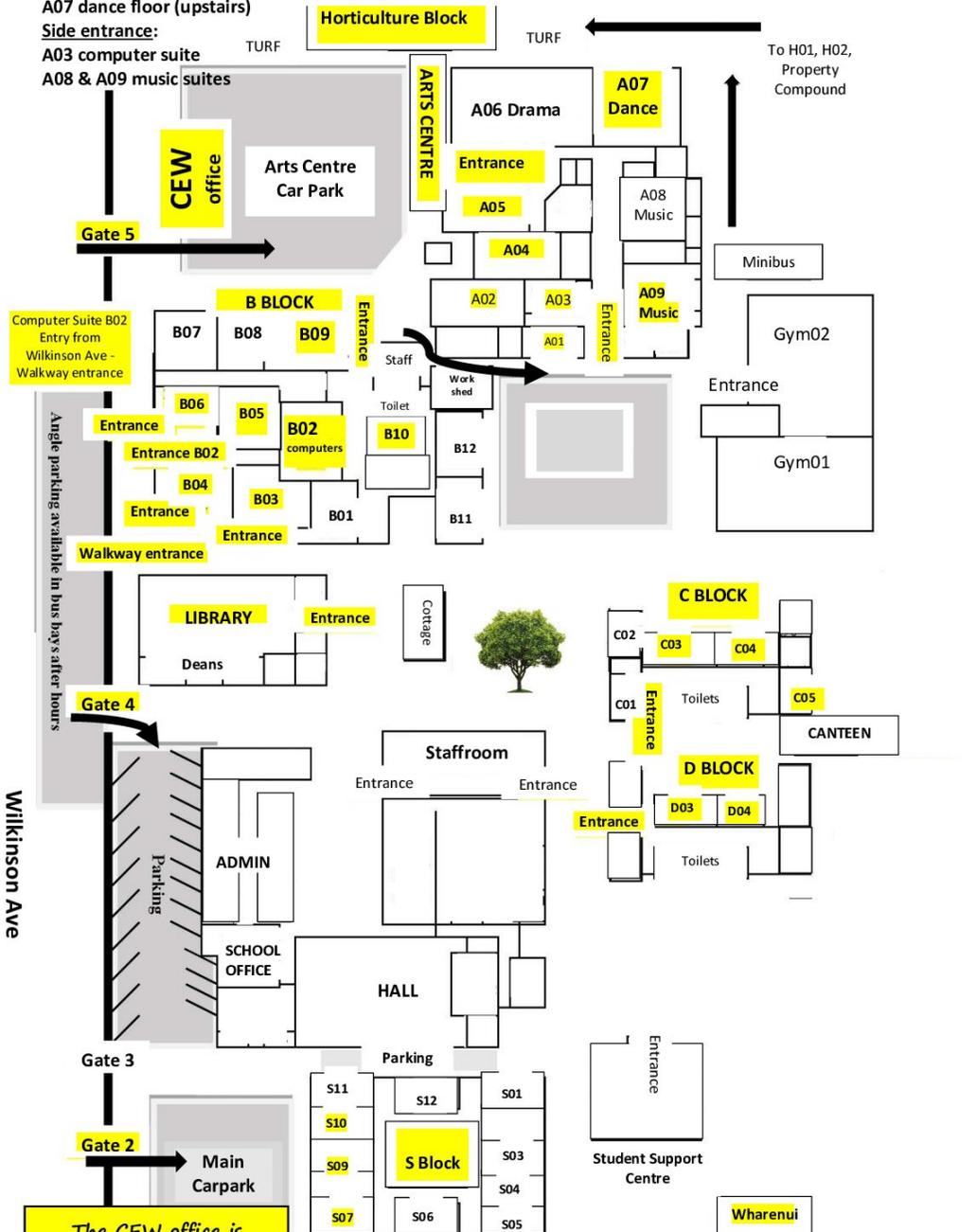
Arts Centre – A03

B block – B02

**GENERAL CLASSROOMS:**

C block

S block



To H01, H02, Property Compound

The CEW office is MOVING down by the Arts Centre (gate 5)

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