



COMMUNITY **EDUCATION** WHANGAREI

Winter 2022



www.cew.ac.nz

***WELCOME** to our adult community education programme.
We offer a range of short courses for busy people including evening classes and weekend workshops. Join our experienced tutors in a friendly, relaxed environment and learn something **NEW!***

ADULT COMMUNITY EDUCATION

Affordable, Accessible, Lifelong Learning

Co-ordinator:	Shona Hill
Phone:	09 435 0889 (with answerphone)
Location:	Kamo High School, Wilkinson Ave, Kamo
Postal Address:	PO Box 4137, Kamo 0141
Email:	cew@kamohigh.school.nz
Website:	www.cew.ac.nz
Enrol:	Online - www.cew.ac.nz Email - cew@kamohigh.school.nz Phone - 09 435 0889 All enrolments are responded to, no response means it hasn't been received.
Office hours:	The CEW office is temporarily closed as our building is being relocated. Please contact us via phone 09 435 0889 or email cew@kamohigh.school.nz



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Some classes are subsidised,
look for this symbol





Art & Craft

NEW

*Every artist was first
an amateur*

NEW

PAINTING A DIPTYCH (2 CANVASES)

Extend your creativity in another direction!

This workshop offers you something totally different from a traditional painting which uses one regular canvas. Create one picture which is developed over two canvases, assembling them as a Diptych. This is a well-known idea in contemporary art where artists use a various number of canvases to make one composition. This can create unusual effects with strong visual division between parts of the painting. These two canvases can be placed close to each other, or distanced. In this workshop you will create your own contemporary diptych, painting one picture divided in two parts on two canvases. You will be guided by our tutor, Elena Nikolaeva, through the difficulties this can present and shown easy ways to organise your final two part composition. All materials provided.

C37 Sat 17 Sept 9am-2.30pm
1 day \$125

TURNING MICRO TO MACRO

The minute world is rather shy. It surrounds us everywhere, but you need to stop, bend down or even use a magnifying glass to see its beauty. But in our everyday life we have too many distractions and problems to pay attention to the minuscule life around us. This workshop covers the gap between these two worlds. It will help you to explore the little things around you. And, as a result of your artistic journey to the small but scenic universe of different scale, you will create a painting of something tiny and beautiful, paying attention to small details, revealing their significance and beauty. In this one-day workshop you will make a painting on a large canvas depicting an amazing element or elements (a plant, a creature) of this little world, making it visible to all of us. All materials provided. Tutored by Elena Nikolaeva.

C36 Sat 10 Sept 9am-2.30pm
1 day \$115



NEW

A CANTERBURY AUTUMN

The South Island is well known for its beautiful autumn colours. Golden, orange, red foliage catches one's eye and creates an amazing patchwork of nature. This workshop offers you an opportunity to explore the Canterbury region at the most beautiful time of the year. You will paint a landscape in golden colours creating a "window" to the South Island Fall. This workshop is suitable for students of any level of artistic experience. Our tutor will guide you through the process. All materials provided. Tutor: Elena Nikolaeva

C35 Sat 20 Aug 9am-2.30pm
1 day \$115

*"Every canvas is a journey
all its own."*

START AN ART JOURNAL

Explore the benefits of art journaling. Use your art journal as a means of relaxation, for artistic inspiration, for therapeutic art techniques or to develop your creativity. Therapeutic art techniques can help ease anxiety and to express feelings you may be struggling to put into words. Try out a range of fun creative techniques in an artist quality journal you can take home and continue to enjoy. Not an artist? You don't need to be, no art experience needed and all materials provided. Tutored by Shelley Chappory

C32 Sat 24 Sept 9am-3.30pm
1 day \$50



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NEW

MAHI RĀRANGA: Flax weaving

Nau mai Haere mai! Come along and learn the beautiful art of mahi rārangā with our tutor, Kerrin Taylor. This is a one day workshop, suitable for absolute beginners as well as those who have done some weaving before. Learn some basic techniques, harvesting and tikanga. Beginners can expect to complete some small items such as putiputi (flowers) and a small basket (pāro or kono). Those with some experience will be guided on a project at their level. Venue is the tutor's studio in Kamo and the kōrari (flax) will be harvested onsite as part of the learning. Participants will have the opportunity to attend further sessions to build on their skills. All tools provided. Spaces are limited.

C17 Sat 20 Aug, 9am-4pm, 1 day \$50

C18 Sat 27 Aug, 9am-4pm, 1 day \$50

**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!

C41 Sat 13 Aug 9am-4pm
Sun 14 Aug 10am-12.30pm
2 days \$125

C42 Sat 24 Sept 9am-4pm
Sun 25 Sept 10am-2.30pm
2 days \$125



Business & Computers

If plan A didn't work the alphabet has 25 more letters

NEW

MAKE A FREE WEBSITE

Explore the benefits of making your own FREE website. Use your website to share your interests, promote your business or to develop your creativity. Websites can help you connect with others around the world and to have a positive online presence under your control. Try out a range of website techniques on a FREE website you can continue to enjoy at home. No website experience needed. Join our tutor, Shelley Chappory.

C160 Starts Tues 6 Sept 6-8.30pm
3 weeks \$50



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



MAKE AN EBOOK *Shelley Chappory*

Create an eBook for yourself or to help your business marketing. Make your eBook for FREE using a range of helpful programs and websites. 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, and how to sell online. General computer skills essential. Bring along your own text and images or use our examples.

C145 Starts Wed 7 Sept 6-8.30pm
3 weeks \$50



*"Awesome! I'm clever,
thanks to Shelley."*

START A BLOG

Shelley Chappory

Blogging is a great way to stay in touch with friends and family, or customers, from the comfort of your own home. Create a FREE Blog for fun or use it as part of your business marketing. Quickly and easily share stories, images and videos online. In this hands-on workshop explore blogging techniques while creating a quick free blog you can continue using at home or your office. Bring along your own text and images or use our examples.

C132 Sat 10 Sept 9am-3.30pm
1 day \$40



EXCEL WORKSHOP

Jo Martin

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

C103 Sat 20 & 27 Aug 9am-12.30pm
2 mornings \$40



WORD WORKSHOP

Jo Martin

Are you new to using Microsoft Word, or need to fill in some gaps? 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.

C165 Sat 17 & 24 Sept 9am-12.30pm
2 mornings \$40



Email:

cew@kamohigh.school.nz

NEW**SPEAKING with CONFIDENCE**

Do you want to be able to stand up and speak at meetings or family occasions? Then this is the course for you! Overcome your fear of speaking in public. Join a small group of like-minded people in a friendly, non-judgemental environment and gain confidence in your ability to speak in front of an audience. Learn from each other as you develop your confidence. Our tutor, Tom Joseph, is a regular host at local conferences and gatherings and will share with you his tips for success when speaking in public.

C230 Starts Wed 17Aug 6-8pm
6 weeks \$60

**MAKE a FAMILY TREE**

Learn how to make your own FREE family tree on Ancestry.com and what you can do with it. Explore Ancestry.com, MyHeritage, GedMatch, FamilyTreeDNA, and other locations. Use your Tree to discover lost family members or your birth family. Make GEDCOMS that can help you find relatives around the world. Find out why so many people enjoy having a Family Tree on Ancestry. Tutored by Shelley Chappory.

C134 Sat 3 Sept 9am-3.30pm
1 day \$40



"I appreciate Shelley's time and energy."

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. Limited spaces!

C67 Sat 20 August 10am-5pm
1 day \$40



Visit: www.cew.ac.nz

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



Live life with a little spice!

Culinary Delights

NEW

INDIAN COOKING

Are you interested in learning some authentic Indian recipes? Join our tutor and discover the diversity of food available in the south of India. These traditional SOUTH Indian cooking classes will cover a variety of dishes including meat, vegetable and fish curries. Ingredients extra. Is your palate ready to explore this unique Indian cuisine?

- C181 South Indian Chicken Curry**
Mon 22 Aug, 6-8pm, 1 eve \$30
- C182 South Indian Fish Curry with Coconut and green mango**
Mon 29 Aug, 6-8pm, 1 eve \$30
- C183 Vegetable stew**
Mon 5 Sept, 6-8pm, 1 eve \$30
- C184 Beef Curry & fried coconut gravy**
Mon 12 Sept, 6-8pm, 1 eve \$30
- C185 Chicken curry with fried coconut gravy and shallots**
Mon 19 Sept, 6-8pm, 1 eve \$30
- C186 Fish curry (hot/medium heat)**
Mon 26 Sept, 6-8pm, 1 eve \$30

NEW

ARTISAN SOURDOUGH BREAD

Learn how to bake your own artisan-style sourdough loaf in this hands-on 2 hour workshop suitable for all levels. Discover how to maintain a healthy sourdough starter, learn how to make your own loaf with guidance for each step, have lots of time for asking questions and learn all the techniques needed to prepare an overnight, rustic sourdough bread. Each participant will go home with their own live or dehydrated starter, an unbaked loaf to bake at home the following day, a detailed sourdough recipe, and loads of sourdough knowledge! All ingredients provided, including a sourdough starter. Tutor: Christiana Waigh

C180 Sat 10 Sept, 1-3pm, \$60

COOKING with BEN

Celebrate the colourful world of vegetables. Whether you are going meat-free for ethical, environmental or health reasons, cook up some flavoursome 'meals-that-work'.

NEW

PASTA MASTERCLASS

On the menu, handmade vegan tri-coloured pasta. Prepare and cook egg-free white, red & green pasta in all shapes and sizes, paring some tagliatelli with a fresh capsicum pesto.

C175 Sat 3 Sept, 9am-1pm, \$55

NEW

ARANCINI

If you fill some risotto balls with pesto, coat them in panko breadcrumbs and fry them you get Arancini - those tasty rice balls. Perfect as a starter or as part of a main course. Serve with an Arrabiata sauce.

C176 Tues 6 Sept, 6-8pm, \$30

NEW

BETROOT ROSTI & CAULI STEAKS

Beetroot is in season right now and we place these superfoods centre-stage by turning their rugged earthiness into a sweet and gooey rosti. These beetroot 'hash-browns' pair beautifully with grilled cauliflower steaks.

C177 Tues 13 Sept, 6-8pm, \$30

NEW

TARKA DHAL & ROTI

Tonight's meal is quick, easy, healthy and full of flavour. This garlicky red lentil soup will be accompanied by a freshly made unleavened flatbread called Roti. Ingredients extra.

C178 Tues 20 Sept, 6-8pm, \$30

NEW

GRAPEFRUIT & ORANGE MARMALADE

Both grapefruit and navel oranges are in season so we'll be preserving this liquid sunshine in a zesty homemade marmalade, and learning the basics of jam making in the process.

C179 Tues 27 Sept, 6-8pm, \$30

NEW THE FIFTH CUT*Grant Sipeli*

Love ofal, but not sure how to cook it so it's succulent and tasty? Learn how to prepare and cook a variety of ofal. Designed for the beginner cook or the more advanced person who wants to learn how to cook and present so the whole family wants to eat it. Ofal is very nutritious - high in protein, low in fat and rich in minerals and vitamins – so you won't be needing those multivitamins after this course! Demonstration only but students will get to try everything as it's prepared. Includes recipes and where to source supplies.

An introduction on how to prepare and cook sweetbreads, lambs fry, kidneys, giblets, ofal kebabs, etc.

C187 Mon 8 Aug, 6-8pm, \$40

How to prepare slow cooked ofal including beef cheeks, oxtails, rillettes, tripe, hearts, skirt/hanger steak.

C188 Mon 15 Aug, 6-8pm, \$40

In the Garden

Plants make people happy!

GARDEN DESIGN*Linda Towers*

What do you want from your garden? Does your garden need to accommodate children, pets, entertaining? Do you just want a quiet space to sit and enjoy your surroundings? Design a garden which will be attractive, practical and unique. Covers site analysis, concept development, use of themes, hard landscape and plant combinations, using a mix of theory and hands-on practice. Our tutor is a qualified landscape architect. Spaces are limited.

C220 Starts Tues 9 Aug 6–8pm
4 weeks \$85

C221 Starts Tues 6 Sept 6-8pm
4 weeks \$85

CURING & SMOKING

Discover how to make your own sausages and salamis OR prepare and cold smoke your own fish, bacon, ham and salami. Both these Saturday morning workshops are a demonstration only but students will get to try and take home either prepared sausages, salami or bacon. Also covers what equipment you will need to do this at home. Tutored by Grant Sipeli.

Learn the basics for making your own sausages and salami including the do's and don'ts on how to preserve them. This covers a variety of different sausages and techniques.

C189 Sat 17 Sept, 9am-1pm, \$60

Learn how to prepare, cure and smoke bacon/ham, salami and fish.

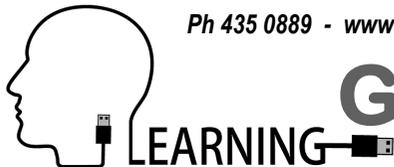
C190 Sat 24 Sept, 9am-1pm, \$60

Phone: 09 435 0889

**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 & how to market any excess produce. Presented by two local banana enthusiasts: Roslyn, and Geoff (a qualified horticulturalist and grower).

C225 Sat 24 Sept 9am-11am
1 morning \$30



General Interest

When we are no longer able to change a situation we are challenged to change ourselves

NEW

SPEAKING with CONFIDENCE

Do you want to be able to stand up and speak at family occasions or at meetings? Then this is the course for you! Overcome your fear of speaking in public. Join a small group of like-minded people in a friendly, non-judgemental environment and gain confidence in your ability to speak in front of an audience. Learn from each other as you develop your confidence. Our tutor, Tom Joseph, is a regular host at local conferences and gatherings and will share with you his tips for success when speaking in public.

C230 Starts Wed 17 Aug 6-8pm
6 weeks \$60



NEW

DISCOVER THE POWER OF COLOUR!

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

C345 Sat 3 Sept 9am-3.30pm
1 day \$75

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. Limited spaces!

C67 Sat 20 August 10am-5pm
1 day \$45



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 good at formal writing. Be guided by our trained facilitator, Margo Irvine, in a supportive group environment. In the years ahead your life stories may be looked upon as taonga by your children and grandchildren.

C245 Sat 13 August 9am-4pm
1 day \$45



HOSTING JAPANESE STUDENTS

NEW

Are you hosting a Japanese student this term? Gain some cultural insights and learn some basic Japanese phrases to help make your hosting experience successful. Your burning questions will be answered in this short morning session. Registration essential.

C396 Sat 30 July 9am-12pm
1 morn \$30pp or \$50/couple

Health & Wellbeing



*The miracle isn't that
I finished. The miracle is that
I had the courage to start*

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.

C485 Sat 10 & 17 Sept 9am-3pm
2 days \$60



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. A prerequisite for this course is that you have attended the workshop on traditional Māori medicine. Our tutor, HineAhua Tokōtokō, specialises in Māori medicines using plants and ingredients from your backyard, the bush and pantry that are all readily available. Limited spaces.

C446 Sat 13 August 10am-5pm
1 day \$45



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.

C480 Sat 3 Sept 9am-3pm
1 day \$40



"Amazing! Would recommend."

DISCOVER YOGA

Donelle Mason

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.

C498 Ph 435 0889 or view details online
www.cew.ac.nz/health--wellbeing.html

Email: cew@kamohigh.school.nz

(Continued on page 12)

*(Continued from page 11)***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.

C490 Starts Tues 2 Aug 6-7pm
8 weeks \$55

**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 .

C450 Sat 24 Sept 9am-3pm
1 day \$40



Visit: www.cew.ac.nz

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, de-stress, 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!

C443 Saturday 27 Aug 9am-3pm
1 day \$40



Email:

cew@kamohigh.school.nz

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. In this six week introductory course you will 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.

C410 Register your interest, ph 435 0889
or email cew@kamohigh.school.nz

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



About the Home

*It's not how big the house is,
it's how happy the home is.*

NEW

DISCOVER THE POWER OF COLOUR!

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

C345 Sat 3 Sept 9am-3.30pm
1 day \$75



UPHOLSTERY WORKSHOP

Do you have a chair or stool that needs recovering? Have you always wanted to learn how to upholster but don't have the skills or equipment? Learn the basics of upholstery in an intensive weekend workshop with our experienced tutor. Gain the confidence to give it a go! Meet the tutor at the info evening so you can discuss your project. Materials are extra and basic sewing skills are recommended. This is a popular workshop so register early to avoid disappointment.

C355 20 & 21 August 9am-4.30pm
2 days \$170

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. Info evening 27 July, registration essential, email cew@kamohigh.school.nz or ph 435 0889. Course runs for five non-consecutive weeks.

C350	Starts Mon 1 Aug	6-8.30pm
	5 weeks (in total)	\$85
C351	Starts Wed 3 Aug	6-8.30pm
	5 weeks (in total)	\$85

*"Sewing is not just a craft,
it's therapy!"*

GARDEN DESIGN

What do you want from your garden? Does your garden need to accommodate children, pets, entertaining? Do you just want a quiet space to sit and enjoy your surroundings? Design a garden which will be attractive, practical and unique

Refer page 9 for details

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.

Refer page 9 for details



Language & Culture

Speak a new language so that the world will be a new world

NEW

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.

C394 Starts Tues 9 Aug 6-8pm
7 weeks \$115

HOSTING JAPANESE STUDENTS

NEW

Gain some cultural insights and learn some basic Japanese phrases. *Refer page 10*

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.

C398 Starts Mon 8 Aug 6-8pm
7 weeks \$70



Music



Life is a song, sing it!

SONGWRITING: FINDING YOUR 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. Bring something to share each week. Fragments, starts, poems, free-writes, etc. are 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, to discover "what our ears love." Our tutor, Nina Lane, is a professional singer, songwriter, guitarist.

C525 Starts Tues 9 Aug 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.

C530 Starts Tues 9 Aug 6-7pm
6 weeks \$80



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:

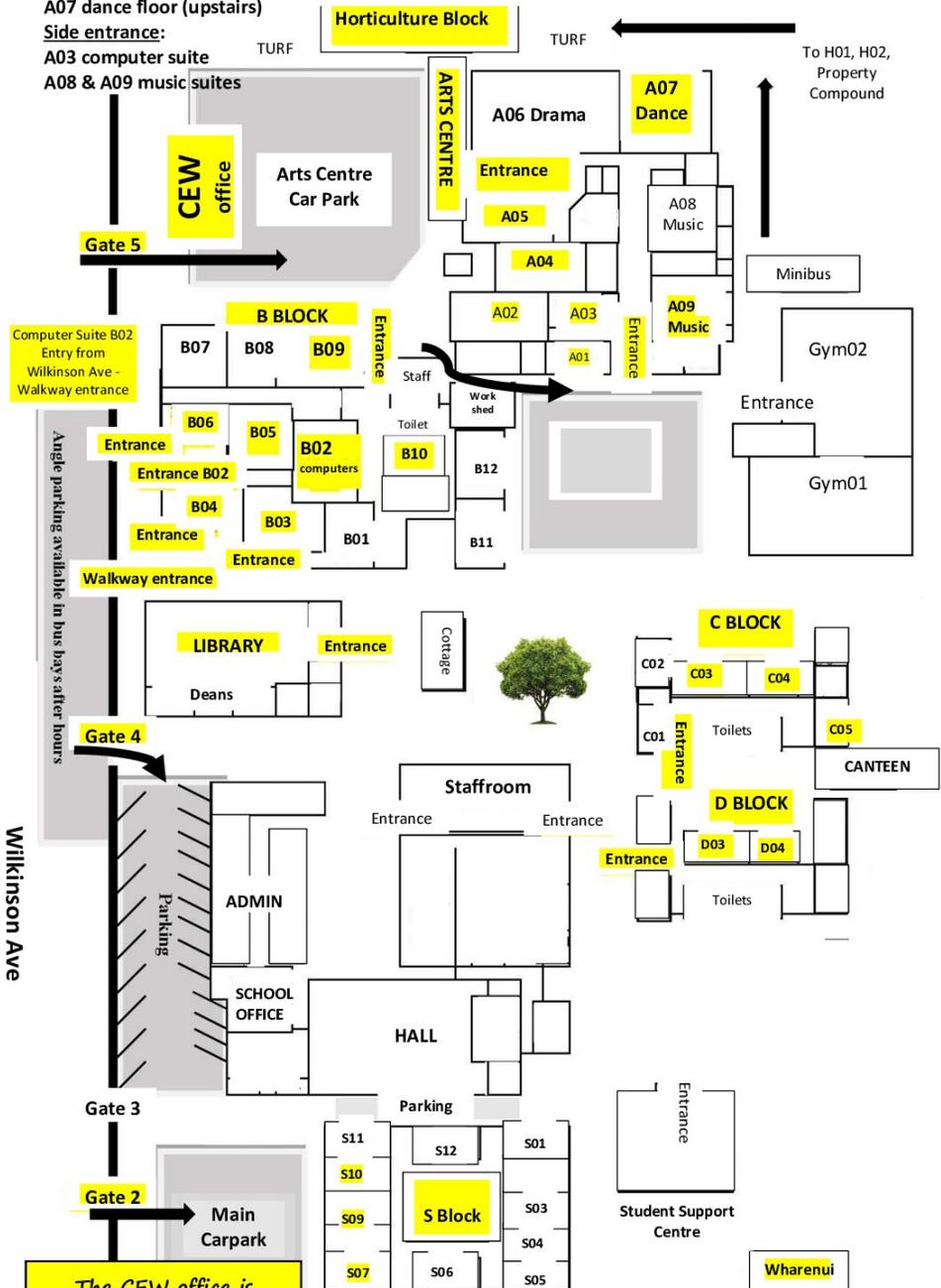
Arts Centre – A03

B block – B02

GENERAL CLASSROOMS:

C block

S block



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

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