



COMMUNITY EDUCATION WHANGAREI

Programme of classes



Term 3, 2021

www.cew.ac.nz

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The CEW office will be closed from 12 - 23 July



Some classes are subsidised, look for this symbol



Art & Craft

The principle of true art is not to portray, but to evoke!

WATERCOLOUR for BEGINNERS

Watercolour is a very spontaneous and very individual method of painting. It can be used to sketch ideas or to complete more complex, finished works. Have fun learning step by step watercolour colour techniques from the traditional wet on dry, to the more contemporary approach of wet on wet. Further explore these drawing techniques into painting geometric/organic objects in monotone, or for the more daring, polychrome. Take the opportunity to try something new with our tutor, Gayle Forster. All materials provided.

C34 Sat 14 Aug 9am-3pm
1 day \$115

NEW

PAINTING with GOLD LEAF

Gold leaf is one of the oldest materials in visual arts. It was neglected for a number of years due to its high cost but recently it has seen a return to use in visual art with art suppliers today offering several substitutes for real gold. Discover how to add a touch of 'gold' to your painting. In this workshop you will have the opportunity to play with this traditional material in a contemporary way, making a painting on a medium size board using 'gold' leaf and acrylics. Suitable for any level of artistic experience. Our tutor, Elena Nikolaeva, will guide you step by step. All materials will be provided including the 'gold' leaf.

C37 Sat 18 Sept 9am-2.30pm
1 day \$120

"I always enjoy Elena's classes."

PAINTING WATER LILIES

Water lilies are quite a famous subject in the artistic world. For centuries these flowers have inspired artists. Claude Monet, famous impressionist, surrounded himself with beautiful gardens full of water lily ponds and he painted a number of very large paintings inspired by these lovely flowers. Take the opportunity to add your own artistic touch to this beautiful subject. Create a beautiful painting of water lilies on a medium size canvas using acrylics. Be guided by our tutor, Elena Nikolaeva, step by step. Join this Water Lilies Day and have fun! Materials provided.

C35 Sat 21 Aug 9am-2.30pm
1 day \$110



MINI ART MURAL

Shelley Chappory

Liven 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.

C24 Sat 31 July 9am-2pm
1 day \$95

(Continued on page 4)

*(Continued from page 3)***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). Tutor: Elena Nikolaeva

C36 Sat 4 Sept 9am-2.30pm
1 day \$80 + supplies

“Creativity—the process of having original ideas that have value.”

AN INTRODUCTION to MOSAICS

A messy, creative, FUN weekend! Explore your creative side. Learn about materials, tools, basic skills, gluing and grouting, creative inspiration & 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. Come along & have some fun!

C41 Sat 21 Aug 9am-4pm
Sun 22 Aug 10am-12.30pm
2 days \$125



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

A BEGINNER'S GUIDE TO SCULPTING**NEW**

Learning to sculpt is great training for our brains (more left brain & right brain balance) and is a satisfying creative outlet with tangible results. This is a two-part workshop led by Tracey Willms Deane, a Bachelor of Applied Arts graduate and an experienced sculptor. It is necessary to have attended the fundamentals class before enrolling in Part B.

Part A: Sculpture Fundamentals

Enjoy a practical, hands-on class. Discover the fundamentals of creating in 3D and some of the different kinds of sculpting. Learn the necessary beginner techniques (and the right questions to ask), while exploring a variety of materials and processes to create sculpture. You will use readily available resources so that you can continue to explore this medium at home. Basic materials are included in the course fees and no prior experience is necessary.

C25 Starts Wed 11 Aug 6-8.30pm
4 weeks \$130

Part B: Learn to carve Oamaru stone.

This is a hands-on class which will get dusty.....all part of the fun of “messy play”! Following on from “Part A: Sculpture Fundamentals” you will be introduced to the basic techniques of carving stone using the lovely, soft, white Oamaru stone from our South Island. Learn the scope of the material (design limitations), ways to transfer the idea to the stone, and how to shape the stone using simple hand tools in a variety of ways. Covers ergonomics and safety considerations together with finishing techniques. The cost of the stone is extra and you will need to provide your own tools (a list will be provided on enrolment). At the end of the course you will take home your very own stone carving!

C26 Starts Sat 4 Sep 9am-2pm
4 weeks \$ 215
(materials extra)

CREATE DIGITAL ART

Unleash your creativity and explore art beyond the traditional canvas. Create your own original artworks online using your own photos – this process you can continue to use FREE at home. Save your artworks to print as gifts, for your website, or for social media. No drawing ability or art experience necessary. Basic computer skills required. Bring along your own digital photos or use our examples.

C125 Sat 14 Aug 9am-3.30pm 
1 day \$30

Visit: www.cew.ac.nz

INTRODUCTION to CALLIGRAPHY

Spend a day learning the art of calligraphy. Discover how to achieve beautiful lettering for stationery, invitations, cards and special journal entries. Acquire the basic skills of fundamental letter construction and experiment with a variety of traditional lettering styles. Explore the classic art form of calligraphy in this one-day workshop. All materials provided. Take home a calligraphy pen and practice journal.

C12 Sat 21 Aug 9am-4pm
1 day \$85

NEW**KNITTING for NEWBORNS**

Create a sleepsack for a newborn. This workshop is suitable for all knitters, including beginners. The pattern uses the basic stitches of plain and purl so is easy to master. You will learn how to cast on and cast off, with the option of also learning how to make a really nice border. Yarn provided. Call into the CEW office to view an example or visit <https://www.cew.ac.nz/art--craft.html>. This little sleepsack would make a great babyshower gift. Join Peggy and become a knitwit!

C18 Sat 18 & 25 Sept 9am-11am
2 mornings \$55
(includes yarn)

WEAVING WORKSHOP:**CONTEMPORARY KOROWAI and TĀNIKO**

Korowai is one of the oldest and most versatile of all Maori weaving techniques. This hand weaving technique uses a range of different weaving materials. Korowai can be used to create wall hangings, ketes, guitar straps and full sized korowai cloaks. Our tutor, Rita Pickering, is a well-known and respected kuia and weaver. 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 Saturdays. Materials are extra. A beginners kit costs \$55 and includes basic materials to get you started. This can be purchased from the tutor on the first day. You can view a sample korowai at the CEW office or online www.cew.ac.nz/arts.

C14 Sat 31 July, 14 & 28 August
9am-5pm \$80 + materials 

KOROWAI WORKSHOP: DARGAVILLE

As above. Rita is also offering this workshop at Dargaville in the local Scout Hall. The workshop will be held over three consecutive Fridays. Registration is essential, ph 435 0889

C15 Fri 10, 17, 24 Sept 9am-5pm
3 days \$80 + materials 

**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. Join our tutor, Maureen Baker, in this fun class!

C16 Sat 4 Sept 9am-2pm
1 day \$70

NEW

Business & Computers



*Computers are like
airconditioners, they can stop
working when you open
too many windows!*

CREATE YOUR OWN WEBSITE

Design and make a website that you can continue using for free at home. Learn what you need to know to create the perfect website for your business or hobbies. There's lots of options and it's easier than you think. Create links and images and learn how to publish your website online. Discover why so many people and businesses manage their own website. Enjoy the sense of accomplishment and satisfaction you will get from designing a website yourself. Bring along your own text and images or use our examples.

C160 Starts Thurs 19 Aug 6-8.30pm 
4 weeks \$55

NEW EXPRESS DIY MARKETING WORKSHOP

Explore how to do your own marketing from the comfort of your home or office. In this hands-on workshop we will experience a range of techniques that can help you with your publicity and marketing. Learn more about SEO, Content Marketing, Websites, Blogs, and Social Media. Bring along your marketing questions and we'll find useful solutions for your business.

C65 Sat 21 Aug 9am-3.30pm 
1 day \$30

NEW BOOST YOUR PUBLIC SPEAKING SKILLS

Do you find it uncomfortable to speak in front of a group? You are not alone. Develop the confidence to speak up at a meeting or event. Fine tune your business pitch in this 4-week course. Learn ways to reduce apprehension and increase clarity. **Refer page 10 for details**

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? Do you want to improve your own confidence in a group setting? Discover how to encourage co-operation through exploring the art of facilitation with Ange Jones, a trained facilitator with ten years' experience. This course is ideal for anyone who finds themselves in an organising or leading role within their community or workplace wishing to learn participatory techniques, develop their communication skills and have time to reflect on their own facilitation style.

C66 Starts Tues 7 Sept 6-8.15pm
4 weeks \$85

KINDLE eBOOKS

Explore how to publish & sell your own book on Amazon. Publish your novel, childrens book, or business booklets, for FREE from the comfort of your home or office. Learn why so many folks around the world enjoy self publishing. Basic computer skills required. Bring along your own writing & images or use our examples.

C129 Sat 25 Sept 9am-3.30pm 
1 day \$30

INTERNET TIPS for SENIORS

The Internet is an enjoyable, safe place to explore when you know how. Learn easy techniques to help you find what you're looking for and discover new wonderful things you didn't know existed on the internet. Explore a range of ways to communicate with the world from the comfort of home. Bring along all your internet questions and we'll find useful solutions for everyone. Beginners welcome.

C127 Sat 11 Sept 9am-12.30pm
1 morning \$40

NEW

NEW**EXPLORE APACHE OPENOFFICE**

Create your own documents for FREE at home, or for your business, with OpenOffice. OpenOffice is suitable for beginners and easy to use. It provides a wide range of options and is a popular alternative to Microsoft Word. Write letters, books, presentations, spreadsheets, draw diagrams, read & write files from other common office software, and more... Learn why so many folks around the world enjoy using OpenOffice.

C132 Sat 4 Sept 9am-3.30pm 
1 day \$30

NEW**IPHONE for BEGINNERS**

Discover how to get the most from your iPhone. In this hands-on workshop for beginners we will explore popular iPhone techniques including: using the internet, APPs, emailing, eBooks, and photos. Join Shelley for this short morning workshop and learn in a relaxed atmosphere, at a comfortable pace. Bring along all your iPhone questions and we'll find the most useful solutions.

C126 Sat 18 Sept 9am-12.30pm
1 morning \$40

NEW**MAKE A NEWSLETTER using MAILCHIMP**

Design and make a FREE newsletter with Mailchimp. Mailchimp offers a huge range of useful solutions and advice. In this hands-on workshop we will focus on designing a newsletter that suits you and your business. We will look at how to make & use imagery, write content, set up a database of contacts, and how to promote your newsletter. Basic computer skills required. Bring along your own text and images or use our examples.

C135 Starts Tues 7 Sept 6-8.30pm 
4 weeks \$55

CREATE DIGITAL ART

Create your own original artworks online using your own photos. *Refer page 5 for details*

CREATE with CANVA

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. Tutor: Shelley Chappory

C130 Sat 28 Aug 9am-12.30pm
1 morning \$40

EXCEL*Jo Martin*

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

C103 Sat 14 & 21 Aug 9am-12.30pm
2 mornings \$35 

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. Cut, copy and paste files and put files into folders. Create and edit those fiddly tables with ease. Use basic keyboard shortcuts to save time. Gain confidence in using Microsoft Word!

C165 Sat 18 & 25 Sept 9am-12.30pm
2 mornings \$35 



Culinary Delights

Join our tutor and professional cook,
BEN FERMOOR

Ben is offering the following classes this term. To keep costs as low as possible students are asked to provide the ingredients they need. Novices and non-cooks welcome at all classes.

HOMEMADE PASTA

Homemade pasta is quick, easy and far tastier than even the fresh supermarket variety. Learn how to mix and roll out various pasta shapes in this fun 4-hour class. We will also be making coloured pasta and cooking up a classic carbonara sauce plus an egg-free alternative for the egg intolerant. Bellissimo!

C180 Sat 18 Sept 9am-1pm
1 morning \$55

"Cooking is like music - a limitless abundance of combinations and arrangements."

NEW

THE SUNDAY ROAST (on a Saturday!)

When I was growing up we had a saying in our house on a Sunday...never give mum any alcohol until the gravy is made! Even without a Chef's tippie, the Sunday roast can be a challenge for any cook. With various cooking methods, ingredients and timings, no wonder things can go awry. In this relaxed (yes - I did say relaxed!) 4-hour workshop we will explore and practice the art of getting a roast dinner, with all the trimmings, on the table whilst cooked to perfection and still hot. Lumpy gravy not allowed but novices welcome.

C182 Sat 25 Sept 9am-1pm
1 morning \$50

Visit: www.cew.ac.nz

THE HUMBLE SCONE

Scones are incredibly quick to make and so versatile in sweet and savoury dishes. By the time you've dashed down to the bakery for a cheese scone, I guarantee I could have made a batch fresh from the oven. And that's exactly what we will do in this 2 hour class along with a fruit cobbler pudding and a tray of Welsh cakes perfect for a picnic or that camping trip.

C170 Tues 31 Aug 6-8pm
1 eve \$25



NEW

THE BEST LEMON DRIZZLE CAKE IN THE WORLD

As winter brings a glut of lemons, we'll be baking the best lemon drizzle cake you've ever tasted. What's more it's super quick and easy to prepare. If you've never cooked a cake at home before (excluding from a packet!) then this is the class for you.

C172 Tues 7 Sept 6-8pm
1 eve \$25

NEW



For further
information
Ph 435 0889

NEW**ROUGH PUFF SCRUMPTIOUSNESS**

If you've ever wondered how they make that buttery flaky pastry around a meat pie then look no further! We will explore the various rich laminated pastries before making a rough puff dough and wrapping it around sausage meat minced here in our kitchen. Once you've tasted a homemade sausage roll there's no going back!

C175 Tues 14 Sept 6-8pm
1 eve \$25

**LET'S HAVE GNOCCHI TONIGHT**

Gnocchi are little Italian potato dumplings perfect for soaking up mouth-watering sauces and what's more, they can be made from left over mashed potatoes in minutes. In this 2 hour class we'll whip up a batch of dumplings and serve them with a creamy garlic mushroom sauce. Perfect for a winter's evening.

C176 Tues 21 Sept 6-8pm
1 eve \$25

The CEW office
will be closed over
the school holidays
and will re-open on
Monday 26 July

Closed**NEW****A TASTE OF THAILAND**

Sweet, salty, sour and hot. The complex flavours of Thai cuisine are a joy to cook with and eat. We will show you what authentic ingredients look like, discuss what's available in the supermarket and then cook up a red curry with jasmine rice.

C205 Tues 28 Sept 6-8pm
1 eve \$25

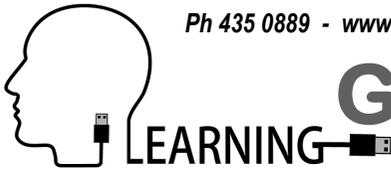


Email:

cew@kamohigh.school.nz

TERM DATES : 2021

<i>Term One:</i>	<i>2 February</i>	<i>-</i>	<i>16 April</i>
<i>Term Two:</i>	<i>3 May</i>	<i>-</i>	<i>9 July</i>
<i>Term Three:</i>	<i>26 July</i>	<i>-</i>	<i>1 October</i>
<i>Term Four:</i>	<i>18 October</i>	<i>-</i>	<i>17 December</i>



General Interest

NEW

BOOST YOUR PUBLIC SPEAKING SKILLS

Do you find it uncomfortable to speak in front of a group? You are not alone. Develop the confidence to speak up at a meeting or event. Whether you want to fine tune your business pitch or be loud and clear with your teenagers, this 4-week course will provide tips and techniques for structuring a mini speech. Includes heaps of practise with some short, fun, public speaking exercises. Learn ways to reduce apprehension and increase clarity. Our tutor, Melanie Vezey from Loud & Clear Communication, is a speech coach and presentation trainer. Join Melanie and be supported to find your public speaking strengths in a nurturing environment.

C250 Starts Thurs 19 Aug 6-8pm
4 weeks \$85

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? Do you want to improve your own confidence in a group setting? Discover how to encourage co-operation through exploring the art of facilitation with Ange Jones, a trained facilitator with ten years' experience. This course is ideal for anyone who finds themselves in an organising or leading role within their community or workplace wishing to learn participatory techniques, develop their communication skills and have time to reflect on their own facilitation style.

C66 Starts Tues 7 Sept 6-8.15pm
4 weeks \$85

Email: @kamohigh.school.nz

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 4 Sept 9am-4pm
1 day \$35



"Very inspiring and gave me plenty of ideas to start my writing journey"

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).

C260 Starts Mon 16 Aug 6-8.30pm
4 weeks \$90

TE TIRITI O WAITANGI

Gain an insight into the unique cultural history of Aotearoa. Venue: Pehiaweri Marae in Glenbervie. Ph 027 2766957 to register or email kathrynmckenzie468@gmail.com. Payments to Network Waitangi. Visit www.cew.ac.nz/general-interest for details.

C242 Sunday 5 Sept 9.30am-4pm
1 day \$50



Health & Wellbeing

NEW

*What fuels your spirit
fuels your body!*

NEW

EMOTIONAL WELLBEING

Each week for four weeks we will explore a different topic that will support an understanding of how our 'operating' systems work so that we can implement strategies to make life easier on ourselves instead of believing that we are defective or need fixing in some way. By sharing knowledge and raising awareness we can then use strategies that work for us as individuals. We will explore how anxiety operates, fight, flight, freeze, thought patterns, core beliefs and connect with values, to what matters to give us focus. Small steps!

C440 Starts Wed 8 Sept 6-8pm
4 weeks \$40



Visit: www.cew.ac.nz

MINDFULNESS MEDITATION

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

C410 Starts Thurs 19 Aug 6-7.15pm
6 weeks \$40



FIND YOUR VOICE, TELL YOUR STORY

In this workshop we combine the subject you know best - YOU - with simple public speaking techniques. The best way to practice asserting our voice is to speak about something we know well. Reflective questions and mind mapping help you pick a story; structure and narration tips help make your story clear and interesting. At the end of the workshop participants are invited to share out loud in a storytelling circle. A thought provoking, mind expanding and rewarding experience. Our tutor, Melanie Vezey from Loud and Clear Communication, is a speech coach, presentation trainer and wedding celebrant.

C415 Sat 25 Sept 9am-12pm
1 morn \$40

USING HOMEOPATHY AT HOME

Homeopathy is a natural form of healthcare. Find out how to easily use remedies at home for common complaints. These include bumps and bruises, injuries and broken bones, after surgery and birth, teething and insect bites, sunburns and rashes, infections and flus. This short introductory session will cover how to choose and use remedies at home with you and your family. Our tutor, Jessie Coleman, has 8 years of clinic experience in homeopathy, and runs her own practice here in Whangarei where she sees people locally and nationally. Join Jessie for simple homeopathy hacks to support you and your family in everyday life.

C412 Sat 25 Sept 9am-12 noon
1 morning \$40

Phone: 09 435 0889

(Continued on page 12)

*(Continued from page 11)***NEW****BOOST your IMMUNE SYSTEM
with SELF-LYMPHATIC MASSAGE**

The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues, and is the key part of the immune system. Some health conditions can cause lymph fluid to build up that may lead to sickness. In this workshop you will learn how to help improve the lymph fluid circulation and prevent illnesses such as the flu. The Lymphatic massage involves a very 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 immune system.

C480 Sat 21 Aug 9am-3pm
1 day \$30



Visit: www.cew.ac.nz

NEW**MASSAGE for TEENS**

Teenagers experience massive changes on a physiological and psychological level. Massage helps by regulating anxiety and stress levels that can become imbalanced due to social, family and academic pressures. Moreover massage can be used to help adolescents experiencing exam stress. Massage also helps to boost the immune system, decrease stress and muscle tension (preventing injuries), improve quality of sleep, provide more energy, increase concentration, reduce headaches/anxiety/depression and can help deepen the bond between you and your teenager. Suitable for 12 – 18 year olds, bring your teenager to this practical hands-on workshop and learn some simple and gentle massage techniques, plus some acupressure points for common symptoms such as colds and menstrual pain.

C481 Sat 4 Sept 9.30am-2pm
1 day \$50

**MASSAGE for BABIES
and PRE-SCHOOLERS**

Discover the benefits of touch therapy. Touch is the first sense to develop in humans. It is essential to our health and well-being. Children who learn healthy views of touch and are provided with a positive tactile experience by their parents or caregivers are more likely to grow up to be adults with healthy self-esteem, a sense of appropriate boundaries, and long-lasting intimate relationships. Massage promotes healthy growth, strengthening the bond between you and your baby/toddler. Massage can also help improve sleep patterns and can assist with gas, cramps, colic and constipation. Our tutor, Aiko Fukumoto, is an IAIM infant massage instructor. Suitable for children aged 0–5, one child per adult.

C482 Sat 11 Sept 9am-11.30am
1 morning \$30

NEW**MASSAGE for PRIMARY CHILDREN**

Between the ages of 6 and 11 children can be involved in a lot of activities such as music, art and sport, often bouncing from one sport to another discovering what they like, which can lead to injuries. Massage helps to improve the range of motion and decrease muscle tension which assists in preventing injuries and assisting muscle growth. It can also help boost the immune system, assist with the quality of sleep and improve children's behaviour. In this class you will learn the quality of touch with simple and gentle massage techniques plus discover acupressure points for common symptoms such as colds and coughs. Accompanying children need to be aged 6 – 11 years, one child per adult.

C483 Sat 11 Sept 1pm-4pm
1 afternoon \$35

NEW

Email:

cew@kamohigh.school.nz

ASSERTIVENESS

Liz Gow

Develop your self-esteem and the confidence to speak up for yourself in your life! Many people find it hard to ask for what they want in their lives and they also find it hard to say no. Discover how to express yourself in a way that makes you feel good, yet still respects the other person. Let's explore what Assertiveness is and be guided to find your voice. Leave with a plan of action, strategies and tools!

B441 Sat 14 & 21 Aug 9am –12pm 
2 morning \$30

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 and 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 or neck, if you have had any recent or major surgery, if you are pregnant. Join our tutor, Lani Baddeley, and discover the benefits of yoga. Try a yoga class today!

C498 Starts Mon 9 Aug 6-7pm 
7 weeks \$35

REFLEXOLOGY for BEGINNERS

Have you ever wanted to know what Reflexology is all about? Reflexology is a type of massage that works with different pressure points to keep the body balanced. Discover how a targeted foot massage can bring balance to the functions of the human body. Learn how to safely give comfort and relief to your friends and family. Our tutor, Bev Hart, has 20 years' experience as a reflexologist and will share her knowledge in a fun, memorable workshop. The October workshop is in Dargaville. A Whangarei workshop will be offered in November.

C475 Sat 9 & 16 Oct 9am-3.30pm 
2 days \$60

TRADITIONAL MĀORI MEDICINE and HOME REMEDIES

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. Discover some simple home remedies for common ailments and conditions. Ears, eyes, throats and stomach often tend to be the main problem areas for families. In this two-day practical hands-on workshop you will make your own tonics, teas and balms together with some simple remedies including an eye wash, ear ache treatment, cough syrup, probiotics for your stomach and a medicinal balm. Join Michelle as she shares with you some of the wonders of our native plants as you learn a little about traditional Māori medicines and home remedies.

C445 11 & 12 Sept 10am-5pm 
Weekend \$65

*"An excellent course!
Very knowledgeable and
personable tutor."*

BUILDING RESILIENCE

Resilience, the ability to bounce back in the face of challenge and adversity, is essential for personal growth and development. This workshop will focus on four core components—connection, wellness, healthy thinking, and meaning. It will enable you to develop mechanisms for protection against experiences that could be overwhelming, helping to maintain balance in your life during difficult or stressful periods and can also help provide protection from the development of some mental health difficulties and issues.

C443 **Register your interest for Term 4**
Ph 435 0889



Home & Garden

*Home, the safe place
where we can be as we
are and not be questioned!*

SEWING WORKSHOP

Let our tutor guide you as you learn how to make your own garment. You can 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. Never sewed before? No previous experience is necessary. Join Viv at the information evening to discuss your project, registration essential, ph 435 0889. Materials are extra. Suitable for both novices and those with some experience.

C350 Starts Wed 18 Aug 6-8.30pm 
5 weeks (in total) \$65

Email:

cew@kamohigh.school.nz

NEW

A TRULY VICTORIAN WEEKEND

Learn to make your very own bespoke Victorian or Steam Punk garment using Truly Victorian e-patterns. To view the range of costume patterns available from the 1830's to the 1900's please visit www.trulyvictorian.info. Victorian clothing is mostly made up of separates; skirts, overskirt and bodice, which allows for a wide variety of styles for you to mix and match. You will need to come fully prepared with fabric and pattern. When enrolled the tutor will contact you with further details including a discount code to purchase your pattern. Join Viv for a fun two days!

C352 23 & 24 Oct 9am-3.30pm 
Sat & Sun \$65

UPHOLSTERY WORKSHOP

Ken Brain

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, registration is essential – ph 435 0889. Materials are extra and basic sewing skills are recommended. Spaces are limited so enrol today and bring your favourite piece of furniture back to life!

C355 28 & 29 Aug 9am-4.30pm
Weekend \$165

NEW

KEEPING BEES

Are you thinking of keeping bees? Discover if you have the aptitude to work with bees by handling a live hive in this hands-on practical session. There will also be the opportunity to ask questions of our experienced local beekeeper, David Herbert. If you grow your own veges and have your own fruit trees you realise how important honey bees are in this equation. Help a declining bee population plus enjoy the benefits of the garden being pollinated and harvesting your own honey.

C243 Sat 18 Sept 10am-12 noon
1 morning \$35



Can't find the
course you want?
Tell us what is
missing.
Ph: 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 and how to market any excess produce. ** Includes a banana plant to get you started, and banana tasting (supply permitting). Presented by two local banana enthusiasts: Roslyn, and Geoff (a qualified horticulturalist and grower).

C225 Sat 18 Sept 9am-11am
1 morning \$45 **



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. Covers site analysis, concept development, use of themes, hard landscape and plant combinations, using a mix of theory and hands-on practice. Our tutor, Linda Towers, is a qualified landscape architect. Spaces are limited so please enrol early.

C220 Starts Tues 7 Sept 6-8pm
4 weeks \$85

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Kamo High School, Wilkinson Ave, Kamo.

Languages



*Language is the
road map of a culture!*

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 as you 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 and learn to speak a little Español.

C394 Starts Tues 10 Aug 6-8pm
7 weeks \$115

TE REO MĀORI for BEGINNERS

Take that first step and learn to speak te reo Māori. This introductory course will teach you the basics and also give you an understanding of tikanga Māori as you are introduced to some common customary practices. 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. Join our tutor in a fun, safe and comfortable environment where your confidence can grow.

C398 Starts Mon 9 Aug 6-8pm
7 weeks \$50



TE REO MĀORI (continuation)

Continue your learning journey and extend your knowledge. Suitable for those who have some prior knowledge of te reo Māori. Tutored by Jason Tepania.

C399 Starts Mon 9 Aug 6-8pm
7 weeks \$50



*“Jason is a great teacher.
Really appreciate the local
knowledge & stories.”*



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- Painting with Palette Knives
- Find your Voice: Tell your Story
- Emotional Wellbeing
- Massage: Teenagers, Primary Children and Pre-schoolers
- Self-Lymphatic Massage
- Dance the Flamenco
- Homemade Pasta
- A Taste of Thailand
- Perfect the Sunday Roast
- The Humble Scone
- Let's Have Gnocci Tonight
- Rough Puff Pastry
- The Best Lemon Drizzle Cake
- Growing Bananas
- Beekeeping



Music and Dance

*Music is a great escape,
it silences the world
and your worries!*

NEW

DRUMMING WORKSHOP

Would you like to try something different? Drumming is fun and relaxing, accessible to all and has great therapeutic value! This workshop will introduce you to some West African rhythms which we can play together in a group along with finding your own sense of rhythm. Drums will be provided (fee includes drum hire). This class will be held in town. Wear comfortable clothes, bring your water bottle and a willingness to play! Tutored by Josie Scott

C520 Mon 27 Sept 5-6.30pm
1 evening \$25

DANCE the FLAMENCO

Discover the magic of Flamenco!

The Flamenco is a highly expressive dance form which originated from the gypsies in southern Spain. It includes hand clapping, sweeping arm movements and rhythmic footwork. Our tutor, Adrienne Petre, trained in Spain and has over 20 years dance experience. Join Adrienne for a FREE Saturday morning taster session. This will be followed by a six week class, by the end of which you will be dancing the Flamenco! No partner necessary as this is a solo dance. Dance like nobody's watching!

FREE taster session, Saturday 14 August, 9am-10.30am - registration essential.

C535 Starts Tues 24 Aug 6-7pm
6 weeks \$60

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

HULA MAI DANCE WORKSHOP

Are you looking for something fun and active to do? Join our tutor, Maria Lawton, 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. A fun class, good for the heart, body and soul! Join today!

C530 Starts Sat 21 Aug 10am-11am
6 weeks \$35



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:

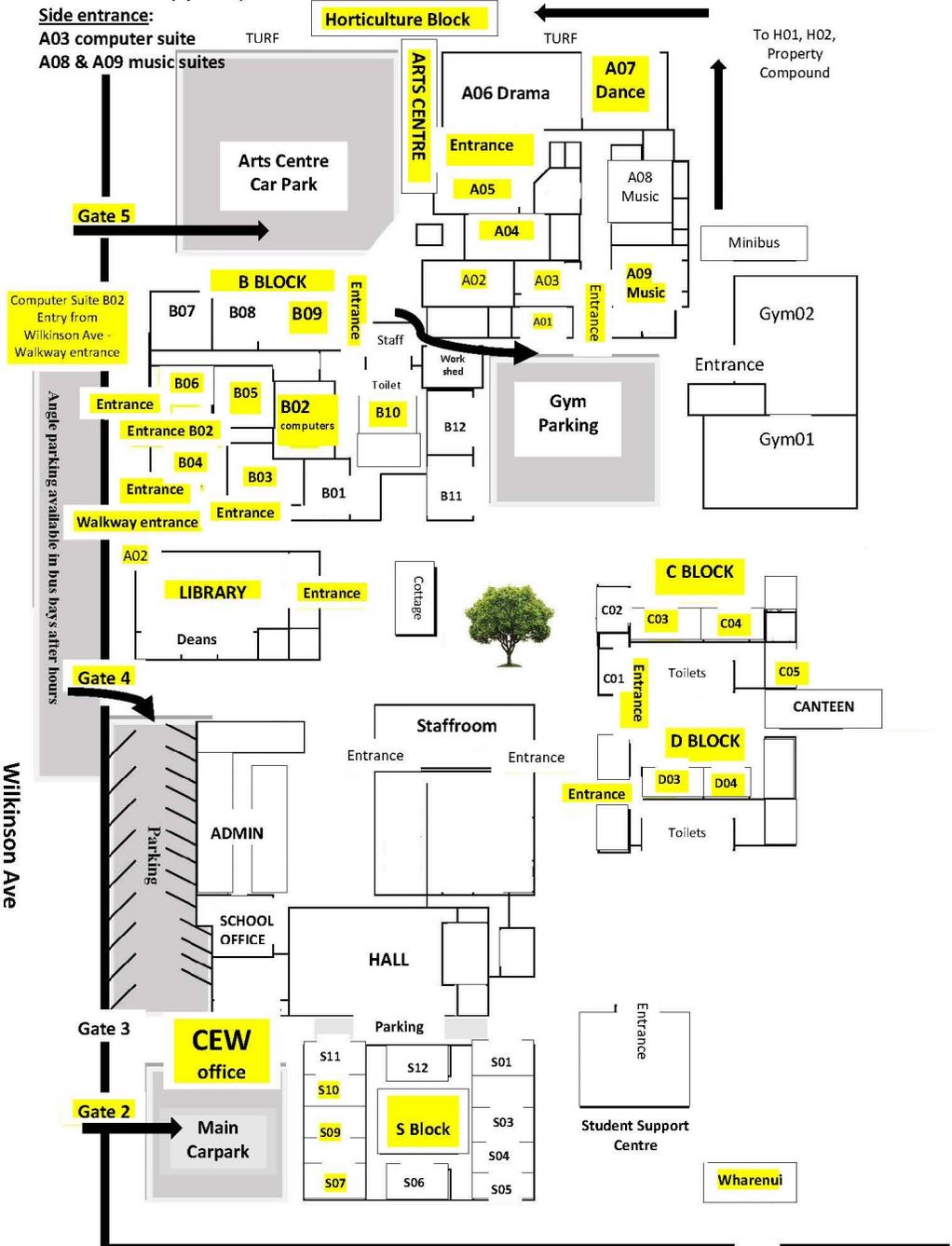
Arts Centre – A03

B block – B02

GENERAL CLASSROOMS:

C block

S block



CE - W ENROLMENT FORM

Community Education, P.O. Box 4137, Kamo

Email: cew@kamohigh.school.nz Ph: 09 435 0889 Website: www.cew.ac.nz

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

Address:.....

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

Email:.....

Code No.	Course Title	Receipt no	Fee

Do you want to receive CEW brochures? Yes / No (please circle)

The following information is required for statistical purposes only (please circle)

Gender: Male Female Immigraton Status (if applicable): Migrant Refugee

English Language Status: native English speaker non-native English speaker

Age: 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 44-49, 50-54, 55-59, 60+

NZ European/Pakeha, NZ Maori, Pacifica, Asian, Middle Eastern, Latin American, African, Other

Qualifications: no formal secondary school qual, 14 or more credits, NCEA Level 1 or School C,

NCEA Level 2 or 6th form cert, UE, NCEA Level 3 or bursary or scholarship, overseas qual, other

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