



COMMUNITY EDUCATION WHANGAREI



Spring 2022

A photograph of a field of bright yellow tulips in full bloom. The flowers are arranged in a dense cluster, with their long green stems and leaves visible. The background is a clear blue sky. The text 'Spring 2022' is overlaid in the upper left corner of the image.

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Some classes are subsidised, look for this symbol	



Art & Craft

NEW

*Inside you there is an artist
you don't know about!*

NEW

WATERCOLOUR: CREATING VISUAL INTEREST USING WORDS OR LETTERS

Explore the creative process through painting in watercolour, working from a somewhat random and spontaneous method towards images and order. Personalise content by using words and/or letters of your choice to build up layers that will develop into compositions that are both sound and dynamic. Art components, especially repetition, scale and colour will be emphasised. Your tutor, Gayle Forster, will demonstrate options and guide you with your decision making. This class is suitable for beginners and advanced.

D34 Sat 5 Nov 9am-3pm
1 day \$125



MINI ART MURAL

Live up your garden by painting a mini art mural onto corrugated iron. Ideal for your garden fence, shed, or entrance-way. Explore your inner creativity with a relaxing day of painting. Bring along some simple design concepts or adapt one of ours. Not an artist? You don't need to be, no experience necessary. All materials provided. Tutor: Shelley Chappory

D24 Sat 3 Dec 9am-3pm
1 day \$115

WHITE POPPY PAINTING

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

D35	Sat 12 Nov	9am-2.30pm
	1 day	\$115



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

(Continued on page 4)

(Continued from page 3)

PAINTING A ROMANTIC WATERFALL

Northland is famous for its beautiful waterfalls. These special places are full of the pleasant movement of running water, sunlight shining through the foliage and birds chirping. This workshop offers you an opportunity to create a painting of a beautiful waterfall on a medium size canvas. Elena will guide you through the painting process step by step, making your creative day easy and enjoyable. Suitable for students of any level of artistic experience. All materials are provided. Tutor: Elena Nikolaeva.

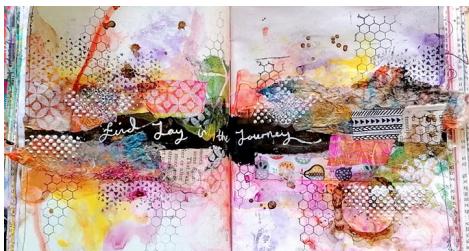
D36 Sat 19 Nov 9am-2.30pm
 1 day \$115

*"Creativity
takes courage!"*

START AN ART JOURNAL

Explore the benefits of art journaling. Use your art journal as a means of relaxation, for artistic inspiration, as a therapeutic art technique or to explore your creativity. Art journaling can help ease anxiety and express feelings that 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

D32 Sat 29 Oct 9am-3.30pm
 1 day \$50 

**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

D37 Sat 10 Dec 9am-2.30pm
 1 day \$85 + supplies



CREATE DIGITAL ART

Enjoy the relaxing benefits of creating Digital Art. Explore a range of art techniques you can continue using at home. Get inspired by a variety of popular projects enjoyed around the world by artists, illustrators and designers. Projects include computer collage, artistic filters, digital drawing, and Pop Art. No art experience needed, basic computer skills required. Tutor: Shelley Chappory

D136 Starts Wed 9 Nov 6-8.30pm
3 weeks \$50



MAHI RĀRANGA: FLAX WEAVING (day)

Nau mai Haere mai! Come along and learn the beautiful art of mahi rāranga 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.

D17 Sat 5 Nov, 9am-4pm, 1 day \$45*
D18 Sat 19 Nov, 9am-4pm, 1 day \$45*
(* plus koha for flax)

MAHI RĀRANGA – FLAX WEAVING (eve)

Nau mai Haere mai! Come along and learn the beautiful and practical art of mahi rāranga with Kerrin Taylor. This evening class is especially suitable for those who have already attended a one day workshop and would like to learn more. Beginners are also welcome and will 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. All tools provided.

D19 Starts Thurs 3 Nov 5.30-8.30pm
6 weeks \$60*
(* plus koha for flax)

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!

D41 Sat 5 Nov 9am-4pm
Sun 6 Nov 10am-12.30pm
2 days \$125



For further information
Ph 435 0889



Business & Computers

*Success in business
requires training, discipline
and hard work*

NEW

START MARKETING for FREE

In this hands-on workshop you will explore how to do your own marketing for FREE. We will concentrate on online techniques you can use for any home office or small business. We will step through how to use a range of Apps and Marketing Solutions that will specifically suit you and your business. Topics include what to write, how to manage images, and online marketing options. Discover how to start enjoying your business marketing. Join our tutor, Shelley Chappory.

D65 Starts Tues 8 Nov 6-8.30pm
3 weeks \$50



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



MAKE A FREE BLOG Shelley Chappory

Make your own FREE Blog that you can continue using at home and the office. Find out about the benefits of Blogging and what you can do with it. Share your favourite stories, hobbies, ideas, photos and videos or use it as part of your business marketing. In this hands-on workshop you will make a Blog using a range of blogging techniques and place it on the internet. Bring along your own text and images or use our samples. Find out why so many people enjoy having a Blog.

D132 Sat 12 Nov 9am-3.30pm
1 day \$40



NEW

FAMILY HISTORY BOOK

Make your own FREE Family History Book. Preserve and record your ancestor's stories for future generations. Pick one interesting or favourite ancestor, a pair of ancestors, or a famous (or infamous) ancestor. Combine images and stories from their life including photos, records, maps, memorabilia, and world events. Unlock more family facts and folklore with some online research. Continue adding to your Family History Book at home and share it online or get it printed for a family reunion or as a family heirloom. Tutored by Shelley Chappory

D134 Sat 5 Nov 9am-3.30pm
1 day \$50



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!

D103 Sat 3 & 10 Dec 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.

D165 Sat 19 & 26 Nov 9am-12.30pm
2 mornings \$40



CREATE DIGITAL ART

Enjoy the relaxing benefits of creating Digital Art. **Refer page 5**



Culinary Delights

*Good cooks
never lack friends!*

PASTA MASTERCLASS Ben Fernmoor

In the first week, you will learn about flour types and techniques before preparing three different coloured pasta doughs. We'll discuss storage and you will begin cutting, shaping and prep for the following week. In week 2 you will be shaping and rolling pasta into various shapes to prepare some tasty dishes and sauces. The menu includes multi-coloured striped tortelloni and a classic Carbonara. Egg-free options available. Suitable for complete beginners. Ingredients extra.

D175 8 & 15 Nov 6-8pm
 2 weeks \$55

PAD THAI Ben Fernmoor

Back by popular demand, this week we fry up that quintessential Thai staple - *Pad Thai*. This complex stir-fried streetfood is a tantalising balance of salty, sweet, hot and sour – the secret to all great Siamese cookery. Suitable for beginners. Ingredients extra.

D176 Tues 22 Nov 6-8pm
 1 eve \$30

NEW

HANDMADE CHOCOLATE TRUFFLES

Turning towards Christmas, you will be learning and practising the basics of chocolate cookery, exploring the pitfalls and the properties of the cocoa bean. This class is a great way to prepare an inexpensive handmade sweet gift for that special person this Christmas. Suitable for beginners. Ingredients extra. Tutor: Ben Fernmoor

D177 Tues 29 Nov 6-8pm
 1 eve \$35

STAINED-GLASS XMAS DECORATIONS

Get in quick for this class! Stained-glass gingerbread Christmas tree decorations are popular with adults and children and these treats look so pretty hanging on the Christmas tree. You will learn simple biscuit cookery and piping skills and walk away with a batch of unique edible festive gifts. Suitable for beginners. Ingredients extra. Tutored by Ben Fernmoor

NEW
D178 Tues 6 Dec 6-8pm
 1 eve \$30

THE FIFTH CUT

Love offal, but not sure how to cook it so it's succulent and tasty? Learn how to prepare and cook sweetbreads, lambs fry, kidneys, giblets, offal kebabs, etc. 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. Demonstration only but students will get to try everything as it's prepared. Includes recipes and where to source supplies. No additional costs. Tutor: Grant Sipeli

D187 Mon 7 Nov 6-8pm
 1 eve \$40

SLOW COOKED OFFAL

Offal 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! Learn how to prepare slow cooked offal including beef cheeks, oxtails, rillettes, tripe, hearts, skirt/hanger steak. Demonstration only. Includes recipes and where to source supplies. No additional costs. Tutor: Grant Sipeli

NEW
D188 Mon 14 Nov 6-8pm
 1 eve \$40

(Continued from page 7)

NEW**MAKING SAUSAGES & SALAMI**

Discover how to make your own sausages and salami including the do's and don'ts on how to preserve them. Covers a variety of different sausages and techniques. Demonstration only but you will get to sample the finished product. Tutor: Grant Sipeli

D189 Sat 5 Nov 9am-1pm
1 morning \$60

Email:cew@kamohigh.school.nz**NEW****CURING & SMOKING**

Learn how to prepare, cure, and cold smoke your own fish, bacon, ham and salami. Includes what equipment you will need so you can do this at home. Demonstration only but samples will be available. Tutor: Grant Sipeli

D190 Sat 19 Nov 9am-1pm
1 morning \$60

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 Waight

D180 Sat 12 Nov 1-3pm
1 afternoon \$60



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

In the Garden

*Garden as though
you will live forever*

GARDEN DESIGN*Linda Towers*

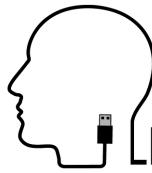
What do you want from your garden? Does your garden need to accommodate children, pets, entertaining? Do you just want a quiet space to sit and enjoy your surroundings? Design a garden which will be attractive, practical and unique. Covers site analysis, concept development, use of themes, hard landscape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

D220 Starts Tues 8 Nov 6-8pm
4 weeks \$85

**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).

D225 Sat 19 Nov 9am-11am
1 morning \$30



General Interest

If you believe in yourself
anything is possible

NEW

IS ENGLISH YOUR SECOND LANGUAGE?

This ESOL (English for Speakers of Other Languages) course is intended to help students with listening, speaking, reading and writing. The course will cover a variety of regular daily interactions and situations. Students are also welcome to bring along any reading material or add to the group discussions with topics that they want assistance with. Our tutor, Shanti Land, has taught ESOL classes both in New Zealand and Spain. If you, or someone you know, needs help with their English then this is the course for you/them. Shanti enjoys working alongside and encouraging speakers of other languages to improve their English and looks forward to meeting you.

D390 Starts Wed 2 Nov 6-8pm
7 weeks FREE 

Visit: www.cew.ac.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.

D245 Sat 19 Nov 9am-4pm
1 day \$45 

PHOTOGRAPHY WORKSHOP

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). Tutor: Sally McGunnigle

D260 Starts Wed 9 Nov 6-8.30pm
4 weeks \$90

NATURAL BODY PRODUCTS

Make your own skin and body care products in this afternoon workshop. Includes an infused oil, lip balm, salve, hand cream and body lotion. **Refer page 13 for details**

MAKE YOUR OWN FRAGRANCE

Have you ever dreamed of making your own fragrances? Learn the first steps on how to create your own fragrance blends using natural essential oils. Make a roll on perfume and bath bomb to take home.

Refer page 13 for details



GIFT VOUCHERS

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

A gift voucher is an opportunity
for learning, creating,
achieving, fun and self-discovery.
Gift vouchers are available for
any nominated value.

Health & Wellbeing

Take one step towards your dreams and they will take two steps towards you!

NEW

AWAKEN YOUR REIKI

Reiki is the life force, prana and chi, that runs through all of us. It guides us, helps us to heal from the inside and out. With Reiki you will be guided to find your own healing process, a process that is unique to you. Developed by Dr Mikao Usui of Japan in the early 20th century, this gentle, loving healing system is based on embodying the precepts within oneself and one's life. It's not just about hands-on healing for others. The true aim of Reiki is rediscovering our true self. This four-week course is designed to Awaken Your Reiki. At the end of the workshop you will receive a Level One certificate and will have the opportunity to continue your Reiki journey by moving onto Level Two. Our tutor, Kim Simpson, is a qualified Reiki Master.

D475 Starts Sat 5 Nov 9am-12pm
4 mornings \$60 

SELF-HEALING (how can you be happy)

Do you wish to rid yourself of feelings of depression, anxiety, frustration, disappointment, or sadness? Are you wanting to understand yourself and reach out for your dreams? Learn how you can move from the dark side and let the light side shine through. Increase your happiness and improve your relationships with others. Learn the principles of a healthy life: sleep, diet, exercise, eliminations including self-lymphatic massage. Includes anger management, rewriting your subconscious mind, and boosting your self-esteem.

D485 Sat 29 Oct & 5 Nov 9am-3pm
2 days \$65 

ARE YOU A HIGHLY SENSITIVE PERSON?

Are you deeply and easily moved by music or nature? Are you easily overwhelmed/overstimulated by violent films, crowds, bright lights? Are you empathic, understanding others' feelings without being told? Do you have a rich inner life and process experiences deeply? Do you have a real need for time alone, or downtime? If you answer yes to these questions you are probably a Highly Sensitive Person (to find out more take this ESP quiz <https://hsperson.com/test/highly-sensitive-test/>). The work of Elaine Aron, PhD. and others has shown that HSP's make up about 20% of humans and yet we live in a culture which strongly favours the competitive, ambitious and high stimulation-resistant characteristics of A-type people. Experienced teacher and group leader Gail Varga will facilitate a small discussion group for HSP's looking at the ways in which life uniquely affects you as a highly sensitive person, such as relationships, vocation, etc. with a focus on how to manage, nurture and make use of your HSP characteristics.

D470 Starts Tues 1 Nov 6-7.30pm
6 weeks \$55 

NEW

EMBODIED DANCE *Tai Nikora*

Discover your own dance by tuning into your body and allowing the movements to naturally arise! It's perfect for beginners and seasoned dancers alike because "your own dance" will meet you exactly where you are. As you practice using your body to communicate, your movement vocabulary will increase, inviting more flexibility and strength. All bodies and abilities are welcome.

Refer page 14 for more details

D527 Sat 5 Nov 9am-3.30pm
1 day \$40 

NEW**KRAV MAGA SELF-DEFENCE**

Do you want to learn how to protect yourself? Krav Maga is a non-competitive self-defence system developed primarily for the Israeli military which has been adapted for law enforcement, security, and civilian use. The main focus for Civilian Krav Maga is to avoid, prevent, escape, and call for help when one's life is in danger. Defending oneself by fighting back is always the last resort when there is no other option left for survival. Throughout the course you will have a chance to develop habits and the mindset to deal with violent situations or sudden assault using tested principles and techniques. The course will cover selected techniques addressing common assaults involving grabs, chokes, bearhugs, multiple attackers, armed and unarmed attacks. Our tutor, Michel Yeto, is a licensed Civilian Krav Maga instructor who has been teaching Krav Maga for over seven years.

D492 Starts Wed 2 Nov 6-8pm
7 weeks \$60



Email:
cew@kamohigh.school.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!

D443 Saturday 19 Nov 9am-3pm
1 day \$40



Phone: 09 435 0889

DANCING QIGONG (DANCE OF ENERGY)**NEW**

Qigong is an ancient mind-body-spirit practice that uses gentle repetitive movements, breathing techniques, self-massage, sound, meditation, and focused intent to cleanse, strengthen, and cultivate Qi. Finding the balance and flow of your Qi (energy) with dance is practiced as a healing art to integrate body, mind, heart and spirit. Dancing Qigong aims to support wellbeing and in this workshop you will learn how to cultivate healthy energy waves. With graceful, relaxed and fluid movements it is energy in motion (emotion). Emotions (also called energy waves) are always changing, never stopping. In Dancing Qigong the flow of qi is mostly internal. Beyond physical health, Dancing Qigong offers spiritual and emotional benefits and helps you harmonise with the way of dancing. It is meditation in motion! Practice Qigong with your favourite music –classic, pop, rock'n roll, country music. Aiko has been a Qigong instructor since 2015. This is an introductory session. Tutor: Aiko Fukumoto

D496 Sat 3 Dec 9am-12pm
1 morning \$20

**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.

D498 Starts Mon 31 Oct 6-7pm
7 weeks \$50



(Continued on page 12)

(Continued from page 11)

NEW**FIVE ANIMALS KUNG FU**

The Southern Five Animals style Kung Fu with Long White Cloud Kung Fu (LWCK) is a very unique set of exercises. Within the training of each movement, one opens and strengthens their internal organs and their blood circulation. When the five animals; dragon, tiger, leopard, snake, and crane, are used as a composite whole, one can attain better balance, body awareness, flexibility, tendon and muscle strength, and longevity in health. In this workshop, Aiko introduces one animal – Tiger. Tiger movements emphasis the use of strength in conquering an opponent and includes low stances, powerful clawing, grabbing and clubbing movements. The tiger has a direct approach to conflict dealing with threats head on. Our tutor holds a red belt in LWCK. This is an introductory session.

D490 Sat 10 Dec 9am-12pm
1 morning \$20

**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, ph 435 0889 to register your interest.

D450 Saturday 9am-3pm
1 day \$40

**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 yrs experience.

D480 Sat 12 Nov 9am-3pm
1 day \$45



Visit: www.cew.ac.nz

INTRODUCTION to MINDFULNESS and 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 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.

D410 Starts Thurs 3 Nov 6-7.15pm
6 weeks \$50





Home is the anchor in your storm

THE SEWING BEE

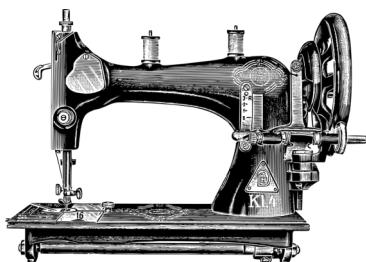
Have you never sewed before? Are you an amateur sewer who needs some guidance? Make something new or upcycle and transform an existing item. Create a new outfit by turning a dress into a top or skirt. Be limited only by your imagination. Sewing is a great skill to have and allows you to be creative.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

D350 Starts Mon 7 Nov 6-8.30pm

5 weeks \$85

D351 Starts Wed 9 Nov 6-8.30pm

5 weeks \$85



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, Ken Brain, 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.

D355 12 & 13 Nov 9am-4.30pm
2 days \$170

About the Home

NATURAL BODY PRODUCTS

NEW

Making skin and body care products can be quite addictive. Ingredients can come from your garden, the supermarket, the bush. Using plants such as chillies, herbs and lavender you will learn how to make an infused oil, lip balm, salve, hand cream and body lotion. Discover how to prepare the herbs for use from infusing to bottling. This is a practical hands-on workshop where you will take home samples of each of the products. The fee includes all ingredients plus jars. Tutored by Raewyn Rouse.

D345 Sat 5 Nov 12.30-4pm

1 afternoon

\$60

HAVE FUN with FRAGRANCE

NEW

Have you ever dreamed of making your own fragrances? Would you like something natural to pop in the bath while you soak? Learn the first steps on how to create your own fragrance blends using natural essential oils. Make a roll on perfume and bath bomb to take home. These are great treats for yourself or make lovely gifts for family & friends. All ingredients provided. Tutor: Raewyn Rouse

D346 Sat 12 Nov 12.30-2.30pm

1 afternoon

\$40

GARDEN DESIGN

What do you want from your garden? Design a garden which will be attractive, practical and unique. Our tutor, Linda Towers, is a qualified landscape architect.

Refer page 8 for details

GROWING BANANAS

Have you ever thought about growing bananas? You don't need a lot of space, bananas can happily grow in a small urban section.

Refer page 8 for details



Language & Culture

Language is to the mind more than light is to the eye

NEW

IS ENGLISH YOUR SECOND LANGUAGE?

This ESOL (English for Speakers of Other Languages) course is intended to help students with listening, speaking, reading and writing. The course will cover a variety of regular daily interactions and situations! If you, or someone you know, needs help with their English then this is the course for you/them. **Refer page 9 for details.**

Email:

cew@kamohigh.school.nz

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.

Tutor: Jason Tepania.

D398 Starts Mon 31 Oct 6-8pm
7 weeks \$70



Music & Dance



NEW

**Dance like no one
is watching!**

EMBODED DANCE

Tai Nikora

Discover your own dance by tuning into your body and allowing the movements to naturally arise! This will be a fun, informative and hands-on workshop. It's perfect for beginners and seasoned dancers alike because "your own dance" will meet you exactly where you are. Your self-confidence will expand as you allow full expression to come through. We will connect and anchor into the inner resources your body holds. Our dances will be mingled with creative activities and sharing as a group and in pairs. As you practice using your body to communicate, your movement vocabulary will increase, inviting more flexibility and strength. All bodies and abilities are welcome.

D527 Sat 5 Nov 9am-3.30pm
1 day \$40



DANCING QIGONG (DANCE OF ENERGY)

Dancing Qigong aims to support wellbeing. With graceful, relaxed and fluid movements it is energy in motion. **Refer page 11 for details**

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. Register your interest.

D530 Tuesdays 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:

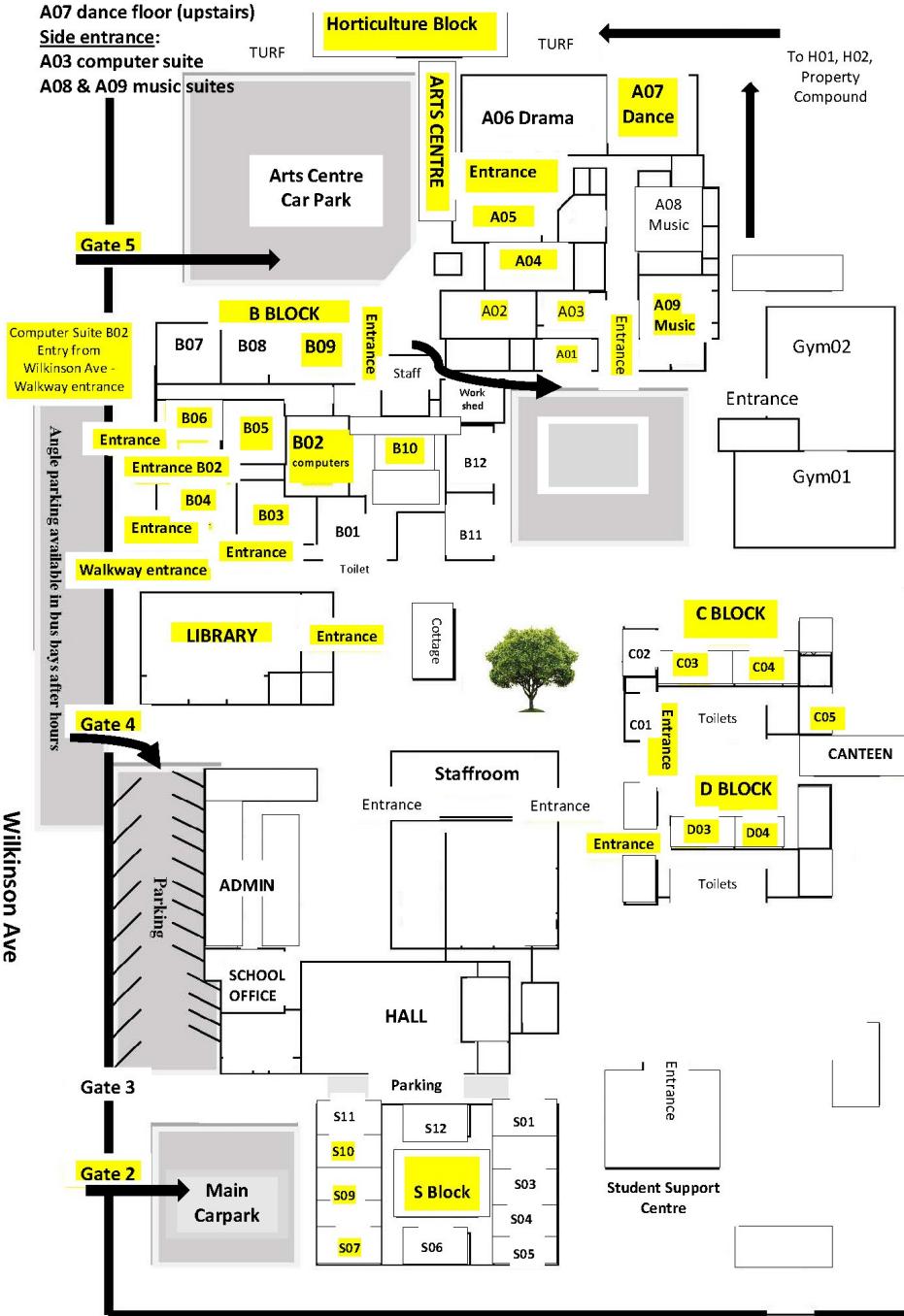
Arts Centre – A03

B block – B02

GENERAL CLASSROOMS:

C block

S block



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