



COMMUNITY EDUCATION WHANGAREI

*Programme of classes*



**Term 1, 2021**

Kamo High School,  
Wilkinson Ave, Kamo

*Welcome to Community Education Whangarei, providing night classes and weekend workshops. We offer a range of short courses to educate, inspire, up-skill and entertain you. Challenge yourself to learn something new. Courses include languages, computer and workplace skills, personal interest and much more. Our tutors are experienced, enthusiastic and knowledgeable. Start your learning journey with us today!*

## **ADULT COMMUNITY EDUCATION**

### ***Affordable, Accessible, Lifelong Learning***

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<b>Co-ordinator:</b>	Shona Hill
<b>Phone:</b>	09 435 0889 (with answerphone)
<b>Location:</b>	Kamo High School, Wilkinson Ave, Kamo
<b>Postal Address:</b>	PO Box 4137, Kamo 0141
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<b>Website:</b>	www.cew.ac.nz
<b>Enrol:</b>	Online - <a href="http://www.cew.ac.nz">www.cew.ac.nz</a> Email— <a href="mailto:cew@kamohigh.school.nz">cew@kamohigh.school.nz</a> Ph—435 0889 OR call into our office All enrolments are responded to, no response means it hasn't been received.
<b>Office hours: (term time only)</b>	10am-5pm Monday to Thursday, 10am-4pm Friday..... open until 6pm the first night a class starts



**The CEW office is closed over the school hols  
and re-opens Tuesday 2 February**

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For classes NEW this term look for this image



# Art & Craft

*Art is something that makes you breathe with a different kind of happiness!*

## **NEW** PAINTING A CAPE REINGA SEASCAPE

Create your own painting of this outstanding iconic New Zealand landmark. Using a vibrant palette for depicting water, sky and land you will bring your own personal touch to this unique and spiritual setting, a place where the Pacific Ocean meets the Tasman Sea. Learn how to paint bright sunlight, strong shadows and an aerial perspective. Elena will guide you step by step, making your creative process easy and relaxing. Suitable for students of any level of artistic experience. All materials are provided including a medium size canvas and acrylic paints. Tutored by Elena Nikolaeva

**A36** Sat 20 March 9am-2.30pm  
1 day \$110

## 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

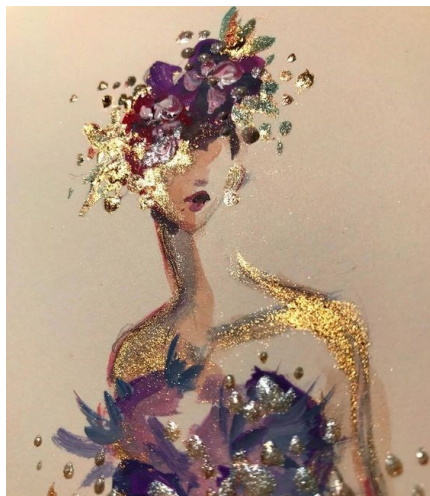
**A37** Sat 6 March 9am-2.30pm  
1 day \$80 + supplies

## A CONTEMPORARY APPROACH TO PAINTING THE HUMAN FIGURE

**NEW**

Join Elena for a fun day! Let loose with your brushes, paints and some elements of mixed media. Create a stylised, simplified human figure on a medium size canvas using acrylic paints, various collage elements and gold leaf. Suitable for students of any level of artistic experience. Let Elena guide you through the creative process step by step as you learn how to create a contemporary looking figurative painting. All materials including paints, collage elements, gold leaf, glue and canvas will be provided. So, loosen up and be prepared to step outside the square!

**A35** Sat 27 March 9am-2.30pm  
1 day \$110



*Art is not what you see,  
but what you make others see!*



**WATERCOLOUR for BEGINNERS**

Learn and practice traditional and contemporary watercolour techniques in a friendly, relaxed environment. Understanding painting techniques is a foundation for expressing and exploring ideas more fully. Follow a step by step process with exercises that will extend into painting simple geometric/organic objects in monochrome. Further experimentation will be encouraged in this one day workshop. Take the opportunity to try something new with our tutor, Gayle Forster. All materials provided.

**A34** Sat 13 March 9am-3pm  
1 day \$115

**EXPLORE your CREATIVITY**

Free your inner artist! In this hands-on workshop you will use a variety of resources including watercolour pastels, pencil, pen, acrylic paint, gesso and printed text. Create your own artwork on canvas, all materials provided. This is all about having fun and expressing yourself through art. No artistic ability necessary. Examples can be viewed online <https://www.cew.ac.nz/gallery.html> or at the CEW office. Tutor: Shelley Chappory

**A33** Sat 20 Feb 9am-2pm  
1 day \$75

**GET HOOKED on CROCHET**

Crochet is very on-trend! Join our tutor as she shares with you the skill and pleasure of crochet. This class is for absolute beginners and will teach you the basic stitches, from a simple chain to double and treble crochet. Learn how to make a face cloth or dish cloth. These are not only practical but also make great gifts. Master the basics and discover the healing and therapeutic nature of creating with hook and yarn. All materials provided. To view an example call into the CEW office or visit [www.cew.ac.nz/arts](http://www.cew.ac.nz/arts).

**A18** Sat 20 March 9am-1pm  
1 morning \$50

**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](http://www.cew.ac.nz/arts).

**A14** Sat 13 & 27 March & 10 April  
9am-5pm \$120 + materials

**KOROWAI WORKSHOP: DARGAVILLE**

As above. This workshop is also being offered at Dargaville and will be held over four Fridays (please note there will be no class on Good Friday). Phone 435 0889 to register

**A15** Fri 19 & 26 March and 9 & 16 April  
9am-3pm \$120 + materials

**ART JOURNALING**

*Shelley Chappory*

Explore the benefits of art journaling. Use your art journal as a means of relaxation, to collect ideas and samples, for artistic inspiration, to explore art techniques or to develop your creativity. Try out a range of 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. Join Shelley for a fun day in the art room.

**A32** Sat 13 March 9am-2pm  
1 day \$75

(Continued on page 6)

*(Continued from page 5)***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!

<b>A41</b>	Sat 13 March	9am-4pm
	Sun 14 March	10am-12.30pm
	2 days	\$125

**NEW****A BEGINNERS GUIDE to SCULPTING**

Enjoy a practical, hands-on class discovering the fundamentals of sculpting, led by Tracey Willms Deane, a Bachelor of Applied Arts graduate and experienced sculptor. Learn the necessary beginner techniques, and the right questions to ask, while exploring a variety of materials and processes to create sculpture. All starter materials and tools will be provided. \*You may wish to bring or purchase extras, depending on your interests. No prior experience necessary. Bring your curiosity and willingness to have-a-go! Loaded with fresh perspectives, skills, practical how-to knowledge, and spiced with humour and fun - you'll be surprised at what you can make!

<b>A25</b>	Starts Wed 17 Feb	6-8pm
	6 weeks	\$160*

**CALLIGRAPHY for BEGINNERS**

Become enthused about calligraphy and discover its practical day to day use. Acquire the basic skills of fundamental letter construction and learn a variety of traditional lettering styles. A useful art form which can be used for certificates, invitations or special journal entries. All materials provided. Take home a calligraphy pen and practice journal.

<b>A12</b>	Sat 10 April	9am-4pm
	1 day	\$85

**DIGITAL COLLAGE***Shelley Chappory*

Unleash your creativity and explore mixed media art beyond the traditional canvas. Create your own original collage using the computer and supplied images. No drawing ability or art experience necessary. Explore creating digital artwork to illustrate your book or website, to gift to family & friends, to add to your portfolio or just for fun! Basic computer skills required and a knowledge of Photoshop is an advantage but not a prerequisite of this course. Examples can be viewed on our website, visit <https://www.ceb.ac.nz/gallery.html>.

<b>A125</b>	Sat 6 March	9am-3.30pm
	1 day	\$65

**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.ceb.ac.nz/gallery.html> to view examples from previous classes.

<b>A24</b>	Sat 10 April	9am-2pm
	1 day	\$95

**BEESWAX FOOD WRAPS**

Want to be crafty and eco-conscious? Be part of the movement to reduce plastic waste by making your very own re-useable beeswax food wraps. Craft your way to plastic-free living using natural ingredients with no additives! Make a couple of wraps to take home in this hands-on workshop. Beeswax wraps are ideal for wrapping lunchbox items, preserving last night's dinner or bundling up your favourite on-the-go snacks. They also make great gifts! Tutor: Greer Rasmussen

<b>A20</b>	Sat 10 April	9am-11am
	1 morning	\$30

# Business & Computers



*Develop skills that you can use  
both at work and at home*

## 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.

**A160** Starts Tues 23 Feb 6-8.30pm  
4 weeks \$120

## DIY ONLINE MARKETING

Explore how to do your own online marketing on a tight budget. In this hands-on workshop you will explore FREE online techniques that help you make your own publicity & business items. Learn a range of DIY marketing options including SEO, Content Marketing, Websites, Blogs, and Social Media. No marketing or business experience needed.

**A65** Starts Wed 10 March 6-8.30pm  
4 weeks \$120

## PINTEREST for BUSINESS

Utilise the free benefits of Pinterest to help market & publicise your business. Quickly and easily create content for your customers and clients to enjoy. Pinterest is also a free technique to aid your website & blog SEO. Learn how to share management of your Pinterest with other team members or share the marketing benefits with other related businesses.

**A133** Wed 14 April 6-8.30pm  
1 evening \$40

## EXPLORE your FAMILY HISTORY

Discover your family history with easy-to-use online techniques that you can use for FREE at home. Experience the fun of finding relatives and their stories, all over the world. Learn about the healing benefits of genealogy, for all the family. Bring along the names of some of your ancestors and we'll see what we can discover....

**A136** Sat 27 March 9am-12.30pm  
1 morning \$45

## 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!

**A103** Sat 27 Feb & 6 March 9am-12 noon  
2 mornings \$75

## 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!

**A165** Sat 20 & 27 March 9am-12 noon  
2 mornings \$75

## DIGITAL COLLAGE

*Refer page 6 for details*



# Culinary Delights

*When baking, follow directions  
When cooking, go by taste!*

**NEW**

## LET'S GET COOKING!

Would you rather eat in than take out? Does your kitchen get the better of you? Are you more Gordon Bennett than Gordon Ramsey? If you answered 'Yes' then this could be the course for you. Learn how to cook a variety of quick, easy, healthy & economical meals that are also delicious, with our tutor Ben Fernmoor. Recipes include Thai red curry, Cheese and Bacon Quiche, Lamb Koftas and Three cheese soda bread. In these relaxed classes, you will learn how to prepare and cook each dish, discover some cost effective tips on sourcing and selecting ingredients, food handling & hygiene, food storage, using left-overs and how to adapt meals depending on the ingredients you have in the pantry. Discover how to vary each recipe so you can prepare additional dishes. Aimed at beginners, students and recipe-phobics although those with some experience are also welcome. To keep costs as low as possible students are asked to bring their own ingredients. This class is also subsidised. Say goodbye to processed food and say hello to quick, healthy, creative kai!

**A170** Starts Mon 1 March 6-8pm  
4 weeks \$40 + ingred

*Email:*

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

## BASIC BREADMAKING *Pamela Parkinson*

Discover how easy and rewarding it is to make your own bread. Get back to basics. Learn how to make potato yeast and how to grind your own flour. Take home a delicious whole-meal loaf. All ingredients provided.

**A180** Sat 10 April 10am - 2pm  
1 day \$70

## IFANCY GNOCCHI TONIGHT.....

**NEW**

Who doesn't love a bit of Gnocchi from time to time? These little Italian potato dumplings are perfect little sponges that soak up mouth-watering sauces and what's more, they can be made from left over mashed potatoes in minutes. This 4 hour class is great for those with little cooking experience who want to develop their repertoire beyond the humble spag-bol. We'll even serve up a couple of tasty sauces (one vegetarian) to go with them. To keep costs as low as possible, students are asked to provide their own ingredients. For more information, check out Ben's Cookery school at [cook.fernmoor.com](http://cook.fernmoor.com).

**A172** Sat 27 March 9am-1pm  
1 morn \$50 + ingred

## PASTA PERFECTO

**NEW**

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. To impress friends and family, we will also look at making coloured pasta and cooking up a few tasty sauces including homemade pesto straight from the herb garden. We will even serve up an egg-free pasta for the egg intolerant. Bellissimo! To keep costs as low as possible, students are asked to provide their own ingredients. For more information, check out Ben's Cookery school at [cook.fernmoor.com](http://cook.fernmoor.com). Novices and non-cooks welcome.

**A173** Sat 13 March 9am-1pm  
1 morning \$55 + ingred

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



**NEW****A FINE PAIR OF CHOUX'S**

Join us for a fun and relaxed 4 hour baking workshop on choux pastry. We'll be serving up the iconic Kiwi pastry *the chocolate eclair* before turning our attention to a showstopping centrepiece dessert *the Croquembouche*. Along the way we will focus on some top tips and pitfalls of choux pastry and spin up some caramel sugar work. Novices welcome. To keep costs as low as possible, students are asked to provide their own ingredients. For more information, check out Ben's Cookery school at [cook.fernmoor.com](http://cook.fernmoor.com).

**A175** Sat 20 Feb 9am-1pm  
1 morning \$50 + ingred

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

**NEW****DECORATIVE PRESERVING**

This class is a fragrant and visual delight. Make these beautiful and edible bottles of infused olive oil and vinegar. These can be used for decorative purposes, and also make great vinaigrette dressings. The jars of olives, feta cheese and sundried tomatoes are both decorative and edible. They make great gifts, as they are left to infuse for several weeks before eating. Ingredients extra.

**A185** Sat 27 Feb 9am-11am  
1 morning \$30

**CHEESEMAKING**

*Pamela Parkinson*

Experience the ageless craft of cheesemaking! Discover how easy it is to make your own cheese. Pamela will demonstrate the basic steps of making a hard cheese and share with you her extensive knowledge. Samples will be available for you to try. Detailed handouts will be provided so you can make your own cheese at home and Pamela will also explain what equipment you will need. No additional costs. Learn how to become a home cheese-maker!

**A182** Sat 20 March 10am-2pm  
1 day \$75

**FERMENTED FOODS**

*Bianca Haux*

What are fermented foods, how are they made and what are their health benefits? Fermented foods are probiotics that support a healthy gut and help us to stay healthy. They include yoghurt, kombucha, kimchi, sauerkraut, quark etc. A healthy gut contains supportive bacteria that assist digestion and produces vitamins and minerals for us. Learn how to make your own fermented food to improve your gut health. You will make your own sauerkraut in class and the tutor will also demonstrate how to make quark. A range of recipes will also be provided for you to make your own fermented foods at home.

**A176** Sat 27 March 9.30am-1.30pm  
1 morning \$55

**JAPANESE COOKING**

*Mari Fushida-Hardy*

Learn how to prepare a variety of popular Japanese dishes including Haposai, Shumai, Chicken Karaage, Sukiyaki-style beef and tofu. Join our tutor as she shares with you some authentic Japanese meals. Experience new tastes and healthy eating. \*Ingredients extra.

**A198** Starts Thurs 4 March 6-8pm  
4 weeks \$85 + ingred

**WILD HERBS in the KITCHEN**

How do you use wild herbs? What are the benefits? Learn how to introduce wild herbs into your cooking and at the end of the session sample some simple dishes that Bianca will prepare including pesto and salads. Please note that this is not a hands-on workshop.

**A178** Sat 27 Feb 1-4pm  
1 afternoon \$40

**WILD about WEEDS**

Discover how to forage for wild herbs on a short morning field trip. **Refer page 15**

**BEESWAX FOOD WRAPS**

Reduce plastic waste by making re-useable beeswax food wraps. **Refer page 6**



LEARNING

# General Interest

**NEW**

## A BRIEF HISTORY OF KAMO

Are you a Kamo local, or perhaps you are new to the area, and are keen to get a sense of the history of Kamo? Join our tutor, Jane Painter, and discover the colourful history and community spirit that is Kamo. This course will include the growth of the township, schooling and the outlying areas; local administration, the spa, volcanic activity and springs; local industry, mining, horticulture and farming. Learn a little of the history of Kamo. You will be surprised at what you will discover.

**A240** Sat 13, 20 & 27 March 9am-11am  
3 mornings \$70

## WRITING YOUR FAMILY HISTORY

Are you interested in preserving the history and stories of yourself or your family? This workshop will offer ideas on gathering material and methods for sorting through information and pictures to create an attractive, easy to read and informative record of your history. You will be shown ways to structure your stories and gain tips and techniques to bring your stories to life. Learn how to create your own personal memoirs which can be shared with future generations. No previous experience is required. Our tutor, Geoff Bartlett, is a published author and has taught writing workshops for over 15 years.

**A245** Sat 27 Feb 9am-12 noon  
1 morning \$40

## EXPLORE YOUR FAMILY HISTORY

Discover your family history with easy-to-use online techniques that you can use for FREE at home. Experience the fun of finding relatives and their stories, all over the world.

**Refer page 7 for details**

## CONTEMPORARY POETRY: QUESTIONING THE STATUS QUO

Roses are red, violets are blue, that's how it is, but is it my truth? In this four-week poetry course we will explore everyday symbols and objects, as well as discover personal motifs, as methods to project our individual perspective or outlook on our world. We will crack clichés and question the status quo to seek personal understanding and identity through poetry. If you are interested in writing, ideas, society, self-awareness, or want to share poetry and receive feedback, nau mai, haere mai. Tutored by Tracie Lark.

**A230** Starts Mon 1 March 6-8pm  
4 weeks \$85

## INDONESIAN PANTUN POETRY

Pantun poetry is an Indonesian form of literature. The pantun's main objective is to convey a message and can be traditional, political, humorous, or about love. New Zealanders will easily relate to pantun poetry due to its satisfying form of self-expression driven by a message, and use of imagery from nature and animals. Also, Indonesian language shares similarities with Te Reo Māori. If you like learning about other cultures and languages, have an interest in poetry, like learning new forms of art and self-expression, or want to engage with like-minded people, selamat datang, nau mai, haere mai. Tutored by Tracie Lark

**A235** Sat 20 March 9am-12noon  
1 morning \$35

*Sailing boats moved by the waves  
Moving forward to follow course  
Malay pantun lives on to stay  
Unbeaten by the blast of time*

**NEW****NEW**

**NEW****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).

**A260** Starts Wed 24 Feb 6-8.30pm  
4 weeks \$90

*Life is like photography,  
we develop from the negatives*

**NEW****PHOTOGRAPHY FIELD TRIP**

Join Sally on a photography field trip. Meet for a brief revision before buddying up and heading out on a field trip. Each pair will be given a photographic challenge, with specific criteria. There will be a different focus for each challenge, but this is flexible. Working with your buddy you will come up with 10 images each. At the end of the day meet to share your photos and discuss. Suitable for students who have previously attended one of Sally's photography workshops or for those with some basic experience of camera functions.

**A265** Sat 20 March 10am-2pm  
1 day \$55

**BEAUTY WORKSHOP**

Valeria Muñoz

You are invited to a beauty workshop with our expert make-up artist, Valeria. Learn how to create an amazing make-up look by following some very simple steps. Some make-up will be provided but please bring your own cosmetics including foundation, so that the tutor can show you how to make the most of the products that you have at home. Discover how to do your make-up like a professional!

**A242** Sat 13 March 9am-12 noon  
1 morning \$45

**VISION BOARD WORKSHOP**

Do you have a burning desire to realise a long-held dream or aspiration? Then a clear vision is a must. **Refer page 14 for details**

**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!

**A441** Sat 6 & 13 March 9am -12pm  
2 mornings \$70

**NEW****TE TIRITI O WAITANGI**

Gain an insight into the unique cultural history of Aotearoa and in doing so learn the answers to fundamental questions such as, what is the Treaty of Waitangi? Compare the Declaration of Independence with that of the Treaty texts. Involves activity based learning techniques and offers a safe environment to enable full and free discussion. This two part-workshop will be held over two Saturday mornings at the Pehiaweri Marae at Glenbervie and will cost \$50pp. A certificate will be available on completion of both sessions. The workshop facilitation will be shared by experienced Te Tiriti o Waitangi workshop facilitators.

**Register your interest for Term 2:**

Contact Kathryn on 027 2766957 or  
[kathrynmckenzie468@gmail.com](mailto:kathrynmckenzie468@gmail.com)



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



# Health & Wellbeing

*Nurturing yourself is not selfish, it is essential to your survival and your wellbeing!*

**NEW**

## 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

**A410** Starts Thurs 4 March 6-7.15pm  
6 weeks \$80

**NEW**

## USING HOMEOPATHY AT HOME

Homeopathy is a natural form of healthcare. Find out how to use basic remedies at home to support you and your family with common complaints, including bumps and bruises, injuries and broken bones, post surgery and post birth, colds and fevers, teething and insect bites, sunburns and rashes, infections and flus etc. This short introductory session will cover all the basic knowledge you need to find, select and use remedies at home for you and your family. Our tutor, Jessie Coleman, has 8 years of clinic experience in homeopathy and runs her own business here in Whangarei. Join Jessie and learn how easy it is to use homeopathic remedies to support you and your family.

**A412** Sat 6 March 9am – 12 noon  
1 morning \$40

## THAI YOGA MASSAGE

Thai Yoga self-massage involves gentle stretching exercises and uses some acupressure points to help improve circulation and energy levels, reduce stiffness and headaches, increase flexibility and reduce stress. There will be two separate workshops offered with each session focusing on a different part of the body: a) head, neck, shoulders, arms and b) lower back, legs and feet. Thai Yoga can be practiced anywhere, at any time and no special equipment is needed. Suitable for people of all abilities, fitness levels and age groups. Our tutor, Aiko Fukumoto, is a qualified massage therapist with over 12 years experience.

**A480** a) Sat 20 Feb, 9am-12pm \$35

**A481** b) Sat 27 Feb, 9am-12pm \$35

## SELF DEFENCE for WOMEN

Gain more confidence in your everyday life and learn ways to be strong and safe and how to defend yourself. This self defence class is based on the martial art of Authentic Southern Five Animals style Kung Fu and Long White Cloud (LWC) Qigong. Discover how to leverage your power and weight, no matter what size you are. As well as learning defence techniques the class will also incorporate Qigong to help with the flow of energy. Additional benefits include improved strength, flexibility and muscle tone, increased self-confidence and reduced fear and anxiety. Our tutor, Aiko Fukumoto, is an experienced trainer with a red belt in Kung Fu.

**A485** Starts Wed 24 Feb 6-7.30pm  
7 weeks \$95

**Visit:**

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

**A441** Sat 6 & 13 March 9am –12pm  
2 morning \$70

**NEW****BOOST YOUR IMMUNE SYSTEM**

We are not helpless! Our health and susceptibility to disease depends on many different factors. With some simple things we can make a significant difference: food, herbs, supplements, essential oils and more. Tune your body to become more resilient and to withstand not only bacteria, viruses and fungi but also to become more balanced. Boost your immune system and protect yourself!

Tutor: Bianca Haux

**A415** Sat 6 March 9.30am-12.30pm  
1 morning \$35

**NUTRITION: A HEALTHIER YOU**

What you eat every day can make a big difference to how healthy you are. Nutrition influences your intelligence, your energy levels, your sleep. Learn about natural antibiotics, detoxing and the affect that nutrition can have on allergies, pain and much more. Track your progress each week. Our tutor, Bianca Haux, is a natural medicine practitioner. Discover the changes you can make in your life and become a healthier you!

**A420** Starts Tues 23 Feb 6-8pm  
4 weeks \$85

**FERMENTED FOODS**

What are fermented foods, how are they made and what are their health benefits?

**Refer page 9 for details**

**WOMEN's HEALTH***Bianca Haux*

How are you? What are your health needs? This course will look at the different health and wellness issues that impact on women's lives including menstruation, pregnancy, menopause, bladder infections, PMS, depression. Join Bianca, a natural medicine practitioner, as she talks about hormone imbalances, hot flushes, sleeping issues, bone density, period cramps and pains, irregular cycles, heavy bleeding, contraception and fertility. Learn what changes you can make to manage your health. Discussion welcomed. Own your health!

**A425** Tues 23 & 30 March 6-8pm  
2 evenings \$50

**OUR 9 BASIC NEEDS:**

The force of life is the drive for fulfilment; we all have a need to experience a life of meaning. All living things have basic needs in order to survive, and in order to function affectively and effectively, and flourish. Our basic needs are the fundamental requirements that serve as the foundation for survival, fulfilment and a sense of purpose and meaning. Fulfilment can be achieved through a pattern of living in which we are mindful to tend to our basic needs and most basic needs are inter-connected. We need to look to replace any disempowering ways of meeting our needs with things that empower and support us, and others. This programme consists of a series of classes enabling you to achieve self-actualisation by identifying whether your basic needs are being met and if not how to achieve them, identifying your qualities, strengths and abilities, learning how to release yourself from self-defeating behaviours and limiting beliefs, setting goals and finding meaning and purpose.

**A445** Starts Thurs 4 March 6-7.15pm  
6 weeks \$80

*(Continued on page 14)*

*(Continued from page 13)***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!

**DA98** Starts Mon 15 Feb 6-7pm  
7 weeks \$70

**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. This workshop will be held in Dargaville (venue details provided on enrolment)

**A475** Sat 20 March 9am-3.30pm  
Sat 27 March 9am-12 noon  
2 days \$95

**Phone: 09 435 0889**

**OVERCOMING STRESS & WORRY****NEW**

Is anxiety ruining your life? Anxiety is often commonly known as worry or stress. Whether there is an identifiable cause or not, whether it rears its head at certain times such as public speaking or is ongoing, if you want to live an anxiety free life, then this course is for you. Learn neuro-linguistic programming tools and life skills to assist you in understanding anxiety and how to get it under control. Learn some ways to break the anxiety cycle & look forward to a brighter future! Tutored by Michelle Sime

**A450** Sat 27 Feb 10am-5pm  
1 day \$75

**VISION BOARD WORKSHOP****NEW**

Do you have a burning desire to realise a long-held dream or aspiration? Then a clear vision is a must. A vision board is a collage of images, words and affirmations of your dreams, desires and goals. It is a visual representation of your desires and aspirations and acts as a Law of Attraction tool designed to help you maintain focus on a specific life goal. The effectiveness of a vision board comes down to self-belief and really tuning in to your true potential. This workshop is about identifying your core self-beliefs, distinguishing the difference between authentic and inherited self-beliefs, silencing the inner critic and collapsing disempowering limiting beliefs, paying attention to what has heart and meaning, setting simple, realistic & achievable goals and creating an effective visionboard

**A455** Sat 27 Feb 9am-3pm  
1 day \$65

**TERM DATES : 2021**

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



# Home & Garden

*A home is made of hopes & dreams!*

**NEW**

## 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, 24 Feb, to discuss your project. Registration essential, ph 435 0889. \*Materials are extra. Suitable for both novices and those with some experience.

**A350** Starts Wed 10 March 6-8.30pm  
5 weeks \$90\*

*"Viv is great fun,  
helpful & friendly."*

## UPHOLSTERY WORKSHOP *Ken Brain*

Do you have a chair or stool that needs recovering? Bring your favourite piece of furniture back to life! Learn the basics of upholstery in an intensive weekend workshop with our experienced tutor. Basic sewing skills recommended. \* Materials are extra. An info evening will be held to give you the opportunity to meet with the tutor to discuss your project and calculate the quantity of fabric needed together with any other resources that may be required. Please contact CEW to register for the info evening. Spaces are limited so please enrol early.

**A355** 6 & 7 March 9am-4.30pm  
Weekend \$165\*

**Enrol early to  
avoid disappointment!**

## KEEPING BEES

Have you thought about keeping bees but don't know where to start? Discover whether you have the aptitude to work with bees by handling a live hive in this hands-on practical session. 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. Facilitated by David Herbert.

**A225** Sat 20 Feb 9am-11am  
1 morning \$35



## 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. Available Term 2. **Register your interest** - phone 435 0889

**Email:**

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

## WILD about WEEDS

*Bianca Haux*

Discover how to forage for wild herbs on a short field trip and learn how to identify and use edible wild herbs that are full of vitamins, minerals and essential phytochemicals, in short: they are way more nutritious than cultivated veggies. Challenge your taste buds and get to know some of the weeds/herbs that you will find (almost) anywhere. Are you curious and open to new tastes? Then join Bianca on this herbal excursion.

**A223** Sat 27 Feb 9.30am-12.30pm  
1 morning \$35



# Language & Culture

*Half the world's population  
is bilingual, are you?*

## ARABIC LANGUAGE: AN INTRODUCTION

Discover the descriptive Arabic language which is spoken by more than 400 million people worldwide. Develop the ability to speak in Arabic, learning greetings and some basic conversation. Gain an understanding of the history of the language and its cultural background with our native tutor. Huda Sabour is fluent in both English and Arabic and has a deep understanding of the Middle Eastern culture which brings another dimension to her classes. Whether you want to learn for business, future travel or your own personal enjoyment this intro course will introduce you to the language, culture and customs of the Middle East.

**A360** Sat 20 Feb 9am-12pm  
1 morning \$35

**NEW**

## INDONESIAN PANTUN POETRY

Indonesian language shares similarities with te reo Māori. If you like learning about other cultures and languages, have an interest in poetry, like learning new forms of art and self-expression, or want to engage with like-minded people, selamat datang, nau mai, haere mai. This course will introduce you to Pantun poetry which is an Indonesian form of literature. The pantun's main objective is to convey a message and can be traditional, political, humorous, or about love. New Zealanders will easily relate to pantun poetry due to its satisfying form of self-expression and use of imagery from nature and animals. Tutor: Tracie Lark

**A235** Sat 20 March 9am-12noon  
1 morning \$35

## TE REO MĀORI

Jason Tepania

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, Jason Tepania, in a fun, safe and comfortable environment where your confidence can grow.

**A398** Starts Mon 15 Feb 6-8pm  
7 weeks \$90

*Tōku reo, tōku ohooho  
Tōku reo, tōku mapihi maurea  
Tōku reo, tōku whakakai marihi*

*My language, my inspiration  
My language, my special gift  
My language, my precious gift*

The CEW office  
will be closed over  
the school holidays and  
and will re-open on Tuesday  
the 2nd of February 2021







# Music & Dance

*Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything!*

**NEW**

## AFRICAN DRUMMING

Learn the funky, fresh beats of Africa in this morning workshop. Drumming is a wonderful way to help unwind, relax and de-stress. It's fantastic for co-ordination and rehabilitation and is uplifting, energising and most of all, great fun! This is an introductory course to West African percussion (hand drumming) and although aimed at beginners, all levels and abilities are welcome. Don't worry if you have never drummed before, or think that you have 'no rhythm'. We all do; if you have a heartbeat, you can drum! Join Ilona in a relaxed, supportive atmosphere, make new friends and explore the sweet beats of the Djembe drum.

**A520** Sat 27 March 9am-12noon  
1 morning \$40



## UKULELE FUN

*Coral Kaire*

Have you always wanted to play the ukulele? Learn to tune it, strum it, play it! This twangy little instrument has made a comeback and there is even a NZ Ukulele Festival. This class is suitable for both beginners and those with some experience. Easy to learn & fun to play!

**A527** Starts Wed 24 Feb 5.30-7pm  
6 weeks \$95

## ZOUK LAMBADA

Zouk is a partner dance which began in Brazil during the early 1990s. Brazilian Zouk evolved from the partner dance known as the Lambada and is a dance with well defined basic steps and rhythmic patterns. It is a slow Latin 3 beat. Zouk involves body isolations, tilted turns and more recently counter-balance techniques, and is useful for improving overall body strength and flexibility. For those with ongoing back issues it can be a useful way to gently improve muscle tone and flexibility, and reducing pain. It is done to a variety of recent international music, here the focus will be on recent music with artists such as Ed Sheeran and Beyoncé. Our tutor, Michelle Sime, will be guiding you using recorded lessons from international zouk teachers. No dance experience necessary, all welcome. This is a fun class designed to bring people together who like dance and fitness and will be held at Michelle's studio (about 10 minutes from Kamo). Bring your partner and receive a discount (\$55 pp)\*

Visit the Dance Bachata Zouk Facebook page  
[www.facebook.com/groups/314357515910668](http://www.facebook.com/groups/314357515910668)

**A531** Thurs 25 Feb 6.30-8pm  
4 weeks \$60\*

*Visit*

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

*Do you have a skill you want to share?  
Do you want to become a tutor?*

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



**Main entrance:**

**A06 drama**

**A07 dance floor (upstairs)**

**Side entrance:**

**A03 computer suite**

## A08 & A09 music suites

**B03 & B04 cooking rooms**

B06 sewing/textiles

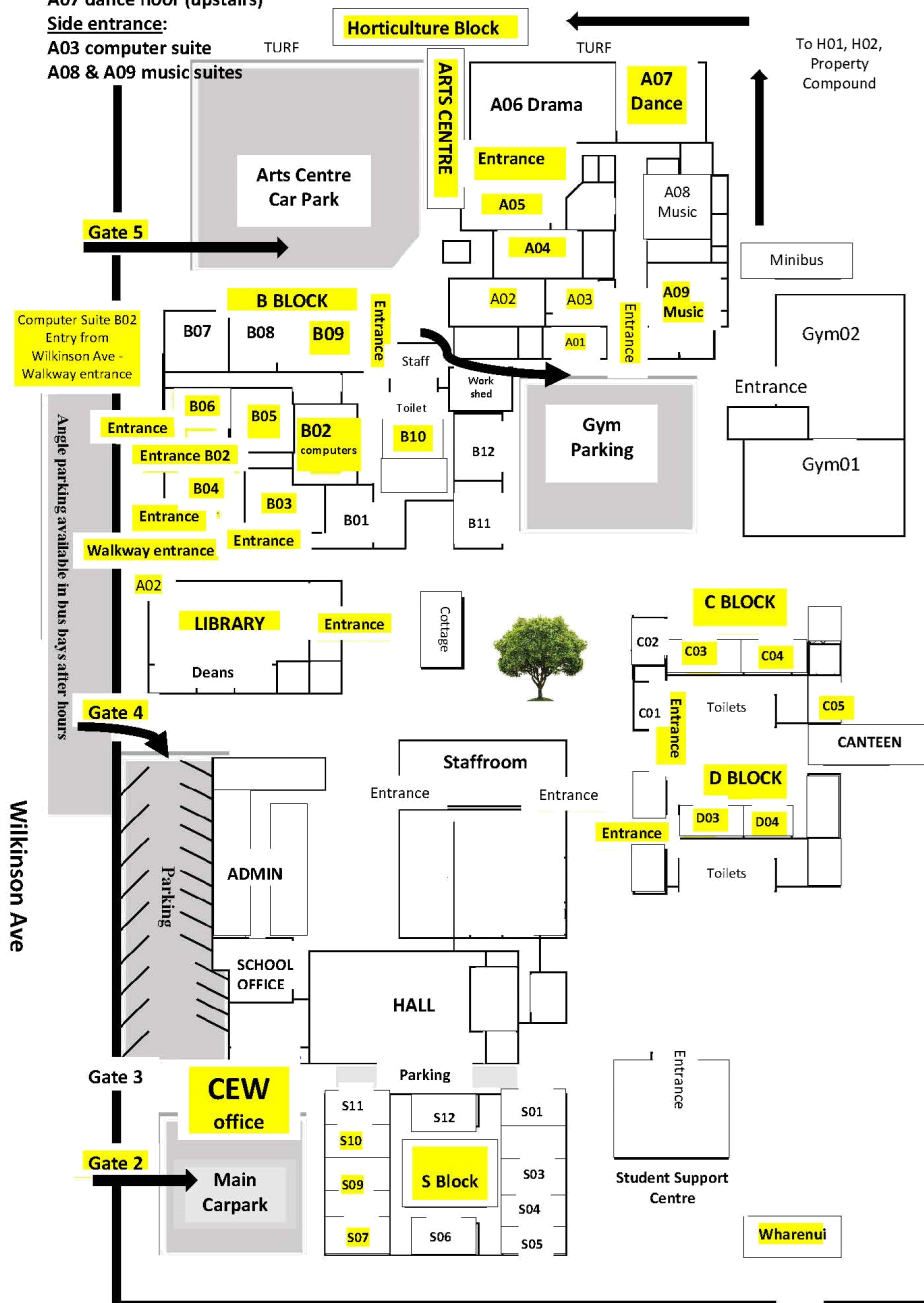
**B09 woodwork**

Arts Centre – A03

**B block – B02**

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

**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:.....

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

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