



COMMUNITY EDUCATION WHANGAREI

Programme of classes



Term 2, 2021

www.cew.ac.nz

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The CEW office will be closed from 19 — 30 April



Some classes are subsidised, look for this symbol



Art & Craft

NEW

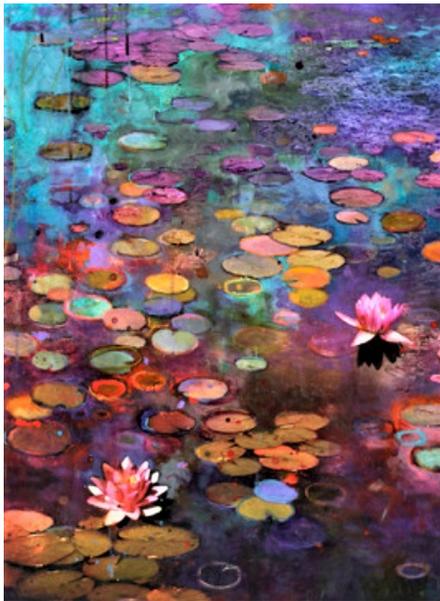
It is not in life, but in art that self-fulfilment can be found!

NEW

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. This workshop offers you an 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. You will be guided by our tutor, Elena Nikolaeva, step by step. Join this Water Lilies Day and have fun! All materials provided.

B35 Sat 12 June 9am-2.30pm
1 day \$110



THINK OUTSIDE THE SQUARE!

This workshop will literally make you think "outside the square". Round paintings have been around for centuries. A number of contemporary artists like to paint on round canvases. What attracts them? Why do so many artists like to paint on round canvases? Discover the answers to these questions. Learn what compositions are suitable for a round shape, what are the advantages and when is it better to choose to use a rectangular shape. In this workshop you will be painting poppies on a round medium board using acrylic paints. Elena will guide you step by step, making your painting experience easy and fun! All materials will be provided

B36 Sat 26 June 9am-2.30pm
1 day \$110

NEW

ENHANCE YOUR PAINTING with GOLD DUST

Elena Nikolaeva

Gold dust is one of the oldest materials in visual art. It was neglected for a number of years due to its high cost but has recently seen a return. Art suppliers today offer several great inexpensive substitutes for real gold. There are several metallic colours now available: gold, copper, silver, can be chosen to suit your ideas and personal colour palette. This workshop offers you an opportunity to play with these traditional materials in a contemporary way, adding a 'touch of gold' to your painting. Create a medium size contemporary landscape painting on canvas using acrylics and applying 'gold' dust on top of your composition, adding an extra element to your piece of art. Learn how to manage and apply this very fine powder & the visual effects you can achieve. All materials provided.

B37 Sat 3 July 9am-2.30pm
1 day \$115

(Continued on page 4)

*(Continued from page 3)***NEW****WATERCOLOURS :
CREATING POWERFUL IMAGERY**

Watercolour is a wonderfully expressive medium offering endless opportunities for portraying subjects in a painterly, informative manner. Our tutor, Gayle Forster, will guide you through the different layers/applications that make up a composition: from broad washes for the background, to selected detail washes, to final detail. You will start the day by painting a seascape. Imagery will be analysed and simplified into a range of different tones. Colour choices and intensities will be discussed with step by step demonstrations. Suitable for both beginners and those with some experience. Feel free to bring along your own imagery but keep this uncomplicated. All materials provided.

B34 Sat 22 May 9am-3pm
1 day \$115

**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.

B24 Sat 19 June 9am-2pm
1 day \$95

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.

B18 Sat 8 May 9am-1pm
1 morning \$50

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

START AN ART JOURNAL *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. Creating art can also help ease anxiety and art journals can act as mood boards or vision boards. Art journals are also a great alternative to the traditional journal if you can't put your feelings into words. 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.

B32 Sat 29 May 9am-3.30pm
1 day \$50



Visit: www.cew.ac.nz

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.

B14 Sat 12 & 26 June & 10 July 
9am-5pm \$80 + materials

KOROWAI WORKSHOP: DARGAVILLE

As above. This workshop is also being offered at Dargaville and will be held over three Fridays. Phone 435 0889 to register

B15 Fri 14, 21 & 28 May 
9am-5pm \$80 + materials

BEESWAX FOOD WRAPS *Greer Rasmussen*

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. Also great for gifts!

B20 Sat 29 May 9am-11am
1 morning \$30

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!

B41 Sat 29 May 9am-4pm
Sun 30 May 10am-12.30pm
2 days \$125

**DIGITAL COLLAGE :
CREATE A COMPUTER ARTWORK**

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.cew.ac.nz/gallery.html>.

B125 Sat 22 May 9am-3.30pm 
1 day \$35

Business & Computers



The ladder of success is best climbed by stepping on the rungs of opportunity!

NEW

FOUNDATIONAL FACILITATION SKILLS

Do you want to learn ways to facilitate a group of people to be at their best? Do you need or wish to engage others to achieve shared goals? 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.

B66 Starts Tues 15 June 6-8pm
4 weeks \$85

NEW

WHAT ARE BITCOIN and CRYPTOCURRENCIES?

An introduction to Bitcoin and cryptocurrencies, what should you know? Most people know that cryptocurrencies are a digital currency that can be used to buy goods and services, but their blockchain also fulfills other purposes. Discover how these currencies are a valid product for the future. Why are they valuable in more ways than just being a currency? This course will give a general overview of what cryptocurrencies are and do. Our tutor, Ron Solfa, has been investing in cryptocurrencies and their alternative uses for over 6 years. Please note: NO financial advice will be given in this workshop.

B70 Thurs 20 May 6-8pm
1 eve \$25

AM I SAFE ON THE INTERNET?

NEW

An introduction into how to stay safe online with our tutor Ron Solfa. Become aware of the most common possible dangers online and learn some tips on how to minimize risks. Includes information on social media, common apps (Facebook, Instagram, Snapchat, WhatsApp), email, phishing, passwords and privacy for your PC, laptop or smartphone. Understand the risks and learn how to avoid them. Suitable for adults of any age, no prior knowledge needed. Our tutor's career and studies have focused on visual media and the safe and efficient use of computers.

B75 Thurs 27 May 6-8pm
1 eve \$25

LIVING IN AN ONLINE WORLD

NEW

A big part of our lives happens online, whether we actively choose to be a participant or try to avoid it. However, it is not fully out of our control. We can either let computers and smartphones rule our lives or use them for our benefit. Learn how to effectively navigate this new world of visual impressions, big data, privacy, social comparison, Fake News and constant bombardment with information. Each week will focus on a different topic. Become aware of the most common possible dangers and opportunities in the visual online world and find useful insights for the daily use of your favorite Apps. Suitable for adults of any age, no prior knowledge needed. Our tutor's career and studies have focused on visual media and the safe and efficient use of computers. Tutored by Ron Solfa.

B80 Starts Thurs 3 June 6-7.30pm
6 weeks \$45



NEW**MAKE A FAMILY TREE**

Make an online family tree on Ancestry which you can share with family anywhere in the world. This is a hands-on class for beginners. Continue your FREE family tree online anytime, anywhere! Bring along some family names or use our examples

B127 Starts Thurs 27 May 6-8pm
3 weeks \$30

**NEW****PUBLISH YOUR OWN eBook**

Explore how you can publish your own eBook from the comfort of your own home or office. In this hands-on workshop we will explore FREE online techniques including publishing eBooks for sale on Amazon and creating eBooks for your website. Bring along your own writing or use our examples.

B129 Starts Thurs 17 June 6-8.30pm
4 weeks \$50

**START A FACEBOOK PAGE**

Facebook is a handy way to stay in touch with friends, family or clients and customers, from the comfort of your own home or while out and about. In this hands-on workshop we will step through the process of creating a FREE Facebook page including how to manage your privacy settings. Use Facebook to help market and grow your business. Bring along your own images and text or use our practice examples.

B130 Sat 3 July 9am-3.30pm
1 day \$30

**PHOTO EDITING**

Explore how to adjust your photos, including how to easily resize images, change the colours, adjust the darkness/lightness, add text, and save your images for a range of uses. Using Pixlr, a FREE high quality image manipulation program, learn how to keep your images for the future, how to make images for printing or the Internet, and where to find resources on the web. General computer skills are essential. Optional: bring along your own images Tutor: Shelley Chappory

B135 Starts Tues 15 June 6-8.30pm
4 weeks \$50

**NEW****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 and business items. Learn a range of DIY marketing options including SEO, Content Marketing, Websites, Blogs and Social Media. No marketing or business experience necessary.

B65 Starts Tues 18 May 6-8.30pm
4 weeks \$55

**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!

B103 Sat 22 & 29 May 9am-12 noon
2 mornings \$35

*Email:**cew@kamohigh.school.nz**(Continued on page 8)*

*(Continued from page 7)***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!

B165 Sat 26 June & 3 July 9am-12 noon
2 mornings \$35

**START A BLOG**

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

B126 Sat 12 June 9am-3.30pm
1 day \$30

**SEO: GET FOUND ON THE INTERNET****NEW**

Improve the SEO of your website and social media. Explore how to quickly update your SEO in simple easy steps. Use the benefits of SEO (Search Engine Optimisation) to help people easily find your website and social media. If you have a business or would like more people to find you on the internet then come along and find out how SEO can be your key to success.

B132 Sat 26 June 9am-12.30pm
1 morning \$40

DIGITAL COLLAGE

Create your own original collage using the computer and supplied images. Unleash your creativity and explore mixed media art beyond the traditional canvas. No drawing ability or art experience necessary. Basic computer skills required and a knowledge of Photoshop is an advantage but not a prerequisite of this course. *Refer page 5*

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

**4 EASY WAYS TO ENROL**

ONLINE: www.cew.ac.nz/enrol



EMAIL: cew@kamohigh.school.nz



PHONE: 09 435 0889 (with answerphone)



IN PERSON: call into our office at Kamo High School, Wilkinson Ave, Kamo.



Culinary Delights

To eat is a necessity, but to eat intelligently is an art!

NEW

PASTRIES

Discover Amy's secrets to baking her famous pastries, said to be some of the best in Northland. Learn how to make delicious pastries such as croissants, tarts, danishes and pies. All ingredients included.

B185 Sat 12 June 9am-1pm
1 morn \$55

CHEESEMAKING

Pamela Parkinson

Experience the ageless craft of cheesemaking! Discover how easy it is to make your own cheese. Pam 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 cheesemaker!

B182 Sat 29 May 10am-2pm
1 day \$75

NEW

CHEESEMAKING in DARGAVILLE

Pam will also be offering a Cheesemaking class in Dargaville. Pam will demonstrate the basic steps of making a hard cheese and share with you her extensive knowledge. Class sizes are limited so please register your interest so you don't miss out!

B183 To register your interest
Ph 09 435 0889 or email
cew@kamohigh.school.nz



*For further
information
Ph 435 0889*

LET'S GET COOKING!

All NEW recipes! 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 potato and pasta dishes (including gnocchi) plus pastry, with a delicious pork pie recipe. 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 plus 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. Say goodbye to processed food and say hello to quick, healthy, creative kai!

B170 Starts Tues 15 June 6-8pm 
4 weeks \$50 + ingred

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 26 June 9.30am-1.30pm
1 morning \$55

(Continued on page 10)

*(Continued from page 9)***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.

B180 Sat 19 June 10am - 2pm
1 day \$70

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.

B178 Sat 29 May 1-4pm
1 afternoon \$40

WILD about WEEDS *(refer page 16)*

Forge for wild herbs on a short field trip.

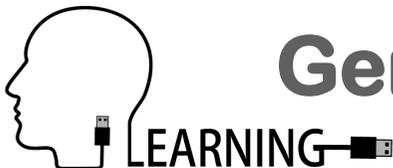
BEESWAX FOOD WRAPS *Greer Rasmussen*

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. Also great for gifts!

B20 Sat 29 May 9am-11am
1 morning \$30

*Do you have a skill you want to share?
Do you want to become a tutor?
E: cew@kamohigh.school.nz*





General Interest

NEW**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.

B245 Sat 19 June 9am-4pm
1 day \$35

**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).

B260 Starts Mon 14 June 6-8.30pm
4 weeks \$90

NEW**POETRY for BEGINNERS**

Journey into the wonderful world of poetry. This is a beginner's guide to reading and enjoying poetry and will look at the various styles and features of poems. If you want to write poetry, you need to start by reading and listening to poetry. It is hoped that this course will help make poetry feel more approachable. If you are interested in writing, ideas, society, self-awareness, or want to share poetry and receive feedback then this course is for you. Join our very own literary gangster, Tracie Lark, in this short morning workshop.

B230 Sat 22 May 9am-1pm
1 morning \$45

*"I once asked a friend,
why can't I be free?"*

*Why is there a cage around me?
And he responded: but, girl,
aren't you partly responsible
for building this cage?*

*You just sat there while the
cage was built around you."*

NEW**FOUNDATIONAL FACILITATION SKILLS**

Do you want to learn ways to facilitate a group of people to be at their best? Do you need or wish to engage others to achieve shared goals? 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.

B66 Starts Tues 15 June 6-8pm
4 weeks \$85

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. This two-part workshop involves activity-based learning techniques and offers a safe environment to enable full and free discussion. A certificate will be available on completion of both sessions. The workshop will be held at the Pehiaweri Marae in Glenbervie and will be facilitated by experienced Te Tiriti o Waitangi workshop facilitators, Kathryn McKenzie and Moea Armstrong. To register contact Kathryn, phone 0 2 7 2 7 6 6 9 5 7 or email kathrynmckenzie468@gmail.com (please note all payments are to be made to Network Waitangi Whangarei).

B242 Sat 22 & 29 May 9am-1pm
2 mornings \$50

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 26 June & 3 July 9am-12pm 
2 mornings \$30

VISION BOARD WORKSHOP

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. This is a Saturday workshop. **Refer page 14 for details**

NEW



*Enjoy the journey as
you strive for wellness!*

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

B410 Starts Thurs 27 May 6-7.15pm 
6 weeks (in total) \$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.

B412 Sat 19 June 9am-12 noon
1 morning \$40

HOME REMEDIES MASSAGE

Learn some basic home massage techniques. Massage can help with relaxation, improve sleep, reduce muscle pain, create more balanced muscle tone, improve the immune system. This workshop will cover head, hand and foot massage and will include a mix of methods from both eastern and western cultures. In ancient times each family had a therapist who looked after the families health and this also had the added benefit of creating a bond between the 'therapist' and their 'patient'. You will need to work with a partner so you may like to enrol with a friend or family member. Our tutor, Aiko Fukumoto, is a qualified massage therapist, with 13 years experience, who has studied both western and eastern massage techniques and herbal medicines.

B480 Sat 3 July 9am-4pm 
1 day \$35

NEW

KUNG FU for WOMEN

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

B485 Starts Tues 4 May 6-7.30pm 
10 weeks \$55

Visit:

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!

B441 Sat 26 June & 3 July 9am –12pm
2 morning \$30 

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

B415 Sat 12 June 9.30am-12.30pm
1 morning \$35

FERMENTED FOODS

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

Refer page 9 for details

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.

B475 Register your interest
for next term ph 09 435 0889

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!

B498 Starts Mon 17 May 6-7pm
7 weeks \$35 

TRADITIONAL MĀORI MEDICINE and HOME REMEDIES**NEW**

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.

B445 3 & 4 July 10am-5pm
Weekend \$50 

Email:
cew@kamohigh.school.nz

(Continued on page 14)

*(Continued from page 13)***OVERCOMING STRESS & WORRY**

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

B450 Sat 10 July 10am-5pm
1 day \$35 

**NEW****HOW TO RAISE YOUR VIBRATION**

The expression 'good vibes and bad vibes' comes from the energy we generate. We all vibrate at a particular frequency and this is influenced by our thoughts, beliefs, attitudes and actions. If you are experiencing challenges in your life then your frequency will be low, your energy dense and the heavier your problems will seem. The higher your energy or vibration the lighter you will feel both physically and emotionally and you will experience greater personal power, clarity and peace. This workshop will teach you how to identify your vibrational state and provide you with some simple and practical steps to raise your vibration. Managing your own energy state can help keep you more harmoniously balanced. Join Shannon in this Saturday morning workshop.

B453 Sat 19 June 9.30am-1.30pm
1 morning \$50

Visit: www.cew.ac.nz

VISION BOARD WORKSHOP

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

B455 Sat 29 May 9.30am-3.30pm
1 day \$35 

*Dream, Tune In,
Believe, Do, Repeat!*

NEW**DARGAVILLE WORKSHOPS:**

Vision Board: A vision board is a visual representation of your desires and aspirations and is designed to help you maintain focus on a specific life goal (refer above).

B456 *Register your interest 09 435 0889*

Raise your Vibration: Managing your own energy state can help keep you balanced (refer description this page)

B454 *Ph 09 435 0889 to register your interest*

*The CEW office
will be closed over
the school holidays
and will re-open on
Monday 3 May*





Home & Garden

Home is the most popular and the most enduring of all earthly establishments!

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, 19 May, to discuss your project. Registration essential, ph 435 0889. Materials are extra. Suitable for both novices and those with some experience.

B350 Starts Wed 26 May 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 or Steam Punk 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 weekend!

B352 Sat 29 & 30 May 9am-3.30pm
Weekend \$65 

NATURAL BODY PRODUCTS

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. Tutor: Raewyn Rouse

B358 Sat 12 June 12.30-4pm
1 afternoon \$55



For further
information
Ph 435 0889

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.

B355 22 & 23 May 9am-4.30pm
Weekend \$165

*"I totally enjoyed this course.
Ken was excellent, I learnt a lot
in the two days."*

(Continued on page 16)

*(Continued from page 15)***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.

B223 Sat 29 May 9.30am-12.30pm
1 morning \$35

NEW**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, plus take home your very own banana plant to get you started. Also includes banana tasting (supply permitting). Presented by two local banana enthusiasts: Roslyn, and Geoff (a qualified horticulturalist and grower). This course is coming up in September.

B225 Register your interest, ph 435 0889 or email cew@kamohigh.school.nz

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. Due to demand two workshops will be offered this term. Spaces are limited so please enrol early.

B220 Starts Tues 4 May 6-8pm
4 weeks \$85

B221 Starts Tues 8 June 6-8pm
4 weeks \$85



*We welcome
suggestions for courses
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>



Language & Culture

While you are waiting for the world to re-open why not learn about another culture!

AN INTRODUCTION to ARABIC

Discover the descriptive Arabic language, 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 & 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 introductory course will introduce you to the language, culture and customs of the Middle East.

B360 Sat 12 June 9am-1pm
1 morning \$45

GERMAN CULTURE 101 *Ron Solfa*

This course is focused on meeting and interacting with the German culture as well as what it is like to live and/or travel in German speaking countries, but you will also learn some basic language. Our native German-speaking tutor, Ron Solfa, is from Luxembourg and will share with you his experiences living in Germany, Switzerland and Luxembourg. Ron will provide practical advice and tips on how to get around plus some common phrases. Discover cultural differences and expectations and learn some basic vocabulary including what to say in everyday situations. Suitable for armchair travelers, those planning to travel, or those wanting to receive German guests when the world re-opens.

B370 Starts Tues 1 June 6-7.30pm
6 weeks \$90

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.

B398 Starts Mon 17 May 6-8pm
7 weeks \$50



TE REO MĀORI (continuation)

Continue your learning journey with Jason and extend your knowledge. Suitable for those who have attended a beginners course or have some prior knowledge. Tutored by Jason Tepania.

B399 Starts Mon 17 May 6-8pm
7 weeks \$50



*Toi te kupu
Toi te mana
Toi te whenua*

*Promote the spoken word
to enhance the dignity
of the people so that the
nation can benefit*

**Can't find the
course you want?
Tell us what is
missing.
Ph: 435 0889**





Music and Dance

Music is life, that's why our hearts have beats!

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

B520 Mon 31 May 5.30-7pm
1 evening \$25

Visit.

www.cew.ac.nz

NEW

HULA MAI DANCE WORKSHOP

Are you looking for something fun and active? 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, coordination and strengthening core muscles. Dance like nobody's watching!

B530 Starts Sat 22 May 10am-11am
6 weeks \$35



- Facilitation Skills
- Bitcoin & Cryptocurrencies
- Am I Safe on the Internet?
- Living in an Online World
- SEO: Get Found on the Internet
- Start a Facebook page
- Publish your own eBook
- Photo Editing
- Start a Blog
- Make a Family Tree
- Painting Water Lilies
- Painting with Gold Dust
- Start an Art Journal
- Writing your own Life Stories
- Poetry for Beginners
- Te Tiriti o Waitangi
- Home Remedies Massage
- Traditional Māori Medicine
- How to Raise your Vibration
- Sew a Victorian Wardrobe
- Natural Body Products
- Garden Design
- German Culture
- Drumming workshop
- Hula Mai Dance workshop



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:

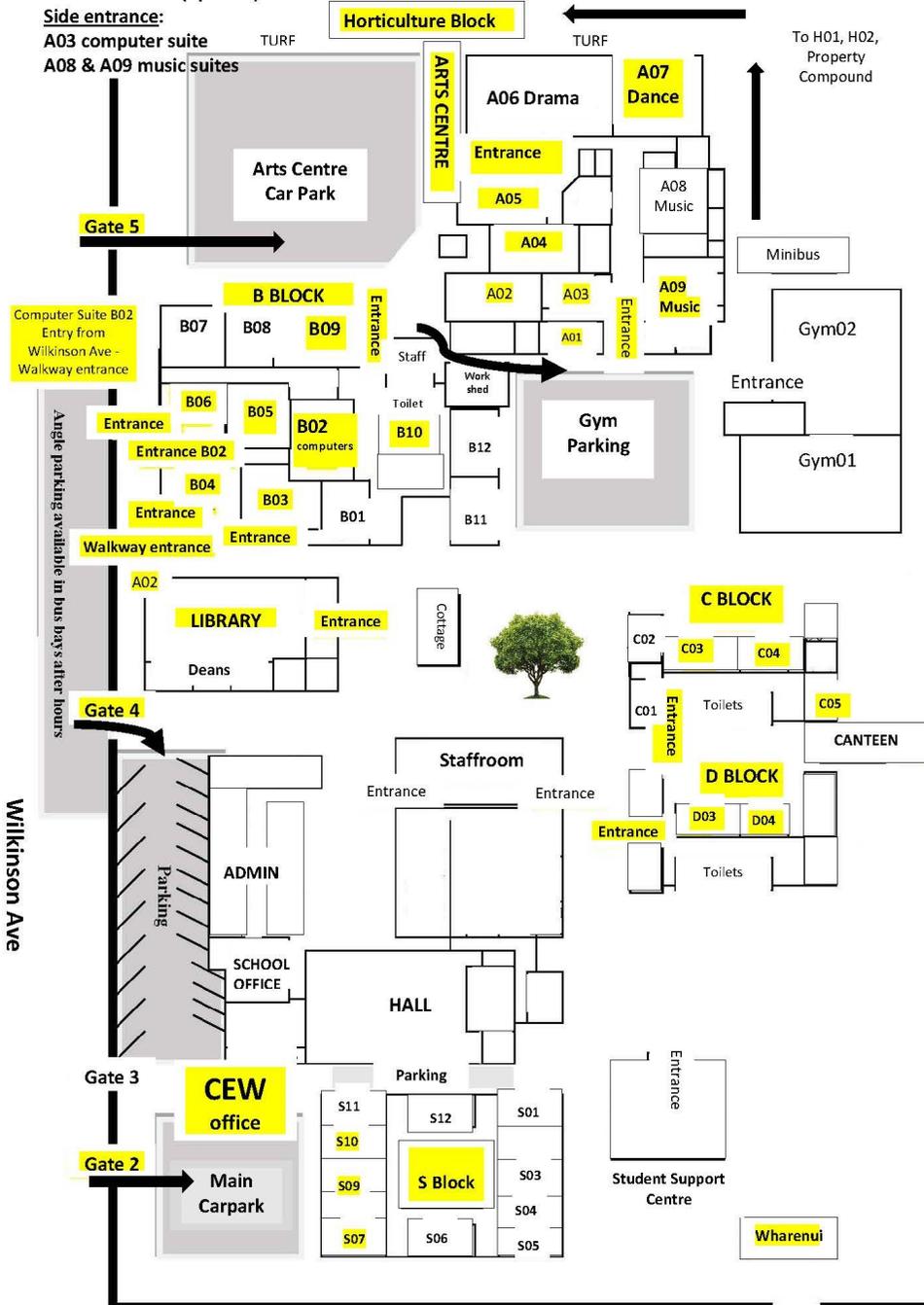
Arts Centre – A03

B block – B02

GENERAL CLASSROOMS:

C block

S block



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