



COMMUNITY EDUCATION WHANGAREI



www.cew.ac.nz

*We want to offer YOU a second chance at learning. Each term we offer a wide range of courses so you can upskill, learn a **new** skill, discover a **new** hobby and meet **new** people. We value diversity and support all adult learners. Our tutors are here to share their knowledge and inspire you to learn something **NEW!***

ADULT COMMUNITY EDUCATION

Affordable, Accessible, Lifelong Learning

Co-ordinator:	Shona Hill
Phone:	09 435 0889 (with answerphone)
Location:	Kamo High School, Wilkinson Ave, Kamo
Postal Address:	PO Box 4137, Kamo 0141
Email:	cew@kamohigh.school.nz
Website:	www.cew.ac.nz
Enrol:	Online - www.cew.ac.nz Email— cew@kamohigh.school.nz Ph—435 0889 OR call into our office All enrolments are responded to, no response means it hasn't been received.
Office hours: (term time only)	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 Monday 18 October**

Contents

Art & Craft Pages 4 - 5

Business & Computers Pages 6 - 8

Culinary Delights Page 9

General Interest Page 10

Health & Wellbeing Pages 11 - 12

Our Tutors Page 13

Home & Garden Pages 14 - 15

Music & Dance Page 16

Te reo Māori Page 17

What's New for Term 4, 2021?  Page 17

School Map Page 18

Enrolment forms Page 19

Some classes are subsidised, look for this symbol



Art & Craft

*A picture is a poem
without words!*

NEW

EXTENDING WATERCOLOUR APPLICATIONS into POWERFUL IMAGERY

Watercolour is a wonderfully expressive medium offering endless opportunities for portraying subjects in a painterly, informative manner. Gayle 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. In the morning, a seascape, in the afternoon, doors. Imagery will be analysed, simplified into a range of different tones. Colour choices and intensities will be discussed with step by step demonstrations. Feel free to bring along your own imagery but keep this uncomplicated. Ideal for those who recently attended *Watercolour for Beginners* but also suitable for those that want to have a go at watercolour. Tutor: Gayle Forster

D34 Sat 6 Nov 9am-3pm
1 day \$115

PAINTING with GOLD LEAF

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

D37 Sat 27 Nov 9am-2.30pm
1 day \$120

PAINTING WORKSHOP: HUNDERTWASSER STYLE

NEW

Hundertwasser is one of the outstanding artists of the 20th century. His original and unruly artistic vision expressed itself in visual art, architecture, philosophy and design. With the Hundertwasser designed building in Whangarei about to open we can recognise his genius. In this workshop you will explore Hundertwasser's visual language in practice, painting a picture in his inimitable style. With the use of bright colours, irregular shapes and strong outlines, all the features he is famous for, you will create a bright decorative painting on a medium size canvas using acrylics. Let Elena guide you step by step. All materials provided. Come along and have some creative fun!

D38 Sat 4 Dec 9am-2.30pm
1 day \$110



PAINTING WATER LILIES

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

D35 Sat 13 Nov 9am-2.30pm
1 day \$110

WEAVING WORKSHOP:**CONTEMPORARY KOROWAI and TĀNIKO**

Korowai is one of the oldest and most versatile of all Maori weaving techniques and can be used to create wall hangings, ketes, guitar straps and full-sized korowai cloaks. This hand weaving technique uses a range of different weaving materials. Join our tutor, Rita Pickering, in a relaxed and friendly atmosphere and learn at a pace you are comfortable with. Rita will provide a beginners kit on day one which includes the basic materials to get you started (cost \$55). Any additional materials are extra. This is a three-day workshop. A Saturday workshop is available in Whangarei or a Friday workshop in Dargaville. Start your journey to design and create your very own korowai, an heirloom to be treasured by future generations.

D14 Sat 20 Nov, 4 & 11 Dec (3 days) 
9am-5pm \$80 + materials

D15 Fri 29 Oct, 5 & 12 Nov (3 days) 
9am-5pm \$80 + materials

**NATURAL BODY PRODUCTS and
HAVE FUN with FRAGRANCE**

Refer page 14 for details

PAINTING with PALETTE KNIVES

Palette knife technique is effective and rewarding allowing 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. 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. Bring your own supplies (a list will be provided). Alternatively, the tutor can provide materials for an extra fee (if requested). Tutor: Elena Nikolaeva. This class has been rescheduled so spaces are limited.

D36 Sat 20 Nov 9am-2.30pm
1 day \$80 + supplies

MAKE YOUR OWN JOURNAL

Journals make great gifts and can be individualised to suit any occasion. Your journal can be used as an everyday diary, a travel journal, a record of your child's milestones, a memory book. Learn the step by step process of gluing, stitching, binding to make an A5 size journal. All materials provided. View samples at the CEW office. Tutor: Anne McRae

D16 Sat 6 Nov 9am-2pm
1 day \$55

INTRODUCTION to CALLIGRAPHY

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

D12 Sat 27 Nov 9am-4pm
1 day \$85

NEW



Business & Computers

Computers have lots of memory but no imagination!

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 from designing a website yourself. Bring along your own text and images or use our examples.

D160 Starts Thurs 4 Nov 6-8.30pm
4 weeks \$55



NEW

PHOTO EDITING

Explore how to adjust your photos, 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, make images for printing or the internet and where to find resources on the web. General computer skills essential. Bring along your own images or use our examples.

D135 Starts Tues 9 Nov 6-8.30pm
4 weeks \$50



NEW

IPAD for BEGINNERS

Are you struggling to use your iPad? Learn what you need to know to start enjoying your iPad. In this hands-on workshop explore iPad techniques including using the internet, APPs, navigation, eBooks, and photos. Join Shelley for this short morning workshop and learn in a relaxed atmosphere, at a comfortable pace.

D137 Sat 4 Dec 9am-12.30pm
1 morn \$45

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.

D66 Starts Tues 26 Oct 6-8.15pm
4 weeks \$85

FACILITATION IN PRACTICE

Do you want the chance to practice your facilitation skills in a supportive environment and to receive feedback for development? This learning opportunity will see you facilitating structured processes and discussions involving peers, alongside experiencing others doing the same. Ange Jones, a trained facilitator with ten years' experience, will provide you with the content you need and 'in-the-moment' coaching. This course is ideal for anyone who wants to stretch themselves, and who facilitates groups of people in meeting, educational or training settings. Anyone who has attended the Foundational Facilitation Skills course is also welcome to register.

D67 Sat 20 & 27 Nov 9.30am-4pm
2 days \$130

NEW



NEW**CREATING ENGAGING ONLINE MEETINGS**

With work and learning held online more and more, is it time you gained some tips and techniques for enabling enjoyable online meetings that help everyone to participate in undaunting ways? How is it to run meetings where you see yourself on screen and you cannot sense the feeling of others 'in the room?' How can you make use of the Zoom platform and basic facilitation skills to get people involved and support relationship building? Drawing on her experience of running virtual meetings and events, Ange Jones, a trained facilitator with ten years' experience will share her know-how and provide a chance for you to learn about and test out simple approaches and tools to create engaging online meetings. This course will be held virtually on Zoom

D68 Starts Mon 8 Nov 6.30-8pm
3 weeks \$45

INTERNET TIPS for BEGINNERS

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

D127 Sat 13 Nov 9am-12.30pm
1 morning \$40

NEW**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 will see what we can discover.

D134 Sat 27 Nov 9am-12.30pm
1 morn \$45

SORT & BACKUP FILES & FOLDERS

Do you try to download files only to have them disappear and not know where they went or how to find them again? Do you struggle to find documents you have saved? Gain confidence in using File Explorer and learn how to download files, create folders, sort your files and move them into folders the easy way! Backup those important files to a usb, external hard drive or the cloud. Learn all this in a short two hour workshop. Tutored by Jo Martin. Enrol now!

D115 Sat 27 Nov 9am-11.30am
1 morning \$30

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 explore blogging techniques while creating a quick free blog you can continue using at home or your office. Bring along your own text and images or use our examples. Tutored by Shelley Chappory

D132 Sat 20 Nov 9am-3.30pm
1 day \$30

NEW**NEW****LEARN TO USE GMAIL WITH CONFIDENCE**

Learn how to create a Gmail account, create and format emails and add attachments. Understand the difference between reply and forward and what CC and BCC are used for. Create folders to store your emails and move emails into them. Create, add and edit Contacts and Groups, access the calendar and tasks features in Gmail. Understand some of the basic settings, how to create an automatic email response, adding an email signature, etc. Tutor: Jo Martin

D129 Register your interest
Ph 435 0889

(Continued on page 8)

*(Continued from page 7)***CREATE with CANVA**

Get creative and explore the popular online tool Canva. Canva is easy to use, FREE, and provides a wide range of design options for you or your business. Quickly make items for print, social media, blogs, and websites. Create invitations, business cards, social media graphics, posters, brochures, logos, menus, portfolios, presentations, newsletters, book covers, resumes and more! Basic computer skills required. Bring along your own images and text or use the FREE resources available on Canva. Tutor: Shelley Chappory

D130 Sat 6 Nov 9am-12.30pm
1 morning \$40



*For further
information
Ph 435 0889*

NEW**USE TRADEME to BUY & SELL**

Would you like to use Trademe but don't know how? Learn how to set up a Trademe account. As a buyer learn how to add items to your watchlist, discover how to use the buy now or auction features and place feedback. As a seller learn how to list the items you want to sell, manage receiving payment and look at shipping options, etc. Tutor: Jo Martin

D110 Register your interest
Ph 09 435 0889

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! This class has been rescheduled so spaces are limited.

D103 Sat 6 & 13 Nov 9am-12.30pm
2 mornings \$35 

WORD WORKSHOP*Jo Martin*

Are you new to using Microsoft Word, or need to fill in some gaps? Learn how to create, edit, format, print, save and open a document. Add images, bullet points, numbering and borders. Spell and grammar check your document. Add headers and footers and change line spacing. Cut, copy and paste files and put files into folders. Create and edit those fiddly tables with ease. Use basic keyboard shortcuts to save time. Gain confidence in using Microsoft-Word!

D165 Sat 4 & 11 Dec 9am-12.30pm
2 mornings \$35 

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

**TERM DATES : 2022**

Term One:	8 February	-	14 April
Term Two:	2 May	-	8 July
Term Three:	25 July	-	30 September
Term Four:	17 October	-	16 December

Culinary Delights



Join our tutor and professional cook
BEN FERMMOOR

*To keep costs as low as possible
students are asked to provide
the ingredients they need.
Novices and non-cooks welcome.*

NEW

CHRISTMAS GIFTS IN A JAR

Kicking off the festive season in the kitchen this year are two homemade treats sure to please the chef or gourmet in your whanau. You will start by making some caramelised onion marmalade, perfect for cheese and cold cuts. Then you will preserve some lemons, which are in glut at the moment. Preserved lemons are ideal in North African cookery but can be used in any dish.

D175 Tues 23 Nov 6-8pm
1 eve \$25

*It's beginning to feel a lot
like Christmas!*

NEW

CHRISTMAS GIFTS FOR A SWEET TOOTH

Make some salted caramel nut brittle and a selection of hand-finished chocolate truffles. If any of these survive the journey home they will make perfect Christmas gifts for the sweet-toothed amongst us!

D176 Tues 30 Nov 6-8pm
1 eve \$35

NEW

CHRISTMAS GIFTS FOR THE TREE

Prepare to delight everyone this Christmas with these homemade stained-glass gingerbread tree decorations. Easy to make, stunning to look at!

D200 Tues 7 Dec 6-8pm
1 eve \$25

NEW

SWEET AS CHRISTMAS GIFTS!

A Christmas gift workshop consisting of salted caramel nut brittle, hand finished chocolate truffles and homemade stained-glass gingerbread tree decorations. This class is also suitable for the budding cook in the family aged 13 plus.

D205 Sat 11 Dec 9am-1pm
1 morn \$55

THE HUMBLE SCORE

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

D170 Tues 26 Oct 6-8pm
1 eve \$25

THE BEST LEMON DRIZZLE CAKE IN THE WORLD

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

D172 Tues 2 Nov 6-8pm
1 eve \$25

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

General Interest

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.

D66 Starts Tues 26 Oct 6-8.15pm
4 weeks \$85

HELP YOUR CHILD TO LEARN

Can you help your child who is struggling with literacy and maths? Short answer: Yes! The way your child learns best depends on personal and instructional factors. Reading is key; be introduced to how the science of reading approach will help your child. Learn about the foundational maths skills needed and how to weave maths into your everyday life. The overall aim is to discover some helpful strategies to assist your child to learn. This course is primarily aimed at parents/caregivers with students in years 1—8. However, the topics covered will assist any student who struggles with literacy and maths skills. Led by Sheryn Comrie and Eunice Fuchs from Dyzlexia PLUS Whangarei.

D240 Starts Thurs 4 Nov 6-8pm
3 weeks \$30 

NEW

FACILITATION IN PRACTICE

Do you want the chance to practice your facilitation skills in a supportive environment and to receive feedback for development?

Refer page 6 for details

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

"Great to have the opportunity and encouragement to write."

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). Limited spaces, enrol early. Tutor: Sally McGunnigle

D260 Starts Mon 18 Oct 6-8.30pm
4 weeks \$90





Health & Wellbeing

*It's never too early or too late
to work towards being
the healthiest you!*

NEW

BUILDING RESILIENCE

Imagine sharing a lovely safe and enjoyable space, with only a few people who are there to relax. Have life feel easy for a while, feel free of responsibility, and just have fun. Bliss! *What is the relationship between creativity and resilience?* According to one study, “creativity encourages positive emotions that can unlock our inner resources for dealing with stress and uncertainty”, resulting in you enjoying life more. This is an invitation to have a ‘play date’ and make up your own mind, checking in with how it feels to be able to show up, be taken care of and then leave feeling refreshed and inspired. Through the use of watercolours, splodges, doodling and some guided practice you will be giving yourself permission to feel relaxed and blissful. Tutor: Liz Gow

D443 Sat 13 Nov 9am-1pm
1 morning \$40 

NEW

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. Limited spaces.

D476 Sat 6 & 13 Nov 9am-3.30pm
2 days \$60 

QIGONG: FOUNDATION PRACTICE (12 RIVERS)

NEW

Qigong is a form of mind-body exercise that uses meditation, breathing, and movement to increase energy and enable the body to heal itself. The exercise and healing techniques are gentle, slow, rhythmical movements. Qigong can help decrease stress, elevate mood, improve sleep, activate healing energy, help to clear pain and boost your immune system. In this course you will learn “12 rivers qigong” which works with the organ meridians which flow like rivers through your body. Our tutor, Aiko Fukumoto, has been a Long White Cloud Qigong instructor for seven years and has taught in both Auckland and Whangarei.

D497 Starts Thurs 4 Nov 6-7pm
6 weeks \$30 

Visit: www.cew.ac.nz

MINDFULNESS MEDITATION

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

D410 Starts Thurs 28 Oct 6-7.15pm
6 weeks \$40 

(Continued on page 12)

(Continued from page 11)

BOOST your IMMUNE SYSTEM with SELF-LYMPHATIC MASSAGE

The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues, and is the key part of the immune system. Some health conditions can cause lymph fluid to build up that may lead to sickness. In this workshop you will learn how to help improve the lymph fluid circulation and prevent illnesses such as the flu. The Lymphatic massage involves a very gentle touch, so is also suitable for older students, but is very effective. It can be beneficial for swelling or edema, fatigue, stress, sinus, skin care, sleep difficulties and digestive problems. Learn the basic mechanisms of the lymph system and some acupressure points for boosting your immune system. This replaces the class scheduled for last term so there are limited spaces. Tutor: Aiko Fukumoto

D480 Sat 30 Oct 9am-3pm 
1 day \$30

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 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 and Sociology. Register your interest in this fun, interactive, one day workshop being offered in 2022.

D450 Register your interest for next year
Ph 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!

D498 Starts Mon 8 Nov 6-7pm
5 weeks \$25



Email:

cew@kamohigh.school.nz

TRADITIONAL MĀORI MEDICINE and HOME REMEDIES

Experience a wonderful part of our heritage, the medicinal properties of our native plants. Learn more about your local bush and the plants within. Our tutor specialises in Māori medicines using plants and ingredients from your backyard, the bush and pantry that are all readily available. Discover some simple home remedies for common ailments and conditions. Ears, eyes, throats and stomach often tend to be the main problem areas for families. In this two-day practical hands-on workshop you will make your own tonics, teas and balms together with some simple remedies including an eye wash, ear ache treatment, cough syrup, probiotics for your stomach and a medicinal balm. Join our tutor, Michelle Sime, 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. This replaces the class scheduled for last term so there are limited spaces.

D445 27 & 28 Nov 10am-5pm
Weekend \$65



Our Tutors



Sally



Gayle



Ben



Rita



Ken



Home & Garden

*We shape our homes, then
our homes shape us!*

NEW

UPHOLSTERY WORKSHOP *Ken Brain*

Do you have a chair or stool that needs recovering? Have you always wanted to learn how to upholster but don't have the skills or equipment? Learn the basics of upholstery in an intensive weekend workshop with our experienced tutor. Gain the confidence to give it a go! Meet the tutor at the info evening so you can discuss your project, registration is essential – ph 435 0889. Materials are extra and basic sewing skills are recommended. Two workshops are available this term but spaces are limited, enrol early to avoid disappointment.

D355	6 & 7 Nov Weekend	9am-4.30pm \$165
D356	27 & 28 Nov Weekend	9am-4.30pm \$165

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. Join Viv at the information evening to discuss your project, ph 435 0889 to register. We look forward to seeing you. Two classes are being offered this term due to the interest received.

D350	Starts Mon 8 Nov 5 weeks	6-8.30pm \$65	
D351	Starts Wed 10 Nov 5 weeks	6-8.30pm \$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.

D345	Sat 13 Nov 1 afternoon	12.30-4pm \$55
-------------	---------------------------	-------------------

HAVE FUN with FRAGRANCE

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 27 Nov 1 afternoon	12.30-2.30pm \$35
-------------	---------------------------	----------------------



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.*

GARDEN DESIGN

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

D220 Starts Tues 9 Nov 6-8pm
4 weeks \$85

*A garden makes
a house a home*

**GROWING BANANAS**

Have you ever thought about growing bananas? Learn how to inexpensively set up a banana plot. You don't need a lot of space, bananas can happily grow in a small urban section. Do you already have ornamental or edible banana plants? Then discover how you can maximise fruit quantity and size with the right plant care to receive an abundance of tasty fruit. Learn about safe harvesting techniques, storage tips and how to market any excess produce. ** Includes a banana plant to get you started, and banana tasting (supply permitting). Presented by two local banana enthusiasts: Roslyn Norris and Geoff Mansell (a qualified horticulturalist & grower).

D225 Sat 20 Nov 9am-11am
1 morning \$45 **

"If you are looking for gaining knowledge in this area, I recommend this course. It has certainly helped me in my growing journey."

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.



Music and Dance

*Music is the best solution
to any problem!*

NEW

FIDDLE TUNES

Expand your knowledge of traditional folk melodies while learning basic technique and community 'session' etiquette. During this series of classes, we will explore how to play lively instrumental tunes played on acoustic instruments. A new tune will be introduced each week, gradually building a repertoire of classics while enabling you to participate with confidence in the company of friends, around the campfire or in your local tune session. There is a rich culture of traditional music in many countries around the world, and the melodies and rhythms have brought listeners, dancers, and performers together for many years. Fiddle Tunes fosters a musical community and is welcoming of all experience levels. *Bring your own instrument. Tutored by

Bryan Owens

D525 Starts Wed 3 Nov 6-7.15pm
6 weeks \$75

*"Music gives a soul to the
universe, wings to the mind,
flight to the imagination, and
life to everything." – Plato*

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

D520 Mon 29 Nov 5-6.30pm
1 evening \$25



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

DANCE the FLAMENCO

Discover the magic of Flamenco! The Flamenco is a highly expressive dance form which originated from the gypsies in southern Spain. It includes hand clapping, sweeping arm movements and rhythmic footwork. Our tutor, Adrienne Petre, trained in Spain and has over 20 years dance experience. By the end of this six week course you will be dancing the Flamenco! No partner necessary as this is a solo dance. Spaces are limited. Dance like nobody's watching!

D535 Starts Tues 2 Nov 6-7pm
6 weeks \$60

Visit:

www.cew.ac.nz



*The CEW office will
be closed over the
school holiday period
and will re-open on
Monday 18 October*

Te reo Māori

*Mā te rerekētanga ka kaha
Through diversity
comes strength*

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

D398 Starts Mon 8 Nov 6-8pm
5 weeks \$40



TE REO MĀORI : TE MAHI KA WHAI AKE

Take the next step! Continue your learning journey and extend your existing knowledge. If you already know the basics and want to expand on your language skills there is no better way than to immerse yourself in the language. Korero with confidence with our kaiako, Maria Jackman.

D399 Starts Mon 1 Nov 6-8pm
6 weeks \$45



Please note:

**THERE WILL BE NO
CLASSES OVER
LABOUR WEEKEND
23 – 25 October**



- Start a Blog
- Photo Editing
- iPad for Beginners
- Facilitation in Practice
- Explore your Family History
- Sort & Backup Files/Folders
- Zoom meetings
- Te reo Māori :
te mahi ka whai ake
- Paint Hundertwasser Style
- Extending Watercolour
- Make your own Journal
- Natural Body Products
- Have Fun with Fragrance
- Fiddle Tunes
- Reflexology
- Discover Qigong
- Building Resilience
- Self-Lymphatic Massage
- Help your Child to Learn
- Christmas Cooking

ARTS CENTRE:

Main entrance:

A04 & A02 art rooms

A06 drama

A07 dance floor (upstairs)

Side entrance:

A03 computer suite

A08 & A09 music suites

B BLOCK:

B03 & B04 cooking rooms

B06 sewing/textiles

B09 woodwork

COMPUTER SUITES:

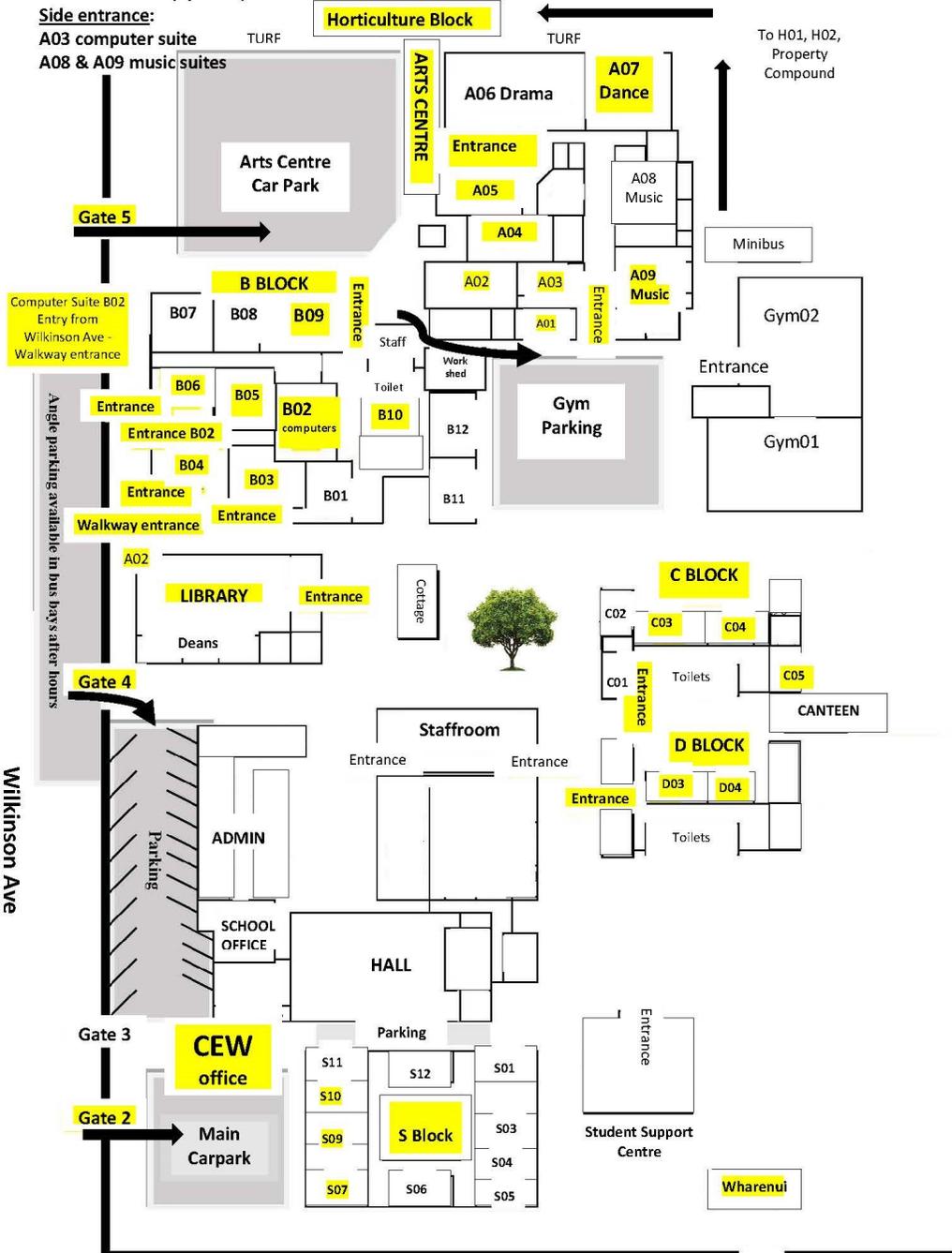
Arts Centre – A03

B block – B02

GENERAL CLASSROOMS:

C block

S block



CE - W ENROLMENT FORM

Community Education, P.O. Box 4137, Kamo

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

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

Address:.....

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

Email:.....

Code No.	Course Title	Receipt no	Fee

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

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

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

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

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

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

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

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

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

PLEASE SUPPORT OUR ADVERTISERS



COASTAL ACCOUNTING

BUSINESS DEVELOPMENT - TAX SERVICES - SOFTWARE SOLUTIONS

P: 09 435 3426
A: 2A GRANT ST, KAMO, WHANGAREI
W: COASTALACCOUNTING.CO.NZ
E: OFFICE@COASTALACCOUNTING.CO.NZ

OPENING HOURS
MONDAY TO FRIDAY
8.30AM - 5.00PM



Cheryl Louw

Registered Dog Groomer
with
National Dog Groomers Association of NZ



Mob: 021 022 41507
Email: cheryl@niftydoggrooming.co.nz
Web: niftydoggrooming.co.nz



kamo village florist

523 Kamo Road
Whangarei
Ph: 09 435 1115
Fax: 09 435 1126
orders@kamoflorist.co.nz
www.kamoflorist.co.nz

Fabulous Flowers & Beautiful Giftware



Whangarei & Dargaville

Personalised goodbyes
for over 60 years

Phone +64 437 5799
office@morrisandmorris.co.nz



Morris & Morris Funerals

60 YEARS OF SERVICE
ESTABLISHED 1954

morrisandmorris.co.nz



David's PHARMACY

BESIDE THE BUSH ROAD MED CENTRE, KAMO

OPEN: Monday to Friday 8am to 6pm,
Saturday 9am to 12 pm

PHONE: 435-2595.



Your Professional IT Specialists

uit.co.nz



Kamo Parts

09 435 4050

Mon - Fri 9am - 4:30pm
Sat 9am - 12pm

AUTOMOTIVE & PERFORMANCE PARTS

579 Kamo Rd Kamo Whangarei
admin@kamoparts.co.nz | www.kamoparts.co.nz



re-vive Beauty

Ph: 09 435 0938 • 483 Kamo Rd
E: relax@re-vivebeautytherapy.nz
www.re-vivebeautytherapy.nz



A FREE Composting Program

including workshops & 8 weeks
of support from experienced
kaiārahi (mentors)

Participants can claim up to
75% discount
on a compost
system of their
choice.



ecoSOLUTIONS

To register or find out more:
E: greer@cbec.co.nz P: (09) 438 8710
FB: CompostConnectionNorthland
www.ecosolutions.org.nz

KEN, your friendly upholsterer for all your upholstery needs



- 35 years experience
- Guaranteed workmanship
- Text or email a photo of your furniture for a prompt quote

Text: 027 202 8083
Email: jennibrain@gmail.com