

## ART, MUSIC & DANCE

### **171-01 DRAWING – Nina Cook**

**Starts 15 February, 9.30 – 11.30 am, 8 Wednesdays, \$68**

In this course you will learn drawing fundamentals that will strengthen and complement your existing skill base. The aim is to grow both your knowledge and confidence and to assist in developing your individual style. Beginners are welcome, with the small class sizes allowing for some individual tuition. Nina is a working artist with substantial technical knowledge. She has taught drawing for over 13 years. Please bring a pad of A3 cartridge paper, 4B and 6B graphite pencils, a rubber, medium black charcoal pencil, and a soft white charcoal pencil. Some additional media may be required as the class progresses and you become more adventurous!

### **171-02 INTRODUCTION TO LOOKING AT, UNDERSTANDING & MAKING ART –**

**Diane Swain**

**Starts 27 February, 10.30 am – 12 noon, 6 Mondays, \$51**

In this course we will go to the Christchurch Art Gallery to look at the ways artists have used ideas, materials and methods in their works. We will then come back to the WEA and apply some of these ideas and techniques to drawing, painting, printmaking and 3 dimensional work. An interest in extending your ideas in making your own work would be a good but no experience is necessary. Beginners are welcome. Please bring an old shirt and \$15 to give to the tutor towards the cost of materials. Diane was formerly the HoD in Art and Art History and an education officer at the Christchurch Art Gallery. She still guides and occasionally teaches there and enjoys making stuff.

### **171-03 ISRAELI FOLK DANCING – Valerie Clements**

**Starts 15 February, 11.45 am - 1.15 pm, 8 Wednesdays, \$51**

Israeli Folk Dancing is ideal for improving ones general well-being. It is good exercise for physical fitness and pleasurable, because of the lovely music and learning to move with it. As one concentrates and tries to remember the different movements, it shuts out the rest of the day, which is both relaxing and counters stress. There are different styles from different parts of the world, some vigorous and some gentle and graceful, but all dances are written for joyful occasions. Val has been dancing and teaching Israeli Folk Dancing for twenty two years and the pleasure hasn't faded. No partners required.

### **171-04 ITALIAN SINGING - Claudia Lues**

**Starts 16 February, 12 – 1 pm, 8 Thursdays, \$37**

When you think of Italy, surely good food and music come to mind. Learn to sing beautiful Italian songs, both modern and classics, and learn the language at the same time. Claudia is Italian and grew up with a love of her culture and it's music. She has conducted and sung in choirs and has been familiar with the stage throughout her life. She would love to share her passion of Italian music with you, let your heart sing for an hour and be transported to ITALIA. Ciao!

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**171-05 PRINTMAKING – Diane Swain****Starts 27 February, 1 – 3 pm, 6 Mondays, \$51**

This course aims to develop your ideas for prints through drawing and experimenting with printmaking techniques in relief prints, especially mono prints, screen prints and perhaps intaglio. A basic understanding of printmaking would be useful but not necessary, beginners are welcome. We will supply a press, some inks, tools, plates/blocks, other materials and papers. Please bring along \$15 to give to the tutor to go towards the cost of these materials, an old shirt and a 4B or 6B pencil. Diane was formerly an HoD of Art and Art History at UC and an Education Officer at the Christchurch Art Gallery.

**171-06 SINGING FOR PLEASURE – Claudia Lues****Starts 16 February, 11 am – 12 noon, 8 Thursdays, \$37**

Claudia Lues is the new tutor for this class, welcome Claudia and farewell and best of luck to you David.

**171-07 THE INGREDIENTS OF MUSIC - Roger Buckton****Starts 2 March, 1.15 pm – 2.45 pm, 6 Thursdays, \$39**

Using a variety of live and recorded music examples, Roger Buckton discusses the nature of music and its elements. Based loosely on the book, "*Ear Cleaning*" by Canadian composer Murray Schaffer, the course aims to develop listening skills to enhance music enjoyment and appreciation. Theoretical music background is not required.

## **ENVIRONMENT & SCIENCE**

**171-08 LIES, DAMNED LIES AND POLITICS - Patrick Kearney****Starts 14 March, 1 – 2.30 pm, 5 Tuesdays, \$32**

A course where we will critically analyse statistics in the media and some other important mathematical ideas, like population growth.

**171-09 THE LIFT LIBRARY SESSIONS – Juliet Adams****Starts 8 March, 1.30 – 2.30 pm, 5 Wednesdays, gold coin donation**

The Lift Library is part of Project Lyttelton; these projects are very much about helping communities facilitate self determination and change of communities from within that are important to them, for them and by them. Juliet Adams will facilitate these sessions with discussion being the key element, she plans on running sessions which specifically interest the group and will bring along items, resources and ideas from the library for people to have a look through. A broad range of topics can be covered, including; Environment & Climate change, Money Alternatives, Community, how to improve community life, Health, Food & Gardens including farming, Economics, including politics, Local history, Indigenous groups and Children's books.

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## LANGUAGES & LITERATURE

### **171-10 ADVANCED LATIN – Andrew Moore**

**Starts 10 March, 1 – 2.30 pm, 5 Fridays, \$32**

This course aims to build on the foundations laid down in the Introductory Latin courses last year. It will examine some texts by prominent Roman authors and poets, and provide practical exercises using the translation techniques already learned, in order to demonstrate how the language was used in everyday Roman life.

### **171-11 CREATIVE WRITING - FICTION – Helen Hogan**

**Starts 15 February, 10 am – 12 noon, 8 Wednesdays, \$68**

In this course students study the short story genre by reading to each other the stories they write and, through discussion, consider the many aspects and varieties of the form. The course is intended for people who have already found pleasure in writing and want to build on and extend existing skills. Helen Hogan is a writer and teacher.

### **171-12 HEROES OF MYTHOLOGY – Grant Pheloung**

**Starts 6 March, 10.30 am – 12 noon, 5 Mondays, \$32**

This class will look at various heroes of ancient mythology including Hercules, Achilles, Odysseus, Aeneas, Romulus, Remus and Thor.

### **171-13 HOW TO SELF-PUBLISH USING CREATESPACE – Michele McConnochie**

**Starts 14 February, 6 – 8 pm, 8 Tuesdays, \$68**

This course is for budding authors, memoir writers, family historians, who want to publish the result of their work in small numbers. Ideally participants for this course would have completed or almost completed their manuscript. Createspace is the tool that will be used, it is a free package available from Amazon design to help people self publish books and e-books, making them available for sale. By the end of the course students will know how to use Createspace, have their own account, will know the options available for independent publishing and will know some of the ways of maximising their sales.

### **171-14 INTRODUCTORY LATIN – Andrew Moore**

**Starts 10 March, 10 – 11.30 am, 5 Fridays, \$32**

A course outlining the structure of the Latin language – the formation of words and how their function in a sentence is indicated by their endings. It caters for both beginners and those looking to refresh previous experience. Basic grammar will be covered, which will provide understanding of why we use words as we do. The course will also demonstrate the origin of many English words. Andrew completed a B.A. (Hons) degree, in Classics, at the University of Canterbury in 2009 and is currently teaching Latin at Kirkwood Intermediate School

**171-15 WRITING FOR CHILDREN AND YOUNG ADULTS – Michele McConnochie**  
**Starts 14 February, 12.30 – 2.30 pm, 8 Tuesdays, \$68**

This course is to help give budding authors who are or intending to, write stories, chapter books, picture books and long young adult novels an understanding of literature for children and teenagers. At the end of this course, students will know the different age categories that children's books fall into, the type of language and the topics generally used in each and have an overview of publishing options.

**TE REO MAORI:** An eight-week introductory course in Maori language and customs is being offered by Risingholme Community Centre in three different locations. This evening course (6.30 – 8.30 pm) has a strong focus on speaking and understanding spoken Te Reo Maori. It is aimed at providing beginners with knowledge of basic greetings to more complex sentences. The class will also provide an opportunity for the more advanced to support the beginners and practice and increase their skill in speaking, listening and understanding. Waiata (songs), tikanga (culture), karakia (prayers) and mihi (introductions) will be covered together with oral/aural and reading/writing skills. The course starts on Tuesday 9 February at Christchurch Girls' High; Wednesday 10 February at Riccarton High School or Thursday 11 February at Shirley Boys' High School. For further information contact Risingholme Community Centre, phone 332 7359; email: [info@risingholme.org.nz](mailto:info@risingholme.org.nz) or go online to: [risingholme.org.nz](http://risingholme.org.nz)

**PLAY READING – D-I-Y Play Reading group meets Thursdays**  
**10 am – 12 noon. \$3 donation. Phone Wendy 352 7119 for more information.**

**BOOK DISCUSSION SCHEME (FWEA)**

If you enjoy reading and want to join an existing book group or start up your own, the FWEA Book Discussion Scheme is the place to start! We lend out sets of more than 800 titles, from non-fiction to the latest page-turners. Groups read the same book and receive discussion notes to help get the conversation going. \$60 for 10 books a year; student and half-programmes also available (\$45/\$30). Website [www.bds.org.nz](http://www.bds.org.nz) Email: [bds@bds.org.nz](mailto:bds@bds.org.nz) or phone us on 365 6210.

**LIFESTYLE**

**171-16 ARMCHAIR TRAVEL – various speakers**  
**Starts 16 February, 10.30 – 11.30 am, 8 Thursdays, \$33**

- 16 Feb **Alps to Ocean** - Alan Schroeder
- 23 Feb **More tales of motorhoming in Morocco** - Lynn & Nick Liddle
- 2 Mar **Celts, Viking & other; a journey to my beginnings** - Juliet Neill
- 9 Mar Deborah Williams
- 16 Mar **South Japan** - Rob Ferguson
- 23 Mar To be confirmed
- 30 Mar **Travelling in East Germany & Poland part 1** - Lynn & Nick Liddle
- 6 Apr **Travelling in East Germany & Poland part 2** - Lynn & Nick Liddle

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**171-17 CHANGING YOUR FAILURE PATTERNS TO SUCCESS PATTERNS. THE FUNDAMENTALS OF INCREASING SELF-EFFICACY – Cathie Edwards**

**Sunday 19 March, 2 – 4.30 pm, \$13**

After trying and failing, many people believe, that they just don't have what it takes to change their behaviour. Research shows this low self-efficacy becomes a self fulfilling prophecy. The more a person doubts their capabilities, the lower their chances of succeeding. Just 'thinking positive' isn't enough to break this 'failure pattern'. At this workshop you will learn the fundamentals, the most important, research based strategies to help you break your 'failure pattern' and increase your self-efficacy. Is this workshop for you? This workshop is for anyone who lacks confidence that they can do (and keep doing) the behaviours needed to reach their goals. Some of the goals previous participants at this workshop worked on; getting organised, time management, finances, paper work, clutter, eating healthy, becoming fit, stopping procrastinating, thinking before reacting, stopping nail biting, stopping smoking and becoming assertive. For more information about this workshop visit Cathie's website [www.temptationtraining.com](http://www.temptationtraining.com)  
Cathie is a professional life coach who specializes in supporting people who want to change their behaviour.

**171-18 MAH JONG - Tuesdays, 10 am - 12 noon, \$3 donation.**

This fun and challenging game continues every Tuesday. If you have your own set please bring it along, otherwise just come along and join a bunch of friendly people having fun. **Beginners welcome.**

**171-19 SELF CONFIDENCE BY AUTHENTIC TRANSFORMATION – Hayley Maree Litt**  
**Starts 3 March, 10 am – 12 noon, 6 Fridays, \$51**

This course is designed to help change peoples lives from the inside out. There are six core components designed to implement the theory into everyday life, which enriches and brings forth new changes. Sessions include, what is self esteem, identity, gratitude, assertiveness and boundaries and what are our gifts. Hayley-Maree Litt is a passionate tutor who has created this material and is excited about sharing it with others.

**171-20 TAI CHI QIGONG AND HARA BODY ALIGNMENT - Geraldine Parkes**  
**Starts 14 February, 1.30 pm – 2.30 pm, 8 Tuesdays, \$40**

Tai Chi was developed from Qigong, which has always maintained the aim of health of well-being. Thousands of Forms of Qigong have developed over the last 5000 years in China. Qigong uses easy to learn movements to guide the mind to draw in and replenish Qi. The movements increase flexibility, balance and co-ordination, the Qi heals and energies, and the whole activity brings deep relaxation and a calm and focused mind. Hara refers to an area of power within the physical body that contains the Tan Tien - your core or centre of gravity. This is also a falls prevention programme. All welcome, limited numbers so enrol early.

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## PHILOSOPHY & CULTURAL STUDIES

### **171-21 ACTIVISM AND CHRISTCHURCH'S ACTIVIST MOVEMENTS – Charles Drace** **Wednesday 1 March, 7 – 9 pm, \$9**

It is through our voices and actions that we get the change we need. Activist movements like Keep Our Assets, 350.org Climate Action, Its Our Future anti-TPPA, Generation Zero, SAFE and various Save our River and similar campaigns are alive and thriving in Christchurch. As author Alice Munro says "Activism is my rent for living on this planet." Local activist Charles Drace repeats his lecture for a stage 3 University of Canterbury course, Social Movements. Of interest to those curious about how the economy and society changes, those who have thought they would like to become more active, those who would like to meet like-minded people and those who have seen activist marches and rallies on TV and would like to know what's it all about.

### **171-22 DONALD TRUMP - Grant Pheloung** **Starts 13 February, 10.30 am – 12 noon, 3 Mondays, \$19**

Donald Trump is now President but questions still remain about who he is, who he represents and why so many Americans chose to vote for him. This class will look at these questions and try to understand why America is so divided.

### **171-23 ETHICS AND MORALITY – Michael Couch** **Starts 15 February, 10 am – 12 noon, 5 Wednesdays, \$42**

Good and Evil. Saints and Sinners. Right and Wrong. Nice and Nasty. Our world is full of these terms- vague yet filled with meaning. This course explores some basic issues, ideas and theories. We will discuss the complexity of these terms, whether we can truly justify their use and what the consequences might be by doing so.

### **171-24 FEMINIST HISTORY, THEORY, AND PRACTICE - Sionainn Byrnes** **Starts 13 February, 6.30 – 8 pm, 8 Mondays, \$51**

This course will explore the history of feminist theory and emphasize the practical applications of the theory throughout the course. The course outline covers Introduction to (Western) feminist history, socialist feminism, feminism and critical race theory, feminism and queer theory, ecofeminism, liberal feminism and radical feminism, identity politics and writing as resistance. As well as the tutor several guest speakers will come and offer their thoughts to the topics covered. Sionainn Byrnes is a PhD student at UC.

### **171-25 THE ART OF MATHEMATICS II – Patrick Kearney** **Starts 14 February, 1 – 2.30 pm, 4 Tuesdays, \$26**

A course where we will explore some more of the patterns that have fascinated people since the classical era. A continuation from The Art of Mathematics but not a problem if you did not attend this course.

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**171-26 THE WHY & HOW OF CHRISTIANITY - Rodney Routledge****Starts 13 March, 1 – 2.30 pm, 4 Mondays, \$27**

Who was Jesus? Just another learned Jewish Rabbi or Mediterranean mystic? Did he really intend to found a church? Did his followers misunderstand his mission? Drawing on recent biblical scholarship and research the emergence of the Christian faith tradition at a particular time in history will be traced. Its evolution into the early Christian church will be noted. Parallels with the other Abrahamic faith traditions Judaism and Islam will be discussed. This course is not about promoting the virtues or otherwise of the Christian faith. Rodney Rutledge is a community worker and ordained Presbyterian Minister and former lecturer in Social Work at the University of Canterbury.

**LIVING IN THE PRESENT: A ONE CHANCE LIFE – This WEA group is now meeting monthly on the fourth Saturday of the month at 10 am – 12 noon, donation Starts 25 February**

Many people today have no church or faith commitment, but remain very interested in the important questions of life, death and making sense of life in the present. They also believe that part of developing a full humanity is to work to make the world a more just and fair place. Such a perspective can be called secular humanism. It is based on the premise that all we have is the living of our own brief lives and we do not have immortal souls. We each have a one chance life. Phone Rodney 377 5011 for more information.

**NEW BRIGHTON COURSES – please enrol at the WEA**

**171-27 SIT AND BE FIT - Katrina McKenzie - at St Faiths Church, 46 Hawke St, New Brighton**

**Starts 13 February, 1 – 2 pm, 8 Mondays, \$25, enrol at the WEA**

These exercise classes teach gentle movements, with low cardio stress. A little bit of brain gym is included and we try to incorporate some balance and breathing instruction. The classes are lots of fun as we sing along to the music, with a big focus on safety. Loose clothing and sensible supporting shoes are essential. The class is divided into mostly seated and a little standing, (though all exercises can be done sitting). Katrina has been a group fitness instructor for the past four years, mainly working with community based classes.

**171-28 TAI CHI, QIGONG & HARA BODY ALIGNMENT – Geraldine Parkes – at Union Parish Hall, cnr Collingwood & Union Sts, enrol at the WEA**

**Starts 13 February, 1.45 pm – 2.45 pm, 8 Mondays, \$40**

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## WEA CLUBS

### WEA FIELD CLUB

An established group to encourage outdoor activity and the enjoyment of natural history and the beauty of the countryside. Monthly trips on 3rd Saturday. Phone Barbara, 355 2040.

### WEA OUTDOOR PAINTING CLUB

Meets Saturday mornings at previously arranged painting places. Programme displayed at WEA Centre or by mail. Phone Judith 335 0055 or Jeanie 420 1527.

### WEA NORTH WEST BRANCH

Meets at Chapel St Church Hall, cnr 78 Harewood Rd & Chapel St. Fridays 10 - 11.30 am. \$4 per session. A variety of tutors speak on a wide range of topics. For full programme details phone Jan 351 9796.

## GENERAL INFORMATION

**THE CWEA** established in 1915, is a non-profit, voluntary, adult education association which aims to provide education for personal growth and towards the establishment of a just and equitable society. The CWEA strives to provide affordable courses of a high standard that encourage discussion and respond to ideas and events in the community.

**Venue:** All courses held at the WEA Centre, 59 Gloucester Street, unless stated.

**Office hours:** Monday to Friday: 9.30 am - 3 pm. Phone: 366 0285  
Email: [admin@cwea.org.nz](mailto:admin@cwea.org.nz) Website: [cwea.org.nz](http://cwea.org.nz)

**Changes:** WEA reserves the right to alter any of the published arrangements either before or during a course, or to cancel a course.

**Course material:** A small charge, payable by arrangement with the tutor, will be made for photocopied notes or materials where it is not part of the course fee.

**Payments:** Online registration for courses allows immediate enrolment via payment by Credit card/Paypal. You can also register online and pay via internet banking/cheque/cash. These payments need to be approved and funds received before enrolment is confirmed. Cash, cheque and EFTPOS payments are accepted at the office. Credit cards are ONLY accepted via online registration.

**Internet Banking:** If paying by Internet banking please fill in enrolment form on our website, stating you wish to pay by internet banking, then submit.

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**Receipts** are only sent if requested and require a stamped self-addressed envelope. Your enrolment has been accepted unless you are informed otherwise.

**Refunds:** We regret refunds are not issued except where a course is cancelled by us. WEA cannot accept responsibility for changes in personal circumstances.

**Parking:** Sorry - **no parking** on WEA premises except for tutors, or those with a mobility card who have arranged a space with the **WEA** office. Please also phone to arrange wheelchair access.

**Fee reduction:** Applications on grounds of hardship will be considered.

**Membership:** Annual: Individual \$15, Family \$25, Affiliate \$30, and Life \$200.

**Members' concession:** WEA members are entitled to a \$2 discount per course.

**Holidays:** Usually no classes will be held Easter weekend (including Easter Tuesday), Anzac Day, Queen's Birthday weekend, Labour weekend and Show weekend (including Thursday evening of Easter and Show weekends).

**Donations** are tax deductible.

**Complaints:** Minor complaints about any aspect of the services provided by the CWEA to be made to the Coordinator. More serious complaints to be made in writing to the CWEA President.

**Privacy Concerns:** The CWEA recognises the importance of privacy of personal details. We expect that people who attend our courses or use our facilities including our WIFI will respect and agree to the terms and conditions we impose. By enrolling at the CWEA you are accepting our terms and conditions.

**WIFI Conditions of Use:** Wifi access is provided for some courses and a Conditions of Use form must be completed to gain access to the password.

The CWEA appreciates the support of the Rata Foundation  
and the Christchurch City Council