

ART, MUSIC & DANCE

172-01 DRAWING – Nina Cook

Starts 10 May, 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!

172-02 ENGLISH COUNTRY DANCE – Nicola Rooney

Starts 9 May, 10.30 – 11.30 am, 8 Tuesdays, \$34

Published in 1651, *The Dancing Mater* was the first collection of English Country Dances. Editions of this book remained popular for nearly a hundred years, and the dances were mentioned fondly in Napoleonic and Victorian literature. In Britain at the turn of the twentieth century, English Country Dance saw a revival as a dance form. Anyone who enjoys music and moving to music can do this fun and social activity. It is easy to learn the choreography quickly, and the music is up-beat! Comfortable shoes and clothing are recommended, come prepared for a few laughs. Nicola began ballet, jazz and improvised movement to music from a young age. She was introduced to English Country Dance at University where she joined the Medieval and Renaissance Society, and subsequently taught dance there for 13 years. Nicola is an itinerant music teacher, and as a hobby is currently studying and teaching Middle Eastern dancing.

172-03 ISRAELI FOLK DANCING – Valerie Clements

Starts 10 May, 11.45 am – 1.15 pm, 8 Wednesdays, \$51

Israeli Folk Dancing is ideal for improving one's 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.

172-04 ITALIAN SINGING - Claudia Lues

Starts 11 May, 12.15 – 1.15 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 its music. She has conducted and sung in choirs and has been familiar with the stage

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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!

172-05 SINGING FOR PLEASURE – Claudia Lues
Starts 11 May, 11 am – 12 noon, 8 Thursdays, \$37

Claudia loves to share her passion for music with everyone who loves to sing. From the music of the past to the present we cover all genres; sing along, swings, musicals and movies, ballads, classics and even a few jazzy songs. Come and have some fun and forget about your worries for an hour. Singing improves your mental and physical health making you happy and energized. See you there!

CURRENT & INTERNATIONAL AFFAIRS

172-06 THE LINCOLN EFFORD MEMORIAL LECTURE: MIGRANT WORKER EXPLOITATION IN NEW ZEALAND: A TROUBLING LANDSCAPE - Dr Christina Stringer
Thursday 15 June, 7 – 8.30 pm, Free Event

Christina will present the findings from a two-year research project into migrant worker exploitation in New Zealand. Dr Stringer found non-compliance with employment legislation along with troubling accounts of exploitation. Many temporary migrants tolerate exploitation so they can qualify for permanent residency or because they are coerced and/or deceived by their employer. Please help spread the word about this event, everyone welcome.

ENVIRONMENT & SCIENCE

172-07 JUST THE FACTS: LATEST GLOBAL WARMING SCIENCE UPDATE – Charles Drace
Friday 28 April, 7 – 9 pm, \$9

Scientists have agreed for more than 25 years about the trajectory of climate warming and the effects on our world and our lives. However, data from 2016 caused a major rethink of the scientific projections for the near future as well as the long term future. This presentation by author, lecturer and activist Charles Drace draws on the latest scientific data to understand the current and future climate developments and how to share how each of us can help keep temperatures within a livable tolerance. A must for those frustrated by the scarcity of science in the media and for everyone with children and grandchildren.

LANGUAGES & LITERATURE

172-08 ADVANCED LATIN – Andrew Moore
Starts 2 June, 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.

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172-09 CREATIVE WRITING - FICTION – Helen Hogan**Starts 10 May, 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.

172-10 HOW TO SELF-PUBLISH USING CREATSPACE – Michele McConnochie**Saturday and Sunday 3 & 4 June, 10 am – 3 pm, \$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 maximizing their sales. This will be run as a weekend workshop and more information will be sent once enrolled

172-11 INTRODUCTORY LATIN – Andrew Moore**Starts 2 June, 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.

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 16 May at Christchurch Girls' High; Wednesday 17 May at Riccarton High School or Thursday 18 May at Shirley Boys' High School. For further information contact Risingholme Community Centre, phone 332 7359; email: info@risingholme.org.nz or go online to: risingholme.org.nz

172-28 PLAY READING – D-I-Y Play Reading group meets Thursdays**10 am – 12 noon. \$3 donation. Phone Wendy 352 7119 for more information.****ENROL EARLY TO AVOID DISAPPOINTMENT OF CANCELLATION**

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 Email: bds@bds.org.nz or phone us on 365 6210.

LIFESTYLE

172-12 ARMCHAIR TRAVEL – various speakers

Starts 1 June, 10.30 – 11.30 am, 5 Thursdays, \$23

- 1 Jun **The Antarctic travels, art and science of Edward Wilson (1872-1912)** – Paul Broady
- 8 Jun To be confirmed
- 15 Jun **South America & the Galapagos Islands** - John Thacker
- 22 Jun To be confirmed
- 29 Jun **China** – John Thacker

172-13 CAN'T KICK A BAD HABIT? STEPS TO HABIT CHANGE - Cathie Edwards

Starts 15 June, 7 – 8.30 pm, 3 Thursdays, \$21

Is there a bad habit you want to get rid of? This course will take you through the steps of habit change. The process of habit change taught is research based. A habit is a routine of behaviour that is done repeatedly without conscious thought, please note the distinction between bad habits and giving into temptation, which is when you consciously make a bad decision to do the "bad" action. Common bad habits are, eating too much or eating unhealthy food, spending too much time browsing the internet, checking emails or playing electronic games, procrastinating, nail biting, over spending, staying up to late. For more information about this course visit Cathie's website www.temptationtraining.com Cathie has taught at the CWEA for the past three years about behaviour change, she is a professional life coach who specialises in supporting people who want to change their behaviour.

172-14 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.**

172-15 SELF CONFIDENCE BY AUTHENTIC TRANSFORMATION – Hayley Maree Litt

Starts 26 May, 10 am – 12 noon, 6 Fridays, \$51

This course is designed to help change people's 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.

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Hayley-Maree Litt is a passionate tutor who has created this material and is excited about sharing it with others.

172-16 TAI CHI QIGONG AND HARA BODY ALIGNMENT - Geraldine Parkes
Starts 9 May, 1.30 – 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.

PHILOSOPHY & CULTURAL STUDIES

172-29 Alan Johnson from The Salvation Army Social Policy & Parliamentary Unit on the **Latest State of the Nation Report. Thursday 18 May, 6 pm**

172-17 MODERN WOMEN IN PHILOSOPHY - Michael Couch
Starts 31 May, 10 am – 12 noon, 5 Wednesdays, \$42

Like many disciplines Philosophy has been dominated by men and male thought. However, in this course we focus on the contributions of around 10 women throughout the twentieth century whose contributions have helped shape modern philosophical discussion either alongside or despite their male contemporaries.

172-18 FEMINIST HISTORY, THEORY, AND PRACTICE - Sionainn Byrnes
Starts 8 May, 6.30 – 8 pm, 8 Mondays, \$51, no class Queen's Birthday w-end

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.

172-19 HOUSING INSECURITY IN NEW ZEALAND - Josiah Banbury
Starts 23 May, 1 – 2 pm, 2 Tuesdays, \$10

These presentations will explore housing insecurity in New Zealand and comparable countries drawing on local and global research. We will define housing insecurity (homelessness) and examine why today's housing crisis exists. Housing insecurity will also be considered in relation to home ownership (The Kiwi Dream), state housing, renting, homeless shelters, property investment and domestic violence. Academic literature from Sociology, urban studies, social geography, social policy and history will be used to present a wider picture of housing insecurity in New Zealand and throughout the West.

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172-20 PAINTING RUINS - Reuben Woods**Tuesday 13 June, 1 – 2.30 pm, \$9**

In the wake of the Christchurch earthquakes of 2010 and 2011, the city was irrevocably changed. However, amongst the pervasive and lingering damage, an array of art was produced in attempts to reclaim, reinvent and reinvigorate Christchurch. Perhaps some of the most popular additions to the urban landscape have been the numerous large scale murals that have adorned walls across the city. These murals have been representative of the global resurgence of mural art, which in itself has developed from graffiti and street art, forms which have often been maligned but have influenced a sweeping shift in the appearance of cities across the world. Take a virtual tour of the murals that have coloured Christchurch's streets and consider their relationship to the post-disaster city, as well as the deeper contexts of this movement and how it is reshaping cities.

172-21 PSYCHOLOGICAL BIAS - Grant Pheloung**Starts 8 May, 10.30 am – 12 noon, 6 Mondays, \$41, no class Queen's Birthday**

What is confirmation bias? Backfire effect? Selective skepticism? Cognitive dissonance? This course will examine these biases and how they shape our everyday thinking and influence our decisions.

172-22 THE GIFT THAT KEEPS ON GIVING; DONALD TRUMP UPDATE - Grant Pheloung**Starts 26 June, 10.30 am – 12 noon, 2 Mondays, \$18**

The Gift that Keeps on Giving; Donald Trump, an update of his first 6 months as the President of the United States of America.

172-23 THE HOWARD LEAGUE FOR PENAL REFORM**Monday 8 May, 7 – 8.30 pm, Free event**

7 years ago Bill English, referred to our prison system as a moral and fiscal failure. What has the Howard League been doing since this time, where are we at now. In an election year it is particularly important to have evidence based policies that address our shocking incarceration rates as well as rates of recidivism. A brief overview of the Howard League's current areas of focus and how partnering up and growing our membership base is the mechanism that will help us to continue to achieve the changes that we know need to happen.

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.

172-24 UNDERSTANDING THE TREATY IN 2017**Starts 15 July, 9.30 am – 4.30 pm, 2 Saturdays, \$55**

This workshop will be run by Network Waitangi Otautahi (NWO), www.nwo.org.nz. It will start where people are at and is non-confrontational. Ancestry, cultural difference and cultural safety; pre-Treaty and post-Treaty history; colonisation and social statistics are some of the topics explored as are models and possible actions for moving towards a Treaty-based society. Participants are welcome to continue to access NWO resources after the workshop. We do not want the fee to this course to be a barrier to anyone who wants to attend, so please feel free to contact the admin staff. Tea and coffee provided, please bring along your lunch.

TECHNOLOGY**172-25 GET THE MOST OUT OF YOUR DIGITAL PHOTOS - Epic Learning****Saturday 27 May, 10 am – 3 pm, \$25**

In this workshop we will cover, using smart phone cameras, storage and back up, editing photos and sharing photos. This is a bring-your-own-device workshop.

NEW BRIGHTON COURSES – please enrol at the WEA**172-26 SIT AND BE FIT - Katrina McKenzie - at St Faiths Church, 46 Hawke St, New Brighton, enrol at the WEA****Starts 8 May, 1 – 2 pm, 8 Mondays, \$25, No class Queens Birthday Weekend**

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.

172-27 TAI CHI, QIGONG & HARA BODY ALIGNMENT – Geraldine Parkes – at Union Parish Hall, cnr Collingwood & Union Sts, enrol at the WEA**Starts 8 May, 1.45 – 2.45 pm, 8 Mondays, \$40, No Class on Queens Birthday**

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 5,000 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 enroll early.

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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 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 Website: 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.

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.

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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