

## ART, MUSIC & DANCE

### **173-01 DRAWING – Nina Cook**

**Starts 2 August, 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!

### **173-02 ENGLISH COUNTRY DANCE – Nicola Rooney**

**Starts 1 August, 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.

### **173-03 FROM REALISM TO ABSTRACTION THROUGH CUBISM - Diane Swain**

**Starts 14 August, 1 – 3 pm, 6 Mondays, \$54**

This is a practical art course that will help you understand and make 2 dimensional and 3D works based on the early 20th century ideas that changed the nature and thinking of Art. Art is a product of its time. Picasso and his contemporaries and Leonardo some 500 years before brought about dynamic changes that influenced future arts. We will look at art and use drawing, painting and 3D work to explore these ideas. Beginners welcome. Diane was an HoD in Art and Art History and an Art Educator at CAG where she still guides. Please bring an old shirt and \$15 to cover the cost of materials.

### **173-04 IMPROVE YOUR MUSICIANSHIP THROUGH PLAYING RECORDER –**

**Roger Buckton**

**Starts 3 August, 1.30 – 3 pm, 8 Thursdays, \$54**

The recorder's place in musical history has been as an instrument for adults to enjoy

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for personal musical satisfaction together with the pleasure of playing with others. This course is an opportunity to learn the instrument from the beginning or perhaps recapture some of those skills once learned at primary school. It will encompass learning to read music and other critical musicianship skills as recorder techniques develop. The course would also be useful for teachers who would like to use the instrument in teaching children. The descant (or soprano) recorder will be used but course members who want to use a treble or tenor instruments can be accommodated after discussion with Roger. The recommended recorder is the Aulos one piece model which will be available at the WEA office from 21 July together with the tutor book MUSIKit Recorder by Roger and Carol Buckton for \$25.

### **173-05 ISRAELI FOLK DANCING – Valerie Clements**

**Starts 16 August, 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.

### **173-06 ITALIAN SINGING - Claudia Lues**

**Starts 3 August, 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 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!

### **173-07 SINGING FOR PLEASURE – Claudia Lues**

**Starts 3 August, 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!

### **173-08 'THE CANTERBURY SCHOOL' - Julie King**

**Starts 15 September, 10.30 am – 12 noon, 2 Fridays, \$13**

This course explores the notion of 'The Canterbury School' looking at the art in relation to a variety of themes including landscape painting and identity, its affinities with Regionalism in America and elsewhere, and the contribution of women artists.

## CURRENT & INTERNATIONAL AFFAIRS

### **173-09 COME AND MEET PHILIP BAGSHAW, CHAIR OF THE CANTERBURY CHARITY HOSPITAL TRUST**

**Friday 25 August, 11 am – 12.30 pm, Free event**

Philip Bagshaw will come in and give a lecture on the work of the trust and answer questions afterwards. The Trust provides day hospital services to some of the people of Canterbury to access the healthcare that they need and who cannot afford private healthcare. The hospital is almost exclusively staffed by volunteers and is solely funded by public donations. Koha for this seminar will be greatly appreciated.

### **173-10 DOING OUR BIT, DOUBLE NZ's REFUGEE QUOTA**

**Monday 17 July, 6 – 8 pm, Free event**

Murdoch Stephens leads the 'Doing Our Bit Campaign' to double New Zealand's refugee quota which would make up for three decades where our intake has only decreased. Today Europe has put up barriers to the overland route, but boats are still coming, including a route from Libya towards Italy. Stephens will give you a background to the world situation, discuss New Zealand's response and point to new policy in this country, particularly with reference to the new community sponsorship model. After the talk there will be a chance for those most interested in getting involved in assisting the campaign this election to discuss strategies and tactics.

## LANGUAGES & LITERATURE

### **173-11 ADVANCED LATIN – Andrew Moore**

**Starts 25 August, 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.

### **173-12 CREATIVE WRITING - FICTION – Helen Hogan**

**Starts 2 August, 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.

### **173-13 INTRODUCTORY LATIN – Andrew Moore**

**Starts 25 August, 10 – 11.30 am, 5 Fridays, \$32**

A course outlining the structure of the Latin language – the formation of words and

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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 1 August at Christchurch Girls' High; Wednesday 2 August at Riccarton High School or Thursday 3 August 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)

**173-14 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**

**173-15 ARMCHAIR TRAVEL – various speakers**  
**Starts 24 August, 10.30 – 11.30 am, 5 Thursdays, \$23**

Speakers to be confirmed. If you or someone you know might like to be a speaker please contact us.

**173-16 HEALING EMOTIONAL WOUNDS THROUGH FAIRY STORIES – Victor MacGill**  
**Saturday 26 and Sunday 27 August, 9.30 am – 4 pm, \$45**

This interactive weekend workshop introduces you to a world of archetypes, which we create to help us make sense of our world and navigate our way through life. They appear in fairy stories as characters like the king, warrior, magician, lover and dragon. By exploring these characters in fairy stories and how they interact with each other, we can understand how to use them for healing. The workshop begins

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by gaining an understanding of how a baby learns to make sense of the world it finds itself thrown into and how archetypes are formed to help the baby to cope with the circumstance that arise, We learn to decode many popular fairy stories, then create a story as a group. Then we can create our own stor based on our lives to re-programme our mind to create a better future where we 'all live happily ever after'.

**173-17 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.**

**173-18 PROCRASTINATION – Cathie Edwards**

**Saturday 5 August, 9 am – 2 pm, \$22**

Regret, guilt, stress, not achieving what you could, can all result from procrastination. this workshop will provide you with the evidence based strategies to help you stop making excuses, and actually start doing the things you want to do. For further information visit Cathie's website [www.temptationtraining.com](http://www.temptationtraining.com) Cathie is a professional life coach whose main interest is in helping people who struggle to change their behaviour. There will be a 30 minute lunch break so feel free to bring your lunch along.

**173-19 TAI CHI QIGONG AND HARA BODY ALIGNMENT - Geraldine Parkes**

**Starts 1 August, 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

**173-20 A CENTURY OF PEACEMAKERS IN CANTERBURY**

**Starts 9 August, 1 – 2.30 pm, 5 Wednesdays, \$34**

A courageous group of women and men campaigned against militarism before and during WW1, and more than 60 conscientious objectors were imprisoned near Christchurch. Their actions laid the foundations for a strong peace movement nationally. They inspired further opposition to wars and especially nuclear war. Local peace campaigns which culminated in the nuclear free legislation (1987), the historic advisor opinion on nuclear weapons in the United Nations. Christchurch was also the first nuclear free city (1982) and first Peace City (2002). The course will be presented by Margaret Lovell-Smith, lead researcher for the Voices Against War

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Research project; Commander Robert Green RN (Ret'd), a former operator of nuclear weapons turned to peace campaigner, and Dr Katie Dewes who with Rob Green directs the Christchurch Disarmament & Security Centre. Kate & Rob have just returned from representing some New Zealand non-governmental organisations at negotiations in the UN on a treaty prohibiting nuclear weapons.

**173-21 LIBERTY, EQUALITY, EFFICIENCY AND DEMOCRACY - Michael Couch  
Starts 2 August, 10 am – 12 noon, 4 Wednesdays, \$34**

These four huge ideas drive everyday and governmental decisions and debate- whether we know it or not. In the light of the forthcoming election, they again become very pertinent. Do we have the best form of democracy available to us? what is socialism, and how does it relate to communism, or fascism to capitalism? Should we seek to maximize liberty or equality, and what exactly would this mean? This discussion based course covers these topics and more.

**173-22 THREE GREAT FAITHS: COMMONALITIES & CONFLICTS - Rodney Routledge  
Starts 15 August, 1 – 3 pm, 6 Tuesdays, \$51**

This course will examine the emergence and development of Christianity, Islam and Judaism which are important Abrahamic traditions. This approach is not devotional but draws in on recent scholarship and research outlining the particular features of each faith tradition and explores the commonalities and conflicts between them. Particular attention will be drawn to the impact of fundamentalism on each of these faith traditions. Rodney Rutledge is a community worker and an ordained Presbyterian Minister and a former lecturer in social work at 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**

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**

**173-23 SIT AND BE FIT - Katrina McKenzie - at St Faiths Church, 46 Hawke St, N B  
Starts 31 July, 1 – 2 pm, 8 Mondays, \$25, please pay the fee directly to the tutor**

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

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be done sitting). Katrina has been a group fitness instructor for the past four years, mainly working with community based classes.

**173-24 TAI CHI, QIGONG & HARA BODY ALIGNMENT – Geraldine Parkes –  
at Union Parish Hall, cnr Collingwood & Union Sts, enrol at the WEA  
Starts 31 July, 1.45 – 2.45 pm, 8 Mondays. \$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 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.

## 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](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.

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**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.

**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

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