

WEA PROGRAMME FEBRUARY - APRIL 2012

FRIDAY NIGHTS AT THE WEA

Friday Nights at the WEA: Informal relaxed end-of-the-week activities, come and join in! usually 6 – 7.30 or 8 pm, starting again in February. All welcome – koha.

1st Friday: Waiata Group (Whare Tamanui).

2nd Friday: Italian language workshop (Daniela Bagozzi).

3rd Friday: A free event to help people in these troubled times! (Pegasus Economic Education Society).

4th Friday: Games: parlour and board games (Gertrud).

ARTS & CRAFTS

121-01 OAMARU STONE SCULPTURE – Jacky Morren
Starts 18 February, 9.30 am – 4.30 pm, 2 Saturdays, \$57 + \$10 to \$40 for cost of limestone block

Learn to create a beautiful, 3D limestone sculpture in an environment that is fun, empowering and which encourages and stimulates free expression. Develop self confidence and learn new creative skills through stone sculpture. The course is suitable for beginners as well as for the more experienced. Some tools will be provided, but bring whatever you have at home such as chisels, a hammer, rasp and sandpaper. Jacky Morren, a passionate artist and qualified tutor with more than 10 years experience, has won awards for her teaching and art.

121-02 PORTRAIT DRAWING & PAINTING – Lucille Vial

Starts 10 February, 10 am - 12 noon, 8 Fridays, \$80

New and experienced artists are welcome. Model fee included, class size limited to 16. Bring your preferred materials and your own easel if possible. Lucille is a graduate in fine arts from the University of Canterbury and a trained teacher, with many years of experience as an art tutor.

121-03 POSITIVE PAINTING – Kate Morrison

Starts 7 February, 12.30 – 2.30 pm, 8 Tuesdays, \$56

If you are a beginner, proficient or just don't paint enough and need some studio time with someone to bounce ideas off, then this class is for you. Assistance is given with planning, inspiration, perspective, colour theory and finishing your work in most painting media – acrylic, watercolour, oil and mixed media. If you don't know where to start or need input into completing a project then try painting with Kate in a positive environment. Please bring your own materials, including pencil and paper for planning. Kate has tutored community art for the past seven years in Wellington, Southland and Christchurch.

CURRENT AFFAIRS

121-04 CONFLICTS IN THE MIDDLE EAST & PROSPECTS FOR DEMOCRACY – various speakers

Starts 14 February, 1.30 – 2.30 pm, 4 Tuesdays, \$14

14 Feb **Conflict in the Middle East: an overview** – Dr Ron Macintyre

21 Feb **The Palestine Story: to exist is to resist** – Lois & Martin Griffiths

28 Feb **The Arab Spring** – Dr Naimah Talib

6 Mar **'If Egypt falls, all the Middle East will fall'** – Ola Kamel, founder of the Egyptian Association of NZ

121-05 EARTHQUAKE RESPONSES - various speakers

Starts 22 February, 1.30 - 2.30 pm, 4 Wednesdays, gold coin

22 Feb **Implications of land-zoning** – Rev Mike Coleman, WeCan (Wider Earthquake Communities Action Network)

29 Feb **What comes after rock and roll?** – John Dugdale, Clinical Psychologist

7 Mar **The 2010-2011 Canterbury Earthquake Sequence: Locating faults in the subsurface** - Prof Jarg Pettinga, Geological Sciences Dept, UC (date t.b.c.)

14 Mar **Sustaining visual culture in Post Quake Christchurch** - Penny Orme, retired lecturer in cultural history and theory of art and design, CPIT

DANCE

121-06 ISRAELI FOLK DANCING – Val Clements

Starts 8 February, 11.45 am - 1.15 pm, 8 Wednesdays, \$42

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 nearly twenty years and the pleasure hasn't faded. No partners required.

121-07 TRADITIONAL DANCES OF THE BALKANS – Katy Sinton

Starts 13 February, 10 – 11.30 am, 8 Mondays, \$42

Take a trip through the Balkans in dance! This class will introduce you to the beautiful dances of south-eastern Europe, along with a few from Russia and elsewhere, and will also touch on their cultural and historical context. Suitable for complete beginners as well as those with more experience. Wear comfortable shoes (no high heels); no partner required.

ENVIRONMENT/ECONOMICS

121-08 ACCOUNTING FOR THE ENVIRONMENT: in your club, organisation or workplace – various speakers

Starts 20 February, 7.30 – 9 pm, 4 Mondays, \$21 - free to WEA members

20 Feb **Accounting for the Environment: an overview** – Susan Wild, Dept of Accounting & Information Systems, UC

27 Feb **Carbon Neutrality** – to be confirmed

5 Mar **Sustainable Energy Systems** – Dr Ian Mason, Dept of Civil & Natural Resources Engineering, Canterbury University

12 Mar **Sustainability Reporting** – Bob Miller, Department of Accounting & Information Systems, Canterbury University

121-09 FLEEING VESUVIUS – John Peet & Margaret Jefferies

Saturday 18 February, 1 – 4.30 pm, \$13

Fleeing Vesuvius was originally published in 2010 and contains an analysis of the crises we face: the financial crisis; the collapse of the housing bubble; the urgent need for food security; the enormous challenge of dealing with climate change, and the looming scarcity of essential resources such as fossil fuels. The New Zealand edition, published in 2011, has an additional 12 essays by local contributors. This short course will provide an introduction and overview to the main ideas of the book and will include facilitated discussion. John Peet is a Chemical Engineer with background experience in the petroleum industry, whose main focus in recent years has been sustainable development. Margaret Jefferies is the Chairperson of Project Lyttelton and one of the NZ contributors to the book.

HEALTH

121-10 DEEP BREATHING & RELAXATION – Diane Brasell

Starts 10 February, 1 – 2 pm, 8 Fridays, \$35

Learn how to quieten your mind and body with the correct breathing techniques. A busy active mind can create stress in your life and body and cause all sorts of health issues. Once you have learnt to become more aware of what a relaxed mind and body feels like, it then becomes easier to identify when you are out of balance and what you can do to help yourself. Diane Brasell has herself benefitted from working with breathing and relaxing after developing fibromyalgia (muscle pain and chronic fatigue) in 2003. **Please bring 2 blankets and a pillow.**

121-11 TAI CHI, QIGONG AND HARA BODY ALIGNMENT – INTERMEDIATE/ADVANCED - Geraldine Parkes

Starts 2 February, 1.30 - 2.30 pm, 10 Thursdays, \$35, or

121-12 TAI CHI, QIGONG AND HARA BODY ALIGNMENT – BEGINNERS - Geraldine Parkes

Starts 2 February, 2.45 – 3.45 pm, 10 Thursdays, \$35

Tai Chi is a series of movements designed to heighten mental awareness and improve physical conditioning. It has been

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developed over thousands of years, and is slow, gentle and easy to learn. Classes are informal and suit any age or fitness level with no special equipment required – just comfortable clothing. Blood pressure can be reduced, circulation, joint flexibility, balance and digestion can be improved, with a corresponding increase in self confidence. Most pupils report an improvement in general well being and pain control (for arthritis sufferers in particular) within the first two lessons. This is also a falls prevention programme.

HISTORY & CULTURAL STUDIES

121-13 FROM NEW ZEALAND TO NEWLYN – Pamela Gerrish Nunn
Starts 13 February, 10.30 am – 12 noon, 6 Mondays, \$32

The famous artists' colonies in Cornwall, England, have attracted many New Zealand artists from 1890 to the late 20th century. Amongst them were the Wright brothers, Frances Hodgkins, Rita Angus and Bill Sutton. This course looks at the art that came out of this little world and what New Zealanders contributed to it. Dr Pamela Gerrish Nunn, formerly Professor of Art History and Theory at the University of Canterbury, is a freelance researcher and curator. She has published extensively on the history of 19th and 20th century art.

121-14 PAGES FROM NEW ZEALAND HISTORY – various speakers
Starts 14 February, 7 – 8.30 pm, each Tuesday night, koha

This series will cover important, but not always well-known or well-understood, episodes in NZ history. These include the White New Zealand policy, the development of the workers' movement in New Zealand, repression during World War 2, the attempt to introduce peacetime conscription, the 1951 waterfront dispute, the No Maoris No Tour campaign, the early days of second-wave feminism, the anti-Vietnam War movement and the movement against the 1981 tour (not necessarily in this order). Speakers will be writers on these subjects and, with the more recent episodes, participants in the events.

HOME & GARDEN

121-15 MEXICAN COOKING – Rita Yosef
Starts 7 February, 11.45 am – 1.15 pm, 3 Tuesdays, \$45

Discover the secrets of cooking authentic Mexican food, one of the most magical and misunderstood cuisines in the world. Watch the cooking demonstration and learn the taste of Mexico, the traditions and culture of fresh salsas, sauces and unique dishes such as Guacamole, Frijoles, tortilla soup, Mole sauce, and much more. Rita Yosef is a qualified chef who was born in Latvia and lived in Israel for over 31 years before making New Zealand her home. She has had a life-long interest in food and has her own catering business, 'My Home Chef'.

121-16 MORE MOROCCAN COOKING – Rita Yosef
Starts 20 March, 11.45 am – 1.15 pm, 3 Tuesdays, \$45

Welcome back to meet again the rich flavours, aromas and colours of Moroccan cuisine. Learn more about cooking special dishes from North African cultures including roasted chicken with date and orange couscous stuffing; Harira soup; lamb shanks with Ral el hanout and raisins; special fish dishes and much more. This course will include cooking demonstration and theory as well as trying the delicious dishes!

121-17 PRACTICAL ORGANIC HOME GARDENING – Lily White
Starts 14 February, 6 – 7.30 pm, 6 Tuesdays, \$35

This practical course will teach you about the basics of organic gardening including the following topics: soil life, compost, worms, Bokashi and liquid fertilisers; permaculture; pests and diseases; raised beds, square foot gardens; crop rotation, companion planting and intercropping; community gardening and community building. Come prepared to get your hands dirty! Lily White has been gardening organically for 35 years and has done formal training at Christchurch Polytechnic. For the past 15 years she has been running the 'Kids Edible Gardening' programme. Her speciality topic is garden design.

LITERATURE

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 loan out sets of more than 640 titles, from non-fiction to the latest page-turner. Groups read the same book and receive discussion notes to help kick-start their get-togethers. \$60 for 10 books a year; student and half-programmes also available (\$45/\$30). Email bds@bds.org.nz or phone us on 365 6210.

121-18 CREATIVE WRITING – BEGINNERS – Helen Hogan
Starts 13 February, 10 am – 12 noon, 8 Mondays, \$56

Discover your talents and grow in confidence in a supportive group with other beginner writers. You may find your stories give pleasure to others! If your writing's gone a bit stale, this group is a good way to freshen it up. Helen Hogan is a writer and teacher who first developed her creative writing courses when teaching a special writing class for teachers at Christchurch Teachers' College.

121-19 CREATIVE WRITING – FICTION – Helen Hogan
Starts 8 February, 10 am – 12 noon, 8 Wednesdays, \$56

The Wednesday class offers you an opportunity to share your work with other enthusiasts. The emphasis is on developing skills in short story writing.

121-20 PLAY READING FOR FUN – Brian Sullivan
Starts 23 February, 10 am – 12 noon, 5 Thursdays, \$49

Brian has chosen a mix of plays, from the serious to the farcical, with elements of mystery, fun and tears. Bring your reading glasses, some tissues and your imagination, and help bring some characters to life. If course members would like, a theatre visit may also be arranged. Brian has been active in amateur and professional theatre and film for over fifty years, most recently with Canterbury Repertory and Top Dog Theatre. Course fee includes cost of script hire.

PLAY READING – D-I-Y Play Reading group meets Thursdays
10 am – 12 noon. Phone Wendy 352 7119 for more info.

121-21 THE EPIC OF GILGAMESH – Grant Pheloung
Starts 14 February, 10 – 11am, 5 Tuesdays, \$18

The Epic of Gilgamesh is the first great heroic narrative of world literature. The story of Gilgamesh and his companion, Enkidu, speaks to contemporary readers with astonishing immediacy. Its moving depiction of the bonds of friendship, of the quest for worldly renown, and of the tragic attempt to escape death has a timeless resonance and appeal. This course will closely examine the themes and motifs of the epic and how it fits in a history of world literature. I will use the N.K. Sanders translation but any copy will do. Grant Pheloung has a PhD from Auburn University in Alabama where he taught in the 'Great Books' programme.

MAORI

121-22 TE REO MAORI - Dion Kamira
Starts 2 February, 6 - 8pm, 5 Thursdays, \$20 - at St Faith's Anglican Church lounge, 46 Hawke St, New Brighton, please enrol at WEA

Beginners are welcome to this course which aims to teach a basic understanding of Maori language and Maori tikanga. Dion Kamira has taught kapahaka and has affinity with his Maori culture. Dion's vision is to empower people through Maori philosophy, values, knowledge and practices to emphasise the relationship of the individual with their social and cultural environment.

MUSIC

121-23 SHOSTAKOVICH: A CHALLENGED LIFE – Kathleen Sturrock
Starts 13 February, 2.45 – 4 pm, 4 Mondays, \$18

This illustrated, historically linked, series about Dmitri Shostakovich will discuss his compliance as an 'official' producer of propaganda versus his life as a secret dissident who encoded anti-Stalinist messages in his scores. His repertoire is daunting and includes orchestral music, piano composition, chamber music, film music, opera and incidental music. Kathleen Sturrock is a retired teacher and pianist, and a Fellow of the Institute of Registered Music Teachers of New Zealand. Using the piano she will demonstrate some of the keyboard repertoire and provide insights into some of the harmonic characteristics of Shostakovich's output. No previous musical knowledge required.

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121-24 SINGING FOR PLEASURE – Valerie Hoy

Starts 16 February, 12 noon – 1 pm, 8 Thursdays, \$33

Learn the basics of vocal production and sing a selection of different types of songs, both unison and two-part, if a balance of voices is available. Valerie is a qualified music teacher with over 30 years' experience of teaching and performing in vocal groups of different kinds. To assist us to prepare for this class, please enrol by 9 February.

121-25 UKULELE BEGINNERS – Kerry McCammon

Starts 20 February, 10.30 am – 12 noon, 6 Mondays, \$33

Sing-a-long; learn to tune a ukulele; learn basic chords and strums; learn common patterns and songs. Some ukuleles supplied. Kerry McCammon has been teaching and performing for over 30 years. He has toured extensively throughout NZ, England and Japan as part of the Natural Magic Theatre Company. A qualified High School and ESOL teacher, Kerry has found the ukulele to be the ideal instrument to facilitate all kinds of group singing and celebration.

121-26 UKULELE BEGINNERS STAGE 2 – Kerry McCammon

Starts 20 February, 1 – 2.30 pm, 6 Mondays, \$33

For students with some familiarity with the ukulele, (or having completed the Beginners course). Moving on with more songs and covering various styles of music such as Folk, Latin, Dixie Blues, Swing, Jazz standards.

PERSONAL DEVELOPMENT

121-27 COACHING YOURSELF TO NEW GOALS IN 2012 –

Ron Tustin

Starts 29 February, 7 - 9pm, 6 Wednesdays, \$45

After the experiences of the last year in Canterbury, many people are ready to move on and focus on new directions. This interactive course will provide information and practical advice, for people to set new goals and ways to stick to them. Strategies from the fields of coaching and positive psychology as well as practical exercises will be presented. Topics will include working on personal skills, creating balance, what the 'science of happiness' can teach us, building confidence and motivation and overcoming obstacles to meeting our goals. Ron is a professional coach and a member of the International Coach Federation.

121-28 MYERS BRIGGS PERSONALITY TYPE INDICATOR –

Don Rowlands

Starts 6 March, 7 – 9 pm, 2 Tuesdays, \$19

The Myers Briggs Personality Type Indicator (MBTI) can help people to identify their strengths and unique gifts, and to identify potential areas for growth. It helps people appreciate those who differ from them, is self-affirming and can help people in careers, relationships, and in dealing with stress. The indicator questionnaire was designed to make Carl Jung's personality theory more useful to us in everyday life. Don Rowlands has an M.Ed. and is a certified facilitator of the MBTI. Please note, enrolments must be received by Tuesday 21 February and the indicator questionnaire must be completed and returned by Tuesday 28 February.

121-29 PERSONALITY TYPE IN RELATIONSHIPS, CAREERS & ORGANISATIONS - Don Rowlands

Starts 20 March, 7 – 9 pm, 2 Tuesdays, \$19

This course will help those who have a Myers Briggs Personality Type Indicator profile to explore how Jung's type preferences impact on their daily lives. Participants will need to have completed the introductory course at WEA or have completed an MBTI profile. Presentations, experiential group work and written exercises will be used during the course. The facilitator, Don Rowlands, has an M.Ed. (Counselling) and is a member of the NZ Association of Psychological Type.

PHILOSOPHY

121-30 CHRISTIAN PROPHETS FOR OUR TIME – Jim Stuart

Starts 5 March, 7 – 9 pm, 5 Mondays, \$25, to be held at the Honey Cafe, New Brighton Mall. Meal, tea and coffee available to purchase from 6 pm. Please enrol at the WEA

For more than 2,000 years the teachings of Jesus of Nazareth have inspired his followers. They have carried out acts of

courage and resistance which have led to hardship, imprisonment and assassination. These studies will explore how Hildegard von Bingen (1098-1179), John Wyclif (1328-84), Te Whiti (1830-1907), Dorothy Day (1897-1980), Thomas Merton (1915-68) and Martin Luther King (1925-68) have sought to follow the way of Jesus in their times. Jim Stuart holds a doctorate in systematic theology and social ethics and has taught courses in philosophy, religious studies, theology and ethics.

121-31 HOW WE CAN LIVE? – Jim Stuart

Starts 8 February, 10.30 am – 12 noon, 5 Wednesdays, \$27

This is the first of a series on enduring philosophical concerns. This question lies at the heart of philosophy. It suggests the meaning of our lives is found in how we choose to live. Over five weeks we explore the thought of Socrates and Aristotle and their concerns about asking questions and finding happiness. From there we look at the ideas of early Christians, Augustine and Anselm, and the premise that God lies at the heart of life. Finally we will consider Hobbes' conclusion that life has no enduring meaning. Jim holds a doctorate in theology and social ethics.

121-32 RELIGION, MORALITY & SCIENCE – Michael Couch

Starts 14 March, 10.30 am – 12 noon, 5 Wednesdays, \$27

What is it to be ethical? Are certain actions always right or wrong? Some argue that rightness clearly comes from God – but then why so, and which God? Some argue that evolution and science should guide us – but doesn't science regularly get things wrong? And if not God or science, then what justifies morality? Is morality just another name for desire, opinions, social agreement or personal development? Michael Couch is completing his PhD in the Philosophy of Education and has a background in History and Classical Studies. He has been tutoring at the University of Canterbury since 2004.

RECREATION

121-33 CHESS – Wednesdays, 12.30 – 4 pm, \$1 donation per

session. Learners welcome, also anyone with a basic knowledge of the game is most welcome. For details phone Heinz, 981 4945.

121-34 MAH JONG - Tuesdays, 10 am - 12 noon, \$1 donation

per session. 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.**

THE WORLD

121-35 ARMCHAIR TRAVEL – various speakers

Starts 9 February, 10.30 – 11.30 am, 8 Thursdays, \$28

9 Feb **Fiji: Living under the military regime** – Valerie Campbell
16 Feb **Braving Bolivia** – Maureen Vance
23 Feb **Dreaming Spires** – Patricia Allan
1 Mar **Japan, Malaysia and Myanmar** – Richard Chandler
8 Mar To be confirmed
15 Mar **Three, two, one: Cathedrals, Abbeys and a big church in France** – Peter Cooper
22 Mar **Tasmanian Travels** – Andy Blaikie
29 Mar **Exploring Te Araroa** – Margaret Lovell-Smith

WEA BRIDGE CLUB

Meets on Friday afternoons, 1 - 3.30 pm at 59 Gloucester St. To join and to arrange a partner phone Kit, 354 6065.

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 Marian, 384 1775.

WEA SKETCH CLUB

Meets Saturday mornings at previously arranged painting places. Programme displayed at WEA Centre or by mail. Phone Yvon, 360 3845.

WEA NORTH WEST BRANCH

Meets at St Margarets, 94 Farrington Avenue. Fridays 10 -11.30 am. \$3 per session. A variety of tutors speak on a wide range of topics. For full programme details phone Jan 351 9796.

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