

ARTS & CRAFTS

- 1 OAMARU STONE SCULPTURE – Jacky Morren**
Saturday 27 February & 6 March, 9.30 am – 4.30 pm, \$50 + \$5 to \$20 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.
- 2 PASTELS WORKSHOP – Mike Glover**
Weekend 20 - 21 March, 9 am – 3.30 pm, \$36
 This two day workshop in soft pastels (not oil) is based on techniques Mike has developed as a self-taught artist, and is suitable for beginners as well as those with some experience of the medium. The focus is on landscape themes. The workshop will cover use of materials, some composition and colour theory, and lots of exercises and demonstrations in pastel techniques. Mike is an established artist known for his bold, often stylised images of land, sky and water. Especially regarded are his pastel landscape paintings which combine an intensity of colour with the tonal sensitivity of the soft pastel medium.
- 3 PORTRAIT DRAWING & PAINTING – Lucille Vial**
Starts 12 February, 10 am – 12 noon, 8 Fridays, \$73
 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 trained artist and a very experienced art tutor.

Portrait students meet on an informal basis on Tuesdays, 12 – 2.30 pm, to practice. Students take turns at modelling.

- 4 THE BODY IN WESTERN ART – Pamela Gerrish Nunn**
Starts 12 February, 10 – 11.30 am, 6 Fridays, \$28
 As the Art Gallery puts on a show devoted to the nude, this course considers the tradition, status and meanings of the human body as a subject in western art. Examining numerous examples past and present, we shall discuss art's relationship with ideas such as masculinity and femininity, heroism, beauty, eroticism and obscenity. Dr Gerrish Nunn, a free-lance art historian and curator, taught Art History at the University of Canterbury for 20 years. She is widely published internationally.

CURRENT AFFAIRS

- 5 ISSUES OF THE DAY**
Starts 10 February, 1.30 – 2.30 pm, 8 Wednesdays, \$25
- 10 Feb **Leprosy: it's time to think again** – Lala Gittoes, Relations Manager, Pacific Leprosy Foundation
- 17 Feb **Debunking the myths about justice and punishment in New Zealand** - Paul O'Neill, Manager, Community Law Canterbury
- 24 Feb To be confirmed
- 3 Mar **Exploring the internet** – Gale Fursdon, Chairman, Senior Net Canterbury
- 10 Mar **Antarctic governance** – Daniela Liggett
- 17, 24, 31 March to be confirmed

DANCE

- 6 ENGLISH COUNTRY DANCING – Nicola Rooney**
Starts 22 January, 10 – 11.30 am, 3 Fridays, \$10
 'English Country Dancing' was popular in Europe for more than 150 years. This course will include some information on the history and technique of English country dancing as well as tuition in the steps and some of the simpler dances. Nicola Rooney is the dance tutor for the University of Canterbury Medieval and Renaissance Society, and a member of the Christchurch Society for Creative Anachronisms. Please note this course will be running during the summer break.

- 7 ISRAELI FOLK DANCING – Val Clements**
Starts 10 February, 11.45 am - 1.15 pm, 8 Wednesdays, \$38
 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.

- 8 TRADITIONAL DANCES OF THE BALKANS – Katy Sinton**
Starts 8 February, 10 – 12 noon, 8 Mondays, \$50
 All over the world, people love to dance. In this class we focus on the rich dance tradition of south-eastern Europe, with excursions further afield. In addition, Katy will give you some understanding of the cultural context of the dances by sharing her knowledge of Balkan history and traditional costumes. These classes are suitable for complete beginners as well as those with more experience. Wear comfortable shoes (no high heels); no partner required.

ECONOMICS & SOCIAL ISSUES

- 9 EVERY DAY LAW – Community Law Canterbury**
Starts 17 March, 10.30 – 12 noon, 3 Wednesdays, \$14
 The course will focus on three very important aspects of 'everyday law'. We will discuss free and low-cost sources of legal information, advice and representation and will consider the various forums available for resolving disputes cost-effectively. We will also consider two areas of law which generate much of our work at Community Law Canterbury; employment and consumer law. We will explain the relevant law in these areas, in an introductory way, and see how it applies to everyday situations.
- 10 THE UNIVERSITY IN SOCIETY - Philip Ferguson**
Saturday 13 March, 11 am – 4 pm, \$14
 This course provides a critical view of the role of the university in society, from the medieval period to today. Myths, such as the university as 'critical conscience' and as funded by 'middle-class taxpayers', will be scrutinized. More broadly, the course will look at the various periods of development of the university as an elite institution in unequal societies and examine how, far from challenging inequality, the university not only reflects but helps perpetuate and manage it. Philip Ferguson was an undergraduate student in the 1970s, a postgrad student in the 1990s and has taught at university since 2003.
- 11 WEDNESDAY NIGHTS AT THE WEA – various speakers**
 5.30 pm for free tea and coffee – 6 pm for presentation and discussion. Gold coin donation. Watch the WEA notice board for details of speakers/topics, or ask to go on our email contact list.

ENVIRONMENT

- 12 ASPECTS OF CLIMATE CHANGE – various speakers**
Starts 24 February, 7 - 8.30 pm, 4 Wednesdays, gold coin donation
- 24 Feb To be confirmed
- 3 Mar **Sea Level Rise** – Claire Kain
- 10 Mar **The UN Climate Change Conference in Copenhagen: What actually happened from the NZ Youth Delegation's perspective** – Claire Waghorn
- 17 Mar **Are we doing enough to be climate smart: A chance to respond to the Council's Draft Climate Smart Strategy** - Tony Moore, Principal Advisor – Sustainability, CCC

GEOLOGY

- 13 WHAT ROCK IS THAT? – Alexa Cameron**
Starts 10 February, 10.30 am – 12 noon, 4 Wednesdays, \$19
 People often collect interesting pieces of rock on their travels, but are unable to identify them. This short course will attempt to provide a few clues on how to start to identify those unknown rocks and what they can reveal about their formation. Participants are encouraged to bring along specimens they have collected. Until her retirement, Alexa Cameron lectured in Geology at the University of Canterbury. She has been involved with community education for many years, and has led field trips to many parts of New Zealand, as well as overseas.

HEALTH**14 AWARENESS THROUGH MOVEMENT® CLASSES BASED ON THE FELDENKRAIS® METHOD – Denise Renaud****Starts 10 February, 9.30 – 10.30 am, 8 Wednesdays, \$25**

The Feldenkrais Method is a gentle approach that teaches you how to release habits which create pain and tension in your body. Explore movement sequences designed to give you more understanding of yourself. Learn to move with less and less effort. Daily movements can become a pleasure and specialized skills can become easier. By improving movement of the back, neck, hips and shoulder joints, these eight introductory classes can reduce everyday fatigue and stress. Denise Renaud is a certified Feldenkrais Awareness Through Movement teacher.

15 DR PAUL LAM'S TAI CHI FOR HEALTH – Paul Scott**Starts 11 February, 1.30 – 2.30 pm, 8 Thursdays, \$25**

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

16 HATHA YOGA – Gail Baty**Starts 3 February, 7 – 8.30 pm, 9 Wednesdays, \$42**

Hatha Yoga provides immense 'whole body' benefits through an extensive programme of flexibilities, postures, breathing and relaxation techniques. Yoga optimises and improves all body systems to create energy, strength, flexibility, tone and relief from tension and stress. Gail has been teaching in Christchurch for 14 years and holds a Teaching Diploma through the International Yoga Teachers Assn of NZ. Yoga is the gift she loves to share with others. Please bring a mat or large towel to work on and a blanket. Wear stretchy comfortable clothing and eat light food only up to 2 hours before class. Class size limited to 16.

17 NORDIC WALKING – Frances Young**Starts 9 February, 10.30 am - 12 noon, 6 Tuesdays, \$35**

These friendly, light-hearted classes begin with professionally guided warm-ups and end with cool-down stretches. Enjoy learning to tune into your body while helping to enhance your exercise experience. You will develop safe, unique, basic Nordic Walking skills with Frances Young who has 16 years experience within the specialist field of motivational therapy and counselling. Quality Nordic Walking poles will be provided. Over six weeks you are likely to improve any cardio vascular walking exercise by as much as 11 percent, that's 44 percent more energy expenditure without feeling you are working harder.

HISTORY & CULTURAL STUDIES**18 THE ENGLISH LANGUAGE ACROSS THE CENTURIES –****Tony Deverson****Starts 9 February, 1.30 – 3 pm, 5 Tuesdays, \$24**

The course will take the form of a relatively non-technical chronological account of the history of English, from its earliest known origins up to the present day. Changes in the sound and structure of the language will be illustrated by way of samples of English from different historical periods, including examples of Chaucer's and Shakespeare's English. Tony Deverson is an Adjunct Professor at the University of Canterbury, where he taught in the English Department from 1966 to 2001. He is also the Senior Editor at the New Zealand Dictionary Centre, and has edited a number of New Zealand dictionaries for Oxford University Press.

19 IRELAND'S WAR FOR INDEPENDENCE AND CIVIL WAR –**Philip Ferguson****Saturday 24 April, 11 am – 4 pm, \$14**

In the 1918 election, Sinn Fein swept the polls in the Irish seats and set up an independent Irish parliament and Republic. The British refused to recognise Irish independence and war commenced. In late 1921, a Treaty was signed by part of the independence

movement and Britain, with partial independence for 26 counties. Six counties remained part of the United Kingdom leading to a split in the independence movement and a bitter civil war.

The course will include actual newsreel footage of the events. Dr Philip Ferguson has a PhD in history and teaches at Canterbury University.

HOME & GARDEN**20 GARDEN TOUR TO ASHBURTON – Diana Madgin****Thursday 4 February, 9 am – 4 pm, \$95, start and finish at WEA**

Trott's Garden, Ashburton, a 'Garden of National Significance' – awarded by the New Zealand Garden Trust – is the main destination for the day. We'll be welcomed with a cold drink, taken on a guided tour of the garden, and then lunch will be served in the old chapel in the garden. In the afternoon we'll visit the Camla Organic Apple Orchard near Dunsandel, for a tour of the orchard and juicing plant. Afternoon tea will be at the Dunsandel store. Cost includes lunch, afternoon tea, garden entrance fees, bus and guide.

21 GLORIOUS GARDENS – Tricia Carr**Starts 11 February, 1.30 – 2.30 pm, 3 Thursdays, \$10, free to WEA members**

Marvel at and learn about some of the most beautiful gardens in the UK and Paris. Tricia Carr returns this term with some more 'hidden gardens of London', the garden at Mount Stuart on the Isle of Bute, the garden at Dyffryn in South Wales and some of the beautiful gardens of Paris. Tricia Carr is a trained volunteer guide at the Christchurch Botanical Gardens.

22 MEDITERRANEAN COOKING – Rita Yosef**Starts 8 February, 11.30 am – 1 pm, 3 Mondays, \$32**

Learn how to cook using the rich flavours and classic traditions of the Mediterranean. Enhance your knowledge of food preparation and history. Watch food preparation during class sessions and try the unique dishes. This course will include both theory and demonstration including soups, salads, the famous 'falafel' dish, desserts and pastries. Rita Yosef lived in Israel for over 31 years before making New Zealand her home. She is a qualified chef from the Christchurch Polytechnic Institute of Technology, has had a life long interest in food and has her own catering business, catering for private functions and families.

23 PRACTICAL ORGANIC HOME GARDENING – Lily White**Starts 16 February, 6 – 7.30 pm, 6 Tuesdays, \$32**

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 30 years and has done formal training at Christchurch Polytechnic. For the past 12 years she has been running the 'Kids Edible Gardening' programme. Her specialty topic is garden design.

LITERATURE**BOOK DISCUSSION SCHEME (FWEA)**

If you enjoy discussing books you have read why not join an FWEA Book Discussion Group? Books and notes are provided for a fee of \$50 (maximum of 11 titles over the year). One group meets on the 2nd Wednesday of each month at the WEA from 1–2.30 pm. To join this group or to start or join a group in your own area, phone the Book Discussion Scheme on 365 6210, fax 365 6054, email: bds@bds.org.nz, or website: www.bds.org.nz

24 CREATIVE WRITING – BEGINNERS – Helen Hogan**Starts 8 February, 10 am – 12 noon, 8 Mondays, \$50**

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.

25 CREATIVE WRITING – FICTION – Helen Hogan
Starts 10 February, 10 am – 12 noon, 8 Wednesdays, \$50

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

26 NGAIO MARSH DETECTIVE NOVELIST – book discussion plus guided tour of an historic literary house
Monday 15 February, 1 – 3 pm, \$7 + \$10 payable to Ngaio Marsh House at time of visit

On enrolment, participants will be lent a copy of Ngaio Marsh's New Zealand-set novel, *Died in the Wool*. Read the novel and come to the WEA on 15 February for a discussion led by Margaret Sweet, chair of the Friends of the Ngaio Marsh House – which the group will visit at a convenient time. See the study in which she wrote, the dining-room in which she entertained, the bedroom and long room, all with original furnishings.

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

MUSIC

27 SINGING FOR PLEASURE – Valerie Hoy
Starts 25 February, 12 noon – 1 pm, 6 Thursdays, \$24

Learn the basics of vocal production and how to read a simple vocal line in a friendly environment. Suitable for all levels, but those with some experience particularly welcome. 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 18 February.

28 UKULELE BEGINNERS – Kerry McCammon
Starts 1 March, 10.30 am – 12 noon, 6 Mondays, \$29

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.

29 UKULELE BEGINNERS STAGE 2 – Kerry McCammon
Starts 1 March, 1 – 2.30 pm, 6 Mondays, \$29

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

30 BLENDED FAMILY LIFE – Don Rowlands
Starts 1 March, 7.30 – 9.30 pm, 4 Mondays, \$30

This course will assist caregivers to understand the differences inherent in step-families, develop parenting strategies and celebrate their blended family. Aspects covered will include: grief and loss, parenting styles, nurturing your couple relationship, healthy boundaries with ex-partners and the needs of children. Don Rowlands is a parent of four with a Masters of Education degree. He works as a Family Therapist at the Durham Centre. Don has co-facilitated the Step parent Support Group for ten years.

31 MYERS BRIGGS PERSONALITY TYPE INDICATOR – Don Rowlands
Tuesday 13 April, 10 am – 3 pm, \$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 Friday 2 April and the indicator questionnaire must be completed and returned by Friday 9 April. Please bring food for a shared lunch.

PHILOSOPHY & RELIGION

32 THEOLOGICAL DILEMMAS 2 – Jim Stuart
Starts 2 March, 10.30 am – 12 noon, 5 Tuesdays, \$24

This course is the second of a series on the theological dilemmas. It will explore some of the divisive but enduring theological questions that challenged Christian theologians during the Medieval period. Over five weeks we will examine the thought of Peter Abelard, Anselm of Canterbury, Thomas Aquinas, Duns Scotus and William of Occam and the ways they resolved important theological issues. Jim holds a doctorate in Systematic Theology and Social Ethics and has taught courses in philosophy, theology and ethics in New Zealand and the USA.

Two informal philosophy groups meet at the WEA each week
See office for further info

RECREATION

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.

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

35 ARMCHAIR TRAVEL
Starts 11 February, 11 am – 12 noon, 8 Thursdays, \$25

11 Feb **The Brandenburg Gate** – Billa Leicht

18 Feb **Shongololo – a journey through South Africa** – Patrick and Pamela Lynch

25 Feb **Shakespeare's London** – Lynn Rain

4 Mar **A tour through Ancient Greece** – Catriona Watt

11 Mar **Morocco Memories** – Maureen Vance

18 Mar **The canals of the Csars** – David Chilvers

25 Mar **Harvesting the mist: painting with words to describe a vast and complicated land: China** – Helen Barr

1 Apr **Adventures with a toddler in the Greek Isles** – Barbara Murrell

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 Marion, 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 WRITERS' FELLOWSHIP

Meets at 10.30 am on the second Wednesday of each month at the WEA. Whether you take writing seriously or as a hobby you are welcome. (See also Creative Writing classes.) Phone Marjorie, 332 2127.

WEA NORTH WEST BRANCH

Meetings at Bishopdale Community Centre. Fridays 10-11.30 am. \$2 per session. A variety of tutors speak on a wide range of topics. For full programme details phone Coree 359 2151.

The Canterbury WEA wishes to thank the following for their support: **TERTIARY EDUCATION COMMISSION VIA THE FEDERATION OF WORKERS EDUCATIONAL ASSOCIATIONS, HAGLEY COMMUNITY COLLEGE, HILLMORTON HIGH SCHOOL, TELECOM**