

ADULT LEARNERS' WEEK, 7 – 13 SEPTEMBER

Free introduction to Belly dancing!

Tuesday 8 September at 12 noon – 1 pm

All welcome to this special session taken by Yurie Somerville

Adult Learners' Week promotion: Put your name in the hat during Adult Learners' Week. The winner will be offered a free place in a Term 4 course of their choice.

ARTS & CRAFTS**1 EVERY PICTURE TELLS A STORY - Pamela Gerrish Nunn****Starts 6 August, 10 – 11.30 am, 6 Thursdays, \$28**

Story-telling is a key role of painting in many artistic traditions and has lasted for many hundreds of years. Related forms like tapestry have also had narrative functions. This course examines the workings of this phenomenon in different times and places by looking in depth at specific examples. These works will range from Benozzo Gozzoli's *Journey of the Magi* (1462) through Picasso's *Guernica* (1937) to recent work by NZ artists. 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.

2 PORTRAIT DRAWING & PAINTING – Lucille Vial**Starts 31 July, 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 practise. Students take turns at modelling.

3 RAG RUGS WORKSHOP – Kathleen Scott**Saturday 8 August, 10.30 am – 3.30 pm, \$14**

Learn an exciting new hobby for the long winter evenings. Find out how to create an heirloom, and at the same time help to save the planet by recycling old clothing, and other fabrics by hooking them into a colourful rug. Design your own patterns using pictures and your imagination. Kathleen began rug-making almost twenty years ago in a small village in Nottingham and has been offering rug-making classes since moving to NZ in 2002. Class size limited to 10.

CURRENT AFFAIRS**4 ISSUES OF THE DAY – various speakers****Starts 29 July, 1.30 – 2.30 pm, 8 Wednesdays, \$25**

29 Jul **North Korea, Iran, recession, recovery & health care, and it's only President Obama's first six months!** - Amy Fletcher

5 Aug **What to do about North Korea?** –

Commander Robert Green RN (Ret'd)

12 Aug **Fiji: Unpacking the complexities of a nation in crisis** - Raijeli Nicole

19 Aug **Antibiotic resistance** – Daron Callander

26 Aug **When are we likely to get back to normal?** – John Peet

2 Sep **To be confirmed**

9 Sep **Project Lyttelton** – Wendy Everingham

16 Sep **The Hutton Shearwater project at Kaikoura** – Geoff Harrow

WEDNESDAY EVENING AT THE WEA

Starting late July, 5.30 pm for free tea and coffee, followed by speakers and discussion dealing with current issues. Gold coin donation. More details from WEA in July.

DANCE**5 ENGLISH COUNTRY DANCING – Nicola Rooney****Starts 6 July, 10 – 11.30 am, 2 Mondays, \$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 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 term break.

6 ISRAELI FOLK DANCING – Val Clements**Starts 12 August, 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.

7 TRADITIONAL DANCES OF THE BALKANS – Katy Sinton**Starts 27 July, 10 – 11.30 am, 8 Mondays, \$38**

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**8 WORK IN THE 21ST CENTURY – Philip Ferguson****Saturday 15 August, 10 am – 4 pm, \$18**

Globalisation, liberalisation, productivity, economic crisis – whatever the buzzwords, 'mainstream' economic discussion focuses on 'what is good for business' rather than the interests of workers and society as a whole. Today, workers in most of the globe are working longer, faster and harder, often for less. This course looks at the situation of working and workers globally in the 21st century, drawing on books such as Paul Mason's *Live Working or Die Fighting*, Naomi Klein's *The Shock Doctrine* and Karl Marx's *Capital*. Dr Philip Ferguson has a PhD in history and teaches at Canterbury University.

HEALTH**9 AWARENESS THROUGH MOVEMENT® CLASSES BASED ON THE FELDENKRAIS® METHOD – Denise Renaud****Starts 6 August, 7 – 8 pm, 8 Thursdays, \$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, and are likely to improve flexibility even if you don't think you have a problem. Denise Renaud is a certified Feldenkrais® Awareness Through Movement® teacher with over 10 years of experience in the method.

10 HATHA YOGA – Gail Baty**Starts 29 July, 7 – 8.30 pm, 9 Wednesdays, \$42**

Hatha Yoga provides immense 'whole body' benefits through an extensive programme of loosening flexibilities; thorough, stimulating postures; revitalising breathing and soothing 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 12 years and holds a Teaching Diploma through the International Yoga Teachers Assn of NZ. Yoga is the gift she loves to share with others. You need to bring a mat or large towel to work on and a blanket. Wear stretchy comfortable clothing and avoid heavy meals in the two hours prior to class. Class size limited to 16.

11 TAI CHI CHUAN – Paul Scott**Starts 6 August, 1.30 – 2.30 pm, 8 Thursdays, \$25 or****Starts 6 August, 2.30 – 3.30 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.

HISTORY & CULTURAL STUDIES

13 MONKS IN THE WORLD – Matt Morris
Starts 28 July, 1 – 2.30 pm, 7 Tuesdays, \$38 includes course reader
 A call to monasticism has not always entailed a retreat into a monastery. For centuries monk-like figures have felt called to take their messages into the world. While men and women from a multitude of religious traditions have walked this tightrope of 'being in the world but not of it', this course focuses on the Judeo-Christian tradition. It examines the lives of such important monk-like people as John the Baptist, St Patrick, St Francis of Assisi and Thomas Merton, as well as looking at the so-called 'Punk Monk' movement of the early twenty-first century. Matt Morris has a PhD in history.

HOME & GARDEN

14 PRACTICAL ORGANIC HOME GARDENING – Lily White
Starts 29 July, 6 – 7.30 pm, 6 Wednesdays, \$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 and is manager of the Opawa Community Garden. 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

15 CREATIVE WRITING – BEGINNERS – Helen Hogan
Starts 27 July, 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.

16 CREATIVE WRITING – FICTION – Helen Hogan
Starts 29 July, 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.

17 INSIGHT THROUGH POETRY: THE MODERNS
Sister Leonie O'Neill RSM
Starts 29 July, 10.30 – 11.30 am, 5 Wednesdays, \$17
 Seamus Heaney and Ted Hughes treated 'poetry as a potentially redemptive act' (Heaney), and as 'Poetry: the voice of spirit and imagination' (Hughes). We shall explore Heaney's Bog Poems as 'befitting emblems of adversity'; and Hughes' *The Hawk in the Rain* as an 'angler hunting his prey with patient concentration'. Heaney and Hughes collaborated in editing the anthologies: *The Rag Bag* and *The School Bag*. Brief reference will be made to other poets of the time. Sister has a PhD in English, LTCL

qualifications in Speech & Drama and TESOL, and has taught in both secondary and primary schools.

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

MAORI

TE WIKI O TE REO MAORI – MAORI LANGUAGE WEEK
27 July – 2 August

Throughout Maori Language Week you are invited to join in activities at the Linwood Community Arts Centre, on the corner of Stanmore Road and Worcester Street, phone 981 2881.
Te Reo: Monday 27 July and Thursday 30 July, 7 – 9 pm.
Harakeke (flax weaving): Tuesday 28 July, 1 – 3 pm and Thursday 30 July, 1 – 3 pm; learn how to weave flax. \$2 per class.
Hangi preparation: Thursday 30 July from 11 am: Participants will help with the preparation of vegetables, stuffing and meat for hangi, learning any protocols involved in food preparation and Maori words and terms as they go. Free. Cultural Performance, Friday 31 July, 6 pm. Serve Hangi, 7 pm. Food from hangi \$5.

MUSIC

18 LISTENING TO MUSIC IS FUN – John Emeleus
Starts 27 July, 1.30 – 2.30 pm, 5 Mondays, \$16

One session on the life and music of Haydn will be followed by four where nationalism in music is explored through the music of Russian composers, Moussorgsky (including his 'Pictures from an Exhibition'), Borodin, Rimsky-Korsakov and Tchaikovsky as well as Hungarian and Czechoslovakian composers, Bartok, Kodaly, Smetana, Dvorak and Janacek. Notes and musical examples will be provided. John Emeleus studied at the Royal Academy of Music, London. He was Head of the Music Department at the former Christchurch College of Education and is a Senior Fellow at the University of Canterbury. He is a conductor, organist, composer and arranger of choral and instrumental music.

19 SINGING FOR PLEASURE – Valerie Hoy
Starts 30 July, 12 noon – 1 pm, 8 Thursdays, \$32
 Learn the basics of vocal production and how to read a simple vocal line while preparing a programme for performance 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 23 July.

20 UKULELE BEGINNERS – Kerry McCammon
Starts 3 August, 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.

21 UKULELE BEGINNERS STAGE 2 – Kerry McCammon
Starts 3 August, 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

22 BLENDED FAMILY LIFE – Don Rowlands & Wendy Duder
Starts 4 August, 7.30 – 9.30, 4 Tuesdays, \$28
 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 with Wendy Duder, a step parent and tutor in Early Childhood Education.

23 INTRODUCTION TO PUBLIC SPEAKING – Evelyn Terris
Tuesday 8 September, 10 am – 12 noon, \$7

Skill in public speaking is invaluable in everyday life. This session will take the form of a brief overview before moving to interactive discussion. We will look at building confidence, preparation, and the structure of a talk. Other aspects to be touched on will include the use of voice and the importance of clear articulation and the use of body language, including facial expression. Evelyn Terris, a trained teacher with speech and drama qualifications, has worked for many years as a speech-language therapist and in private practice with adults and young people in the areas of speech, drama, effective speaking and public speaking.

PHOTOGRAPHY

24 INTRODUCTION TO USING YOUR DIGITAL CAMERA
Lawrence Roberts

Starts 28 July, 10 am – 12 noon, 6 Tuesdays, \$43

This course is designed for beginners with little or no experience of digital photography (or any photography at all). It is an introductory course covering camera and photographic basics. Previous photographic experience is not assumed, and you don't have to be a computer user. Course participants need to have their own digital camera and must bring it to all classes. Weather permitting some of the skills discussed in class will be practised outside. Lawrence Roberts is a trained photographer and also tutors digital photography at Riccarton High School and Risingholme Community Centre.

PSYCHOLOGY

25 THE IDEAS OF CARL GUSTAV JUNG – Bridget Lee Nicoll
Starts 28 July, 10.30 am – 12 noon, 5 Tuesdays, \$24

The C G Jung (Analytical Psychology) course will address some of the ideas of Carl Jung. Each session will be aimed to interest those already familiar with this subject as well as people studying Jung for the first time. The five sessions will dwell upon certain Archetypes as seen in theory and in therapy including Archetypes of the Collective Unconscious – Mother, the Gods, Anima and Animus, the Trickster, the Child. With a consensus of the participants, other areas could be studied and the list above amended. Bridget Lee Nicoll is a qualified Psychoanalytical Therapist who has practised for thirty years both in the UK and NZ.

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

RECREATION

26 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.

27 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

28 ARMCHAIR TRAVEL

Starts 30 July, 11 am – 12 noon, 8 Thursdays, \$25

30 Jul **Brazil** – Nate Cull

6 Aug **Great Britain & Ireland** – Judy Miles & Gary Swarbrick

13 Aug **The vampire slayers of Lake Victoria and other spider stories** – Simon Pollard

20 Aug **Springtime in China** – Richard Chandler

27 Aug **A taste of Tasmania** – Margaret Lovell-Smith

3 Sep **Travelling to central Europe by cargo ship** – Gay Pavelka

10 Sep **Denmark: a visit to the 'happy' country** -
 Connie Christiansen

17 Sep To be confirmed

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.

GENERAL INFORMATION

Venue: All courses held at the WEA Centre, 59 Gloucester Street, unless otherwise stated. Further details are available for some of the courses and will be given out on enrolment or at first session of course.

Office hours: Monday to Friday: 9.30 am - 3 pm

Phone: 366 0285 Fax: 366 4530

Email: cwea@xtra.co.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: Personal course material is the responsibility of the individual student. A small charge, payable by arrangement with the tutor, will be made for photocopied notes or materials in cases where it is not part of the course fee.

Receipts can be collected but are only sent if requested and if a stamped self addressed envelope is supplied. 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: Car parking available across the road from the WEA under the Art Gallery. Parking coupons are sold in the office. Sorry - **no parking** on WEA premises except for tutors. Please phone to arrange wheelchair access.

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

Members' concession: WEA members taking more than one course in the same term can have a \$2 discount off second and subsequent courses if they each cost \$10 or more.

Membership is open to everyone.

Members receive a programme by mail each term.

Individual \$10 Family \$15 Affiliate \$15 Life \$150

The year runs from 1 January - 31 December.

Rejoin in January using enrolment form, or by letter.

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 Canterbury WEA to be made to the Coordinator. More serious complaints to be made in writing to the CWEA President.

ABOUT THE WEA ... The Canterbury WEA, 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.

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