

**LINCOLN EFFORD MEMORIAL LECTURE**

Thursday 19 August, 7.30 – 9 pm, at the WEA

Speaker: **John Peet**

**Is a peaceful, just and sustainable future possible?**

John Peet is a chemical engineer with background experience in the petroleum industry, whose main focus in recent years has been sustainable development. Since retirement, he has worked with a number of local, national and international non-government organisations.

Please phone 366 0285 to register for this free event.

**ARTS & CRAFTS**

**1 A CONCISE HISTORY OF LANDSCAPE PAINTING – Pamela Gerrish Nunn**

**Friday 30 July, 10 am – 4 pm, \$16**

Landscape painting began in China many centuries ago and developed in Europe from the 16<sup>th</sup> century. This day course will survey its key points and significant exponents, including the French master Claude, the Impressionists, the English master Turner, and New Zealand landscapists such as Colin McCahon and Graham Sidney. This class will help viewers' appreciation of the Art Gallery's current landscape show, An Idyllic Country, which will be visited during the course of the day.

**2 TEN GREAT LANDSCAPES – Pamela Gerrish Nunn**  
**Friday 17 September, 10 am – 4 pm, \$16**

*Ten Great Landscapes* will follow up the previous class by examining in-depth a selection of specific works in various media from across the centuries. The examples chosen will showcase how meaning can be made by depicting the land, exposing attitudes not only to nature and industrialisation, but also spiritual beliefs, ideas about class and ownership, and reactions to war. 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.

**3 PASTELS WORKSHOP – Mike Glover**  
**Weekend 28 - 29 August, 9 am – 3 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.

**4 PORTRAITURE – Maxine Burney**  
**Starts 23 July, 9.45 am - 12 noon, 8 Fridays, \$80**

Achieving a likeness of a person is both challenging and rewarding. This course invites you to explore portraiture further and to expand your creativity using mixed media to represent and characterise a person. Working from life, memory, imagination, self portrait and other resources, the aim is to develop a wider visual language to express the human portrait. With many years experience working in the visual arts and as a tutor, the past 14 as a practising artist at the Arts Centre, Maxine's aim is to inspire and encourage you to create.

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

**5 RAG RUGS WORKSHOP – Kathleen Scott**  
**Saturday 21 August, 10.30 am – 3.30 pm, \$18**

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**

**6 LOCAL GOVERNMENT ELECTIONS - October 2010**

To help you decide who to vote for in the local government elections we are planning some events for September. For further details, watch our notice board or web-page, or ask to go on our email list.

**7 SOCIAL SERVICES IN CANTERBURY – various speakers**  
**Starts 28 July, 1.30 – 2.30 pm, 5 Wednesdays, \$16**

28 Jul **Social Services: an overview** - Sharon Torstenson, Council of Social Services in Christchurch

4 Aug **'There's nothing out there for men. Yeah, right'** - Donald Pettitt, Manager, Canterbury Men's Centre

11 Aug **Igniting Change: From Abuse to Empowerment** - Lyn Boyd, Community & Service Development Manager, Christchurch Women's Refuge

18 Aug **Working with high-risk families** - Bill Pringle, Practice Manager, Family Help Trust

25 August to be confirmed

**DANCE**

**8 ENGLISH COUNTRY DANCING – Nicola Rooney**  
**Starts 9 July, 10 – 11.30 am, 2 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 term break.

**9 ISRAELI FOLK DANCING – Val Clements**  
**Starts 4 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.

**10 TRADITIONAL DANCES OF THE BALKANS – Katy Sinton**  
**Starts 26 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.

**HEALTH**

**11 AWARENESS THROUGH MOVEMENT® CLASSES BASED ON THE FELDENKRAIS® METHOD – Denise Renaud**  
**Starts 28 July, 10 – 11 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.

**ADULT LEARNERS' WEEK, 5 – 11 SEPTEMBER**

Try something new! For this week only you may attend selected classes free of charge. This offer applies to Traditional Dances of the Balkans (Monday 10 – 11.30 am); Israeli Dancing (Wednesday 11.45 am - 1.15 pm); Armchair Travel (Thursday 11 am – 12 noon).

There'll also be a draw open to anyone who attends a class during the week, with the winner receiving free enrolment to a course of their choice in term 4.

**12 HATHA YOGA – Gail Baty**

**Starts 21 July, 7 – 8.30 pm, 10 Wednesdays, \$47**

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.

**13 NORDIC WALKING – Frances Young**

**Saturday 11 September, 9.30 am – 12.30 pm, 2 Saturdays, \$24**

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. Whilst Nordic walking 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.

**14 TAI CHI, QIGONG AND HARA BODY ALIGNMENT –**

**Geraldine Parkes**

**Starts 29 July, 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. THIS IS ALSO A FALLS PREVENTION PROGRAMME.

**HISTORY & CULTURAL STUDIES****15 CANTERBURY PEOPLE WHO WORKED FOR WOMEN'S RIGHTS –**

**Starts 9 August, 1.30 – 2.30 pm, 4 Mondays, \$13**

16 Aug **Sarah Saunders Page** – Edmund Bohan

23 Aug **Cycling for Suffrage** – Clare Simpson

30 Aug **Ada Wells** – Jean Sharpe

6 Sep **Elizabeth and Tommy Taylor** – Margaret Lovell-Smith

**16 INDIA: MYTH AND REALITY IN 'THE WORLD'S LARGEST DEMOCRACY' – Philip Ferguson**

**Saturday 11 September, 11 am – 4.30 pm, \$14**

India is increasingly referred to as 'the new Asian tiger'. Yet there has also been a substantial growth in poverty, and brutal forms of discrimination and oppression continue. This course provides an overview of India since independence, concentrating on the past three – four decades and attempts to explain how modernisation and economic reform continue to reproduce intensely exploitative and repressive social relations. The course will include material from three award-winning Indian novels – *A Fine Balance*, *The God of Small Things* and *The White Tiger*. Philip Ferguson has a PhD from Canterbury University where he currently teaches history and world affairs in Bridging programmes.

**17 CINEMATOGRAPHY: PAINTING WITH TIME AND LIGHT –**

**John Christoffels**

**Starts 11 August, 4.30 – 6 pm, 3 Wednesdays, \$14**

Over three weeks we will look at the art and craft of the cinematographer (also known as cameraman or director of photography). The course will include a quick historical view of over 100 years, a look at the filmmaking industry in New Zealand, the future of filmmaking in New Zealand, digital cinematography and new opportunities. Every session will include movie excerpts and examples of work which we can discuss together. John Christoffels has worked in the NZ film and TV industry for over 20 years. He has an MFA in Fine Arts and currently teaches filmmaking at the University of Canterbury School of Fine Arts.

**HOME & GARDEN****18 PRACTICAL ORGANIC HOME GARDENING – Lily White**

**Starts 27 July, 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 \$56 (maximum of 11 titles over the year). If you would like 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](mailto:bds@bds.org.nz), or website: [www.bds.org.nz](http://www.bds.org.nz)

**19 CREATIVE WRITING – BEGINNERS – Helen Hogan**

**Starts 26 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.

**20 CREATIVE WRITING – FICTION – Helen Hogan**

**Starts 28 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.

**21 PLAY READING FOR FUN – Brian Sullivan**

**Starts 5 August, 10 am – 12 noon, 5 Thursdays, \$41**

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: Please enrol by 22 July to assist with script ordering.

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

**22 WRITING THE PERSONAL ESSAY: MIGRATION AND IDENTITY – Diane Comer**

**Starts 12 August, 1 – 2.30 pm, 5 Thursdays, \$24**

This course invites recent and long-time immigrants to New Zealand to examine their experiences through the personal

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essay. Using narrative, reflective, or thematic approaches, participants will explore how writing the essay creates insight and understanding. Elements of the essay and migration will be developed in a workshop setting with active discussion and practice. Diane Comer is a graduate from the University of Iowa Writers' Workshop and has been publishing creative non-fiction for twenty years. She has taught writing workshops at universities in Europe and the United States and is completing her PhD at the University of Canterbury.

## MAORI

**23 TE WIKI O TE REO MAORI – MAORI LANGUAGE WEEK**  
**Wednesday 28 July, 10.30 am – 12 noon, \$6, free to WEA members**

**Opening the Kura Huna: Maori language and historical research**  
Dr Jeffrey Paparua Holman, a Senior Adjunct Fellow at the University of Canterbury will speak about Maori language resources and research, accessing and using archival sources. This will relate to his recently published book *Best of Both Worlds: the story of Elsdon Best and Tutakangahau* (Penguin: 2010), and how a knowledge of Maori is essential for serious New Zealand historians.

## MUSIC

**24 SINGING FOR PLEASURE – Valerie Hoy**  
**Starts 5 August, 12 noon – 1 pm, 8 Thursdays, \$32**

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.

**25 UKULELE BEGINNERS – Kerry McCammon**  
**Starts 26 July, 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.

**26 UKULELE BEGINNERS STAGE 2 – Kerry McCammon**  
**Starts 26 July, 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

**27 PERSONALITY TYPE IN RELATIONSHIPS, CAREERS AND ORGANISATIONS – Don Rowlands**  
**Saturday 18 September, 10 am – 3 pm, \$19**

This seminar 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 seminar. The facilitator, Don Rowlands has an M.Ed. (Counselling) and is a member of the NZ Association of Psychological Type.

## PHILOSOPHY

**28 THEOLOGICAL DILEMMAS 3 – Jim Stuart**  
**Starts 4 August, 10.30 am – 12 noon, 5 Wednesdays, \$24**

This course is the third of a series on theological dilemmas. It will explore the difficult theological questions that challenged Christian theologians in the West during the Reformation period. Over five weeks we will explore the thought of John Hus (Bohemia), Martin Luther (Germany), John Calvin (France, Switzerland), Huldreich Zwingli (Switzerland) and Jacobus Arminius (Holland). We will focus on how they addressed theological

dilemmas in their time. Jim holds a doctorate in Systematic Theology and Social Ethics and has taught courses in philosophy, religious studies, theology and ethics in New Zealand and the USA.

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

## PHOTOGRAPHY

**29 USING YOUR DIGITAL CAMERA – Lawrence Roberts**  
**Starts 20 July, 10 am – 12 noon, 6 Tuesdays, \$43**

An introductory course for those who are about to, or just have embarked on the digital photography journey. No previous photographic experience is required and you don't have to be a computer user. All students should have a digital camera and bring it to all classes. Students will need to spend between \$20 and \$30 during the course on prints from digital labs around the city. Lawrence Roberts is a trained photographer and also tutors digital photography at Riccarton High School and Risingholme Community Centre.

## RECREATION

**30 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.

**31 GAMES AFTERNOON – Monday 9 August, 1.30 – 4 pm, members free, non-members \$5 donation**

Bring your favourite board or card game for a fun afternoon. Please phone 366 0285 to register.

**32 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

**33 ARMCHAIR TRAVEL**

**Starts 29 July, 11 am – 12 noon, 8 Thursdays, \$25**

**Pilgrimage to Santiago de Compostela – Peter Cooper**

5 Aug **Crusader Trails – Richard Chandler**

12 Aug **The history and future expansion of the Panama Canal – Hazel Woodhead**

19 Aug **St Petersburg, Moscow and a Russian wedding – Olive Lawson and Don Rowlands**

26 Aug **Oman: photo safari – John Thacker**

2 Sep **Ecuador to Easter Island – Mary-Louise Twhigg**

9 Sep **To be confirmed**

16 Sep **Nepal – Philip Ferguson**

### 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 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 Jan 351 9796.

The Canterbury WEA wishes to thank the following for their support: **TERTIARY EDUCATION COMMISSION VIA THE FEDERATION OF WORKERS EDUCATIONAL ASSOCIATIONS**

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