

## FRIDAY NIGHTS AT THE WEA

- 1<sup>st</sup> Friday: 6 pm - Waiata Group (Whare Tamanui)  
2<sup>nd</sup> Friday: 6 pm - Italian film seminar (Daniela Bagozzi)  
3<sup>rd</sup> Friday: 7.30 pm - Economics for Everyone discussion group (Pegasus Exchange)  
4<sup>th</sup> Friday: 7 pm - History & Current Affairs (Philip Ferguson)  
Everyone welcome, koha. For enquiries phone the office.

### ADULT LEARNERS' WEEK, 3 – 9 September the week when we celebrate adult learning

As a special promotion we invite WEA participants to 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.

There will also be the opportunity to attend some free classes or lectures during adult Learners' Week.  
See the WEA notice board for further details.

## ARTS & CRAFTS

### 123-01 INTRODUCTION TO DRAWING – Kate Morrison Starts 25 July, 9.30 – 11.30 am, 8 Wednesdays, \$63

This course introduces the tonal and linear elements of drawing, using basic tools and materials combined with drawing exercises designed to build up your skill base. The aim of the course is for the student to become more confident in their own drawing ability and knowledge. As this process continues the tutor will introduce more advanced drawing exercises and will provide support for the student's individual drawing projects. Beginners welcome. Please bring a 2B, 4B or 6B pencil, putty/kneadable rubber or eraser, a ruler, and cartridge drawing pad or paper no smaller than A4. Kate has tutored community art for the past seven years in Wellington, Southland and Christchurch.

### 123-02 MIXED MEDIA WORKSHOP – Kate Morrison Starts 11 August, 10 am – 2.30 pm, 2 Saturdays, \$31 + \$8 for materials on the day

This workshop includes a variety of exercises, ranging from drawing and painting exercises to ink portraits in combination with colour pencil, pastels, acrylics and collage. You will also get to take a simple line drawing and develop it into a painting on paper combining tissue paper and other applied materials. The workshop is designed to encourage you to look at how you process your work and how you can combine mediums for interesting results. Kate has tutored community art for the past seven years in Wellington, Southland and Christchurch.

### 123-03 PASTELS WORKSHOP – Mike Glover Starts 1 September, 9 am – 3.30 pm, 2 Saturdays, \$65

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.

### 123-04 PORTRAIT DRAWING & PAINTING – Lucille Vial Starts 27 July, 10 am – 12 noon, 8 Fridays, \$86

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.

## CURRENT AFFAIRS

- 123-05 PLANS FOR THE REBUILD – various speakers  
Starts 8 August, 1.30-2.30pm, 5 Wednesdays, gold coin donation  
8 Aug **Healing the Avon, healing the broken east – the emerging vision of a river park/reserve** – Mark Gibson, Co-Chair Avon-Otakaro Network (AvON). Leader of the River of Life Project and Co-ordinating Minister of New Brighton Union Church

- 15 Aug **The Voice of Music** – Graeme Wallis, Christchurch Civic Music Council  
22 Aug **A 100 Day Housing Plan for Christchurch** – Glenn Livingstone, City Councillor, Burwood/Pegasus Ward  
29 Aug **Access to Where & for What Activities? The Christchurch Rebuild & Revival** - Chris Kissling, Emeritus Professor of Transport Studies, Lincoln University  
5 Sep To be confirmed.

## DANCE

### 123-06 ISRAELI FOLK DANCING – Val Clements

Starts 8 August, 11.45 am - 1.15 pm, 8 Wednesdays, \$46

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

### 123-07 TRADITIONAL DANCES OF THE BALKANS – Katy Sinton

Starts 24 July, 10 – 11.30 am, 8 Tuesdays, \$46

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

### 123-08 SOCIAL/STRUCTURAL ANALYSIS TRAINING

Starts 1 August, 5.30 – 7 pm, 5 Wednesdays, \$19

This course will provide participants with a set of tools for analysing the use and misuse of social and economic power in New Zealand and overseas. The course will be taken by Rodney Routledge, Martin Maguire and Brian Turner, who are all skilled and experienced facilitators.

### 123-09 SURVIVING THE WORKPLACE – Peter Moore

Starts 6 August, 7.30 – 9.30 pm, 4 Mondays, \$31

Over four weeks you will learn about New Zealand employment law and discuss the issues facing working people. The focus will be on: contracts, conditions, terminations, dealing with difficult managers, work-place rights, discrimination, bullying and harassment. The course will assist employees in their jobs and provide a valuable update for managers, union officials, counsellors and advocates who assist in the workplace.

### 123-10 WHAT'S GOING ON IN THE WORLD OF FINANCE?

Starts 22 August, 10.30 – 11.30 am, 4 Wednesdays, \$16 – free to members

- 22 Aug **Defusing the debt bomb: Lessons from the Global Financial Crisis** – Raf Manji, Director, Sustento Institute  
29 Aug **Accounting for Asset Sales** – Bob Miller, Department of Accounting and Information Systems, University of Canterbury  
5 Sep **What lies behind the Consumer Price Index (CPI)?** – Geoffrey Naylor  
12 Sep To be confirmed

## HEALTH

### 123-11 DEEP BREATHING & RELAXATION – Diane Brasell

Starts 27 July, 1 – 2 pm, 8 Fridays, \$38

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.**

### 123-12 TAI CHI, QIGONG AND HARA BODY ALIGNMENT – INTERMEDIATE/ADVANCED - Geraldine Parkes

Starts 19 July, 1.30 - 2.30 pm, 11 Thursdays, \$42 - or

### 123-13 TAI CHI, QIGONG AND HARA BODY ALIGNMENT – BEGINNERS – Geraldine Parkes

Starts 19 July, 2.45 – 3.45 pm, 11 Thursdays, \$42

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

### 123-14 DUBLIN: FROM THE VIKINGS TO THE TROIKA – Philip Ferguson

Saturday 8 September, 1 – 4.30 pm, \$14

This course investigates Dublin, from its origins as a Viking settlement to its new status as an "Alpha City". Along the way we look at the city in Anglo-Norman, medieval and Georgian times and then as a centre of the Irish cultural renaissance and the birth of working class resistance to both British rule and employer exploitation, culminating in the 1916 Rising. More recently it has evolved through boom and bust to the recent 'Celtic Tiger' period and the current financial crisis. Dr Philip Ferguson currently teaches history and world affairs in Bridging Programmes at the University of Canterbury.

### 123-15 INTRODUCTORY MANDARIN CHINESE - Xiaofang Ruan (Helen Cull)

Starts 27 July, 10am – 12noon, 8 Fridays, \$65

Ni hau! This course is an introduction to Mandarin, the standard language spoken in mainland China. Learn the basics of tones, the pinyin phonetic spelling system, and everyday common phrases that you might use when travelling or making conversation. The emphasis will be on spoken language rather than the more complicated character writing system, so absolute beginners are welcome. Chinese is easier than you think! Xiaofang Ruan is a Chinese national with a background in teaching, cultural exchange and tourism.

### 123-16 MARTIN LUTHER KING & THE CIVIL RIGHTS MOVEMENT – Philip Ferguson

Saturday 28 July, 1 – 4.30 pm, \$14

This course surveys the Jim Crow period of segregation in the United States, the rise and evolution of the civil rights movement, the role played by Martin Luther King and the evolution of his politics, including the relationship of King and Malcolm X. Dr Philip Ferguson currently teaches history and world affairs in Bridging Programmes at the University of Canterbury.

## HOME & GARDEN

### 123-17 PRACTICAL ORGANIC HOME GARDENING – Lily White

Starts 7 August, 6 – 7.30 pm, 6 Tuesdays, \$38

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 specialty 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](mailto:bds@bds.org.nz) or phone us on 365 6210.

### 123-18 CREATIVE WRITING – BEGINNERS – Helen Hogan

Starts 23 July, 10 am – 12 noon, 8 Mondays, \$61

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.

### 123-19 CREATIVE WRITING – FICTION – Helen Hogan

Starts 25 July, 10 am – 12 noon, 8 Wednesdays, \$61

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

### 123-20 EDGAR ALLEN POE'S SHORT STORIES – GRANT PHELOUNG

Starts 24 July, 10.30 - 11.30 am, 6 Tuesdays, \$23

Edgar Allen Poe's stories have been the inspiration for over fifty films and are regularly referenced in television shows, including *The Simpsons*, *CSI*, and *The Sopranos*. Poe was one of the finest craftsmen of the short story and a notable influence in American literature, but do his stories still have the power to move us? Why do they continue to pervade pop culture? This course will look at Edgar Allen Poe's short stories, including "The Fall of the House of Usher", "Ligeia", "William Wilson", "The Tell-Tale Heart" and "The Pit and the Pendulum". Grant Pheloung has a PhD from Auburn University in Alabama where he taught in the 'Great Books' programme.

### 123-21 WHITMAN'S 'SONG OF MYSELF' – Grant Pheloung

Starts 4 September, 10.30 – 11.30 am, 4 Tuesdays, \$16

Walt Whitman looms large as an influence on American literature. Ralph Waldo Emerson described Whitman's writings as 'more deeply American, democratic, and in the interest of political liberty than those of any other poet'. 'Song of Myself' has been credited as 'representing the core of Whitman's poetic vision' and combining Romanticism and realism to produce a true American classic. This short course will look at Walt Whitman's poem 'Song of Myself'. Grant Pheloung has a PhD from Auburn University in Alabama where he taught in the 'Great Books' programme.

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

The theme this year is Arohātia te Reo – cherish the language. Join Dion Kamira for a special one hour class of basic te Reo Maori and waiata, Monday 23 July, 12 – 1 pm, at the WEA. Koha.

## MUSIC

### 123-22 SINGING FOR PLEASURE – Valerie Hoy

Starts 20 September, 12 noon – 1 pm, 8 Thursdays, \$36

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 13 September.

### 123-23 THE DRAMATIC STRAVINSKY – David Sell

Starts 23 July, 1.30 – 2.30 pm, 5 Mondays, \$19

Igor Stravinsky grew up in a world of artistic revolution. Before he was thirty, his musical innovations were described as having the 'effect of an explosion that so scattered the elements of musical language that they could never again be put together as before'. This course will explore whether such a statement is justified, and if so, how Stravinsky managed to use such a new and powerful musical language to dramatic effect. In addition to recorded musical examples, videoed performances of some of his dramatic works will be shown. David Sell is Adjunct Associate Professor of Music, and Director of the National Centre for Research in Music Education at the University of Canterbury.

**123-24 UKULELE BEGINNERS – Kerry McCammon**  
**Starts 23 July, 10.30 am – 12 noon, 6 Mondays, \$36**

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.

**123-25 UKULELE BEGINNERS STAGE 2 – Kerry McCammon**  
**Starts 23 July, 1 – 2.30 pm, 6 Mondays, \$36**

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

**123-26 COACHING YOURSELF TO NEW GOALS IN 2012 - Ron Tustin**

**Starts 2 August, 1.30 – 3.30 pm, 6 Thursdays, \$49**

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.

**123-27 FEEL THE FEAR AND DO IT ANYWAY WORKSHOP® - Joy McKenzie**

**Saturday 4 August, 9 am – 4 pm, \$24**

This workshop is based on the international bestselling book *Feel the fear and do it anyway®* by Susan Jeffers PhD and it will be helpful if you read the book before attending the workshop. Joy will help you build the tools you need to improve your self-belief, sense of achievement, and confidence. Learn how to improve all your relationships. Give yourself skills to stay calm every day and cope with anxiety guilt and fear. Learn how to make positive changes in your life, and find direction purpose and enthusiasm. Joy McKenzie is a registered professional clinical therapist with 20 years experience working in the community with people of all ages and cultures.

**123-28 PERSONAL INTERACTION SKILLS – Cathy Sweet**  
**Starts 4 September, 1 – 2.30 pm, 4 Tuesdays, \$23**

Interacting with other people is essential to our happiness, but we don't receive much training for the conflicts and upsets that are part of our daily lives. Common areas people say they need help with are: being listened to better, being able to ask for what they want without upsetting others, and standing up to people they feel 'pushed around by'. From her background in community work, personal development and education Cathy has identified three essential tools: listening skills, assertiveness, and personal awareness, and enjoys presenting them in a fun and practical way.

#### PHILOSOPHY

**123-29 HUMAN NATURE, NURTURE OR NEITHER? – Michael Couch**  
**Starts 25 July, 10.30 am – 12 noon, 4 Wednesdays, \$23**

What is it to be human? Capable of breathtaking art, medieval torture chambers, acts of random kindness, and of mass genocide. Is there good or evil human nature, or just kind or cruel actions? Are we creatures of primarily reason or passion? Or are we just a riddle, wrapped inside an enigma? This course explores the ideas of four major early modern philosophers: Kant, Marx, Darwin, and Nietzsche. Michael Couch is completing his PhD in the Philosophy of Education and has a background in History and Classical Studies. He has been tutoring since 2004.

#### RECREATION

**123-30 MAH JONG - Tuesdays, 10 am - 12 noon, gold coin 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

**123-31 ARMCHAIR TRAVEL – various speakers**  
**Starts 26 July, 10.30 – 11.30 am, 8 Thursdays, \$28**

26 Jul **Asia with a small pack** – John Kirby  
2 Aug **Rio Carnival and Easter Island** – Allan Schroeder  
9 Aug **Across the ditch: Highlights of Sydney, Melbourne and Ballarat** – Don Rowlands and Olive Lawson  
16 Aug **A river cruise from Budapest to Amsterdam** – Judith Mackenzie  
23 Aug **A Romanesque ramble** – Graham French  
30 Aug **The South Island: off the driven track** – Peter Low  
6 Sep **Spitsbergen: the pack ice voyage** – Richard Chandler  
13 Sep **Snow and stuff South of 60°** - Neil and Debbie Gilbert

#### NEW BRIGHTON COURSES – at St Faith's Anglican Church hall 46 Hawke St, New Brighton, please enrol at the WEA

**123-32 CREATIVE SEWING FOR BEGINNERS – Josie Bishop**  
**Starts 27 July, 9.30 – 11.30 am, 8 Fridays, \$32**

Starting with basic sewing skills, let's make an apron for you or for a gift, and to learn the hand-stitching skills we will make a variety of home craft projects. Josie is an experienced sewing business manager and craft tutor. Participants will need to supply their own cottons and fabrics and a few basic tools, (needles and scissors).

**123-33 PERFORMANCE MUSIC – Jeff Hill**  
**Starts 23 July, 7-9pm, 8 Mondays, \$35**

This course will be based around a choir format. Some basic singing techniques will be explored alongside some tuition in reading music and explanations of how music works. Any instrumental talents within the group will be utilised and percussion instruments will also add to the performance. Finally, some movement will be added. The aim will be to develop a group that can perform at local rest homes and other events. Jeff Hill has his LTCL in trombone performance and is able to play a wide variety of instruments. He has performed with all kinds of ensembles and was conductor of the New Brighton Silver Band for 12 years.

**123-34 TAI CHI, QIGONG & HARA BODY ALIGNMENT – BEGINNERS – Geraldine Parkes**  
**Starts 23 July, 2.30 – 3.30 pm, 10 Mondays, \$22**

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.

#### 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 Margaret's, 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.