

REGISTRATION FORM

Name _____

Address _____

Email _____

Phone – Home _____

Business _____

Mobile _____

Course _____

Date of Course _____

Cost of Course \$ _____

HOW TO ENROL

Enrolment can only be confirmed with full payment of the course fee. Payment is required one week prior to commencement of course.

Post in:

Send this form and payment to:
Katikati Community Resource Centre
Beach Road, Katikati 3129.

Cheques should be made out to 'Katikati Community Resource Centre'.

On-line:

Register online at www.katikatiresource.co.nz and make your payment through internet banking.
Payee: Katikati Community Resource Centre,
Account No: 031550 000 6540 00

Please include your name and course details in the reference fields.

Walk-in:

At Katikati Community Resource Centre
Weekdays from 8.30am to 4.30pm.
Pay by Cash, Cheque or EFTPOS.

Katikati Adult & Community Education - Term 3/4, 2010

SPECIAL INTEREST / LIFESKILLS

ARC WELDING CLASSES (Beginners) – Tutor: Tony Orsler
Wed 10–17 Nov, 7–9pm – 2 wks, \$25

Learn the basic skills of arc welding. You will need a welding helmet and gloves – all other materials provided.

AFFORDABLE WARDROBE PLANNING

– Tutor: Margaret Stodart

Term 3: Sat 14 Aug, 10.30am–2.30pm – \$30

Term 4: Sat 30 Oct, 10.30am–2.30pm – \$30

Step-by-step workshop covering suitable colours, style personality, scale, design lines of clothes and planning an efficient wardrobe.

BUSH SKILLS FOR WOMEN – Tutor: Anja Morris

Gain skills and confidence for enjoyable, safe tramping. Learn more about map and compass reading, trip planning and risk management. Enquiries: ph Anja 548 0922.

BEEKEEPING FOR BEGINNERS – Tutor: Gerrit Hyink

Sat 16–30 Oct (includes field trip), **10am–1pm** – 3 wks, \$60

Learn basic skills to successfully start beekeeping. You will find out what equipment you need to get started, acquiring and managing your bees and harvesting the honey.

TIME FOR CHANGE – Tutor: Paula Harrison

Mon 1 Nov–6 Dec, 1–3pm – 6 wks, \$25

Learn coping strategies and new techniques to help deal in everyday situations. Develop confidence and become more positive in all areas of your life. Topics: positive thinking, self esteem, lifestyle balance, time management and healthy living.

DIGITAL PHOTOGRAPY – Tutor: Barbara Davis

Course 1: DIGITAL PHOTOGRAPY FOR BEGINNERS

Sat 11 Sept, 10am–3pm at Katikati Resource Centre – \$35

Participants will learn the technical and practical elements of digital photography, basic image editing techniques and how to use your camera on manual. The principles of taking a great photograph will also be explained.

Course 2: CREATIVE DIGITAL PHOTOGRAPY (Part 1)

Sat 18 Sept, 10am–3pm at Katikati Resource Centre & other locations – \$35

Learn to use and understand shutter speed and aperture to make creative images of water, landscape, still life and action. Students must have a camera with manual settings and be able to save and email images. Some local travel involved. A tripod would be an advantage but not necessary.

Course 3: CREATIVE DIGITAL PHOTOGRAPY (Part 2)

Sat 2 Oct, 10am–3pm at different locations – \$35

Discuss and critique images from Course 2 and develop the techniques learnt with more advanced practical exercises. The emphasis will be on how to take imaginative and creative images.

EMPLOYMENT / COMPUTER SKILLS

WORKPLACE FIRST AID – Essential First Aid

Full Course: \$150 (both days) / Refresher: \$80 (one full day)

16 & 17 July, Fri 6–10pm & Sat 8am–4.30pm

11 & 12 Aug, Wed 8am–4.30pm & Thurs 8am–12 noon

15 & 16 Sept, Wed 8am–4.30pm & Thurs 8am–12 noon

8 & 9 Oct, Fri 6–10pm & Sat 8am–4.30pm

10 & 11 Nov, Wed 8am–4.30pm & Thurs 8am–12 noon

9 & 10 Dec, Thurs 8am–4.30pm & Fri 8am–12 noon

All certificates are valid for two years and are NZQA and OSH approved. If you have a current certificate and it is close to expiring then the refresher course is available.

GROWSAFE COURSES

Introductory, Refresher & Approved Handler programmes. These courses are a 'must' for anyone applying agrichemicals.

Contact Bill May on 543 1666 or 021 012 366.

CHAINSAW SAFETY – with Ag Challenge

NZQA unit-based courses. Learn about safety and operation, maintenance, environmental conditions, rules and regulations. Courses are run in accordance with current OSH and ACC standards. Phone John Polstra 07 827 2995.

FITNESS, HEALTH & WELL-BEING

GENERAL HATHA YOGA – Instructor: Annabelle Wheeler

Term 3: Fri 30 July–17 Sept, 10–11.30am – 8 wks, \$65

Term 4: Fri 15 Oct–3 Dec, 10–11.30am – 8 wks, \$65

A Hatha-based yoga class with flowing vinyasa style movements to strengthen the body. Practice breathing exercises, relaxation and meditation techniques to reduce stress and anxiety. A wonderful way to improve physical and mental wellbeing.

MINDFULNESS MEDITATION – Instructor: Maggie Blake

Mon 26 July–20 Sept, 10–11.30am – 9 wks, \$45

This exploration of mindfulness leads you to greater sanity and wisdom. There will be an hour of simple easy exercise concentrating on the feeling of mindfulness in the body, followed by a sitting and/or lying meditation.

TENNIS – Coach: Steve Bowen

Term 3: Tues 20 July–17 Sept (weather permitting) – 8 wks, \$65

Term 4: Tues 12 Oct–3 Dec (weather permitting) – 8 wks, \$65

Beginners: 11am–12noon

Fun and interactive course for all adults beginning tennis. Learn the fundamentals of tennis whilst exercising.

Intermediate/Refresher: 12 noon–1pm.

Coaching for those who want to brush up on their skills and progress to the next level. Contact: Steve, professional tennis coach – s.bowen@xtra.co.nz or ph 021 268 8824

GOLF – Coach: Mikki Strong

Professional golf coaching at Omokoroa Golf Club or Waihi Golf Club. From beginner to elite, one-on-one lessons, beginner lessons or group clinics covering all aspects of the game. Learn how to play from scratch or fix an aspect of your game. All ages – boys, girls, men and women welcome. Contact: Mikki for options and prices.

Ph 552 4842 or 021 773 657 or e-mail mikkistrong@kinect.co.nz

BEGINNERS HORSE RIDING – Sea View Ranch

Tues 12 Oct–16 Nov, 10.30–12 noon – 6 wks, \$20/lesson

Learn how to ride a horse as it is great exercise; you can meet people and enjoy the great outdoors. Well trained, gentle horses and equipment provided.

REIKI & MASSAGE – Tutor: Shirley Green

Learn an ancient, gentle method of hands-on energy work, treating the whole person. Treat yourself, friends or animals. A range of massage and energy work courses are also available ranging from 1–2 days to diploma courses. For more information contact: Shirley Green, ph 549 1517.

HANDS ON HERBAL MEDICINE – Tutor: Jen Mead

Sat 9 Oct, 9.30am–3.30pm – \$25

Venue: Katikati College Food Technology Room

Learn how to make simple herbal preparations from plants which are easy to grow at home. Use these preparations to treat simple common ailments.

CPR – Qualified First Aid Instructor

Tues 12 Oct, 6.30–8.30pm – \$5

Would you like to know the basics in case of an emergency? This CPR course will give you the information you need to help save a life.

MENOPAUSE AND BEYOND

Spend an evening looking at herbal, nutritional and conventional approaches to menopause. Topics include what happens to the hormones during menopause, what are the common and not-so-common symptoms, diet, supplements and more. Ph 549 0399 for further details.

PARENTING

Q & A WITH CELIA LASHLIE

Tues 17 Aug, 7–9pm – tickets \$15/single, \$25/couple

Celia Lashlie has had hundreds of speaking engagements in New Zealand and Australia since the launch of her international best-selling book *He'll be OK – Growing Gorgeous Boys Into Good Men*. Her talks leave her audiences encouraged, inspired and hopeful. If you are the parent or caregiver of an adolescent boy, don't miss this opportunity to engage with Celia in Katikati. Ticket numbers are limited.

PREGNANCY AND PARENTING

Term 3: Wed 11 Aug–22 Sept, 6.30–8.30 – 7 wks, no charge

Term 4: Wed 3 Nov–15 Dec, 6.30–8.30 – 7 wks, no charge

The aim of these classes is to help you prepare for what you can expect during your pregnancy, labour and post birth. It is also an excellent way of meeting new people in the same situation, living in your community.

PARENTING FOR SUCCESS – Relationship Services

Mon 11 Oct, 7–9pm – \$10

An introductory seminar for parents of children under 11 years. Find out more about fostering your child's self-esteem, desirable behaviour, positive relationship with parent/s, social skills, resilience, and regard for others. Learn about developing your own Parenting Plan and the importance of taking leadership within your family.

LANGUAGE & LITERACY

ENGLISH FOR NEW SETTLERS – Tutor: Barbara Green

Term 3: Mon 26 July–20 Sept, 7–9pm – 9 wks, \$10

Term 4: Mon 18 Oct–13 Dec, 7–9pm – 9 wks, \$10

Venue – Katikati College Library

Learning English in a group can be fun! This course offers practical vocabulary to help make everyday communication easier.

CONVERSATIONAL ENGLISH – Tutor: Barbara Green

Term 3: Wed 28 July–22 Sept, 7–9pm – 9 wks, \$10

Term 4: Wed 20 Oct–15 Dec, 7–9pm – 9 wks, \$10

Venue – Katikati College Library

Meet people from all over the world as you continue to improve your English using a new conversational topic each week. Come along and share your ideas in this fun, interactive course.

LITERACY – Tutor: Barbara Green

Term 3: Thurs 29 July–23 Sept, 7–9pm – 9 wks, \$10

Term 4: Thurs 21 Oct–16 Dec, 7–9pm – 9 wks, \$10

Venue – Katikati College Library

This course aims to improve reading, writing and comprehension skills. Native English speakers or English speakers of other languages are welcome to attend.

FRENCH LANGUAGE – Tutor: Bela Reid

Thurs 9 Sept–14 Oct, 5–6.15pm – 6wks, \$60

Venture into speaking and understanding a new language. Voilà! For intermediate learners, this course is designed to revise and enhance familiarity with French culture and communication. On y va!

GERMAN LANGUAGE – Tutor: Bela Reid

Thurs 9 Sept–14 Oct, 6.30–7.45pm – 6 wks, \$60

Explore the German Zeitgeist and Kultur. Understand German Konversation in various conversational Situationen. Speak about your Familie and friends, write Postkarten and e-mails. Deutsch? No problem!

INTRODUCTION TO JAPANESE

– Tutor: Sayuri Ichiba

Thurs 29 Jul–2 Sept, 6.30–8.30pm – 6 wks, \$65

Learn some basic expressions and greetings in an interactive way with native speaker Sayuri Ichiba.

TE REO – Tutor: Ted Mohi

Tues 17 Aug–21 Sept, 6.30–8.30pm – 6 wks, \$35

Nau Mai Haere Mai ki Te Reo Maori! Further your knowledge about the unique Maori language and culture.

WRITING FOR PLEASURE – Tutor: Jean Bennett

Sat 4 Sept, 9am–3pm – \$20

Author Jean Bennett helps you explore writing in a fun and friendly environment. Recapture your memories, favourite family stories or travel tales. Record your experiences and write for personal pleasure.

NEW ZEALAND SIGN LANGUAGE

Beginners' Extension – Tutor: Vikki Wright

Sat 24 July–11 Sept, 2–4pm – 8 wks, \$35

Wed 28 July–15 Sept, 2–4pm – 8 wks, \$35

Develop your ability to communicate with deaf people using NZSL in a range of familiar contexts, participating in longer and more open-ended exchanges. The presenter, Vikki, is deaf and the course will be conducted using sign language.

HOME & GARDEN

HERB GARDENING – Tutor: Jen Mead

Sat 4 Sept, 10am–2pm – \$20 (plus \$30 materials)

Venue – off site

This hands-on workshop covers herb identification, propagation, planting, growing and maintenance. You will also learn about harvesting, drying and storing herbs as well as tips for the best places to buy your herb seeds and plants.

AFFORDABLE ORGANIC FOOD GROWING

– Tutor: Ben Louis

Sat 6–20 Nov, 9am–3pm – 3 wks, \$50

Gain the confidence and basic knowledge to plan and develop an affordable edible garden. Includes a field trip to an organic garden-in-progress to view a range of processes including compost making, companion planting, crop rotation and the biological approach to gardening.

PRUNING WORKSHOPS – Katikati Herb Society

Sat 17 July, 10.30am

– Persimmon and pip fruit tree pruning – \$5

Sat 7 Aug, 10.30am – Avocado Pruning – \$5

Registration at Katikati Community Resource Centre. Please contact either Heather Young 552 0474 or Julia Hastings 543 4518 for further details.

GOOD, BAD & BUGLY SEMINAR – Katikati Herb Society

Sun 1 Aug, 10am–4pm

Learn about worm farms, keeping bees and pest identification. Raffles, plant and sales. Finger food lunch provided. Gold coin entry. Register at Katikati Resource Centre. For more information phone Heather 552 0474 or Julia 543 4518.

FOOD & NUTRITION

JAPANESE SUSHI – Tutor: Sayuri Ichiba

Sat 31 July, 10am–1pm – \$20 (plus \$15 ingredients)

Venue: Katikati College Food Technology Room

Learn how to make Sushi with a variety of fillings and your own sushi vinegar. Finish off the workshop with sushi for lunch!

FARMHOUSE CHEESEMAKING – Tutor: Jean Mansfield

Sat 28 Aug, 8.30am–3.30pm – \$135, Feta, Mozzarella & Ricotta

Sat 16 Oct, 8.30am–3.30pm – \$135, Blue Gouda, Feta & Ricotta

Venue: Katikati College Food Technology Room

Create your own artisan cheeses. All equipment and ingredients provided. Includes a gourmet lunch. For more information go to: www.makecheese.co.nz

COOK AND \$AVE VEGETARIAN – Tutor: Bela Reid

Sat 11 & 18 Sept, 2–4pm – 2 wks, \$25 (incl ingredients)

Venue – Katikati College Food Technology Room

Learn how to make delicious, healthy vegetarian dishes on a budget. This hands-on workshop will introduce you to rich Indian cuisine. East-Meets-West style workshop.

CAKE DECORATING – Tutor: Gaye Seymour

Wed 18 Aug–22 Sept, 6.30–8.30pm

– 6 wks, \$65 (plus equipment & materials)

Venue: Katikati College Food Technology Room

Learn the skills to produce an impressive cake for any occasion – piping, butter cream icing, cup cakes, modelling and novelty cakes.

SOURDOUGH BREADMAKING – with Bread NZ

Sat 14 Aug, 9am–4pm – \$90

Sat 30 Oct, 9am–4pm – \$90

Venue – off site

Learn how to make sourdough bread in the traditional French way using organic flour. You will also enjoy a lunch cooked in an authentic wood oven.

EATING FOR A HEALTHY OLDER AGE – Tutor: Siobhan Miller

Wed 3 Nov, 10am–12 noon – \$5

The basics of a healthy balanced diet remain the same but individual nutritional needs change as you grow older. No matter what your age, it is never too late to start living a healthier life. Learn easy tips for healthy eating in older age with registered dietician Siobhan Miller.

MENU PLANNING ON A BUDGET & UNDERSTANDING

FOOD LABELS – Tutor: Siobhan Miller

Sat 7 Aug, 10am–3pm – \$15

Eating well on a budget requires serious thought but shopping for those meals is the real challenge. Learn how to plan healthy meals and lunch boxes on a restricted budget. Food labels help you make informed choices about the products you purchase by providing nutritional or consumer safety information. Learn how to read and interpret food labels.

ART & CRAFT

OIL PAINTING FOR BEGINNERS – Tutor: Patricia Win

An introduction to the fundamentals of oil painting. Topics include colour theory, tone, composition, perspective and paint application methods. Phone: Patricia 549 5080 for more details.

ACRYLIC PAINTING – Tutor: Sally Thrush

If you are a beginner and want to learn to paint with acrylics or if you have done acrylic painting before then come along to develop your painting style and technique. You will need to provide your own materials, a list will be provided. Enquiries: Sally Thrush, isthrush@xtra.co.nz or ph 07 549 5605 or 021 399 165.

CARD MAKING – Tutor: Janet Cross

Mon 26 July–16 Aug, 10–12 noon – 4 wks, \$35 (\$10 p/wk materials)

There is more than one style of card making and many different techniques. Each week you will be taught a specific technique and make two cards. All materials provided.

FLORAL ART – Tutor: Helen Heller

Mon 18 Oct & 1–15 Nov, 7–8.30pm – 4 wks, \$10

Learn basic floral art including table design and various techniques. Bowl and oasis provided. For more information phone 549 5222.

FUNDAMENTALS OF DRAWING (Level 2) – Nick Eggleston

Sat 23 Oct, 9.30am–3.30pm – \$40

A one-day workshop for those with some experience who wish to develop their drawing skills or who attended the Level 1 course. Topics include: perspective, light and shade, composition, pencil techniques and confidence building.

CHRISTMAS CRAFTS

Don't know what to give someone for Christmas? Why not pay for one of these courses as a gift? Vouchers available.

CHRISTMAS CARD MAKING – Tutor: Janet Cross

Mon 8–29 Nov, 10–12 noon – 4 wks, \$35 (plus \$10/wk materials)

Holidays and special occasions are the perfect excuse for getting crafty and creating your own greeting cards.

CHRISTMAS CAKE DECORATING – Tutor: Gaye Seymour

Wed 3 Nov–8 Dec, 6.30–8.30pm

– 6 wks, \$65 (plus equipment & materials)

Venue: Katikati College Food Technology Room.

Learn the skills to create a formal Christmas cake and other Christmas novelties.

MAKE YOUR OWN CHRISTMAS DECORATIONS

Tutor: Shona Graham

Mon 6 Dec, 10–12 noon – \$15 (includes materials)

Tired of the same old Christmas decorations in the same old stores year after year? It's time to get creative and make your own. Have fun making unique, personalized Christmas ornaments this year.

EDIBLE CHRISTMASTREATS – Tutor: Jan Kell

Sat 4 Dec, 10am–2pm – \$40 (includes ingredients)

Venue: Katikati College Food Technology Room

Have fun making savoury and sweet festive gifts for family and friends. Includes ideas for packaging and presentation.



• ENROLMENTS AND ENQUIRIES •

Unless otherwise stated, enrolments are taken at the Katikati Community Resource Centre.

All course fees are accepted by cheque, cash, Eftpos or online payment.

Payment must be made at least one week prior to commencement of the course. Your place on the course is secured only after full payment of the course fee is received.

Refund policy – no refunds will be given within five working days of the course commencing. An administration fee of \$5 will be deducted from the refund if you withdraw prior to this time period. Full refunds are given if a class is full when you enrol or is cancelled due to a minimum number of students being needed for the course to proceed.

PLEASE CONTACT US AT:

Katikati Community Resource Centre

Phone: 549 0399 Fax: 549 0397

Address: Beach Rd, Katikati

Email: ace@katikatiresource.co.nz

You can also view and enrol for courses on our website:

www.katikatiresource.co.nz

Is there something you would like to learn about that we aren't offering?

Have you got a special skill or talent you would like to share with the community?

We would love to hear your ideas for new courses!

Katikati Adult and Community Education

**A Partnership between
Katikati Community
Resource Centre
and Katikati College**

Term 3/4 ■ 2010

Katikati Community Resource Centre

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