

Katikati Adult Community Education Term One and Two 2012

SPECIAL INTEREST/LIFESKILLS

UNDERSTANDING DEPRESSION AND ANXIETY

Tutor: Renee Wilton

Wed 8 Feb 3 – 5 pm OR 6.30 – 8.30pm Free (Must Register limited numbers)

These free seminars will cover the signs & symptoms, types of, causes, treatment options, self-help resources/strategies, and how to support someone with Depression and/or Anxiety. The sessions will be facilitated by Renee Wilton & Simon Lowe both Mental Health Clinicians with nearly 50yrs of experience between them. All adults are welcome.

TAMING THE TIGER *Tutor: Tuari Reweti*

A 10 week living without violence program helping young men to look at ways to manage themselves when feeling challenged and also helping them to find coping strategies that allow them to express themselves more positively. Te Runanga o Ngai Tamawahariua are proud to bring this course to Katikati. All men, 18 plus, are welcome. Phone Tuari on 07 549 5385 for more information on dates and times.

UNDERSTANDING WOMEN (Course for MEN ONLY) *Tutor: Janice Higgison*

Wed 22 Feb to 28 Mar 7 - 9pm \$60

Want less aggro and more peace? Had enough of jumping through hoops trying to guess what she wants and getting nowhere? Are you fed up with repeating the same old relationship dramas? Maybe it's time to start to understand women. Think of the "BENEFITS"!

UNDERSTANDING MEN (Course for WOMEN ONLY) *Tutor: Wol Hansen*

Wed 9 May to 13 Jun 6.30 - 8.30pm \$60)

Do you find yourself wondering "What is going on in that man's head?" Are you sick of asking, then nagging and still getting nowhere? Have you worked out that moaning to your friends isn't changing what's happening? Come and discover just what might make the difference and ignite the spark again!

BEE KEEPING *Tutor: Gerrit Hyink*

Prepare your Hives for Winter 10 Mar 9am - 1pm \$35 Venue: Offsite

This is a practical course for those wanting to expand their beekeeping knowledge. The focus will be on preparing your hives for winter including how to feed bees.

Beginners 17 to 31 Mar 9am - 1 pm 3 wks \$80

Learn the basic skills to start beekeeping. You will find out what you need to get started, how to manage your bees and harvest your own honey.

American Foul Brood Course 28 Apr 9am - 2pm \$60

(Includes \$30 to sit the course and \$30 for the course)

A course on AFB recognition and destruction, and a competency test, to ensure that all beekeepers carrying out inspections have a demonstrated ability to diagnose AFB. You need to pay for the course by 31 March to be able to sit the course.

BUSH SKILLS FOR BUSY WOMEN *Tutor: Anja Morris*

Thurs 23 Feb to 15 Mar 6.30 - 9.30pm \$125 for 4 wks

Learn (or refresh) skills and confidence for enjoyable and safe tramping. Course includes trip planning, map reading, compass, river crossing, survival, basic first aid and more. Meet women with similar interests. Have fun!

HEALTH AND WELLBEING CARNIVAL 24 March 2012

9am to 2pm at the Memorial Hall *Entry is FREE No registration needed*

Katikati Community Resource Centre is coordinating a Health and Wellbeing Expo at the Memorial Hall with speakers, demonstrations, health checks and over 60 exhibitors who provide professional health services and support groups to our local area. Come and find out what amazing services are available here in Katikati.

EMPLOYMENT/COMPUTER SKILLS

GETTING INTO WORK *Tutor: Paula Harrison*

Thursdays 9 Feb – 15 Mar 9.30 – 12pm \$30 for 6 wks (Equals \$5 per wk)

Is it time to brush off the CV, improve your interview techniques and get a plan together for a new job in 2012? Then this is the course for you. This practical, welcoming course will help you navigate the job market so you can find what you are looking for. It's competitive out there and this may just be the edge you need.

COMPUTER BASICS *Tutor: Pero Zekic*

Term One: Sat 3 Mar 9am – 4pm \$30 OR

Term Two: Sat 19 May from 9am - 4 pm \$30

Think it's time you started using a computer but you don't know how to? Come along and we will show you how.

PC PRODUCTIVITY MS OFFICE APPLICATIONS *Tutor: Pero Zekic*

Wed 8 Feb – 28 Mar 6 - 8pm 8 wks \$50

Whether you want to write letters, do a CV, manage budgets, create presentations or do posters and invitations – it is all possible on the computer. Learn the basics of Word / Excel / Power point and Outlook.

BEGINNERS GUIDE TO BUILDING WEBSITES *Tutor: Trevor Boyle*

Term One: Tues 7 Feb - 27 Mar 6.30 - 8.30pm 8wks \$50

Term Two: Tues 1 May – 19 Jun 6.30 - 8.30pm 8wks \$50

Do you want to know how to build a website? This is a two part introduction to basic web site building. Learn how to create graphics and use photos for a website and then build your website using HTML code. To do this course you don't need to be a geek but you do need to know how to use a PC.

MYOB ACCOUNTING SOFTWARE *Tutor: Kerry Thomas, KT Consulting Ltd*

Term One: Mon 19 and 26 Mar 5.30 to 8.30pm 2 wks \$90

Term Two: Sat 2 Jun 9am to 3.30pm \$90

Do you want to process your own accounting information, whether it be creating customer invoices, entering bank transactions, preparing GST returns etc? Or do you just want to update your skills for work. Then this is the course for you.

INTERMEDIATE COMPUTER USE AND THE INTERNET *Tutor: Pero Zekic*

Wed 16 May- 20 Jun 6- 8 pm 6 wks \$30

Do you want to use the Web in safe and practical ways including Skype, Facebook and Trademe? You will also discover how to keep your PC running well, keep your information safe and protect your privacy.

EXTENSION COURSE FOR BUILDING WEBSITES *Tutor: Trevor Boyle*

Thurs 10 May - 14 Jun 6.30 – 8.30 pm 6 wks \$90

In this course you will actually create your own website and get it live using template website programmes which you will customise using HTML. Take your website building skills to the next level. You must have completed the Beginners Website prior to doing this course.

JAVA SCRIPT FOR WEBSITES *Tutor: Trevor Boyle*

Thurs 10 May -14 Jun 4 - 6 pm 6 wks \$90

JavaScript is the most used scripting language on the internet and was designed to add interactivity to HTML pages. It is a lightweight programming language and hence can be used for other purposes (such as simple games). This course will cover basic JavaScript coding, programming techniques and how 'snippets' of code (freely available on the internet) can be inserted into web pages. A basic understanding of HTML and CSS is required.

WORKPLACE FIRST AID – Essential First Aid

Full Course \$160 (both days) Refresher \$90 (one full day)

15 & 16 Feb	Wed 12.30 to 4.30pm & Thurs 8.30am - 4.30pm OR
12 & 13 Mar	Mon 8.30am - 4.30pm & Tues 8.30am – 12.30pm OR
20 & 21 Apr	Fri 6 - 10pm & Sat 8.30am - 4.30pm OR
16 & 17 May	Wed 12.30 – 4.30pm & Thurs 8.30am - 4.30pm OR
20 & 21 June	Wed 8.30am - 4.30pm & Thurs 8.30am – 12.30pm

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 also available. See www.firstaidtraining.co.nz.

LOOK GOOD AND FEEL GOOD

MAKEUP FOR BEGINNERS *Tutor: Lillybeth Melmoth*

Saturday 10 Mar 10am - 2.30 pm \$77

In this hands-on workshop, you'll discover the mysteries of professional makeup application and apply your own special occasions look with a makeup artist's guidance. By the end of the day you'll feel beautiful and more confident in applying and wearing makeup without looking overdone, and in a way that suits your lifestyle, budget and personality!

AFFORDABLE WARDROBE PLANNING *Tutor: Margaret Stodart*

Sat 31 Mar OR 5 May \$20 for am or pm session (Both for \$40)

Morning Session 10am - 12pm

Come find out which colours suit you and the affordable way of planning your wardrobe for maximum versatility. Plus some simple ways of tying scarves (silk scarves available for purchase - charity fund-raiser).

Afternoon Session 1 - 3pm

Discover your style personality, your scale, and body shape plus learn flattering design lines (camouflage figure challenges).

MAKEUP FOR THE MAKEUP LOVER *Tutor: Lillybeth Melmoth*

Sat 12 May 10am - 2.30 pm \$77

Do you love makeup but are still applying it the way you did decades ago? Or has that 'polished' look you love so far eluded you? Come refresh your image in this hands-on workshop and discover what's new and what really works in the world of beauty. You'll fall in love with makeup even more and build on your current expertise.

COMMUNICATION, SELF ESTEEM AND CONFIDENCE *Tutor: Paula Harrison*

Sat 12 - 26 May 10am - 12.30 pm 3 week course \$55

Do you find it hard to say what you need? Do you struggle with your confidence and feel anxious about managing stressful situations or conflict? Would you like to build your confidence and start to express what you want to say? You are not the only one! Come and learn how easy it is to change. Everyone is welcome.

FOOD & NUTRITION

All of our cooking classes include ingredients. Unless stated otherwise classes are held at the Katikati College.

FARMHOUSE CHEESEMAKING *Tutor: Jean and Dave Mansfield*

Sat 18 Feb 8.30am - 3.30pm Feta, Camembert & Ricotta – \$160

Sat 10 Mar 8.30am - 3.30pm Mozzarella, Gouda & Ricotta– \$160

Create your own artisan cheeses. All equipment & ingredients provided & you get a gourmet lunch. This hands-on course will explore cooking with a variety of tasty, herby, mouth-watering ingredients. You get to take your cheese home.

SUPER SALADS AND SIMPLE DESSERTS – *Tutor: Jan Kell*

Sat 25 Feb 10am - 2.30pm \$80 (all inclusive incl lunch)

Learn to create super satisfying salads and delicious dressings. We will create them together in the morning and eat them for lunch. In the afternoon we will create delicious desserts to celebrate life and you get to take home.

SOURDOUGH BREADMAKING – *with Henri and Megan at their premises*

Sat 3 Mar 9am - 5pm OR Sat 28 Jul 9am - 5pm \$105

Learn how to make Sourdough Bread using stone ground organic flour. Experience an Authentic Wood Fired Oven. All ingredients supplied and lunch provided. Take home a Mother Sourdough Starter, the bread you baked and the knowledge to create your very own healthy family loaf. See Breadnz.com for more information.

A TASTE OF THAI *Tutor: Peter Blakeway - Chef*

Sat 3 Mar 10am - 12pm \$45

Of all South East Asian cuisines, Thai is the one which most captures the Western imagination. Its flavours are subtle and complex yet clean, vivid and distinct; it is visually enticing and delicately perfumed; it is light, healthy and well balanced. Learn the basics of Thai cookery, including how to make those delicious pastes, as well as

several entrees and main courses. This course is a cooking demonstration with tasting and recipes at the end. Max number of 10 in the class.

A TASTE OF CHINA – Tutor: Peter Blakeway - Chef

Sat 3 Mar 1.30 - 3.30pm \$45

The Chinese believe in balance and harmony in every aspect of life, including food. There should be an interesting variety of flavours, textures and colours. The basic Chinese cooking principle is to have everything prepared beforehand, which means that the actual cooking time is very quick. Discover for yourself the essence of Chinese cookery, including tips for stir-frying perfect meat, poultry, fish and vegetables, as well as several easy sauces. This course is a cooking demonstration with tasting and recipes at the end. Max number of 10 in the class.

CREATIVE COOKIES AND EASTER TREATS – Tutor: Jan Kell

31 Mar 10am - 2.30pm \$80 (all inclusive)

Learn to decorate and create celebration cookies, pipe chocolate Easter eggs and make marshmallow Easter eggs. You get to take home your Easter goodies from the course just in time for Easter. Bring your lunch for this one, you get to take your goodies home!

COOK AND \$AVE VEGETERIAN EAST MEETS WEST CUISINE Tutor: Bela Reid

Sat 5 & 12 May 10am - 1 pm – \$40

Explore the taste of India in this two week course. You will find out just how tasty and healthy vegetarian food can be in this enjoyable workshop. You get to cook the recipes and share lunch at the end of the class.

COOK AND \$AVE VEGETERIAN Bella Italia: Vegetarian Mediterranean cuisine

Tutor: Bela Reid **Sat 23 & 30 Jun 10am - 1 pm - \$40**

Learn how to make delicious, healthy vegetarian dishes on a budget. Explore the delectable flavours of Italy, France and Greece. Enjoy deliciousness and save – how wonderful is that! You get to cook the recipes and share lunch at the end of the class.

FITNESS, HEALTH & WELLBEING

GENERAL HATHA YOGA Tutor: Annabelle O’Cinnsealaigh

Fri 10 Feb - 30 Mar 10 - 11.30am 8 wks \$70

Fri 4 May - 22 June 10 - 11.30am 8 wks \$70

A Hatha based yoga class with flowing vinyassa 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.

PILATES Tutor: Isabella Stewart, Studio Pilates

Introducing Pilates Tues 7 Feb - 3 April 5 - 6pm 8 wks \$70

Beginners Pilates Tues 1 May - 19 June 5 - 6 pm 8 wks \$70

Whether you want to improve your fitness or flexibility, tone your problem areas, enhance your posture, lose weight or take back control of your body pilates can help you. Come along and discover how.

HEALTHY LIVING GROUP *Tutor: Aroha Koria*

Thurs 16 Feb to 22 Mar 5- 6pm \$60 for course (\$10 per week)

Six weeks packed with motivation, information, support and encouragement. This is an ideal course for anyone trying to reach a weight loss, health or fitness goal.

MINDFULNESS MEDITATION *Tutor: Maggie Blake*

Thurs 3 May - 14 Jun 5.15pm - 6.30 pm 7 wks \$60

Relax, recharge and feel greater peace of mind. Start with a short easy exercise to feel mindfulness within the body, followed by a sitting and lying meditation. Great for relieving stress!

HERBS FOR HEALTH AND WELLNESS *Tutor: Jenny Ager Pratt*

Sat 5 May 9.30 - 12.30pm \$35

Get ready for winter. Find out how to boost your immune system and maintain great health using herbs and other techniques. This course also covers practical, simple remedies that can be used to help if you do get unwell.

LANGUAGE & LITERACY

All courses are held at the Katikati Resource Centre unless stated otherwise.

TE REO MAORI – *Tutor: Aroha Koria*

Beginners Thurs 16 Feb to 22 Mar 6.30 - 8.30pm, 6 wks, \$35

Nau Mai Haere Mai ki Te Reo Maori! Gain knowledge about the unique Maori language and culture. Topics include; introductions, greetings, cultural awareness and basic language structure.

Beginners Extension Thurs 10 May - 14 Jun 6 - 8pm, 6 wks, \$35

Develop oral communication skills and gain confidence by practicing situational and functional language. The course will extend and broaden your usage of Te Reo Maori.

NEW ZEALAND SIGN LANGUAGE *Tutor: Vikki Wright*

The presenter of our NZSL courses is deaf and these popular courses are conducted using sign language.

Beginners

Term One: Sat 11 Feb - 24 Mar 10am - 12 pm, 7 wks \$35

Term Two: Sat 5 May - 23 Jun 10am - 12 pm, 8 wks \$35

Covers the basics on how to communicate using sign language and you will learn some aspects of deaf culture. This course is suitable for all adults.

Beginners Extension

Term One: Sat 11 Feb - 24 Mar 2 - 4 pm, 7 wks \$35

Term Two: Sat 5 May - 23 Jun 2 - 4 pm, 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. Must have completed Beginners Requirements.

ENGLISH AS A SECOND LANGUAGE (ESOL) *Tutor: Barbara Green*

Venue: Katikati College

Term One: 8 Feb - 28 Mar 8 wks \$10 residents \$40 non-resident for the term

Term Two: 2 May to 20 June 8 wks \$10 residents \$40 non-resident for the term

6.30 – 7.30pm *Beginners English* for those with little or no English

7.30 – 9 pm *Conversational English* for those with some English

LITERACY *Tutor: Barbara Green*

Venue: Katikati College

Term One: Thurs 9 Feb - 29 Mar 7 - 8.30pm 8 wks \$10 for term

Term Two: Thurs 3 May - 21 Jun 7 - 8.30pm 8 wks \$10 for term

Improve your reading, writing and comprehension skills. We offer a friendly, welcoming environment which encourages and supports you to develop your skills.

BEGINNERS FRENCH *Tutor: Bela Reid*

Mon 7 May to 11 June 4pm - 5.30pm 6 wks \$70

Bonjour! This 6-week course will introduce you to the charming French language and arm you with “l’essentiel” for surviving in a French speaking country.

BEGINNERS SPANISH *Tutor: Bela Reid*

Mon 7 May to 11 June 5.45pm - 7.15pm 6 wks \$70

Buenos dias! During this 6-week course, you will be exploring the beautiful Spanish language and learn how to ask simple questions, talk about yourself, make inquiries and socialise.

ART & CRAFT

All classes are held at the Katikati Community Resource Centre & materials are included unless stated.

DIGITAL PHOTOGRAPY FOR BEGINNERS *Tutor: Shirley Kerr*

Term One: Sat 10 March 10am - 3pm \$40

Term Two: Sat 16 June 10am - 3pm \$40

Gain a basic understanding of digital photography. Learn about operating your camera as well as the theoretical elements of taking a good photograph. You will also develop skills in basic photo manipulation on a computer.

DIGITAL PHOTOGRAPY WITH A FOCUS ON NATURE *Tutor Shirley Kerr*

Sat 21 April 10 - 3 pm \$40

Discover how to capture nature at its best using your camera. You will learn to see nature in a new way and how to maximise the look of your photos. We have had great feedback from these courses. Course will take place at MacLarens Falls Park with autumn colours, fungi, ducks/swans, water and waterfall photos but meet at Resource Centre first!

DIGITAL PHOTOGRAPY WITH A FOCUS ON FUNGI *Tutor Shirley Kerr*

Sat 9 June 10 - 3 pm \$40

Explore the world of magical fungi. On this workshop we will mainly concentrate on macro photography in nature with a focus on fungi. Our tutor is an expert in this area and you will explore our wonderful Kaimai bush photographing fungi.

ACRYLIC/OIL PAINTING FOR BEGINNERS *Tutor: Patricia Win*

Term One: 13 Feb – 2 Apr 1 – 4pm 8wk (\$20 per lesson – materials not incl)

An introduction to the fundamentals of painting with acrylics or oils. Topics include: - colour theory, tone, composition, perspective and paint application methods. For details phone Patricia on 07 549 5080. Course will be held at a private venue.

FELTING CLASSES *Tutor: Jenny Ager-Pratt*

Term One: Beginners Felting Sun 11 March 10am - 1pm \$40

Discover the world of felting and create an A3 sized piece of felt material using colourful wools and patterns. This can then be used to make a small bag, placemat or cushion inset.

Term Two: Felt Bag Creation Sun 20 May 10am - 4pm \$75

Last year our class really enjoyed creating A4 sized felt bags that are both creative and practical. You will need a reasonably amount of upperbody strength to do this course. Build on your felting knowledge and create a masterpiece. You need to have some prior experience.

Term Two: Sun 17 Jun 10am - 1pm Nano Felting \$50

Make a beautiful felt scarf using nano felting techniques (incorporating silk and thread) with felt. These are simple but elegant felt creations which anyone can create.

DRAWING FOR BEGINNERS *Tutor Sally Thrush*

Sat 24 Mar 10am - 4 pm \$65 Venue: Artists Studio

Ever wanted to know how to draw? In this course you will gain confidence in your ability to use basic drawing materials to produce a variety of drawings. All materials provided and no experience is required.

ACRYLICS FOR BEGINNERS *Tutor Sally Thrush*

Sat 26 May 9.30am - 4 pm \$75 Venue: Artists Studio

Learn to use acrylic paints and understanding simple colour theory, design and composition by doing your own acrylic painting. You just need to bring a canvas and all paint will be provided. Come and give it a go you will be amazed at what you can do.

PLAYING WITH CLAY *Tutor Janice Higgison*

Sat 26 May 10am - 2 pm \$65

Ever wanted to get creative with clay? This course will explore the therapeutic value of working with clay. Spend a day developing your creative confidence with different clays, discovering what it is like to play, to experiment and to create with the wonderful medium of clay. You get to take your creations home.

MOSAICS IN CHINA, GLASS & TILE *Tutor: Katikati Mosaics*

Beginners Class 4 wks for \$150 incl all materials

Create beautiful mosaics using tiles, china and glass. In the beginners class you will make four pieces including a pukeko, a puffed heart, a hanging ball and female form. Regular night and day classes being run so email katikati.mosaics@hotmail.com or ring 549 4048 for more details. See our website for photos. Extra classes for more advanced pieces are also available.

STEPS PERFORMING ARTS *Teacher: Paula Harrison*

Classes include musical theatre, tap dancing and theatre craft. Students will be prepared for IDTA examinations as well as performances. The classes for primary and secondary school students are held in Katikati. For further details contact Paula Harrison 0212744116 or email paulaharrison@xtra.co.nz

PARENTING

PREGNANCY AND PARENTING

Term One: Mon 13 Feb - 26 Mar 6.30-8.30 pm 7 wks (No charge)

Term Two: Mon 14 May – 25 Jun 6.30 – 8.30pm 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.

INCREDIBLE YEARS PARENTING for parents of children 5 – 8 years

Wed 29 Feb 5.30 – 8.30pm 14wks (No charge)

The Incredible Years Parenting programme gives parents and caregivers useful information and practical guidelines on how to build positive relationships with their children. Phone: Marjorie Douglas, Family Counsellor 021 2080 557 or 07 575 2441 for more information and to enrol.

TOOLBOX PARENTING FOR TWEENS AND TEENS

Term One: Mon 20 Feb to 26 Mar 7 - 9 pm 6 wks \$67.50 or \$90 per couple (subsidies available, price incl manual)

Term One: Mon 30 Apr to 4 June 7 – 9pm (subsidies available incl manual)

We will show you that, although these years may be challenging, they can actually be some of the best years of their lives – and theirs! Content is on our website or for more information see www.theparentingplace.com and look under what we do for Toolbox parenting groups. Course is free for grandparents caring for children and foster parents.

HOME AND GARDEN

Bookings are Essential.

SUMMER PRUNING - Tutor: Francis Young

18 Feb 10am – 12 pm \$10 Venue: Matahui Rd

Learn how to summer prune your plums, nectarines and peaches in this popular, practical hands on workshop.

COMPOSTING WORKSHOP Tutor: Heather Young

3 Mar 10am – 11.30 am \$10 Venue: Matahui Rd

Learn how to create successful compost for your garden from the master. This is a practical hands on workshop held in a working garden. By composting, you can improve your soil for a more productive vegetable or flower garden.

WINTER VEGE GARDEN AND COVER CROPS *Tutor: Heather Young*

3 Mar 12.30 to 2pm \$10 Venue: Matahui Rd

Winter vegetable gardening can be fun, easy and rewarding. For the many gardeners who have harvested fresh produce from their summer vegetable garden, planting a “winter patch” can continue the supply of fresh vegetables from the garden to kitchen. Home grown winter vegetables are fresh, healthier for your family and will save you money too.

HERB AWARENESS WEEK: THE ROSE *Katikati Herb Society*

14 Mar 7 – 9pm at St Pauls Presbyterian Church \$3 (non-members pay on night)

The Rose is the International Herb of the Year for 2012. Come and hear Rob Somerfield who is a passionate rose grower see www.robsomerfieldroses.com to find out more about him. He will speak on Rose Breeding. He is well-known for his Blackberry Nip Rose and many others. Supper will be served. Registration not required.

WORM FARMING *Tutor: Thelma and John Williams*

17 Mar 10am – 12.30pm \$10 Venue: Pottsbury Farm

Hands on and practical workshop which will teach you to set up your own worm farm. Tutor is an organic orchardist of 16 years experience who uses their worm farms to fertilise the crops of advocado, citrus, feijoa and nuts.