



WESTERN SPRINGS COLLEGE  
 COMMUNITY EDUCATION  
 TERM 11 1995

COURSE INFORMATION

ADDRESS:  
 MOTIONE ROAD, WESTERN SPRINGS, AUCKLAND 2  
 PHONE: 849 7189 or 846 8197

ENROLMENT FORM

Ms Mrs Miss Mr \_\_\_\_\_  
 Surname First name

Address \_\_\_\_\_  
 \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Age \_\_\_\_\_ Ethnic Group \_\_\_\_\_

Statistics required by Ministry of Education

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

Course No \_\_\_\_\_ Course Name \_\_\_\_\_ Day \_\_\_\_\_ Fee \_\_\_\_\_  
 Course No \_\_\_\_\_ Course Name \_\_\_\_\_ Day \_\_\_\_\_ Fee \_\_\_\_\_

Receipt Number \_\_\_\_\_

Receipts will only be issued on request. You will be notified if a course has been cancelled, otherwise assume acceptance. Please enclose the correct fee. Refunds will only be given if a course is cancelled.

#### HOW TO ENROL

Fill in the attached form and mail it with the correct fee to:

The Community Education Department  
Western Springs College  
Motions Road  
Western Springs

#### ALTERNATIVES

Code (W) courses - held at Western Springs College. Enrolments will be accepted at the school office between 9.0-3.30pm daily Mon-Fri from May 22. Phone 849-7168 for further details.  
An enrolment evening will be held at the school office on Thursday May 25 between 6.30-8pm.

Code (C) courses - held at the Pt Chevalier Community Centre, 18 Huta Rd Pt Chevalier. Enrol there before the start of the course or phone 846-1094 for further details.

Code (A) courses - held at the Auckland Women's Centre, 63 Ponsonby Rd. Enrol there before the start of the course or phone 376-3227 for further details.

Western Springs College supports the Auckland Adult Literacy Scheme. For further information phone 378-8168.

## MONDAY

### W221: BEGINNERS YOGA

Starts on May 29 7-8:30pm 10 sessions Fee \$35  
Aimed at people with a reasonable level of fitness seeking flexibility and strength. Each class has a relaxation period. Wear comfortable clothing and bring a blanket. Mats and straps supplied.

### W228: SMALL BUSINESS ACCOUNTING

Starts on June 12 7-9pm 6 sessions Fee \$25  
A course designed to save the small business money, to keep your accounting records to minimize your accountant's fees and make GST accounting as simple as possible. How to reduce some of the most common problems associated with small businesses: cash flow, lack of capital for expansion and administrative costs. Does your business need a computer and if so what do you get? An introductory course designed to give you a grounding in simplification.

### W206: SELF ESTEEM AND ASSERTION

Starts June 12 7-9pm 6 sessions Fee \$25  
In this course you will take part in a variety of activities designed for you to discover your own self worth. Assertion skills will provide the means for you to maintain your self esteem by developing your strengths, your ability to negotiate successfully and to express your needs and wants.

### W250: JAPANESE COOKING

Starts May 29 7-9pm 10 sessions Fee \$30  
A practical course in the art of preparation of various common dishes offered in the Japanese restaurants eg sushi, tempura, sushiyaki. The first night is a demonstration - \$2 payable to the tutor for a last. After that participants provide their own ingredients (approx cost \$5-\$8 per session). Recipes provided. Assistance by two tutors - Catherine and Efram Tham.

## TUESDAY

### W227: INDIAN COOKING - CONTINUATION

Starts on June 6 7-9pm 10 sessions Fee \$30  
In response to popular demand Indira is offering a

more advanced course for those who have done a basic course in Indian cooking. Even if you haven't, come along and give it a go. It's not difficult. Dishes you will cook include samosa, butter chicken, vindaloo, vegetarian dishes and sweets. Recipes are provided, you bring the ingredients each week.

### W239: INTRODUCTORY SPANISH

Starts on June 6 7-9pm 10 sessions Fee \$30  
A native qualified (CLTA) tutor will introduce you to the Spanish language and culture (Spanish and Latin American). The course will cover basic conversation skills in everyday situations. Tutor - Rosa Herring.

### W240: TAI CHI - BEGINNERS & INTERMEDIATE

Starts on June 6 7-9pm 10 sessions Fee \$35  
Tai Chi is an excellent exercise which looks slow but speeds up the flow of energy and blood and the metabolism without the heart and lungs working hard. It is very good for nervous, respiratory and circulatory systems. It suits all ages and is especially good for people in sedentary occupations or under stress and those with migraine, arthritis, hypertension or hearing problems. The Tai Chi practised in this class is a course of short and long forms - Yang style. Tutor Doris Yuan.

### W216: MAORI LANGUAGE (BEG.)

Starts on June 6 7-9pm 10 sessions Fee \$30  
An Introduction to Te Reo Maori for beginners. Nau mai haere mai.

### W244: MANDARIN LANGUAGE AND CULTURE

Starts on June 6 7-9pm 10 sessions Fee \$30  
What colour does a Chinese bride wear? Why do the Chinese eat noodles at birthday ceremonies? What is the correct way to address 50 year old Mr Lee? If you would like to know more about Mandarin language, its culture, customs and traditions, enrol in this course. The language will be taught through situational dialogue. Tutor Irene Chen believes that learning can be great fun!

### W248: OIL PAINTING

Starts on June 6 7-9pm 10 sessions Fee \$30  
The class will explore preparing a board, making drawings in preparation for painting, beginning

a painting and different methods of paint handling. Different colour, tonal and compositional themes will be introduced as the class progresses. Students select their own subject matter and are guided individually with their work. The tutor is an experienced practising artist who is enthusiastic about the oil painting medium. People needing to buy materials should be prepared for around \$35-\$50 initial expenses.

### W215: ENGLISH AS A SECOND LANGUAGE

Starts on June 6 7-9pm 10 sessions Fee \$30  
This course held at Western Springs College is designed to help newcomers to develop their language skills for beginners.

### W215: ENGLISH AS A SECOND LANGUAGE

Starts on June 6 7-9pm 10 sessions Fee \$30  
Same as the course above for more advanced students.

### A202: BELIEVING IN YOURSELF

Starts on May 30 7-9pm 6 sessions Fee \$30  
Gain self confidence, strengthen self image and learn to communicate positively to get what you need. This course is held at the Auckland Women's Centre. Ring 376-3227 for enrolment details.

## WEDNESDAY

### W222: BEGINNERS YOGA

Starts on June 7 7-8:30pm 10 sessions Fee \$35  
Same course as W221 on Mondays.

### W251: THE JFK ASSASSINATION - FACT AND MYTHOLOGY

Starts on July 12 7-9:30pm 6 sessions Fee \$30  
This course takes a critical look at the evidence gathered by the Warren Commission that was set up by the US Federal Government to investigate the assassination of President John F. Kennedy. Important parts of the Commission's published and unpublished evidence will be analysed in terms of how it affected the major conclusions reached by the Warren Commission. This course offers no theories or

speculation as to who may have been involved in a conspiracy, but concerns itself only with fact. Information taken from what is in the public record. The course highlights deficiencies in the official Police, FBI and Secret Service investigations of the assassination. One of the conclusions reached through doing the course that the assassination was not properly investigated at all.

### C401: CREATIVE HOME COOKING

Starts on May 24 9:30-11:30am 5 sessions F \$30  
Have fun in the kitchen by learning to prepare interesting cuisine from selected countries. Designed to be healthy and economical. Individuals and families. Held at the Pt Cheval Community Centre.

## THURSDAY

### W209: THAI COOKING

Starts on June 6 7-9pm 10 sessions Fee \$30  
A fun course and always popular. Uboi teach you how to cook the different exotic recipes for the Thai provinces. For beginners although more advanced are welcome. Recipes provide ingredients costs for the course total \$40 - if sum to be paid to the tutor on the first night. Tu - Uboi de Ronde.

### W252: MAORI LANGUAGE (int.)

Starts on June 6 7-9pm 10 sessions Fee \$30  
This course is a follow on for those who have done a beginners course in Maori.

### W238: PAINT EFFECTS

Starts on June 6 7-9pm 8 sessions Fee \$25  
This popular "hands on" course is great for the into decorating their own homes, give walls, furniture or almost anything a new look. Learn marbling, sponging, ragrolling, verdigris, gilding, stencilling - and have fun! material fee of \$10 will be payable to the tutor the first night.

### W214: PHOTOGRAPHY FOR BEGINNERS

Starts on June 8 7-9pm 8 sessions Fee \$45  
An introduction to the basics of photography for

ALL COURSES HAVE MINIMUM AND MAXIMUM NUMBERS - IT IS ADVISABLE TO ENROL EARLY

fanning and taking the photo through to the darkroom processing of black and white prints. Fee includes use of darkroom and chemicals. Bring your own camera. Film stock will be available at \$8 per roll of 36 and paper 8x10 at \$25 pkl.

**C402: CREATIVE HOME COOKING**  
Starts on May 25 6:30-8:30pm 5 sessions Fee \$30  
Same course as C401 on Wednesdays.

**C404: COUNTRY CRAFTS**  
Starts on May 25 6:30-8:30pm 5 sessions Fee \$30  
Have fun making items for home or gifts. Includes dried flowers, fabric, craft, filled and plied cushions, table mats, kitchen accessories, door slaps, boxes and pol'pourri.

**FRIDAY**

**C405: COUNTRY CRAFTS**  
Starts on May 26 9:30-11:30am 5 sessions Fee \$30  
Same course as C404 on Thursdays.

**SATURDAY**

**W229: AN INTRODUCTION TO THE TAROT**  
Held on June 10 9:30-4pm Fee \$25  
Explore the ancient history of the Tarot, its philosophy, history and symbolism. This workshop will cover the choice, preparation and care of your Tarot cards and different ways of using them. You don't need to have your own cards but if you have some bring them along. Tea and coffee provided. Bring your lunch.

**W253: PERSONALISED GREETING CARDS**  
Held on June 10 9-1pm Fee \$20  
Design and create your own quality cards for special occasions, or simply keeping in touch. We'll show you simple techniques for making striking stationery and envelopes. Bring old magazines, gift wrapping paper, used cards scissors and Stanley knife if you have one. 50c fee for materials payable to tutor.

**W246: ALEXANDER TECHNIQUE - AN INTRODUCTION**  
Held on June 10 9-1pm Fee \$20  
In this workshop you will learn something of the Alexander Technique. It is about posture and the balance of the head upon the spine. It is a gentle, non-manipulative way to relieve the pain and ease of movement in everyday life that enhances our lives and frees us from pain and stress. A follow on course will be offered in the third term.

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**WHAT OTHER COURSES WOULD YOU LIKE TO SEE  
OFFERED IN THE COMMUNITY?  
RING THE COORDINATOR  
849-7188**