

*Karamea*  
**Winter  
School**



**Knowledge Sharing Workshops  
during June 2018**

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**KARAMEA  
COMMUNITY  
ARTS COUNCIL**

Buller District

**creative***nz*  
COMMUNITIES

**This is the Winter School brochure of Workshops for June 2018.**

*If at any time you have any questions about Winter School, please don't hesitate to phone Karamea Community Arts Council Chairperson Kathy Ramsay 7826 808.*

**Dates and times of workshops are subject to change. Keep updated by visiting:**

<http://karamea.org.nz/>

*The noticeboard at Property Brokers in Market Cross*

*Karamea Information Centre*

*Our facebook page: Karamea Community Arts Council*

*Our on-line calendar link: <http://goo.gl/hAaHCZ>*

**\*Most workshops listed require you to register**, which you can do by phoning Kathy.

\*Workshops are likely to be cancelled if there are no registrations.

\***Dates highlighted like this** show workshops that are held on more than one day, or repeated through the month.

### **Winter School - What is it about?**

The concept of Winter School is simply 'Knowledge Sharing'.

This is the fifth year Winter School has been organised by the Arts Council and was inspired by Elisabeth Frankish who had previously organised Summer and Winter School knowledge swap workshops in Karamea.

In April each year we advertise for volunteers who want to run workshops. We compile that into this brochure, and aim to spread these around the community during May in time for people to plan to get to workshops all throughout June.

Winter School is facilitated by the Arts Council, but relies on individuals volunteering their time to tutor. Workshops are not limited to the arts. There has been a wide range in the past; sporting, mechanical, cultural, maintenance, cooking, traditional crafts etc.

Many are at beginner or introductory level. Some are held more than once in June, and some may lead on to more permanent groups forming in the future. We aim for most workshops to be free, gold coin or a cost for materials only.

We apply to Buller Creative Communities for funding to pay for printing costs and for venue hire. This means tutors can concentrate on taking workshops and we can often take care of the rest. We want Winter School tutors to be able to share workshops without a cost to them.

In 2017 the Karamea Community Arts Council won the Arts & Culture section of the Trustpower Volunteer Awards. This was achieved by dedicated volunteers and with the awesome support of our community.

Winter School has certainly grown since it started. The Arts Council would like to say a huge 'Thank You' to everyone who has tutored or participated in workshops, and helped in any way to make June a vibrant month and promote the concept of 'Knowledge Sharing' in Karamea.

**Friday 1st June, 2:00pm**

## **The Procrastinators Club**

A creative challenge for the whole of June. We meet early in the month to share details of whatever creation we wish to finish by the end of the month.

It can be a poem, story, novel, craft object or anything else we have been procrastinating on. Then we meet at the end of the month to share our finished creations.

**Tutor:** Kathy Ramsay

**Venue:** Karamea Community Library

**Cost:** Free

**Questions/Registration:** Phone Kathy 7826 808

**Sunday 3rd June, 1:30pm - 3.30pm**

## **Assertiveness**

**We will learn the basics of assertiveness and how to communicate in an effective way. Role Play will be used to practice these techniques.**

**Tutor:** Kathy Ramsay

**Venue:** Karamea Community Centre (RSA)

**Cost:** \$2 for printing costs

**Registration:** Phone Kathy 7826 808

**Monday 4th, Monday 11th and Monday 18th June, 4.30 - 5:45pm**

## **Basic Self Defence - Boxing Style**

Three Mondays in a row where we will learn self-defence, including how to stand and how to throw punches. Open to any age.

**Tutor:** Matt Chappell

**Venue:** Karamea Area School hall

**Cost:** Gold coin

**Number:** Around 12

**Questions:** Phone Matt 027 2821 429

**Registration:** Phone Kathy 7826 808

**Monday 4th, Monday 11th and Monday 18th June, 6.00pm**

## Zumba

**Simple moves to dance music like Cha Cha, Salsa, Reggaeton, Rumba and more.**

**Best of all, you don't need any previous dance experience!**

We will learn a combination of fast and slow rhythms. Basically the format will be watch and follow along. The moves are repeated often enough for you to catch on and they're not complicated.

**Tutor:** Ramahia Keno

**Venue:** Karamea Area School hall

**Bring:** Water and a small towel. Wear comfortable clothing and sports shoes

**Cost:** Gold coin

**Questions:** Phone Ramahia 022 5280 228

**Registration:** Phone Kathy 7826 808

**Tuesday 5th June 9:00am - 12:00 midday**

## Making Waxed Food Wraps

**An experimental experiential workshop to make your own reusable food wraps as an alternative to plastic.**

**Tutor:** Kay Raffell

**Venue:** Karamea Community Centre (RSA)

**Bring:** An iron and an old towel

**Numbers:** Maximum 10

**Cost:** Gold coin

**Questions:** Phone Kay 7826 633, or email: [kayraffell@yahoo.co.nz](mailto:kayraffell@yahoo.co.nz)

**Registration:** Phone Kathy 7826 808

**Tuesday 5th and Wednesday 6th June, 11:00am - 1:00pm**

## 'The Fastest Drawer in the West'

**An opportunity to explore the 'Still Life Genre' by drawing some inanimate objects.**

**Tutor:** Ang Cronin

**Venue:** Karamea Community Centre (RSA)

**Cost:** Free

Bring some objects to draw, your favourite pencils, coloured or otherwise, a really good pencil sharpener and your imagination! I will supply cartridge paper, lots of subject matter and some instruction on general composition and drawing techniques. I will also bring some awesome pencils for you to try.

**Questions:** Phone Ang 020 4155 4237

**Registration:** Phone Kathy 7826 808

**Tuesday 5th June, 2:00pm - 4.00pm**

## Fun with Words

**Short writing exercises using randomly picked words and phrases.**

Suitable for any age.

**Tutor:** Kathy Ramsay

**Venue:** Karamea Community Library

**Cost:** Free

**Registration:** Phone Kathy 7826 808

**Wednesday 6th and Wednesday 20th June, 6:00pm - 7:30pm**

## 'Te Reo' Introduction

**Pronunciation, basic greetings, common phrases, waiata Māori (Māori songs) and the use of Te Reo in everyday situations, including the workplace.**

Join the nationwide cultural revolution. Kōrero mai!

**Tutor:** Ramahia Keno

**Venue:** Te whare o Ramahia - 102 Oparara Road

**Bring:** A small notebook

**Questions:** Phone Ramahia 022 5280 228

**Registration:** Phone Kathy 7826 808

**Thursday 7th June, 10:00am - 12 midday**

## What is Graphic Design?

Join graphic designers Brendan and Raramai for a lively hands-on introduction to Graphic Design, how it communicates your message, and how to use it effectively.

**Venue:** Karamea Community Centre (RSA)

**Bring:** Some of your favourite business cards

**Cost:** Gold coin

**Questions:** Phone Raramai 7826 978

**Registration:** Phone Kathy 7826 808

**Thursday 7th June, 2:00pm**

## Irish Dancing for Everyone

**Ever watched the children and wanted to kick up your heels?**

Learn some basic steps and a short routine.

**Tutor:** Juliette James

**Venue:** The Dance Room at Karamea Community Centre

**Cost:** Free

**Number:** Maximum 12

**Registration:** Phone Kathy 7826 808

**Thursday 7th June, 7:00pm - 8:00pm**

## Head, Hands and Feet Massage

**A one hour head, hands and feet massage workshop.**

**Learn how to make your loved ones drool!**

**Tutor:** Sacha Healey

**Cost:** Free

Everything supplied. Bring a partner or come along and meet some new friends.

**Venue:** Karamea Community Centre

**Numbers:** Maximum 14

**Questions:** Phone Sacha 020 4140 3078

**Registration:** Phone Kathy 7826 808

**Friday 8th June, 9.00am - 3.00pm**

## Kids' Craft Day

**Turn recycling into Craft. Come at any time between 9:00am and 3:00pm that suits and learn new crafts you can make at home.**

Paper, cardboard, tetra-pak, polystyrene, plastic, tins and bottles....all will be transformed into clever crafts by the time we're finished!

**Note:** Younger kids may need a parent to help, ie for hot glue guns and craft knives

**Bring:** Your imagination! And a snack or lunch

**Venue:** Karamea Community Centre (RSA)

**Cost:** Gold coin

**Questions:** Phone Raramai 7826 978

**Registration:** Phone Kathy 7826 808

**Saturday 9th June 9:00am - 3:00pm**

## Taking care of yourself in a stressful world

**Find out about how your body and brain react to stress. Learn some strategies and skills to take care of yourself in everyday life.**

**Tutor:** Kay Raffell

**Venue:** Jesters Nest, 583 Oparara Road

**Bring:** Comfy clothes and a blanket. Bring a plate for shared lunch

**Numbers:** Maximum 10

**Cost:** Free

**Questions:** Phone Kay 7826 633, or email: [kayraffell@yahoo.co.nz](mailto:kayraffell@yahoo.co.nz)

**Registration:** Phone Kathy 7826 808

**Saturday 9th June, 10:00am**

## Screen-Printing Basics

**Learn how the screen printing process works and print your own basic design.**

**Tutor:** Brendan O'Dwyer

**Venue:** The Bush Lounge

**Cost:** \$5 covers ink and basic materials

**Bring:** Your own t-shirt for printing

**Numbers:** Maximum 4

**Registration essential:** Phone Kathy 7826 808

**Sunday 10th June, 2:30pm**

## Sauces Made Simply

**This is a demonstration where you will learn the five basic mother sauces and their derivatives and how easy they are to make.**

Béchamel, Velouté, Tomat, Espagnole & Hollandaise.

All students will get to take samples home to create their own dish with knowledge acquired and a chart of all the sauces and derivatives to look back on.

***This year Vinnie will be expanding on that, demonstrating more delicious derivatives!***

**Tutor:** Chef Vinnie Dunford

**Venue:** Home Economics Room at Karamea School

**Cost:** \$10

**Questions:** See Vinnie at the coffee shop in Market Cross

**Number:** Maximum 20 people

**Registration essential:** Phone Kathy 7826 808

**Monday 11th and Tuesday 12th June, 10.00am to 3:00pm**

## Mosaics

**Learn the basics of how to make beautiful mosaic art.**

**Tutor:** Daz

**Venue:** Karamea Community Centre (RSA)

**Bring:** A drop-sheet, an old towel and a hammer. Plus an idea for a simple image

**Cost:** \$15 covers all materials which are supplied

**Number:** Maximum 10

**Registration:** Phone Kathy 7826 808

**Wednesday 13th and Wednesday 20th June, 9.00am to early afternoon**

## Flax Weaving

**Learn traditional techniques of how to prepare flax and weave your own kete.**

On the 13th we'll start with preparing flax and make a two corner kete, and the next week we'll move on to a four corner container.

**Tutors:** Norman Blakely and Raramai Adcock

**Venue:** The Bush Lounge, Market Cross

If possible, bring an old bread knife for softening flax, and a sharp pair of scissors or sharp knife for cutting flax. Also a few plastic pegs and an old towel.

**Cost:** Gold coin

**Number:** Maximum 10

**Questions:** Phone Raramai 7826 978

**Registration:** Phone Kathy 7826 808

**Thursday 14th June, 4:00pm**

## Winter Boot Camp

**A boot camp is where we all work out together with fun exercises and equipment.**

We will sweat for sure but any fitness level welcome - its all about moving that beautiful body of yours!

**Tutor:** Linda Brownie

**Venue:** Meet at the field at the back of Karamea Area School

**Bring:** Water bottle and exercise gear including shoes

**Questions:** Phone Linda 022 089 1620, or email [linda.brownie6@gmail.com](mailto:linda.brownie6@gmail.com)

**Note:** This is a boot camp for adults which could lead to regular boot camps in the future, or possibly younger age groups if there is interest.

**Registration:** Phone Kathy 7826 808



**Friday 15th June 7:00pm - 8:30pm and Sat 16th June 9:30am - 3:00pm**

## Tai Chi

**Introduction to Tai Chi for health and well being with the opportunity to learn a short form to use at home.**

**Tutor:** Rosie McGrath from Community and Public Health

**Venue:** Karamea Bowling Club

**What to bring:** Comfy clothes and lunch on Saturday

**Cost:** Gold coin

**Questions:** Phone Kay Raffell 7826 633

**Numbers:** Maximum 10

**Registration:** Phone Kathy 7826 808

## Saturday 16th June 10:00am

### Floral Art

**A simple vertical design - only three flowers required plus some foliage.**

**Venue:** Karamea Community Centre (RSA)

**Tutor:** Nova Scarlett

**Note:** Contact Nova for details of what to bring 7826 781

**Cost:** Gold coin

**Numbers:** Maximum 10

**Registration:** Phone Kathy 7826 808

## Sunday 24th June, 11:00am

### Cold Process Soap

**Students will learn the basics of cold process soap making and leave with a batch of soap, and the knowledge to create their own at home.**

**Tutor:** Stephanie Walton

**Venue:** Home Economics Room at Karamea Area School

**Numbers:** Maximum 10

**Bring:** Some materials supplied, but if you can, bring safety glasses, rubber gloves, plastic measuring containers, stick blenders (only to be used with soap making), digital scales, and a mould to pour the soap into. Stephanie will have extra of these things but whatever students can bring of their own is good - it will be more of a chemistry lab this way! Mature older kids are welcome, especially if they want to partner with an adult. We will be using lye (a caustic chemical), so if coming with a non parent/caregiver adult it would be good to have written permission).

**Cost:** \$10

**Questions:** Phone Stephanie 021 881 212

**Registration:** Phone Kathy 7826 808

**Monday 25th and Tuesday 26th June, 9:30am**

## Basic Patchwork

**The Karamea Craft Group will hold a workshop on beginner Patchwork making a simple table runner.**

**Note:** We can provide fabric and maybe some sewing machines. If you can bring your own that would be best. The project may be finished in one day but there will be the option of the second day if required.

**Venue:** Karamea Bowling Club

**Note:** Phone Caroline Langford 7826 657 to discuss fabric and cost

**Registration:** Phone Kathy 7826 808

**Wednesday 27th, Thursday 28th, Friday 29th June**

## Hula Hooping with Abby

**Hula Hooping, or Hooping as it is known today is a very beautiful, beneficial way to unlock movement in the body, realign posture, and strengthen the core.**

As I will also be beginning hoop lessons for all ages in Term 3 this year, these would be great introduction lesson for anyone who may be interested in more.

***I am super excited this year to be offering three hooping workshops to cater for all ages and levels:***

**Wednesday 27th, 3:15pm - 4:00pm**

**Hula Hoop Playtime - ages 3-8**

In this super fun workshop we will be exploring movement with a hula hoop using lots of awesome activities and games designed for 8 years all the way down to pre-schoolers. We will also be having fun dancing with a hoop, and learning some basic hoop moves. Hoops provided.

**Venue:** Karamea Area School Hall

**Cost:** Gold coin

**Numbers:** Maximum 15

**Questions:** Phone Abby 021 1908 285

**Registration:** Phone Kathy 7826 808

**Thursday 28th, 3:15pm - 4:15pm**

**HoopDance - ages 9-17**

In this workshop I will teach you some basic hoop moves such as waist and chest hooping, spiraling the hoop up and down the body, and fun ways to take the hoop on and off the body. We will take a look at some tricky off-body moves, and we will have lots of fun learning how to move with a hoop to music. At the end we will bring this all together and learn a hoopedance that will be sure to impress your family and friends. Hoops provided, but you can bring your own if you like.

**Venue:** Karamea Area School Hall

**Bring:** Water and tight comfy clothing

**Cost:** Gold coin

**Numbers:** Maximum 15

**Questions:** Phone Abby 021 1908 285

**Registration:** Phone Kathy 7826 808

### **Friday 29th, 2:00pm - 3:00pm**

#### **The Art of Hooping - Adults**

Designed for all levels, body shapes and sizes, in this workshop we will explore the foundations of hooping at a pace that works for you. It doesn't matter whether you are already rocking it out around your waist, or if you haven't picked up a hoop since you were 6, you will benefit from this workshop, and most importantly you will have a lot of fun while treating yourself to a full body workout. We will play with on and off body hooping, learn how to move to music with a hoop, and learn a short choreographed hoopdance routine. Hoops provided, but you can bring your own if you like.

**Venue:** Last Resort conference room (old cafe building)

**Bring:** Water and tight comfy clothing

**Cost:** Gold coin

**Numbers:** Maximum 15

**Questions:** Phone Abby 021 1908 285

**Registration:** Phone Kathy 7826 808

### **Saturday 30th June 11:00am - 1:00pm**

#### **Crochet Hook-Up**

**Come and learn crochet basics or brush up on your crochet skills and get inspired to make your own creations.**

Everyone interested in learning crochet is welcome to attend. If you are a seasoned crocheter feel free to bring along your current project and just hang out.

**Tutor:** Liz Kerlake

**Venue:** Karamea Community Centre (RSA)

**Numbers:** No limit, no more than 20 ideal, but whoever wants to come is welcome.

**Bring:** Crochet hooks and wool if you have them, I will supply a limited number too (chunky wool is best for beginners, donations welcome!)

**Questions:** Email: [elizabeth.kerlake@gmail.com](mailto:elizabeth.kerlake@gmail.com)

**Cost:** Free

**Registration:** Phone Kathy 7826 808

***Please check our Events page for other great activities happening in Karamea during June.***