

# Chill-Ed

## Paekakariki's Winter Skills Series 2010

Chill-Ed is a series of informal community-organised classes. To book a place in any workshop email [sustainable.communities@kapiticoast.govt.nz](mailto:sustainable.communities@kapiticoast.govt.nz) or phone Stacey Gasson on 905 0560.

Entry to all workshops is by koha/donation. Additional material costs are noted in the workshop description.

### Quick Breads

Learn how easy it is to make 'instant' breads like chapatti and soda bread, accompanied by a discussion about bread-making in general. Demonstration followed by a simple lunch of warm breads, cheese and the like. Bring a sense of fun and a little memory... or notebook.

With Frano Schuster-Keith at 8 Te Miti Street

**Saturday 24 July, 11am – 1pm**

**Bookings required – limited to 8 people**

*Ingredients & meal provided – koha to be gifted to the establishment of Kapiti School, Kenya (a school and forest/wildlife conservation centre) – see <http://www.kapitischoolkenya.org/home>*

### Media Skills for Community Groups 1: Writing for the Media

How to prepare a press release and get it into the hands of the media, plus a little about dealing with journalists. No materials required, but bring a laptop if you have one. *Note: This workshop is in two sessions.*

With Sam Buchanan at St Peter's Hall, Beach Road

**Tuesday 27 July AND Tuesday 3 August, 7 – 9 pm**

**Bookings required**

### Warmer, Drier, Healthier Homes

Richard Morrison, Kāpiti Coast District Council's eco-design advisor, will be discussing a range of things we can do to improve the energy efficiency of our homes. Measures will range from simple and free to the more complex.

With Richard Morrison at St Peter's Hall, Beach Road

**Thursday 29 July, 7 – 9 pm**

### Worm Farming

Turn your kitchen scraps into compost and liquid fertiliser. John Wraight will demonstrate building a worm farm from recycled materials, talk you through the basics and send you off with the raw ingredients (tiger worms!) to start your own.

With John Wraight at 91 Wellington Road

**Saturday 31 July, 10am – 12pm**

**Bookings appreciated**

*Please bring homegrown produce as koha*

### Introduction to Ukelele

Get to grips with this fine instrument under Hugh's relaxed tutelage. This is a class for beginners. Bring a ukulele and something to eat/drink if you want.

With Hugh Brown at Paekakariki Playcentre

**Saturday 31 July, from 8pm**

### **Paekakariki Ukes (PUKES)**

An informal gathering on the first Saturday of each month where we play ukulele and sing together. Bring a uke and whatever you want to eat/drink. For a printable copy of the songs we have played before email [hugh.brown@paradise.net.nz](mailto:hugh.brown@paradise.net.nz)

You don't have to be experienced, just willing to have a go – you can just sing, do percussion or drink if that's where your skills are at, or even play something other than a ukulele (but please no amplified instruments, tubas or pipe organs).

With PUKES at Paekakariki Playcentre

**Saturday 7 August, from 8pm**

### **Media Skills for Community Groups 2: Sub-Editing**

Basic typography and editing skills for people preparing material for publication. No materials required, but bring a laptop if you have one.

With Sam Buchanan at St Peter's Hall, Beach Road

**Thursday 10 August, 7 – 9 pm**

**Bookings required**

### **Earthships: what, how and why?**

In this presentation Steve Bright will be outlining the basic principles of Earthship buildings, their pros and cons, and answering any questions that he can. Depending on interest, practical workshops may be held later.

Earthship buildings were developed over the last thirty years or so by American architect Mike Reynolds to reduce the costs of building new houses, the running costs and the ongoing environmental costs. He coined the phrase 'biotecture' for his ideas and designs for buildings that work in harmony with the Earth's natural systems and used what he describes as 'the new natural resource' – old car tires – as the basic building block.

Steve Bright is an engineer by trade. In 2003 he built an Earthship with the Low Carbon Network (Brighton) and Mike and his team. At present he is helping a local person design, and hopefully later build, their own 'Earthship-style' building.

With Steve Bright at St Peter's Hall, Beach Road

**Thursday 12 August, 7 – 9pm**

**Bookings appreciated**

### **Eco Cleaners**

Helen Heath is a writer and crafter who tries to have less impact on the world. She blogs at <http://helenheath.com>

Helen will be sharing how to make your own 'Spray and Wipe' and 'Jif' substitutes using liquid castille soap, baking soda and water. She also has a load of household tips and tricks to share. Bring an empty spray bottle, a plastic box that can hold about half a litre and approx 400g of baking soda. Castille soap will be provided at a cost of \$5 per person. Optional: If you have some essential oils at home you can bring them along too.

With Helen Heath at Paekakariki Playcentre

**Sunday 15 August, 2 – 4pm**

**Bookings required**

*\$5 for materials + koha*

## **Introductory Home Brewing – Ten Tips for Success**

Get some pointers for making your own beer from former Paekakariki residents, John and Joe. Workshop may retire to a nearby residence for further research into particular brews.

With John Anderson & Joe Buchanan at Paekakariki Playcentre

**Wednesday 18<sup>th</sup> August, 7 – 9pm**

**Bookings required**

## **Sushi**

Learn to make a range of yummy, easy sushi. The word 'sushi' refers to the vinegar rice – what you do with it after that is up to you. Please bring a rolling mat – available from the Station Kiosk at the railway station – and a pair of kitchen scissors.

With Satsuki Hall at Paekakariki Playcentre

**Wednesday 25<sup>th</sup> August, 7 – 9pm**

**Bookings required: limited to 10 people**

*\$10 for materials + koha*

## **Composting**

All good gardening starts with compost, so join Hannah for a 'hands-on' workshop building a compost heap. Discussion will include materials, carbon/nitrogen ratios, compost starters, troubleshooting and other methods of recycling your waste. Bring fruit and vegetable scraps, non-invasive weeds and carbon materials (dead leaves, straw etc.) if you can, or just come anyway...

With Hannah Zwartz at 23 Te Miti Street

**Saturday 28 August, 10am – 12pm**

**Bookings appreciated**