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Newsletter of the Lower Hutt Women's Centre

Pipiri 2011 Vol.19 No 3



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Women's Centre Opening Hours

Monday to Thursday 10am – 5pm

Friday 9am – 5pm

Ph: 04 569 2711 Fax: 04 570 2820

Email: info@lhwc.org.nz

186 Knights Road, Central Hutt

Lower Hutt 5011



Thanks to all the women that helped put the newsletter together.

WOMEN'S SUPPORT GROUP

The Women's Support Group is for support or if you are having a hard time coping with stress, day to day hassles, depression or oppression. Do you want to unload, are you getting stressed out? If you are feeling out of touch with yourself and other people around, or feeling isolated .. then the group is a time to get support in a caring environment while you work on looking at yourself, your feelings and how you are in life.

The group is open to all women and you can join the group by turning up to the Women's Centre on Wednesdays at 1pm. The group goes from 1pm to 2.30pm. **Facilitator:** Julie Smart



Friendship Group

We are a facilitated group who meet weekly for discussions and occasionally an outing.

Our focus is on learning about friendship, maintaining, developing and exploring the ideas.

Friendships are a vital source of emotional sustenance. As well as providing the pleasure of companionship, your friendship network offers you a sense of support and belonging.

This group is open to all women and you can join the group by turning up to the Women's Centre on Thursdays from 10am to 12noon.

Our ability to make and sustain friendships is influenced by our ability to develop and maintain a nurturing relationships with ourselves.

Facilitator: Yvonne Broadley

If you are interested please phone or come along.

All welcome.
For more information 5692711

FREE COMPUTER LESSONS AND FREE ACCESS COMPUTER

The Women's Centre has a free public access computer available for all women to use during our opening hours. We have programmes such as Microsoft Word, Excel, Access, Mavis Beacon Typing Tutor, Publisher and Power Point; Internet and Email access.

We are now offering offering free half hour or hour computer lessons with our computer tutor, Jo-Anna Hohua. We are offering the lessons two half days per week - Tuesday and Wednesday. If you want a lesson just phone the centre to book in a time. At present we charge for printing and paper but the computer use, internet and email is totally free. If you want to use the computer just phone up and book in. You can send e-mails, surf the net or whatever else you need to do. **Phone: 5692 711 to book a lesson.**

Self Development for Women Using the Psychodramatic

This weekend will give participants opportunity to explore personal issues using the psychodramatic method. This workshop will be useful for women wanting to expand and develop their experience of life and the issues that hold them back. Women new to the psychodramatic method are welcome.

Dates: Friday 9th Saturday 10th and Sunday 11th September 2011

6 Minimum for course to commence and 7 Maximum.

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$50 Low or Unwaged \$25

Facilitator: Ally Andersun

Phone 5692711

Participants are expected to attend the full course

2 places available at present

Menopause for Women

If you are starting menopause, experiencing full on symptoms, post menopausal or just curious about what lies ahead this course is for you. We will look at different aspects of menopause, physical, emotional, spiritual, social and psychological. We will have guest speakers and discussion.

Dates: Six weeks beginning 15th September 2011

What is Menopause?

Menopause literally means cessation of menstruation or last period. It marks the end of a woman's fertile years when the ovaries produce lower levels of the reproductive hormones oestrogen and progesterone.

The average age for menopause in New Zealand is 51.5 years. 'Perimenopause' is the official term used

Please Note: The first evening is a Thursday and the following five evenings are Wednesdays. This is different than originally advertised.

Time: 7-9.00pm

Cost: \$50

Enrol WEA 5692292

<http://www.huttcitywea.co.nz/>

Facilitator: Ally Andersun

to describe the average of five or so years up to the last period.

When periods have stopped for a year it can be assumed that a woman is post-menopause. After menopause the body achieves a new hormonal balance by producing hormones from the adrenal glands, the brain, muscles, and hair follicles as well as continuing to produce lesser amounts of hormones from the ovaries.

Weaving with Harakeke (Attend one or more of the workshops)

Tutor: Makere Love

Dates:

Course One: 26 June 2011 Konae

Course Two: 28 August 2011 Kono

Course Three: 29th and 30th October 2011. Whiri bottom kete For course three you need to have attended course one or two at some stage previously.

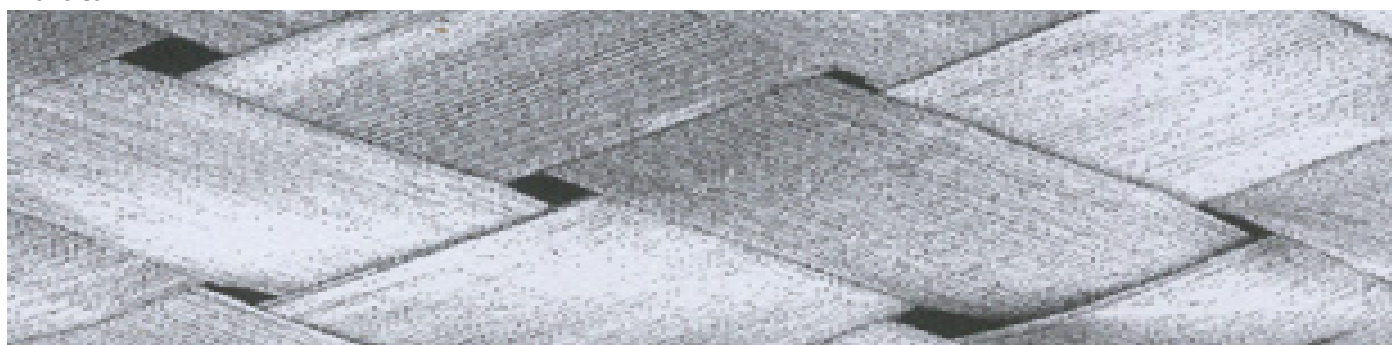
Time: 10-4pm

Cost: \$12 for the one day courses /\$24 for two day course

Venue: Lower Hutt Women's Centre

Enrol: By payment or deposit

Learn how make a konae and a kono, and how to prepare the harakeke using correct protocol, e.g. with cutting harakeke and the significance of karakia. We will also sing waiata .



Women Who Love Too Much (Workshop One) (Codependency/Addiction/Losing yourself in Relationships)

Weekend Course

Dates: Frid 14, Saturday 15th and Sunday 16th October 2011

Time: Frid: 7-9.30pm 10-5pm Saturday and 10-4.30pm Sunday

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$50 /Low or Unwaged \$25

Facilitator: Ally Andersun

6 Minimum and 10 Maximum for course to commence

Participants are expected to attend the full course.

Workshop One is an educational weekend. This weekend will give participants an opportunity to explore their own issues around co-dependency and process addiction, the origins of your behaviour and ways of changing and developing in yourself.

Women Who Love Too Much , co-dependency, relationship addiction; all names which reflect different aspects of this issue that some women have in relationships. If you have difficulty with relationships; partners, children, parents, then this workshop may help you in understanding how to look at your behaviour in the relationship and where that behaviour comes from. This workshop will help women that want to look at the damaging or dysfunctional relationships they have been/or are in. Using the group work process and action methods we will begin the process of personal recovery

Self Esteem Workshops For Women

Lower Hutt Women's Centre
186 Knights Road
Lower Hutt
5692 711

Friday Morning
2011

**Now is the time for all good
women to stand up and say who
we will be**

We now have **Self Esteem Workshops
on a Friday morning and a
Tuesday Evening.**

Each workshop is separate. You may attend one or as many as you like. Creche is provided for **pre-school children only** without extra charge only on Friday morning. Please make enquiries about babies because they need a lot of attention and we have one creche worker. The workshop is for women only so try to avoid planning on taking your children into the workshop.

Time: Friday morning 9.45 - 12noon and Tuesday evening 6.30pm to 8.30pm.

The workshop starts right on time at 10am and 6.30pm and late comers can't go into the morning workshop.

If you have children you need to arrive about 20 minutes early to settle them in.

Cost: Friday \$2.00 and Tuesday \$5.00

All women welcome.

You don't need to enrol, just turn up.

Facilitators:

Friday Morning Stephanie Brockman

Tuesday Evening Julie Smart



Aug 19 Putting Yourself in Neutral
Aug 26 Having the Courage to be Imperfect
Sep 2 Developing Courage
Sep 9 Willpower
Sep 16 Anger as a Strength
Sep 23 Developing Self Knowledge
Sep 30 Self Love
Oct 7 Acknowledging Self
Oct 14 Enhancing self in terms of awareness
Oct 21 Acceptance and use of strengths
Oct 28 Positive thought and talk
Nov 4 Messages about self
Nov 11 Accepting responsibility about self
Nov 18 Coming to grips with feelings
Nov 25 Talking About Ourselves
Dec 2 Beliefs About Self
Dec 9 Expressing Pride in Self
Dec 16 Letting Go of the Past
Dec 23 Respecting Self and Othersc

**Tuesday Evening
2011**

Aug 30 Coming to grips with feelings
Sep 6 Talking About Ourselves
Sep 13 Beliefs About Self
Sep 20 Expressing Pride in Self
Sep 27 Letting Go of the Past
Oct 4 Respecting Self and Others
Oct 11 Striving for Pure Motives
Oct 18 Putting Yourself in Neutral
Oct 25 Having the Courage to be Imperfect
Nov 1 Developing Courage
Nov 8 Willpower
Nov 15 Anger as a Strength
Nov 22 Developing Self Knowledge
Nov 29 Self Love
Nov 22 Developing Self Knowledge
Nov 29 Self Love
Dec 6 Acknowledging Self
Dec 13 Enhancing self in terms of awareness
Dec 20 Acceptance and use of strengths

Anger as a Strength

Anger is a misunderstood emotion and energy. This training is skill based on providing opportunities and techniques to express anger using tools of assertiveness.

Tutor: Ally Andersun

Dates: 6 Weeks beginning Wednesday **26th October 2011**

Time: 7-9pm

Cost: \$50

Enrol: WEA 5692 292



Mosaics

If you want to learn how to mosaics and meet other women doing the same come along anytime from 10am to 2.00pm every Tuesday and Clare and/or Stephanie can show you what to do. We normally start with a paver, after you have made a paving stone you can progress on to a variety of projects. We do charge for materials - it does cost \$5 for a completed paver.

If you want to work on your own projects you need to pay for materials.

This is an open workshop and costs are for materials used only.

All Women Welcome

Lotus Rising: Lotus Blooming 6 week Meditation Course with Ruth Pink



Thursdays - starting 6 October 7-9pm

Using meditation as a guide, and drawing on the image of a lotus bud rising from mud at the bottom of a pool; this course will explore ways to grow and bloom amidst the dynamics of life.

Using simple techniques of observing the breath, visualization and being in the body - meditation is an ideal tool to help us calm the mind, manage stress and pain, and to create the kinds of lives we would prefer to be living. Meditation supports our desire to blossom as a woman in a changing and often troubled world.

During this six week course, we will:

- ***Extend our understanding of meditation, experiencing a range of meditation techniques,***
- ***Explore time-honoured Buddhist principles that provide us with clues to living well today.***

The course will include meditation practice, art work, gentle body movements, discussion and sharing.

This course would suit women who have already have a basic understanding of meditation and who are wanting to energise and deepen their practice.

New comers are also welcome and a brief introduction to meditation will be given at our first session.

Please wear warm loose clothing.

COST: \$40/\$20 Waged/Low Waged/Unwaged

Ruth Pink is a writer, poet, public servant and a celebrant. She has been meditating and studying meditation for more than 17 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth is connected to the Wangapeka Study and Retreat Centre in Nelson, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, Leander Kane and many other teachers whose wisdom has enriched her life. Ruth weaves together teachings from the Buddha and other spiritual traditions with art, science, ecology and poetry. While seeking to inspire others to change their lives and change their minds, she is also open-hearted, and down to earth.

Opportunity for Healing from Sexual Abuse or Rape

These weekend workshops are designed for women that have in their life experienced sexual abuse or rape and are ready to use group work process to assist with this healing.

There are two weekend workshops. You may attend one or both. You need to register for each separately.

Interviews with the facilitator will be necessary before enrolment.

Workshop One

Dates: Friday evening, Sat and Sun. 19th, 20th and 21st August 2011

Time: Frid 7-9.30pm, Saturday 10-5pm and Sunday 10-4.30pm

Cost: \$50/\$25 Waged/Unwaged/Low Waged

(This first course will have been completed at the time of newsletter printing)

Workshop Two

Dates: Friday evening, Sat and Sun. 11th, 12th and 13th November 2011

Time: Frid 7-9.30pm, Saturday 10-5pm and Sunday 10-4.30pm

Cost: \$50/\$25 Waged/Unwaged/Low Waged

Facilitator: Ally Andersun

Free Legal Advice

The Women's Centre has free 30 minute consultations available during the first week of each month. Phone the Centre and make an appointment.

The primary objective of this consultation is to advise you if you have a legal problem, and whether you need to see a solicitor. If you do need to see a solicitor the lawyer can advise you about your eligibility for Legal Aid and give you some idea of the legal procedures involved in solving your particular problem.

If you don't have a legal problem the lawyer is sure she can give you some sound practical advice

anyway.

The lawyer can also advise you about facilities available to help you solve your own problems, such as the Disputes Tribunal, Family Court Counselling etc. All consultations are held in private and are strictly confidential.

Who for? This service is being offered to all women.

When? and Where? During the first week of the month at the offices of Thomas Dewar Sziranyi Letts, Level 2 Corner of Queens Drive and Margaret Street. Phone 5692711

REFLEXOLOGY AT THE WOMEN'S CENTRE

I am delighted to be able to invite you to experience the benefits of reflexology at the Women's Centre on the first Monday of each month during the afternoon from 1.00pm until 4pm.

WHAT IS REFLEXOLOGY AND HOW DOES IT WORK?

Reflexology is a natural, gentle, relaxing method of activating the healing powers of the body. A totally safe, non-invasive therapy administered to the feet, hands or ears. There is no manipulating of the body or undue application of pressure applied.

Reflexologists believe that our feet represent a mini-map of our bodies. Your feet contain over 7,000 nerve endings and reflex points, which we believe correspond to all glands, organs and parts of the body.

Using my hands I apply gentle pressure to reflex points on the feet, releasing blockages and encouraging the body to restore its natural healing balance.

BENEFITS

Reflexology can reduce stress (responsible, some say, for 75% of all illnesses) and induces deep relaxation. Other benefits are reported to include:

- Revitalises energy
- Improved sleep patterns
- Cleanses the body of toxins and impurities
- Stimulation of creativity and productivity
- Improved circulation
- Improved breathing
- Relief from digestive disorders
- Hormonal balance
- Migraine and headache relief

With regular treatments reflexology can act as a preventative health care measure, keeping the body functioning in balance; helping it to ward off illness.

Reflexology is not an alternative to conventional medicine and reflexologists do not diagnose or claim to cure illness.

APPOINTMENTS

There will be a charge for each appointment of which the majority will be donated to the Women's Centre:

Half an Hour	\$15.00
One Hour	\$30.00

If the above prices are out of your reach but would still like to experience reflexology do not let this stop you from calling to negotiate a suitable price.

To book an appointment please contact Dawn on: 04 566 5585 or email dawn@renewingharmony.com

I also treat clients at my home-based practice in Lower Hutt for which I charge professional rates. For any appointment made as a result of a referral from the Women's Centre 10% of the total cost will be donated back to the Women's Centre. Looking forward to meeting you all soon.

Therapeutic Massage & Relaxation Massage

Massage has many wide-ranging benefits that affect both our bodies and our minds.

Some Benefits of Massage

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Promotes faster healing of strained muscles and sprained ligaments; reduces pain and swelling and reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Enhances athletic performance
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Eliminates metabolic wastes
- Helps relieve tension-related headaches and effects of eye-strain
- Enhances the health and nourishment of skin
- Improves posture
- Improves sleep
- Adjusts attitude (beneficial for alleviating depression)
- Strengthens the immune system

When muscles are overworked, waste products such as lactic acid can accumulate in the muscle, causing soreness, stiffness, and even muscle spasm.

Massage improves circulation, which increases blood flow, bringing fresh oxygen and nutrients to body tissues. This can assist the lymphatic system in the elimination of waste products, speed healing after injury, and enhance recovery from disease. It eases tense and knotted muscles and stiff joints, improving mobility and flexibility.

Therapeutic massage can be used to promote general well-being and enhance self-esteem, while boosting the circulatory and immune systems to benefit blood pressure, circulation, muscle tone, digestion, and skin tone.

And it feels great!

Book a session at The Women's Centre with Rachel on: 04-5653119 or 0226988090 or email: therapeuticmassage@gmx.com

I am working at the Women's Centre on a Friday.

Price: 1 hour session for only \$30

I also treat clients at Aurora Medical Centre in 39 Pretoria Street, Lower Hutt which I charge professional rates. As a Women's Centre member you will get a 15% Discount and 5% of the total cost will be donated back to the Women's Centre.

Prospective Board Members Evening

This is an evening for women that want to contribute to the Women's Centre and want to find out what being a board member entails.

The Board meetings are on the 4th Thursday of the month, beginning at 6pm and going until 9pm.

This information evening will be on Wednesday 14th of September 2011 beginning at 6pm and finish at 8pm.

This will be an information evening without any pressure to join the Board. We want new board members to join freely and with good will.

The AGM is on the morning of 24th September 2011, and this is when new Board members will be taken on. We like to have board members being informed and having made a decision about joining the board before the AGM, so women are making informed choices about commitment.

The Board of Trustees are the Governance group of the Women's Centre, this is different from operational and the day to day running of the centre.

If you are interested in attending the information evening please register by phoning through your details to 5692 711 or emailing info@lhwc.org.nz

Volunteer's Training

The Lower Hutt Women's Centre will be putting on a one day training for women wishing to find out about volunteering at the centre.

The workshop will include the background to the centre, the philosophy, how the centre operates and expectations of volunteers.

This workshop will be open to anyone that is interested in being a volunteer, or think they might be interested or just to find out what it entails.

Time: 10-4pm (participants will be expected to attend the whole day.) We won't have child-care available. Date: Saturday October 1, 2011 Lunch: Provided

Enrolments necessary: Phone, call in or email your interest and enrolment.

5692 711 info@lhwc.org.nz

STUDENT ART EXHIBITION



Opens 7.30pm Thursday 8th September
 Tour & artist talk for the Deaf Community at 7pm
 Open daily from 10am - 4pm
 Friday 9th - Sunday 11th September
 The Learning Connexion 182 Eastern Hutt Rd
 Taita Lower Hutt

THE LEARNING CONNEXION

STOP Child Abuse Now!

There is a Public response publicly showing our concern about Child Abuse in our NZ Communities



TO CONTACT NARK OF
 CHILD ABUSE
 PHONE 022 072 3300
 nark@nark.org.nz
 www.nark.org.nz

Come along and **SHOW** your concern
 about Child Abuse in NZ
 Place a Toy in love for a Child

DATE: Saturday 3rd September 2011

WHAT: 1 Soft Cuddly and / or Toy in acknowledgement of the Children Lost to Child Abuse and an awareness to those kids who fight a war within their own homes everyday

TIME: Please Place before 12:00PM (Displayed until 3PM)

VENUE: Memorial Statue or Memorial War in your Local Town / City

For your local Site see - http://www.nark.org.nz/narkstopmemorials.asp?utm_source=facebook

HOSTED BY: The concerned communities of NZ and N.A.R.K

OPEN TO: ALL THE PUBLIC AND COMMUNITY,
 and ALL those concerned with Child Abuse in our NZ Communities

NATION of ADVOCATES for the RIGHTS of KIDS

*This is a simple gesture of love designed to publicly show your concern about Child Abuse in NZ
 Your response could be the awareness NEEDED to protect our towns.*

The Village by Jules Hunt

In 2008 I decided to become a fulltime art student and follow a passion, in 2009 I found myself in a place where I was struggling to see my political self in my day to day life, I was tired of arguing the necessity for an anti-smacking reform and was getting more and more saddened, frustrated and angry by the ever increasing child abuse and infanticide rate's in N.Z.

I got to thinking about how I could focus this energy and the quote by *Kahil Gibran* "It takes a village to raise a child" kept coming to mind, I realised I could use my art as a means to express my political voice, The Village was born.....

I used sticks to symbolise people. They identify a hierarchy of age and need for social responsibility within communities, the youngest always being the necessary focus, they are diverse in form and scale pointing to the role of individuals in a collec

tive having a nurturing and protective function within a community.

I wanted to do a body of work that would stimulate or raise social consciousness and thinking or challenge black and white think-



"The village" The shadows are a huge part of this work .

ing, that this is an individual issue. I invite the viewer to experience a sense of belonging and responsibility, by moving through the sculptural forms the viewer unexpectedly finds themselves represented on the walls as part of the village. This challenges the notion that it is an individual problem and reminds them this is a community issue whether they are aware of it or not.

"Village Girl"
This photograph was taken off the wall as a viewer was walking through the village sculpture.

I hope to find a space that "feels" right to exhibit "The village" in 2012.

"The village" is dedicated to the memory of : Chris & Cru Kahui, Lily Bing, Trent Matthews, Nia Glassie, Delcelia Whittaker, Saige, Mikara, Riley, Tahani , Dylan, Sarah and all of those little people who haven't been named but are in no way forgotten.

www.juleshuntphotoart.com

Study: An insight into girls' violence

Kiwi girls are getting more violent and work needs to be done now to tackle female violence and anti-social behaviour, the researcher of a project in the top of the south says.

"We need to put things in place or it won't be long before we've got many more girls fighting, and younger girls, which is a real concern," Upper Moutere-based social anthropologist Donna Swift said.

Dr Swift revealed on Friday the results of her two-year study, The Girls' Project, into why girls engage in violence and antisocial behaviour. The study, done through Stopping Violence Services Nelson, centred on girls in the Tasman police district, which covers Nelson, Marlborough and the West Coast.

As part of her study, Dr Swift interviewed 100 girls with a history of violence or antisocial behaviour.

Researcher and social commentator Celia Lashlie, who was a mentor for Dr Swift during the study, said the study was exciting and vital because it provided New Zealand with the "astonishing voices of the girls".

Ms Lashlie said little research had previously been done in New Zealand on girl violence and antisocial behaviour.

"When you read the report and you have the chance to sit and hear those girls' voices echo in your head, [you] know that they are the women who become the mother of Nia Glassie, the mother of the Kahui twins," she said.

"They are the girls who will find themselves in the position of being responsible for, or having been party to, the death of their children, and so we have to move."

Ms Lashlie said the Government had launched a Green Paper discussion document to start the debate about how to stamp out child abuse in New Zealand, but the country already had the answers, and some of those answers were in Dr Swift's report and the voices of the girls involved.

As part of her project, Dr Swift sent questionnaires to 3400 year-9 and 10 students, both boys and girls, from 23 schools in the Tasman police district.

The results showed that 97.6 per cent of those boys and girls said they had been involved in peer-related violence, which highlighted the normality of that kind

of behaviour among adolescents, Dr Swift said.

"What I want to get across to you is the seed is being sown in those years [year 9 and 10]. The potential exists for the emergence of a real problem of girl fighting. It's going to get worse if we don't do something at that point."

Dr Swift said girl violence and antisocial behaviour often started with "bitchy" or bullying behaviour, and if this was not addressed it could progress to more serious fighting. Not many girls were physically aggressive, but when girls did fight, they put everything into it.

"When they talked about physical fighting with girls, it was to get a girl to the ground and put the boots to her and do damage to her face."

Dr Swift said girls often started to get violent at about year 11, and they were frequently girls who were not at school or were disengaged from it.

She said research was being done, but it often missed the role of sexual and racial harassment in girls' violence and aggression.

She had interviewed a 12-year-old girl who looked 18 and had endured hassling and sexual harassment from a group of four older boys.

One day, the boys pinned her down and said they wanted to undo her blouse, and she fought back.

She later got into serious trouble at school after she had a fight with a girl who called her a "slut".

This kind of harassment would not be tolerated by adults, but it was happening to girls at a pivotal time in their development, Dr Swift said.

The sexual harassment of girls was being overlooked, she said, which greatly concerned her, because it was damaging to their wellbeing and a trigger for girls fighting.

The issue of racial harassment as a cause of girls fighting was also something that had not been picked up.

"This is not just a Maori issue. Girls of all ethnicity that are not white talked about this."

Dr Swift said the study also raised issues around the

Progress of the world's women

UN Women has put out its report "In Pursuit of Justice: Progress of the World's Women". You can download a summary and the full report <http://progress.unwomen.org/>

This week the New Zealand president of UN Women, Rae Julian, pointed out three remarkably bad rankings for New Zealand:

- i. **Maternal mortality:** Among the 22 OECD countries, New Zealand ranks 20th - worse than 19 other countries. Only the USA and Luxembourg rank lower. We have 14 maternal deaths per 100,000 live births, which doesn't sound like many - but it's considerably more than, for example, Canada, with 6, or Ireland, with only 2. We also rank 16th for length of paid maternity leave.
- ii. **Right to legal abortion:** New Zealand is one of only three countries, alongside Ireland and Spain, which do not allow abortion for economic or social reasons. It is also one of the six which do not allow abortion on request.
- iii. **Violence against women:** Among the 14 countries which reported on the proportion of women who had experienced physical violence from intimate partners over the period 2000-2010, New Zealand ranked the worst, with 30 percent. Among the 12 countries reporting on violence occurring "during the last 12 months", we ranked 11th, with 5 percent. Only Finland was worse. Sexual violence from intimate partners showed a similar trend. Twelve countries responded to this question. With 14%, New Zealand was again the worst for 2000-2010. The next worst was Norway, with 9%.

From

<http://thehandmirror.blogspot.com/2011/07/cherchez-la-femme-in-finland-and-new.html>

role that technology-based aggression played in girls fighting.

This went wider than text bullying, she said, with girls borrowing other girls' cellphones and then pretending to make innocent phone calls and sending text messages to get the owner of the phone into trouble.

She was also concerned that some girls were using technology to put other girls at risk.

She had spoken with one girl who started to receive texts from someone her friends had told her was a "hot guy" from their school, but when she met him, she discovered he was an "old man".

Her friends had deliberately given out her personal information and put her at risk.

WHY GIRLS FIGHT

§ *Competition for boys.*

§ *To defend friends and family.*

§ *To build their reputation and social identity.*

§ *To validate themselves to those watching.*

§ *For some girls, it is a normal and necessary part of life.*

§ *To settle a score.*

§ *Bigger girls are sometimes asked to fight for weaker or smaller girls.*

§ *To shift the power back into their favour.*

§ *To defend themselves against physical or emotional harm.*

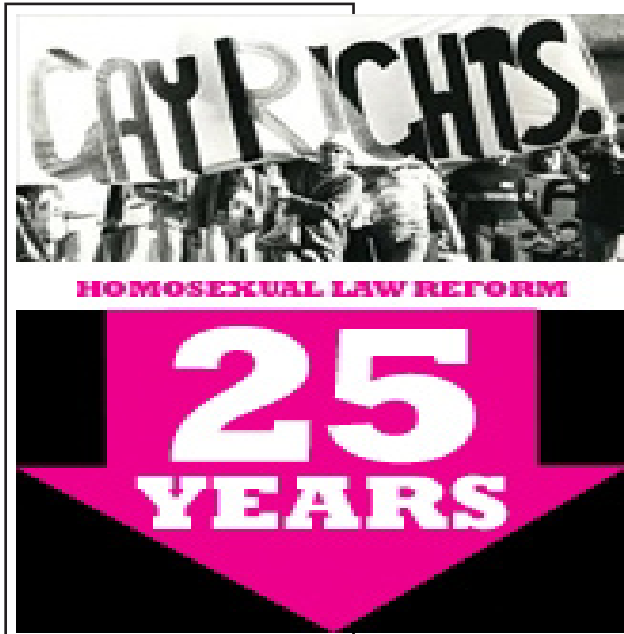
§ *Boys like to watch girls fight, as it gets their attention.*

§ *Alcohol.*

<http://www.stuff.co.nz/national/5407504/Study-an-insight-into-girls-violence>

We did it! But how did we get there?

Posted in: [Hall of Fame](#), [True Stories](#)
By Jacqui Stanford



What are some of the factors which combined to put New Zealand in a place where it was able to forge forward and pass the Homosexual Law Reform Bill? Historian and campaigner Alison Laurie explains the ingredients which allowed us to cook up change.

Background

New Zealand's laws were based on England's, which replaced the death penalty for "buggery" with life imprisonment in 1861. New Zealand followed suit and later made any sexual activity between men illegal in 1893 - men convicted of these offences could also face flogging or whipping and

hard labour.

It wasn't until the 1950s that change was called for in the UK and consensual sex between men over 21 (in certain circumstances) was decriminalised in 1967.

NZHistory.net says that in 1959 Attorney General Rex Mason tried unsuccessfully to reduce the criminal sanctions on some homosexual activity, apparently as a result of the suicide of a gay friend. Life imprisonment for sodomy was removed in 1961, but legal sanctions remained. The Dorian Society, founded in 1962, was the first New Zealand organisation for gay or "kamp" men and made the first push for law reform.

Explosion of ideas

As the Baby Boomer generation came of age in the 1960s, there was what Dr Alison Laurie describes as an "explosion of ideas" throughout the world, ideas which were suddenly communicated better than technology had ever allowed before thanks to transistor radios and television, and the fact travel was more accessible.

America became a major influence on New Zealand during and after World War II, and had increased presence through the likes of music and comics, and it soon experienced a huge increase in interest in civil rights. Dr Laurie says

this began with black civil rights, and moved very quickly into women's liberation and gay liberation, ideas which travelled to New Zealand rapidly and came to a head in the 1970s.

"Part of what's happening in the 60s and through into the 70s is a breakdown in gender differences. If you look at newspapers and magazines of the time you'll find all these old fogies saying 'you can't tell the difference between the boys and the girls', because young men are wearing their hair long, they're wearing beads and kaftans, and the women are wearing similar kinds of gear and everyone's wearing jeans."

There were plenty of drugs around, she adds, and the licensing laws were liberalised so women could socialise in bars. "And so there's a massive social change," she says, which came with the kind of elation and euphoria that change was possible. "This is one of the periods in history I think is very important. A whole lot of things come together and people think that change is possible. And they also think they're going to affect it."

Dr Laurie says the Vietnam War was a platform for organising and music was hugely influential: "You've got things like Bob Dylan with *The Times They Are a-Changin'* and things like this which become hugely important in terms of a whole generation that basically are renouncing a whole lots of values that have been before, particularly in the war movement - there's a big

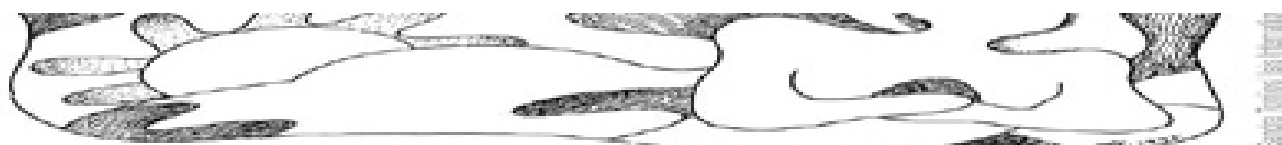
generational divide over that, particularly the guys who have come back from War World II and a whole new generation who are anti-war."

The arrival of gay lib

Alison Laurie pinpoints 1972 as the point where gay lib sprang up in New Zealand, after academic Ngahuia Te Awekotuku was denied a visitor's permit to the USA on the grounds that she was a 'known homosexual'. A meeting was called at Auckland University in response and Te Awekotuku was then invited to speak on campuses Wellington and Christchurch. "Gay liberation started and very rapidly spread," Laurie says, adding there was an equal number of men and women involved, as people saw the connection between all kinds of oppression. Gay men and lesbians were suddenly socialising more as gender breakdowns occurred and bars dropped men-only rules.

Dr Laurie says gay lib was about 'bringing out the gay man and lesbian in everybody's head', it was about social construction rather than biological essentialist ideas. Laurie says this was particularly true for lesbians, as women's music took off with songs with titles such like *Every Woman Can Be a Lesbian* among the hits - and the DPB allowing women to leave unsatisfactory marriages with a means of support in 1974. "This really empowered a lot of women to make different choices in their lives," Dr Laurie says.

"That generation of people clearly saw the connection between women's liberation and



gay liberation. Inasmuch that in a society where women are treated badly, gay men will be treated badly, because they will be seen as behaving like women."

Dr Laurie says while younger gay men and lesbians were generally getting along nicely, gay liberation exploded with such a fury and caused turbulence due to the 'outrageous' young gay people who were 'public'.

Conservative feminists were worried about being labelled lesbians, Dr Laurie says, "while conservative gay men who had never worked with women started thinking that the women should make the coffee and do the typing, and obviously the men should make the speeches. That didn't go down too well," she laughs. Some women stayed in gay lib groups, while from 1973 others left and created of lesbian groups of their own and lesbian clubs and magazines were set up: "Which doesn't mean the women don't any longer work with men. Because what is then set up is the National Gay Rights Coalition (NGRC, which is hugely important, it's an umbrella group – 33 lesbian and gay groups are members of it." Though it was short-lived (it disbanded in 1983), the group had a major impact.

So while there were some misunderstandings and ructions along the way, gay men and lesbians ultimately worked side by side on Homosexual Law Reform. Dr Laurie says lesbians clearly saw decriminalising male homosexuality as being in their own interests, "because when one kind of homosexuality is criminalised, every other form of sexuality is also stigmatised. And lesbians were badly treated – there were ways of getting les-

bians. And many police thought they ought to be able to get lesbians because they thought 'how come they can get away scot-free?'"

Paving the road for change

The mid-70s was when the campaign for law reform slowly picked up steam. In 1974 MP Venn Young introduced a Crimes Amendment Bill in 1974 to legalise private 'homosexual acts' between consenting adults (over 20), which ultimately failed.

The issue of the age of consent was a bitter one. The gay rights movement wanted it to be set at 16, the same as the age of consent for straight people.

MP Warren Freer proposed legislation in 1979 and 1980 that set the age of consent at 20 or 18, and NZHistory.net says gay groups gave it no support. "Instead, the gay movement made its own amendments to legislation. The Equality Bill, promoted under the slogan 'The people approve. A Bill is ready. Why delay?', proved to be controversial within the movement and was abandoned in 1983," the site says.

In 1984 the push for change was really chugging along. The period from 1984 until victory in 1986 was one of crucial hard slog ... tbc

GayNZ.com will follow this feature up with the insightful Dr Laurie's thoughts on what we can learn from the past as we forge onwards, while she will also be part of a wider feature on the role women played in Homosexual Law Reform

http://www.gaynz.com/articles/publish/34/article_10585.php

Love Your Body Exactly How It Is!

It may seem really difficult to love your body exactly how it is when you are not happy with it. However if you want to change it, that is exactly what I suggest you do. Once you can accept your body and ultimately yourself exactly as you are, then you will love yourself enough to make the positive changes you need to make. This is because if you feel good about yourself, you want to take care of yourself and do good things for you and your body. If you hate your body as it is and are always forcing yourself to change you find you automatically treat yourself badly. Nothing good ever comes of treating yourself unkindly or trying to force yourself to change.

Initially you can fight with yourself by using will power and deprivation, but eventually you realise it is all too hard, you are not enjoying it and ultimately you stop your diet or your exercise programme and drift back into your old habits of eating. Accordingly, you find yourself on a roller coaster of dieting and over-eating and ultimately gaining more and more weight.

Through “Natural Eating” you learn to listen to your body and your heart and give them both what they need when they need it. When your body tells you it is hungry, you feed it. When your heart tells you it is sad you give it comfort in positive ways instead of automatically turning to food. Ultimately if you love yourself you won’t treat yourself unkindly.

How many of us tend to over indulge on food to cheer ourselves up, often sneak or binge eating when we are on our own? Why do we do this when it is so obviously only a quick fix? We feel great while we’re eating and then a short while later we are left with the guilt and shame of

over-eating again! If one of your friends or family members was upset, bored, lonely or angry, would you suggest they over-eat to make themselves feel better? I’m sure you wouldn’t. You would try to comfort them with a hug or simply listen to them and support them.

Natural Eating enables you to find positive ways to give yourself comfort instead of automatically turning to food. It may simply be asking for a hug, or having a bath, or a quick walk around the block, or ringing a friend. These are positive things that don’t leave you feeling guilty or ashamed later on.

Once you really start listening to your body it will be telling you it needs good balanced meals regularly to ensure you have the energy you need to live an active happy life. Then your body will start to respond in a positive way.

So, if you’re not happy with your body, accept it exactly as it is. Then you can start to focus on other things that give you joy besides food and treat your body with the respect it deserves.

I am a Natural Eating Consultant, wife and mother who has recovered from 6 years of depression, a side effect of which was bulimia. I used to binge on food uncontrollably and then exercise excessively to get rid of it. In my mid thirties I was introduced to Natural Eating which together with personal development, allowed me to learn to love and trust myself enough to make a full recovery. My weight settled at a healthy natural weight in 1998 and has remained at this level ever since. Previously, I’d had weight and food related issues for over 20 years. I have now written an e-book entitled “Empower yourself by eating what you want!”

For a FREE copy please visit <http://www.weightlossandpersonalgrowth.com/Home.html>

Newsletter Collective Statement

We would like this newsletter to be:

- ✕ a creative outlook for writers and artists and that means you
- ✕ a publication that provides information relative to women
- ✕ a publication that informs women on Women's Centre activities and other activities for women in the region.

We know we will make mistakes but hope we can learn from these and be open to criticism and change, and to sharing skills and resources with other groups.

The newsletter collective reserves the right not to publish letters which conflict with Women's Centre philosophy. We may not agree with the views expressed in letters. Some letters are edited in consultation with the writer. We do not publish personal attacks. Letter addressed to the newsletter collective are assumed to be intended for publication. Please indicate clearly if they are not.

Women's Centre philosophy

The Women's centre:

- i) recognise and work in the spirit of the Tiriti o Waitangi;
- ii) confront women's oppression and empower women to take control of their own lives
- iii) oppose discrimination by those who have power against those who do not. This includes discrimination against women, especially Maori women, Pacific Island women, women of colour, lesbians, those who are differently abled, young, old, working class and those with different spiritual beliefs.
- iv) promote a safe supportive environment for all women and children;
- v) promote the sharing of power and resources;
- vi) act as a resource and information centre for the community.

The news letter is free to Women's Centre members and women's organisations. To join the Lower Hutt Women's Centre, send \$27 waged, \$15 unwaged, \$10 teenage, \$5 children to 186 Knights Road Lower Hutt. Membership also entitles you to borrow books, magazines, tapes, videos etc from the library for up to one month.

Name:	
Address:	
Phone:	Email: _____
Enclosed is:	
Subscription:	
Waged/Unwages/Teenagers/Children	\$27/\$15/\$10/\$5