



# Cronecle

Newsletter of the Lower Hutt Women's Centre

Hakihea 2013 Vol.21 No 3



*Happy Summer to you all and see you in the New Year. We are fully open on Tuesday 21st January 2014.*

## In this Issue:

♦ Workshops and courses for the first half of 2014

Anger as Strength, Meditation, Assertiveness, Sleep workshop for Womeh, Psychodrama, Self Care Vs Burnout, Self Esteem, Support Group, Painting workshops, Friendship Group, Mosaic, Self Esteem for Teens.

¥ Maori women's voice

✕ Women and Peace

✕ A year of firsts.

✕ **Gay and Lesbian Rights**

## 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](mailto:info@lhwc.org.nz)

186 Knights Road, Waterloo

Lower Hutt 5011



**Thanks to** all the women that helped put the newsletter together, and to the women that donate the graphics to Isis International Manilla.

Website: [www.lhwc.org.nz](http://www.lhwc.org.nz) email: [info@lhwc.org.nz](mailto:info@lhwc.org.nz)

## Free 1-1 Computer Lessons @the Lower Hutt Women's Centre

### Learn how to....

- surf the net, keep yourself safe online, send email and connect with your family and friends on Facebook or with SKYPE, edit your photos and share them online.
- use Word or Open Office, update your CV and cover letter, or do what you want.
- Excel to manage your budget, Power point to present your work, smart presentation and branding - first impressions and look good,
- maintain your computer, organise your photos and documents, avoid losing your work, keep those viruses and worms out, troubleshoot when it all goes wrong, and much more ...

**When?** Thursdays (9-3.30pm)

Appointments with computer tutor 30 or 60 min

**How?** Phone 569-2711 for an appointment

Lower Hutt Women's Centre | 186 Knights Road, Waterloo

### Free Access computer

The Women's Centre has a free public access computer available for all women to use during our opening hours. Phone to book your time.

## Mosaics

*If you want to learn how to mosaic and meet other women doing the same come along anytime from 10am to 2.00pm every Tuesday, 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.*



## Anger as a Strength

*Anger is a misunderstood emotion and energy.*

*This training is skill based in providing opportunities and techniques to express anger using tools of assertiveness.*

*Anger is necessary for survival. Many women have been taught, to express anger or not express anger, in unhealthy ways. Through these unhealthy expressions of anger problems arise and issues become bigger, confused or shut down.*

*This course will be an opportunity for women to explore the use and mis-use of anger.*

**Facilitator:** Ally Andersun

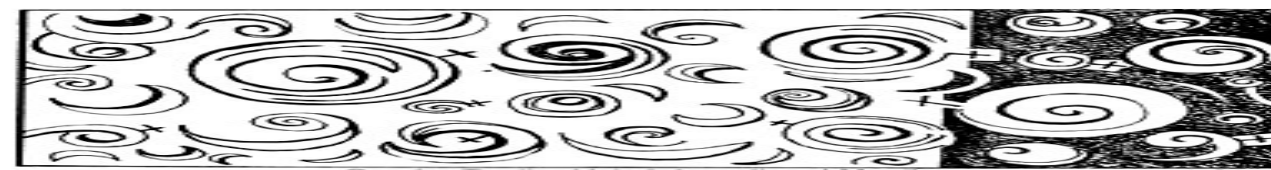
**Dates:** 6 Weeks beginning Wednesday 12th March 2014

**Time:** 7-9pm

**Cost:** \$40 Waged /\$20 Low or unwaged. Phone to register but enrolment only through payment.

**Enrol:** by deposit or payment.

**Venue:** Lower Hutt Women's Centre



## Assertiveness for Women

Assertiveness is the ability to express yourself and your rights without violating the rights of others. It is appropriately direct, open, and honest communication which is self-enhancing and expressive. Acting assertively will give you the opportunity to feel self-confident and will generally gain you the respect of yourself and your peers and friends. It can increase your chances for honest relationships, and help you to feel better about yourself and your self in everyday situations.

**Dates:** 6 Weeks beginning Wednesday 7th May 2014

**Venue:** Women's Centre, 186 Knights Road, Waterloo.

**Lower Hutt Enrol:** Only by payment or deposit

**Cost:** Waged \$40/\$20 Waged/Unwaged Phone to register but enrolment only through payment.

**Time:** 7-9pm. **Facilitator:** Stephanie Brockman





## Welcome Home

### Using Meditation To Find Relaxation and Peace Wherever We Are

A 6 week Course with Ruth Pink

**Date and Time:** Six weeks beginning Thursday 6th March 2014 **Time:** 7-9pm.

**Cost:** \$40/\$20 Waged/Unwaged.

**Enrolment:** Phone to register, enrolment confirmed through payment

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish a sense of grounded -ness and peace in the midst of change and the difficulties of life.

Research has shown that meditation can bring about relief for a number of ailments like stress, pain, anxiety and depression. It can also help us to develop mindfulness which supports us to live fuller, more vibrant lives.

Ruth will tailor the course to the needs and aspirations of the women who attend, but a primary focus will be to discovering and strengthening a feeling of home within ourselves.

During the six weeks we will also:

- learn some basic meditation techniques,
- explore ways to manage our thoughts and feelings ( instead of letting them manage us!)
- discuss ways of living more easefully and more mindfully.
- explore some basic Buddhist principles that support meditation.

The course will include meditation practice, art work, gentle body movements, discussion and sharing. It is suitable for people who are new to meditation and those who are looking to revitalize their practice.

Please wear warm loose clothing.

**6 Minimum for course to commence.**

*Ruth Pink currently works as a Team Leader assisting community organisations to support vulnerable families and children. In the past, she has worked as a writer, counsellor and a celebrant, and 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, and poetry. While seeking to inspire others to change their lives and change their minds, she is also open-hearted, and down to earth.*

## Self Development Using the Psychodramatic Method

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.

**Participants are expected to attend all sessions of the workshop. Each workshop is separate.**

### Workshop One

**Dates:** Frid 21st February 2014, Saturday 22nd February 2014 and Sunday 23rd February 2014

**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 \$40 /Low or Unwaged \$20

Facilitator: Ally Andersun

5 Minimum and 7 Maximum for course to commence

Participants are expected to attend the full course.

### Workshop Two

**Dates:** Frid 13th June 2014, Saturday 14th June 2014 and Sunday 15th June 2014

**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 \$40 /Low or Unwaged \$20

Facilitator: Ally Andersun

5 Minimum and 7 Maximum for course to commence

Participants are expected to attend the full course.

*Phone to register, enrolment confirmed only by payment of fee.*

## Friendship Group

We are a self supporting 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 emotioanl 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.***

If you are interested please phone or come along.

All women welcome.

# Self Esteem Workshops For Women

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

Friday Morning  
2014

Jan 24	Talking About Ourselves
Jan 31	Beliefs About Self
Feb 7	Expressing Pride in Self
Feb 14	Letting Go of the Past
Feb 21	Respecting Self and Others
Feb 28	Striving for pure motives
Mch 7	Putting Yourself in Neutral
Mch 14	Having the Courage to be Imperfect
Mch 21	Developing Courage
Mch 28	Willpower
April 4	Anger as a Strength
April 11	Developing Self Knowledge
May 2	Self Love
May 9	Acknowledging Self
May 16	Enhancing self in terms of awareness
May 23	Acceptance and use of strengths
May 30	Positive thought and talk
June 6	Messages about self
June 13	Accepting responsibility about self
June 20	Coming to grips with feelings

Tuesday Evening  
2014

Jan 21	Developing self knowledge
Jan 28	Self Love
Feb 4	Acknowledging self
Feb 11	Enhancing self in terms of awareness
Feb 18	Acceptance and Use of Strengths
Feb 25	Positive thought and talk
Mch 4	Messages about self
Mch 11	Accepting responsibility for self
Mch 18	Coming to grips with feelings
Mch 25	Talking about ourselves
April 1	Beliefs about self
April 8	Expressing pride in self
April 15	Letting go of the past
April 22	Respecting self and others
April 29	Striving for pure motives
May 6	Putting yourself in neutral
May 13	Having the courage to be imperfect
May 20	Developing courage
May 27	Willpower
June 3	Anger as a strength

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

## 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



# Women Who Love Too Much

*(Co-dependency, Relationship Addiction, Giving yourself up in relationships)*

**We run two women who love too much workshops. The first one is focussed on an educational experience. What is "Women Who Love Too Much?", "Am I Women Who Love Too Much?", "How does it effect my life?", "How would my life be different if I wasn't Women Who Love Too Much?"**

**The second workshop is therapeutically focussed where there is an opportunity for you to work through some of your own personal issues.**

**The workshops are a group process and you need to have attended part one before you attend part two.**

## Women Who Love Too Much (Part One)

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

**Dates:** 14th, 15th and 16th March 2014

**Time:** Friday 7-9:30, Saturday 10-5pm and Sunday 10-4.30pm

**Facilitator:** Ally Andersun

**Venue:** Women's Centre, 186 Knights Road, Waterloo. Lower Hutt

**Enrol:** By payment or deposit to Women's Centre

Cost: \$40 waged or \$20 low or unwaged.

Phone to register your name, enrolment only confirmed on payment of fee.

## THERAPEUTIC MASSAGE - HOLISTIC PULSING

*Get invigorated or pamper yourself with a relaxing therapeutic or deep tissue massage.*

*Or a deeply relaxing holistic pulsing session!*

*Break free from the end of term stress and give yourself or a friend a boost for the cold winterdays!*

*\$30 per Session, on Mondays or Tuesdays at the Women's Centre, Lower Hutt. Rachel 04-5506223, cell: 022-6988090, email: therapeuticmassage@gmx.com*



## Support Group for Women who have experienced childhood Sexual Abuse and Rape

A monthly 3 hour support group for women who have experienced childhood sexual abuse and rape is being offered at the Lower Hutt Women's Centre. These will be held on the first Sunday of the month at 1pm to 4pm and are for women at any stage of their journey through abuse and recovery.

The group will be facilitated by an ACC accredited counsellor who is skilled in therapeutic group work.

*"The traumatised child doesn't have the luxury of self reflection."* (John Briere).

This group offers an opportunity for women to develop self awareness and self reflection at

### Dates for the next 2014

Sunday 2nd February 2014

Sunday 2nd March 2014

Sunday 6th April 2014

Sunday 4th May 2014

Sunday 1st June 2014

Sunday 6th July 2014

Sunday 3rd August 2014

Sunday 7th September 2014

Sunday 5th October 2014

Sunday 2nd November 2014

Sunday 7th December 2014

**Facilitator:** Ally Andersun

**Enrolment not necessary.**

**Enquiries:** Ally Andersun or Stephanie Brockman 5692711

Lower Hutt Women's Centre  
186 Knights Road  
Waterloo  
Lower Hutt 5011

## 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, anxiety, grief, 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.

**You don't need to book, just turn up.**

**Every Wednesday at 1pm.** The group lasts for an hour and half.

**Facilitator:** Stephanie Brockman

## Sleep Well For Women

**In a world where "time is money", just about everything in life can seem more important than sleep.**

Yet, our sleep and health are very closely linked. Parenting demands, caring for an elderly parent, or a restless partner can interrupt our sleep. Pain, worries, fears or our fluctuating hormones may keep us awake. Whilst sleeping problems are as widespread as they are diverse, this course aims to help participants to understand basic facts and to discover practical and workable solutions toward improved sleep and well-being.

We will look at physiological aspects of sleep, including sleep stages and rhythms, the relationship between daytime busyness and quality of sleep as well as the relationship between sleep and health.

We will discuss specifically what helps and what gets in the way of sleep including; stress, worries and anxiety, food and other habits, parenting and other caring roles, hormonal changes, illness and changing patterns as we age. Building on their learning, participants are helped to discover simple and workable answers to common concerns.

**Facilitator:** Veronika Gabel

**Dates:** Six weeks from Thursday 1st May 2014

**Time:** 7-9pm

**Cost:** \$40 Waged or \$20 Low or unwaged

Phone to register, enrolment confirmed on payment.

**Venue:** Lower Hutt Women's Centre

Phone: 5692711

### Facilitator Bio:

**As a counsellor and social worker, Veronika has worked with women in a variety of settings, covering diverse issues and experiences. After researching sleep related topics in 2005 she has facilitated some workshops on coping with sleeping problems, both in New Zealand and her home country Germany. Veronika has a BSW Social Work (Germany), Certificate in Counselling, and Certificate in Adult Teaching. She has been counselling for 13 years and social work approx 11 years.**

# Self Care versus Burn Out

*Part of self care is understanding that the relationship between belief systems and feelings is an essential step to stop self defeating behaviour.*

*Burn out is a community hazard which people contract when they forget to remember themselves.*

*This workshop is designed to develop an ethos of caring, support and empowerment for the participants when facing present day pressures and stress. There is opportunity to identify the differences in social stress and personal stress and how both of these impact on daily lives, often in an unconscious way.*

*This workshop is skill based where physical, emotional, mental and spiritual well-being will be explored, drawing on the experience of the facilitator and the participants together.*

*Safe, firm boundaries will be named and regained throughout the workshop.*

**Facilitator:** Ally Andersun

**Date:** Friday 23rd, 24th and 25th May 2014

**Cost:** \$40/\$20 Waged/Unwaged. Phone to register, enrolment confirmed by payment.

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

**Enrolment** by contacting the Women's Centre and making payment.

*Participants are expected to attend all sessions of the workshop.*



# Painting Workshops (Attend one or more)

Workshops for women, you can be experienced or complete beginners. The workshops will be based on you expressing yourself through painting and learning techniques at the same time. Techniques (one for each workshop), will be taught. Come along and have a creative and relaxing time in a supportive environment. You can work on new projects each workshop or carry on with your work from the previous workshop. Linda is an experienced art tutor - who will guide you as you want.

Workshop One: **Saturday 1st March 2014**

Workshop Two: **Saturday 3rd May 2014**

Workshop Three: **Saturday 5th July 2014**

Workshop Four: **Saturday 6th September 2014**

Workshop Five: **Saturday 1st November 2014**

Facilitator: Linda Wood

All equipment supplied

You can attend one or all of the workshops.

Times: 10-4pm

Cost: \$20Waged /\$10Unwaged or low waged per workshop

Enrolment by payment or deposit only.

Phone 5692711 to register and enrolment will be confirmed on payment.

# Weaving with Harakeke

**Tutor:** Makere Love

**Dates:**

**Course One:** 13th April 2014 Konae

**Course Two:** 8th June 2014 Kono

**Time:** 10-4pm

**Cost:** \$10 for each day.

**Venue:** Lower Hutt Women's Centre

**Enrol:** By payment or deposit. You can enrol in one course or both. Phone to register, enrolment confirmed by payment.

*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 .*



# Māori women's voices in politics – protecting our environment and our people.

By Marama Davidson / September 18, 2013  
From the blog

<http://thedailyblog.co.nz/2013/09/18/maori-womens-voices-in-politics-protecting-our-environment-and-our-people/>

*This blog is based on the presentation I did for the University of Waikato Kingitanga Day environmental symposium on Thursday 12 September 2013.*

*Today I am a Māori woman carving out a space to reflect on our unique relationship with Papatūānuku and our roles as kaitiaki and defenders of our lands, seas and people. This discussion throws a light on how the voices of wāhine are held in certain political arenas and what this means for Aotearoa as we ponder our economic, social, environmental and cultural future.*

## Women and oppressive patriarchy

It is annoying feeling stuck in the 1980's but as recently as September 2013 I was labelled as man-hating for mentioning the word "patriarchy". My further reasoning for using this word then earned me the labels of 'hot-head' and 'ego-driven'. Well perhaps. But that will not change the fact that generally the time we are living in still tries to stifle the voices of women. That there is yet to be a general acceptance of this pisses me off quite frankly.

Mana whānau asks that the wellbeing of families is at the core of our everyday walk. Mana whānau requires that we uphold the dignity of our men, our women, all genders, our children, our elderly and all the parts that makeup the collective of whatever defines family for us. So calling on the moonlight to shine solely on the status of Māori women in the political world for a second is not to deny the amazing work of our brothers and other allies. It is about highlighting the fact that, in terms of local and central government level at least, there is not a fair representation of women's voices and even less of Māori women. When women do assert themselves in these arenas to dismantle the oppressive patriarchy, this is often met with hostility. This hostility towards women has dire consequences, of which we have been bearing the brunt for some time now. The hostility can be seen in the types of legislations, policies and programmes that we roll out at a government level.

## Māori women have always had strong voices

It is here that I acknowledge our female warriors at all levels who have given so much of their lifetimes fighting for us. Last week the iconic photo of Eva Rickard, Whina Cooper and Tite-whai Harawira standing together at Waitangi in 1985 did the rounds on social media as another sequence of Treaty negotiations ensued. They are women known for leading activism on Māori issues and particularly fighting for our land and



sovereignty rights. I recently attended the investiture ceremony where Dame Nganeko Minhinick received her Queens Honour Medal for her services to Māori and the environment.

Angeline Greensill, Annette Sykes, Ani Mikaere, Dr Linda Smith, Dr Leonie Pihama, Aroha Mead, Robyn Kahukiwa and Dayle Takitimu are just some of the many women I respect for the work they have done for our people.

These names are some widely known ones and there are lesser sung warriors also. The nannies from my local Manurewa Marae continue to role model true whānau ora in our community. The Glen Innes residents who are trying to save their polluted rivers and their state houses are the epitome of grass roots resilience and resistance. In Maraenui we can find the same local heroes as their community is also being ripped apart by housing 'development'. In my Hokianga homeland there are women leading the fight to save our polluted harbours and rivers. In Te Tai Rāwhiti my other homeland our wāhine are fighting for our entire heritage including our land, language and histories. I am in awe of these local heroes because I have been speaking out only since a metaphorical five mins ago. Already I am exhausted and have realised how much more there is to learn and overcome.

Māori women and our connection to Papatūānuku In my advocacy for the protection of our environment I start with some founding philosophies of our stronghold as Māori women. These understandings are well told, researched and documented by our women but are often overlooked in many other arenas where they should really be paramount.

Since the beginning of our whakapapa back to before the creation of the earth, our female deities have been strong powerful figures and this was the foundation for the status of Māori women in our traditional societies. Today I look consistently to our primal parent of Papatūānuku, our earth mother and creator and one of our first atua. Like Papatūānuku, women are creators of

life, water carriers and whakapapa protectors. The returning of the whenua or the placenta to the earth solidifies our union as children of Papatūānuku and our relationship to all other things on the planet such as our rivers, trees, rocks and animals.

As whare tangata our wombs provide the first house for humanity and all human beings arrive through our waters. Our menstruation or Moon waters keep us tied to our tupuna Moon, Te Marama. We are linked to her monthly cycle and magnetism as she throws her light to us in darkness. Te Marama controls our tides and our times of reproduction. Te Marama also prays on our minds and impacts on our mental wellbeing and therefore guides our spiritual walk. These are just some of the unique connections that we have as wāhine to our planet and the powerful forces that rotate us.

So it is imperative for me that we realise that whatever we do to Her, our Big Mama, we are doing to ourselves.

Care for ourselves and each other must translate as much into care for te taiao, our environment. Disregard for ourselves and each other manifests into what we have done to our planet. These musings are almost raw and personal undertakings that I am coming to terms with as I negotiate my own responsibility to our environment and our people.

## Māori women and our political voice

I am interested in how this unique relationship with Papatūānuku and our voice in standing alongside Her translates in the political arena. I do not limit our 'political voice' to government but in this blog I am focussing on local and central government and mainstream media.

Women have always been societal leaders of change and that will and must continue. But also our women's voices are often marginalised, sometimes even terrorised. And this is why today we still have for example central government

representation of all women lagging around a shameful 32ish %. Local government is even lower. Māori women in both arenas is even less. However – I am delighted with what seems like a surge in Māori women putting their hands up for local elections this round. We have those seeking election onto local boards and councils and even for Mayor! Around the motu there are Māori women who I guess are realising or voices are needed everywhere and this pleases me. I am proud to have received feedback from at least a few of them that my stand in the recent Ikaroa-Rāwhiti byelection helped their own confidence in considering themselves for election. I owe the same reverence to role models around me and it goes to the work of pioneering women who trudge the coarse tracks for us all. The work now is to support those women in their campaigns so that we can strive for better representation of the interests of our communities, our families and our environment.

The example of Shane Jones and Willie Jackson

Here I will discuss how men in influential government and media positions can discourage Māori women from taking a stand.

I disagree with Shane Jones' un-economic principles, his stance on the destroying the environment and his casual and ongoing swipe at women with misogynistic remarks flung off under the guise of humour. Recently we had Moana Mackey, Louisa Wall and Nanaia Mahuta labelled as sell-outs by influential Willie Jackson for not supporting Shane Jones in his Labour Party leadership bid. Willie went so far as to say those women are breaching tikanga by not supporting Shane because he is Māori.

I cannot speak on those women's reasons for not supporting Shane but to be called sell-outs by someone with a platform is part of the testosterone laden lion's den that does not inspire women's participation. On Shane's leadership bid, I have said before that Māori whakapapa does not guarantee Māori advocacy. What is even harder to listen to are the many commentators,

even funnier coming from a plethora of Pākehā males, who attribute Shane Jones' oratory skills as part of his big potential. Well okay. Regardless of what language and how magnificently his rhetoric on economics, environment and women is performed – his words do not garner for me a vision that I would like to see Aotearoa head towards. And I yearn for more media voices that will counteract those remarks that come from the likes of Willie Jackson in asserting what a breach of tikanga actually is. For me it is the politics of Shane Jones that does not align with a kaupapa Māori approach.

The Shane Jones/Willie Jackson leadership dialogue is but one example of where powerful platforms are used to discredit Māori women. I also reject the rather presumptive and dominating dialogue that most Māori desire Shane Jones in a leadership position as the first hopeful Māori Prime-Minister. So many voices that claim to speak for me, do not speak for me. There are so many Māori with real vision for our communities that I would prefer well ahead of Shane, thank you.

### **Women hold up half the sky**

Half the sky maybe. But in other challenging areas of life we are harbouring more than we should. Before we even stand to kōrero, we have to over-ride being disproportionately impacted on by domestic violence and poverty for example. And because our child-raising villages are still resurrecting themselves, we are largely responsible for the full on job of growing our children up. We have to get kai on the table and the laundry on the line, and that might just be as political as it gets that day. This is also how this colonised world has kept our political voices at bay. Women and the turning of the world

But we are seeing change. Slow maybe, but rumbling undeniably. I mentioned what might be a record number of Māori women putting their hands up for local politics. And indigenous groups around the world are taking their place as leaders to oppose deep sea oil drilling, fracking, mining and so forth. The Idle No More movement

is an indigenous solidarity movement originating in Canada and spreading around the world, led by women, to better protect our living systems especially from corporate control and greed.

Dame Anne Salmond stated in her Kingitanga Day address that we have damaged our waterways with our out-dated thinking of consumption and destruction but we are now starting the work to restore our rivers and lakes. This is where the voices of our environmental warrior women are needed in the political arena to push back the false dichotomy between nurturing our environment and improving our economy. The pro-greedy corporate laws that prevent our democratic protest at sea, the intrusion of our privacy with spying legislation, the attack on social security and family welfare, the way our institutions further compound domestic violence and do not protect women and children – all policies that should never have seen the light of day in the first place.

Our kaitiaki wahine voices are needed at all levels to help the work of others already standing up for our communities. We pour ourselves onto the streets in response to crappy legislation constantly, as did those great wahine Whina Cooper, Eve Rickards and Titewhai Harawira.

I wonder what it would be like to have enough of our voices at the decision making table in the first instance that our people would not have to energise ourselves at the other ends of those decisions. Some might bemoan the objective of having more women's voices in parliament, in media and in local government. I see the goal simply as women needing to provide that essen-

tial element to the decisions that are impacting on us all daily, and to move the current narrative of our mainstream media into enlightenment.

### **Five action points**

Encouraging a Māori women's voice in political spaces is not to undermine all the other work that we are doing in all facets of the fight. I have stated previously how our activism needs to be diverse and is only effective when we are doing what makes our heart feel good and with what resources we already have at our disposal. The following action points are aimed at supporting Māori women to be better represented in local and central government and media.

- 1. Make contact with the Māori women who have put their hands up for local elections in your area and ask how you can support their campaign.**
- 2. Support the positive work that is already happening in your communities that is being led by Māori women and tell the story of those initiatives at every opportunity you can, especially if you have a public profile.**
- 3. Give your support to Māori women who are already putting their voices forward in the political arena by making contact with them and encouraging them.**
- 4. Encourage Māori women leaders from your community to think about standing for the 2014 general elections.**
- 5. Continue to develop your own critical thinking on why Māori women's voices are not sufficiently represented at government decision making level and constantly challenge those barriers in everything that you do.**

## **An Official Recognition of Women and Peace and Security – UNSC Resolution 1325**

*By Sandra Ivanov*

***Entering the new millennium, the United Nations Security Council passed Resolution 1325 – the first document formally recognis-***

***ing the inseparable link between peace and equality between women and men, and the experience of women in armed conflict. It also pays specific attention to gender-based violence and the widespread use of sexual***



### **violence in armed conflict.**

The resolution looks at four main areas relating to women: participation of women in all decision-making levels; the inclusion of gender training; protection of the rights of girls and women; and gender mainstreaming. The most significant and new goal is 'gender mainstreaming', which simply means to bring gender-specific concerns into security and policy considerations. Rather than pushing aside the experiences of women, this framework is making it necessary that the impacts on women are valued equally in the stages of designing, applying, and monitoring policies.

Each country in the United Nations is expected to develop what is called a National Action Plan (NAP) – this an official government document which includes the plans to mainstream gender into the peace and security operations of a country. A NAP will usually include: specific initiatives a country will take to implement gender mainstreaming; a timeline for each stage of the plan; a system to monitor and evaluate the progress being made; and a specific budget for each initiative. However, change has been slow. After over a decade since the passing of Resolution 1325, only 43 out of the 193 UN member states have created NAPs.

New Zealand is one of those countries that has not yet contributed. Although New Zealand is viewed positively on the Gender Inequality Index, having an NAP specifically designed to address gendered issues in society will greatly benefit the persistent inequality gaps. New Zealand still needs to work on the high rate of domestic and sexual violence; the gender pay gap remains at

12%; only 9% of directorships for the top 100 companies on New Zealand's Stock Market are held by women; and only 33% of ministerial positions are held by women.

*The fact of the matter is that there is a looming gap between what is said and what is being done – there has been little progress in terms of implementing policies and integrating women on a formal level.*

Women are still stuck at the local level, or with limited 'add-on' roles rather than being on the forefront of the issues at hand, and challenging the perceptions of their involvement in the existing patriarchal systems.

UNSC Resolution 1325 appears to be changing the norm on the surface, but many NAPs have failed to reach their target goals. Resolution 1325 has been integrated in peacekeeping operations and processes, with a neglect for domestic civil society matters. So far there has been a narrow approach to a vital document, and it has consistently overlooked women's involvement in decision-making areas and violence against women, both of which are significant parts to the overall aims of 1325.

Resolution 1325 does challenge gender stereotypes and places greater value on women's involvement in peace-building processes. It does provide a space where society can demand an obligation from their governments to raise awareness on the issues of sexual violence in conflict and other areas which concern women specifically. But there are still more hurdles to cross to change existing values and perceptions of women. Women are mothers, daughters, friends, workers – they are heads of households, peace activists, and combatants. Each of these roles show extraordinary survival skills and qualities of resilience which can easily be overlooked – gender mainstreaming must break the barrier of not viewing women as helpless victims, but as empowering and strong beings. The challenge remains the same – smashing traditional values. These do not disappear quickly, they need to be actively opposed – and it can ***be done by starting from the bottom and rising to the top: on a personal, familial, community, national, and international level. We have made a huge step in the right direction with UNSC Resolution 1325 – the language of gender has entered formal resolutions and deliberations – but words alone cannot guarantee a woman's seat at the decision-making table, the words must be united with reality.***

***Sandra has been an intern at the Women's Centre and is currently completing her Postgraduate Diploma in Peace and Conflict Studies at the University of Otago.***

#### **Further Reading:**

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Kirk, Jackie, and Suzanne Taylor, 'UN Security Council Resolution 1325', Forced Migration Review, No. 27, 2007, pp. 13 – 14.

Peacewomen, National Implementation, <http://peacewomen.org/naps/#>, 2013. (A list of all the NAPs and access to each nations' documents).

Roberts, Fleur, 'Understanding the Need for UN Women: Notes for New Zealand Civil Society', Women's Studies Journal, Vol. 25, No. 1, 2011, pp. 31 – 46.

United Nations Security Council, 'Resolution 1325', 31 October 2000. (Can be accessed via UN website and the UN WomenWatch resource centre).

## **Gay and Lesbian rights**

[[http://avaaz\\_images.s3.amazonaws.com/7162\\_7150\\_la-fg-wn-india-gay-sex-crime-20131211-001\\_1\\_460x230\\_3\\_200x100.jpg](http://avaaz_images.s3.amazonaws.com/7162_7150_la-fg-wn-india-gay-sex-crime-20131211-001_1_460x230_3_200x100.jpg)][http://www.avaaz.org/en/indias\\_gay\\_outrage\\_loc/?bqQcKfb&v=32728](http://www.avaaz.org/en/indias_gay_outrage_loc/?bqQcKfb&v=32728)

***Two Indian judges just ruled that gay sex is illegal and can be punished with life sentences! Outrage is building, and if enough of us lend our support today, we can embarrass India and get this crazy ruling overturned. Sign now so that love conquers fear in India:***

[SIGN THE PETITION][http://www.avaaz.org/en/indias\\_gay\\_outrage\\_loc/?bqQcKfb&v=32728](http://www.avaaz.org/en/indias_gay_outrage_loc/?bqQcKfb&v=32728)

Two Indian Supreme Court judges just decided that gay sex is illegal. ILLEGAL!! But if we act fast we can help reverse this crazy backwards ruling.

Men and women in India now face police harassment and life imprisonment. This hateful decision is being met with outrage, and if we now show India that outlawing love is making them an international embarrassment we can get the Indian Parliament to fast track passing a law that the judges have to respect.

Sign now to help love conquer fear in India. When we reach 1 million we'll get all our names written on hundreds of giant hearts ringing the Indian parliament, then place prominent ads showing that the world will no longer accept making love illegal:

[http://www.avaaz.org/en/indias\\_gay\\_outrage\\_loc/?bqQcKfb&v=32728](http://www.avaaz.org/en/indias_gay_outrage_loc/?bqQcKfb&v=32728)

[http://www.avaaz.org/en/indias\\_gay\\_outrage\\_loc/?bqQcKfb&v=32728](http://www.avaaz.org/en/indias_gay_outrage_loc/?bqQcKfb&v=32728)

The shocking court decision came as a surprise. In 2009, a lower court in India had ruled that a colonial-era law making gay sex illegal violated the Indian Constitution. Most people expected the Indian Supreme Court to uphold that ruling. Instead, they reversed it, endorsing the medieval argument that gay sex is "unnatural, immoral and a reflection of a perverse mind."

Indian lawyers are already preparing to challenge the decision in further legal proceedings, but the Indian Court essentially said this is an issue for the Indian Parliament to decide. The Indian government suggested they could take it to Parliament but that they likely won't have the votes to change the law and that doing so could take a very long time. But if we make India an international scandal for outlawing gay sex, we can help swing votes and speed ***the process.***

[http://www.avaaz.org/en/indias\\_gay\\_outrage\\_loc/?bqQcKfb&v=32728](http://www.avaaz.org/en/indias_gay_outrage_loc/?bqQcKfb&v=32728)

***In most of the world, gay rights have gone through a watershed decade. People everywhere are realizing, if they hadn't already, that love is love and deserves respect and protection. But this didn't happen by accident -- it happened because of conscientious communities like ours who called out injustice wherever we saw it. India is now the next frontier -- let's join with those in India to stand up for love.***

***With hope and determination, Ian, Alex, Alice, Julien, Christoph, Melanie, Emilie, Ricken and the entire Avaaz team***



# A YEAR OF FIRSTS

LU ANN CAHN – PUBLISHED ORIGINALLY ON 13 NOVEMBER 2013 ON 'WOMEN IN THE WORLD'

[HTTP://WWW.THEDAILYBEAST.COM/WITW/ARTICLES/2013/11/13/I-DARE-ME-BY-LU-ANN-CAHN-SHAKING-UP-A-ROUTINE-WITH-ONE-NEW-THING-A-DAY.HTML](http://www.thedailybeast.com/witw/articles/2013/11/13/i-dare-me-by-lu-ann-cahn-shaking-up-a-routine-with-one-new-thing-a-day.html)

In her new book, **I Dare Me: How I Rebooted and Recharged My Life by Doing Something New Every Day**, journalist Lu Ann Cahn recaps the success of her popular blog that chronicled an entire year of "firsts," from Latin dancing on the beach to taking an art class with a nude model. From the funny ("Audition For Roller Derby Day") and the fun ("Taste 18 Flavors of Ice Cream") to the humbly decent ("Pay a Stranger's Bridge Toll") and the deeply moving ("Yoga for Living Beyond Breast Cancer"), Cahn's virgin experiences shake her out of her ennui and help her tap back into a profound passion for living. She talked to The Daily Beast about her favorite firsts and embracing an attitude of *carpe diem*.

## What led you to start this blog and do one thing a day for a year that you'd never done before?

I was completely stuck. I had hit a wall ... The economy had tanked, and everything was changing at work. That was happening to a lot of people. My co-workers were leaving, budgets were being cut. But on top of that, for me, there was this whole sea of technology and social media that was being thrown at me and I was being told, 'You will adapt to this, you will adopt this.' And I said, 'No I won't. I won't get this at all. I want nothing to do with Tweeting. I don't get it, I don't understand why anyone would want to do it.' I understand it more today and I use it, but at that time [in 2009], I didn't even understand Facebook. Nor did I understand what a blog was. So I just dug my heels in. I didn't want to text. I couldn't figure out the smartphone ... For the first time, I felt old and out of step. But at the same time, I didn't want to change. And I resented all the change around me.

My daughter, who was 23 at the time, came home from LA for the holiday break. And she looked at me and said, 'What the heck is going on with you? This is not you. Something is wrong.' And I said, 'I'm

miserable, I'm stuck, I don't know what to do.' She said, 'You need a creative outlet.' I'm a reporter, so that just sounded like more work. Why would I want to add more work? I'm already stuck and frustrated, and now you're telling me I should do something more? ... [But] she kept pushing this idea of a blog. And at some point, I finally listened and I said, 'Ok, ok, maybe I'll do something new once a week and I'll write about it.' She said, 'That's kind of a good idea, but what would really be a good idea is to do something new every day.'

Even in my stuck, unhappy mode, my brain latched onto it. I got excited about something and I hadn't been excited about anything for a long time ... I started with a Polar Bear Plunge, because what could be crazier and more out of your comfort zone than that? And it was perfect, because it was a flying leap to start a year of firsts.

## Tell me about the firsts—how did you select them?

Sometimes it was whatever came into my path. I did have a list, but also friends would suggest things. Sometimes things would just happen, like the day that I mucked horse manure. I didn't have a first that day, and somehow in my travels that day, I ended up in a barn. They were mucking and I asked, 'What's mucking? What are you doing?' And they said, 'Here, here you go.' And I thought, 'Well, whatever this is, it's a first.' And then they said, 'There's horse manure in that hay!' One day I went out and **did a primal scream, because I only had a few seconds that day to do** something. I had to fit it into my real life. But at some point, I knew it didn't matter what I did—whatever I did that was new and different added this freshness and excitement to my life, and I was committed to it. And every day I did it, I knew it was opening up my life and I knew I was getting unstuck.

## Which first was the hardest to do?

I would say talking to the stranger was one of the hardest ones. It was a friend of mine who dared me to do it. And I thought, 'That's not much of a dare, this is going to be easy.' The dare was to talk to someone as different from myself as possible. When I walked into this park, all of a sudden, I was very intimidated. Because I didn't have a camera and a microphone

with me—it was just me. And to plop yourself down next to a complete stranger and to know your goal is to have a real full conversation—not just a surface 'hi'—is hard. It was more intimidating than I thought it would be. But once I started ... this guy completely opened up. It was lovely, it was wonderful to connect with him in a way that I never would have imagined, in a way that touched me so much.

Teaching a class was something I always wanted to do—I never stood in front of a tougher audience in my life than 18 grad students. That was extremely challenging but great, because I knew it wasn't easy, and they were going to have to teach me how to be a good teacher. I also hated the mechanical bull, even though the video is hysterical and makes me laugh every time. But I hated it. While I was on there, I was screaming and I wanted to form words that said 'Please stop this thing,' but all that would come out was that scream. That really was the primal scream.

## Which one was the most fun?

There were so many fun ones—hula-hooping turned out to be fun, and I still hula-hoop. Things get boring, and I start hula-hooping. I loved zip lining. I loved sampling every flavor in the ice cream store. Although eating desserts all day was one I thought I was going to love, and I hated it. I just felt sick at the end of the day and thought, 'I'll never do that again.' Most of it was fun. Smoking a cigar was fun. I walked into this place—I think it was because these guys were sitting in the back smoking and they just welcomed me into their little circle and taught me how to smoke a cigar. It was kind of sensuous.

## Which one do you think about most often now?

The one that's interesting to me is walking across the Ben Franklin Bridge. Some of the simpler ones stay with me. Someone told me there was a pedestrian walk and I had not known that. It's a bridge you cross all the time. I was dressed in my work clothes. This cop was on the bridge and he started following me. I was walking across the bridge and the wind was whipping around, it was cold and I was thinking, 'This is so exhilarating and the view was so incredible. I've never seen this view, even though I've been over this bridge so many times.' And realized this cop was following me because he thought I was a jumper. The irony of that just sticks with me. And how little we understand—just the way I approached a stranger and thought he might be homeless, and he was far from homeless. This guy thought I was a jumper. I was far from that. I was happy, so happy with life at that mo-

ment. I think one thing the whole experience did was open up my life and allow me to connect with people and talk to people that I never would have met before, and through that my life is so much richer.

## There were a few in the appendix that you didn't touch in the book but that were intriguing—like Chatroulette. Or "Help Accused Murderer Turn Himself In." Care to share about those?

Chatroulette was really interesting. When I heard about it, this is 2010, so some of these things were new. I thought, this is great, it's like having a pen pal around the world, and you get to talk to somebody randomly and how cool is that. I went into it completely naïve. I just had no idea. So all of a sudden, these guys showed up and they would be half-dressed. I thought, 'What's going on, that's so weird.' And then I realized, 'Oh no. Oh no, no, no. They are doing something there. They're stripping.' And one guy said, 'I promise I won't take my clothes off.' ... That was one I don't have to do again.

And for the other one, in the world of reporting, you hear about this happening in a while ... It's an urban legend, but it had never happened to me. But during my year of firsts, one day, I ended up in this situation where this guy, I think he was charged with murder, but they had accidentally let him out of prison. I ended up with him. His parents wanted him to turn himself in. He had been hiding out with his girlfriend. And they were afraid something would happen to him, so they thought it was a good idea for him to be with me. And that was a first, getting into a car with an accused murderer. I mean, I cover murders. I stick mics in murderers' faces—but to help somebody turn themselves in was a whole different view. And I don't know whether he did it or not. But he all of sudden he didn't seem like a murderer, he seemed like a very young, vulnerable kid who was afraid in the back of this car. This was a different perspective, a different view. And his parents were afraid for him. That was one of the firsts—every so often, I just grabbed one that just happened to me.

## Are there any firsts you didn't do but wish you had done?

There's so many. I really want to learn Spanish and they just started offering lessons at the station where I work and I will definitely be doing that. Sad to say, that's not exactly a first, since I did it in college ... I say if you haven't done it in 10 years, it's ok. There are so many places in the world I haven't been, though I consider that more a bucket list thing. I want to go to Monaco, I want to go to Australia. Those are on my list. I would like to meet some of the women that I don't know who will read this book. I want to hear their stories. I can't read for those kinds of firsts. I hope it really inspires people. I hope groups of women will get together to support each other in doing first-time experiences.



## 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.

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