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Newsletter of the Lower Hutt Women's Centre

Pipiri 2013 Vol.21 No 2



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♦ Workshops and courses for the second half of 2013

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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, 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 email: info@lhwc.org.nz

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 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.

If you are interested please phone or come along.

All women welcome.
For more information 5692711

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.

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

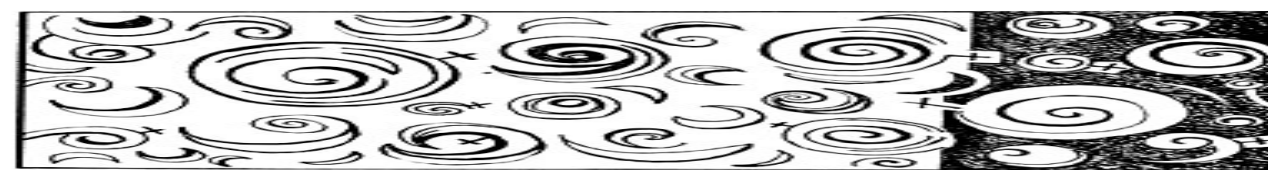
Dates: 6 Weeks beginning Wednesday 3rd July 2013

Time: 7-9pm

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

Enrol: by deposit or payment.

Venue: Lower Hutt Women's Centre



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.





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 15th August 2013

Time: 7-9pm.

Cost: \$40/\$20 Waged/Unwaged. **Enrolment** 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 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 11th October 2013, Saturday 12th October 2013 and Sunday 13th October 2013.

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

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.



Sandra Torrijos/ Isis International Manila

Self Esteem Workshops For Women

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

Friday Morning 2013

Jun14	Self Love
Jun 21	Developing Self Knowledge
Jun 28	Acknowledging Self
Jul 5	Enhancing self in terms of awareness
Jul 12	Acceptance and use of strengths
Jul 19	Positive thought and talk
Jul 26	Messages about self
Aug 2	Accepting responsibility about self
Aug 9	Coming to grips with feelings
Aug 16	Talking About Ourselves
Aug 23	Beliefs About Self
Aug 30	Expressing Pride in Self
Sep 6	Letting Go of the Past
Sep 13	Respecting Self and Others
Sept 20	Striving for pure motives
Sept 27	Putting Yourself in Neutral
Oct 4	Having the Courage to be Imperfect
Oct 11	Developing Courage
Oct 18	Willpower

Tuesday Evening 2013

June 11	Letting go of the past
June 18	Respecting self and others
June 25	Striving for pure motives
July 2	Putting yourself in Neutral
July 9	Having the courage to be imperfect
July 16	Developing courage
July 23	Willpower
July 30	Anger as a strength
Aug 6	Developing self knowledge
August 13	Self Love
August 20	Acknowledging self
August 27	Enhancing self in terms of awareness
Sept 3	Acceptance and Use of Strengths
Sept 10	Positive thought and talk
Sept 17	Messages about self
Sept 24	Accepting responsibility for self
Oct 1	Coming to grips with feelings
Oct 8	Talking about ourselves
Oct 15	Beliefs about self
Oct 22	Expressing pride in self

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



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

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,
- 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

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 their own pace and in their own style, an opportunity to reclaim and retrieve split off hurt parts of themselves and allow them to heal.

Healing is not only possible but essential.

Facilitator:

Ally Andersun
Time: 1-4pm

Attendance: Enrolment not necessary, you can just turn up.

Inquiries: Ally Andersun or Stephanie Brockman Phone 5692711

Dates for the next 7 months

Sunday 7th July 2013
Sunday 4th August 2013
Sunday 1st September 2013
Sunday 6th October 2013
Sunday 3rd November 2013
Sunday 1st December 2013
Sunday 2nd February 2014
Venue: Lower Hutt Women's Centre,
186 Knights Road, Waterloo. Lower
Hutt 5011

Inner Child Workshop

Through the use of action and art learn the techniques to develop a deeper understanding of yourself and your processes. It is said that the child holds the key to our own healing and recovery, and this is an individual journey for each person. This workshop is for women that have done previous self development workshops or groups.

All participants need to be phone interviewed by Ally Andersun before registration. You can phone and put your name down to be contacted for an interview.

: Friday evening and two-day weekend course

Dates : 26, 27 and 28 July 2013

Time: Fri 7-9.30pm, Saturday 10am-5pm, Sunday 10am-4:30pm

Venue: Lower Hutt Women's Centre

Facilitator: Ally Andersun

Cost: Waged \$40/ Low or Unwaged \$20 Participants need to attend all sessions of the workshop

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 the full course

Dates: Frid 15th November 2013 , Saturday 16th November 2013 and Sunday 17th November 2013
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.

My Mother My Self Weekend Workshop

The inspiration to run the Workshop "My Mother My Self" has grown out of Women Who Love Too Much workshops. Guilt was one of the emotions that women identified, through these workshops, as influencing them today. The workshop will look at the issues of guilt including; mother guilt, our mother's guilt – how much did we inherit from her, and how we are controlled through guilt.

Other issues include; looking at concepts of what stops us from living our own authentic lives, our relationship with our mother, how our relationship with our mother influences how we are today.

"Understanding what we have with our Mothers is the beginning of understanding ourselves."

"Our mothers had not raised us to feel comfortable with autonomy, sexuality, a life different from theirs".

Both quotes from Nancy Friday in *My Mother My Self*.

This is an experiential workshop and participants need to have a commitment to their own development and to attend all parts of the weekend including Friday evening.

Friday evening and two-day weekend course

Facilitator: Ally Andersun

Dates: 13, 14 and 15 September 2013

Time: Friday 7-9:30pm, Saturday 10am-5pm & Sunday 10am-4:30pm

Venue: Lower Hutt Women's Centre Enrol: By payment or deposit to Women's Centre

Cost: Waged \$40/ Low or Unwaged \$20

Self Esteem for Teenage Girls

A workshop for girls to learn about themselves, to have fun, to learn self respect and to be more confident and to accept yourself and others.

We are all different, who we are, what we like and don't like. Our cultures, and our backgrounds. There is no one else quite like you.

This course is based around discussion and the sharing of ideas and experi-

Dates: 6Weeks beginning Tuesday 30th July 2013

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

Enrol: Only by payment or deposit

Cost: \$20

Time: 4-6pm

Facilitators: Stephanie Brockman and Clare Caffery

Enrol for this course through deposit or payment

5692711 Phone for a pamphlet to be posted to you.

Once you accept yourself there is no reason to hold anything back.

This is your world honour it as your own and enjoy it's gifts

To learn more about yourself?

To have fun?

To be more confident?

To grow in self respect?

To grow in self worth?

To grow in self esteem?

To accept yourself as you are?

To develop an understanding and respect of yourself and others?



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 4th September 2013

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

Lower Hutt Enrol: Only by payment or deposit

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

Time: 7-9pm

Facilitator: Stephanie Brockman

Menopause for Women

This course is designed for women experiencing menopause and for women wanting information on menopause — looking at recognising symptoms and ways of handling them. There will be guest speakers talking on medical treatments, alternative treatments and time for women to share their own experiences to gain knowledge and information for themselves.

Facilitator: Ally Andersun

Date: Six Weeks beginning Thursday 26th September 2013

Time: 7-9.00pm

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

Venue: Lower Hutt Women's Centre

186 Knights Road Lower Hutt

Enrolment: By payment or phone 5692 711 for more information



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

Tutor: Makere Love

Dates:

Course One: 30 June 2013 Konae

Course Two: 25 August 2013 Kono

Course Three: 9th and 10th November 2013. Whiri bottom kete For course three you need to have attended course one or two at some stage previously.

Time: 10-4pm

Cost: \$10 for the one day courses /\$20 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 .



Ages and Stages

A One Day Workshop for Women from midlife onwards

To discuss and share about Ages, Aging, and Wellbeing..

A one day workshop for Women about Living Our Years to the Full.

Our older years, our second half of life. What does this time in our lives mean to each of us, and how do we go about navigating it and living it to the full?

The Workshop is Participatory, to explore these themes, alongside one another. It is designed to be Educational, Interactive, Supportive and Personal, and tailored to the needs within the group. Attendance is for the full day, (bring lunch to share).

The Group Size is 5-10 members, and enrolment is by advance payment.

Venue: At The Womens Centre, 186 Knights Road, Lower Hutt

Date: On Saturday 19th October 2013 **Time:** 10 am to 3 pm with a bring and share lunch

Facilitated by Anne Horrill

Fee for the Day \$50 Negotiable

For enquiries, registrations of interest, enrolments, please contact Anne Horrill directly, on 5627544 or ahorrill@clear.net.nz
Anne Horrill, Certificate in Counselling. B Ed (Applied). Member NZAC
Accredited Supervisor - NZAC

This is a private workshop run by Anne Horrill and not a Women's Centre sponsored workshop. All enquiries to Anne Horrill. 5627544

From The Magical Darning Love Lab: Holy Boliw Workshop

Around the world women possess qualities and power that enable us to make things happen, whether it be childbirth or healing. These transformative powers are treated with a great deal of respect and ever since it is even said that some of us are able to transform into other beings.

What a wonderful idea! Yet, in this workshop we are not going to morph ourselves into other creatures but use our inherent qualities to create a boliw or power object.

We will fashion our personal boliw from a variety of materials that reflect our personal preferences or entail paraphernalia of a memorable experience now to be transformed. The boliw will be build up in layers and grow or mature over time. The boliw then can be used as a display and source of personal power or to harness our emotional strength.

Info evening: 7 – 8 pm on Monday 8th of July 2013

Instructor: Anja Kutsch

Dates: Monday 29th of July - 23th of September 2013

Times: Mondays 7 – 9 pm

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

Cost: \$ 5 per evening

Enrol: on info evening or by phone: 0220897156 for more information

email: anja.kutsch@gmail.com

This workshop is an opportunity for women to benefit from our inherent potential to heal and to utilize and transform the universal energy that inhabits all things.

This is a private workshop run by Anja Kutsch and not a Women's Centre sponsored workshop. All enquiries to Anja Kutsch 0220897156

From The Magical Darning Love Lab

anja.kutsch@gmail.com

June 2013

Boliw – Objects of Power

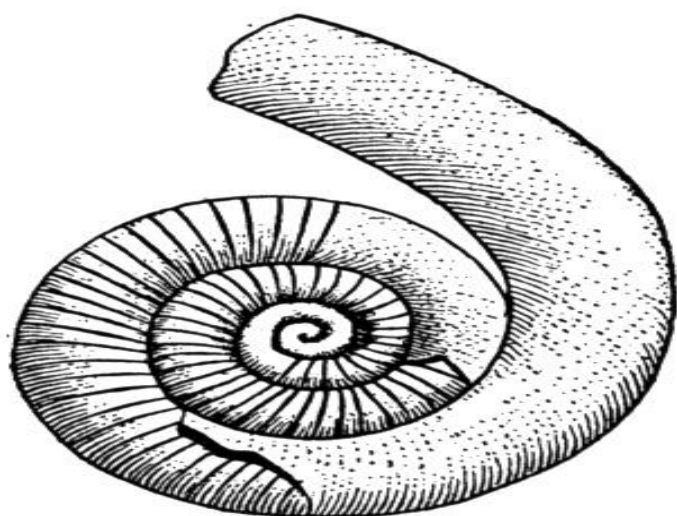
Boliw are objects which are mystical sources of power; powerful icons or portable altars used in rituals or performances in West African Power Associations, especially among the Bamana, a people in West Africa. Many West African tribes belong to a real magical people in nature, born with the inherent ability to overcome and direct the forces of nature. This power they are able to wield so well is called nyama. But it has many names. It is similar to the Western notion of the soul, or mana, in Māori, chi or prana in the East, – the universal energy.

A boli harnesses the metaphysical potential of the nyama, the life force that exists in all being. It is the animating force in nature, present in all minerals, plants, animals and humans that inhabit the earth. It controls nature; the stars; the sea. It is the sculptor of the universe.

Boliw forms vary in size and shape. Their amazing forms show the knowledge and skill of the individuals who built them, and their uncertain ingredients show that only the initiator knows about them. Thus, the boliw appear inaccessible to the unknowing viewer and conceal the powerful ingredients they contain. The used material is obscured, because the potent forces used in rituals or sacrifices could unleash destruction when mismanaged. These people, such as the leaders of West African power associations who created the boliw, are trained to deal with this power and studied the unique properties inherent in flora and fauna and other elements and combined them in infinite ways. Thus power that it is present in inorganic matter like minerals could be released when its form is changed, for instance with fire or heat, or, as the life force and power animals possess is retained in leather, it is released with the manipulation of leather. There are many means and boliw have been assembled from a wide range of organic and inorganic material among which we find wood, bark, stones, roots, hair, animal tails, claws, teeth, blood, as well as human ingredients such as placenta, excrements or even pieces of corpses.

Not only in West Africa, but throughout the world especially women also possess a special kind of power or vital force that enable us to make things happen, weather it be childbirth or healing. Those woman are treated with a great deal of respect and it is even said that their transformative powers are able to morph their bodies into other creatures, such as witches.

Life Energy is present in every task we perform. It is a byproduct of everything we do. While the life force moulds nature into its many forms, we can shape this energy into art. If we are performing, especially in traditional dance or ritual, the energy can flow directly out of our body. Its essence is our own interpretation directed to an audience that can shape and direct social behavior or society. Particularly words can possess a high level of life force (your word is your wand). And it is in our hands to harness this power. We can use our own inherent power and utilize diverse media to create our own personal power object, like a boli, be it in human, animal like or any form we connect with.



The Breast Cancer Genes

*Auckland Women's Health Council Newsletter
May 2013*

On the 14th of May Angelina Jolie's revelation that she carried the BRCA1 breast cancer gene and had had a preventative double mastectomy made world headlines and the fear of breast cancer went through the roof. Women's support groups, health centres and health agencies were deluged with calls from fearful women who wondered if they might have either of the BRCA1 and BRCA2 genes that are associated with a high risk of breast and ovarian cancer.

In the aftermath of the publication of Angelina Jolie's story in the New York Times (1), risk percentages for breast cancer were exaggerated and talked about as though they were death sentences. Her 87% risk of breast cancer became 90% which according to Professor Geoff Lindeman, head of the RMH Familial Cancer Centre, was "the upper end of risk when the gene was first discovered." (2)

Only about 5% of all breast cancers are hereditary, and not all of them will involve the BRCA1 or BRCA2 gene. The risk of cancer for women with the breast cancer gene is somewhere between 40 – 65% with the risks for women with the BRCA1 gene being higher than for those with the BRCA2 gene. In the midst of the panic that was generated by Angelina Jolie's story it is important to keep in mind that having either of these genes does not mean that a woman will develop either breast cancer or ovarian cancer. (2)

The BRCA genes play an important role in repairing the breaks or mutations in the DNA in our cells. But just as the body has a number of pathways that lead to cancer, it also has several pathways to repair DNA. The majority of women who are diagnosed with breast cancer have completely intact BRCA genes so there is obviously more to this than genomics.

It is also worth noting that men who inherit either of these genes may be at increased risk of prostate cancer as well as breast cancer – "breast cancer in men carrying BRCA2 has also been described in the medical literature." (2)

Genetic Testing

The demand for genetic testing is probably also going through the roof as a result of the New York Times article. Yet, Professor Lindeman urges caution, and advises against routine genetic testing. "Testing is offered to people who have developed breast or ovarian cancer where there are features that might suggest a mutation is present," he says.

The test is also extremely expensive as Myriad Genetics,

a Utah-based company, patented the test and is currently the sole producer of it. In fact Myriad claims to own the rights to any test associated with the BRCA1 and BRCA2 genes and it has ruthlessly enforced that right, even though their test is inferior to one that Yale University was willing to provide at a much lower cost. The US Supreme Court has recently begun deliberations on the latest of a series of legal challenges to the granting of the patent that has been going on for over three years.

Referring to the fact that her wealth meant she has choices that other women do not have, Angelina Jolie observed that, "the cost of testing for BRCA1 and BRCA2, at more than \$3,000 in the United States, remains an obstacle for many women."

Overdiagnosis

Angelina Jolie's situation also differs in other respects from those of the average woman. She is a woman at high risk compared to the vast majority of women who take part in breast screening programmes and after a biopsy receive a diagnosis of breast cancer. It is now known that about a quarter of cancers detected are so small or slow-growing that they will never metastasise or cause any health problems.

Other women are told they have ductal carcinoma in situ (DCIS), a kind of pre-cancer in which abnormal cells are found in the milk-producing ducts. Before screening programmes were introduced, DCIS was rare. Now they account for around 25% of new breast-cancer cases, and preventative double mastectomies among women in this group have risen by 188% since the late 1990s. (3) This despite the fact that between 50 – 80% of DCIS cases will not develop into invasive cancer. In the USA the impact of such diagnoses turns thousands of healthy women into "cancer survivors" every year, and fuels the culture of fear, adding to women's already exaggerated sense of risk of getting breast cancer. (4)

The results of a large study of breast cancer diagnoses over the past 30 years appeared in the New England Journal of Medicine at the end of 2012. It found that despite substantial increases in the number of cases of early-stage breast cancer detecting, screening mammography had only marginally reduced the rate at which women present with advanced cancer and that there is substantial overdiagnosis accounting for nearly a third of all newly diagnosed breast cancers. The study suggested that more than one million women may have been unnecessarily diagnosed and treated. (5)

Preventative options

Professor Lindeman suggested that there were a number of preventative options such as "close monitoring which includes MRI scans and mammograms starting at a suitable age," and breast cancer prevention drugs such as

Tamoxifen. As for mastectomy followed by breast reconstruction, he estimated that on average about 20% of women in Australia found to be carrying the BRCA1 and BRCA2 genes opt for this option. (2)

Mastectomy

As the breast cancer survivor quoted earlier put it, “having a mastectomy ... is a huge ordeal. And reconstruction, while it can look great, will never have sensation. Not ever again. So before removing her breasts, a woman ... should understand her personal risk of future disease. She should know that many breast cancers are survivable, and that the disease is not necessarily a death sentence... Knowledge is power: before you remove a breast, be sure you are fully informed” (3)

References

1. http://www.nytimes.com/2013/05/14/opinion/my-medical-choice.html?_r=0
2. <http://theconversation.com/angelina-jolie-has-had-a-double-mastectomy-so-what-is-brca1-14227>
3. <http://6thfloor.blogs.nytimes.com/2013/05/15/reacting-to-angelina-jolies-breast-cancer-news/>
4. http://www.nytimes.com/2013/04/28/magazine/our-feel-good-war-on-breast-cancer.html?pagewanted=all&_r=0

Comfortable Colonisation

Sandra Dickson (Luddite Journo)

<http://ludditejourno.wordpress.com/2013/06/05/comfortable-colonisation/>

I've been noticing recolonising pressures on indigenous peoples to assimilate lately.

On the other side of the world a secondary school student has been fined \$1000 and denied her high school diploma for daring to wear an eagle feather, the symbol of her belonging to the Poarch Band of Creek Indians.

Meanwhile here in Aotearoa just recently – same root of colonial values, different venue of cultural attack – we've had the Air NZ approach to Māori art and images – “if it's on someone's arm, it makes you unemployable, if it's on our plane, it's a brand.”

These things are kinda shocking, right? Indigenous people not being allowed to go about daily business, in the place they are from, their tūrangawaewae, wearing symbols of their belonging without penalties.

It's not new of course. Which is precisely why, when it happens, again, it should be immediately recognisable as cultural imperialism.

But here is Aotearoa it's possible for mainstream newspapers to publish brutally racist cartoons and describe that as “making people think.” And our poor old Prime Minister finds it difficult to work out what racism is, a position he no doubt finds comfortable.



So in some ways such cultural imperialism is unsurprising. Even when Air New Zealand, from planes to their offices, is literally swimming in appropriated Māori imagery. Plastic tiki, anyone? Brand new tiki teeshirt?

If the ongoing cultural imperialism is unsurprising in a country where most of us are still all too ignorant of the harms colonisation has caused, so too is the response. Clare Nathan, the woman seeking employment while wearing tā moko, is fighting for her rights like hundreds of thousands of other indigenous peoples before her. From me, tautoko. It will be interesting to see how the Human Rights Commission responds.



Breaking News: Stuffed Rape Culture

by Sandra Dickson Luddite Journo

<http://ludditejourno.wordpress.com/2013/05/13/breaking-news-stuffed-rape-culture/>

Today (May 13, 2013) Stuff published an article about two rapists, convicted for raping a young woman and sentenced to 16 and 15 years in prison. Both rapists had previous convictions for assaulting women.

Stuff's advice, right at the end:

TIPS ON STAYING SAFE

Travel in pairs

Make sure people know where you are, and when they are next likely to hear from you

Be aware of your environment

Do not travel with strangers

Just what I needed to finish the day.

The only thing the two young women – yep, that's right, the young woman raped here was already following Stuffed Tip One and was walking home with a friend – the only thing the two young women could have done to be safer in this instance is to not be with rapists. Maybe those two rapists should have to carry signs showing their previous histories of hurting women?

You know what means you get raped? Being unlucky enough to be in the presence of a **rapist who targets you. That's all.**

Stuffed Tip Two: Make sure people know where you are, and when they are next likely to hear from you. Bollocks. When people don't know where you are, it's not usually because you're being raped. It would be more effective to suggest women with boyfriends, former boyfriends, male friends or work colleagues should set up rape alarms. We could set off permanent signals when we're with these men, to alert people about where we are every 15 minutes perhaps, because these men rape us 84% of the time. It will catch on, I'm sure.

Stuffed Tip Three: Be aware of your environment.

Good tip. You should avoid being inside, because most people get raped inside (67% of rapes in NZ happen inside the home of the rapist or the person raped.)

You should avoid night-time, because most people are raped at night.

You should avoid being around men, because most people are raped by men (95% of perpetrators of adult sexual violence in NZ are men). That's that one sorted.

Stuffed Tip Four: Do not travel with strangers

Mmm. This won't actually help, because most people are raped by people they know (84% of perpetrators of adult sexual violence in NZ are known to the survivor). More like, don't travel with boyfriends, former boyfriends, male friends or work colleagues. Wonder why they didn't put that up?

Rape Crisis Scotland have some other ideas

10 Top Tips to End Rape

- 1 Don't put drugs in women's drinks.
- 2 When you see a woman walking by herself, leave her alone.
- 3 If you pull over to help a woman whose car has broken down, remember not to rape her.
- 4 If you are in a lift and a woman gets in, don't rape her.
- 5 Never creep into a woman's home through an unlocked door or window, or spring out at her from between parked cars, or rape her.
- 6 USE THE BUDDY SYSTEM!
If you are not able to stop yourself from assaulting people, ask a friend to stay with you while you are in public.
- 7 Don't forget: it's not sex with someone who's asleep or unconscious – it's RAPE!
- 8 Carry a whistle! If you are worried you might assault someone 'by accident' you can hand it to the person you are with, so they can call for help.
- 9 Don't forget: Honesty is the best policy.
If you have every intention of having sex later on with the woman you're dating regardless of how she feels about it, tell her directly that there is every chance you will rape her. If you don't communicate your intentions, she may take it as a sign that you do not plan to rape her and inadvertently feel safe.
- 10 Don't rape.

Looking for information and ideas on how to campaign against rape?
Check out the following websites: www.thisisnotaninvitationtorapeme.co.uk
www.notever.co.uk

Victims Rights in Parole Hearings

by **Nadine Warbrick. Hutt Community Law Centre**

629 rapes were recorded in the year before 30 June 2012, 265 of the recorded offences were resolved. The number of rapes that are not recorded is much higher. Only 9 percent of rapes are reported to the police. This means that of about 7000 rapes taking place every year only around 265 are resolved.

As can be seen by these figures, most rapists go unpunished. One of the few, who finally were convicted, is Brad Shipton. In August 2005 he was sentenced to eight years gaol for two charges of rape and three years for abduction for sex and unlawful sexual connection. However, in November 2008, after just about three years, Shipton was eligible for parole (serving the rest of their sentence among the community for the purpose of rehabilitation). Eligible for parole are mainly all offenders serving a long-term sentence of more than two years after having served a third of their sentence. The parole, he then applied for was granted on a raft of conditions, including that he give no interviews, live at a certain address, do not contact the victim and report every 10 days to a probation officer until his sentence end date in 2014. The female victim is still suffering from post traumatic stress disorder which includes anxiety, stress and depression.

Last year Shipton applied to have his parole conditions changed. As an offender subject to release conditions he can apply to have the conditions varied or discharged at

any time. This attempt triggered the victim's post traumatic stress disorder again. However, she did not give up, but addressed the Parole Board asking that Shipton not be allowed to change his terms of release. A parole hearing was scheduled.

How can a victim or interested person have an impact on Board decisions?

Fourteen weeks before the hearing, any registered victims are notified by the Board. Victims and their supporters then have a chance to give their views to the Board about the case; to voice their concerns about the offender's possible risk to the community and to the victims themselves.

Every registered victim of an offender is entitled to appear and

This means that of about 7000 rapes taking place every year only around 265 are resolved.

make oral submissions to the Board for the purpose of assisting the Board reach a decision. When a registered victim requests to make an oral submission this will usually take place 2-3 days before the Board meets with the offender. Victim's hearings are not scheduled to take place at a prison. They are either at the Board's own offices in Wellington, or at a venue that is convenient to the victim and the Board. Often victim's hearings take place via Video Conference link between the Board sitting at a prison or at the Board's Wellington office and a location convenient to the victim where facilities are available.

The victim and offender do not have to face each other. Sometimes the offender is represented

by a lawyer. If a victim agrees, the Board may approve the offender be present to hear the victim's submissions about parole. The offender is allowed to read a copy of any victim(s) submissions under supervision but they cannot keep a copy. The victim's contact details are removed from the copy the offender reads.

The Panel investigates into whether they believe the offender is ready to be rehabilitated or the release conditions are to be changed. After making a decision, the Panel is to inform the offender, registered victims, Department of Corrections and the Police about their decision. They also send their decision to any non registered victims who have made a submission.

The Parole Board is most concerned about community safety or whether an offender poses a real threat to the public. It seems at times that a victim's submissions may not be heard, if a decision is made against a victim's recommendation or submission.

In the Shipton case the victim's submission was partly successful. While the Board cancelled the conditions prohibiting Shipton talking publicly about the case and barring contact with his co-offenders, it declined to remove the conditions requiring Shipton to report every 10 days, not to contact the victim and to reside at an approved address. The Board stated that these conditions were required for both the reassurance of the victim and the community.

Victim Support Free Phone:
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nationaloffice@victimsupport.org.nz

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