



Viewpoint

By Stephanie Brockman, Women's Centre Manager



People make so many derogatory remarks about hippies and feminists? It always surprises me.

My experience of hippies were they were into creating new ways of thinking and being in the world. They were dissenting groups moving away from the established institutions and way of thinking of the time. They were into green dollars, sustainability, reusing and recycling, organics, new ways of intimate relationships, passive resistance to war, new spirituality, opposed nuclear weapons, vegetarianism and communal living. Also into creative thinking, alternative theatre, folk music and visible protesting. They didn't like corrupt government and extreme government control over people's lives, and were about creating social change for a better society for individuals and in the wider political context.

And similarly feminism is a collection of movements and ideologies aimed at defining, establishing, and defending equal political, economic, cultural, and social rights for women. This includes seeking to establish equal opportunities

for women in education, employment and in their own belief systems about who they could be in the world. The Women's Liberation movement was about creating a world where women could be liberated from restrictive social structures that defined how it was to be a woman and had deeply ingrained gender stereotypes about how to be a woman.

And I'm not in fantasy land about it all, in all of these movements there were

At present we are living in world with an extreme form of capitalism that pushes competition and individualistic goals – rather than community wellbeing.

people that you didn't like or were power crazy, or whose values didn't suit you or were using the movement for their own personal gain. There were people in both of these movements that were extremely patriarchal and appeared caring and sharing but really were abusive and controlling.

Mostly though, they were and are full of dedicated people who wanted a better world for all people, who worked hard and drew on their own bravery to speak

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Women's Centre opening hours

Monday to Thursday 10am – 5pm

Friday 9am – 5pm

Contact us

186 Knights Road, Waterloo

Lower Hutt 5011

Phone: 04 569 2711

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

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out against the majority. Mostly these people were scared to be different but had courage in their convictions. There were loud extrovert people making a lot of noise and there were soft quiet introvert people, all working away for the good of the movements.

There were the well known names and mostly there were people that were just doing it differently at home without enormous fanfare. They were speaking up about what they liked or didn't like, making choices that were often not encouraged or supported.

So why make fun of others? Is it to discredit the difference they have made, or to pretend society wasn't like it was, or in those putdowns take away credibility of those movements? I don't think it's anything to make fun of or belittle. I want to celebrate those people and remember their courage and determination and their belief in a world that could be better for all.

At present we are living in world with an extreme form of capitalism that pushes competition and individualistic goals – rather than community goals. At the same time we see depression, anxiety and alienation increasing in most western countries as the extreme capitalism advances on. I guess because it's obvious that the extreme capitalism isn't working we have to be told over and over it is working and anything else is ridiculed just to try to get us to believe what our bodies are telling us is untrue.

Have a look on our website for our "Who Needs Feminism" Video

Spotlight on...



Q. What is your name?

A. Heather Simpson

Q. What is your role at the Women's Centre?

A. Last year I came to the Women's Centre as Board of Trustees (BOT) Secretary and this year I've put myself forward for the Convener role on the BOT.

Q. Where did you grow up?

A. I grew up in a little town called Knoxville in the State of Tennessee.

Q. What do you do to self nurture?

A. Give myself time alone, preferably outside, with no "to do" list.

Q. Who is your most inspiring political activist?

A. Mother Theresa

Q. What is your favourite movie?

A. Avatar

Q. Which three people would you like to invite for dinner?

A. My Grandmother, Steve Martin and Marianne Williamson.

Q. Where would you like to travel?

A. South America, I love their zest for life.

Q. What is a favourite childhood memory?

A. Riding my horse bareback.

Q. What do you do to help with wellness?

A. Learn and experiment with alternative health and nutrition, exercise and spend time alone without anything to "do".

Q. Where is your favourite place in the world?

A. A little hole in a rock on an exposed mountain ridgeline, overlooking the clouds above my home town.

And a quote to finish on

There are two ways of spreading light. To be the candle or the mirror that reflects it.

Can you imagine? Mary Oliver

from "Long Life: Essays and Other Writings"

For example, what the trees do
not only in lightning storms or the
watery dark of a summer's night or
under the white nets of winter but
now, and now, and now – whenever
we're not looking. Surely you can't
imagine they don't dance, from the
root up, wishing to travel a little,
not cramped so much as wanting
a better view, or more sun, or just
as avidly more shade – surely you
can't imagine they just stand there
loving every minute of it, the birds
or the emptiness, the dark rings
of the years slowly and without
a sound thickening, and nothing
different unless the wind, and
then only in its own mood, comes
to visit, surely you can't imagine
patience, and happiness, like that.



This edition's featured poem was chosen by volunteer Lynn.

Community Events



> FILMS BY STARLIGHT

The Lion King
Saturday 10 January | 9pm
Venue: Fraser Park

Ghostbusters
Saturday 17 January | 9pm
Venue: Queens Drive Reserve,
Wainuiomata

Labyrinth
Saturday 24 January | 9pm
Venue: Williams Park, Days Bay.

Bring a rug, a bean bag and the family
down to Fraser Park.

The films are FREE. Food and drink will be
available for sale. Please bring low chairs.
No dogs allowed. Cost: Free

More Information Rebecca Travers
events@huttcity.govt.nz

> FRIDAY 23 TO MONDAY

26 JANUARY Women's Studies
Association (NZ) Summer School:
The Women's Studies Association (NZ)
will be holding a summer school at
Kingston House in Kerikeri over Auckland/
Northland Anniversary weekend (23-26
January).

The timing is close to the bicentenary
of first Pakeha settlement in Aotearoa/
New Zealand. The theme for the summer
school, yet to be formalised, will involve
looking at Māori and Pakeha women
talking together two hundred years
ago and talk between between Māori
and tauwiwi women today. For further
information, contact Hilary Lapsley,
WSA(NZ) Convenor on hlapsley@xtra.
co.nz

> SATURDAY 31 JANUARY
MISTY MOUNTAIN HOP FESTIVAL
Misty Mountain Hop is a day/night
festival, collaborating the very best of the
60s, 70s, 80s, 90s and today.

Gates open at 9am.
Location: Camp Wainui
203 Coast Road, Wainuiomata
Cost: \$60/\$80 or \$150 includes free
camping, access to full festival and
free food. www.facebook.com/mistymountainhopmusic/info

> SATURDAY 31 JANUARY - SUNDAY
1 FEBRUARY TE RĀ O TE
RAUKURA. Te Rā o te Raukura is back
bigger and better for 2015, celebrating
our 21st Birthday. The name of this event
Te Rā o te Raukura is significant to the
people at Waiwhetu and the tangata
whenua in the Wellington Region. The
'Raukura' was used as a symbol of peace,
love and harmony by the prophet Te Whiti
O Rongomai at Parihaka. He and fellow
prophet Tohu Kakahi led their people to
passive resistance and patient obedience
as an armed constabulary invaded the
peaceful village of Parihaka on November
the 5th in 1881. Te Rā o te Raukura
commemorates this day and celebrates
unity in Lower Hutt City and the wider
Wellington Region.

This year Te Rā o te Raukura is a two day
festival hosting the Wellington Māori
Cultural Society Marae Haka on Saturday
31st January.

Sunday is the festival we know and love
with ADIJAH, Annie Crummer and Bella
Kalolo as the premier music acts.

Every year 'Te Rā' attracts up to 20,000
people to Te Whiti Park, Waiwhetu in
Lower Hutt. It's a family orientated festival
with a focus on Health, Art, and Education
with kid's amusement rides, and over 100
stalls with a massive array of fine foods
and crafts.

This event is a smoke free and alcohol free
festival. Location Te Whiti Park, Waiwhetu
Cost: Free family event

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> SATURDAY 14TH FEBRUARY 2015 11AM OUT IN THE PARK 2015

This year the fair will be held in the gorgeous and grassy Waitangi Park!

Out in the Park is a Queer Festival. What do we mean by queer?

Queer is a reclaimed word used to positively describe people from the gay, lesbian, bisexual, transgender, intersex, takataapui, and fa'afafine communities – and wider. This broad and varied group of people is also often referred to as the rainbow community.

Do I have to be queer to take part in Out in the Park?

No. Out in the Park is open and inclusive — anyone can attend, run a stall, and enjoy Out in the Park. Everyone is welcome!

Out in the Park 2015 is going to be amazing – with a bigger venue, we can cater to our ever-increasing audience. Waitangi Park is located on Wellington's waterfront, next to Te Papa. It's central and accessible, and it's filled with lush grass so people can sit down and spend longer catching up with friends and whanau!

We're pulling together a great day out in the sun for everyone. We love it when the broader Wellington community supports our event.

>SATURDAY 28 FEBRUARY - SATURDAY 7 MARCH | COMMON GROUND: PUBLIC ART FESTIVAL

Various times. A week-long major public art festival in and around Hutt City - new for 2015. See national artists, local artists and community groups stage interesting and impressive outdoor art work across Hutt City. Location Various locations around the CBD. Cost: FREE More Information

Pippa Sanderson T: 560 1257

>SUNDAY 1 MARCH | 10AM BIKE THE TRAIL 2015 Get family and

friends on their bikes and join us on for Bike the Trail.

It's FREE to enter! The event will go ahead rain or shine.* Enjoy an easy, scenic bike ride down the Hutt River Trail from one of two locations. Location: Hut River Trail. Cost: FREE entry. More Information

W: <http://bikethetrail.co.nz/>

>TUESDAY 3 FEBRUARY 2015 7:30PM – 9:00PM WELLINGTON STORYTELLERS' CAFE

Toi Poneke Arts Centre, 61 Abel Smith St, Te Aro, Wellington Admission: \$5.00 Wellington Storytellers' Cafe (first Tuesday of every month) is host to international tellers from around the country and greater Wellington region. Come and enjoy our diverse and vibrant guest tellers. New tellers are also welcomed.

Open to all storylovers. Stories will be aimed at an adult audience. As well as guest performances there is usually an opportunity for short stories from other tellers to be shared.

>SUNDAY 22 MARCH | MIDDAY - 6PM BIG DAY DOWSE

A huge day out of music, performances, visual arts, activities for kids and all-round good times. Location Dowse Square. Cost: FREE. More Information W: dowse.org.nz T: 570 6500

> 4TH TUESDAY OF THE MONTH

Hutt Valley Women's Business Network: An informal business network group for women who are in business, are self-employed, or are thinking of becoming self-employed. Presented by Barbara Hand and Kay Drummond. 9am. Hardwick Smith Lounge, just off SH2 in Belmont Domain, Lower Hutt. \$10. Contacts: Barbara 972 2750 or 021 117 8006, Kay 526 8076 or 021 022 61012.

>LAUGHING YOGA. TUESDAYS 7:00 – 8:00pm. Five dollars entry. Facilitated by experienced laughter yoga coach. Moera Community House. This is at the corner of Randwick Road and Randwick Cres,

Moera, Lower Hutt. Sessions are every Tuesday evening from 7:00 through to 8:00pm. Beginners are always welcomed.

Contact details: Sunita Nadj 04 569 80 83 sunita.nadj@hotmail.com

>WOMEN ONLY SWIMMING
NIGHT: Every Sunday night 7 – 9pm. H2O Extreme Swimming Pool, Corner Brown and Blenheim Streets, Upper Hutt. Cost: \$4 single swim, \$30 for ten-trip pass. Ph 04 528 8938.

> QUEER SUPPORT

School's Out: An after-school group for youth aged up to 18 who are queer, trans or questioning. Weekly meetings in Hutt Valley and Wellington. For more information text 027 763 9793 or email queer_schools_out@hotmail.com

Tranzform: A support group for people up to 27 who are trans, gender non-conforming or questioning. Fortnightly meetings in Wellington. For more information: 022 105 0774 or tranzform.wgtn@gmail.com

Social Fruits: An 18+ social group for queer and trans people. For more info on when/where the next meeting is: socialfruits.wellington@gmail.com

>TWO GREAT WEBSITES

Fightback: Struggle, Solidarity, Socialsims

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

The Hand Mirror

<http://thehandmirror.blogspot.co.nz/>

>FACEBOOK

Wellington Young Feminists Facebook

<https://www.facebook.com/wellingtonyoungfeminists>

Get out there and see what your community has to offer!

Free Legal Advice

The Women's Centre has free 30 minute consultations available during the first week of each month.

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

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

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

When: the first week of the month

How to book:
Phone the Women's Centre at any time during the month to register your interest in an appointment. We will phone you at the beginning of the month to check if you still require an appointment, and if you do we will give you the phone number to make the appointment directly with the lawyer.

Please do not contact the lawyers without first booking with the Women's Centre.

Where:
Thomas Dewar Sziranyi Letts
Level 2, Corner of Queens Drive and Margaret Street, Lower Hutt

Ages and Stages

Growing older and thriving, along with changes, transitions and milestones.

A workshop for women in their mid-years, their early Gold Card Years, and their ongoing Gold Card Years.

Come along to a one day standalone workshop, facilitated by Anne Horrill, Counsellor and Educator. Repeat attendance is welcome.

Group size is 6 – 10 women. Book ahead for a place.

Dates: Saturday 18 April 2015

Time: 10am – 3pm

Cost: \$50 for the day.

Enrolment: by payment

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

Other: bring your own lunch

For all enquiries contact Anne Horrill directly.

Phone: 562 7544
Email: ahorrill@clear.net.nz

Anne Horrill – Cert Counselling, B Ed., Member NZAC, NZAC Accredited Supervisor

Please note this is not a Women's Centre workshop. Please contact Anne directly.

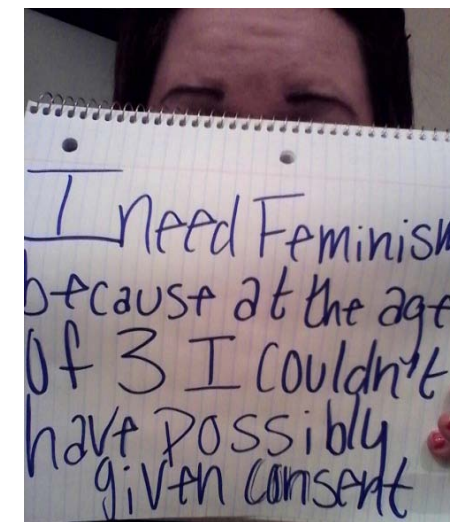
Who Needs Feminism?

<http://whoneedsfeminism.com/>

Identify yourself as a feminist today and many people will immediately assume you are man-hating, bra-burning, whiny liberal. Perhaps a certain charming radio talk show host will label you as a "Feminazi" or "slut." Even among more moderate crowds, feminism is still seen as too radical, too uncomfortable, or simply unnecessary. Feminism is both misunderstood and denigrated regularly on a broad societal scale.

We, the 16 women of Professor Rachel Seidman's Women in the Public Sphere course at Duke University, have decided to fight back against these popular misconceptions surrounding the feminist movement. Our class was disturbed by what we perceive to be an overwhelmingly widespread belief that today's society no longer needs feminism. In order to change this perception, we have launched a PR campaign for feminism. We aim to challenge existing stereotypes surrounding feminists and assert the importance of feminism today. We feel that until the denigration surrounding feminism and women's issues is alleviated, it will be hard to achieve total gender equality, both statistically and socially.

We have decided not to release a single, "official" definition of feminism. The goal of our project is to decrease negative associations with the word that would keep anyone from identifying with the movement. However, we encourage you all to keep defining it yourselves... you have given better answers than we could have ever imagined!



NOTICE OF SUMMER CLOSING AND OPENING

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

Closing Friday 19th December 2014 and Opening Tuesday 20th January 2015

We hope you have a joyful summer break

About our ongoing events

This is our weekly ongoing programme. We have regular workshops and groups that provide for a range of different needs. These are free or low cost.

All courses are held at the Women's Centre.

Tuesday

10am – 2pm	Mosaics
6.30 – 8.30pm	Self Esteem

Wednesday

1 – 2.30pm	Women's Support Group
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Thursday

9am – 3.30pm	Computer lessons (by appointment)
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Friday

10am – 12pm	Self Esteem
1pm-2.30pm	A & D Wellbeing Group

First Sunday of the month

1 – 4pm	Support group for women who have experienced rape or sexual abuse
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Mosaics

If you want to learn how to mosaic and meet other women doing the same come along anytime from 10am – 2pm on Tuesdays and Stephanie can show you what to do.

We normally start with a paver and after you have made a paving stone you can progress on to a variety of projects. If you want to work on your own projects you need to pay for materials.

Day: Tuesdays
Time: 10am – 2pm
Cost: We charge for materials only
A completed paver costs \$5
Booking: You don't need to book, just turn up
Facilitator: Stephanie Brockman



"If one overlooks a woman's dual nature and takes a woman at face value, one is in for a big surprise, for when the woman's wildish nature rises from her depths and begins to assert itself, she often has interests, feelings and ideas which are quite different from those expressed before."

From "The Interior Woman", a story in "Women Who Run with the Wolves" by Clarissa Pinkola Estes.

Self Esteem Workshops



Our self esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities.

Experiences during our childhood play a particularly large role in the shaping of our basic self esteem. When we were growing up, our successes (and failures) and how we were treated by the members of our immediate family, by our teachers, sports coaches, religious authorities, and by our peers, all contributed to the creation of our basic self-esteem. The course is designed to give women the opportunity to develop awareness of how they live in the world, the influences on them and how they have the ability and power to make changes in their lives.

Women will be given the opportunity to:

- Develop skills to recognise the strengths in themselves
- Look at the areas of self responsibility and self reflection
- Be encouraged to develop awareness around how beliefs about self develop and grow
- Build their emotional connection with themselves and develop a greater awareness of their own feelings and emotions
- Feel a sense of personal power and belonging
- Celebrate positive aspects of being a woman

Self esteem workshops are run on Tuesday evenings and Friday mornings. Each workshop is separate. You may attend one or as many as you like. Self esteem runs on a 20 topic basis. Once the 20 topics have been completed the cycle begins again.

Tuesday evening workshops

Time: 6.30pm – 8.30pm

Cost: \$5

Facilitator: Julie Smart

Booking: You don't need to book, just turn up

Friday morning workshops

Time: 9.45am – 12noon
** This workshop starts at 10am and latecomers won't be admitted **

Cost: \$2

Facilitator: Stephanie Brockman

Booking: You don't need to book, just turn up

Creche: 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 only have one creche worker.

Tuesday evenings

Jan 20	Coming to grips with feelings
Jan 27	Talking about ourselves
Feb 3	Beliefs about self
Feb 10	Expressing pride in self
Feb 17	Letting go of the past
Feb 24	Respecting self and others
Mch 3	Striving for pure motives
Mch 10	Putting yourself in neutral
Mch 17	Having the courage to be imperfect
Mch 24	Developing courage
Mch 31	Willpower
April 7	Anger as a strength
April 14	Developing self knowledge
April 21	Self love
April 28	Acknowledging self
May 5	Enhancing self in terms of awareness

Friday mornings

Jan 23	Putting yourself in neutral
Jan 30	Having the courage to be imperfect
Feb 13	Developing courage
Feb 20	Willpower
Feb 27	Anger as a strength
Mch 6	Developing self knowledge
Mch 13	Self love
Mch 20	Acknowledging self
Mch 27	Enhancing self in terms of awareness
April 10	Acceptance and use of strenghts
April 17	Positive thought and talk
April 24	Messages about self
May 1	Accepting responsibility for self
May 8	Coming to grips with feelings

Women's Support Group

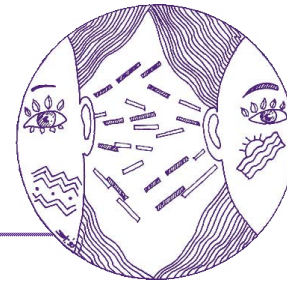
This group is for women who would like to share and explore issues that have a daily effect on their lives. The support group is based around support for empowerment and empowered way of living.

Topics for discussion might include: self esteem, responsibility for self, self care, identity, family, relationships, intimacy, communication, anxiety, depression and other life stresses.

The group is structured to enable people to talk about their own issues, and also discuss ideas and topics of interest.

Any woman can attend the group.

Facilitator bio: Stephanie Brockman has been working with groups for over 15 years, has a Bachelor of Counselling and a Diploma of Teaching. She enjoys the strength, beauty and power of groups.



Day: Wednesdays

Time: 1 – 2.30pm

Booking: You don't need to book,
just turn up

Facilitator: Stephanie Brockman

Free 1 to 1 Computer Lessons

Our computer lessons cater to a range of abilities, starting from complete beginners. Bring your questions to your lesson and Jenny will help you out.

Want to learn how to:

- surf the net? Find useful websites for news, shopping, books, timetables, health info, maps, online travel sites, social media, online radio, tv and music.
- use your laptop? (bring it along to your lesson)
- email and set up an email account?
- become proficient in Microsoft Word, Excel, Powerpoint or Visio?
- use Facebook, Skype, TradeMe, DropBox or YouTube?
- scan documents and photos?
- manage and edit your photos?

Jenny is also knowledgeable about computer scamming, virus checks and ad blocking. Bring any questions along.

Day: Wednesday

Time: 9am – 3.30pm

Appointments with the tutor are 30 or 60 minutes

Bookings: Bookings are essential and you must book in advance. You can book for 3 sessions at a time, (usually 2 or 3 weeks in advance)
Call 569 2711 for an appointment

Tutor: Jenny Holdt

Free computer access

The Women's Centre has two public access computers available for all women to use during our opening hours.

Our computers

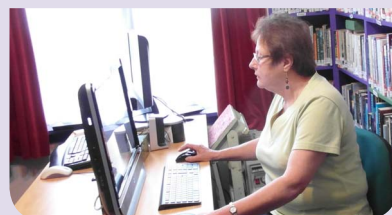
- One runs on Windows 7
- One runs on Window 8 and is touchscreen

Other facilities

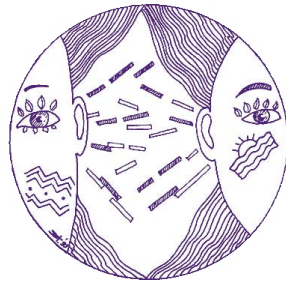
- Printing 20¢ per black and white page (free during lessons)
- Scanner
- Free internet access

Booking

Phone us to book your time.
You can book up to two hours for each session.



Support group for women who have experienced rape or sexual abuse



A monthly three hour support group for women who have experienced rape or sexual abuse is being offered at the Women's Centre.

These workshops are held on the first Sunday of the month from 1pm to 4pm and are for women at any stage of their journey through abuse and recovery.

The group is facilitated by an ACC accredited counsellor, Ally Andersun, who is skilled in therapeutic group work.

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

"I thought I was so alone with this problem, but hearing about how others have coped helps enormously."
(Surviving and Moving On – Dr Kim McGregor)

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 bio: Ally Andersun is the Counsellor/Trainer/Supervisor at the Lower Hutt Women's Centre. Ally has a degree in Counselling and is an advanced trainee in Psychodrama. She is a member of NZAC and ANZPA. Ally has been a counsellor for 20 years and has run groups for over 30 years.

Alcohol and drug wellbeing group for women

If you have experienced difficulties in the past or present with Alcohol and Drug mis-use and would like some support then this group is for you. The aim of the group is to promote well being at whatever stage an individual may be.

Wellbeing can be achieved by education, therapy and going out to the community and enjoying experiences without the use of Alcohol and Drugs.

"To understand a woman you must understand the world she comes from"

Day: Friday Afternoon (Beginning 13th February 2015)

Time: 1pm -2.30pm

Cost: No charge You do not need to book, just turn up.

Facilitator bio: Janet Matehe is a DAPAANZ Registered Alcohol and Drug Practitioner and Generic Counsellor. She has recently finished a level four Te Reo course and has a Certificate in Supervision. Janet comes from a recovery background and she has been in recovery for 10 years. She is passionate about her work and she lives and breathes recovery in her personal life. The underlying principles she works with are Tika (correct), Pono (honest) and Aroha (love). She practices these principles on a daily basis both professionally and personally.

About our workshops

The following workshops are designed around the group process where in the making and functioning of a group the participants learn from each other, from the group activities and from the facilitator. All group participants learn different things, depending on their own life journey and what they are needing at the time. We welcome you to experience something new in yourself.

- All courses are held at the Lower Hutt Women's Centre – 186 Knights Road, Waterloo, Lower Hutt.
- Courses must be paid in full to confirm your enrolment.
- For enquiries or to book, call us on 569 2711.

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

Workshop topics to April 2015

Meditation for women	p 10-11
Understanding the Blues	p 11
Assertiveness for women	p 11
Women Who Love Too Much Part One	p 12
Self Care Vs Burnout	p 12
Self Esteem for Teenage Girls	p 13
Anger as a strength	p 13
Weaving with Harakeke	p 15
Painting	p 15

Meditation for Women

Welcome Home: Using meditation to find relaxation and peace wherever we are.

A six week course with Ruth Pink

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish a sense of groundedness 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 tailors the course to the needs and aspirations of the women who attend, but a primary focus will be on discovering and strengthening a feeling of home within ourselves.

During the six weeks you 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 revitalise their practice.

6 minimum for course to commence.

Dates: 6 weeks beginning Thursday 19 February 2015

Time: 7 – 9pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register

- Enrolment: only through payment
- Other: please wear warm loose clothing

Facilitator bio: Ruth Pink currently works as a Contract Manager with community organisations who support people to gain freedom from mental illness and addiction. In the past, she has worked as a writer, counsellor and a celebrant, and has been meditating and studying meditation for more than 22 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth has been connected to the Wangapeka Study and Retreat Centre in Nelson, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, Judy Satori 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.

Meditation Refresh and Re-energise



A Meditation Morning at the Lower Hutt Women's Centre with Ruth Pink

This short course is designed for anyone who has already completed a meditation course at the Women's centre with Ruth. It is an opportunity to refresh your meditation practice.

The course can also be attended by anyone who would like to take time out on the weekend to just rest and breathe. A brief and basic introduction to meditation will be given at the beginning of the morning.

Places are limited. Please register your interest to secure a place. If you are unable to attend please let us know as soon as possible so someone else can participate.

Dates: Saturday 11th April 2015

Times: 9.30am -12.30pm

Cost: Koha for Ruth and the Centre payable to Ruth on the day.

Enrolment: phone to enrol

Facilitator: Ruth Pink

Understanding the Blues

An empowerment based course for women with depression and anxiety

This six week course is about finding new skills to move through depression and anxiety. With connection, support and gentle encouragement you can find your way out of depression and anxiety.

The group is a structured educational group.

Is the group for me: If you feel hopeless, panicky, tired, fearful or stuck this group may support you to see new possibilities. This group may be for you if you have experienced depression and anxiety in your life and you want to break the cycle. The topics we may cover are; positivity, sleep, respecting your body, being friendly with feelings, making a plan for healing, relaxation, assertiveness and relationships.

Facilitator bio: Julie Smart has a nursing background and has worked in mental health for ten years. She has been involved in running groups at the Women's Centre for the past ten years.

Dates: 6 weeks beginning
Monday 23 February 2015

Time: 11-1pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

There will need to be six participants for course to commence.



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 in everyday situations.

"I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them. The greatest gift I can give is to see, hear, understand and to touch another person. When this is done I feel contact has been made."

Virginia Satir

Dates: 6 weeks beginning
Wednesday 11 March 2015

Time: 7 – 9pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

Facilitator: Stephanie Brockman



Women Who Love Too Much Part One

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 are “Women Who Love Too Much?”, “Am I a Woman Who Loves Too Much?”, “How does it effect my life?”, “How would my life be different if I wasn’t a Woman Who Loves Too Much?”

This is an educational weekend. The weekend will give you an opportunity to explore your 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.

Women Who Love Too Much Part Two will run later in the year.

Dates: Part One Workshop
Friday 20 – Sunday 22 March

Times: Friday 7 – 9.30pm
Saturday 10am – 5pm
Sunday 10am – 4.30pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun



Self Care Vs Burnout

When the stresses and strains of the way we are expected to achieve at work and at home, and stresses of our society at the moment, burn out has become a community hazard. People develop burn out when they forget to remember themselves.

Part of self care is understanding that the relationship between how we see the world and our values and belief systems come into conflict with what is happening in our lives. People can lose contact with their emotional being and develop habits that constrict their life.

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, ofeten in an unconscious way.

This workshop is skill based where physical, emotional, mental and spiritualo well-being will be explored, drawing on the experience of the facilitator and the participants together. We will have discussion around safe and productive boundaries, and how to set these for yourself.

Dates: Friday 24 - Sunday 26 April

Times: Friday 7 – 9.30pm
Saturday 10am – 5pm
Sunday 10am – 4.30pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun



Ko ia kāhore nei i rapu, tē kitea She who does not seek will not find



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.

Dates: Six weeks beginning
Wednesday 22 April 2015

Times: 7-9pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun

Self Esteem for Teens

This workshop is for girls aged 13 to 17.

Do you want to: learn more about yourself?

have fun?

be more confident?

grow in self respect?

grow in self worth?

grow in self esteem?

accept yourself as you are?

develop an understanding and respect of yourself and others?

Come and check it out – we talk, laugh and discuss whatever you like.

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

Dates: Six weeks beginning
Thursday 30 April 2015

Times: 4-6pm

Cost: \$20

Phone to register interest

Enrolment: only through payment

Facilitator: Stephanie Brockman



“Women over fifty already form one of the largest groups in the population structure of the western world. As long as they like themselves, they will not be an oppressed minority. In order to like themselves they must reject trivialization by others of who and what they are. A grown woman should not have to masquerade as a girl in order to remain in the land of the living.”

Germaine Greer

Inner Child



Through the use of action and art learn the techniques to develop a deeper understanding of yourself and your internal processes. It is said that the child holds the key to our healing and recovery, and this is an individual journey for each person.

This workshop is for women that have done other self development workshops or groups.

"We nurture our creativity when we release our inner child. Let it run and roam free. It will take you on a brighter journey." *Serina Hartwell*

"Let us focus at the inner drum, where the rhythm aligns with that of our heart. The measure of responsibility, equals to the need for evolution. Just listen to the inner child, let it whisper in your ear."

Dates: Friday 22 - Sunday 24 May 2015

Times: Friday 7 – 9.30pm
Saturday 10am – 5pm
Sunday 10am – 4.30pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun

Self Development using the Psychodramatic method



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

Action methods are used to enable past, present and future events to be explored. Issues or problems and their possible solutions are enacted rather than just talked about. Psychodrama offers the opportunity to practice new roles safely, see oneself from outside, gain insight and change.

Women new to the psychodramatic experience are welcome.

Dates: Friday 26 - Sunday 28 June 2015

Times: Friday 7 – 9.30pm
Saturday 10am – 5pm
Sunday 10am – 4.30pm

Cost: \$40 waged/\$20 low or unwaged
Phone to register interest

Enrolment: only through payment

Facilitator: Ally Andersun



"As all advocates of feminist politics know, most people do not understand sexism, or if they do they think it is not a problem. Masses of people think that feminism is always and only about women seeking to be equal to men. And a huge majority of these folks think feminism is anti-male. Their misunderstanding of feminist politics reflects the reality that most folks learn about feminism from patriarchal mass media."

bell hooks – feminist author & social activist

Painting Workshops

These painting workshops are suitable for complete beginners through to experienced painters. The workshops are based on you expressing yourself through painting and learning techniques at the same time. Techniques (one per 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.

You can attend as many of these workshops as you like. All equipment is supplied.

Dates: Workshop 1: 28 March

Workshop 2: 2 May

Workshop 3: 4 July

Workshop 4: 5 September

Workshop 5: 31 October

Time: 10am – 4pm

Cost: \$20 waged/\$10 low or unwaged
Phone to register interest

Enrolment: only through payment

Weaving with Harakeke

Learn how to make a konae (a small woven flax basket) and a kono (a small food basket), and how to prepare the harakeke (flax) using correct protocol, eg with cutting harakeke and the significance of karakia (Māori incantations and prayers).



Konae



Kono

Dates: Workshop 1: 15 March Konae

Workshop 2: 17 May Kono

Workshop 3: 19 July Konae

Workshop 4: 20 September Kono

Time: 10am – 4pm

Cost: \$10

Tutor: Makere Love

Phone to register interest

".....the women I chose as my heroines were women who created their own freedom. They didn't demand it, they didn't ask for it. They created it. Something in themselves made them independent women, and this kind of independence I stress. Because the other feeling that has been taught women really is the blaming of society or the blaming of men for the situation in which we find ourselves. Now I found through psychology that when I put the blame on others I felt I was practically saying: "I am a helpless, passive victim." And it's a depressing thought! So the day I saw beyond that, at a certain moment in psychology, I saw; "No, not at all. I am the master of my destiny." When I feel free and independent and behave in a certain way towards a relationship, that affects the relationship. I can have an effect on it; I can have an effect on the person I am working for, on my publisher. It is very easy to blame society or to blame the man, but it actually makes you feel even more helpless. Because that means that you are waiting for the man to liberate you, for the government to liberate you or for history. And that takes a long time. It takes centuries, and it's too slow for me. We have only one life."

Anais Nin. "A Woman Speaks"


Jenny's (computing) tips and tricks

When Steph asked what I thought of providing some information on using computers that readers may find useful I thought YES - an opportunity to share some tips and tricks to clarify common uncertainties and/or enable you to take control of your computer/laptop and feel more confident when using it.

Here's the first one, in no particular order.

I was browsing *CNET How To* ... and noticed an article by Matt Elliot who had stumbled across a nifty browser extension called Gmelius. I tried it out and was impressed. I hope you will find it useful.

#1: Gmail tweaker – how to remove those annoyances from your Gmail interface

- ★What is it?
 - **Gmelius** provides a handy checklist to:
 - strip away those annoying ads at the top of the page and the footer at the bottom, and other irritating clutter
 - add some features you may have liked but have been removed or changed by Gmail
 - make Gmail easier to navigate.
 - It's a very handy Gmail extension, works on Chrome, Firefox and Opera, is simple to use and it's free.
- ★Want to give it a try?
 - Open your browser of choice - Google Chrome
 - Head to your **extensions** page:
 - In Chrome click on  (top right-hand side at the end of the address bar.
 - Scroll down to **Settings** and click on it
 - On the left-side menu, click on **Extensions**
 - If it's listed, click on it to install
 - If it's not listed, click on **Get more extensions** at the bottom of the list
 - On the top left hand side, under **chrome web store**, type **Gmelius** in the white box (*says search the store*)
 - Find it in the list and click on **+ Free** to install it
 - In the **Confirm New Extension** box, click on **Add** to add Gmelius to Google Chrome
 - Once installed, the **Settings** page appears. Tick the box beside the feature/s you want, guided by the **★Popular** rating down the right-hand side
 - Enjoy!

Never let a computer know you're in a hurry. ~Author Unknown

Celebrating Porleen Simmons



I knew Porleen for about 40 years. As we worked together in collectives and on campaigns particularly throughout the 1970s and 1980s, my affection and respect for her grew tremendously.

The 70s and 80s are the context within which I want to discuss some of her many qualities: her commitment, progressiveness, resourcefulness and courage, as well as her humour, warmth and generosity.

We first met in Wellington around 1973. Although a feminist, she was still deciding about becoming a lesbian' Luckily, she soon decided and for the next decade we worked closely in various lesbian feminist collectives, particularly Sisters for Homophile Equality (SHE) and the Circle, later the Lesbian Feminist Circle, magazine collective.

Porleen's creativity: her poultry imitations learnt from her rural background. During one meeting, she stopped and imitated the sound of a hen for several minutes. As city-dwellers we found this fascinating and hilarious. The episode is also typical of a time when lots of fun and humour accompanied our political activism.

It's hard to believe now but, initially, we sold copies of Circle in downtown Wellington and at the Royal Oak Pub' (These were the years of late night Friday shopping.) Despite her slight physique, Porleen bravely engaged the straight public and later some of the more scornful non-feminist lesbians. Both situations could be tricky.

She also spent a number of Friday nights challenging members of the Salvation Army about their stance on

homosexuality when they solicited donations in the Tavern Bar. Suddenly Porleen might disappear from your side to engage these people. I remember how she endeavoured to use biblical teaching against their bigotry and her glee when she won concessions from them, as she as often did. I also remember her tenaciousness.

Porleen was always a Pioneer. With three other lesbians she funded the establishment of Club 41 that ran from 1974 until 1977.

Also in 1977 , excited about joining the newly formed lesbian Amazons Softball Club, she persuaded me to play, too' I did for the next 10 years, and for much of the period as a teammate. The Amazons was a special time for Porleen as well as for many Wellington lesbians.

Although Porleen was not a natural athlete, a combination of calculation and determination often worked for her on field. Once she realised that she could bunt and dash, she frequently reached first base.

Whether at games or fund-raising dances, Porleen showed her fun-loving and sociable side. Being naturally warm and approachable, she related successfully to a wide range of lesbians and gay women.

For some time, Amazons acted as the contact point for lesbians wanting to meet others in the community. Porleen spent hours meeting and introducing lesbians this way, as she had done already with invitations to SHE meetings. Earlier, with Marilyn Johnson, Porleen ran a newspaper contact advertisement and both women would offer support to female callers.

This was the forerunner of Lesbian Line and the Breathing Space groups.

As the heady 70s moved into the early 1980s, Porleen, with Pleasance Hansen, set up The Women's Place, a feminist bookshop in upper Cuba St, Wellington. Naturally the bookshop became a popular meeting place and an impetus for other lesbian ventures in the area, such as a coffee bar and drop-in centre and a garden shop.

As well as physical bravery, Porleen also possessed another type of courage: she was unafraid of ideas. Porleen was always thinking about large issues. Checking her own perspective on various subjects, she was willing to adjust her position. She kept up to date on many trends in the lesbian and queer communities.

Porleen was an original thinker. Her way of approaching a subject could be convoluted but the result of her deductions was mostly logical and clearly expressed. Many people will remember this quality during the 1985 Homosexual Law Reform campaign and the later Human Rights campaign when Porleen was unequivocal about demanding these human rights.

It would be hard to find someone as generous with her time and energy for our communities as Porleen has been for more than 40 years. And so today we honour our Amazon: our dear lesbian feminist sister Porleen.

Valda Edyvan

Remembering Porleen Tribute to Porleen Simmonds at the celebration of her life in October 2014.

When you see a photo of someone you know on the news.....

You know it's bad news when you see a photo of someone you know at the top of a news article. Last week was no exception. A man I knew when I was a teenager — let's call him A. — was sentenced to 6 years in jail for trafficking child pornography.

This was the headline on the website

<http://galadarling.com/article/what-do-you-do-when-your-past-comes-back-to-haunt-you/>

The following article is from this site and we have been given permission to print it here.

"I knew Gala and her friends over a decade ago when we were teenagers trying to figure out where we fitted in. We mixed in the same circles, we all frequented the same internet chat rooms, inner city cafes and parties.

I can't speak for them, but I was lonely, insecure, with such low self-esteem, and was desperate for people I could talk to about how I was feeling. I had no idea of healthier ways of managing my anxiety and depression, so I drank a lot and I drank often. I deeply disliked myself, and instead of showing myself kindness, I behaved recklessly and destructively. I soon discovered that I couldn't tolerate being on my own and I craved constant attention and company. The internet is a great place to connect with people, and while I later met my husband online, I also met at least one predator. I am relieved now that he has been sentenced to jail but it has also opened the doors to memories of much darker times.

I chatted with A. a lot online, we had mutual friends, and met up often in the city. I spent time with him at his apartment, usually with my boyfriend and our friends. I was under the legal drinking age, and often when my boyfriend went to bars that I was denied entry to, I would end up at his apartment because I couldn't tolerate being at home alone. He was always flirty and inappropriate, both online and in person, but it seemed to sit in a grey area which was laughed off by most people, even myself.

The first time he moved beyond innuendo it came as a shock. Was it just a joke? Was I imagining it? I had drunk a large amount of his alcohol and realised he was getting too close physically. I felt really uncomfortable, but he reminded me that he had supplied me with alcohol and I was in his house. I had visited him, he had listened to me and kept me company, and I should be grateful. After all, I had chatted to him a lot online and I should have known better how to keep myself safe. He was right, I hadn't wanted to be alone and I had been craving alcohol. He had let me talk about my problems and had shown me sympathy and given me advice. He had provided me with what I felt like I needed, and now I had to return the favour.

Twice I can recall waking up after drinking too much and finding his hands under my clothing with him trying to kiss me. This was a man who knew I had a long-term partner and a history of sexual trauma. This was a man who knew I was heavily intoxicated, and in fact had provided me with the alcohol. This was not OK. When I complained again however he reminded me, angry this time, that he had given me what I wanted and made it again my responsibility. I am incredibly lucky that these events never progressed and that I was never again alone with him. It could have ended much worse, however it still had an impact on me.

These events made me believe that I was to blame for how bad I felt, that I was a slut, and that men were entitled to treat me how they liked. He knew I was vulnerable and he preyed on that and made it worse. I was an easy target for a man like him. Any decent human would try to help a distressed and intoxicated person. A decent human would make sure they are OK, get them somewhere safe and call for help. Only a predator will take advantage of their vulnerability.

Keep telling people until you find someone who treats you with the respect you deserve and will listen.

My experiences alone made me feel like I had done something to bring about what happened. Now, talking with the other women and piecing together everyone's stories, it is so obvious what he was doing. His behaviour is so typical of a predator, and while it is easy to see this in hindsight, it is much harder when you are immersed in it. He knew I would blame myself for what happened, he knew I would feel dirty and ashamed, and he knew that I wouldn't tell anyone. I am sickened that his behaviour continued to escalate, and I am devastated that so many girls were hurt by him. I do however feel validated finally because now I know I didn't imagine it or make it up and it was never my fault, only his.

I wish that I had believed in myself back in my teens, and I hope that these yucky events will at least continue to bring conversation and understanding. If you feel that something, anything, is not right then listen to yourself and tell someone. Keep telling people until you find someone who treats you with the respect you deserve and will listen. Don't feel like you can't talk about what is happening, or happened in the past. Abuse thrives on secrecy. It doesn't matter if you were drunk or had taken drugs. It doesn't matter if you had been chatting online or even had met up in person. They might tell you that you owed them for something or had led them on. These are tricks predators will play."

Waiwhero, The Red Waters.

Waiwhero, The Red Waters. A Celebration of Women hood. And Te Awa Atua Menstruation in the pre-colonial Maori world. Two books by Ngahuia Murphy donated to the Women's Centre library by Desiree Phillips.

WHY IS IT IMPORTANT?

For our tipuna waiwhero was an ancient river carrying ancestors and descendents linking us back to our creation stories. Menstruation, according to our tipuna, came from our pantheon of atua, male and female, and so it was regarded as a river of power and used across a spectrum of rites and ceremonies. Our ancient names for menstruation reveal these cosmological origins and reflect traditional beliefs about the mana and tapu of women and the blood.

Waiwhero was also regarded as a powerful symbol of whakapapa, assuring the continuation of whanau and hapu. As such when it arrived for the first time it was greet with karakia, ceremony, hākari and presentation of taonga. Girls and boys learned about waiwhero (and sexual development more generally) from their parents, aunties, uncles and the old people who all talked about it openly and without shame on the marae. Tikanga around Waiwhero bonded the genders and the generations.

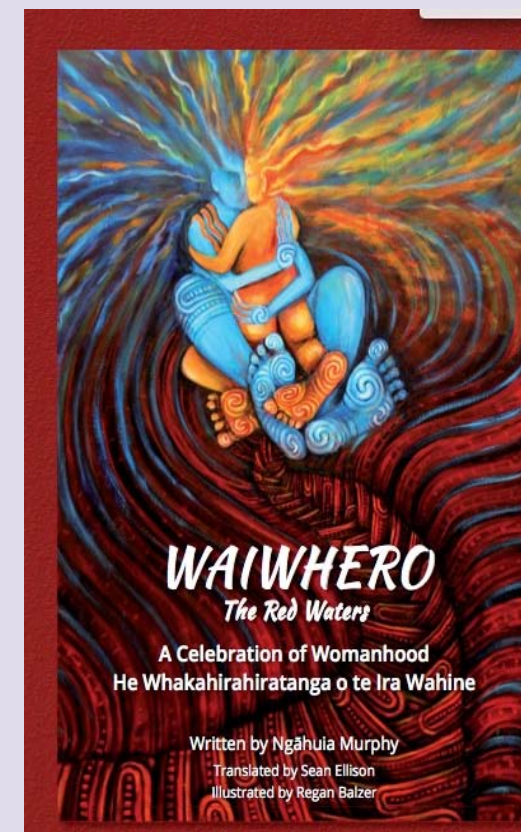
It is important to reclaim these korero and tikanga because menstruation has come to be seen as 'paru'. Even more disturbing is that some of us have been taught that this is a traditional Māori veiwi. Nothing could be further from the truth. Korero about waiwhero being something 'dirty' and 'shameful' comes from the redefinition and representation of our sacred stories and tikanga by Victorian male colonial ethnographers and historians whose recordings have been reproduced for over a century. They have created a textual legacy of female inferiority that is challenged and contradicted by an examination of our own karakia, moteatea tribal and navigational stories. Because of their censorship and distortions, we stammer over language

about our reproductive bodies where we once sang! For many Maori women and girls there are 'no words for the blood down there'. This is the consequence of the internalisation of colonial violence.

It is time to restore the mana and tapu of menstrual blood as an ancient medium of power that connects us to our atua

See more on the website below and where you can purchase these books.

<http://waiwhero.com/>



Whaowhia te kete mātauranga

Fill the basket of knowledge

We are on YouTube

We have a channel on YouTube with content about women's issues and other relevant issues. We will continue to add new clips.

To find us go to:

<https://www.youtube.com/LHwomenscentre> and subscribe to our channel.

Email us at info@lhwc.org.nz if you have a clip you'd like us to consider for one of our playlists.

Donations

We welcome donations of:

- Clean women's and children's clothes
- Books and toys
- Small household items

Drop off items to the Women's Centre.

Note: We cannot accept any large items such as furniture.

Lower Hutt Women's Centre philosophy

The Women's Centre:

1. recognises and works in the spirit of the Tiriti O Waitangi
2. confronts women's oppression and empowers women to take control of their own lives
3. opposes discrimination by those who have power against those who do not. This includes discrimination against women, especially Māori women, Pacific Island women, women of colour, lesbians, those who are differently abled, young, old, working class and those with different spiritual beliefs
4. promotes a safe supportive environment for all women and children
5. promotes the sharing of power and resources
6. acts as a resource and information centre for the community

Contribute to Cronecle

We welcome your input into the next edition of Cronecle – due out in September.

If you have articles, ideas for articles, drawings you've done or services please email your ideas to Stephanie: info@lhwc.org.nz

The Women's Centre reserves the right to withhold publication of information which conflicts with the Centre's philosophy.

Thanks to all the women who helped out with this edition, and to the women who donate graphics to Isis International Manilla.

Become a member

Benefits

As a member of the Women's Centre you get free access to our library and can borrow books for up to a month. You also get sent a colour copy of our quarterly newsletter – by post or email.

Annual cost

Waged: \$27

Low or unwaged: \$15

Teenager: \$10

Child: \$5

Payment

Cash: pay at the Women's Centre

Online banking: Account number 03 0531 0528525 03

Reference: your name and 'join'.

Your fees go towards the running and ongoing maintenance of the Women's Centre.

We thank you for your support.