



Viewpoint

By Stephanie Brockman, Women's Centre Manager



Someone said to me recently "where are all the feminists? What are they doing? Why aren't they doing more?" I was taken aback by it really, mostly because I thought a fairly central part of feminism is to take responsibility for self and to have the ability to make a choice and take action, saying what can I do, rather than get into blaming others. My mind went to all the amazing things women and girls are doing around the country – and many would claim the title feminist and many wouldn't. I think the word feminist has such bad press that women don't know how to claim it even want to claim it. I do proudly claim it myself.

And as I look out there into the community I notice a lot of action and activity around women speaking up for women and taking action for women. I think it is fantastic to see so much awareness and energy for action.

- Recently in March 2014, girls from Wellington Girls' College organised a march to Parliament challenging the government to do something for the two hundred Nigerian girls who were abducted.
- Sue Maroney with her private members bill to extend paid parental leave to 26 weeks.
- At the end of last year the Guides, all around the country organised Reclaim the Night community events.

"My mind went to all the amazing things women and girls are doing around the country – and many would claim the title feminist and many wouldn't."

- Women's Studies Association: On May 9th more than 100 people attended the launch of a feminist art exhibition at the Gus Fisher Gallery.
- The work of the New Zealand Family Violence Clearinghouse.

Continued on following page...

In this issue...

- 2 Spotlight on...
- 3 Poem | Community Events
- 4 Help and Wellness
- 5 Ongoing events schedule & info
- 9 Workshop topics & info
- 14 Inspirational woman
- 15 The Gender Binary
- 17 Winter wellness guide
- 18 Maternity leave and PND
- 19 Māori traditional values
- 20 Join us

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

Continued from previous page...

- The young girls that made complaints to the Police about the so called Roast Busters.
- Wellington Women Walk for Peace on International Women's Day in March 2014.
- Victoria University Students March for a Community Without Sexual violence in May 2014.
- All the other Women's Centres, Rape Crisis, Women's Refuges – their daily work.
- And to all the women out there attending courses for self development, and academic development, and dancing, and sport, and voluntary work for the good of the community.
- And all the other women working away in their ordinary lives, washing and cooking, and doing paid work, and looking after children and making wonderful lives. And what one woman does in a wonderful and ordinary life effects all those around her.

I reckon women are out there doing it, reclaiming and claiming their lives.

And even if it sometimes it is hard to see and progress is slow, go back to the words of Clarissa Pinkola Estes,

“Do not lose heart. We are made for these times...One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Souls shine like gold in dark times.”

Spotlight on...



Q. What is your name?

A. Kayley Te-maari Ngawati

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

A. I'm a new member of the Board of Trustees.

Q. Where did you grow up?

A. Orakei, Auckland

Q. What was the last book you read?

A. *The Prophet* by Kahlil Gibran

Q. What do you do to help with your wellness?

A. Taking the waewae express (walking) to get anywhere and everywhere tends to help. As well as mindfully watching children. They remind me to appreciate the little things I can sometimes take for granted and they are forever reminding me to be present.

Q. What was the first concert you went to?

A. When I was about 1 or 2 years old my dad, sister and I went to go collect my mum from the Big Top where UB40 were playing and dad being dad managed to get in as they were playing their last song. Once we were in dad climbed a pole to get a better view leaving me to cry at the bottom and my sister who is only a year and a bit older entertaining a few people with her dance moves.

Q. What was your favourite concert?

A. Erykah Badu at splore! Beautiful lady in a beautiful setting among my beautiful friends.

Q. Where is your favourite place in the world?

A. My nana and grandad's home in Turangi. It is so peaceful and nothing beats nana's kai!

Q. What is a favourite memory from childhood?

A. I remember sitting on the couch in the lounge with my parents, brother and sister watching our younger twin brothers continuously run under the netting that was hung on the front door. We were all in hysterics as the twins took great joy in their new activity.

And a quote to finish on

Naku te rourou nau te rourou ka ora ai te iwi. (With your basket and my basket the people will live.)

“I do not wish women to have power over men, but over themselves.”

Mary Wollstonecraft

Power of Choice

Susan Skog

Accept your power to make choices. Life is fluid with possibilities. Each of us has incredible power to shape our life and reshape our world. You can choose to have as magnificent a life as you want. Or you can choose to suffer magnificently. You alone choose how you react to what happens in life. And a lot happens, doesn't it? Just when life seems on track, we get slipped a pink slip. We answer the phone and get a medical diagnosis that fills us with terror. We see a loved one walk out the door, looking for love in all the wrong places. But remember your power. Honour your great ability to turn despair into hope. We can choose to transform the darkest of circumstances into the brightest of opportunities. We can choose to ask for help. We alone are responsible for the abundance of our day, for the depth of our suffering. Easier said than done? Absolutely. It requires gut-wrenching courage to accept responsibility for our own life, emotions, self-image, and well-being. But we never do it alone. We are always fortified with more support, light, and love than we could ever imagine.

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

Community Events



> THURSDAY 19 – SUNDAY 22 JUNE

Learning Connexion “Celebrating 25 Years of Inspiring Art and Creativity”:

Exhibition of student's ceramics, jewellery, painting, drawing, etc. 10am – 4pm, 182 Eastern Hutt Road, Taita, Lower Hutt. Cost: free.

> JULY – NOVEMBER

A Creative Opportunity for Women: be part of a unique Wellington-based project exploring the role of women in WW1:

The Voice Arts Trust is looking for women with a connection to the events of WW1 – through family, study or work, or for those with a strong interest in the histories of WW1. This is a theatre project but no experience is necessary. You will be supported and guided by experienced theatre practitioners. We want creative women, of any and all ages, keen to participate in a very unique opportunity to create and perform. Weekly workshops will run from July with a performance on November 11th at Parliament. This is a Voice Arts Trust project in partnership with the British Council and the Goethe-Institut. For more information email nicola@voice-arts.org.nz or phone 04 973 002.

> SATURDAY 2 AUGUST

Petone Winter Carnival: Food fair, markets and events for all the family at this year's carnival. Come along and be amazed at the spectacular fire sculptures or Pelorus Trust Fireshow or if you are feeling brave, why not join in the Mitre 10 Mega Polar Plunge? 12 noon – 8pm ish. Petone Foreshore, Lower Hutt. Cost: free. www.petonecarnival.co.nz for more information.

> SATURDAY 23 AUGUST

Hutt Valley Community Dance:

Ballroom, Latin, Sequence and Rock N Roll. Suitable for all levels of dancers. Live band and supper provided. 8pm – 11.30pm. Chilton St James School Hall, 124 Waterloo Road, Lower Hutt. Cost: \$15.00 per person. For more information: ph Susan 04 567 5593 or Shona 04 237 8413.

> ONGOING ON SUNDAYS

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.

> 2ND SUNDAYS OF THE MONTH

Seaview UpCycle Markets: Bring your trash and make it a treasure or come to browse and buy at the Seaview UpCycle Markets. Second Sunday of every month, 12 – 4pm. At the public boat ramp (Gate 1), Seaview Marina, 100 Port Road, Seaview, Lower Hutt. Stall holder bookings are essential (\$10 per stall) – check out their Facebook page to book www.facebook.com/seaviewmarket. Browsers and buyers are welcome free of charge. Weather dependent – check details on Facebook.

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

Holistic Nutritional Counselling

Life Balance Nutrition offers holistic nutritional counselling in which real foods are used to re-boot your body's own self healing mechanisms. Almost all modern illness and disease is most heavily influenced by the foods we chose to put in our mouths on a daily basis. If you are interested in improving your overall health and becoming empowered with the knowledge you need to bring your body back into a healthy balance, phone or email Kimberly Mills for more information on the consultation process.

When:

Free consultations available on Thursday mornings

How to book:

Contact Kimberly directly on 021 242 2997 or kimberlyvmills@yahoo.com

Kimberly Mills BA, MBA, DipNutSci (candidate) NCNZ.

Holistic Clinical Nutrition, Student Practitioner

Please note this is not a Women's Centre service. Please contact Kimberly directly.

Feedback from women who've used this service:

"Kimberly is very personable and has a great holistic approach. I highly recommend her."

"The advice she has given me has already made a positive difference to my wellbeing."

"She has identified nutrient deficiencies I have because of medication I take."

Ages and Stages

Mid Life and Onwards – Personal Milestones and Transitions

Are you living with life changes – wanting to talk and listen to others having similar experiences?

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.

Dates: Saturday 26 July

Time: 10am – 3pm

Cost: \$50 neg for the first workshop you attend

\$10 for subsequent workshops

Enrolment: by payment in the month prior

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.

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.

WEEKLY SCHEDULE

Monday

9am – 2pm	Therapeutic Massage and Holistic Pulsing <i>(by appointment)</i>
-----------	--

Tuesday

9am – 2pm	Therapeutic Massage and Holistic Pulsing <i>(by appointment)</i>
10am – 2pm	Mosaics
6.30 – 8.30pm	Self Esteem

Wednesday

1 – 2.30pm	Women's Support Group
------------	-----------------------

Thursday

9am – 3.30pm	Computer lessons <i>(by appointment)</i>
--------------	--

Friday

10am – 12pm	Self Esteem
-------------	-------------

First Sunday of the month

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

Therapeutic Massage and Holistic Pulsing

Get invigorated or pamper yourself with a relaxing therapeutic or deep tissue massage. Or try holistic pulsing.

Holistic pulsing is gentle hands-on body work that promotes your physical mental and emotional well-being. During the session, which can be combined with therapeutic or relaxation massage or applied on its own fully clothed on a massage table, Rachel applies gentle rhythmical rocking and kneading movements to relax, stretch, open and mobilise your body.

Holistic pulsing is beneficial for a wide range of health conditions and is safe for most people of any age and health history.

Day: Mondays and Tuesdays

Time: 9am – 2pm

Cost: \$30 per session

Booking: contact Rachel directly

- 550 6223 | 022 698 8090
- therapeuticmassage@gmx.com

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



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.

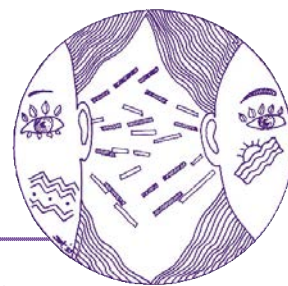
Tuesday evenings

June 3	Anger as a strength
June 10	Developing self knowledge
June 17	Self love
June 24	Acknowledging self
July 1	Enhancing self in terms of awareness
July 8	Acceptance and use of strengths
July 15	Positive thought and talk
July 22	Messages about self
July 29	Accepting responsibility for self
August 5	Coming to grips with feelings
August 12	Talking about ourselves
August 19	Beliefs about self
August 26	Expressing pride in self
Sept 2	Letting go of the past
Sept 9	Respecting self and others
Sept 16	Striving for pure motives
Sept 23	Putting yourself in neutral

Friday mornings

June 6	Messages about self
June 13	Accepting responsibility for self
June 20	Coming to grips with feelings
June 27	Talking about ourselves
July 4	Beliefs about self
July 11	Expressing pride in self
July 18	Letting go of the past
July 25	Respecting self and others
August 1	Striving for pure motives
August 8	Putting yourself in neutral
August 15	Having the courage to be imperfect
August 22	Developing courage
August 29	Willpower
Sept 5	Anger as a strength
Sept 12	Developing self knowledge
Sept 19	Self love
Sept 26	Acknowledging self

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: Thursdays

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

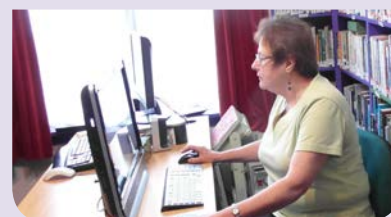
- One runs on Windows 7
- One runs on Window 8 and is touchscreen

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.*

Day: The first Sunday of every month

Sunday 1 June

Sunday 6 July

Sunday 3 August

Sunday 7 September

Sunday 5 October

Sunday 2 November

Sunday 7 December

Time: 1 – 4pm

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

Facilitator: Ally Andersun

If you are interested please phone or come along

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a "living" is not the same thing as making a "life." I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

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.

Workshop topics

Self Development using the Psychodramatic Method	p 9
Painting Workshops	p 10
Assertiveness for Women	p 10
Welcome Home – Meditation	p 11
Self Esteem for Teens	p 11
Women Who Love Too Much	p 12
Anger as a Strength	p 13
My Mother, My Self	p 13
Resilience	p 13

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

Self Development using the Psychodramatic Method

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

Participants are expected to attend all sessions of the workshop. Two separate workshops will be run in this half of the year.

Dates: Workshop one

Friday 13 – Sunday 15 June

Workshop two

Friday 28 – Sunday 30 November

Times: Fridays 7 – 9.30pm

Saturdays 10am – 5pm

Sundays 10am – 4.30pm

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

Enrolment: only through payment

Facilitator: Ally Andersun

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: All workshops are on Saturdays

Workshop 3: 28 June

Workshop 4: 6 September

Workshop 5: 1 November

Time: 10am – 4pm

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

Enrolment: only through payment

Tutor: Linda Wood



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 30 July

Time: 7 – 9pm

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

Enrolment: only through payment

Facilitator: Stephanie Brockman

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 to 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 14 August

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 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 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: 6 weeks beginning Thursday 21 August

Time: 4 – 6pm

Cost: \$20. Phone to register interest

Enrolment: only through payment

Facilitator: Stephanie Brockman



Women Who Love Too Much

Co-dependency, relationship addiction, giving yourself up in relationships

We run two women who love too much workshops. The first one is focussed on an educational experience. What 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?”

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

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

Women Who Love Too Much (Part One)

Workshop One is an educational weekend. This weekend will give you an opportunity to explore your own issues around co-dependency and process addiction (eg, cleaning), 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.

“I used to spend so much time reacting and responding to everyone else that my life had no direction. Other people’s lives, problems, and wants set the course for my life.

“Once I realised it was okay for me to think about and identify what I wanted, remarkable things began to take place in my life.”

(Melody Beattie)

Women Who Love Too Much (Part Two)

Workshop Two is for women who have completed a Part One “Women Who Love Too Much” workshop at some time. This weekend will give you an opportunity to work therapeutically through your issues around co-dependency and process addiction.

Co-dependency often involves placing a lower priority on one’s own needs, while being excessively preoccupied with the needs of others. It can occur in any type of relationship, including family, work, friendship, and also romantic, peer or community relationships. Co-dependency may also be characterised by denial, low self-esteem, excessive compliance, or control patterns. We will also explore the origins of your behaviour and ways of changing and developing in yourself.

Dates: **Part One Workshop**
Friday 29 – Sunday 31 August

Part Two Workshop
Friday 10 – Sunday 12 October

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

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: 6 weeks beginning
Wednesday 10 September

Time: 7 – 9pm

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

Enrolment: only through payment

Facilitator: Ally Andersun

My Mother, My Self

In this workshop we look at issues to do with our relationship to our mother; including looking at concepts of what stops us from living our own authentic lives, and how our relationship with our mother influences how we are today.

The workshop covers issues of guilt, including; mother guilt, our mother's guilt (how much did we inherit from her?) and how we are controlled through guilt.

This is an experiential workshop and participants need to have a commitment to their own development.

No relationship is quite as primal as the one between a mother and her daughter. "It's the original relationship." *Lee Sharkey*

Dates: Friday 19 – Sunday 21 September

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



Resilience

Do you want to learn how to bounce back from adversity? Do you want to change but you don't know how?

Resilience is the ability to have difficult feelings, experiences, mistakes, disappointments or loss and to be able to move through them in constructive ways that allow you to maintain your authenticity and grow from the experience. Resilience is a crucial ingredient in what determines how high we rise above what threatens to wear us down, from battling an illness, to relationship breakup, to carrying on after a national crisis. Resilience can be defined as the capacity to cope and bounce back. In this course participants will identify strategies and techniques to recognise unhelpful ways of being and replace them with a mindset that enhances resilience. We are all resilient in many ways, and this course will assist in participants connecting with their capacity for resilience.

A person connected to their capacity for resiliency will return to equilibrium after a disturbance.

Dates: 6 weeks beginning
Wednesday 22 October

Time: 7 – 9pm

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

Enrolment: only through payment

Facilitator: Ally Andersun

Dame Anne Salmond

Distinguished professor of Māori studies, writer, historian, environmentalist

Renowned historian Dame Anne Salmond was named New Zealander of the Year in 2013.

She was awarded the top title for her work in building bridges between cultures and mapping the country's history.

The Auckland University professor is the author of award-winning books about early Māori life and the first encounters between pakeha and tangata whenua.

She said she wanted to make New Zealand a place where talent lives.

"We just need to have faith in steering New Zealand into the future."

Through teaching others, she keeps faith in the future.

"I see wonderful, young people coming through every year. They're full of talent, dreams and visions. I learn from them all the time. The future of our country is so bright."

Former prime minister Jim Bolger, patron of the awards, said Dame Anne is dedicated to making New Zealand proud of its Māori heritage.

"Dame Anne's work has been lifting the opportunities of New Zealanders. She has also made us comfortable with who we are through her work in Māori studies."

Governor General Sir Jerry Mateparae said she was a remarkable woman who had made a difference to the country.

"She just resonates with people and her passion comes through."

When Anne was a teenager she "went away to the States on a field scholarship, and I had to talk about my country. I realised quite quickly that I didn't know

much about anything to do with the Māori side of New Zealand... so I decided that I would learn the reo when I came back, I'd learn the Māori language.

"So I started learning Māori and became involved in te reo Māori, started going to marae, and it was a bit like The Lion, the Witch and the Wardrobe – it was like moving into another world, into another dimension in my own country."

The following year, in 1964, she embarked on Anthropology and Māori Studies at Auckland University and joined the university's Māori Club. After graduating with an MA she worked on a Polynesian outlier in Melanesia, followed by study in America on a Fullbright Scholarship.

Upon her return to New Zealand Dame Anne married architect Jeremy Salmond and resumed lecturing in the Department of Anthropology and Māori Studies at Auckland University. She has taught at universities ever since, largely at Auckland but also in America, when working towards a PhD there and at Cambridge in England.

She has written many academic papers and books. Her close collaboration with Eruera and Amiria Stirling, noted elders of Te Whānau-ā-Apanui and Ngāti Porou, led to three books. The first, *Hui: A Study of Māori Ceremonial Gatherings* won the Elsdon Best Memorial Gold Medal and the next two, *Amiria* and *Eruera: Teachings of a Māori Elder*, both won Wattie Book of the Year awards.

A Māori work, *Two Worlds: First Meetings Between Māori and Europeans 1642 – 1772*, published in 1991, also won important awards. Its sequel, *Between Worlds: Early Exchanges Between Māori and Europeans 1773 – 1815* was again an award winner.



In 1988 Dame Anne received the CBE for services to literature and the Māori people. In 1990 she was made a Fellow of the Royal Society of New Zealand and in 1995 she became a Dame Commander of the British Empire for services to New Zealand history.

Dame Anne has served on a variety of national boards including Te Papa Tongarewa Museum of New Zealand and more recently, the New Zealand Historic Places Trust.

Nowadays she likes to spend time on a property near Gisborne, where she grew up.

Winning the title of New Zealander of the Year doesn't mean it's time to quit, however. Dame Anne has more books planned.

"I love writing, I'm teaching, and more time on the land as well. It keeps me sane and balanced, I think – going back to Gisborne, putting on my gumboots and going up that gravel."



Understanding the Gender Binary

How does the two-gender system impact you?

Sourced from:

<http://genderbinary.wikidot.com/gender-binary-problematic>

I had two best friends when I was younger, Buck and Brandon, both boys. We played four square and football everyday at recess together. When our gym class would go outside and play kickball I could kick further than most of the boys. An accomplishment, right? Not quite. In the third grade I got sent to the principal's office for playing "tackle" football with my friends. I was the only girl; all of the boys got warnings, but I wasn't allowed to go outside for recess the rest of the month. When it was my turn to talk to Mr. Machale (our principal) he told me that I should play "more with girls" and that any kind of football (not just tackle) was "dangerous for a little girl."

I may have been little, but I was tougher than half of the boys in my class. I didn't cry when I fell down and skinned my knees, I thought it was cool. The girls in my class thought it was "gross" that I liked to play in the pond and catch frogs on the weekends. My mom used to get so angry, she'd come outside and embarrass me in front of everyone, yelling at me, calling me a "young lady" and telling me to come inside, "this instant!" I never wore pink flowered dresses or braided my hair, heck I hardly brushed my hair. I wore baggy jeans and a large oversized Fox Racing sweatshirt everyday. I didn't tie or Velcro my shoes like the other girls my age. I wore the "boys" Vans, where you tucked the laces underneath the sole; they were more comfortable. My mom constantly wanted to put curlers in my hair and get me some clothes that "fit me." My clothes fit, they just weren't tight shirts and jeans that squeezed the life out of me. I never cared what anyone thought. My two best friends called me their "girl/boy friend." I fit in, I was just one of them.

Then we grew up. The constant staring and questioning finally got to me. Brandon and Buck got tired of being made fun of for having a "girlfriend." They got tired of hearing the song, "Katie and Brandon (or Buck) sitting in a tree K-I-S-S-I-N-G." I don't blame them. Somewhere along the lines I changed from the "girl/boy" to a "real girl." I started to care what people thought of me. I went on diets – eating nothing but salad, and today I wear the tight designer brand jeans I vowed I would never wear. I conformed. I let society's opinion, the gender binary, change me.

Language agrees with whatever is "common" or "shared" among a speech community. "Gender is a language, a system of meanings and symbols, along with the rules, privileges, and punishments," (Wilchins 35). Thus gender is only acceptable by common and shared societal norms, or the gender binary: male and female. The gender binary is the social identity we associate with one's biological sex, male or female. It's binary in a sense that there are two and only two genders, and these two genders line up exactly with the two biological sexes. A person is either male or female. Not a mix and not something different. The gender binary serves as an unachievable "goal" to societal beings; it's destructive and crippling, and it steals little by little pieces of who we are.

The problem and quite ironic thing about this gender binary is that not one person can 100% completely fall into one of its categories; male or female. We all as individuals, have aspects that fit into both categories. Don't you? Maybe you liked to play football when you were a kid, just like me. Maybe you liked to play dress up or Barbies or even play house with your sister, well maybe you did, until society told you "no more." Society sort of "brainwashes us" into thinking there are only two gender

categories and that you must pick one, and the right one – the one that corresponds with your sex. If you don't, you're weird, you're pointed at, people are uncomfortable around you and let's be honest, what person, likes knowing that others are uncomfortable around them? Society persecutes us until we conform. It makes us into gendered robots. "There is not a single word for people who don't fit gender norms that is positive, affirming or complimentary. There isn't even a word that is neutral," (Wilchins 38). Society reinforces the binary gender in this way; either we ignore it, we pretend it doesn't exist or we ridicule it. We point and stare, we freeze up, we become uncomfortable with the unknown, the hidden, the truth that society doesn't allow us to see. Persecution occurs when difference, or reality, is made evident and this persecution causes us all to conform. Rikki Wilchins says it like this, "Gender conformity is made possible through a sense of permanent visibility, a strong consciousness of shame before others, a rock solid belief in what our bodies mean and that meaning's utter transparency, and the continuous dance of gender that attaches the binary meaning to every facet of our waking lives", (Wilchins 69). Society presses on us a strong consciousness of shame when we are different, but isn't the point of being a "unique, human individual" being different? Society values and strives for difference. We as a culture emphasize the goodness of freedom and the ability to "be unique," but when it comes to something as fundamental or basic as gender, difference is somehow absurd, almost repulsive.

There are few who challenge this gender binary. They are individuals who are not comfortable conforming to societal standards without reason, they strive to comfortable in their own skin.

Continued on following page...

Continued from previous page...

strive to comfortable in their own skin. These individuals are transgendered. Transgendered individuals resist being placed into one of two gender categories. They resist the societal label that is awarded to them the moment they are born.

Mr. Barb Greve author of "Courage From Necessity" is transgendered. Barb, with the sex of a female struggled, with the female gender and asked friends and family to start using a masculine pronoun when referencing him. He recognized that society would not be okay with it, that people would become judgmental, uncomfortable, unsettled with Barb's decision, but Barb wasn't willing to let other people's feelings affect his life, "I need to be honest about my whole self and am not willing to put part of me aside to make others feel comfortable," (Greve 247). He wasn't trying to upset anyone, or "rebel" in anyway. Greve simply wanted to be a whole person. He needed to embrace both the male side of himself and the female side of himself; he knew that he didn't need the "acceptance" of society, but the "acceptance" only of himself. "My journey is not about transitioning into one of the two acceptable genders. It is not about making a political statement. My journey is about becoming a whole person. It is about being the best person I can be, (Greve 249).

How can we expect others to accept us, if we can't accept ourselves? We're all striving to be whole, just like Barb, but this binary gender makes it impossible. We can't be the best individuals we can be by conforming to societal standards, by changing the way we talk, the way we act, and the things we wear. Slowly our true identity will disappear. That is, if society gives us a chance to develop our own, true, identity. Our gender is socialised; we are taught to behave according to our gender, at such early ages, that the chance to develop a unique, identity outside of societal shaping is almost impossible.

Without societal "shaping", we're all a little bit transgendered. We are all unique individuals. Not one of us is 100% male or 100% female, but the gender binary forces us to choose, it forces us to conform. When we don't conform the gender binary forces us to see that we're different and different in this case isn't a good thing. The gender binary keeps us feeling self conscious about our differences. It forces us out of our uniqueness and into a pattern, a pattern that society creates. The gender binary steals our identities without us even knowing it.

I used to play tackle football for fun. I used to wear ripped jeans and oversized, baggy t-shirts because they were comfortable. I wore the same pair of shoes every single day, not because

they were fashionable, but because I liked them. I used to eat pizza and have root beer burping contests at lunch. Today, I walk around in uncomfortable \$200 "Seven for all mankind" jeans. I apply chemicals called "make up" to my face. I lay, bored and over heated, in a tanning bed that will probably give me cancer someday. I pay for a gym membership and I have to convince myself to run, inside, on a machine that after a deathly 20 minutes, will tell me how many calories I burned. Why in the world did I let the gender binary pull apart the person I used to be?

References: Greve, Mr. Barb. Courage From Necessity GenderQueer: Voices From Beyond the Sexual Binary. Ed. Joan Nestle, Clare Howell, and Riki Wilchins. Alyson Books, 2002. 194-200. Print.

Wilchins, Riki. Queer Theory. Gender Theory. Alyson Books, 2004. Print.

Further reading

You can find other articles on gender binary at:

<http://genderbinary.wikidot.com>

"Equality is not a concept. It's not something we should be striving for. It's a necessity. Equality is like gravity. We need it to stand on this earth as men and women, and the misogyny that is in every culture is not a true part of the human condition. It is life out of balance, and that imbalance is sucking something out of the soul of every man and woman who's confronted with it. We need equality. Kinda now."

Joss Whedon

Winter wellness guide

Looking after you and your family in these cooler months

Get movin' and stop shakin'

Forget sitting around shivering, and get outdoors during the day, every day. Go for a walk – the park, a beach, river or lake, or even just round the block.

Regular exercise improves circulation; great if you suffer from cold hands and feet, while the sunlight helps keep your vitamin D levels topped up, and helps with seasonal affective disorder (SAD).

Vitamin D is manufactured in our skin and is important for healthy bones and correct calcium utilisation. It is found in small amounts in fish, butter and eggs, and is available in supplement form.

SAD is a type of depression that is experienced by some people during the months of decreased daylight hours. It is characterised by periods of mild depression or anxiety, lethargy, irritability, low libido, carbohydrate cravings and a weakened immune system, leaving people with this condition susceptible to colds, flus and other opportunistic infections. SAD is thought to occur because of an imbalance between two brain chemicals, serotonin and melatonin. In addition to getting an hour outside in the sunlight each day, the herbal supplement 5HTP can also help normalise serotonin levels. Chat to a health professional if you think you may be experiencing SAD.

Why is it that the cold and flu viruses seem to thrive in winter?

Influenza viruses are usually spread from person to person through coughs and sneezes. Studies show that cooler temperatures harden the outer gel-covering of viruses (called the envelope), which protects the virus as it passes from person to person. Once the virus enters a person's respiratory

tract, the warmth of the body melts the envelope and the virus is finally capable of infecting the cells of its new host (researchers liken this process to that of eating an M&M – when in your mouth, the crispy protective covering softens and melts away). Conversely, during the warmer months, the protective gel melts to a more liquid state in the atmosphere and no longer offers protection; hence the virus loses its ability to survive in the open and infect people.

Viral infection is further assisted during winter because the cool, dry air (due to less humidity) compromises the integrity of our respiratory tract, making it easier for viruses to adhere to and infect us.

What can you do to protect yourself? Build up your herbal and nutrient armoury!

Echinacea – Numerous studies show echinacea, a Native American herb, has a positive effect on our non-specific immunity or our first line of defence for attacking viruses and bugs. Echinacea helps the immune system remain on high alert, and is available in formulations for kids as well as tincture, capsule and tablet form for adults.

Vitamin C – It supports our immune responses and can reduce the severity and duration of common winter problems. Because vitamin C is water-soluble and not stored in the body, it needs to be supplied from food or supplements. Remember, the vitamin C content of foods is easily damaged by cooking or poor storage, and lifestyle habits such as smoking, drinking alcohol and overconsumption of simple carbohydrates, as well as stress, can all adversely affect our vitamin C status.

Olive leaf – A potent antimicrobial herb that is effective against viruses, bacteria, yeast and fungi. Similar to echinacea, it can be used as a preventative, and during illness.

Elderberry – A key herb for treating sinusitis, a complication for many people after a head cold or flu. Studies show that elderberry is anti-inflammatory, antiviral and improves the symptoms of influenza such as fever, fatigue, headache, sore throat, cough and body aches. It does this in less than half the time that it normally takes to recover. Delicious elderberry syrup can be added to boiling water and given to children to soothe sore throats and fever.

Garlic – The active component in garlic, allicin, is antibacterial and antiviral; it boosts immune function, is an antioxidant and supports the cardiovascular system. Garlic can be taken in supplements if you don't like the smell or taste. Fresh bulbs can be chopped and swallowed, added to soups and stews.

Zinc – It has a positive effect on our immune system. Sprays and lozenges help reduce the symptoms, severity and duration of colds, flu, sinus problems and sore throats.

Always seek the advice of a health professional when supplementing with zinc, as too much can cause nausea, and it can interfere with other nutrients such as the absorption and utilisation of iron, copper and vitamin A.

These tried and trusted remedies are not to be sneezed at

Lemon and honey drink – Nothing new here right? But add some chilli and you improve circulation – warming those

Continued on following page...

Longer maternity leave lowers women's risk of postpartum depression



The first year after childbirth presents a high risk of depression for women, with about 13% of all mothers experiencing postpartum depression with a range of symptoms similar to clinical depression. It is important to identify public health or policy strategies that may reduce the risk of postpartum depression. Maternity leave is a relatively new phenomenon in western countries, created in response to the financial imperative or employers to retain trained staff, and most women return to work as soon as possible after giving birth without additional financial support. In the United States the majority of women return to work within three months.

The author of this study followed a group of more than 899 women in Minnesota over the course of the first postpartum year and gathered data about depressive symptoms and mental and physical health at six weeks, twelve weeks and 87 percent by six months.

The women who were on maternity leave for six months had significantly lower postpartum depression scores compared to their peers who had returned to work before six months. The authors concluded that the more leave time from work that a woman takes after giving birth up to a six month period, the less likely it is that she will experience postpartum depression. This study provides support for universal maternity leave schemes reducing postpartum mental health risk, however; most schemes around the world are considerably less than six months.

Source: Dagher, R.K. McGovern, P.M. & Dowd, B.E. (2013). Maternity leave duration and postpartum mental and physical health: implications for leave policies. Journal of Health Politics, Policy and Law, DOI: 10.1215/03616878-2416247

Changes to paid parental leave in NZ

In the Budget 2014 the Government announced the decision to extend the current 14 weeks' paid parental leave to 16 weeks from April 2015 and to 18 weeks in 2016. In addition to this increase, the Government announced a significant overhaul of parental leave as part of the Budget 2014, which will make it available to more people, for a longer period, and with increased flexibility.

The maximum parental leave payment for eligible employees and self-employed people will increase from \$488.17 gross per week to \$504.10 from July 1.

Continued from previous page...

extremities, clear chronic congestion, support lung health, and provide an extra dose of vitamin C.

A green tea teabag popped in will provide more antioxidants for immune support. For flavour, add some fresh ginger and cloves or cinnamon, and a big teaspoon of manuka honey.

Chicken soup – Plenty of researchers agree chicken soup helps thin mucus in the lungs, breaks up congestion and eases nasal secretions, as well as being anti-inflammatory. This is put down to the amino cysteine that is released from the chicken when you make the soup.

Throw in some hearty winter veges such as yams, carrots and kumara, some garlic and fresh garden herbs such as parsley to boost the nutrient profile and voila, a delicious and nutritious medicine food.

Laughter

Laughter decreases stress hormones, increases immune cells and infection-fighting antibodies, thereby improving your resistance to disease. It triggers the release of endorphins, natural feel-good chemicals. Endorphins promote an overall sense of wellbeing and may even temporarily relieve pain. Laughing relaxes blood vessels and improves blood flow, helping protect against

heart attacks and other cardiovascular problems. It exercises the abdominal organs and intestinal tract, exerting a beneficial toning effect on digestive processes.

Look for the comical side to everyday situations and occurrences. This is a fantastic way to avoid becoming stressed in traffic jams or the supermarket queue. Remember, it takes fewer muscles to smile than to frown.

Over-acidity

A low pH, or more acidic body, has been shown to provide a more hospitable environment for viruses and bugs

Continued on following page...

Māori women say traditional values are the key to combatting violence



Media release 24 November 2013 :

Te Wharepora Hou Māori women's group calls on Māori across the country to commit to removing family violence by returning to traditional values and practices.

"The violence experienced in our home and whānau is a direct outcome of colonisation which has removed whānau from the tikanga that mitigates such abuse" said Associate Professor Leonie Pihama of Waikato University. "We must not tolerate this form of destruction within our homes. Nor should we tolerate the ongoing violence perpetuated by the Crown on our whānau" she states.

Te Wharepora Hou has been working to raise awareness of a range of issues that impact on Māori whānau. Founding member Marama Davidson is also a part of the Glenn Inquiry into domestic violence and child abuse. She has been on the panels to ensure the voices of all whānau are heard, including Māori women and children. "Māori women are saying very clearly that our values

need to return to collective responsibility. They want better connected communities and have experienced how isolation has removed them from a shared intolerance on violence."

The rate of family violence for Māori is disproportionately high. Te Wharepora Hou is committed to providing information to support to Māori providers and healers at the forefront of supporting whānau to wellbeing. Dr Pihama is a Principal Investigator in the Health Research Council funded programme 'He Kokonga Whare'. The programme was awarded to Te Atawhai o Te Ao Research Institute (Whanganui) to investigate issues of Historical and Intergenerational Trauma on Māori. "The programme is at the cutting edge of engaging historical trauma and the need for trauma informed approaches in Aotearoa" says Dr Pihama. "This work contributes to an understanding of the origins of whānau violence in Aotearoa that stems from genocidal and ethnocidal acts imposed on whānau, hapū and iwi".

Te Wharepora Hou calls on whānau, hapū and iwi to take a zero tolerance stand on violence within and against whānau.

Do you need help?

If you think you are in an abusive relationship and want some help, contact The Women's Refuge on 0800 REFUGE or 0800 733 843. They are available 24 hours a day, 7 days a week. You can also access help through their website: <https://womensrefuge.org.nz>

For urgent help dial 111.

You can read more about Te Wharepora Hou Māori women's group at:

<http://tewhareporahou.wordpress.com>

Continued from previous page...

to flourish. Stress, some household cleaners and personal hygiene products, alcohol, high protein diets, junk food and coffee are some contributors to low pH – things that are almost impossible to avoid these days.

1. Take a calcium and multimineral supplement to help the body become more alkaline.
2. Daily shots of barley grass, wheat grass and spirulina are excellent alkalinisers.
3. Apple cider vinegar, most fresh fruit and veges, pure water, meditation and yoga all rebalance acidity.

6 Quick tips for feeling great and looking even better

1. Less humidity can lead to dry skin; avoid super-hot baths and showers that strip away natural oils (sebum).
2. Dry skin brushing before you shower is great for assisting your body with eliminating toxins.
3. Catch those Zzzzz's! Never underestimate the power of sleep as this is the time when your body repairs and rejuvenates.
4. Increasing your fluid intake (water, herb teas) keeps your skin and body hydrated.
5. If participating in snow sports and

pastimes, wear a sunscreen – the snow reflects approximately 85% of the sun's rays, like a mirror, giving your skin a double-whammy of UV.

6. Cover your eyes too, as snow blindness – sunburn of the cornea and conjunctiva, is painful, and can cause permanent damage to your sight.



Source: www.healthyoptions.co.nz
by Leisa Harford BHSc (Comp Med),
Adv Dip Herb Med

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.