



Viewpoint

By Stephanie Brockman, Women's Centre Manager

I was listening to a documentary a while ago and it said that in America the same amount of money is spent on prisons as is spent on education.

As I write this I am still dumbfounded that this is the case. And I suppose what worries me is that we are following the American way of things and going down this track.

In America a great proportion of the population in gaol is black men. And I know the New Zealand statistics show Māori men are high in prison population. Why is this the case?

I wonder if Te Tiriti o Waitangi were really taken into account would this be the case? If Māori culture was regarded by Pākehā as relevant, real and a culture of great depth would so many Māori face the situation of gaol?

So many Pākehā say it's a Māori issue, but how about regarding it as a Pākehā issue. What are Pākehā doing that causes this problem for our society? What are we doing that creates this inequity, this terrible imprisonment, that creates a culture that believes that caging people up is going to create something better?

In America the culture of imprisoning shows that if you think this will solve the problem you are wrong. Prison populations are increasing at such a great rate and is doing nothing to stop the situations that cause crime.

If we need to follow America we can look at their situation and learn from their experience.

Māori culture is such a great treasure and if our whole society doesn't give it respect we all miss out. We don't get the opportunity to learn and be expanded. Māori culture has so much to offer and has done since Pākehā arrived in this country. All we have to do is be open to it.



In this issue...

- 2 Spotlight on...
- 3 Poem | Community Events
- 4 Wear Red Lips
- 6 Ongoing events schedule & info
- 10 Workshop topics & info
- 16 Jenny's Computing Tips
- 16 Inspirational woman
- 17 Let fat people be happy.
- 19 Treaty of Waitangi
- 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

Spotlight on...



Q. What is your name?

A. Amber White

Q. Where did you grow up?

A. I grew up mostly in Upper Hutt but for the past year or so I have been living in Lower Hutt

Q. Your role at the Women's Centre?

A. I'm a volunteer at the Women's Centre. I run the Youth noticeboard and collect information on resources useful for youth in the Hutt Valley. I also collect and update information on other resources available for women to use in Wellington.

Q. What is your favourite YouTube channel?

A. Laci Green's Youtube channel.

Q. Where would you like to travel?

A. I would really love to go to Nepal

Q. What was the last book you read?

A. Sanctuary by Kate De Goldi

Q. What is your favorite song at the moment?

A. What kind of Man By Florence and the Machine.

Q. What do you do for wellness?

A. I do quite a few different small things but for me something that I do most days as a part of my down time routine is to spend an hour doing something unimportant like watching TV Programs, listening to music or painting my nails.

Q. What's your favourite TV show?

A. At the moment my favorite TV show is Dexter.

A quote to end on

"Although no one can go back and make a brand new start, anyone can start from now to create a brand new ending."

Nature Reveals

Our physical world, respect and explore,

Where water meets land; a beautiful shore.

Mountains we conquer, look down in awe,

If you're an artist, make sure you draw.

Nature exciting, adventurously new,

Much more to see, than a sky that is blue.

It offers so much, open your eyes,

Hope of today, with every sunrise.

Nature shall feed, body and soul,

Some call it home, others a hole.

Memories are nurtured, when nature reveals,

Sharing its pleasures, amazing it feels.



This edition's featured poem was chosen by volunteer Alison

> > TUESDAY 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

From Tuesday 7 April 2015 to Tuesday 1 December 2015

Gaye Sutton, our guest teller for April, loves stories that speak to social issues and the lives of ordinary people. She often connects themes from traditional or mythical tales to stories from her own life.

>> 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.

> 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

>> DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death.

Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'.

A Death Cafe is a group-directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Our Death Cafes are always offered:

- On a not for profit basis

- In an accessible, respectful and confidential space

- With no intention of leading people to any conclusion, product or course of action

- Alongside refreshing drinks and nourishing food – and cake! -

<https://twitter.com/DeathCafeWelly>

> WEBSITES

Mydecision.org.nz

Shows gps who will refuse contraception. Where to get an abortion. Where to get contraceptives.

Community Events



>> WATERLOO SCHOOL BIG SUNDAY LUNCH

Sunday 3 May | 11am - 2pm

A day of fun, food and family!

There'll be a huge variety of food, live entertainment, cake and deli stalls, along with plenty of games. Stroll around the marketplace and take home some locally made crafts and food items, while the kids enjoy the bouncy castles, popstick lotto and sponge throwing!

Martin Bosley will be there to judge the Big Brownie Bake Off. Get your kids practicing their cooking skills and bring their best batch along to the BSL on 3rd May - Martin tastes every single entry! The Big Brownie Bake Off is a fun competition for primary school children.

Location Waterloo School Hardy Street, Lower Hutt Cost Free entry

> NAENAE FRUIT AND VEG CO-OP

ARE offering market-fresh fruit and vegetables at wholesale prices.

It costs \$10 (paid in advance), and you receive a pack of fruit and vegetables. Packs consist of four types of vegetables and three types of fruit, about 8kg in total.

Packs are available for pickup on Tuesdays between 2.30 and 3.30 pm. They must be paid for in advance.

Pick up is St Davids Church Hall, 3 Seddon Street, Naenae.

Contact: Jill Kirkland 0274674000

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.

Red My Lips Campaign

Our Mission

To transform our culture of sexual violence by educating, inspiring, and mobilizing a global community to red their lips, raise their voices, and create real change.

About

Red My Lips is an international nonprofit organization based out of the U.S. We run an annual global awareness campaign where our fierce and fearless supporters rock red lipstick all throughout the month of April (Sexual Assault Awareness Month) to demonstrate solidarity and support for survivors and start important conversations with people in their lives. Red My Lips is designed to raise visibility and awareness about the realities and prevalence of sexual violence, while combatting rape myths and victim-blaming.

We continue to convince ourselves that rape only happens to 'those girls' who 'weren't careful,' 'gave mixed signals,' or 'put themselves in a bad situation.' This tendency to deny, shame, or blame survivors who come forward only serves to convince other survivors that they are wise to keep quiet, giving those who perpetrate these crimes free reign to continue doing so without consequence. Additionally, we frequently misunderstand rape and sexual assault as something provoked by uncontrollable sexual attraction or desire...instead of what it is: an act of domination, entitlement, and violence. This mentality was echoed in the infamous statement made by a Toronto police officer in 2011, when he said, **"Women should avoid dressing like sluts in order not to be victimized,"** which triggered worldwide protests known as 'Slutwalks.'

Red My Lips combines a core message of Slutwalk with the campaign format of MOvember to promote the idea that: The problem does not lie with tight or revealing clothes, makeup, or 'letting your guard down.' The problem lies with one person's DECISION to overpower and violate the body and spirit of another. And until we acknowledge and address this reality, the worldwide pandemic of sexual violence will continue.

Wearing red lipstick or something red in April allows supporters to speak out against these damaging myths and victim-blaming attitudes.

ONGOING EVENTS

It allows us all to stand in solidarity with survivors and refuse to be invisible...refuse to be silent.

History On the night of April 28, 2011, Red My Lips founder, Danielle Tansino (then 29), was out with friends. She was later isolated and raped by a childhood friend of her then housemate. After filing a police report, and following a traumatic experience with the court system, she was told by a female district attorney that they would not prosecute because, "Jurors don't like girls that drink."

In this moment, she realized it was not

'the system' that fails victims of sexual violence...we ALL do. We ARE the system. What was almost more shocking than this realization was the response from friends and family who suggested that the attack was a mere 'misunderstanding,' or attempted to frame it as a natural consequence of 'not being careful enough.' Many others refused to hear or talk about it at all.

As a social worker, activist, and fighter for social justice, the silence and myths surrounding sexual violence fuelled an intense outrage...an outrage that erupted in December of 2012 with the

creation of Red My Lips.



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
------------	-----------------------

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

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
---------	---

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



Women are not inherently passive or peaceful. We're not inherently anything but human. ~

Robin Morgan

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

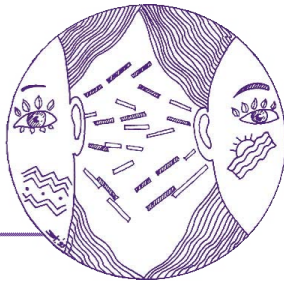
Booking: You don't need to book, just turn up

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	
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
May 12	Acceptance and use of strengths
May 19	Positive thought and talk
May 26	Messages about self
June 2	Accepting responsibility for self
June 9	Coming to grips with feelings
June 16	Talking about ourselves
June 23	Beliefs about self
June 30	Expressing pride in self
July 7	Letting go of the past
July 14	Respecting self and others
July 21	Striving for pure motives
July 28	Putting yourself in neutral

Friday mornings	
April 10	Acceptance and use of strengths
April 17	Positive thought and talk
April 24	Messages about self
May 1	Accepting responsibility for self
May 8	Coming to grips with feelings
May 15	Talking about ourselves
May 22	Beliefs about self
May 29	Expressing pride in self
June 5	Letting go of the past
June 12	Respecting self and others
June 19	Striving for pure motives
June 26	Putting yourself in Neutral
July 3	Having the courage to be imperfect
July 10	Developing courage
July 17	Willpower
July 24	Anger as a Strength
July 31	Developing self knowledge
Aug 7	Self Love

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

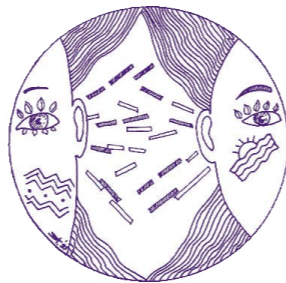
Other facilities

- 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 wellbeing 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 Afternoons every week 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 Practioner 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.

Workshop topics to July 2015	
Assertiveness for Women	p 10
Anger as a Strength	p 12
Self Care Vs Burnout	p 10
Self Esteem for Teens	p 12
Resilience	p 9
Inner Child	p 13
Self Development using the Psychodramtic method	p 13
Co-dependency Part one	p 11
Weaving with Harakeke	p 14
Painting	p 14

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

Resilience

The identification and use of resilience in everyday life	unhelpful ways of being and replace them with a mindset that enhances resilience.	Date	6 weeks beginning Wednesday 1st July 2015
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 allows us to maintain our authenticity and grow from the experience.	We are all resilient in many ways, and this course will assist in participants connecting with their capacity for resilience.	Time	7-9pm
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	A person connected to their capacity for resilient person will return to equilibrium after a disturbance.	Cost	Waged \$40 /Low or unwaged \$20
	It does not matter how strong your gravity is, we were always meant to fly.” Sarah Kay	Enrol	By payment or deposit phone 5692711 for information and payment details
	“Through suffering, comes wisdom. Through surrender, comes strength. Through resilience, comes hope. Keep going.” Rita Said	Facilitator	Ally Andersun

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has." –Margaret Mead

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

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 12 August 2015

Time: 7 – 9pm

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

Enrolment: only through payment

Facilitator: Stephanie Brockman



“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

Albert Einstein

The Women's Centre is looking for a volunteer to do the quarterly newsletter. The woman needs to know how to use In-Design and be interested in coming to volunteer's training and supervision - although depending on availability this could be negotiable. If you are interested please contact Stephanie Brockman. 5692711 or info@lhwc.org.nz



Co-dependency Part One

Women who love too much, co-dependency, relationship addiction, giving yourself up in relationships

We run two co-dependency workshops. The first one is focussed on an educational experience. What is Co-dependency? "Am I co-dependent?" How does it effect my life? "How would my life be different if I wasn't co-dependent?"

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.

Co-dependency/Women Who Love Too Much Part Two will run later in the year.

Dates: Part One Workshop
Friday 24 – Sunday 26 July

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, often in an unconscious way.

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



History is herstory too.



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 conversely not express anger, both 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



Te tamariki tana mahi wawahi taha.

It is the job of children to break the calabash.



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

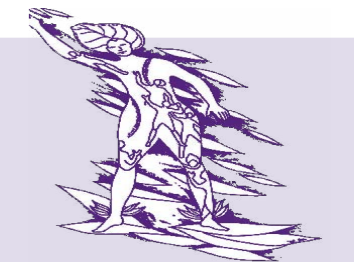
Times: Friday 7 - 9.30pm
Saturday 10am - 5pm
Sunday 10am - 4.30pm

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 practise 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

He aha te kai o te rangatira?
He korero, he korero, he korero

What is the food of a leader?
It is knowledge and communication.

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 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

Gender Avenger

An organisation seeking to raise awareness about gender diversity has created an app called GA Tally, that allows people to publicly call out panels and events where women are underrepresented.

The web-based app allows people to create simple charts highlighting the lack of gender diversity at events. Enter the hashtag for the event, conference or panel, the number of men and the number of women and the app generates an embeddable pie chart. The web-based app allows people to create simple charts highlighting the lack of gender diversity at events. Enter the hashtag for the event, conference or panel, the number of men and the number of women and the app generates an embeddable pie chart.

The group has also used the app to call out publications like the New Yorker for not including more women in its coverage.

<http://www.genderavenger.com/>

Jenny's (computing) tips and tricks

And here's my next tip, the second one, based on the most-worrying problem facing new laptop purchasers who come in panic/stress to our LHWC free computer lessons - those big messages flashing on the screen saying you are/will be unprotected if you don't pay up, you are at serious risk of catching viruses. Help! For anyone who experiences this unpleasant scenario, read on. I hope you will find it useful.

#2: Anti-virus – which anti-virus? How to keep you and your new laptop safe for free

►What is the problem?

- You have purchased your new, maybe your first, laptop, running Windows 8 or 8.1
- There is an anti-virus programme already installed much to your relief, probably by Norton, MacAfee, Trend or Panda
- However, after a month you start getting big flashing messages telling you your free trial is over and you need to pay to continue to use your anti-virus programme. And
- you are AT RISK of infection unless you pay up now. Eek!

►The solution

- Microsoft kindly provides a good, free anti-virus which is already installed on your laptop/computer –

Windows Defender

- However it is disabled while there is another anti-virus programme installed as well
- To get Windows Defender anti-virus working for free
 - ☞ Remove the additional programme
 - Go to the right hand corner (top or bottom) of your screen to summon your charms, and click on the Settings charm
 - In the box that opens there, click on Control Panel
 - Click on Programs and Features in the list of settings A box headed Uninstall or change a program will open
 - Scroll down to the name of your unwanted antivirus programme and click on it
 - Uninstall/Change will appear in the heading above the list of programmes
 - Click on it and follow the instructions, ignoring the panicky messages asking if you are sure, you will be unprotected etc etc
 - ☞ When it is deleted, reboot your computer if requested
 - ☞ If a bubble appears from the bottom right of your screen saying you need to click it to start Windows Defender, go ahead
- Once Windows Defender is live, update your virus definitions and scan your laptop
 - ☞ Click on the Update tab, this may take several minutes if it is the first time Windows Defender has been used
 - ☞ Once updated, click on the Home tab, then under Scan options check that Quick is selected and click on Scan now
 - ☞ Usually it is all clear, but anything if it finds will be quarantined for you, and options will be provided for further action by you if needed
- Check you are up to date with your definition updates and scans every few days for peace of mind
- Enjoy!

CELEBRATING THE LIFE OF JUDI STRID

On Thursday 26 February 2015 Judi Strid died at home following a four-year battle with cancer. She was 59 years old, the mother of five children and three grandchildren.

Judi was a truly remarkable woman, a leader and one of the most effective change agents in the maternity sector in New Zealand during the 1980's and 1990's. I met Judi in the mid 1980s and we soon became friends and colleagues as we joined and/or established consumer groups and worked on numerous issues of concern in the maternity sector. Judi was an inspiring and hard-working member of the Home Birth movement, Save the Midwives, Maternity Action, as well as many other groups.

In 1986 she helped form and then led the Direct-Entry Midwifery Task Force whose aim was to see the establishment of a direct-entry mid-wifery programme in New Zealand. Over the next four years Judi led this hugely successful campaign. On 29 November 1987 taskforce members met with Marilyn Waring to discuss strategies for achieving the goal of getting a specialist midwifery training course of a high standard that would be both appropriate to New Zealand and which would also be recognised internationally.

As co-ordinator of the Task Force Judi inspired and motivated the rest of us with her passion and enthusiasm for the cause, and over the next few years we vigorously lobbied MPs, wrote letters, applied for funding, produced submissions, networked with other women, researched overseas mid-wifery training programmes and attended conferences both in New Zealand and overseas. Without Judi's commitment and countless hours of unpaid work we would not have achieved as much as we did. The

passing of the Nurses Amendment Act in August 1990 was an overwhelming victory for all those involved in the campaign.

Few midwives today, and probably not one pregnant woman choosing a midwife to care for her, know just how much they owe to Judi Strid.

The Auckland Women's Health Council was formed in July 1988 following a number of informal meetings about women's health issues held in the early months of that year. Judi was a founding member of the AWHC which became an incorporated society in September 1989. She was the first paid co-ordinator of the AWHC, taking on the job after funding had been obtained when the demands of the AWHC's work became more than could be done by Sue Neal, our volunteer secretary. Judi worked tirelessly for the Council, organising fundraising book fairs, writing grant applications, attending hundreds of meetings including those of the newly formed Auckland Area Health Board. She also played a major role in the formation of the Federation of Women's Health Councils in 1990 and subsequently worked in a volunteer role as the first convenor of the Federation for several years.

Judi was also involved in the hui on maternity services consumer representation held at the Manukau Institute of Technology in Otara on Saturday 25 November 1989. The meeting was attended by around 50 women and Task Force members, /

Ray Naden, Anne Nightingale, Sam Denny and Yvonne Underhill-Sem. The result of this meeting was the formation of the Auckland Maternity Services Consumer Council in 1990.

Debbie Payne, the first convenor of the Maternity Services Consumer Council, said that the MSCC was Judi's brain child in that it was her idea to set it up as an umbrella group similar to the Federation of

Women's Health Councils. Judi helped Debbie set up the first meeting of the MSCC Steering Group in 1991 and for the first year MSCC meetings took place in Debbie's home as Debbie was on a year's maternity leave at the time.

At the beginning of 1995 Judi resigned from both the AWHC and the Federation of WHCs.

She then went on to set up the Women's Health Information Unit at National Women's Hospital where she became renowned for her commitment to ensuring women (and health professionals) had access to the latest evidence-based information on a wide range of women's health issues.

In 2004 Judi was appointed Director of Advocacy at the office of the Health and Disability Commission, a position she held until November 2014. She was a tireless champion of health and disability consumer advocacy and of the Code of Rights in her role as Director. Judi also served as a consumer member of the national Quality Improvement Committee, where she championed consumer voice.

Judi was a very private person, and always refused any attention or acknowledgement of her many achievements. She would definitely not have approved of this article.

However, as others have observed "a great kauri has fallen" and those left behind want to celebrate the life and untimely death of this unique, determined and very humble woman.

Lynda Williams

Copied from the Auckland Women's Health Council Newsletter. March 2015

What Happens If We Let Fat People Be Happy?

March 17, 2015 by Liz Boltz Ranfeld

Imagine this: A woman tells a story on her personal blog about how she learned to stop hating her body. She writes of the journey that took her out of self-loathing and into self-confidence.

She gives her readers helpful advice about not comparing themselves negatively to others, and she talks candidly about how hard it was for her to learn to see herself as beautiful, but how wonderful it was when she finally got there.

It's a story that, at face value, many people would celebrate. Everyone loves a good, body-positive message, right?

That is, of course, if the woman who writes the story is relatively thin.

If she's fat, though? Well then, what right does she have to write about loving her body?

Those who dare to write positively about all bodies – bodies of all sizes, races, genders, abilities, and disabilities – know exactly what happens to this woman after she publishes her blog post:

She should brace herself for wave after wave of negative comments, criticism of her weight, accusations that she is a bad influence on society, and assumptions about her eating and exercise habits.

Discussions about weight and body image show up all over the place in real life conversations and online, but only periodically do we see stories about women who are fat, happy, and unapologetic about that.

More typically, stories about weight and happiness tend to be rooted in fat women losing weight, or perhaps thin women realizing they need to stop thinking of themselves as fat, or women

who are just a little fat embracing that about themselves. Radical statements of body love from fat women are rare.

But it's no wonder those stories and statements are hard to find!

There is a massive industry that sells women the idea that without weight loss, there is no happiness. The Militant Baker recently wrote a piece about a fascinating concept called "body currency," stating:

It goes like something this: We are taught as a society that if we achieve the ideal body that we see in traditional media (and not before) we will then obtain love, worthiness, success, and ultimately, happiness.

She suggests that when a fat person rejects this notion and refuses to buy into the idea that love, worthiness, success, and happiness are only possible for thin people, then people who still hold onto that currency become irate.

Some of the angry people are thin, some fat, some formerly fat, some formerly thin. The anger comes from a lot of different directions.

That's just one theory for why there is such intense pushback when a woman dares to be fat and happy.

The Internet doesn't just take poorly to women who are fat and happy, though!

Look at the comments section of any article in which a woman dares to be fat and merely exist, and you'll see a hatred and fear of fat bodies.

When the woman in question says she's happy or rejects the notion that she must change her body, then the outrage becomes more intense.

No wonder women don't come out and say "I'm fat and happy." Who would

want to face some of the Internet's worst vitriol?

When I have watched these conversations unfold, I've seen one concern voiced over and over again that doesn't really make sense to me. It's the concern that the fat, happy women of the world are setting up a bad example for—I don't know—"the children," I guess.

There is this idea that if a woman celebrates her fat body as beautiful and worthwhile, then she is a bad influence on those around her.

Conversations about weight and happiness almost always deteriorate to the conclusion that a woman who is okay with her fatness will ultimately, inevitably lead to society becoming less healthy.

The very small amount of women saying "I'm fat and okay with it" is never going to outnumber the billions of dollars available to companies who are prepared to sell us the message that being fat is disgusting, dangerous, and shameful.

Second, I'm not comfortable with the idea that health can be easily defined, let alone that it can be divided into categories of "fat" and "not fat."

We need to be careful to avoid promoting the idea that a person can only be happy when they're healthy.

I'll use my husband as an example: He suffers from a number of chronic health conditions related to things outside of his control, but he still has a right to be happy and to pursue his own definition of health.

He may never be able to go hiking and camping and mountain biking, but that doesn't mean he's not healthy.

Here's the thing: We've been expecting fat people to be distraught about their weight for decades, and it hasn't made us any healthier! Or skinnier!

Clearly, the "be ashamed of your fatness" angle isn't working in terms of getting us healthier. It is only working to make us buy more crap.

In rejecting this hypothetical, I'd like to offer a few more to replace the old one. These situations are, I think, more realistic than the idea that celebrating fatness leads to the overall decline of health.

Here's what could happen if women get the chance to be okay with their fat. Imagine that our fat blogger's post about her body gets some traction. Then it goes viral.

In response, the Internet comes out to rail against what a bad example she is. And yet, what if these things happen instead:

1. One of the readers is a woman who is the author's size, and she has always been ashamed of her body.

So ashamed, in fact, that she has avoided public exercise her entire life. Since childhood, when she was made to feel bad for her body in gym class, she has avoided exercise.

She hates the idea of going to the gym because of how she looks in gym clothes, on the machines, with a sweaty face.

But when she reads the blog post about the beautiful body that looks like hers, she gains some confidence. She decides

that there's nothing wrong with her; she doesn't have to be ashamed of going to the gym and exercising.

With some time, she gains the confidence she needs to go to the gym and get a trainer. She gets stronger. She gets fitter. Her health improves.

Maybe she loses weight, or maybe she doesn't, but that's not really the point; the point is that she is now more confident and stronger than before.

2. Another reader has been a fad dieter for decades. Whatever is new, that's what she tries.

Her weight has yo-yoed up and down over the years, and her doctor is concerned about what the constant loss and gain is doing to her.

The doctor is also concerned that this woman has tried some pretty unsafe dieting practices that put her health at risk –things like weight loss supplements, appetite suppressants, abuse of laxatives, and dangerous "detox" programs.

When she reads the post and sees that someone heavier than her is happy and okay, she begins to wonder what she's doing to herself.

She begins to embrace the idea that health is more important than size. She rejects the next fad diet that comes along, and the one after that. She doesn't make a New Year's resolution to lose weight.

Her weight steadies for years, and her body begins to recover from decades of mistreatment. She makes better choices, and she lives longer because of it.

3. A third reader realises that she's been sending terrible messages to her daughter about why they need to make

healthy food choices.

She makes a commitment not to use "You're going to get fat if you eat that" as a threat, and instead encourages her daughter to choose nutritious, nourishing foods over sugary, non-filling ones.

The daughter grows up with a far healthier role model in her mother, and she learns the benefits of a diverse, healthy diet.

Why aren't these the stories we hypothesize when we read about a fat, happy woman who loves her body the way it is? Why accept the idea that being okay with being fat is wrong?

Instead, let's promote the idea that health can be promoted by anyone, with any body.

These are the scenarios I've watched unfold as women have stopped hating their weight, and they are the scenarios that will become more and more common as fat-positive stories get told more often.

Let's reject the body hating story that makes money for the industry that sells you dissatisfaction and comparison. Instead, let's embrace the story body love that promotes real health!

Taken from

<http://everydayfeminism.com/2015/03/let-fat-people-be-happy/>



"You are not a mistake. You are not a problem to be solved. But you won't discover this until you are willing to stop banging your head against the wall of shaming and caging and fearing yourself.

Geneen Roth

Treaty of Waitangi Questions and Answers

Q. 1

What contact was there between Māori and Pākehā before 1840?

By the time the Treaty was signed in 1840, British and Māori were no strangers to each other. The visitors found a highly developed sustainable civilisation in which autonomous tribes (hapū) operated their own systems of health, education, justice, welfare and spirituality. Hapū practised a particular relationship with each other, the land and environment, and all was interwoven by a common language. After the European explorers like Abel Tasman (1642), James Cook (1769) and Jean de Surville (1769), British and American sealers and whalers became active in this region of the Pacific. By 1800 about 50 whalers and sealers were living here, mainly on off-shore islands. After 1800, contact became more regular, with Māori supplying visiting ships with fresh water, fish and meat, kumara, flax and logs to make ships' masts. Hapū in the north and elsewhere established large commercial trading gardens to supply European ships with potatoes and vegetables. In return, Europeans offered metal tools and nails, new crops and wool blankets. Māori and Europeans each

expanded their commercial activities such as timber, flax, whaling stations, ship-building and general trading in the mid-1820s. By this time some traders were invited to live in Māori settlements under the protection of the rangatira (leaders) and marry Māori women. They became permanent residents in a number of coastal areas. Other Europeans arriving at this time to live among Māori were runaway convicts, with estimates of 100–200 per year arriving in the 1820s and 1830s. All were expected to follow Māori laws and respect the hapū and their rangatira.

Next came the missionaries and their families. A northern rangatira, Ruatara, invited Samuel Marsden to establish the first base of the Church Missionary Society (Anglican) in the Bay of Islands in 1814. The Wesleyans (Methodists) followed in 1822, and the Catholics in 1838. Missionaries set up schools to teach literacy and Christian teachings, as well as cultivation of European crops. While missionaries were heavily involved in trading and gardening activities, the actual rate of conversion to Christian practices and beliefs was slow. Literacy however was quickly adopted and by 1840 more Māori than Pākehā, per capita, were literate in their own language.

Māori economic development expanded rapidly from the 1820s, including commercial gardening and farming, and a ship-building industry. Hapū bought ships and commissioned ship-building to create an inter-coastal and trans-Tasman transport network exporting wheat, potatoes and butter. Agriculture flourished through to the 1850s with Māori exporting to Australia and other countries around the Pacific.

Māori also travelled overseas, on diplomatic missions to European leaders and as sailors on whalers and other ships. It is estimated that by 1840 1,000 Māori had travelled overseas and returned to describe their experiences.

Although most European visitors in this early contact period were transients, there were approximately 2,000 permanent settlers here by 1839, mostly in the far north. Estimates of the Māori population vary between 150,000 and 200,000.

Taken from:

TREATY OF WAITANGI - Questions and Answers by Network Waitangi 2015

Online available from

<http://www.converge.org.nz/pma/TreatyQ+A2015.pdf>

Printed copies available from Lower Hutt Women's Centre

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.