



Viewpoint

By Stephanie Brockman, Women's Centre Manager

It's the middle of June, or Piripi. The winter solstice is approaching, or when you are reading this has just been and gone. As I get older I am really aware of passing of time and the need to consciously take time to experience and reflect on moments.

A moment like the Solstice, it's the longest night or the shortest day of the year, it can be a time to reflect. Long nights can give us the time to reflect that might not necessarily be there in summer.



I have been thinking about how we all see things differently. In the Hutt Valley a woman, who was taking a lunchtime walk along the riverside, was attacked and raped. Although it took a couple of weeks her attacker has been captured.

The attack was reported in the news and the police gave the warning of not walking alone and always be aware of where you are and who is around you.

That is one way of looking at the event. I did hear some people discussing they wouldn't walk on the riverbank anymore. One attack, one very hurt woman - but many women react with fear and drawing in - restricting their movements in the world - which is encouraged by the media and other scared people.

The other viewpoint, the other way to see the world is to put out a message to would be attackers. Something like this; If you feel like attacking a woman make sure you don't go out alone. If you feel like attacking a woman go and call a help line and seek help. If you suspect a friend of yours is being violent or thinking about being violent make sure they don't go out alone. Always make sure your friend or family member is in a safe situation and not able to attack a woman.

If a woman does go out alone, even at lunchtime, and gets attacked is it her fault because she was out alone? If I leave my laptop in the car and it gets pinched is it my fault because I shouldn't have left it there?

I suppose the answer is in how you see the world. I want to live in a world where people can fully be themselves. I want to live in the world where we expect honesty and being treated well - and not be blamed for other's bad behaviour.

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Women's Centre opening hours

Monday to Thursday 10am – 5pm

Friday 9am – 5pm

Contact us

186 Knights Road, Waterloo

Lower Hutt 5011

Phone: 04 569 2711

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

Spotlight on...



My full name is Ruth Helene Rachel Pink. I am really proud of my names because all my grandmothers stand around and support me in the names I have. Rachel was my great grandmother on my mother's side. Helene is a combination of both my grandmother's, and I take the name Pink from Alice Pink who was my great grandmother on my father's side. Ruth is my own name.

I was born in New Plymouth, but our family shifted a lot during my childhood so I am a South Island gypsy.

I teach meditation and mindfulness skills at the women's centre.

Where would you like to travel? I have a dream to go to Tibet and trek in the Himalayas – to stand and breathe in the beauty of the air, somewhere near the roof of the world.

Who is your most inspiring political activist? Harriet Morison who worked with a large number of staunch Dunedin

women lobbying hard for the female suffrage in the 1890s and won. She was particularly known as a champion of women workers' rights and helped establish the Tailoresses' Union of New Zealand in 1889. For me she represents one of the many passionate and committed women who left a precious legacy in a number of ways.

My favourite TV show at the moment is Our Girl. It's grippingly good BBC drama about Molly Dawes who leaves a rough neighbourhood in the UK for the army and proves herself as a plucky medic in Afghanistan.

10 years ago. I was training as counsellor, working as a marriage and civil union celebrant, and working as a volunteer in the library of Arohata Prison. Arohata Prison is one of the most sobering places I have been on earth, to see the rawness of the women's struggles there. But the good news is that gay and lesbian couples can now marry.

My favourite holiday was a recent trip to the Coromandel, which included a trip on a glass bottom boat on the marine reserve and experiencing the extraordinary mauri of the land. We sure do live in a beautiful country.

The last book I read was Menopausal Years by Susun Weed, who reminds us that menopause is a majestic metamorphosis and rite of passage for women.

Ahakoā he uaua, kia kaha, kia toa, kia manawanui – *Although there may be difficulties, be strong, be brave, be patient and take heart.*

Poem

Halleluiah

Everyone should be born into this world happy and loving everything.

But in truth it rarely works that way.

For myself, I have spent my life clamouring toward it.

Halleluiah, anyway I'm not where I started.

And have you too been trudging like that, sometimes, almost forgetting how wonderful the world is and how miraculously kind some people can be?

And have you too decided that probably nothing important is ever easy?

Not, say, for the first sixty years.

Halleluiah, I'm sixty now, and even a little more, and some days I feel I have wings.

Mary Oliver



This edition's featured poem was chosen by volunteer Kathryn

Community Events



Done in the Interest of Showing You How to Live Better Lives by Uther Dean

9:30pm – The 21st Narcissus by Sam Brooks

This year we celebrate our 21st with three amazing and diverse plays back in our birth place – **BATS on Kent Terrace.**

We have three very different plays by three exciting young playwrights! You may already be familiar with the work of Sam Brooks from Auckland and Wellington's Uther Dean and we're really pleased to introduce you to Helen Vivienne Fletcher, who is already a published author.

How to Catch a Grim Reaper by Helen Vivienne Fletcher Directed by David Lawrence. A filmmaker, a med student, and a psychology major come up with a plan to catch the Grim Reaper... but there's just one problem: they need to kill one of their friends to do it. Well... almost kill them, that is. None of them expect it to work ... and they have absolutely no clue what to do now they have Death itself caged in their lounge...

The Presentation of Findings from My Scientific Survey of the First 7500 Days of My Life Done in the Interest of Showing You How to Live Better Lives by Uther Dean. Directed by Sally Richards

I, Max Addison, would like to cordially invite you to my presentation of findings. I have recently concluded an in depth scientific survey into every single element of every single event on every day of the first 7500 days of my life. Those are the findings that I will be presenting.

It will be educational and inspirational. The goal of said presentation is show you, the public, how you could be better optimising your lives, how you could be living better. I will be assisted by some of my closer acquaintances. The power point is ready, the graphs are colour-coded, my accomplices well rehearsed. Everything will be perfect.

Max Casey Addison The 21st Narcissus by Sam Brooks. Directed by Uther Dean

Three girls form a bond through their love of a popstar on Twitter. A boy and a girl accidentally meet on Facebook and build a friendship. On Tumblr, a boy uploads pictures of himself.

The 21st Narcissus is about meeting someone who is into Avril Lavigne as much as you are. The 21st Narcissus is about building a friendship between screens.

The 21st Narcissus is about learning to love yourself.

>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 22 August 2015 and 21 November 2015

Time: 10am – 3pm

Cost: \$50 for the day.

Enrolment: by payment ahead

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.

Anne is grateful to the Women's Centre for the advertising in the Chronicle, and for being able to hire the Women's Centre as a venue for these Workshops..

June Pipiri 2015

Also known as Aonui (Ngati Kahungunu), Matahira A Puaka (Ngai Tahu), Te Tahiri O Pipiri (Ngati Awa).

Meaning to huddle together, Pipiri marks the first month of the Maori year. It is heralded when Matariki (the Pleiades constellation) and Puanga (Rigel) appear on the horizon at dawn.

Matariki signals the time of final harvest when the very last of the kumara is lifted and stored. Matariki is a time for celebration (Puanga is celebrated on the northern West Coast. Puaka on the southern West Coast).

At Matariki, we celebrate the gifts of the harvests and honour our Tupuna. We also celebrate Maruaroa o Takurua - the Winter Solstice. It is name for Hine Takurua, one of the two wives of Te Ra, the Sun.

Hine Takurua is the Goddess of Winter and at the Winter Solstice, she sends her husband into the care of the Goddess of Summer, Hine Raumati.

Taken from the Mana Calendar 2015

EVENTS

<<NEW ZEALAND INTERNATIONAL FILM FESTIVAL - WELLINGTON>>

24 Jul – 9 Aug | Embassy Theatre, World Premiere

Belief: The Possession of Janet Moses 2015 Directed by David Stubbs

This impressive doco disperses the fog of shame and sensationalism to shed light on the tragedy that made international headlines in 2007 when a young Wainuiomata woman

About our ongoing events

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

All courses are held at the Women's Centre.

Tuesday

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

Wednesday

1 – 2.30pm	Women's Support Group
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9am – 3.30pm	Computer lessons (by appointment)
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Friday

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

First Sunday of the month

1 – 4pm	Support group for women who have experienced rape or sexual abuse
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died during a mākuu lifting.

In October 2007, 22-year-old Janet Moses died and a 14-year-old female relation was hospitalised during a mākuu lifting in the Wellington suburb of Wainuiomata. In 2009 nine members of Janet's family, all siblings of her mother or their spouses, were charged in relation to her tragic death.

Their trial was reported around the world and widely portrayed as a head-on-head collision of Western law and traditional belief. In Belief, David Stubbs, a pākehā filmmaker who grew up in Wainuiomata, proceeds with

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.



impressive tact and sensitivity to understand and describe just what happened. He weaves together witness interviews, items of public record and re-enactments to draw us into the nightmare experienced by Janet and her whanau. Invoking traditions they haven't entirely mastered, they are consumed by their anxiety to rescue her from the torments of her illness.

The escalation of dread and conviction that enveloped them progresses incrementally and so convincingly in Stubbs' telling that rational disbelief at what occurred is no longer an option. Dramatic without ever relishing drama for its own sake, this is a persuasive and moving picture of humanity in extremis.

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

Kia urupu tatou,
kaua e tau
kumekume.

Let us be united,
not pulling against
the other

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

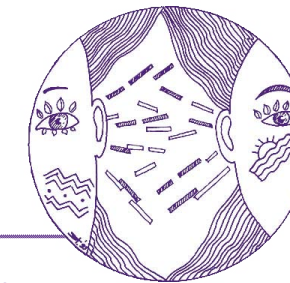
Booking: You don't need to book, just turn up

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	
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
Aug 4	Having the courage to be imperfect
Aug 11	Developing courage
Aug 18	Willpower
Aug 25	Anger as a Strength
Sept 1	Developing self knowledge D
Sept 8	Self Love
Sept 15	Acknowledging Self
Sept 22	Enhancing Self in terms of Awareness
Sept 29	Acceptance and use of strengths
Oct 6	Positive thought and talk
Oct 13	Messages about self
Oct 20	Accepting responsibility for self
Oct 27	Coming to grips with feelings

Friday mornings	
July 3	Acceptance and use of strengths
July 10	Positive thought and talk
July 17	Messages about self
July 24	Accepting responsibility for self
July 31	Coming to grips with feelings
Aug 7	Talking about ourselves
Aug 14	Beliefs about self
Aug 21	Expressing pride in self
Aug 28	Letting go of the past
Sept 4	Respecting self and others
Sept 11	Striving for pure motives
Sept 18	Putting yourself in Neutral
Sept 25	Having the courage to be imperfect
Oct 2	Developing courage
Oct 9	Willpower
Oct 16	Anger as a Strength
Oct 23	Developing self knowledge

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

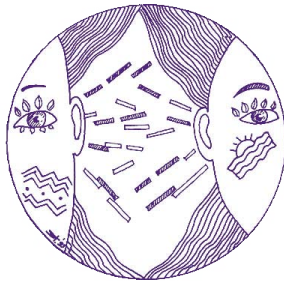
Other facilities

- 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.

Day: The first Sunday of every month 2015

Sunday 5 April
Sunday 3 May
Sunday 7 June
Sunday 5 July
Sunday 2 August
Sunday 6 September
Sunday 4 October
Sunday 1 November

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

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

About our workshops

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

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

Workshop topics to July 2015	
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Meditation	p 10
Self Development using the Psychodramatic method	p 111
Self Care Vs Burnout	p 11
Anger as a Strength	p 12
Self Esteem for Teens	p 12
My Mother My Self	p 13
Co-dependency Part one	p 13
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

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



Ko taku reo taku ohoohe, Ko taku reo taku mapihi mauria

My language is my awakening, my language is the window of my soul

Welcome Home

Using meditation and mindfulness techniques 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 revitalize their practice.

6 minimum for course to commence

Facilitator bio: Ruth Pink has worked as a writer, counsellor and a celebrant, and has been meditating and studying meditation for more than 23 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth has completed a number of long silent meditation retreats, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, 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.

Dates: 6 weeks beginning Thursday 20th August 2015

Time: 7 – 9pm

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

Phone to register

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



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

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:

Workshop One

Friday 26 - Sunday 28 June 2015

Workshop Two

Friday 13 - 15 November 2015

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

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

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 28- Sunday 30 August

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 23 September 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:

- 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 13 August 2015

Times: 4-6pm

Cost: \$20
Phone to register interest

Enrolment: only through payment

Facilitator: Stephanie Brockman and
Amber White



“Loneliness is the poverty of self;
solitude is the richness of self
May Sarton”



My Mother My Self

This workshop will look at issues to do with our relationship to our mother; and includes; 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 will look at issues of guilt, including; mother guilt, our mother's guilt - how much did we inherit from her, and how we are controlled through guilt.

"Our mothers had not raised us to feel comfortable with autonomy, sexuality, a life different from theirs".
Nancy Friday in My Mother My Self.
This is an experiential workshop and participants need to have a commitment to their own development.

Dates: Friday 11 - Sunday 13
September 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

Co-dependency Part One and Part Two

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

Part One: This 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?"

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.

Part Two: This weekend is for women that have completed the first weekend. This weekend will be for women that want to work therapeutically with these co-dependency issues.

Co-dependency often involves placing a lower priority on one's own needs, while being excessively preoccupied with the needs of others. Codependency can occur in any type of relationship, including family, work, friendship, and also romantic, peer or community relationships. Codependency may also be characterised by denial, low self-esteem, excessive compliance, or control patterns.

The workshop will give participants an opportunity to explore their own issues around co-dependency and process addiction. We will also explore the origins of your behaviour and ways of changing and developing in yourself.

Dates: Part One Workshop
Friday 24 – Sunday 26 July

Part Two Workshop

Friday 16 -Sunday 18 October

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

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

Enrol both workshops separately

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: 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

Full Workshop 3: 19 July Konae

Workshop 4: 20 September
Kono

Time: 10am – 4pm

Cost: \$10

Tutor: Makere Love

In a society where the rights and potential of women are constrained, no man can be truly free.

He may have power, but he will not have freedom.

Mary Robinson, President of Ireland

I don't wish women to have power over men - but over themselves

Simone De Beauvoir



JENNY'S (COMPUTING) TIPS AND TRICKS (2)

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 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! ☺

Slowing Down and Flourishing –

Making Mindfulness Work in Busy Lives and as a Parent

Natasha Rix is a mindful Mum, who runs eight week mindfulness courses in Tauranga called "Mindfulness for Wellbeing." These courses attract people from all walks of life and often help people through anxiety, depression and stress. Teaching Mums to be mindful is another passion, and she also runs 'Mindful Mums' courses. Her work is the result of over 16 years of study and training in mindfulness and meditation.

Natasha is also a consultant to Mindful Aotearoa, a Mental Health Foundation of New Zealand (MHF) initiative managed by her husband Grant Rix. Grant developed the Mindfulness in Schools programme 'Pause, Breath, Smile' in 2013. Research conducted by a team from Auckland University, AUT University and the MHF found that the children involved experienced increased calmness, improved focus, enhanced self-awareness and the development of positive relationships. Classroom teachers also reported reduced stress.

Ruth Pink asked Natasha about mindfulness for adults and children:

1. Why is mindfulness important?

Mindfulness is important as part of an overall life-approach to flourishing or wellbeing. Mindfulness helps us slow- down in the midst of our busy parenting and working lives and reconnect with what gives us greater meaning: being present in our relationships, responding appropriately to situations rather than reacting habitually, enhancing our compassion and positive emotions which increase the quality of our connection with others, improving our focus and attention so that we don't feel constantly 'hijacked' or distracted by an overwhelmed or scattered mind.

2. How does mindfulness enrich your own life?

Mindfulness has become my way of life and enriches it enormously, in myriad ways. Often I find it is the everyday domestic activities that mindfulness allows me to experience greater space and happiness in, for example when I am hanging the washing on the line, doing the dishes or gardening, I pay attention to just that

one task, aware of my breathing, and fully engaging with where I am and what's going on. Mindfulness is deceptive in its simplicity, and vast in its potential to make life truly meaningful.

3. What does your daughter make of mindfulness?

Now that our daughter is six she enjoys engaging in some mindful breathing / guided meditations at night before going to sleep. It warms a mother's heart to help her child drift off to sleep in a state of easeful loving presence. We have never pushed mindfulness or meditation with Amelia, but it does help her through her emotional storms sometimes and she enjoys 'mindful eating' (as most kids, and adults, do!).

4. Any tips for the women who will read this newsletter?

The biggest barrier for most people trying to become more mindful is just getting in the habit of giving it a go and seeing what happens.

Many little moments of mindfulness will add up to a big difference. Often people are hoping for a quick-fix, or a big sudden transformation, and it just doesn't work like that.

I encourage people to trust in the

process and give it a go, leaving their expectations behind and being fully open to meeting whatever comes up, including frustration or impatience.

This is our working ground, and once we stop trying to run from ourselves, and become willing to meet with and be with what is, then we relax, soften and learn. I teach many simple and practical mindfulness strategies, but often find the most helpful encouragement is: "ten minutes is better than no minutes". Find someone to teach you the basics, and go from there.



Silent Walls Silent Halls

Transcript from Radio Programme. The Australian Government is doing a Royal Commission on abuse of children in institutions - religious and other. They are not taking submissions from people that were abused within the family home. This article is part of a radio programme transcript about that.

For many children, the family home is the last refuge if the playground or the classroom is causing them grief.

But the home is failing many Australian children—like one girl we'll call Clementine. 'I remember it started to happen when I was around one year old,' she says.

'When I was around 11 or 12 I started to ask Dad why are you doing this, and he'd just say—it's okay, it's okay. Just forget it.'

Clementine was sexually abused by her biological father, who we'll call John.

'It started out of my continual use of porn through the internet,' John says. 'And eventually I got curious and one day I decided to experiment with my daughter.'

'During that first instance I did get a huge thrill. And subsequent abuses—it was from recalling the previous thrills I got and a desire, a selfish desire, to want to get those thrills again.'

John has been convicted on eight counts including three of sexual intercourse with a person under 10. He's still on the child protection register but has completed all court orders for treatment.

Research shows that up to 80 per cent of all child sexual abuse occurs within a familial relationship, not an institution like a church or a school.

But the vast majority of these cases will not be examined by the Royal

Commission into institutional child sexual abuse, which deliberately excludes abuse within families.

Children sexually abused in the home like Clementine are also likely to be more harmed, with the offender having access 24 hours a day.

Forty-one-year-old John is in many ways a typical child sex abuser.

Criminologist and psychologist Professor Stephen Smallbone says the family home is by far the most common location for children to be sexually abused. Intrafamilial adult offenders are overwhelmingly males, with the peak age of offending the 30s and 40s.

The offenders are usually in some sort of authority role—like a father, a boyfriend, or a grandfather.

'It's not only that more sexual abuse occurs in homes than organisations but it's also true that kids who are abused in homes tend to be more harmed than kids who are abused in other settings,' Professor Smallbone says.

And with intrafamilial abuse, the non offending parent can also suffer guilt and trauma.

John not only groomed his daughter Clementine, but also his ex-wife, who we'll call Frances.

'Stuff like a cup of coffee is a really good example,' Frances says.

'He'd call me up... "What time are you coming home? You know I just want to make sure dinner's ready and I've got a nice cup of coffee ready for you". And I had no idea that was grooming.'

John admits he put considerable effort into not getting caught.

'All I thought was you know to ensure that I didn't harm her physically, because that could leave evidence of some sort and I also believed or told myself she was such a young

age she wouldn't remember. And if she didn't remember it wouldn't hurt her in any way.'

Vicki Dobrunz, the executive director of Heartfelt House, a counselling service for adult survivors of child sex abuse in northern New South Wales says 75 to 80 per cent of her clients have been abused within the family.

'Familial abuse makes up a majority of the survivors that come through our doors here.' 'We actually get very few come through...that have been abused within an institution.'

'I've had victims say to me... "Obviously it doesn't mean much that I was abused in the family because the Royal Commission doesn't want to hear about this". And what we fail to understand also is that victims abused in a family setting are more likely to be abused for far longer periods of time because the offender has access 24/7.'

Continual access can also lead to intergenerational abuse, as in the case of one family where a child reported sexual abuse by their grandfather.

'The mother who was the daughter of the alleged offender contacted police... When police began to investigate and talk to other family members they then found that other sisters had been sex-abused by the father. [W]hen they spoke to the children, a number of their children had been sexually abused and also a number of nieces and nephews. So suddenly we had around 23 victims in the one family by an offender who had been a predator.

And this is not the only time I've been aware of cases like this.'

For the programme copy and past this into your browser.

www.abc.net.au/radionational/programs/backgroundbriefing/2013-08-11/4870366

A New Pill Available for Female Sexual Dysfunction

First the pharmaceutical industry invented the diagnosis - hypoactive sexual desire disorder (HSDD) - and then they set about trying to find a drug for this "unmet medical need" in women. The "new" drug, flibanserin, is being hailed as the new Viagra for women, but it isn't. It is actually a drug which the FDA decided in 2010 wasn't sufficiently effective - not much better than a placebo - and the side effects outweighed the very doubtful benefits.

Flibanserin was originally owned by Boehringer Ingelheim and had been investigated as an antidepressant. It changes brain chemistry, not blood flow, as Viagra does. The drug company tried again in 2013 and then managed to offload the lemon on to Sprout Pharmaceuticals who mounted a campaign to pressure the FDA to approve more drugs to treat female sexual dysfunction, especially this one, accusing it of having a gender bias. The FDA convened an advisory panel which has recently urged the FDA to approve the drug.

Among other things the drug has the potential for the use of hormonal contraceptives and alcohol to make its side effects - nausea, sleepiness, dizziness, fainting, and low blood pressure - worse. It is aimed at menopausal women, and would have to be taken daily on a long-term basis.

Flibanserin, the failed antidepressant, may not have measured up in the past, but buckets of money and a public relations campaign to rebrand it as libido-in-a-pill has ensured it is coming to a pharmacy near you.

Taken from Auckland Women's Health Council June Newsletter.

She Revealed Where Her Family's Homophobia Started and Showed the Brilliant Power of Queer People of Colour

A lesson in British Imperialism. That which is sexual is savage. 1861, Section 377 of the Indian Penal Code criminalizes all carnal acts against the Order of Nature including homosexual sex acts. 2009, the Supreme Court rules Section 377 unconstitutional and my people stay full of wonder. 2013, Section 377 is reinstated and monsoons erupt all over the country. 8348 miles away, I read the news in my dorm room bed. I hold the shattered remains of a world in my cup.

Two weeks later I am back in my parent's house. The entire thing is a closet. I am a master of illusion. False smile, false laugh, false daughter, but it is overwhelming to remember that I am still a mistake, a tired secret. I can't tell my parents about this girl I know and how beautiful her lips are, so instead I whisper into my pillow over and over. I can't explain to my mother that her casual homophobia is ripping holes in all of my sweaters, and I am always shivering. I find myself upset in the shower, hissing at the faucet, "Thank you for making me foreign, for making me supernatural, for making me hate the way my tongue fits in my mouth."

I watch my mother laughing on the phone with her mother. I picture myself coming out and my parents heartbreak flooding all of India. This is a powerful sorcery, one I am not ready for. My parents are not ready for all the mystic in my womanhood, don't understand this combat boot fueled rage and desire to shave my head. How I break daily, come out again and again. My people have been turned dirty, animals, who's desires are carnal, unnatural, degenerate. My people are carrying the burden of 200 years of colonial thinking. Watch how quickly the Supreme Court can make an alien of

you. Watch how they light your skin on fire and call your attempts to breathe inhuman.

They so easily forget that your love is an offering from the gods, is clean water. My parents so easily assume I must be straight, don't understand how just like my ancestors, I love freely. My people are magic, know how to fold into their skin and hold themselves up, know how to fit somewhere they are not welcome. Learn how little their humanity is worth and still love so fiercely. 2014, I dream constantly of the enchantments that make home in a woman's mouth. My dreams are never in sound. Silence is not shame or an apology. A sanctuary is built in moments of quiet. I know how to pick my battles and accept this body. My people, we accept these bodies and celebrate them in all of their wounded glory.

Arati Warriar was a member of the 2013 and 2014 They Speak Austin Youth Slam Teams and has been a member of UT Spitshine Poetry Slam since the fall of 2012. Check out her website and follow her on Twitter @warriarprncss.

<http://everydayfeminism.com/2015/06/witch-hunt/>

I think the reward for conformity is that everyone likes you except yourself.

Rita Mae Brown

Treaty of Waitangi Questions and Answers

2. What other countries were interested in New Zealand?

British interests in the area were certainly the strongest, but American and French activity was increasing. The Americans appointed a consul to New Zealand in 1839. They had many trade interests and had been making treaties in the Pacific since 1826.

Bishop Pompallier set up a French Catholic mission in the Hokianga in 1838, and there were regular French naval visits to support their missionaries and traders. Maori generally distrusted the French because of the massacre of 250 Maori in 1772 as retaliation for the killing of Captain Marion du Fresne and his crew.

As much as the British chose to enter into a contract with Maori people, so Maori chose the British as the people with whom they wished to strengthen their links.

The words Maori and Pakeha came to be the names each group used for each other.

3. What was the Maori response to the newcomers?

The initial welcome given by Maori to the newcomers was soon strained as more and more of the arrivals began to ignore Maori jurisdiction and act as if they were a law unto themselves.

Maori therefore began to discuss among themselves ways of dealing with the influx in ways that were consistent with tikanga and the obligation to manaaki or care for visitors. Most hapu and iwi have histories of such discussions, aided in many cases by the reported experiences of people who had travelled overseas.

4. What was British Policy before 1840?

Until the 1830s the British policy towards New Zealand was one of reluctance to intervene formally. Britain had plenty of colonies already, and wasn't really interested in one as far away and as small as this.

In 1831, a petition was sent to King William IV from 13 rangatira and Samuel Marsden, requesting that the King become a "friend and guardian of these islands".

The petition outlined concerns about takeovers from other nations and asked that Maori tribes be protected from the misconduct of British citizens who were living in and visiting New Zealand.

The lawlessness of Pakeha was reaching alarming proportions by this time, with incidents occurring around the country.

Among these were murders and enslavements of people in the South Island. Partly for humanitarian reasons, but primarily to protect British trade interests, the British government appointed James Busby to act as British Resident in New Zealand.

James and Agnes Busby arrived in May 1833 and set up the Residence at Waitangi.

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.