



## Viewpoint

By Stephanie Brockman, Women's Centre Manager

**A**t the moment the government is putting together new legislation about how to deal with protection orders and other things for people in abusive relationships.

It got me thinking about how do social attitudes change. In the last white ribbon newsletter, it stated New Zealand has the highest reported rate of intimate partner violence in the developed world. In 2014, police responded to 100,000 family violence incidents, and children were present at 63 percent of those incidents.

We can change legislation, and therefore give agencies like the police more strength to deal with violence and breaking of protection orders, etc. I am not criticising, but wonder if changing legislation changes societal attitudes.

The Executive Director of UN Women, Phumzile Mlambo-Ngcuka, wrote that boys exposed to violence are three times more likely to use violence against their partner. She noted that the effects of violence against women are felt from generation to generation: "We cannot change social behaviour in societies where overall attitudes and culture don't change."

She described the wide array of abuses against women and acknowledged global progress in passing laws to address gender-based violence. She stressed that the most important focus of anti-violence efforts was on changing



social norms to truly effect change.

How do we change the social norm that violence against women is okay?

I think the answer lies in being honest about how ingrained and accepted the attitudes of violence against women are. We live in a world where violence against women is seen as normal for a lot of people. If that isn't true, what about the 100,000 police responses last year, and what the other 100,000 where no one called the police? I don't know if that is true or not, but I'm guessing so. If it's not seen as normal, then why has this been happening for years?

I reckon people find it easier to talk about those abusive people over there, rather than seeing abuse is part of our society – not a good part, but definitely a part of all our lives. Nothing will change if we only think that it's "those people over there live," and divorce our lives away from theirs. Actually it's our community, it's our lives.

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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](mailto:info@lhwc.org.nz)

## Spotlight on...

My name is **Teresa Heinz Housel**. I spent most of my childhood in a rural town near Wooster, Ohio. I left that area at age 22 and have since lived around the world. I am the new newsletter editor at the Lower Hutt Women's Centre.

A quote to end on: *Be the change you want to see in the world.*

### What was the last book you read?

The last book I read is Susan Cain's *Quiet: The power of introverts in a world that can't stop talking*. This book helped me understand why I need time for solitary, focused tasks such as writing, gardening, and running. Cain's explanation of how introverts process outside stimuli changed my self-perception. I no longer feel guilty if I need time alone to refresh.

### What do you do to help your wellness?

I practice mindfulness meditation, regularly jog, and take step aerobics and Pilates classes. I also garden, journal, and play piano.

### Which person do you find inspirational?

I find many people inspirational, but I have special respect for those who have overcome great obstacles to achieve their goals. With this in mind, I greatly admire a friend in Australia who overcame a tough childhood and other challenges to achieve her dream of being a psychologist. I am so proud of her!

### Where is your favourite place in the world?

I've lived in many beautiful places, but spent two very happy years in Fremantle, Western Australia. In the mid-1990s Fremantle was still a rather ramshackle harbour city with cafés, bookstores, and beaches. Its relaxed and humble pace of life fit me perfectly.

### What were you doing 10 years ago?

I had just finished my Ph.D. in Communication and Culture at Indiana University. I had accepted a university



faculty role in Michigan. I thought I would be there forever. Was I ever wrong!

I completely changed my life two years ago, when I quit my tenured university position in a communication department. I was working 60-80 hours a week with no end in sight. It was an unhealthy and unsustainable lifestyle. In 2012, I spent my sabbatical at Massey University. My real objective in coming here was to explore a potential new place to live.

Over the next year, we sold most of our belongings and came back to Wellington with two cats and a shipping container. I am now using my teaching experience as a workshop trainer. I've had some tough experiences, such as being bullied in my first paying job in New Zealand, but the risk was worth it.

### What is a favourite memory from childhood?

A favourite childhood memory is seeing the band Air Supply perform in Cleveland in 1981. After the show, my father, older sister, and I waited outside their dressing room and they actually invited us back to chat! My sister and I were just kids, but they were so kind to us.

### A random fact about me:

My sister and I were raised by a single father in the 1970s and '80s. At that time, it was highly unusual for a father to win custody in America, but my mother's situation was unstable.

These experiences definitely influenced my feminism today. My father always encouraged us to dream big and work toward our goals without fear.

## Whakatauki

Whatungarongaro te tangata  
toitu te whenua

As humans disappears the land  
remains

Te tamariki tana mahi wawahi  
taha

It is the job of children to break  
the calabash

He taonga rongonui te aroha  
kit e tangata

Goodwill towards others is a  
precious treasure

He aha te kai o te rangatira?  
He korero He korero He korero  
What is the food of a  
leader. It is knowledge. It is  
communication

E hohiotia ana a waho kei roto  
he aha

One cannot know from the  
outside what is contained  
within

E kore te matau e rawe kit e  
moana taka ai engari I ano a  
uta

It is useless fastening a fish  
hook at sea, that is better  
done ashore, so it is with any  
endeavour, prepare early

Toitu he kainga whatu  
ngarongaro he tangata  
While the land remains the  
inhabitants are gone



## Community Events

### >THURSDAY 1 OCTOBER

#### **Little Esther Povitsky, The Fringe Bar, 26 Allen Street, Wellington:**

From the Feral Audio podcast *Weird Adults With Little Esther* and television's *New Girl*, *Parks and Recreation*, *@midnight*, *Key & Peele*, *Jimmy Kimmel Live*, and more!

Esther Povitsky, aka Little Esther, is a fixture of the LA comedy scene; best known for her breakout podcast *Weird Adults With Little Esther*, where she finds out what makes her fellow comedian friends 'weird adults.'

Esther considers herself a 'Theatrical Comedian' with comedic obsessions and references from the LA comedy scene. In 2012, Esther co-created and starred in the MTV docu-comedy *Little Esther*, which chronicled her life as a young comic, and her relationships with her mostly male contemporaries.

The following year, Esther performed as part of the New Faces Showcase at the 2013 Just for Laughs Comedy Festival. Performance time: 8.30-11pm.

### >UNTIL SATURDAY 3 OCTOBER

**Hiraeth, The Propeller Stage, BATS Theatre:** 'Hiraeth' is a Welsh word with no direct translation. It is a mixture of homesickness and an intense form of longing or nostalgia. With live music and welsh cakes, Hiraeth explores the decline of Welsh tradition and identity through one woman's struggle to escape and let go.

Desperate to leave, Bud wrestles with the knowledge that her departure sounds the death knell for the family farm. She leaves five generations of

tradition behind her as she sets out alone into the big smoke. Winner of Best Production in the English Language at the Wales Theatre Awards 2015. Winner of the IdeasTap Underbelly Award 2014.

Performance Times:

\$10 Student Night: Wednesday 30 September. Arrive at the Box Office with your student ID or email [book@bats.co.nz](mailto:book@bats.co.nz) to book your ticket!

Tuesday 29 September 7pm;  
Wednesday 30 September 7pm;  
Thursday 1 October 7pm; Friday 2 Oct 7pm; Saturday 3 Oct 7pm.

Cost: Full \$20.00; Concession \$15.00; Group 6+ \$14.00

The Propeller Stage is fully wheelchair

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## Phenomenal Woman

By Maya Angelou

Pretty women wonder where my secret lies.  
I'm not cute or built to suit a fashion model's size  
But when I start to tell them,  
They think I'm telling lies.  
I say,  
It's in the reach of my arms,  
The span of my hips,  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or

Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.  
I say,  
It's the fire in my eyes,  
And the flash of my teeth,  
The swing in my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally.

Phenomenal woman,  
That's me.

Men themselves have wondered  
What they see in me.  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them,  
They say they still can't see.  
I say,  
It's in the arch of my back,  
The sun of my smile,  
The ride of my breasts,  
The grace of my style.  
I'm a woman

Phenomenally.  
Phenomenal woman,  
That's me.

Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing,  
It ought to make you proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need for my care.  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Maya Angelou, "Phenomenal Woman" from *And Still I Rise*  
Copyright © 1978 by Maya Angelou

**Submitted by Kathryn Bradbury**

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accessible. Please contact the BATS Box Office at least 24 hours in advance if you have accessibility requirements so that appropriate arrangements can be made. For more information, see the BATS Accessibility Policy.

## >SATURDAY 10 OCTOBER

**Nappy Lady 'Waste Free Parenting Workshops':** With The Nappy Lady - Kate Meads. During this two-hour interactive workshop you will not only learn about modern cloth nappy options, but you will also get some fun education around other ways you can minimise waste at home with a baby, and also learn how you can save lots of money!

You can choose which trial pack you would like. You can book for a trial pack of cloth nappies valued at approx \$25 for \$5 (+ booking fee) or a trial pack valued at \$100 for \$25 (+ booking fee) from your council, Kate, and her sponsors!

The Nappy Lady will:

- show you lots of ways you can reduce waste at home
- give you costings of disposable versus cloth nappies
- show the environmental impact of both
- show the styles of cloth nappy styles available
- give you tips and advice on washing
- and give you advice on choosing and using cloth nappies.

Workshop time: 10am-12.30pm.  
Avalon Pavillion, Avalon Park, Taita Drive, Avalon, Lower Hutt. Book through <http://www.eventfinda.co.nz/2015/the-nappy-lady2/lower-hutt>

## >SUNDAY 18 OCTOBER

**Start Me Up 2015:** Join this encouraging, entry-level women's exercise challenge! Get started in your summer exercise along with your women friends, whanau, or work colleagues. Great prizes, great atmosphere, and lots of fun!

You can walk or run up to 7km; cycle 15km or 25km; or try a duathlon of 5km run or walk and 15km cycle. Based at Petone Rugby League Clubrooms, McEwan Park, Marine Parade, Petone Foreshore.

Event time: 1pm. Cost: Entry \$25, or teen girls 12-18 \$20. See [www.startmeup.org.nz](http://www.startmeup.org.nz) (entry open mid-September) or Start Me Up Facebook for information.

## >SUNDAY 18 OCTOBER

**Emma Paki, The Fringe Bar, Wellington:** Multi-award winning Emma Paki, twice-nominated Best Female Vocalist of New Zealand is performing at the Fringe. Her live performance is utterly embracing. No need to have heard her songs before. She will immerse you and your senses into her magical musical journey. This is an experience you shouldn't miss. Performance time: 7-10pm.

## >FRIDAY 23 OCTOBER

**Julia Deans: Both Sides Now:** Julia Deans' voice ranges from honey-sweet falsetto to menacing growl and has offered light and shade to a variety of musical endeavours; from front person of Fur Patrol to co-conspirator with renowned supergroup The Adults, via sultry chanteuse in Silo Theatre's Brel.

Now Deans' soaring talent is let loose on Joni Mitchell's legendary songbook.

This is no mere tribute show. In the hands of an interpretive artist like Deans, this take on Mitchell's lyrical imagery is profoundly personal, intimate, and true. Performance time: 8.30-9.30pm

## >SATURDAY 14 NOVEMBER- SUNDAY 15 NOVEMBER

**Women/Girls Free Self Defence Two-Day Workshop:** Please note this event has been moved forward to the 14th & 15th November.

The S.A.F.E. Self Defence workshops are a friendly, educational environment, where instructors know that some participants may have already been a victim. They know not to spend too much time talking, and use as much time as possible demonstrating and practising.

So what sort of things can you expect to learn at the two-day workshops? You learn the vital parts of the body - parts of the body that are vulnerable and easy to attack.

You will also learn:

- how to defend yourself against slaps, punches, pushes, and grabs
- how to defend yourself against headlocks, hair grabbing, wrist grabs
- how to defend against static knife hold-ups
- how to defend yourself against choke holds
- how to block an attack confidently
- how to use your hands, legs, knees, and elbows
- how to defend yourself against many other types of attacks with confidence.

Learn Awareness, Avoidance, and De-Escalation skills, plus lots lots more. Each technique is easy to learn, easy to remember, and easy to execute. S.A.F.E. teaches you how to avoid certain situations and become aware

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of the environment around you. Most of all, it teaches you how to protect yourself or a loved one, should you find yourselves being attacked or assaulted.

All you need to bring is a positive attitude, comfortable clothing, a drinks bottle, and towel, plus something to eat during the breaks.

Workshop time: 10am-4pm both days. Location: Newtown Hall, Corner of Daniell & Constable Streets, Wellington

For more details, contact Charlie (at S.A.F.E. Self Defence & Close Quarters Combat) on:  
Telephone: 09 536 6367  
Mobile: 027 368 9245  
Email: [info@selfdefencecourses.co.nz](mailto:info@selfdefencecourses.co.nz)

Note: You only need to register for the Saturday class. This will cover both Saturday and Sunday. The workshop runs over a two-day period. It is advisable to attend both days as the content is totally different.

## >UNTIL THURSDAY 10 DECEMBER

**The Watercooler, The Studio, BATS Theatre:** The Watercooler is a platform for people from all walks to tell their stories, both true and imagined, in front of a live audience. The storytellers are given a simple brief to share a story, whether based on real-life experiences or entirely fictional.

Inspired by many well-known storytelling events and podcasts such as The Moth and This American Life, host Alice Brine will bring to Wellington what creator Sarah Finnigan-Walsh started in Auckland. Performance Times: Thursday

12 November 9pm; Thursday 10 December 9pm. Cost: \$15.

Access to The Studio is via stairs, so please contact the BATS Box Office at least 24 hours in advance if you have accessibility requirements.

## ONGOING ON FRIDAYS

> **KOHA CAFE:** Every Friday at Great Start in Taita. We are delighted to announce that the Koha Cafe will be open 11am- 1pm. Come along for great food and great conversation. Please let us know if you want to bring a group. Phone: 04 567 5437. Located at 111 Eastern Hutt Road, Taita.

## ONGOING ON SUNDAYS

> **WOMEN ONLY SWIMMING NIGHT:** Every Sunday night at 7-9pm. H2O Extreme Swimming Pool, Corner Brown and Blenheim Streets, Upper Hutt. Cost: \$4 single swim, \$30 for 10-trip pass. Phone: 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](mailto: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, phone 022 105 0774 or email [tranzform.wgtn@gmail.com](mailto: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](mailto:socialfruits.wellington@gmail.com).

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

# MAHURU September 2015

Also known as Te Whā o Mahuru (Ngāti Awa), Tapere wai (Ngāti Kahungunu), Te Wha (Ngai Tahu)

Southern hemisphere: September to October, Equinox around 21st of September. Northern hemisphere: March to April, Equinox around 21st of March.

When you hear the distinctive four-note song of the Pīpīwharau, the Shining Cuckoo, Here turi kōkā is at an end and Mahuru begins. Mahuru is the name of the Goddess of Spring. Her name means 'quieted' or 'to be soothed.' In other words....the tough Winter is over - relax. But don't relax too much because it's also the first month of Kōanga (Spring) and it means it's time to start preparing the gardens for planting. The seed for the Kamokamo (native squash) is planted when the last frosts clear just before the Spring Equinox.

Source: The Māori Oracle

<https://sites.google.com/site/themaorioracle/home/maramataka-the-maori-calendar>



## 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 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.

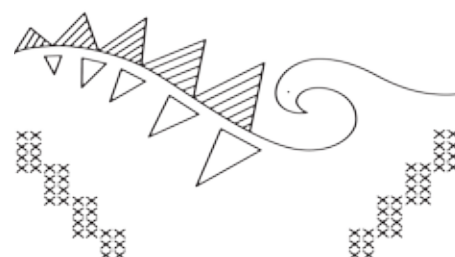
Phone: 562 7544

Email: [ahorrill@clear.net.nz](mailto: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..



## What does the sea smell of?

Turn your face to the storm

Out there, bringing to you all the scents fo the sea,

Filling your nose, your lungs.

Start with sturdy words.

Seaweed. Salt.

There is no answer to the words.

What does the sea smell of?

Try the other words, the harder ones:

Force, freedom, adventure.

They fall to the ground, limit the unlimited.

Ask the questions yet again:

What does the sea smell of?

And you realise that the question has no meaning.

Then perhaps

You can experience the sea.

**Marianne Fredriksson**

***Simon and the Oaks***

## About our ongoing events

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

All courses are held at the Women's Centre.

### WEEKLY SCHEDULE

#### 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

9.45am – 12pm	Self Esteem
1 – 2.30pm	A & D Wellbeing Group

#### First Sunday of the month

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

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

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

Day: Tuesdays

Time: 10am – 2pm

Cost: We charge for materials only  
A completed paver costs \$5

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

Facilitator: Stephanie Brockman



## Lower Hutt Women's Centre Annual General Meeting

### Schedule:

Ritual	8am
Breakfast	9am
Meeting	10am

### All Welcome

You can attend any or all of the parts of the meeting. Breakfast is a shared breakfast (bring food to share).

Date and location:  
26 September 2015  
Lower Hutt Women's Centre



# 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:** 6.30 – 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

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
Nov 3	Talking about ourselves
Nov 10	Beliefs about self
Nov 17	Expressing pride in self
Nov 24	Letting go of the past
Dec 1	Respecting self and others
Dec 8	Striving for pure motives
Dec 15	Putting yourself in neutral
Dec 22	Having the courage to be imperfect

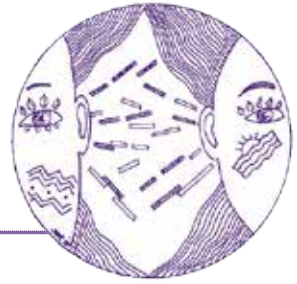
**First workshop of 2016: Jan 12**

## Friday mornings

Sept 18	Accepting responsibility for self
Sept 25	Coming to grips with feelings
Oct 2	Talking about ourselves
Oct 9	Beliefs about self
Oct 16	Expressing pride in self
Oct 23	Letting go of the past
Oct 30	Respecting self and others
Nov 6	Striving for pure motives
Nov 13	Putting yourself in neutral
Nov 20	Having the courage to be imperfect
Nov 27	Developing courage
Dec 4	Willpower
Dec 11	Anger as a strength
Dec 18	Developing self-knowledge

**First workshop of 2016: Jan 15**





# 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. She 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

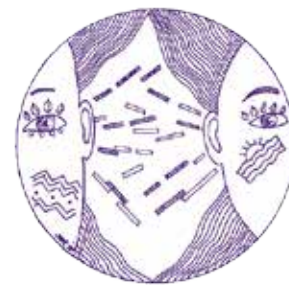
Other facilities

- 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 1 – 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: 1 - 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 December 2015

Anger as a Strength	p 11
Painting	p 12
Co-dependency Part Two	p 12
Self Development Using the Psychodramatic Method	p 13

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

## 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

You don't get to choose how you are going to die, or when.  
You can decide how you're going to live now.

**Joan Baez**



## 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.

Remaining date for 2015:

Workshop 5: 31 October

Time: 10am – 4pm

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

Enrolment: only through payment

Tutor: Linda Wood



## Co-dependency Part Two

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

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

Part One 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?"

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.**

Date: 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

Enrolment: only through payment

Facilitator: Ally Andersun

Feminism is not a rulebook, but a discussion, a conversation, a process.

**Tavi Gevinson**



# 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

Enrolment: only through payment

Facilitator: Ally Andersun

We may encounter many defeats, but we must not be defeated. It may even be necessary to encounter the defeat so that we can know who we are. So that we can see, “Oh, that happened, and I rose. I did get knocked down flat in front of the whole world, and I rose. I didn’t run away, I rose right where I’d been knocked down.” That’s how you get to know yourself.

**Maya Angelou**

## JENNY'S (COMPUTING) TIPS AND TRICKS (3)

And here's my next tip, the third one, for those who think programmes like Office for creating documents, spreadsheets and presentations are too expensive and Office365 adds up to too much every year, here are some options which are good, and are free. What could be better ...

### #3: Office for free? How to create documents, spreadsheets and presentations for free

#### ► What is the problem?

- You have purchased your new, maybe your first, laptop, running Windows 8 or 8.1 or 10.x
- There are no programmes installed so that you can create letters or other documents, and when people send you newsletters etc via email you cannot open them. So frustrating.

#### ► The solution

Your options are to download a freeware programme called **LibreOffice** for free, *OR* use a cloud service such as **Google Drive** or **Microsoft OfficeOnline**.

Both options (on your computer or online) allow you to share and/or open your documents using Microsoft Office programmes easily and hassle-free.

- **LibreOffice** is installed onto your computer hard drive for use only on your computer
- **Cloud services** are available for any device connected to the internet so can be accessed anywhere on any online computer, laptop, pad, tablet or phone (will be covered in **Tips and Tricks 4**)

#### 1. Download LibreOffice to your laptop/computer

- Open your internet browser (Chrome, InternetExplorer or Firefox) and type **LibreOffice** or [www.libreoffice.org](http://www.libreoffice.org) into the search or address bar
- Find [www.libreoffice.org](http://www.libreoffice.org) and click on **DOWNLOAD NOW**
- The **LibreOffice Fresh** page opens, click on **DOWNLOAD VERSION 4.4.x.x** just below **Main Installer**
  - If a download dialogue box opens, click on **Desktop** in the menu down the left side, and again on **Save** (bottom right corner) to save the file to your desktop. This can take 5+ minutes ...

#### 2. Install LibreOffice on your laptop/computer (when the download is complete)

- Find the downloaded file (**LibreOffice\_4.4.x.x\_Win\_x86.msi** - on your **Desktop** or in the **Downloads** folder) and double-click on it
- A **LibreOffice** installation wizard dialogue box will open - **Welcome to the Installation Wizard for LibreOffice 4.4.x.x**
- To continue, click **Next>**, check that **Typical Setup Type** is selected, click **Next>** then **Install**
- Wait for the installation to complete, then click **Finish** to exit the wizard

#### 3. Check that it is working ok by clicking on the icon on your desktop, and use the sidebar to open or create a file –

- **Writer Document** is similar to Microsoft Word
- **Calc Spreadsheet** is similar to Microsoft Excel
- **Impress Presentation** is similar to Microsoft PowerPoint, and so on.

#### 4. Enjoy! 😊

## Making waves: Masih Alinejad

**The Iranian journalist posted pictures of herself without a hijab and sparked a movement of women – and men – determined to reclaim a stealthy freedom. Lucinda Homa Gray finds out more.**

It has taken just one year for the Facebook-fuelled 'My Stealthy Freedom' campaign, spearheaded by exiled Iranian journalist Masih Alinejad, to attract nearly a million likes and the international recognition of a human rights award from the Geneva Summit for Human Rights and Democracy.

Aimed at reversing the compulsory hijab law in Iran, which forces women to wear headscarves, it began with the simple act of Alinejad posting on her Facebook page a bare-headed picture of herself in the streets of London, with the comment: 'Every time I run and feel the wind in my hair it reminds me of the time when my hair was a hostage in the hands of the Iranian government.'

The response was massive: an outpouring from women in Iran lamenting the freedom Alinejad now enjoyed. So she posted another picture of herself, this time inside Iran without a headscarf, and has since been 'bombarded' with pictures and videos from Iranian women following suit.

So far, the women have not faced serious repercussions. The government has attacked Alinejad on state TV – saying that she was raped because she wasn't wearing a headscarf, she's anti-revolutionary, she is supported by Western governments – and attempted sabotage by hacking Facebook accounts to post fake pro-hijab photos and comments. But they have not been able to arrest her and halt the campaign.

As Iranian gender equality activist Soudeh Rad commented: '[This] brave act, generated from the grassroots, is the persistence of people to gather around one specific demand.'

In fact, the momentum continues to build, as women are now sharing

in more detail how the compulsory hijab affects their daily lives.

Last year, 3.6 million women were warned in the streets about their hair and clothing by the morality police.

Coming from a religious and traditional rural family, Alinejad was forced to wear the veil at all times. She is the first woman in several generations of her family to expose her hair in public.

'My relationship with the veil was complicated; it became a part of my identity, and it was not that easy to

**Iranian women have been living with the compulsory hijab for more than 30 years, so why the rebellion now?**

take off. I had to fight with everybody [and] I was worried about people's judgement. I didn't want to break my mother's heart. The hijab can be a sign of honour in the family.'

The internalised shame remained with her even after she left Iran. Alinejad recalls the first time she appeared on television (on US federal government broadcaster Voice of America) without her hair covered, in 2011. 'I'll never forget that day. When I left the studio, I called my brother. He said, "You have been living so long for the good name of your family but how about yourself?" Yes, I got a lot of complaints from my mother, but that was when I started to be myself on TV.'

Iranian women have been living with the compulsory hijab for more than 30 years, so why the rebellion now?



Photo credit: Monir Tag

In a country where all media is state-owned, Alinejad believes that 'through social media you cannot hide the other face of Iran. [It is] giving a platform to people who have never had a serious debate about their rights.' This includes those women who choose to wear a hijab but disagree with its compulsory nature, due to the tensions it causes in society. And those men who feel insulted by the state's claims that their lack of self-control means women must cover up.

After an appeal to men also to don the headscarf as a sign of solidarity with women, many responded with pictures. 'If more and more men join us, the government cannot keep us silent,' says Alinejad.

Having broken her own silence with her novel *Taje-e-Khar (Crown of Thorns)* in which she writes about her private life, her long-term goal is now 'to bring all secrets into the media... empowering [Iranian] women to talk about everything they shouldn't talk about – their body, their identity, themselves. When any individual woman has got the power to talk about herself, then no one can hide her, no one can oppress her or force her to be someone else.'

*Lucinda Homa Gray is an Anglo-Iranian journalist from London living in Seattle.*

Article source: New Internationalist (July 2015). <http://newint.org/columns/makingwaves/2015/07/01/making-waves-masih-alinejad/>

For more information:  
Visit My Stealthy Freedom at  
[Facebook.com/StealthyFreedom](https://www.facebook.com/StealthyFreedom).

# Demon mothers and media darlings

By Catriona MacLennan

**A**shton Kutcher and I had very different reactions to the story of baby Leo. Kutcher posted a link to a fundraising website on his Facebook page, accompanied by the words 'We got your back.' By contrast, I wondered about the welfare of Leo's mother, Ruzan Badalyan.

Badalyan gave birth to Leo in Armenia on 21 January. She was living with her husband, New Zealander Samuel Forrest, in Armenia when Leo was born. He was diagnosed with Down syndrome.

On 21 January, Forrest set up a fundraising page called 'Bring Leo Home (Down Syndrome)' on crowdsourcing site GoFundMe. The page told readers that Leo's Armenian mother and her family had abandoned him at birth and Forrest was no longer welcome in their home because he wanted to keep his son. Donors were asked to contribute money so Forrest could return and raise Leo in New Zealand, where he would be better accepted and have a better life.

Leo's story exploded internationally. Forrest appeared in television interviews saying Badalyan had left him as he refused to place Leo in an orphanage, as was the practice in Armenia when children were born with genetic conditions. Media outlets began covering the story, and international condemnation and vilification soon rained down on Badalyan.

Media reports said Badalyan had endured a difficult birth, but journalists did not appear to have spoken to her at all. In the meantime, nearly 17,900 donors had contributed \$663,000.

Journalists did not seem to be asking many questions of Forrest, either. If he had no money to bring his son back to New Zealand, how had he and Badalyan planned to support Leo in Armenia? Was Forrest working? Did he have other children and, if so, was he financially supporting them?

The first inklings of another perspective came in a Facebook post. Badalyan wrote that Forrest had not supported her, saying he left the hospital and informed her 'without giving me any option' that he was taking Leo and going back to New Zealand without her. She said the suggestion that she had given Forrest an ultimatum of marriage or Leo was 'absolutely not true.'

When journalists finally began asking questions about Forrest, it emerged that he had four children from his first marriage, and had not seen them in four years. By July, concerns emerged about how the money raised for Leo was being spent. Forrest also had a conviction for assaulting his former father-in-law, and had also been charged with assaulting the former co-trustee of Leo's trust fund.

dad who had decided not to raise him, would he have been subjected to the same level of vilification?

There are nearly a million single parents in Australia, and more than 80 per cent of them are women. In New Zealand, 83 per cent of the liable parents who have unpaid child support debts are men. In total, they owe NZ\$3.2 billion. Yet public and condemnation focuses on single mothers on benefits as bludgers, sucking state money to support their children instead of providing for them themselves. Criticism of fathers for abandoning their families and failing to pay child support is rare.

When media outlets do stories about single parents, they frequently focus on the plucky single dad battling against the odds. Stories lauding single mothers are uncommon, even though mothers comprise the overwhelming majority

The story of baby Leo is a story of international generosity. But it is also a story about our different expectations of mothers and fathers.

Badalyan and Forrest eventually reconciled and moved to Auckland to bring up Leo together. But Badalyan continually received public condemnation. In an interview on TV-3's 3-D programme in June, she was asked whether she had reconciled with Forrest because of the \$663,000. Newspaper headlines the next day blared 'Mother denies her return to Down Syndrome son was because of \$500k fundraising.'

This is a story of international generosity. But it is also a story about different expectations of mothers and fathers. When fathers stand up for their children, they are rewarded with hero status and financial support. And we reserve special vilification for mothers who are considered not to have displayed the appropriate maternal behaviour.

Would the fundraising drive have raised as much money if Leo's mother had been seeking donations? And if it had been Leo's

of single parents.

The 1979 American movie *Kramer v Kramer* praised the heroic single dad, battling for his child. The fact that this narrative remains embedded in our culture helps to explain the international rush to judgment in the case of baby Leo. The media and public were happy to accept the Forrest's story without waiting to speak to Leo's mother, because we believe that fathers stepping up publicly for their children are somehow extraordinary.

*Catriona MacLennan is a barrister and journalist. She helped establish Nga Ture Kaitiaki ki Waikato Community Law Centre in 1999. She is an advocate for rape law reform and domestic violence elimination.*

Article source:

<https://overland.org.au/2015/08/demon-mothers-and-media-darlings/>



# Report from India:

## *Pornography is not about personal freedom*

By Mari Marcel Thekaekara

I believe in personal freedom. I am, after all, a journalist. Why, then, would I support a ban on pornography? Curtailing freedom is anathema to me. But I abhor porn. Not from a moral point of view. What two consenting adults do is their own business. I will never be part of the moral policing brigade.

I detest the porn blitz, which has gone viral in India, because it puts women and children at risk.

Dismiss my views as unscientific, as not based on empirical evidence and so on. But the police report that child and violent porn are being viewed by perpetrators in a huge number of rape and sexual abuse cases. Mark Bridger, the paedophile who kidnapped, raped, and murdered 4-year-old April Jones, had lots of paedophile porn on his computer. Phillip Noyes, acting chief executive of Britain's National Society for the Prevention of Cruelty to Children (NSPCC), says April's case adds to growing evidence of the link between child sexual abuse and extreme porn.

I typed 'porn' and 'rape' into a search engine. The offers to watch virgins deflowered (my version of expletive deleted) forcibly and violently is what comes up, time and again. It is revolting viewing.

Many, but not all, rapes are linked to porn. A 3-year-old Delhi infant was recently raped. The perpetrators used an empty bottle to brutally violate the child – inspired, it seems, by the new violent porn addiction. An activist from Jharkhand state in eastern India reports that young boys download

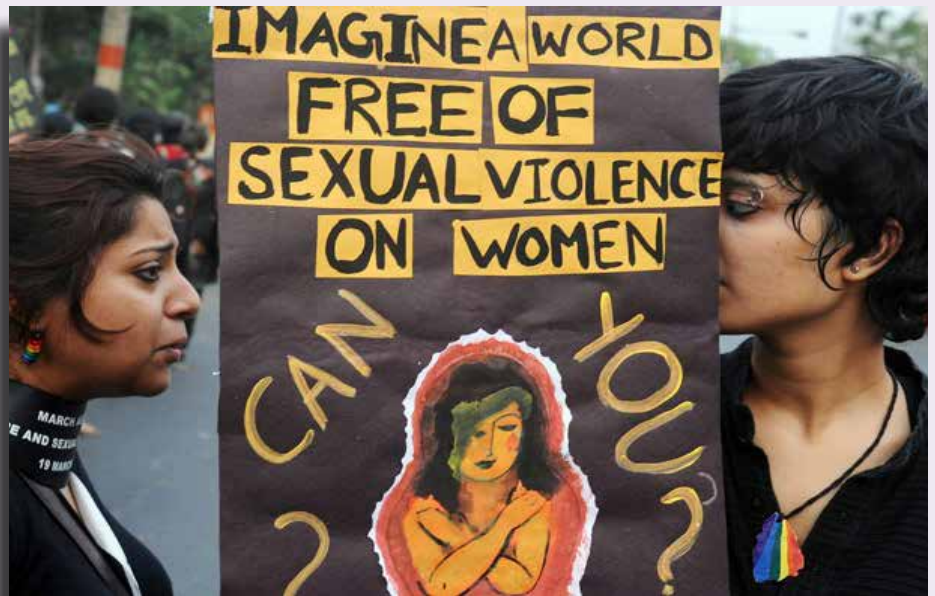


Photo source: <http://hellemanworld.blogspot.co.nz/2013/01/justice-for-women-in-india.html>

violent phone porn for as little as a couple of pence. The result: an explosion of violent sexual abuse in tribal Jharkhand, where the word rape did not exist in the adivasi languages.

Rape has existed since time immemorial everywhere. In India, Dalit, adivasi, and other economically vulnerable women have been raped as a right. And the rapists – whether politicians, priests or the powerful rich – continue to rape with impunity.

A Chennai judge observed that marriages in India are

falling apart because men want their wives to enact porn scenes. Divorce on sexual grounds has increased exponentially, civil and family courts report, because of men's new-found sexual preferences, inspired, apparently, by porn.

The new rapes, the devastatingly violent ones are being directly linked to the violent porn being watched by urban and rural men on their smartphones. Watching violent porn is not for the faint-hearted.

It is imperative, nowadays, to always walk the line of being cool, ultra-modern, and liberal; meaning the individual's self-gratification comes first.

I think this is an abuse of the term 'fighting for freedom.' Protecting women and children from violence and sexual abuse is paramount. And if it means banning harmful porn, so be it. That is non-negotiable.

*Mari Marcel Thekaekara is a writer based in Gudalur, in the Nilgiri hills of Tamil Nadu. See more at: <http://newint.org/blog/2015/08/07/the-battle-against-porn/#sthash.jKKLfupp.dpuf>*

Article source:  
<http://newint.org/blog/2015/08/07/the-battle-against-porn/>

**Protecting women and children from violence and sexual abuse is paramount.**

*Claire Laurenson helps people navigate their way through trauma, loss and grief. This article is part of a series to assist and support people who are experiencing grief.*

## The Importance of Taking Time to Grieve

In this busy world we live in, giving ourselves time and space to grieve is often discounted with “*I don’t have time for that*” or “*If only I could afford that luxury*”. The truth is; we can’t afford not to, not if we value ourselves, our health and well-being.

The following are three significant ways grief can impact on us and limit our ability to function well.

1. Grief compromises our immune system so we become more prone to aches and pains, infection and illness
2. Grief compromises our cognitive faculties so our capacity to think clearly, to remember, make decisions and make sense of things is impaired
3. While impaired cognitively we become clumsy, more prone to accidents and errors of judgement.

With these factors at play, we are at greater risk of harm to ourselves, and others, in the home, the workplace and on the roads.

In addition to the above is the personal task of coming to terms with a significant loss, a multi-faceted task often underestimated, unacknowledged and invisible. Grieving can be a total workout on all levels of our being; physical, mental, emotional, behavioural and spiritual, demanding our time, attention and energy. The importance of taking time to care for ourselves while grieving is crucial to the safety, health and wellbeing of ourselves and our families.

### What helps?

1. Slowing down.
2. Expect less of yourself. Given the demands of grief, it is unrealistic to expect you will function ‘normally’ for a time.
3. Reduce your workload for a while wherever possible, be it in the home and/or workplace.
4. Be kind and gentle on yourself; treat yourself as you would your child or best friend.
5. Get grounded. Consciously use your senses: sight; sound; smell; taste and touch.
6. Keep it simple:
  - a. adequate sleep and nourishment of body, mind and soul
  - b. balance rest with activity which helps release the emotions from the body
  - c. fresh air and sunlight
7. Be around people who accept you as you are.
8. Do less and ‘be’ more.

***Grief is a gift which allows us to experience the depths of our humanity for without love, we wouldn’t grieve.***



Claire Laurenson is an experienced grief practitioner and is available for support, education, workshops, training and speaking engagements. Please contact Claire at Grief Relief by phoning (04) 970-1222, emailing [claire@griefrelief.co.nz](mailto:claire@griefrelief.co.nz) or find out more at [www.griefrelief.co.nz](http://www.griefrelief.co.nz)



# Treaty of Waitangi:

## Questions and Answers

### What were early relationships like between Māori and Pākehā?

Often good and mutually beneficial. Just as Europeans were keen to trade with Māori, Māori were very interested in new technologies and crops. Hapū would make arrangements for a European to live with them to facilitate relationships.

Hapū were used to making alliances with each other for mutually beneficial purposes such as care of the environment, fishing expeditions, higher education, large gardens, and defence. They saw the European newcomers as a “hapū hou,” that is a new hapū, with whom to enhance advantageous relationships.

Making treaties to formalise and protect such alliances was also common, with important treaties considered to be “tatau pounamu,” or sacred covenants binding on generations to come. Māori leaders (rangatira) worked for the benefit of their hapū by building relationships with European leaders such as governors of the British colony in Sydney, the royal family in Britain, and ambassadors and church leaders from other countries.

From 1805, rangatira regularly

took the initiative to visit the governors in Sydney and, from time to time, the British royalty in London.

### How did authority and laws operate for Māori and Pākehā in these early years?

Māori followed principles of manaakitanga (hospitality) with the newcomers, and expected that the newcomers would respect their authority and law (tikanga).

Many early settlers owed their survival to the care shown them by local hapū and their rangatira. Early settlers, like the first missionaries, generally lived with respect for the authority of the hapū and rangatira, aware that their protection and survival depended on this.

Although hapū leaders followed tikanga (law, fairness) in dealing with the newcomers, some Europeans did not abide by these laws. For instance, Marion du Fresne and 26 crew members were killed for knowingly fishing in a tapu (restricted) area. Europeans retaliated by killing 250 Māori, thereby ignoring Māori

jurisdiction as well as the laws of their own countries.

European vessels often kidnapped Māori men to serve as crew members. So while many interactions with the newcomers were positive, Māori had reason to be concerned about lawless Europeans. Māori therefore began to discuss among themselves ways of dealing with the newcomers that were consistent with tikanga and the obligation to manaaki or care for visitors.

Most hapū and iwi have histories of such discussions. Māori had noted the European notions of justice from the reported experiences of people who had travelled overseas, and were dismayed at the harshness and rigidity of some of these practices.

In 1805, northern leader Te Pahi visited the Governor in Sydney to discuss his concerns about the failure of Europeans to respect Māori law and custom. He asked Governor King to “deal with your sea captains coming to my country” (N. Aldridge, Ngāpuhi Speaks, p. 60)

Source:

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

## 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](mailto: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 December.

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