



Viewpoint

By Stephanie Brockman, Women's Centre Manager

I was talking to someone the other day and they asked what my opinion was on beauty contests. I think it came about because of a recent TV programme where a medical student was competing for Miss World.

There's probably lots of reasons why people enter the contests, and probably intelligence has nothing to do with it. This is often one of the criticisms of the women entering: "the dumb woman wanting world peace" criticism. I find that kind of criticism painful because it's so easy to put women down.

Why do women enter pageants?

When you really think about why women enter the contests, there could be many reasons: economics (a way to earn money and prizes), publicity, fame, and winning adulation in a world where beauty gains you some credibility. Maybe they want to be an actor and this might give them needed publicity.

Maybe they want to say, "I am the most beautiful woman in the world." Maybe they want adventure and that's their kind of adventure. Maybe they are so used to being compared to other women's beauty that it's a natural progression to make it public. Maybe they get a sense of themselves by people commenting on their beauty and they need to keep that going.

Maybe they are so caught up in the mainstream economic narrow view of beauty that that's all they see – and everything around them is saying you are beautiful so they can't see a wider vision. And, of course, a beauty contest will show the world how beautiful I am and that gives me a place in the world.

Limited view of beauty, women

Who really knows? Beauty contests support a limited and narrow view of beauty and women. I find it hard



to even make words around how limiting, painful, and full of madness it is to line women up and compare their beauty.

It's a bit like when they line horses or cattle up in a sale yard and the prospective buyers judge and bid on them. That's what people do for beauty contests: they watch and judge and criticise, and compare, make fun of, and choose who they would want to win.

Public judgments of women

I don't want to criticise the individual women. They put themselves out there to be judged publicly. They are blamed for doing something bad for women; actually, they just reflect normal society in a public way.

The reality of women's lives is often based around looks. So much advertising is about buying products to make women look better.

How we look is given much more emphasis than what we do, how we feel, what we think, our life experiences, or our creativity. Human beings are capable of much depth and complexity, and so often it is narrowed down into a small narrow vision of how we look.

Please note that we will close for a break on 24 December 2015 and re-open on 18 January 2016.

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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 name is **Maree McKenzie**. I grew up in Naenae, Lower Hutt. I am the Convenor for the Board of Trustees at the Lower Hutt Women's Centre.

What is a favourite quote?

Start by doing what is necessary; then do what's possible and suddenly you are doing the impossible (Francis of Assisi).

Favourite song of all time:

"Annie's Song" by John Denver. It has been one of my favourite songs for as long as I can remember.

Favourite place in the world:

Venice. I'm planning my return trip.

Favourite memory from childhood:

Spending holidays on a dairy farm in Taranaki. These are some of my fondest memories. I loved helping on the farm, working with the animals, driving tractors, riding motor bikes, and working in the milking shed. These experiences definitely nurtured my love of this type of lifestyle.

Funnily enough, my sister (the city slicker) married the dairy farmer (from Taranaki) and I ended up working in an office! One day I know I will fulfill this dream and be back on the land. Perhaps not on a dairy farm, though!

The last book I read:

"Bellagrand" by Paullina Simons. I spent most of the book admiring the lead woman character as she showed such resilience and courage when many would have walked away. Her husband, unfortunately, did not show such qualities!



Three people to invite to dinner:

Ben Sigmund (Wellington Phoenix player), Nehe Milner Skudder (Wellington Hurricane/All Black), and Wayne Rooney (Manchester United striker).

What do I do to help my wellness:

I spend as much time as I can in the garden. My ideal weekend is not to move the car out of the garage and to spend time pottering in the garden with the dogs and cats who are usually close by (and using power tools: blowers, hedge trimmers, chain saw, lawn mower, weed eater!)

Whakatauki

Whāia te iti kahurangi ke te tūohu koe me he maunga teitei.
Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain.

Ko taku reo taku ohoho, ko taku reo taku mapihi mauria.
My language is my awakening, my language is the window to my soul.

Ki te kahore he whakakitenga ka ngaro te iwi.
Without foresight or vision the people will be lost.



Disordered eating support group starts in February

Starting in the evening of 8 February 2016 and on the second Monday of every month after that, the **Continued-Recovery Network** is a support group for women living in recovery from disordered eating. We welcome women of all ages with a history of anorexia, bulimia, binge eating, or any other form of disordered eating who are looking to continue strengthening their recovery journey.

We will meet on a **monthly basis** to discuss challenges/ongoing issues in our recovery and gain support from others who have their own experiences of both illness and recovery. If you have any questions, please feel free to contact Kimberley.

Phone: 027 327 4466

Email: kimberley@bignell.co.nz



Community Events

JANUARY 2016

>SATURDAY, 23 JANUARY

Ian Priest Memorial Hutt River Trail Events: Hutt Valley 60K, 42K, 21K, 10K Off Road

The Hutt River Trail Events is an annual 60K Ultra Marathon starting in the Wairarapa, a 42K Marathon from Kaitoke, a 21K Half Marathon from Trentham, and a 10K starting from McEwan Park, Petone, with all events ending at McEwan Park, Petone.

These are off-road events, over a variety of surfaces, including bush tracks, grass, gravel and sealed footpaths, and some unsealed vehicle tracks. All of the course is shared with other users, such as runners, walkers, trampers, cyclists, and motor vehicles in places. Unusual features include: tunnels, stiles, gateways and zigzags, and one flight of steps.

For more information:
<http://www.sportsground.co.nz/auroraharriers/88443/>

>SATURDAY, 30 JANUARY, SUNDAY, 31 JANUARY

Te Rā o te Raukura: Te Whiti Park, Whites Line East, Waiwhetu, Lower Hutt

Te Rā o te Raukura whanau community festival is an annual event held to celebrate community. Arohanui ki te Tangata is our guiding statement that expresses sentiments of sharing, love, respect, and togetherness towards our fellow neighbour.

There's Māori cultural performances with Haka in The Park - the Wellington Regional Kapa Haka Championships. These are the best of our regional teams competing for selection to move forward to the national Te Matatini

competition. Haka In The Park is Saturday, January 30.

Admission is free.
 Website: Atiawa Toa FM
<http://www.atiawatoafm.com/>

>THURSDAY 14 JANUARY, FRIDAY, 15 JANUARY

Kate Tempest, Bodega, 101 Ghuznee Street, Te Aro, Wellington

Kate Tempest is a Mercury Music Prize-nominated recording artist and an award-winning poet, playwright, and novelist. She was born in 1985, grew up in South-East London, and put simply is mind-bogglingly talented. Kate Tempest and her four-piece band will play Wellington Bodega and Auckland Kings Arms on 14 January and 15 January.

In 2014 Kate Tempest's remarkable debut album "Everybody Down" came out to huge critical acclaim and was shortlisted for the Mercury Music Prize. It is an astonishing album of social commentary and visceral narrative storytelling wrapped around tunes so addictive the listener can inhabit and breathe the world Tempest describes.

Performance time: 8–11:30 pm
 For more information, visit:
<http://www.eventfinda.co.nz/2016/kate-tempest/wellington>

FEBRUARY

>SUNDAY, 28 FEBRUARY

Kapiti Women's Triathlon Fun Run at Raumati Beach

The Kapiti Women's Triathlon has several triathlon and duathlon events

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Sisters: talk to each other, be connected and informed, form women's circles, share your stories, work together and take risks. Together we are invincible.

Isabel Allende



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(not covered here) as well as 2km and 4km fun runs/walks. The fun run and walk course is off-road, starting at the triathlon/duathlon transition area, following the Wharemauku walking track and stream for 2km, then turning at the cone/drink station. The 2km event turns at 1km.

Where: Marine Gardens, Raumati Beach 4K, 2K Off Road, Women Only
Event website: <http://www.kwt.org.nz/>

**>FRIDAY, 12 FEBRUARY–
SATURDAY, 5 MARCH
2016 NZ Fringe Festival Events
(listed below)**

**>FRIDAY, 26 FEBRUARY – SUNDAY,
20 MARCH**

**Shapeshifter Sculpture 2016, Lower
Hutt Civic Garden, Laings Road,
Lower Hutt**

Shapeshifter Sculpture returns to Lower Hutt's beautiful public gardens as part of the New Zealand Festival.

Enjoy the experience of wandering through the gardens encountering sculptures by emerging and established New Zealand artists. All works for sale. Picnickers welcome.

Exhibition Times:

Friday, 26 February, 10 am
Saturday, 27 February, 10 am
Sunday, 28 February, 10 am
Monday, 29 February, 10 am
Tuesday, 1 March, 10 am

View more sessions on the website

For more information, visit:
<http://www.festival.co.nz/2016/events/shapeshifter-sculpture-2016/>
Ticket details to be confirmed on website.

**>WEDNESDAY, 17 FEBRUARY–
SUNDAY, 6 MARCH**

**Alliance Française French
Film Festival: Embassy Theatre,
10 Kent Terrace, Mt Victoria,
Wellington**

The best of French cinema returns to New Zealand in 2016.

The Alliance Française French Film Festival is the foremost French cultural event and the second largest film festival in New Zealand. The 10th edition of the Festival will showcase the best of French-language cinema in 12 cities across New Zealand. Celebrating French culture in all its diversity, the 2016 Alliance Française French Film Festival is sure to delight audiences of all ages.

The full programme will be announced on 28 January. Visit the official AF FFF website and social media channels for updates on the 2016 festival. A très bientôt au cinéma!

Screening times:

Wednesday, 17 February, 5 pm
Thursday, 18 February, 10 am
Friday, 19 February, 10 am
Saturday, 20 February, 10 am
Sunday, 21 February, 10 am
View more sessions on website

For more information, visit:
<http://frenchfilmfestival.co.nz/>

**>FRIDAY, 26 FEBRUARY–SUNDAY,
28 FEBRUARY**

**Not in Our Neighbourhood, Hannah
Playhouse, 12 Cambridge Terrace,
Te Aro, Wellington**

Prepare yourself for a powerful night of theatre at Jamie McCaskill's thought-provoking and refreshingly honest play about the many guises

of domestic violence, a sell-out at the 2015 Ahi Kaa Festival.

Creating a documentary to raise awareness, Maisey Mata encounters Sasha, Cat, and Teresa at the Women's Refuge in Hauraki. Actor Kali Kopae gives an incredible performance as both Maisey and the three very different women, who are each seeking a safe haven and trying to rebuild their lives. Tikapa Productions (New Zealand).

Performance times:

Friday, 26 February 6 pm
Friday, 26 February, 6 pm
Saturday, 27 February, 2 pm
Saturday, 27 February, 6 pm
Sunday, 28 February, 6 pm

Ticket Information:

Early Bird (General Admission): \$39
General Admission: \$49
Buy Tickets: 0800 TICKETEK (842 538). Additional fees may apply

Website:

<http://www.festival.co.nz/2016/events/not-our-neighbourhood/>

>SUNDAY, 28 FEBRUARY 7

**Dirtsong, Michael Fowler Centre,
111 Wakefield Street, Wellington**

Black Arm Band (Australia): There's music that breaks down barriers, and then there's music that obliterates them.

Inspired by the words of author Alexis Wright, Australia's Black Arm Band perform songs from 11 different Aboriginal languages in this soulful show, which will bring to you the heart and humanity of the country and its most celebrated musicians, including Archie Roach and special guest artist Paul Kelly. Rich with complex

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harmonies and powerful melody, it will “send a shudder down your spine and bring a tear to your eyes” (The Age). Meanwhile, the cinematic screen behind the musicians opens a window onto the landscapes the music comes from, taking you on an immersive journey across a country you’ll never see quite the same way again.

Performance time:

Sunday, 28 February,
7 pm

Ticket Information:

Early Bird (A): \$59

A: \$69

B: \$49

C: \$39

Buy Tickets: 0800 TICKETEK (842 538). Additional fees may apply

Website:

<http://www.festival.co.nz/2016/events/dirtsong/>

MARCH 2016

>SUNDAY, 20 MARCH

Modern Māori Quartet, Little Theatre, 2 Queens Drive, Lower Hutt

Suit up for a night filled with waiata, wit, and downhome warmth, when the boys bring you their fresh take on the classic Māori showband. This multi-talented foursome have a magnetic presence on stage that’ll have you melting like golden syrup on hot fried bread.

Their latest cabaret show puts the quartet’s stamp on Kiwi classics and some of today’s biggest hits. Partnered by The Dominion Post with support from Creative NZ.

Performance time: 7:15 pm

Ticket Information:

Early Bird (GA): \$35

General Admission: \$39

Child (GA): \$15

Hakihea December 2015

Also known as Akaaka nui (Ngati Kahungunu)

Southern hemisphere: December to January, Solstice around 21st December.

Northern hemisphere: June to July, Solstice around 21st June.

Maruaroa o Raumati is the Summer Solstice, named for the Goddess of Summer - Hine Raumati. At the solstice, she sends her husband, Te Ra, on a journey back to his winter bride, Hine Takurua. Flowers are abundant, the Pohutukawa is spectacular and some crops become ready for harvesting. The Kamokamo should be ready about now.

Source: The Māori Oracle

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

Buy Tickets: 0800 TICKETEK (842 538)

Additional fees may apply

Website:

<http://www.festival.co.nz/2016/events/modern-maori-quartet/modern-maori-quartet-lowerhutt/>

>SUNDAY, MARCH 6

Newtown Festival Street Fair, Newtown

A snapshot of local life in vivid, explosive colour: Newtown Festival celebrates 20 years.

From modest beginnings in Carrarra Park in 1995, the Newtown Festival Street Fair has grown to become New Zealand’s largest free, annual outdoor performance event, with 80,000 people attending in 2015 and more expected next year.

The Street Fair sees eleven blocks closed to vehicles, to make way for tens of thousands of enthusiastic locals and visitors who arrive on Fair Day to a Newtown transformed. Cafés and restaurants spill onto roads and are joined by a huge array of international food stalls.

Local craftspeople, community groups and visiting stallholders add their wares to the already diverse array of goods on offer from Newtown’s shops. Buskers and all fresco street performers vie for the attention of passersby, and the occasional innocent bystander is swept up in a samba dance parade.

Doors open: 8 am

Gig starts: 9 am

Entry: R18

>SATURDAY, 5 MARCH–SUNDAY, 6 MARCH

Sila: The Breath of the World Civic Square, 65 Victoria Street, Te Aro, Wellington

By John Luther Adams (United States). You won’t have ever experienced a concert like this before, or one of the city’s public spaces used so creatively. For this unique composition by “one of the most original musical thinkers of the new century” (The New Yorker), more than 60 Orchestra Wellington musicians, set loose from a conductor’s baton and scattered around Civic Square, are allowed *Continued on next page*

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to play at their own speed, with just one proviso: each sustained tone or rising phrase lasts the length of a full exhalation.

There is no best seat – wander around to take in all the different perspectives, and don't complain about the nearby traffic, people talking, or the noise of cellphones, as they're all part of the "ecological listening" that Sila celebrates. Supported by Wellington Amenities Fund and Creative NZ.

Performance times:

Saturday, 5 March at 5 pm and

Sunday, 6 March at 3 pm

When:

Admission: Free

Website:

<http://www.festival.co.nz/2016/events/sila-breath-world/>

>5-13 MARCH

Wellington Pride Festival | Tū whakahīhī e Te Whanganui-a-Tara

The very first Wellington Pride Festival | Tū whakahīhī e Te Whanganui-a-Tara is happening early next year, from 5 to 13 March 2016, and we're now inviting you to get involved!

The festival is about celebrating the incredible diversity of our LGBTIQ+ communities and commemorating 30 years since Homosexual Law Reform.

We are searching for individuals and groups from all of our diverse communities to put on events as part of the festival - hopefully as many as we can possibly fit in.

For more information, visit:

<http://outinthepark.co.nz/wellingtonpridefestival.html>

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 beginning February 2016.

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:

First week of the month beginning February 2016

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

Beloved Child of the Universe:

A Two-Day Retreat on Mindfulness and Self Love

Led by Ruth Pink

Despite living in a society focussed on individualism, our relationship with our self is often sorely neglected. As a result, our self-esteem can suffer and life can seem a little lacklustre.



Over the two days of this retreat we will use mindfulness practice, art work and discussion to rekindle self-love and a deeper friendship with our own being.

When:

Friday 4 March – Sunday 6 March
2016

Where:

Raumati Beach, Kapiti Coast,
Wellington. *Places are limited.*

For more information:

email: pinkruth@xtra.co.nz
phone: 04 801 8896 / 0276766895

This retreat is suitable for experienced meditators and beginners. Great for anyone wanting to explore mindfulness. Perfect for women who have already completed a meditation course at the Lower Hutt Women's Centre.

The retreat will include structured sessions and free time, when you can spend time on the beach, sit on the deck, and soak up the stunning view out to Kapiti Island.

Costs: \$110 for your own room or \$80 for a shared room for both nights PLUS food (cost still to be determined).

You are also invited to make a koha or pay dana for Ruth's teaching. A deposit of 50% of your accommodation costs is required to secure your place.

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

10 am–2 pm Mosaics

6.30 – 8.30 pm Self Esteem

Wednesday

1–2.30 pm Women's Support Group

9am–3.30 pm Computer lessons (by appointment)

Friday

9.45 am–12 pm Self Esteem

1–2.30 pm A & D Wellbeing Group

First Sunday of the month

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

Mosaics

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

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

Day: Tuesdays

Time: 10 am–2 pm

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

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

Facilitator: Stephanie Brockman



Mellow Bumps is a six week group ante-natal programme, ideally for mums-to-be who are less than 30 weeks pregnant (before preparation for the birth begins).

The six week programme is designed:

- to support mums to chill out and relax and decrease stress levels
- to focus on what the baby can already do and what can be done to make him or her welcome
- to support the importance of early interaction on brain development and understand that babies are prepared for social interaction from birth
- to support mums-to-be with additional health and social needs before the birth.

HOW CAN I ATTEND?

There is no cost to attend, but bookings are essential. Please phone or email to register for a programme.
Phone 939-9257 or email kay@net-inc.org.nz



WHEN AND WHERE?

Lower Hutt Women's Centre, 186 Knights Road on Thursday 10–12 pm

Programme Dates for 2016

18 Feb–31 March
21 April–26 May
16 June–21 July

Facilitator: Accredited Facilitators of Mellow Parenting Programmes
www.mellowparenting.org

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: 6.30–8.30 pm

Cost: \$5

Facilitator: Julie Smart

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

Friday morning workshops

Time: 9.45 am–12 noon

**** This workshop starts at 10 am 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.

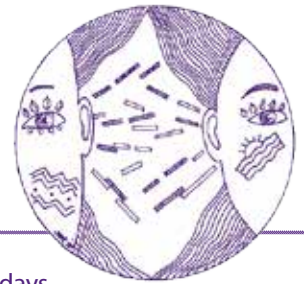
Tuesday evenings in 2016

Jan 19	Developing courage
Jan 26	Willpower
Feb 2	Anger as a strength
Feb 9	Developing self knowledge
Feb 16	Self love
Feb 23	Acknowledging self
March 1	Enhancing self in terms of awareness
March 8	Acceptance and use of strengths
March 15	Positive thought and talk
March 22	Messages about self
March 29	Accepting responsibility for self
April 5	Coming to grips with feelings
April 12	Talking about ourselves
April 19	Beliefs about self
April 26	Expressing pride in self
May 3	Letting go of the past
May 10	Respecting self and others
May 17	Striving for pure motives
May 24	Putting yourself in neutral
May 31	Having the courage to be imperfect

Friday mornings in 2016

Jan 22	Positive thought and talk
Jan 29	Messages about self
Feb 5	Accepting responsibility for self
Feb 12	Coming to grips with feelings
Feb 19	Talking about ourselves
Feb 26	Beliefs about self
March 4	Expressing pride in self
March 11	Letting go of the past
March 18	Respecting self and others
April 1	Striving for pure motives
April 8	Putting yourself in neutral
April 15	Having the courage to be imperfect
April 22	Developing courage
April 29	Willpower
May 6	Anger as a strength
May 13	Developing self knowledge
May 20	Self love
May 27	Acknowledging self
June 3	Enhancing self in terms of awareness
June 10	Acceptance and use of strengths

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 a Bachelor of Counselling and a Bachelor of Adult Education. She enjoys the strength women find when gathered together.

Day: Wednesdays

Time: 1–2.30 pm

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

Facilitator: Stephanie Brockman

Free 1 to 1 Computer Lessons

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

Want to learn how to:

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

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

Day: Thursdays

Time: 9 am–3.30 pm

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 1–4 pm 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 25 years and has run groups for over 30 years.

Day: The first Sunday of every month

2016 Dates

Sunday 7 February

Sunday 6 March

Sunday 3 April

Sunday 1 May

Sunday 5 June

Sunday 3 July

Sunday 7 August

Sunday 4 September

Sunday 2 October

Sunday 6 November

Sunday 4 December

Time: 1–4 pm

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: 1–2.30 pm

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 for 2016

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

Understanding the Blues



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

This group is a structured educational group.

Is this the group for me?

If you have felt hopeless, panicky, tired, fearful, or stuck, this group may support you to see new possibilities. This group may also be for you if you have experienced depression and anxiety in your life and you want to break the cycle.

The topics we may cover are:

- positivity
- sleep
- respecting your body
- being friendly with feelings
- making a plan for healing
- relaxation
- assertiveness and relationships

Dates: 6 weeks beginning Monday, 29 February 2016

Times: 10 am to 12 noon

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

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 569 2711 for deposit details.

Facilitator: Julie Smart

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 misuse of anger.

Dates: Six weeks beginning Wednesday, 16 March 2016

Times: 7-9 pm

Cost and enrolment: \$40 waged/\$20 low or unwaged. Phone to register interest. Enrol by payment or deposit to Lower Hutt Women's Centre.

Facilitator: Ally Andersun

Inner Child

Friday evening and two-day weekend course.

Through the use of action and art, learn the techniques to develop a deeper understanding of yourself and your processes. It is said that the child holds the key to our own healing and recovery, and this is an individual journey for each person. This workshop is for women that have done previous self-development workshops or groups.

You can phone and put your name down to be contacted for an interview.

Dates: 11-14 March 2016

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

Cost and enrolment: \$40 waged/\$20 low or unwaged. Phone to register interest. Enrol by payment of deposit.

Facilitator: Ally Andersun.



Self Esteem for Teens

A six-week self-esteem course for girls aged 13 to 17 years.

Do you want:

- to learn more about yourself
- to have fun?
- to be more confident?
- to grow in self respect
- to grow in self worth?
- to grow in self-esteem?
- to accept yourself as you are?
- to develop an understanding and respect of yourself and others?

We're all different.

Who are, what we like and don't like, our cultures and our backgrounds. There is no one else quite like you.

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

This is your world. Honour it as your own and enjoy its gifts.

Dates: Six weeks beginning Thursday, 5 May 2016

Times: 4-6 pm

Cost: \$20

Phone to register interest

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 569 2711 for deposit details.

Facilitators: Stephanie Brockman and Amber White

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 in 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 for 2016 (all dates on Saturday):

5 March

30 April

2 July

3 September

5 November

Time: 10 am–4 pm

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

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 569 2711 for deposit details.

Tutor: Linda Wood

Meditation for Women



Using meditation to find relaxation and peace wherever you are.

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish a sense of groundedness and peace in the midst of change and the difficulties of life. Research has shown that meditation can bring about relief for a number of ailments like stress, pain, anxiety, and depression.

It can also help us to develop mindfulness, which supports us to live fuller, more vibrant lives. Ruth tailors the course to the needs and aspirations of the women who attend, but a primary focus will be to discovering and strengthening a feeling of home within ourselves.

During the six weeks you will also:

- learn some basic meditation techniques
- explore ways to manage our thoughts and feelings (instead of letting them manage us)
- discuss ways of living more easefully and more mindfully
- explore some basic Buddhist principles that support meditation.



The course will include meditation practice, art work, gentle body movements, discussion, and sharing. It is suitable for people who are new to meditation and those who are looking to revitalise their practice.

Date: Six weeks beginning Thursday, 7 April 2016

Times: 7–9.30pm

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

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 569 2711 for deposit details.

Facilitator: Ruth Pink

Self-Care Vs Burnout



Part of self-care is understanding that the relationship between belief systems and feelings is an essential step to stop self-defeating behaviour.

Burnout is a community hazard that people contract when they forget to remember themselves.

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.

Safe, firm boundaries will be named and regained throughout the workshop.

Dates: 8–10 April 2016

Times:

Friday 7–9.30 pm

Saturday 10am–5 pm

Sunday 10am–4.30 pm

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

Enrolment:
Enrol by payment or deposit

Facilitator: Ally Andersun

Note: Participants are expected to attend all sessions

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 that 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.

Assertiveness can increase your chances for honest relationships, and help you to feel better about yourself and yourself in everyday situations.

Date: 6 weeks beginning
Wednesday, 27 April 2016

Times: 7–9.30 pm

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

Phone to register interest

Enrolment: Enrol by payment or
deposit to Lower Hutt Women's
Centre. Phone 569 2711 for deposit
details.

Facilitator: Stephanie Brockman

We stand now where two roads diverge. But unlike the roads in Robert Frost's poem, they are not equally fair. The road we have long been travelling is deceptively easy, a smooth superhighway on which we progress with great speed, but at its end lies disaster. The other fork of the road, the one "less travelled by," offers our last, our only chance to reach a destination that assures the preservation of the earth.

Rachel Carson

Weaving with Harakeke



Learn how to make a rourou, kono, or konae, and how to prepare the harakeke using correct protocol (e.g., cutting harakeke and the significance of karakia).

We will also sing waiata. Small groups so you can get lots of one-on-one tuition.

We provide all materials including harakeke (flax).

Come along and experience making something from natural fibres in a supportive and fun environment.

Dates:

17 April (Rourou) 2016

19 June (Konae) 2016

28 August (Kono) 2016

16 October 2016 (undecided as of yet)

Times: 10 am–4 pm

Cost: \$10. Phone to register interest

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 569 2711 for deposit details.

Self Development for Women



Self development uses action methods that include group work, psychodrama, art, and movement.

This workshop will be three Wednesday evenings and a weekend (Saturday and Sunday).

All the participants need to have a commitment to attend all three evenings and both days on the weekend.



Dates:

Three evenings and a weekend (all one workshop)

Wednesday, 8 June 2016

Wednesday, 15 June 2016

Wednesday, 22 June 2016

Weekend: 25 and 26 June 2016

Times: Wednesdays 7–9.30 pm

Saturday 10am–5 pm

Sunday 10am–4.30 pm

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

Enrolment:

Enrol by payment or deposit

Facilitator: Ally Andersun

Building Healthy Relationships: Co-dependency/Relationships



This weekend will be an opportunity to explore; relationships from the past, primary relationships and how they are acting out in your relationships today.

This provides an opportunity to examine dynamics of co-dependency (women who love too much) and relationship addiction.

The workshop will also be an opportunity to explore and improve your relationship with self, so then you can take more of yourself into relationships with others.

You are more powerful than you know; you are beautiful just as you are.

Melissa Etheridge

Dates: 13–15 May 2016

Times:

Friday 7–9.30 pm

Saturday 10 am–5 pm

Sunday 10 am–4.30 pm

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

Phone to register interest

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 569 2711 for deposit details.

Facilitator: Ally Andersun

Resilience: The identification and use of resilience in everyday life



Resilience is the ability to have difficult feelings, experiences, mistakes, disappointments or loss, and to be able to move through them in constructive ways that allows us to maintain our authenticity and grow from the experience.

Resilience is a crucial ingredient in what determines how high we rise above what threatens to wear us down, from battling an illness, to relationship breakup, to carrying on after a national crisis.

Resilience can be defined as the capacity to cope and bounce back. In this course, participants will identify strategies and techniques to recognise unhelpful ways of being and replace them with a mindset that enhances resilience.

We are resilient in many ways, and this course will assist in participants connecting with their capacity for resilience. A person connected to their capacity for resilience will return to equilibrium after a disturbance.

Dates: Six weeks beginning Wednesday, 6 July 2016

Times: 7–9 pm

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

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 569 2711 for deposit details.

Facilitator: Ally Andersun



CNN photojournalist Margaret Moth covered conflicts spanning continents.

Photo credit: CNN

Margaret Gipsy Moth: Fearless newswoman and gender trailblazer

As New Zealand's first female camera operator on national TV news, Margaret Moth was known to her colleagues as "the Lady in Black." There was the jet-black hair, the thick black eyeliner which emphasised her piercing blue eyes, the black clothes, black socks, the black army boots she slept in while on assignment, the black rollerblades she took to Baghdad to scoot around her hotel lobby to unwind. She even painted their wheels black.

For two decades, Margaret Gipsy Moth – she officially changed her name to that from Margaret

Wilson when she was in her twenties – covered the most dangerous stories of the day, starting with the violence in India after the 1984 assassination of prime minister Indira Gandhi. For CNN, one of her first assignments was the 1990 Gulf War to liberate Kuwait from Saddam Hussein, and she was in Baghdad more than a decade later to cover Saddam's overthrow.

A fearless reputation

Moth had a reputation as fearless. That was the adjective used as the title of a CNN documentary about her life. Colleagues recall how they ducked behind vehicles in Tbilisi, Georgia,

when militiamen opened fire on a crowd of protesters. Moth stayed on her feet and kept her camera rolling to obtain exclusive footage.

During the Israeli incursion into the West Bank in 2002, Moth hid herself within a group of protesting Palestinian doctors and walked, filming all the while, past Israeli troops and armoured vehicles to gain an interview with the beleaguered President of the Palestinian Authority, Yasser Arafat.

It was in the Bosnian capital, on 23 July 1992, that Moth and two CNN colleagues set out on the pedal-to-metal dash from the centre of Sarajevo to the airport along "Sniper's Alley," a deserted boulevard

in full view of Serbian snipers. Her crew's aim was to interview pilots of relief flights at the otherwise closed-down and besieged airport.

Despite their van's speed, Moth was hit in the face by a bullet from a sniper many hundreds of yards away, shattering her jaw and destroying her teeth and much of her tongue.

Asked what she felt about the man behind the gun, she replied: "We came into their war. Fair's fair. They're in a war and I stepped into it."

A drive formed early on

Margaret Wilson was born in

Gisborne in 1951 to a homekeeper mother and a father who built and sold swimming pools. She originally wanted to be a motor mechanic, but found that no one would give a girl an apprenticeship. "It was the first time I realised that being female is a handicap," she recalled later. Perhaps that helped motivate her to prove the opposite.

Fascinated by photography since getting her first still camera at age eight, she studied film and photography at the University of Canterbury before moving to Dunedin for the local TV channel DNTV2 as the first news camerawoman in New Zealand.

These were the 1970s, before the days of a national hook-up, and colleagues recall her racing to the airport to get her videotapes to Auckland and Wellington in time for the national evening news.

The quality of her camerawork landed her a job with TVNZ, which got her a job in the United States, with the KHOU 11 news channel in Houston, and eventually, in 1990, with CNN.

In 2007, Moth was diagnosed with colon cancer. Two years later, she told a CNN documentary crew, "I would have liked to think I'd have gone out with a bit more flair ... the important thing is to know that you've lived your life to the fullest."

In early September 2009, she entered a hospice in Rochester, Minnesota, where she died on March 21, 2010 at age 59.

She originally wanted to be a motor mechanic, but found that no one would give a girl an apprenticeship.

Treaty of Waitangi: Questions and Answers

What was Te Wakaminenga/the Confederation of Chiefs?

Stimulated by the rangatira Te Pahi, northern leaders began meeting from about 1808 in formal assembly to agree on law and policy concerning the newcomers. This assembly was called Te Wakaminenga o Ngā Hapū o Nu Tīreni (the General Assembly of the Tribal Nations).

The Assembly had a general secretary, Waikato. He and the renowned Ngāpuhi leader Hongi Hika went to meet King George IV of Britain in 1820, under the auspices of Te Wakaminenga.

In the years leading up to the Declaration and Treaty, the Te Wakaminenga meetings were attended and supported by many leaders from around Te Ika a Māui (North Island), and gatherings continued after the Treaty's signing.

The flag chosen by the northern leaders in 1834 was known as the Te Wakaminenga flag. Te Wakaminenga, known to the British as the Confederation of Chiefs, was the author of the Declaration of Independence and is prominently named in the Treaty.

The Declaration stated that "no separate legislative authority" (kāwanatanga) would be allowed in the country, unless appointed by rangatira "in congress assembled." *From: Ngāpuhi Speaks: This independent report of the Waitangi Tribunal hearings of the Ngpuhi claim was published in 2012.*



What was British policy before 1840?

Until the 1830s the British policy towards New Zealand was one of reluctance to intervene formally. Britain was having problems in some of its colonies, and wasn't really interested in one as far away as this.

In 1831, 13 of the Northern rangatira (leaders) sent a letter to King William IV requesting that the King become a "friend and guardian of these islands."

The rangatira letter expressed concern about a possible takeover by the French and suggested that unless the King acted to control the misconduct of British citizens living in or visiting New Zealand, the rangatira would be forced to enforce their own laws.

Pākehā lawlessness was seen in incidents around the country, including murders, kidnappings, enslavements, and other criminal acts.

Reports on these incidents from rangatira and missionaries were a cause of concern for the British authorities. For the British, matters were brought to a head by an incident in 1830. The Englishman, Captain Stewart, in return for one cargo of flax, secretly conveyed

Te Rauparaha and war party from Kapiti to Ākaroa. The sacking of that village and capture of ariki Te Maiharanui horrified the British in Sydney.

The failure to bring Stewart to justice in Sydney made the British realise that something had to be done about the lawless state of Europeans in New Zealand.

As a direct result of this incident and the letter from the rangatira, and 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 with a reply to the rangatira from King William, and set up the Residence at Waitangi.

The Northern rangatira began conferring regularly with Busby, seeking advice for the development of their international relationships and trade. One of Busby's first tasks was to assist rangatira in 1834 in the selection of a national flag, so that their ships would be registered and have official access to Australian and other international ports.

Importantly, King William IV formally recognised the flag, thus granting Māori ships the protection of the British Navy when in international waters.

Source: Network Waitangi (2015). Treaty of Waitangi: Questions and Answers. Christchurch: Network Waitangi.

Web: <http://nwo.org.nz/files/QandA.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 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

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. Join us!