



## Viewpoint

By Teresa Heinz Housel, Women's Centre Newsletter Editor

**A**t the beginning of every year, I enjoy writing goals for the next 12 months. I usually accomplish some of the goals, but mostly they're just a tool to help me consider how I'd like to grow in the coming year.

One of my top aspirations for 2016 was to attend a mindfulness meditation retreat. I fortunately secured a spot on Ruth Pink's two-day mindfulness meditation retreat, "Beloved Child of the Universe," at Raumati Beach last month. This experience was reflective and replenishing.

### My journey to meditation

I first learned about mindfulness meditation in early 2006. At the time, I struggled to balance everyday life with a very stressful job as a university lecturer in Michigan. My life wasn't even close to being in balance. I worked 60-80 hour weeks over days, evenings, and most weekends. The work was an exciting treadmill, but I worried how I'd maintain it as I aged. There was no end in sight.

Not surprisingly, the workload increased my anxiety level, and eventually led to generalised anxiety disorder. My counsellor suggested that I try mindfulness meditation as a way to relax. I often silently meditated in my faculty office between class sessions. On the worst days, I shut my office door so I could listen to guided meditation podcasts and put lavender essential oil on my wrists.

Doing meditation and exercise worked for a few years. However, while on sabbatical at Massey University in early 2012, I experienced a frightening panic attack while giving a lecture to a post-graduate class. I realised then that I needed to make broad and structural life changes.

My partner and I emigrated to



New Zealand in 2013. A few months later, I discovered the Lower Hutt Women's Centre, and later its meditation workshops led by Ruth Pink.

Ruth's recent mindfulness workshop at Raumati taught me how to develop self-love. Through self-love, we are able to pay attention to anxiety and its triggers. Understanding the connection between my thoughts, body, and emotions can help me better manage anxiety. I emerged from the weekend with a resolution to make meditation retreats a regular part of life.

### Common experience for women

I'm grateful to have discovered mindfulness meditation. It not only decreased my anxiety, but its reflective component also gave me the insight to address the anxiety's root causes.

Unfortunately, many people, and especially women, experience anxiety. According to the 2012-2013 New Zealand Health Survey, one in six New Zealand adults (16 percent, or an estimated 582,000 adults) have been diagnosed with a common mental disorder such as

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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)

Web: [www.lhwc.org.nz](http://www.lhwc.org.nz)

## Disordered eating support group meeting monthly

**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. The group meets evenings on the second Monday of every month.

We 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

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depression, bipolar disorder, and/or anxiety disorder at some time in their lives.

The same New Zealand Health Survey found that women were around 1.6 times more likely to have been diagnosed with a common mental disorder (20 percent) than men (13 percent). Rates for these conditions were actually higher for women in all age groups. The highest rates for women were from 35–44 years of age (23.8 percent).

Why are women more likely to be anxious or depressed? The reasons are multiple and complex. An Oxford University study from 2013 analysed data from the UK, US, Europe, Australia, and New Zealand. The study's findings suggested that genetics, hormonal imbalances, and family history cause women to have a greater propensity to mental health issues.

Many mental health researchers argue that women experience more general stress than men. Women are more likely to manage paid work in addition to maintaining the home, doing childcare, and caring for older relatives. I'm continually amazed at how much women accomplish in their everyday lives.

### Meditation as anxiety relief

Growing scientific evidence suggests that mindfulness meditation can decrease a person's stress and anxiety, and the ability to cope with difficult life events.

Only a few studies to date focus on mindfulness meditation in a New Zealand context. However, the available studies' results are consistent with overseas research.

A 2011 paper from New

Zealand's Mental Health Foundation (MHF) discusses research on mindfulness meditation. The MHF paper cites a recent study of New Zealanders with a range of chronic physical illnesses. The research found that mindfulness-based stress reduction helped reduce levels of depression, anxiety, stress, and pain/discomfort.

Dr. Ross Bernay from AUT is working with the MHF to pilot a mindfulness programme in six New Zealand schools. The programme aims to help children increase their focus and learn to work with others compassionately.

### Meditation as part of self-care

Thanks to mindfulness meditation, exercise, and other self-care actions, my anxiety is now well managed. I'm now able to speak in front of groups of people without having an anxiety attack. I'm taking piano lessons for the first time since I was a teenager, and even given a few public performances around Lower and Upper Hutt.

Best of all, I'm experiencing the joy of teaching again in my job in New Zealand. None of this progress would've been possible without meditation and other anxiety-specific care.

I'm so thankful for a resource like the Lower Hutt Women's Centre in our community. This newsletter includes notices about workshops on meditation, resilience, self-care, and other topics at the Centre. I encourage other women to participate in these workshops as we find our path to physical, emotional, and spiritual wellness.

## Whakatauki

He kai kei aku ringa  
There is food at the end of my hands

He waka eke noa  
A canoe which we are all in with no exception

Ahakoia he iti he pounamu  
Although it is small, it is greenstone

Ta te tamariki tana mahi  
wawahi tahā  
It is the job of the children to smash the calabash

E kore a muri e hokia  
What is done is done

He iti kai mā te kotahi e  
kai, kia rangona ai te reka  
If something is too small for division, do not try to divide it



## Community Events

### >THROUGH SUNDAY, 19 JUNE

#### Kids Club - Meditation for Children

This club aims to develop and nurture the good qualities in children through mediation and positive thinking. The session lasts for half an hour in the meditation room, followed by refreshments with art and craft activities. Children must be accompanied by an adult. Just drop-in; booking is not required.

#### When:

Sunday, 17 April, 2.30-3.30 pm  
Sunday, 22 May, 2.30-3.30 pm  
Sunday, 19 June, 2.30-3.30 pm

#### Where:

Bodh Gaya Buddhist Centre, 94  
Derwent Street, Island Bay, Wellington

Restrictions: All ages

Ticket Information:

Suggested donation per family: \$6.00.  
Additional fees may apply

#### Websites:

<http://meditateinwellington.org/wp/>  
<https://www.facebook.com/>

### TUESDAY, 19 APRIL

#### Judith Durham - This Is My Song Matinee Concert Series

For the first time in 25 years, you'll have the chance to experience the heartfelt emotion of "the real Georgy Girl" live in Wellington.

In the mid-60s Judith Durham's iconic voice, as the legendary and much-loved lead singer of The Seekers, propelled the group to the top of the world charts time and time again - often outselling The Beatles and The Rolling Stones.

The Seekers' million-selling hits include "Georgy Girl" (Oscar-nominated Best Original Song), "I'll Never Find Another You" (more than 15 million hits on YouTube to date), and the heartfelt epic "The Carnival Is Over" (No. 30 in 'UK Top 100 Best Selling Singles Of All Time').

Judith's This Is My Song – The

Matinee Concert Series is a glorious celebration of her incredible five decades in the music industry.

#### Where:

The Opera House, 111-113 Manners Street, Te Aro, Wellington. Wheelchair accessible.

#### When:

19 April, 4.30 pm

#### Tickets:

From: \$55.00  
Phone: 0800 TICKETEK

For more information:

Phone: 04 801 4310

Email: [info@pww.co.nz](mailto:info@pww.co.nz)

Web: [judithdurham.com](http://judithdurham.com)

#### Website:

<http://www.wellingtonnz.com/discover/things-to-do/events/judith-durham-this-is-my-song-matinee-concert-series/>

### >FRIDAY, 22 APRIL – MONDAY, 25 APRIL

#### Retreats For The Soul - Women's Well-being Spring Retreat

This retreat offers women the opportunity to rejuvenate and cleanse your mind body and spirit, taking time to re-establish and support your health on many levels. Mindfulness, meditation, yoga, movement, life coaching workshops and glorious fresh food and juice are offered to enrich this process. On retreat, participants will be giving tools to; nourish the body, quieten the mind, alleviate stress, and increase personal clarity & direction to live more joyfully & abundantly.

#### When:

Friday, 22 April, 5-9 pm  
Saturday, 23 April, 8 am-9 pm  
Sunday, 24 April, 8 am-9 pm  
Monday, 25 April, 8am-1pm

#### Where:

Waihangā Centre, 32 Waihangā Road, Otaki Gorge, Otaki

Restrictions: All Ages

#### Ticket Information:

Buy tickets: 0212622049 or  
<http://www.shineretreatsnz.com/>  
Additional fees may apply

For more information or to register:

Contact: Tanette or Felicity

Ph: (+64) 06 3643202

Email: [nzretreatsforthesoul@gmail.com](mailto:nzretreatsforthesoul@gmail.com)

Website: [www.retreatsforthesoul.co.nz](http://www.retreatsforthesoul.co.nz)

### >THURSDAY, 28 APRIL

#### Theatre: Guji Guji - Lower Hutt

From children's theatre company, Little Dog Barking comes Guji Guji, a simple and beautiful story about being different, bullying, and family love.

Little Dog Barking is a leading puppet theatre for children, creating and presenting quality theatre works for early childhood, primary school, and family audiences. Their show, Guji Guji, had its debut at the Capital E National Arts Festival in 2015 to sold-out audiences.

The show was devised and directed by Peter Wilson. Based on the book by Chih Yuan Chen, Guji Guji is a simple and beautiful story.

A strange egg rolls into a duck's nest. Mother Duck hatches the egg and the strangest-looking duck you have ever seen emerges from the egg. His first words are Guji Guji and that becomes his name.

Based on the popular children's book by the same name, Guji Guji has several problems he has to solve, and solve them he does and his family of ducks love him even more. Suitable for ages 2 - 10 years old.

"Guji Guji is entirely suitable, clearly engaging and very entertaining. There'll be lots to follow up on back at school."

- John Smythe, *Theatreview*

#### When:

28 April, 10 am, 11.30 am. Duration approx. 40 mins.

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**Where:**  
Little Theatre, 2 Queens Drive, Lower Hutt

**Cost:**  
General Admission (under 2's are free): \$10.00  
For bookings, contact Sarah on 021 042 1851 or [sarah@littledogbarking.co.nz](mailto:sarah@littledogbarking.co.nz)

For more information, visit:  
[littledogbarking.co.nz](http://littledogbarking.co.nz) or  
<http://www.wellingtonnz.com/discover/things-to-do/events/guji-guji-lower-hutt/>

**>FRIDAY, APRIL 29 – SATURDAY, 30 APRIL**

### **A Cappella Capital: Women's Barbershop Singing**

Enjoy the ringing harmony of women's barbershop singing, when New Zealand's best barbershop choruses and quartets compete.

This annual convention and competition sees quartets and choruses from throughout New Zealand come together to compete for a spot at the international Sweet Adelines convention in Las Vegas later in the year.

Barbershop is the a cappella style of unaccompanied singing characterised by four-part harmony.

The melody is consistently sung by the lead, with the tenor harmonizing above the melody, the bass singing the lowest harmonizing notes, and the baritone completing the chord.

**Where:**  
Michael Fowler Centre, 111 Wakefield Street, Wellington. Wheelchair Access

**When:**  
29 – 30 April, 11 am, 11.30 am

**Cost:**  
Adults: \$30.00, Seniors: \$15.00, Under 25's: \$15.00

To purchase tickets, phone: (04) 801 4231 or (04) 801 4310  
Email: [sales@pmv.co.nz](mailto:sales@pmv.co.nz) or visit [sweetadelines.co.nz](http://sweetadelines.co.nz)



Women's barbershop singing

## **Paenga-whāwhā April 2016**

Also known as Ngahuru, ngahuru tahi, Tikaka-muturangi (Ngati Kahungunu)

Southern hemisphere: April to May. Northern hemisphere: October to November

Paenga-whāwhā refers to the Taro and Kumara harvests. Around this time, depending on the area, the leaves of Kumara go brown and are then ready for harvesting. It is a time of thanksgiving for the main crop harvests. In European Paganism, Samhain or All Hallows (celebrated at the end of October in the Northern hemisphere & end of April in the South), also celebrates these harvests and honours the ancestors for their care and attention.

Source: The Māori Oracle

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

For more information, visit: <http://www.wellingtonnz.com/discover/things-to-do/events/a-cappella-capital/>

### **Mothers Network -- Te Aka Hauma akaipa**

Do any of your mum clients need ongoing peer support?

Mothers Network invites mums of babies/preschoolers to enrol in our Term 1, 6-week support groups. Our group model empowers women and leads to meaningful friendships. We provide babysitters and snacks. Cost is a \$40 donation, but only if mum can afford it.

Term 1 groups ready for enrolments:  
1. "All Mums" general group in Island Bay, starting Tuesday, March 8th 10 am-12 pm, to April 12th. Mums from all over Wellington can attend, as our group model is not reliant on mums being from the same suburb.

2. (Tertiary) Student Mums, venue Victoria University, starting Tuesday, March 15th 9.30-11.30 am to April 19th.

The cost is a \$40 donation, but only if mum can afford it. We would prefer that she participate.

She can enrol at: <http://mothersnetwork.us4.list-manage1.com/subscribe?u=9d94c1047ee46>

8805cbb15a18&id=c9a309b112 or by text 027 533 1992 or email us at: [mothersnetwork.wn@xtra.co.nz](mailto:mothersnetwork.wn@xtra.co.nz)

If you would like brochures or posters, please get in touch.

**>TUESDAY, 10 MAY**

### **Parenting Course - Challenging Teenagers**

The parenting course, "Different Approach – Different Response," promotes positive parenting and enhances family relationships.

This 8-week course (2 hours per week) is co-facilitated by two Parent Help therapists and designed to assist parents of challenging teenagers to positively prepare and guide their child to independence.

As you work through the 8 weeks, you are helped to gain knowledge and skills to:

- understand how changes in the teenage brain alter their behaviour
- how to understand the impact of the attachment between you and your teen, and how your relationship impacts adult lives

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- look at the disruptive cycles in your family and what helps these change
- appropriately support your teen to find new ways of relating
- know you are not alone with the issues you experience

Topics include:

- the neuroscience of emotions, thinking, and stress responses
- the latest research on the changes in the teen brain
- the neuroscience behind relationships and feeling secure
- interpersonal dynamics and patterns in families
- your and others' specific issues and their possible resolutions

Where:

Moera Community Hall, Randwick Crescent, Lower Hutt

When:

Tuesday, 10 May 7–9 pm  
 Tuesday, 17 May 7–9 pm  
 Tuesday, 24 May 7–9 pm  
 Tuesday, 31 May 7–9 pm  
 Tuesday, 7 June 7–9 pm

Restrictions: All ages

Ticket Information:

One person: \$95.00  
 To buy tickets, visit: <http://www.parenthelp.org.nz/> or phone: 04 802 5767

Additional fees may apply

Website:

<http://www.parenthelp.org.nz/>

**>SUNDAY, 7 AUGUST-SATURDAY, 12 NOVEMBER**

### Cheesemaking Workshop

Let Alexis Murti from Curious Cook take you on your next food adventure! You'll make the cheese during this intensely practical DIY 'hands-in' workshop, because the key to good cheese making is knowing how the cheese should look and, most

importantly, how it should feel at different points in its creation. During this three-hour hands-on workshop, you will be guided through the cheese making process while you make your own Halloumi and Italian Whey Ricotta from scratch.

The workshop includes all ingredients plus hands-on tuition. You'll go home with a full set of course notes, including recipes and instructions. We will also talk about milk and where to source it from, equipment you can use in your own home-kitchen, as well as hygiene and sanitation. And, of course, you'll take some of your cheese home to show off! Cheese making equipment and ingredients available on the day to purchase.

When:

Sunday, 7 August, 9 am-noon  
 Saturday, 12 November, 9 am-noon

Where:

Asiana School of Asian Cuisine, 39 Tennyson Street, Te Aro, Wellington

Restrictions: All Ages

Ticket Information:

General: \$80.00

To buy tickets, visit: <http://www.curiouscook.co.nz/> or phone:

0220408046

Additional fees may apply

Websites:

<http://www.curiouscook.co.nz/>

<https://www.facebook.com/curiouscookfoodadventures>

### ONGOING EVENT

#### Hutt Valley Community Choir

A large choir meeting during school terms to sing songs from around the world and perform the occasional concert. No experience necessary and

there are no auditions. Just bring your voice and we won't try to change it.

Casual membership \$6 waged, \$5 unwaged. First night is free.

We learn music from the world's cultures, folk traditions and moderns



Hutt Valley Community Choir

songs as well. We sometimes sing a cappella and sometimes with piano or guitar accompaniment. We learn by ear and have words on a projected screen to help us. You can access recordings of the songs and the lyrics on our "members only" page.

Where:

Knox St Columba Presbyterian Church, 574 High St, Lower Hutt

When:

Tuesday, 12 April, 7-8.30 pm  
 Tuesday, 3 May, 7-8.30 pm  
 Tuesday, 10 May, 7-8.30 pm  
 Tuesday, 17 May, 7-8.30 pm  
 Tuesday, 24 May, 7-8.30 pm  
 Tuesday, 31 May, 7-8.30 pm  
 Tuesday, 7 June, 7-8.30 pm  
 Tuesday, 14 June, 7-8.30 pm  
 Tuesday, 21 June, 7-8.30 pm  
 Tuesday, 28 June, 7-8.30 pm  
 Tuesday, 5 July, 7-8.30 pm

Restrictions: All ages. For more information, visit:

<http://huttvalleycommunitychoir.weebly.com/>

*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 from 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

### 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



## *Still I Rise*

You may write me down in history  
With your bitter, twisted lies,  
You may tread me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops.  
Weakened by my soulful cries.

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own back yard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame  
I rise  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.  
Leaving behind nights of terror and fear

I rise  
Into a daybreak that's wondrously clear  
I rise  
Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.  
I rise  
I rise  
I rise.

From *And Still I Rise*, by Maya Angelou

## 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

9.30 am–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 10 am–2 pm 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



**net** Parenting Begins in Pregnancy  
www.net-inc.org.nz

**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](mailto:kay@net-inc.org.nz)



#### WHEN AND WHERE?

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

Programme Dates:  
21 April–26 May  
16 June–21 July

Facilitator: Accredited Facilitators of  
Mellow Parenting Programmes  
[www.mellowparenting.org](http://www.mellowparenting.org)



# Self Esteem for Women

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

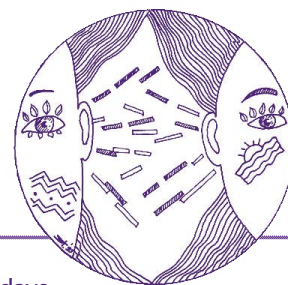
April 5	Coming to grips with feelings
April 12	Talking about ourselves
April 19	Beliefs about self
April 26	Expressing pride in self
May 3	Letting go of the past
May 10	Respecting self and others
May 17	Striving for pure motives
May 24	Putting yourself in neutral
May 31	Having the courage to be imperfect
June 7	Developing courage
June 14	Willpower
June 21	Anger as a strength
June 28	Developing self-knowledge
July 5	Self love
July 12	Acknowledging self
July 19	Enhancing self in terms of awareness
July 26	Acceptance and use of strengths
Aug. 2	Positive thought and talk
Aug. 9	Messages about self
Aug. 16	Acceptance responsibility for self

### Friday mornings in 2016

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
June 17	Positive thought and talk
June 24	Messages about self
July 1	Accepting responsibility for self
July 8	Coming to grips with feelings
July 15	Talking about ourselves
July 22	Beliefs about self
July 29	Expressing pride in self
Aug. 5	Letting go of the past
Aug. 12	Respective self and others
Aug. 19	Striving for pure motives



# 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
- 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, smart phones, and ad blocking. Bring any questions along.

Day: Wednesdays

Time: 9.30 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

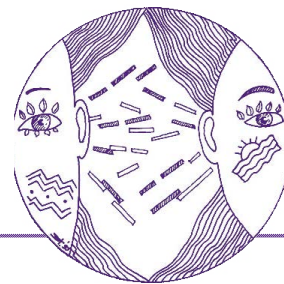
- Printing 20¢ per black and white page (free during lessons)
- Scanner
- Free internet access

### 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 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're 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

Self Esteem for Teens	p 11
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Self-Care Vs Burnout	p 13
Assertiveness for Women	p 13
Weaving with Harakeke	p 13
Self Development for Women	p 14
Co-Dependency	p 14
Resilience	p 15

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

## 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, 26th 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

# 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):

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 pm

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

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

Facilitator: Ruth Pink

Facilitator bio: Ruth Pink has worked as a writer, counsellor, and a celebrant, and has been meditating and studying meditation for more than 23 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth has completed a number of long silent meditation retreats, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, and many other teachers whose wisdom has enriched her life. Ruth weaves together teachings from the Buddha and other spiritual traditions with art, science, and poetry. While seeking to inspire others to change their lives and change their minds, she is also open-hearted, and down to earth.



## 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–4.30pm

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.

## 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).

Attend one workshop or as many as you like. If you attend more than one workshop you can begin to learn the skills so you can remember when you are by yourself at home - and independently make a kono or konae.

Come along and experience making something from natural fibres in a

Dates:

17 April (Rourou) 2016

19 June (Konae) 2016

28 August (Kono) 2016

16 October 2016

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.

Facilitator: Makere Love

## 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 pm

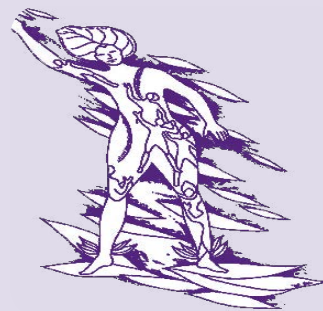
Cost: \$40 waged/\$20 low or unwaged

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

# Building Healthy Relationships: Co-dependency/Women Who Love Too Much



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.

If you have difficulty with relationships -partners, children, parents -then this workshop may help you in understanding how to look at your behaviour in the relationship and where that behaviour comes from. This workshop will help women that want to look at the damaging or dysfunctional relationships they have been or are in. Using the group work process and action methods we will begin the process of personal recovery.

Friday evening and two-day weekend course. Six minimum and 10 maximum for course to commence. Note: Participants must be prepared to attend all sessions of the workshop.

Dates: 13, 14, and 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

## Self Development for Women Using Action Methods

This workshop uses action methods that include group work, psychodrama, art, and movement.

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

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

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

Five minimum for course to commence and 7 maximum enrolments.

Ally Andersun is the Counsellor/Trainer/Supervisor at the Lower Hutt Women's Centre. Ally has a Bachelor of Counselling, Certificate in Social Studies and is an advanced trainee in Psychodrama. She is a member of NZAC and ANZPA. Ally has been a counsellor for over 20 years and has run groups for over 30 years.

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 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.

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

Instead of measuring  
yourself by your weight,  
measure yourself by your  
acts of kindness

*Elle Sommer*



Many people, especially  
ignorant people, want to  
punish you for speaking the  
truth, for being correct, for  
being you.

Never apologise for being  
correct, or for being years  
ahead of your time.

If you are right and you know  
it, speak your mind. Even if  
you are a minority of one, the  
truth is still the truth.

*Ghandi*

# Teen Voices:

## Teens say more LGBTQ+ Sex Ed would be really helpful

By Natalia Young

**K**imberly Gomez, 16, wants to learn more about sex. As a lesbian, she wants to know how to avoid sexually transmitted infections, or STIs, and figure out what is a safe environment for experimentation.

"Being young and inexperienced is hard enough," Gomez said in an email interview from her home in Denton, Texas. "It's frustrating not knowing what you're doing, and while the freedom to experiment is liberating, it can also be scary and overwhelming. Having some type of guidance would be greatly appreciated. Queer sex ed needs to be added to conventional programs."

While sex ed is a required part of the health curriculum in the public schools of 22 states and the District of Columbia, information specifically for LGBTQ youth isn't mandated.

However, issues normally stressed in conventional programs, including STIs and pregnancy, are just as pressing for LGBTQ+ teens.

Pregnancy, for instance, can be a misunderstood and overlooked issue for LGBTQ+ teens. The 2009 Massachusetts Youth Risk Behavior Survey found higher rates of lesbian identifying teens becoming pregnant than expected.

When it came to queer students, 11 percent had been or had gotten someone pregnant, as opposed to 5 percent of other students.

"We presume that identity equals behavior," said Carla Silva, director of the Health Outreach to Teens

program at the Callen-Lorde Health Center in New York City. "Adolescence is a time to be really exploratory about many issues, including sexuality, [but lesbian teens] are not part of any dialogue that's happening around sexual health."

### Looking elsewhere

In the absence of formal instruction, teens often look online where, Silva said, information is not always reliable.

LGBTQ+ teens are more likely

to have started having sex at an early age and to have multiple partners compared to their heterosexual peers and less likely to use contraception during intercourse, therefore being placed at risk of unexpected teen pregnancy, according to a data analysis by advocacy groups.

Without queer sexual education classes at school, LGBTQ+ teens can find themselves ill-equipped to deal with these situations. As a result, LGBTQ+ youth experience issues that make them more likely to have sex and experience issues like dating violence, STDs, and unexpected pregnancy.

"As a queer teen, you have to worry about so much more," said Gomez. "If you or the person you're experimenting with isn't out to their family yet, experimenting becomes so much scarier. You never know how parents will react to walking in on their children with someone of the same gender."

Sixty-one organizations recently came out in support of comprehensive sex education, according to a press statement from one of those organizations, the Sexual Information and Education Council of the U.S. Other groups include the Human Rights Campaign and Planned Parenthood.

The statement, "A Call to Action: LGBTQ Youth Need Inclusive Sex Education," says only 19 percent of U.S. secondary schools provide curricula or supplementary sex education materials that are LGBTQ-inclusive. "Fewer than 5 percent of LGBT students have health classes that included positive representations of LGBT-related topics," according to the statement.

### Inadequate programs

Anna Labick, 16, lives in Pittsburgh



Graphic credit: <http://www.teenhealthsource.com/ppt/queering-sexual-education/>

and said the health programs at her school are inadequate for queer teens such as herself.

"It can be quite dangerous considering if one's sexuality is ignored and no information is provided to help the teen practice safe sex (which is kind of the point of health class)," she said in an email interview.

In the absence of information at school, Labick relies on online sex content created by the video-blogger, or "vlogger," Laci Green, a public sex educator.

This lack of information can put lesbian teens in danger of making poor decisions and at a greater risk for associating sex with shame, said Silva of the Callen-Lorde Health Center.

Some states are preparing queer teens for healthier sex lives. California's schools are not required to teach comprehensive sex education, but 96 percent of them follow laws about content and parental consent.

Six other states (Texas, Arizona, Hawaii, Massachusetts, New York, and Ohio) are making greater efforts toward inclusive sex education. Four states (Arizona, Hawaii, California and Ohio) have addressed gender identity.

Natalia Young, 16, goes to Bethel Park High School in the Greater Pittsburgh Area.

### About this article:

This story is part of Teen Voices at Women's eNews. Teen Voices provides online stories and commentary about issues affecting female teens. Available at: <http://womensenews.org/2016/02/teens-say-more-lgbtq-sex-ed-would-be-really-helpful/>



## Ngahuia Te Awekotuku: Māori culture scholar, lesbian activist

**N**gahuia Te Awekotuku MNZM (born 1949) is a New Zealand academic specialising in Māori cultural issues and a lesbian activist. She is descended from Te Arawa, Tāhōe and Waikato iwi.

As a student she was a member of Nga Tamatoa at the University of Auckland. Her M.A. thesis was on Janet Frame and her Ph.D. on tourism's effects on the Te Arawa people.

Te Awekotuku has worked across the heritage, culture, and academic sectors as a curator, lecturer, researcher, and activist. Her areas of research interest include gender issues, museums, body modification, power and powerlessness, spirituality, and ritual.

She has been curator of ethnology at the Waikato Museum; lecturer in art history at Auckland University, and professor of Māori studies at Victoria University of Wellington. She was Professor of Research and Development at Waikato University.

She and Marilyn Waring contributed the piece "Foreigners in our own land" to the 1984 anthology *Sisterhood Is Global: The International Women's Movement Anthology*, edited by Robin Morgan. Although now retired, she continues to write.

In the 2010 New Year Honours Te Awekotuku was appointed a Member of the New Zealand Order of Merit for services to Māori culture.

### Research into tā moko

Te Awekotuku has researched and written extensively on the traditional and contemporary practices of tā moko in Aotearoa New Zealand. Her 2007 (re-published in 2011) book *Mau Moko: The World of Māori Tattoo*, co-authored with Linda Waimarie Nikora, was the product of a five-year long research project conducted by the Māori and Psychology Research Unit at Waikato University, funded by a Marsden Fund grant.

Te Awekotuku took a moko kauae (facial moko) to mark the death of Te Arikinui Dame te Atairangikaahu in 2006.

### Research into the Māori way of death

In 2009 Te Awekotuku and Linda Waimarie Nikora received a \$950,000 Marsden Fund grant as lead researchers in the Māori and Psychology Research Unit at Waikato University for the research project 'Apakura: the Māori way of death'.

They received a further \$250,000 from the Nga Pae o te Maramatanga National Institute of Research Excellence to explore past and present practices around tangihanga.

### Visitors permit denial

In 1972, Te Awekotuku was denied a visitors permit to the USA on the grounds that she was a homosexual. Publicity around the incident was a catalyst in the formation of Gay Liberation groups in New Zealand. This may have been related to a TV interview she gave in 1971, in which she described herself as a 'sapphic woman.'

### Selected publications

- E ngaa uri whakatupu - weaving legacies: Dame Rangimarie Hetet and Diggeress Te Kanawa, Hamilton: Waikato Museum Te Whare Taonga o Waikato, 2015.
- *Mana wahine Maori: Selected writings on Maori women's art, culture and politics*. Auckland: New Woman Press, 1991.
- 'More than Skin Deep', in Barkan, E. and Bush, R. (eds.), *Claiming the Stone: Naming the Bones: Cultural Property and the Negotiation of National and Ethnic Identity* (2002) Los Angeles: Getty Press, pp. 243–254.
- Ngahuia Te Awekotuku, with Linda Waimarie Nikora, Mohi Rua, your face: wearing Moko – Maori facial marking in today's world, paper given at Tatau/ Tattoo: Embodied art and cultural exchange conference, Victoria University of Wellington, 21–22 August 2003.
- Ngahuia Te Awekotuku, with Linda Waimarie Nikora, Mohi Rua and Rolinda Karapu, *Mau moko: The world of Māori tattoo*, Auckland: Penguin Books, 2011.

Article source: [https://en.wikipedia.org/wiki/Ngahuia\\_Te\\_Awekotuku](https://en.wikipedia.org/wiki/Ngahuia_Te_Awekotuku)

# Treaty of Waitangi:

## Questions and Answers

### What is the Declaration of Independence?

The Declaration of Independence – more correctly, He Wakaputanga o te Rangatiratanga o Nu Tāreni – is a Māori proclamation to the international world that this country was an independent state, and that full sovereign power and authority (mana, tino rangatiratanga) resided in rangatira and the hapū they represented.

It was signed at Waitangi on 28 October 1835. The signatories were members of Te Wakaminenga, also known as “the Confederation of Chiefs.” Thirty-four rangatira from the North signed the declaration at Waitangi.

By 1840 there were 52 signatories; these included Te Wherowhero, leading Tainui rangatira from the Waikato, and Te Hapuku of Ngāti Kahungunu in the Hawkes Bay.

There is also evidence that the Declaration was signed by Te Heuheu, influential Tūwharetoa ariki (major leader) from the central North Island, and as late as 1890 by 40 rangatira at Hauraki.

In reaching an agreement about the Declaration, the rangatira took advice from James Busby and the merchant James Clendon, who later became the United States consul. Busby was troubled by reports that the Frenchman Baron Charles de Thierry was claiming he had bought a large amount of



land in the Hokianga and planned to come to New Zealand to set himself up as a sovereign. The rangatira concerns were broader than this, however. They wished to establish their authority in the eyes of the international world and further their expanding trading interests.

The rangatira also wanted to advance their ties of friendship with the British monarchs with whom a mutually advantageous relationship was growing. The Crown was invited to ensure that others didn't infringe the independence of the hapū, especially as the rangatira and their hapū were showing friendship and care to the Pākehā living on their lands. Importantly, the Declaration made it clear that “no separate legislative authority” (kawanatanga) would be allowed in the country except as appointed and directed by Te Wakaminenga, that is, the Confederation.

Busby forwarded the Declaration to Britain, which formally recognised New Zealand's sovereign independence in 1836. This sovereign independence was also recognised by France and the USA.

He Wakaputanga o te Rangatiratanga o Nu Tāreni – The Declaration of Independence – has never been rescinded by the hapū and rangatira who signed it. It is fundamental to understanding

the intentions of the rangatira who assented to the Treaty at Waitangi in 1840. For them, Te Tiriti o Waitangi endorses the provisions set out in the Declaration.

The British and New Zealand governments paid little regard to the Declaration after the signing of the Treaty, claiming that the Treaty overrode the Declaration. However, before 1840, the British Crown was clear that New Zealand's sovereignty had been internationally recognised and that it could have no authority in New Zealand unless Māori leaders gave their assent.

It is important to note that He Wakaputanga, the Declaration, endorses a confederated form of government, as in Te Wakaminenga, the General Assembly of Hapū. Ngāpuhi scholar, Nuki Aldridge, likened Te Wakaminenga's operation to that of the United Nations (Ngāpuhi Speaks, p. 106). Each hapū retained its mana and independence, while their leaders came together in Assembly to advance matters of common interest.

The Declaration of Independence is critically important to New Zealand's constitutional history and it is a matter for concern that its history is so little known.

*Source:* Network Waitangi (2016). Treaty of Waitangi: Questions and Answers. Christchurch: Network Waitangi. Web: <http://nwo.org.nz/files/QandA.pdf>

# No Country for Old Maids?

## Talking About the 'Man Drought'

Hannah August

In 2013, there were over 66,000 more women between the ages of 25–49 living in New Zealand than there were men. This so-called 'man drought' is a hot topic for journalists and academics alike, who comment on how the situation might affect New Zealand women's chances of finding love. Yet they rarely stop to ask more than a handful of women whether they're actually bothered by this lack of men.

In this BWB Text, Hannah August does just that, integrating interview material, statistics and cultural commentary in order to demonstrate why we need to talk differently about the 'man drought'.

### Author Information

Hannah August is a writer, editor and researcher based in Wellington. She has written for publications such as the *Times Literary Supplement* and *Metro*. She has a PhD from King's College London and has been a Commonwealth Scholar, a Fellow of the New Zealand Federation of Graduate Women, and was last year's recipient of CLNZ/NZSA Stout Centre Research Grant.

### KEY POINTS

- The author has fielded phenomenal media coverage during the writing process – from the *Wall Street Journal* to Radio NZ – and this is set to continue on publication.
- Frank and engaging interviews with New Zealand women sit at the heart of this book and their experiences will resonate with a wide readership.
- Hannah August is one of a set of fresh new voices for New Zealand non-fiction, joining Andrew Dean and his bestselling *Ruth, Roger and Me*.

## No Country for Old Maids?

Talking About the 'Man Drought'

HANNAH AUGUST

'STATISTICS CANNOT CAPTURE THE FULL DIVERSITY OF WOMEN'S EXPERIENCES'

BWB Texts

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## We're 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. Join us!