



Viewpoint

By Stephanie Brockman, Women's Centre Manager

The other day I was mucking around on YouTube. I was doing different searches, really just passing the time. I suddenly noticed on the screen's left-hand side, where YouTube give you a list of recommended sites, that there was a picture of a women being abused. I looked at it. It was frightening.

When I looked closer at the page's name, it was something like 10 punishments for cheating women. I didn't click on the site and hoped the picture would go away. The picture stayed there for two weeks. Finally, I did about 30 searches on the Olympic Games, just to let YouTube know that that was what I was interested in.

Finally, the picture of the women went away. Now I have lists of sports pages that I may be interested in. Actually, I'm not that interested in sports, but it was something to erase the pictures of abuse.

What shows on the recommended listings is connected to what you've entered before. This is disturbing in so many ways. It got me thinking about what we're faced with and what young people face. Any search might alert the algorithm YouTube uses, and then you get anything this mathematical formula works out is right for you. So whether you like it or not, you're being manipulated and your information is channelled.

Power of Internet searches

Several years ago, Facebook participated in research that used 10,000 Facebook users' pages without permission, introduced different kinds of advertising, and then analysed the posts on the Facebook pages. It came out that Facebook users' moods can be manipulated by the types of advertising Facebook posts.



YouTube, Facebook, and Google are probably the most powerful social organisations. Nearly everyone in this country uses Google to search, and most people use Facebook.

Google owns YouTube and big business owns Facebook. That means we're under the power of Google and big business to tell us what is the best, most important, and what life view to follow – just because of the mathematical formula that tells us what we're interested in. This gives the people who write the formula power over us, what we see, our mood. To me, that is pretty freaky.

The narrow view of searches

When you search on Google, how many people go past the first page or two of suggestions? We are presented with a narrow view of what is put there. Most people would say the Internet gives everyone a voice, but not if it can't be found.

These trends raise important questions for us. How do we keep being independent, original, and creative instead of passive receivers? How do we keep valuing independence, originality, and creativity?

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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 **Rachel Mary Nankivell** (my grandparents were also Regans, Websters, and Hickeys). My mother has five daughters, and I love that she gave each of us her name as our middle name.

Where did you grow up?

Waiwhetu, the place of star-reflecting water, here in Lower Hutt, beneath the hills. The grassy slopes of the Waiwhetu stream were my playground, and I would daydream beneath the huge leafy trees there.

Your role at the Women's Centre?

I am the Secretary on the Board of Trustees. I've also loved participating in the Women's Centre courses over the past few years. They're rich in the opportunity to connect meaningfully with other women, and learn from knowledgeable and wise tutors.

What was the last book you read? *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* by Brené Brown.

What do you do to help your wellness? I practise treating myself gently and with compassion as I choose movement, nourishment, and company that replenishes me. When I drop down into my body, I can discover whether it's a day to walk slowly or quickly, to enjoy quiet solitude or connect with friends, to eat kumara soup or



rice pudding. I keep a photo of myself at the age of 4 beside my bed to remind me that this is who I am truly nurturing.

What is your favourite movie? *Amélie* is one of my all-time favourite movies, rich in colour and story. I like to move through the world like Amélie, free-spirited and noticing magic everywhere.

What do you do to self nurture? I take time alone, make contemplative photographs, see an art or funny movie at the Light House Cinema, walk slowly along the beach with my dog, breathe in essential oils, eat grounding foods, or lie down listening to a guided meditation.

Where is your favourite place in the world? Home. The geographical position has changed throughout my life, and there's sometimes more than one "home" in my life at the same time, but essentially it's the place I can completely relax, and be nurtured or nurture myself. The Women's Centre is one of my homes. When I enter the kitchen and find women around a table with cups of tea or coffee, I feel like I've come home.

What were you doing 10 years ago? I was nearing the end of my fifth pregnancy, about to welcome our second son, Jago, into the world. I was also working as the manager at Hutt Valley Community Arts and Farsite Gallery in Petone.

A random fact about me: I love to make contemplative photographs, and when I start getting too serious about doing so, I find faces in trees, and photograph these to lighten life up!

A quote to end on "...and forget not that the earth delights to feel your bare feet and the winds long to play with your hair." (Kahlil Gibran)

Whakatauki

Whāia te iti kahurangi ki 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

He tangata takahi manuhiri, he marae puehu

A person who mistreats his guest has a dusty Marae

Tama tu tama ora, tama noho tama mate

An active person will remain healthy while a lazy one will become sick

Me te mea ko Kōpū ka rere i te pae

(The beauty of a woman is) like Kōpū (Venus) rising

above the horizon

He hono tangata e kore e motu; ka pa he taura waka e motu

Unlike a canoe rope, a human bond cannot be severed

He taonga rongonui te aroha ki te tangata

Goodwill towards others is a precious treasure

Ka nui taku aroha ki a koe

My love for you knows no bounds

Sources:

- <http://www.massey.ac.nz/massey/maori/events/maori-language-month/korero/maori-proverbs.cfm>
- <http://www.maori.cl/Proverbs.htm>



Community Events

>SATURDAY, 2 JULY–SUNDAY, 3 JULY

Women's Lifestyle Expo

The Women's Lifestyle Expo is a two-day event for women of all ages. With 100 to 200 companies involved featuring everything from jewellery and beauty to business products and information, crafts, fitness, food and wine sampling, and much more!

When: July 2–3, 10am–5pm both days
Where: Wellington, TSB Bank Arena, Queens Wharf
Entry: \$10
Website: <http://www.expos.co.nz/getShowList.cgi?expoType=lifestyle>

>SUNDAY, 3 JULY

King of the Hill

King of the Hill is back, and it's time to register to walk or run up the Wainuiomata Hill on Sunday, 3 July.

Last year more than 400 people took part, which included competitive runners, families with kids and pushchairs, and people dressed up as kings and queens, jesters, princesses, and even a horse.

The course has changed slightly this year and is now a loop. It will still go through the Wainuiomata township before heading to the summit of Wainuiomata Hill, over the Pukeatua footbridge, and back again. While it sounds ambitious. Only 2km of the course is uphill.

Because the road is sealed and wide, it's a great place for a family day out. There are plenty of spot prizes to be won and special prizes for the best costume. Serious runners can win

cash if they're first female or male home.

When: Sunday, 3 July at 9am
Where: Queen Street, Wainuiomata, Lower Hutt
Restrictions: All Ages
Ticket Information:
Adult: \$10
Child (5 - 18 years): \$5
Additional fees may apply

Website: <http://www.kingofthehill.co.nz/>

>FRIDAY, 15 JULY

Little Dog Barking

Little Dog Barking is a leading puppet theatre for children, creating and presenting quality theatre works for early childhood, primary school, and family audiences.

Written and directed by Peter Wilson, Little Kowhai Tree is a magical story of how things grow. A seed is planted, green shoots begin to appear, and Little Kowhai Tree begins her journey of growing up. Children in the audience meet Little Kowhai's friends who help her grow, such as Sun, Moon, and Rain; Worm, who looks after the soil around Little Kowhai's roots; Bee and Tui who work hard looking after Little Kowhai's blossom, and Ruru, the Morepork, who guards Little Kowhai during the night.

"Delightful show! Our students were totally engaged and entranced. Thank you for a show that held their attention whilst educating them at the same time. The show was funny, used beautiful puppets, had catchy music and singing and clever puppeteering."
—Chilton Saint James Primary & Preschool

"Watching the children's faces and responses = Priceless!!!"

- Pauatahanui Preschool

"Thoroughly enjoyed by all. Wonderful to see the children transfixed by it, from the babies to the older children!"
- KidStart Wainuiomata

"What an excellent way to tell the story using humour/action and delightful puppets and song!" – Ngaio School

Age suitability: 2 years to 7 years (up to and including Year 2)

When: 15 July, 10–10:45am and 11:30am–12:15pm
Where: Epuni Community Hall, 37 Mitchell Street, Epuni, Lower Hutt

Restrictions: All Ages
Ticket Information:
General Admission (under 2's free): \$10
Buy Tickets: 021 042 1851
Additional fees may apply
Website: <http://www.littledogbarking.co.nz/>
Plenty of free parking

>FRIDAY, 26 AUGUST

Menopause the Musical - On Fire

What's a hot flush between friends!? Frickin' hilarious, that's what!

Only Menopause the Musical can take hot flushes, mood swings, and memory loss, and transform them into a universally praised, international sensation.

Menopause the Musical sets four women in a department store who have nothing in common but a black lace bra they want to buy at a lingerie sale. The female cast pokes fun of their woeful hot flushes, wrinkles, night sweats, and chocolate binges. A sisterhood is created between them,
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and a wonderful musical that features popular tunes from the '60s, '70s, and '80s is born.

Subtitled *Women on Fire*, this new production features new songs, new dance routines, and new gags in a 90-minute *tour de force*, which will finish with the audience dancing with the stars or busking in the aisles!

Where: Little Theatre, 2 Queens Drive, Lower Hutt

When: Friday 26 August 8-10pm

Restrictions: All Ages

Ticket Information:

From: \$79.99

Buy Tickets: 0800 TICKETEK (842 538)

Additional fees may apply

For more information: <http://www.eventfinda.co.nz/2016/menopause-the-musical-on-fire/lower-hutt>

>SUNDAY, 28 AUGUST

Kids Club - Meditation for Children

This club aims to develop and nurture the good qualities in children through meditation 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, 28 August, 2:30-3:30pm

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

Restrictions: All Ages

Ticket Information:

Suggested donation per family: \$6
Additional fees may apply

Website:
<http://meditateinwellington.org/wp/>

Pipiri June 2016

Also known as Aonui (Ngati Kahungunu), Matahi a Puaka (Ngai Tahu), Te Tahi o Pipiri (Ngati Awa). Southern hemisphere: June to July, Solstice around 21 June. Northern hemisphere: December to January, Solstice around 21 December.

Meaning 'to huddle together' Pipiri marks the first month of the Māori year. It is heralded when Matariki (the Pleiades) and Puanga (Rigel) appear on the horizon at dawn. This year it is expected on 10 June. Matariki signals the time of final harvest when the very last of the Kumera is lifted and stored. Matariki (or Puanga on the West coast of New Zealand) is a very special time. At Matariki, people celebrate the gifts of the harvests and honour their ancestors. At this time we tell the stories of our whakapapa (family histories), sing songs to the ancestors, and feast while putting special foods out for the ancestors themselves. We also celebrate Maruaroa o Takurua (the Winter Solstice) which coincides with Yuletide in European Paganism. It is named for Hine Takurua, one of the two wives of Te Ra. The Sun. Hine Takurua is the Goddess of Winter and at the Winter solstice, she sends her husband into the care of the Goddess of Summer, Hine Raumati. This coincides with the European Pagan traditions of Yule, with the Oak King and the Holly King. At this time we celebrate the turning point of the seasons. The Sun will soon begin warming the earth as we move closer, and Spring will be well on its way in a month. Traditional celebrations honor the preserved foods and for Maori, grateful thanks are offered to Hine Takurua for her gifts from the sea.

Source: The Māori Oracle

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

>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 cheesemaking 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 cheesemaking 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! Cheesemaking equipment and ingredients available on the day to purchase.

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

Where:
Asiana School of Asian Cuisine, 39 Tennyson Street, Te Aro, Wellington
Restrictions: All Ages
Ticket Information:
General: \$80

To buy tickets, visit: <http://www.curiouscook.co.nz/> or phone: (022) 040 8046
Additional fees may apply

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>SUNDAY, 11 SEPTEMBER

Pelorus Trust Run & Walk Event

This is the Hutt Valley's most popular running and walking event (now in its 29th year) with distances for everyone. Scenic course along the Hutt River.

When: Sunday, 11 September, 7am-noon

Where: Petone Rugby League Club-rooms, Marine Parade, Petone, Lower Hutt

Restrictions: All Ages

Ticket Information:

Buy Tickets: 0275603929

Additional fees may apply

Website: www.hvmc.org.nz

>SATURDAY, 8 OCTOBER

Waste Free Parenting Workshop - With The Nappy Lady

It is not just about nappies!

During this 2.5 hour interactive workshop you will not only learn lots about modern cloth nappy options, but you will also get fun education around other ways you can minimise waste at home with a baby, and learn how you can save lots of money!

The best news: You can choose which trial pack you would like. You can choose to book for a trial pack of cloth nappies valued at approximately \$25 for \$5 (+ booking fee) or a trial pack valued at \$100 for \$25 (+ booking fee) from your council, me, and my sponsors!

We prefer it if you can book through Eventfinder to secure your space, as it automatically sends you your ticket. There is a book-



ing fee of \$2.50 per ticket for credit card fees and processing time. Email 'The Nappy Lady' thenappylady@me.com or call (027) 22 11 242 for more information.

You're welcome to bring along your baby to the workshop. But please be mindful if they are crying or upset that there's a lot of other people at the workshop, so you'll need to take them out and settle them, and then come back in.

Please arrive 20 minutes before the workshop starts.

When: Saturday, 8 October, 10am-12:30pm

Where: Avalon Pavillion, Avalon Park, Taita Drive, Avalon, Lower Hutt

Restrictions: All Ages

Ticket Information:

\$20 Cloth Nappy Pack (1 Nappy): \$5
\$100 Cloth Nappy Trial Pack (3 Nappies): \$25.00

\$100 Waste Free Parenting Pack: \$25.00

Additional fees may apply

Phone Sales: 0800 BUY TIX (289 849) – Ticket Outlets

>ONGOING EVENTS

Not Strictly Tai Chi Class

Andrew Hardwick is a provider of fun and healthy Tai Chi-style exercise classes. These are public sessions of exercise based upon Tai Chi, but not strictly Tai Chi.

All classes are done in a fun, safe environment, and designed to help with balance, coordination, breathing, posture, and pain control. Classes are open to young and old, beginners and experienced. Booking not essential. No membership fees, no sign up. Either casual (pay on attendance) or bank transfer (weekly, fortnightly, or monthly). Please wear flat-soled shoes.

Phone: 04 388 8818
Mobile: 021 153 2508

When: Tuesdays, 10-11am

Where: St. Mark's Church, 58 Woburn Road, Lower Hutt

Restrictions: All Ages

Website: <http://www.eventfinda.co.nz/2016/not-strictly-tai-chi-class-lower-hutt-tuesday/lower-hutt>

Journey of Self Discovery

The programme focuses mainly on following four aspects:

- Calming the mind by teaching the process of Mantra meditation
- Sharpening intelligence through group discussions on thought-provoking topics like: What is the quest of human life? What is the real meaning of yoga?
- Purifying body and consciousness by eating karma-free food, and learning to give up bad habits like intoxication, gambling, animal cruelty, etc.
- Connecting the soul with the Supreme Soul through the process of Bhakti-Yoga (top-most yoga system as recommended in Bhagavad Gita)

Free wholesome vegetarian dinner provided. Seats are limited. Entry is by registration, so please book your seat here: <http://www.surveygizmo.com/s3/2764384/JOSD-Registration-Lower-Hutt>

When: Every Friday

Time: 6:45-8:45pm

Venue: Hutt Senior Citizen Hall, Queensgate Mall Tower Block, 45 Knights Road, Lower Hutt

For more information please contact us on josd.info@gmail.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.

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

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



Here's to strong women. May we know them. May we be them. May we raise them.

Unknown



Jenny's (computing) tips and tricks (5)

And here's my next tip, the fifth, for those who are getting fed up with the constant reminders to update to Windows 10, but are not sure whether to do it or not.


Will my computer still work okay? Will all my files and photos still be there? Will my programmes still work? Will it be too complicated for me to do the upgrade? Will I know how to use it once it's on there? Will it cost me anything – now or later on? Do I really need it?

#5: Windows 10 – to upgrade or not?

► Which version of Windows are you running now?

- **Windows XP** – time to retire it and update to a newer laptop or tablet
- **Windows 7 & 8.1**
 - Check that your computer is compatible with Windows 10 by clicking on the  (Get Windows 10) icon bottom right of your screen for the *Get Windows 10* dialogue box
 - Below the **Upgrade now** button it will (hopefully) say  This PC is compatible – [view report](#)
 - You have the choice to proceed or not

► What will change?

- Your computer should work okay, but the screen may look a bit different. Any changes made to the desktop appearance could disappear, and the start button and menus will look a little different too
- All your files and photos will still be there, in the same place, but remember to backup important documents and photos, etc. before you update just to be safe
- All your programmes will work just the same, no changes at all
- Windows 10 is a (widely accepted) better version of Windows to use, so there are changes and improvements – no more tiles and charms for starters
 - In the Start menu (click on the  icon, bottom-left corner of your screen) click on **Get Started** to get to know Windows 10. There is an extensive list of options down the left side to choose from
 - There are lots of Help and Search options; type in what you want to know and <enter>
 - You can always try Google – just type your question in the Google or address bar and <enter>, see if the answer is in the list of websites displayed.

► Is it the best option for me?

- It's **free** to download and install until the end of July, and will not cost you anything to use after that, so cost is not a barrier
- The upgrade (download and install) process is very clear and easy to follow, just read what it says on your screen and follow the instructions. It can take up to 90 minutes, so allow plenty of time. Any problems, just book an appointment with me or talk to Steph.
- But - do you really need it?
 - If you are using Windows 7 and happy with it, and/or are thinking of upgrading your computer/laptop, probably not – no need to fix if not broken. You will need to turn off the *Get Windows 10* process - download **GWX Control Panel**, follow the instructions when installed
 - If you are using your Windows 7 computer/laptop for the long haul (and it's less than two years old) or Windows 8 **and your computer/laptop is compatible** – then just do it. It's time, it's better, it's stable and reliable, faster and safer, and it has all the latest tech inside. Why not!

Enjoy! 😊

About our ongoing events

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

All courses are held at the Women's Centre.

WEEKLY SCHEDULE

Tuesday

10am–2pm	Mosaics
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6:30 – 8:30pm	Self Esteem
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Wednesday

1–2:30pm	Women's Support Group
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9:30am–3:30pm	Computer lessons (by appointment)
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Friday

9:45am–12pm	Self Esteem
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1–2:30pm	A & D Wellbeing Group
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First Sunday of the month

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

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

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

Day: Tuesdays

Time: 10am–2pm

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

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

Facilitator: Stephanie Brockman



Mosaic

A million individual nuances,
blend together
in a harmonizing array.
Superimposed images
comprise this mosaic
which is you and I.
A factor of two,
a summation of all.
Maintaining,
sustaining
an artistic balance
of pixelated
variables and constants.
An essential equilibrium,
in an otherwise
chaotic
existence.

Deborah Harvey

Artist credit: Suzeee Creates

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: 6:30–8:30pm

Cost: \$5

Facilitator: Julie Smart

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

Friday morning workshops

Time: 9:45am–12 noon

**** This workshop starts at 10am and latecomers won't be admitted ****

Cost: \$2

Facilitator: Stephanie Brockman

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

Creche: Creche is provided for pre-school children only without extra charge only on Friday morning. Please make enquiries about babies because they need a lot of attention and we only have one creche worker.

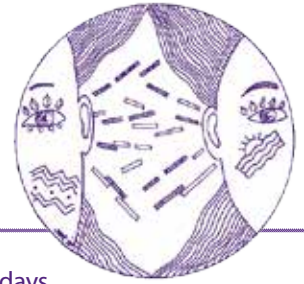
Tuesday evenings in 2016

July 5	Anger as a strength
July 12	Developing self-knowledge
July 19	Self-love
July 26	Acknowledging self
Aug. 2	Enhancing self in terms of awareness
Aug. 9	Acceptance and use of strengths
Aug. 16	Positive thought and talk
Aug. 23	Messages about self
Aug. 30	Accepting responsibility for self
Sept. 6	Coming to grips with feelings
Sept. 13	Talking about ourselves
Sept. 20	Beliefs about self
Sept. 27	Expressing pride in self
Oct. 4	Letting go of the past
Oct. 11	Respecting self and others
Oct. 18	Striving for pure motives
Oct. 25	Putting yourself in neutral
Nov. 1	Having the courage to be imperfect
Nov. 8	Developing courage
Nov. 15	Willpower
Nov. 22	Anger as a strength
Nov. 29	Developing self knowledge
Dec. 6	Self-love
Dec. 13	Acknowledging self
Dec. 20	Enhancing self in terms of awareness

Friday mornings in 2016

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
Aug. 26	Putting yourself in neutral
Sept. 2	Having the courage to be imperfect
Sept. 9	Developing courage
Sept. 16	Willpower
Sept. 23	Anger as a strength
Sept. 30	Developing self knowledge
Oct. 7	Self love
Oct. 14	Acknowledging self
Oct. 21	Enhancing self in terms of awareness
Oct. 28	Acceptance and use of strengths
Nov. 4	Positive thought and talk
Nov. 11	Messages about self
Nov. 18	Accepting responsibility about self
Nov. 25	Coming to grips with feelings
Dec. 2	Talking about ourselves
Dec. 9	Beliefs about self
Dec. 16	Expressing pride in self
Dec. 23	Letting go of the past

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: 1–2:30pm

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

Facilitator: Stephanie Brockman

Free 1 to 1 Computer Lessons

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

Want to learn how to:

- surf the net? Find useful websites for news, shopping, books, timetables, health info, maps, online travel sites, social media, online radio, TV
- 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: 9:30am–3:30pm

Appointments with the tutor are 30 or 60 minutes

Bookings: Bookings are essential and you must book in advance. You can book for 3 sessions at a time (usually 2 or 3 weeks in advance)

Call 569 2711 for an appointment

Tutor: Jenny Holdt

Free computer access

The Women's Centre has two public access computers available for all women to use during our opening hours.

Our computers

- One runs on Windows 7
- One runs on Window 8 and is touchscreen

Other facilities

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

Booking

Phone us to book your time. You can book up to two hours for each session.



Support group for women who have experienced rape or sexual abuse



A monthly three-hour support group for women who have experienced rape or sexual abuse is being offered at the Women's Centre.

These workshops are held on the first Sunday of the month from 1–4 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, 3 July

Sunday, 7 August

Sunday, 4 September

Sunday, 2 October

Sunday, 6 November

Sunday, 4 December

Time: 1–4pm

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: 1–2:30pm

Cost: No charge. You do not need to book; just turn up.

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

About our workshops

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

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

Workshop topics for July-December 2016

Painting	p 12
Weaving with Harakeke	p 12
Understanding the Blues	p 13
Self Esteem for Teens	p 13
Assertiveness for Women	p 13
Building Health Relationships	p 14
Meditation for Women	p 14
Anger as a Strength	p 15
Self-Development Using the Psychodramatic Method	p 15

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

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):

2 July

3 September

5 November

Time: 10am–4pm

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

Weaving with Harakeke

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

We'll also sing waiata. These are 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 konoae.

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

Dates:

Sunday, 16 October 2016

Times: 10am–4pm

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



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, 1 August 2016

Times: 10am 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

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 we are, what we like and don't like, our cultures, and our backgrounds. There's 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, 11 August
2016

Times: 4-6pm

Cost: \$20
Phone to
register interest

Enrolment:

Enrol by payment
or deposit to Lower
Hutt Women's Centre

Facilitators:
Stephanie Brockman,
Amber White

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, 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.

Facilitator: Stephanie Brockman

Dates:
6 weeks
beginning
Wednesday, 17
August 2016

Times: 7-9pm

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

Enrolment:
Enrol by payment
or deposit to
Lower Hutt
Women's Centre

Building Healthy Relationships: Co-Dependency/Women Who Love Too Much (Part Two)



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

This weekend will build on the information and resources participants will have developed by attending either a Relationships Workshop or Women Who Love Too Much Part One previously. 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.

This workshop will be therapeutically-based and provided the opportunity to look deeper at these relationship issues.

Dates: 19, 20, and 21 August 2016

Times:

Friday 7–9:30pm

Saturday 10am–5pm

Sunday 10am–4:30pm

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: Ally Andersun

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 groundedness and peace amidst change and the difficulties of life. Research shows meditation can bring relief for many 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 those new to meditation and those looking to revitalise their practice. Facilitator: Ruth Pink

Dates:

Six weeks beginning
Thursday, 13 October
2016

Times: 7–9:30pm

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

Phone to register interest

Enrolment:

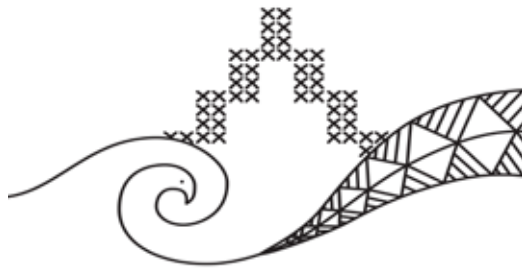
Enrol by payment or
deposit to Lower Hutt
Women's Centre

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, 26 October 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

Self Development for Women Using the Psychodramatic Method



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 Friday evenings and a weekend (Saturday and Sunday). The participants need to have a commitment to attend Friday evening 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:

One evening and a weekend (all one workshop)

Friday, 28 October

Weekend: 29 and 30 October 2016

Times: Friday, 7–9:30pm
Saturday 10am–5pm
Sunday 10am–4:30pm

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

Enrol by payment or deposit.

Facilitator: Ally Andersun

Baby Leo and the condemnation of ‘bad mothers’

By Catriona MacLennan

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

Badalyan gave birth to Leo in Armenia on 21 January 2015. She was living with her husband, New Zealander Samuel Forrest, in Armenia when Leo was born. He was diagnosed with Down syndrome.

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

A media explosion

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

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

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

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

Questions reveal concerns

When journalists finally began asking questions about Forrest, it emerged that he had four children from his first marriage, and had not seen them in four years. By July, concerns emerged about how the money raised

for Leo was being spent. Forrest also had a conviction for assaulting his former father-in-law, and had also been charged with assaulting the former co-trustee of Leo’s trust fund.

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

This is a story of international generosity. But it is also a story about different expectations of mothers and fathers. When fathers stand up for their children, they are rewarded with hero status and financial support. And we reserve special vilification for mothers who are

considered not to have displayed the appropriate maternal behaviour.

There are nearly a million single parents in Australia, and more than 80 per cent of them are women. In New Zealand, 83 per cent of the liable parents



Ruzan Badalyan and Samuel Forrest with baby Leo

who have unpaid child support debts are men. They owe NZ\$3.2 billion in total. Yet public and condemnation focuses on single mothers on benefits as bludgers, sucking state money to support their children instead of providing for them themselves. Criticism of fathers who abandon families and don’t pay child support is rare.

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

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

Catriona MacLennan is a barrister and journalist. She helped establish Nga Ture Kaitiaki ki Waikato Community Law Centre in 1999. She is an advocate for rape law reform and domestic violence elimination. Source: <https://overland.org.au/2015/08/demon-mothers-and-media-darlings/>

Media Images:

Company's billboard degrades women, and promotes rape culture in New Zealand

By thaliakr (author on sacraparental)

The billboard features a naked woman lying down with one arm behind her head. She is heavily made up and looking sultry and sexy. The picture is itself a picture of a billboard poster being pasted up (or torn down – it's not clear) in sections. The woman's picture covers two-thirds of the physical billboard.

A man wearing overalls and a hardhat is using an Access Solutions mechanical platform lift to work on the billboard image of the naked woman. He is reaching up across her breast to work on the corner of a section of the poster.

The caption on the bare third of the billboard reads 'Access problems?' and is followed by Access Solutions' logo. The ad's joke relies on presenting women's bodies as objects that men try to access, regardless of consent. This promotes 'rape culture' and is socially harmful.

Using a naked woman to sell unrelated services is sexist and degrades women.

Socially harmful advertising

This ad promotes 'rape culture,' or the pervasive, largely unstated set of beliefs in a society that encourage male aggression, and sexual violence against women. Rape culture sends the message that women's consent isn't very important and that coercing women into sexual contact is acceptable.

The term 'rape culture' draws attention to society's ambivalent attitude towards rape and the way that mundane aspects of our everyday gendered culture actively create the 'conditions of possibility' for sexual violence.

Rape and other forms of sexual violation are on the books as serious crimes. But many social prejudices

(about gender, sexuality, class, and race) affect whether or not a rape will ever be reported to the police, let alone if it'll be investigated. These prejudices also coalesce in the court of public opinion to trivialize some rapes, to blame and silence victim/survivors, and sometimes even pat men on the back for borderline legal sexual conquests.

At the same time, rape is made possible through how men are taught to understand their sexuality. They're encouraged to develop sexual entitlement and regard women as props for indulging

in a photograph that is being pasted up by a man.

It also degrades men, suggesting that they want to circumvent women's consent and consider woman objects to be accessed.

Further, this advertisement uses sexual appeal to sell unrelated services and therefore clearly breaches the Code. The Chair previously dismissed a complaint against this billboard, arguing that the provision for humour and satire saved the advertisement: She said the ad relied on risqué humour and double entendre.

While the Chairman acknowledged some people may find this humour distasteful, it was provided for under Basic Principle 6. Therefore, the Chairman argued that the ad didn't reach the threshold to have used sexual appeal to sell an unrelated product.

That ruling takes almost all

the Code's power away, if anything that is sexist or degrading to women is allowable as long as it's funny. Rule 5 makes it clear that using sexual imagery that is unrelated to the service being advertised is unacceptable. I urge the Complaints Board to give this Rule due weight.

This advertisement isn't saying anything satirical about women as a group. The humour relies entirely on an allusion to sexual contact, in the context of a woman's refusal or inability to consent.

I urge the Complaints Board to reconsider whether the fact that it is trying to be funny ought to give it immunity.

Source: Sacraparental
<http://sacraparental.com/2015/09/11/advertising-that-promotes-rape-culture-my-complaint-to-the-advertising-standards-authority/>



it.

I am certain that Access Solutions doesn't intend their billboard to promote rape or rape culture. But that is what the billboard does. The idea that a woman's body is something a man needs help getting 'access' to presents women as objects, and says that their consent doesn't matter. I urge Access Solutions and the Complaints Board to seriously consider how this kind of 'humorous' advertisement contributes to rape culture in New Zealand.

The ad degrades women

The ad's power imbalance is further implied by the difference in clothing and position. It shows a woman naked and lying down, while a clothed, upright man reaches across her breasts. The woman is objectified further by being captured

Paid ad-article**Women talk about lots of things – except this****By Brenda Stickley**

Pelvic floor weakness impacts many women. A simple cough, sneeze, or laugh can send them running to the bathroom to avoid embarrassment. One in three women are affected by urinary incontinence. Incontinence may be common, but it's never normal. Many women suffer in silence, not realising they can be helped.

When we start to restrict our activities because of incontinence, then our physical, emotional, and mental health get affected, too. Incontinence is strongly associated with poor quality of life, low self-esteem, social isolation, and depression. The symptoms likely worsen with age.

If you experience leakage when you cough, sneeze, laugh, or run, you have stress incontinence, or SUI. If you find yourself racing for the bathroom unexpectedly, losing urinary control in your sleep, or prone to frequent urge to urinate, you have over-active bladder or OAB symptoms. Some women with these symptoms also suffer from prolapse of one or more of their pelvic organs.

Regaining control of pelvic floor muscle function is important to your health and well-being. Traditional

exercises such as Kegels isolate the pelvic floor muscles to strengthen them. This can be ineffective for many as the pelvic floor muscles don't work in isolation. The good news is incontinence can be improved and eliminated in 80 percent of women; and save money and landfills by having no need for incontinence products!

You can take control of your body and your life. Good health is something you learn and earn by making a commitment and consistently practising new ways.

Learn some basic anatomy and physiology to understand how you function; learn how to pay attention to your body (including your pelvic floor) and make appropriate changes; practise full body movements that use "helper" muscles to improve the coordination, strength, and function of pelvic floor muscles; and learn how your posture can improve your pelvic organ support system.

Everything works together in the body. That is the way you are designed to function.

Let me teach you how.

About Brenda Stickley

Certified Feldenkrais® Practitioner, M.S (Nursing), Dip Tertiary Teaching, IYTA (Yoga)

Brenda lives in Tawa, Wellington. She helps people of all ages to re-educate the body and brain to regain and improve movement and function.

The Feldenkrais Method® is gentle yet effective and based on understanding the neuroplasticity of the brain. She teaches classes, individuals, and workshops. It is learning for life.

**Pelvic Floor Matters – A Workshop for Women**

In this 4-hour workshop, you will learn what to do to improve your pelvic floor function, and how to do it, in a safe supportive learning environment.

You will experience how the pelvic floor muscles work with the muscles in the lower abdomen, inner thighs, hips, and buttocks, using full body movements. Easy to follow take-home notes will help you remember everything you learn at the workshop.

When: Saturday, 25 June – 9am to 1pm

Where: Hardwick Smith Lounge, Norfolk Street, Belmont Domain

To enrol: \$95 or early bird offer \$80 if paid 10 days in advance.

Pay by Internet banking to 12-3223-0077228-00 or cash/cheque by arrangement. No refunds, but you can choose another date (this workshop will be on Saturday, 3 September).

No need to bring anything; just wear comfortable clothes.

Yummy morning tea included. **Bookings essential - limited numbers.**

Call Brenda on 232 9364 or email getmoving@xtra.co.nz, or visit website to make bookings: www.getmovingwithbrenda.co.nz

Mothers, daughters, and sisters unite

Share this invite with every woman you know so that they can share it with all the women they know

Treaty of Waitangi: Questions and Answers

Who controlled the country around 1840?

Throughout this time New Zealand was firmly under Māori control. The cultural framework of New Zealand in 1840 was still essentially Polynesian.

Māori travelled around the world, and traded nationally and internationally, adopting new technology and commerce successfully.

Māori continued to gain literacy. The written word not only provided a new way of inter-hapū and inter-tribal communication, but also created more trading opportunities.

What led to the Treaty?

Māori were concerned about the lawlessness of numbers of Pākehā. They hoped that James Busby would exercise control over British subjects, but Busby was largely ineffective in dealing with criminal offending. Britain rejected his requests for troops and a warship.

Some Māori groups became open to having a British governor for the Pākehā people. In the Māori political order, rangatira were responsible to and for their hapū. They expected that the Queen would bring her people to order. In fact, this was one reason for British interest in a treaty with Māori.

Treaty-making has a long history in Māori politics. Ngāti Kahungunu knew such agreements as mahi tūhono, or “work to draw the people together.” The idea of treating with the



Crown affirmed rangatiratanga and recognised that each polity should be responsible for its people. The hapū also emphasised their growing international trade, including strengthening ties with Britain.

Another factor was increasing tension over land. Hapū allocated plots of land (tuku whenua) to the new settlers, but these land use grants were more like leases than sales. These grants were designed to establish reciprocal relationships between the hapū and the newcomers. Hapū and their rangatira were dismayed when some settlers acted as if they had an absolute right to the land and showed disregard for the hapū, who gave the grant.

When Hobson arrived in New Zealand in 1840, rangatira asked that, as part of the treaty agreement, the Crown would see to returning lands wrongly taken.

The British Crown was also concerned about land deals. By the late 1830s, it knew that speculative land purchases of dubious legality were occurring around the country. In 1838, the more law-abiding settlers, traders, and missionaries petitioned the British Crown, asking for a more effective presence than Busby could provide.

New Zealand was monitored by London-based humanitarian groups. They were concerned about colonisation's impact on

indigenous peoples. They had an ally in the Secretary of State for Colonies, Lord Glenelg. He opposed the New Zealand Company's plans to establish a colony based on Edward Gibbon Wakefield's principles.

However, the departure of migrant New Zealand Company ships for Port Nicholson in 1839, without official parliamentary sanction, prompted the Colonial Office to rethink its position. Accepting colonisation as inevitable and to protect British trade and economic interests, the new secretary, Lord Normanby, sent Captain William Hobson to New Zealand. He was instructed to acquire sovereignty over the whole or any parts of the country that Māori wished to give up, by negotiating a treaty.

Because Britain recognised Māori rights in the Declaration of Independence, and because this was “binding on the faith of the Crown,” no British authority could be established in New Zealand without Māori agreement.

Treaty-making was a long-established instrument of British colonial policy. Although Hobson did not land with a fully-drafted treaty, many guarantees that would be included were in earlier treaties with other nations. Hobson arrived in New Zealand on 29 January 1840.

Source: Network Waitangi (2016). 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!