



Letter from the Board

LHWC Board of Trustees

Note: This letter from the LHWC Board of Trustees replaces the regular Viewpoint column from the LHWC Manager, Stephanie Brockman

Dear Friends of the Lower Hutt Women's Centre (LHWC):

Thank you for your past support of the LHWC. We would like to share with you the news that LHWC will shortly lose a significant amount of our funding due to the loss of a contract. We'd like to explain the impact of this on our Centre and let you know how you can assist with the ongoing running of the LHWC.

As of 1st October, we will be operating with \$60,000 less than anticipated, and as a result the Centre will need to reduce its services until we can secure alternative funding.

One impact of the lost funding is that the LHWC will now be temporarily closed two days a week. The new opening hours are Wednesday and Thursday, 10am-5pm and Friday 9am-3pm. Another impact of the cuts is that we won't be running some courses over the next six months.

As you can imagine, these cuts will be a terrible loss to women in our community.

Therefore, we are asking you – our supporters – for financial donations to support our ability to continue offering our range of crucial services to women. These are the ways you can support us:

- Cash: Pay at the Women's



Centre

- Write a cheque to the LHWC
- Donate by bank deposit: Online banking (Westpac): Account number 03 0531 0528525 03
- (Reference: your name and 'funding donation')
- Donate through our Givealittle campaign page:

The Board are exploring a range of sustainable funding avenues, but this process will take time.

Your donation will assist us to continue in this interim stage.

Although the LHWC has had to reduce some of our workshops and events as we look for a long-term solution, please see the newsletter for ongoing events and workshops that we'll still be offering.

Thank you for your support that will help the LHWC continue its great work well into our future.

In this issue...

- 2 Letter to the Editor..
- 2 Whakatauki
- 3 Community Events
- 4 Mahuru
- 7 Jenny's Computing Tips
- 8 Ongoing Events Schedule & Info
- 11 Workshop Topics & Info
- 14 Cissy Rock Honoured
- 15 Gender Gap in Babysitting Pay
- 16 Discussing Miscarriage
- 17 Hikoi for Peace
- 18 Fight for Midwives' Pay Increase
- 19 Treaty of Waitangi
- 20 Join us

Women's Centre opening hours

Wednesday to Thursday 10am–5pm

Friday 9am–3pm

Contact us

186 Knights Road, Waterloo

Lower Hutt 5011

Phone: 04 569 2711

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

Letter to the Editor

To the Editor:

I appreciate the advertising that came on the Women's Centre email list some time ago, letting us know of Brenda Stickley's Pelvic Floor Restore Workshop.

It struck a chord immediately for me. I enrolled promptly (with the early bird fee), and last Saturday I attended the workshop.

This week I also noticed the promotion of the workshop in the current *Cronecle*. I want to applaud this workshop and let other women know that it was very well worth attending.

Brenda ran the workshop with total professionalism, warmth, and with learning for all. It was well-attended, participants enjoyed it, and I have some valuable learning to be going on with.

My thanks to the Women's Centre for introducing me to Brenda's workshop and services for women.

Anne Horrill

The BOT's letter on the newsletter's front page explains the LHWC's recent loss of funding.

Please visit the LHWC's Givealittle page to donate online: <https://givealittle.co.nz/org/lowerhuttwomenscentre#>

Poem

Rage

You are the dark song
of the morning;
serious and slow,
you shave, you dress,
you descend the stairs
in your public clothes
and drive away, you become
the wise and powerful one
who makes all the days
possible in the world.

But you were also the red song
in the night,
stumbling through the house
to the child's bed,
to the damp rose of her body,
leaving your bitter taste.
And forever those nights snarl
the delicate machinery of the days.

When the child's mother smiles
you see on her cheekbones
a truth you will never confess;
and you see how the child grows –
timidly, crouching in corners.
Sometimes in the wide night
you hear the most mournful cry,
a ravished and terrible moment.

In your dreams she's a tree
that will never come to leaf –
in your dreams she's a watch
you dropped on the dark stones
till no one could gather the fragments –
in your dreams you have sullied and
murdered,
and dreams do not lie.

Mary Oliver

Whakatauki

He aroha whakatō He aroha puta mai
If kindness is shown then kindness you shall receive

He orange ngākau, he pikinga waiora
Positive feelings in your heart will enhance your sense
of self worth.

Ko te pae, tawhiti whāia, Kia tata, ko te pae
tata, Whakamaia kia tina.
Seek out distant horizons, and cherish those you
attain.

He waka eke noa.
We are all in this together.



Community Events

SEPTEMBER

>THURSDAY, 15 SEPTEMBER – FRIDAY, 16 SEPTEMBER

The National Council of Women NZ Conference 2016

Come and join leading thinkers from across New Zealand and overseas to explore how we as a nation can improve the lives of people everywhere through achieving gender equality.

Gender equality is not only a fundamental human right, but also a necessary foundation for a peaceful, prosperous, and sustainable world. Providing women and girls with equal access to education, health care, decent work, and representation in political and economic decision-making processes will fuel sustainable economies and benefit societies and humanity.

The National Council of Women New Zealand is committed to empowering and supporting women in the first instance, but more broadly promoting the idea that everyone gets an equal chance of succeeding in life.

Although the world has achieved progress towards gender equality and women's empowerment under the Millennium Development Goals (including equal access to primary education between girls and boys), women and girls continue to suffer discrimination and violence in every part of the world. Join us and be a part of this important discussion.

When: Thursday, 15 September, 9am–5pm; Friday, 16 September, 9am–5pm; AGM on Saturday, 17 September

Where: Te Papa, 55 Cable Street, Wellington

Restrictions: All ages

Ticket Information:

Members: Full Conference 3 days (\$425.50)

Non-Members: Conference 2 days (\$483)

Other Options available for members and non-members

Buy Tickets: (06) 878 3456

Additional fees may apply

Website: <http://ncwnzconference2016.grow.co.nz/>

>FRIDAY, 16 SEPTEMBER

\$100 Budget – Reducing Food Waste

Learn how to reduce your weekly bills significantly by eliminating food waste. Get the most out of your ingredients and eat healthier in the process! This session covers shopping, storage, and meal preparation. Part of the Sustainable Living Series at Hutt City Libraries.

When: Friday, 16 September, 1.30pm–2.30pm

Where: Eastbourne Community Library, 29 Rimu Street, Eastbourne, Lower Hutt

Admission: Free

Website: <http://library.huttcity.govt.nz/cgi-bin/spyus.exe/MSGTRN/OPAC/HOME>

>MONDAY, 19 SEPTEMBER – THURSDAY, 22 SEPTEMBER

The Women in Energy and Resources Leadership Summit 2016

The Women in Energy and Resources Summit will explore and offer the practical strategies needed for women to excel in the industry. It'll provide an opportunity for women in a variety of roles and organisations to meet and network with like-minded professionals in their sector.

Participants will benefit from the practical

advice of experienced leaders and will be able to compare experiences with others facing similar challenges. An outstanding speaker faculty will address diverse topics, as they focus on proactive tools to strengthen leadership capabilities and navigate a path to success.

This Summit is a must-attend for women currently in executive positions and those seeking to advance into leadership positions in the near future. Register team members early for this inspiring learning and networking opportunity.

When: Monday, 19 September – Thursday, 22 September, 8.30am–4.30pm all days

Where: Amora Hotel, 170 Wakefield St, Te Aro, Wellington

Restrictions: All ages

Ticket Information:

http://liquidlearninggroup.com/documents/WER0916Z/WER0916Z_W.pdf

Or phone: 02 8239 9711

Additional fees may apply

Website:

http://liquidlearninggroup.com/documents/WER0916Z/WER0916Z_W.pdf

Group Discounts Available:
10% off Standard Rate Team of 3-4
15% off Standard Rate Team of 5-7
20% off Standard Rate Team of 8+

>TUESDAY, 20 SEPTEMBER

Law for Lunch – Tenancy and You

Got a damp house? Unresponsive landlord? Been asked to leave your family home? Learn what the law says when it comes to your tenancy. Bring your lunch and learn more about your legal rights at these popular, free information sessions run by Community Law Wellington and Hutt Valley.

Continued on next page

Continued from previous page

When: Tuesday, 20 September,
12.30pm–1.30pm

Where: Petone Community Library,
Britannia Street, Petone, Lower Hutt

Cost: Free; all ages

Website: <http://library.huttcity.govt.nz/cgi-bin/spydus.exe/MSGTRN/OPAC/HOME>

>THURSDAY 22 SEPTEMBER

Zeal Tall Poppy 2016 Wellington

Tall Poppy is a one-day top up for your mind, your heart, and your soul. This year we're inviting some of New Zealand's most passionate advocates in youth work, social change, mental health, gender, and race equality to share their creative strategies for amplifying New Zealand's unheard voices.

The event features Tame Iti, Richie Hardcore, Malvinder Singh, Louise Nicholas, Andrew Judd, Mary O'Hagan.

At this event, we focus on our collective need to change in order to better serve the young people of New Zealand, not on the role of government or civic authorities. Although individuals are welcome to attend, organisations benefit most by bringing a team of people dedicated to a specific project or cause.

For groups who'd like to invoice for their registration payment, please email: sarahvh@zeal.nz. Morning Tea and refreshments included.

When: Thursday, 22 September,
9am–5pm

Where: Prefab Hall, 14 Jessie Street, Wellington

Restrictions: All ages

Ticket Information: Early Bird \$85

TALL 2016 POPPY

MAHURU September 2016

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

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

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

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

Source: The Māori Oracle

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

Additional fees may apply

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://zeal.nz/tallpoppy>

>THURSDAY, 22 SEPTEMBER

Urban Farming

Earn \$80,000 per year on 2/3 of an acre of land you don't own? Sound impossible?? Hear the story of 'urban farmer' Curtis Stone and find out why it's not.

When: Thursday, 22 September,
10.30am–11.30am

Where: Moera Community Library,
171 Randwick Road, Moera, Lower Hutt

Restrictions: All ages

Cost: Free

Website: <http://library.huttcity.govt.nz/cgi-bin/spydus.exe/MSGTRN/OPAC/HOME>

OCTOBER

>SATURDAY, 8 OCTOBER

**Waste Free Parenting Workshop -
With The Nappy Lady**

It's not just about nappies! During

this 2.5 hour interactive workshop, you'll learn about modern cloth nappy options and get fun education around other ways you can minimise waste at home with a baby, and learn how you can save lots of money!

You can 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 book through Eventfinder to secure your space, as it automatically sends you your ticket. There's a booking 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.

When: Saturday, 8 October, 10am–12.30pm

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

Restrictions: All ages

Continued on next page

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

Continued from previous page

Ticket Information:

2 Ticket Options Available:

- \$5 Individual or Couples Ticket includes a FREE Trial Pack worth \$20
- \$25 Individual or Couples Ticket includes a \$100 Trial Pack

Additional fees may apply

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://www.thenappylady.co.nz/Workshop-Wellington.html>

>TUESDAY, 18 OCTOBER

Law for Lunch – Domestic Violence and the Law

Domestic violence isn't limited to physical violence. Learn about what the law says about domestic violence and what legal support is available.

Bring your lunch and learn more about your legal rights at these popular, free information sessions run by Community Law Wellington and Hutt Valley.

When: Tuesday, 18 October, 12.30pm–1.30pm

Where: Naenae Community Library, 27 Hillary Court, Naenae, Lower Hutt

Cost: Free

Website: <http://library.huttcity.govt.nz/cgi-bin/spybus.exe/MSGTRN/OPAC/HOME>

>SATURDAY, 15 OCTOBER

Burlesque Baby

Burlesque Baby showcases some of the greatest new talent that Wellington has to offer. A fun and entertaining evening full of a fantastic variety of burlesque and pole performers.

When: Saturday, 15 October, 7.30–10pm. Doors open 7.30pm; show starts at 8pm

Where: The Fringe Bar, 26 Allen Street, Wellington

Restrictions: R18

Ticket Information:

Front Row Table Single Ticket: \$25

General Admission: \$15

Front Row Table of 4: \$100

Additional fees may apply

Pre-sale tickets \$15 or door tickets

\$20. Pre-sale tickets available from

Eventfinda or by emailing courtneyl-

amour@gmail.com

Phone Sales: 0800 BUY TIX (289 849)

Website: <https://www.facebook.com/burlesquebabynz>

>WEDNESDAY, 26 OCTOBER – FRIDAY, 28 OCTOBER

Ending Domestic and Family Violence Summit 2016

New Zealand's rates of domestic and family violence are some of the worst reported worldwide.

This is an opportunity to develop an intricate understanding of how to overcome key issues faced by individual government organisations and NGOs. Participants will investigate these factors through a practical lens and collectively brainstorm strategies to reduce domestic and family violence as one infrastructure.

Encouraged interactivity will allow professionals in this challenging space to work closely with like-minded individuals and leave with the tools needed to drive effective and sustainable change.

When: Wednesday, 26 October, 8.30am–4.30pm

Thursday, 27 October, 8.30am–4.30pm

Friday, 28 October, 8.30am–4.30pm

Where: James Cook Hotel Grand Chancellor, 147 The Terrace, Wellington

Restrictions: All ages

Ticket Information:

(02) 8239 9711. Additional fees may apply

Website: http://liquidlearning-group.com/documents/EDV1016Z/EDV1016Z_W.pdf

Group Discounts Available:

- 10% off Standard Rate Team of 3 – 4
- 15% off Standard Rate Team of 5 – 7
- 20% off Standard Rate Team of 8 and above.

Additional discounts available for Not

for Profit, NGOs, and registered charities.

>SATURDAY, 26 NOVEMBER

Kids' Workshop: Festive Cards & Decorations

Join our Sustainability Advisor Flo at our award-winning EcoCentre, and make something fun and inspiring out of recycled materials to take home and use. This month, get into the festive spirit early by hand-making some small giftable treasures.

All materials are provided. Parents are asked to stay for the entire workshop. Spaces are limited, so bookings are essential.

When: Saturday, 26 November, 2–3pm

Where: Sustainability Trust, 2 Forresters Lane, CBD, Wellington

Restrictions: All ages

Ticket Information: Koha for materials: \$5. Door Sales Only

Website: <http://www.sustaintrust.org.nz/inyourcommunity/kidsworkshops/>

>SATURDAY, 3 DECEMBER

Christmas Markets at the Underground Market

Experience the magic of Christmas with over 80 stalls of Christmas gift inspiration. Shop for totally unique gifts on the Wellington waterfront.

When:

Saturday, 3 December, 10am–4pm

Sunday, 4 December, 10am–4pm

Saturday, 10 December, 10am–4pm

Sunday, 11 December 10am–4pm

Saturday, 17 December, 10am–4pm

Sunday, 18 December, 10am–4pm

Where: Frank Kitts Underground Carpark, Under Frank Kitts Park, Jervois Quay, Wellington

Restrictions: All ages

Ticket Information: Free

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

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.

Meeting time: 6-7.30pm

Phone: 027 327 4466

Email: kimberley@bignell.co.nz



Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength.

G.D. Anderson

Jenny's (computing) tips and tricks (4)

And here's my next tip, the fourth one, for those who think programmes like Office for creating documents, spreadsheets and presentations are too expensive and Office365 adds up to too much every year, and would like to use something that is good, free, and can be accessed on any web-connected device and shared with others.

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

What is the problem?

You have purchased your new, maybe your first, laptop, running Windows 8.x or 10.x

There are no programmes installed so that you can create letters or other documents, and when people send you newsletters etc via email you cannot open them. So frustrating.

You want to be able to access your work wherever you are, and maybe you want to be able to share it with others to work on too. You only use the basic features - mail merge and macros are for other people.

The solution

A cloud service such as Google Drive or Microsoft Office Online is available for any device connected to the internet so can be accessed anywhere on any online computer, laptop, pad, tablet or phone.

You will need to log in to either a Google account (for Google Drive), or a Microsoft account (for Office Online).

Google Drive allows you 15GB of free storage which includes your Google Drive files, Google photos (if you have an android phone synced to your Google account), and Gmail. You can buy more storage if needed.

Office Online provides 7GB of free storage space on its OneDrive, and is similar to desktop versions of Office so is easy to start using. BUT it only works when you are connected to the internet.

1. Google Drive

Open your web browser (Internet Explorer, Chrome, Firefox, Microsoft Edge ...), click on the address or search bar and type in **drive.google.com**.

Sign into your Google account to continue to Google Drive.

My Drive (the folder that holds the files and folders you create) will open, you can click on NEW in the red box for options, or select a new untitled Google document, form, sheet or presentation. There is also a list of folders on the left side of the page which shows files, folders or photos you have uploaded or synced.

Any work you start is automatically saved, so it's a good idea to rename the file before you start adding to it – click on File, then Rename ... as you do in Office.

2. Office Online

Check that you have a Microsoft account – your Hotmail or Outlook address, or your Skype address.

Open your web browser (Internet Explorer, Chrome, Firefox, Microsoft Edge ...) and sign into your Microsoft account, or type **www.officeonline.com** into the search or address bar.

Scroll down to **Get started with the online apps now** and click on the application you want to use – Word Online, Excel Online, Powerpoint Online, or any other the other apps listed, and sign in with your Microsoft account if requested.

You can start a new blank document or presentation, or choose from the templates provided. Use the tabs across the top as you would with any Office app, not forgetting to rename your file.

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

| | |
|---------------|-------------|
| 6:30 – 8:30pm | Self Esteem |
|---------------|-------------|

Wednesday

| | |
|---------------|-----------------------------------|
| 9.30am–3.30pm | Computer lessons (by appointment) |
|---------------|-----------------------------------|

Friday

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

First Sunday of the month

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

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
- 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?

We run with two computers; both run Windows 10 and Microsoft Office 2016. One is a standard desktop and the other is touch-screen.

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.

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

| | |
|----------|--------------------------------------|
| 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

| | |
|----------|--------------------------------------|
| 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 |



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, 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 11 |
| Meditation for Women | p 12 |
| Anger as a Strength | p 12 |
| Building Health Relationships Part Two | p 12 |
| Self Development Using the Psychodramatic Method | p 13 |



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

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 rest of 2016 (all dates on Saturday):

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



LHWC Annual General Meeting

All Welcome

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

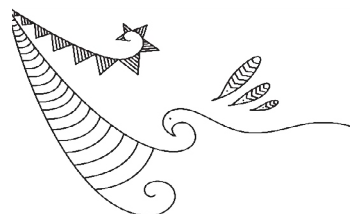
Date, time, and location

5 November 2016

Lower Hutt Women's Centre

Schedule

Ritual 8am • Breakfast 9am • Meeting 10am



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.

Dates:
Six weeks beginning
Thursday, 13 October

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

Facilitator: Ruth Pink

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

Times: 7–9pm

Cost and enrolment: \$40 waged/\$20
low or unwaged.

Phone to register interest. Enrol by
payment or deposit to Lower Hutt
Facilitator: Ally Andersun

Developing Healthy Relationships Part Two

- This workshop is only for people that have done part one previously. If you have difficulty with relationships this workshop will help you in understanding your behaviour and where it originates. 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 and Times: 12th and 13th November 2016

Saturday and Sunday 10-5pm and 10-4.30pm

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

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

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

Parent Help offers course for parenting challenging teens

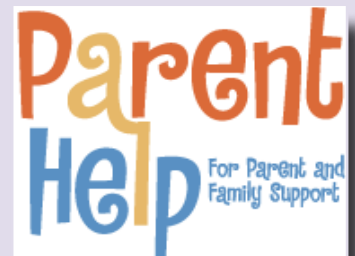
Who we are

Parent Help is a Wellington-based community agency that has been offering services to families since 1989. We provide help with all parenting issues from those everyday situations to the more serious challenges that might lead to child abuse. Our mission is to help parents build resilient and positive families/whanau through our free parenting helpline, affordable parenting courses, family therapy, counselling, and mediation services.

Parenting course

The Parent Help course "Different Approach – Different Response" – A Relational Approach to Parenting focuses on giving information, skill-building, and working therapeutically with participants to help create improved relationships and long-lasting change.

This 8-week course (2 hours per week) is led by two Parent Help therapists. It's designed to assist parents of challenging teenagers to positively prepare and guide their child to independence. This unique course is both therapeutic and educational. It's highly regarded and well supported by the public. Referrals come from the Police, CYFs, and other NGOs.



Key topics

- How the teenage brain changes impact behaviour and why parents may be frustrated in their attempts to communicate
- How the human brain responds to stress and what this means for parenting
- Ways we can view long-term human relationships and how as children and as adults we are motivated to seek or avoid contact
- Ways we can view family dynamics and respond differently.

We aim to build parents' capability to deepen their relationship with their teen and help change their teen's behaviour.

Start date: 11 October 2016

Duration: 8 weeks

Cost: \$95 per person and \$150 per couple

Time: Tuesdays, 7-9pm

Venue: Moera Community House, 107 Randwick Crescent, Moera

**Register through our website www.parenthelp.org.nz or by email to parenthelp@xtra.co.nz.
Phone (04) 802 5767 for more information.**

Cissy Rock honoured for lesbian activism

About 100 people, mostly lesbians, participated in a community afternoon tea in July, acknowledging and appreciating the work Cissy Rock has done for Rainbow communities.

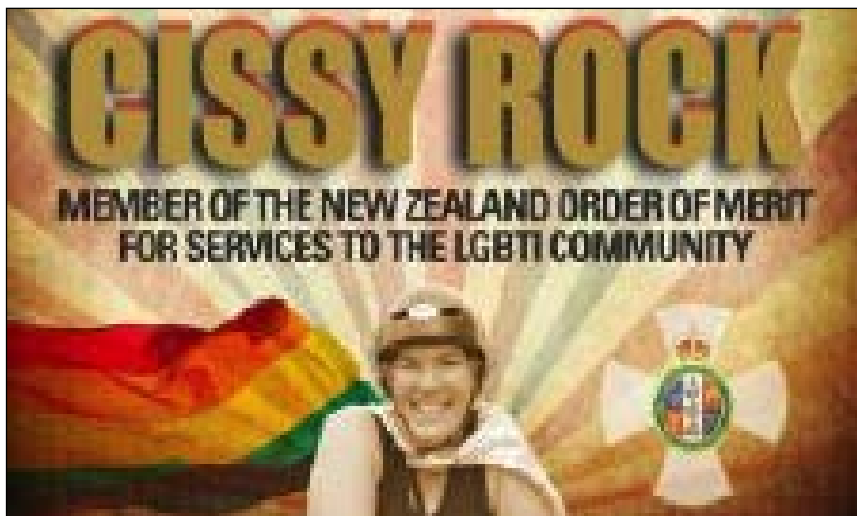
Cissy made a great contribution to our print predecessor, *Tamaki Makaurau Lesbian Newsletter*, with her well-known enthusiasm and focus on reaching out to the lesbian community and responding to ideas. She designed the 'What do lesbians think?' section, coming up with conversational prompts that were a mix of the serious and the lighthearted.

There was a lesbian conference (held in west Auckland, natch), too, that grew, in part, out of newsletter discussions. "I've been thinking," she'd say, "there used to be lots of political/lesbian conferences, and there hasn't been anything like that for ages. How hard could it be to organise one now?"

A passion for community service

The award is for "rendering meritorious service to the Crown and the nation or becoming distinguished by eminence, talents, contributions, or other merits". In Cissy's case, it is specifically for "services to the Auckland gay, lesbian, bisexual, transgender and intersex (GLBTI) communities in both voluntary and paid capacities."

Cissy's west Auckland focus (Heroes Out West, for example, and Lowdown) is always present, and received plenty of thanks and acknowledgement. Much



Cissy Rock was honoured as a Member of the New Zealand Order of Merit on Queen's Birthday this year for her services to the GLBTI community.

of this has been voluntary – unpaid – service to our community.

Mention has also been made of her advocacy for lesbian and rainbow communities in her paid work with Auckland Council: the 100% OK campaign, the Rainbow Door group, and the Rainbow Communities Advisory Panel.

Her family, friends, and colleagues made speeches; the cake was cut; Cissy was (almost) speechless. A great occasion for everyone.

Source: <https://lesbianaotearoa.wordpress.com/people/#Rock>

Queen's Birthday Honours List 2016

Cecilia Jane (Cissy) Rock

For services to the LGBTI communities

Cissy Rock has contributed to the Auckland gay, lesbian, bisexual, transgender and intersex (GLBTI) communities in both voluntary and paid capacities.

As Senior Project Leader/Programme Manager for the Auckland Council, Ms. Rock co-designed and implemented the strategic and operational policy framework. This ushered in New Zealand local government's first Rainbow Communities Advisory Panel. It was established in 2015 to provide strategic advice on issues of significance to Auckland's GLBTI communities, and to help the Council engage with these communities.

Before this, she designed, implemented, and led the Rainbow

Door Group, an informal forum for both rainbow and mainstream social service providers, Council staff, and community members to meet with Auckland Council to discuss issues and opportunities.

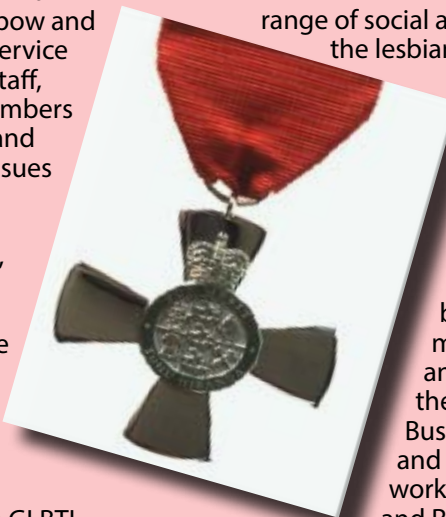
She initiated the 100% OK campaign, urging Aucklanders to support GLBTI people and facilitate greater visibility of GLBTI issues in Auckland's 10-year strategic plan.

Her voluntary contributions to the GLBTI communities have included establishing

the Lowdown Charity, which runs a range of social and creative events for the lesbian community,

Ms. Rock was also Board Chair of the Auckland Women's Centre from 2010 to 2013. She created Women's Talk forums during this time.

In addition, she's been a committee member of Outline NZ, an active supporter of the Auckland Lesbian Business Association, and did facilitation work for GenderBridge and RainbowYOUTH organisations.



Teen Voices:

Babysitters find gender gap at starting gate

By Alexea Hankin

Megan Riley loves kids. When the 17-year-old from Waterford, Michigan isn't in school or at band practice, she's praising drawings and reading fairytales to the children she babysits.

Riley may be growing her resume, which will help her reach her goal of being a school teacher, but she's not building her bank account.

"I know I get paid less than what my friends who babysit do," said Riley. "It wouldn't shock me if anyone was paid more than me, including boys who babysit."

And boys do get paid more, according to Priceonomics. The economics-based website recently released a study collected from online babysitting profiles that found female sitters, who make up 97 percent of the babysitting work force, earn less than male babysitters.

On average, females make \$14.50 (US) an hour, while males net upwards to \$15. Though it's not a huge pay difference, the disparity is a red flag about what's to come for girls

as they get older: gendered social and professional expectations that hold them back from demanding equal pay and equal opportunities.

One reason for this, says Rebecca Bigler, a University of Texas professor of psychology and women's and gender studies, is the "confidence gap" girls experience as they get older.

"Boys are more likely to rate themselves as better than girls are," said Bigler. "Even when they have no real experience and aren't really better at it. But they think they are, so they ask for more money. They're confident about their skills in almost all domains, so it probably affects babysitting, too."

Bargaining problems and gender

Riley doesn't believe she's less confident about her skills. Her problem is more about bargaining with parents.

"I feel rude asking for more money," Riley said. "Babysitting is just one of those things where it's harder to ask for more money because you're not in a 'professional' atmosphere, because the people you babysit for are usually people you know. I don't want to seem ungrateful."

Riley's actions are typical for women and girls, said Elaine McCrate, a University of Vermont associate professor of gender, sexuality and women's studies, and economics.

"Women don't bargain as hard as men," McCrate said. "They don't see themselves as worthwhile as men so they don't ask for as much, and similarly, people expect girls to be happy with what they're offered. Girls aren't supposed to be pushy, they're not supposed to be asking for more. And if they do, people tend to think that they're unfeminine. This tends to discourage girls from asking for more," she said.

For Shareef Swindell, a Brooklyn-based babysitter, being strategic served him better than negotiation. When the 24-year-old began babysitting, he undercut the competition by asking for \$10 an hour. As he built his client list, he upped his rate.

"Once I tell a client I start at \$15 an hour, I leave the option open for what they feel is a good amount based on how difficult they believe their child is to handle," he said. "I've gotten over my normal rate by doing this."

Gender stereotyping in babysitting

This negotiation can be linked to the confidence gap, but even more to gender stereotyping, said McCrate.

In babysitting, some parents find males out of place and risky. When searching for babysitters on websites like Sittercity.com, the results are female unless one opens the advanced settings.

"A lot of people think about gender stereotypes and the ways that they're harmful for boys is that they constrain males' behavior in ways that aren't good for men," said Bigler.

"And it has to do with why so many more girls are babysitters. Jobs that involve interactions with children are really highly stereotyped as feminine and therefore not compatible with masculinity."

Not all parents believe the stereotypes.

"I've hired male and female babysitters," said Sandy Di Legghio, a parent of two young boys from Florida.

Di Legghio said she pays sitters according to things other than gender. For example, she looks at their age and having their own transportation. She's also paid better if the sitter communicated with her and her children and told her how active they'd been.

Although Di Legghio isn't concerned about gender, other parents seem to be, according to the Priceonomics report that found boys were paid 3 percent more.

Riley said, "Right from the start, pay gaps encourage people to get used to them and accept it them as 'just the way it is.' Which isn't okay."

Alexea Hankin, 17, is editor in chief of The Murmur at Waterford Kettering High School in Michigan.

About this article:

This story is part of Teen Voices at Women's eNews. Teen Voices at Women's eNews provides online stories and commentary about issues directly affecting female teens. Available at: <http://womensenews.org/2014/06/babysitters-find-gender-gap-at-starting-gate/>



Photo source: <http://www.nanaslima.com/>

My miscarriage is often too painful to discuss, but I still need to know you care

By Ana Aparicio

Twelve weeks ago I said goodbye to my baby. I never saw his face. I never held him in my arms. I never heard him cry, giggle or say 'mama.'

He was gone before I could pick out children's books and clothes, and before the joy and love of a baby shower.

I've grieved much after suffering a miscarriage. And I've learned even more. Among the things I now know are that a kind and supportive word means so much and that silence, in this case, is not golden.

Approximately 25 percent of pregnancies end in miscarriage, though some suggest it may be as high as 50 percent.

Miscarriage is defined as a pregnancy that ends prior to 20 weeks; a loss that occurs after that is labeled a stillbirth. Miscarriages have a number of causes, including ectopic pregnancies and chromosomal abnormalities; in some cases, there is no medically explicable reason.

They happen to women in all age brackets. But as common as a miscarriage is, there's still a lot of stigma and silence surrounding it.

Dr. Crystal Clark, assistant professor of psychiatry and behavioral sciences at Northwestern University, regularly observes this in her work.

She said, "Miscarriage is a pain we don't talk about and women dealing with it don't have adequate resources. This leads to many women feeling like they're suffering alone, like nobody else can understand."

It's not just women who suffer in silence. In a recent Facebook post that went viral, Dan Majesky, whose wife suffered a miscarriage last year, observed: "When a family member dies, you can share your grief. With a miscarriage, you would have to tell people that someone who will never be born, who they

had never heard of and will never meet, but who meant the world to you, is gone."

Slow shift starting

We are slowly beginning to see a shift away from silence when it comes to miscarriages.

Celebrities have begun to share their stories. Beyoncé mentioned hers in April in her spoken word poem "Apathy," in the film accompanying her "Lemonade" record and in her 2013 documentary "Life is But a Dream."

Last year Mark Zuckerberg publicly posted about miscarriages

What to say

But stigma about miscarriage, as and lack of discussion and support for those grieving, makes this difficult.

One outcome is that even when people know someone who's suffered a miscarriage, they may know not what to say.

It's understandable. Before experiencing this myself, four close friends and family members told me of their miscarriages. I offered support, but I didn't really know what to say. I feared saying the wrong thing, of upsetting them.

It's wise not to dismiss the loss

by suggesting the baby just wasn't meant to be, or saying that one could always try again. But saying nothing can be worse.

Each woman will grieve differently and it's important to follow her lead; but it's crucial to show up.

I've appreciated those who asked me how I was, offered to spend time together, called to talk about anything else, or dragged me out to refocus on things I enjoy. Usually I haven't wanted to talk about the miscarriage or where I am

in the grieving process.

Like anyone experiencing loss, those grieving a miscarriage just need to know people care and mean it when they ask, "How are you?"

I never imagined sharing my very personal story in this way, but I decided to contribute to the small, growing, and long overdue discussion about miscarriage.

As I prepared this piece, I learned of other women in my life who've experienced this loss. I'm sure everyone knows someone who has. I encourage others to share their stories and support those who've had a miscarriage.

About the author

Ana Aparicio, Ph.D., is an associate professor of anthropology and Latino studies at Northwestern University. Article available at: <http://womensenews.org/2016/07/my-miscarriage-is-too-painful-to-discuss-but-i-appreciate-your-concern/>



Photo credit: Gabriela Camerotti on Flickr, under Creative Commons

he and wife Priscilla Chan experienced, explaining how lonely and devastating it was to lose a child.

Sometimes a miscarriage happens quite suddenly. But other times there are troubling developments in early pregnancy, and anxiety over a potential loss goes on for some time.

My own pregnancy looked promising at first, but took a downward turn after those initial stages of joy. I took repeated tests and heard about every worrisome result for a couple of weeks.

By the time it was all over, I was physically and emotionally drained.

Whether the woman and her doctors anticipate the loss or it occurs unexpectedly, the grieving process can be similar. And while each woman may deal with her loss in her own way, support is essential.

Walking for peace from New Plymouth to Parihaka

By Charmaine Poutney and Tanya Cumberland

Mayor Andrew Judd recently campaigned for Māori representation on New Plymouth District Council. The council's proposal to include one Māori ward for the next council election was defeated last year by a citizen's referendum.

As a result of the hate-mail and abuse he received during the campaign, Andrew has urged all Taranaki people, indeed, all New Zealanders, to engage in new conversations about Māori-Pākehā relationships. So a group of Pākehā and Māori supporters organised the Hikoi for Peace.

On the first day, a group walked from the New Plymouth Council Chambers to Oakura. On the second day, they went to Okato.

For two hours, they shared their reasons for joining the hikoi, ways to achieve strong representation of Māori on the New Plymouth District Council, and other concerns about Māori-Pākehā relations and Pākehā responsibilities.

The next morning, they set off to walk from Okato to Parihaka.

Why Parihaka? Parihaka is one of the worst examples of colonial oppression in our country's history, and has become a symbol of non-violent resistance, and therefore of the search for peace and justice, in Aotearoa and worldwide.



Two hundred people gathered for discussion.

Hearing the stories

They talked with different people as they walked. Local people along the way set up small stalls and offered refreshments, or waved and tooted, or greeted them with flags.

Every story was different.

Many people said that growing



Andrew Judd, mayor of New Plymouth District Council (left), with a kuia

up in New Zealand they never learnt about what happened at Parihaka, or about the Land Wars and the attempts to assimilate (or exterminate) Māori in Taranaki. They were angry about the continued neglect of New Zealand history in most schools.

By the time they arrived at Parihaka, the hikoi numbers had swelled to almost a thousand. They were welcomed into the village and led to Te Marae o Toroānui, all the way to the sound of karanga, greeting and grieving, from many kuia, both hosts and guests.

After the exchange of whaikorero among the kaumatua on both sides, Judd spoke. He talked about his

ignorance until recently, his determination to work for change, and his intention not to seek mayoral re-election because of the violence of opposition and how his presence would polarise the election.

He took off his mayoral chain, and holding it up, declared, that no one should wear this chain again unless committed to justice for

Māori in Taranaki. A kuia took the chain in her hands and blessed it with a prayer.

So what next?

Attendees at the hikoi discussed next steps. The Facebook group set up by supporters is ongoing.

Anyone can join; more than 11,000 have already. Available at: <https://www.facebook.com/groups/AndrewJuddFanClub/>

Many supporters suggested that people who allow their nominations to go forward for councils in local body elections (and for Parliamentary elections, too) should be invited to participate in locally-organised workshops on the Māori and Pākehā history of the area they wish to represent. Also, they should ensure they can pronounce Māori personal and place

names properly.

The Ministry of Education should require schools to include coverage of New Zealand history in their curriculum, and that resources available to schools include Māori and Pākehā perspectives.

A third suggestion is that the local body legislation be amended to make participation by tangata whenua in decision-making obligatory, not just "consultation" which can be ignored. The only requirement on local councils is to have some form of consultation with Māori. Councils may choose to have Māori wards, and some have, but this decision can be overturned by a citizens' referendum.

In New Plymouth, the District Council voted last year for a single Māori ward (with a one-vote majority of Council members), and immediately hostile Pākehā began organising for a Citizen's Referendum. The result was that 83 percent of those who voted (though only 32 percent of those eligible to vote) rejected the proposal.

A fourth idea was that all who participated in the hikoi should talk about these issues with another half-dozen people – family, friends or workmates – and that they in turn continue the process.

Government in mediation with midwives over gender pay discrimination

By Jamie Small

Midwife Helen Becconsall says the pay can be as low as \$10 an hour.

The Ministry of Health has agreed to mediation with midwives, a last-minute about-turn after a high-profile court challenge case in mid-August.

In August 2015, the College of Midwives lodged the nation's biggest equal pay challenge, alleging the ministry's pay levels breached gender rules under the New Zealand Bill of Rights Act. Almost all of New Zealand's 3,000 midwives are women.

College of Midwives Chief Executive Karen Guilliland said the increase in pay sought would depend on what duties midwives would be expected to do.

Karen Guilliland, CEO of New Zealand College of Midwives, said it wasn't sustainable to keep piling up public health duties on midwives without recognising the additional responsibility. "The work that the ministry currently expects them to do is not possible," she said. "The amount of money, in the end, isn't going to fix it if we can't fix the conditions."

The average self-employed midwife in New Zealand earned \$2,200 per case, she said. That included 10 months of consultation and care and being on call 24 hours a day for the mother. The amount of money meant midwives had to take on too many cases to make the profession financially worthwhile. In Australia, she said, midwives received an average of \$4,000.

Midwifery seen as 'invisible' work

When the College of Midwives announced the court case, Canterbury midwife Jacqui Anderson said the pressure she and her colleagues were under kept increasing, but much work they did was invisible because it was seen as just "women's work with women."

Remuneration wasn't keeping up with the increased workload, and some midwives were finding it hard to sustain their practices, she said.

"I know for a lot of midwives, there's expectations that they'll do more for less. It's becoming a point where midwives feel they're paying to do the jobs."

Pay experts found midwives earned about 60 per cent less than male-dominated professions that required a similar level of qualifications, skills, expertise, and responsibility. Guilliland said qualification levels for midwives compared to that of pharmacists, but midwifery paid less because it was female-dominated.

She said midwives now only stayed in the career for an average of six years because of job pressures.

Guilliland said this was the first time the Ministry



Photo credit: Carys Monteath/Fairfax NZ
Sheyna Huband credits midwife Jacqui Anderson (left with giving her support and confidence ahead of the birth of her third son, Oliver.

of Health formally offered and accepted an organised mediation between top ministry officials and the college.

The case, filed under the Bill of Rights legislation, will be adjourned. If agreement isn't reached in three months, the college has retained the right to return to court.

"We believe that the offer is made in good faith and we have certainly accepted it in good faith," said Guilliland. She said the college would do everything it could to reach an agreement within three months.

Increasing responsibilities, but low pay

Helen Becconsall has been a midwife and lead maternity carer in Christchurch since 1991.

She said midwives work many hours for essentially a fixed fee per patient. "There are times when you end up working for ten dollars an hour," she said.

She said midwife responsibilities, including checking for signs of domestic violence, scanning for diabetes, and giving budgeting advice, grew every year, but the income didn't grow to match.

She said she hoped the mediation would result in a compromise where some duties were reduced and pay increased.

Ministry of Health Chief Legal Advisor Phil Knipe said: "The ministry believes that mediation is a more appropriate forum to discuss the claims made by midwives. Unfortunately

an offer by the Ministry of Health earlier this year for mediation had not been able to be agreed."

The Crown has agreed that the Human Rights Commission will facilitate the mediation and discussions will be held before chief mediator Pele Walker.

Article source: *Sunday Star Times*

The College of Midwives has lodged the nation's biggest equal pay challenge, alleging the ministry's pay levels breached gender rules under the Bill of Rights Act. Almost all of New Zealand's midwives are women.

Treaty of Waitangi:

Questions and Answers

What is the Treaty of Waitangi?

A treaty is a legally binding international instrument agreed to and signed by two or more sovereign nations. All parties to a treaty are required to abide by its provisions unless they abrogate (formally withdraw from it). The Treaty of Waitangi is thus an agreement that forms a contract or covenant between the Crown and Māori hapū through their rangatira.

It was signed on February 6, 1840, by 40 rangatira on behalf of their hapū and Captain Hobson, representing Queen Victoria. Copies of the Treaty were taken round the country and eventually more than 500 Māori leaders signed.

The treaty text signed at Waitangi was in Māori and called Te Tiriti o Waitangi. It recognised the authority and rights of Māori, as set out in the Declaration of Independence. It allowed for the peaceful acquisition of land that Māori wished to make available, and was directed towards ensuring peace and good order as more immigrants came to settle. Through Te Tiriti, Māori agreed to the appointment of a governor in order to control British settlers' behaviour and regulate their settlement.

Thus, in Te Tiriti, the Queen agreed to arrange governorship over Pākehā, who were living here outside British law. Māori were not looking to the Crown to exercise governorship over themselves as they had their own long-established systems of government and law.

The Crown guaranteed it would uphold Māori authority and sovereignty (tino rangatiratanga) over their lands, villages, and everything else they treasured, and accorded Māori the same rights as British people. It also protected religious freedoms.

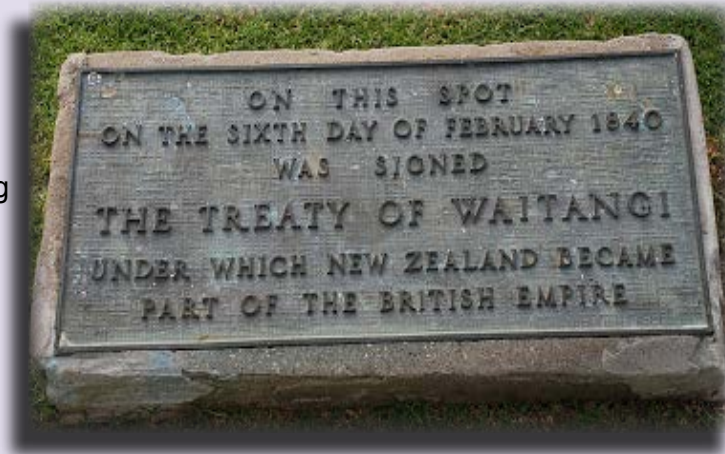


Who wrote Te Tiriti o Waitangi?

Captain William Hobson brought written instructions from the Colonial Secretary, Lord Normanby. James Busby, the British Resident, and Hobson's secretary, Freeman, did the actual drafting from those instructions.

The English language draft was then translated into Māori by the Reverend Henry Williams, a missionary who had been here for over 20 years, and his son Edward. It was the Māori text, Te Tiriti o Waitangi, that was signed by the rangatira and Hobson at Waitangi.

There are eight known English-language texts or draft texts dated 5 or 6 February 1840, with minor differences between them. This English-language version is now referred to as the Crown's English-language version because it came to be promulgated by the Crown as the Treaty.



However, it differs significantly from Te Tiriti o Waitangi and is not the treaty agreed to by the rangatira. The majority of the rangatira around the country signed Te Tiriti o Waitangi. Thirty-two rangatira who were at a Church Mission meeting at the Waikato Heads signed an English-language version, and seven more rangatira in

the Manukau area where a copy of the Māori text wasn't available.

These rangatira would've been assenting to Te Tiriti, as the discussion of the Treaty's content was in Māori. That which was orally agreed was of the essence in the Māori world.

It would've been impossible for rangatira to cede (give away) their hapū's sovereignty as stated in the Crown's English language version. Rangatiratanga was handed down from ancestors and exercised by rangatira in concert with the people.

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!