

Cronecle



Newsletter of the Lower Hutt Women's Centre

Vol. **24** No. **4**
Hakihea 2016

Greetings and Summer Break Dates

We will be closing on 23 December and re-opening on 24 January 2017

By **Stephanie Brockman, Women's Centre Manager**

Kia ora Koutou

We have just had an earthquake, a flood, and a bee swarm in the Hutt Valley. It brings to mind that we live in a very uncertain world. At the same time, we need to live as though we live in a certain world – an existential balancing act.

We have just had our AGM. We had, as we normally do, a ritual, a breakfast, and a meeting, and from my observation enjoyed by all. AGMs are legally necessary, but it's also great to be together and acknowledge another year, the work we have done, the growth, and the passing of time.

Our Annual Report is available to download on our Web site. Here is the link to the Annual Report:
<http://www.lhwc.org.nz/about-us>

Thanks to everyone who attended the meeting. Your passion for the LHWC fuels our mission as we work on behalf of women.



In this poem, Mary Oliver grounds me to living day to day and knowing we all have a place and a purpose, no matter what goes on in the external world.

Song of the Builders

On a summer morning
I sat down
on a hillside
to think about life,

a worthy pastime.
Near me, I saw
a single cricket;
it was moving the grains of the
hillside



this way and that way.
How great was its
energy,
how humble its effort.
Let us hope

it will always be like
this,
each of us going on
in our inexplicable
ways
building the universe.

Mary Oliver, from *Why I
Wake Early* (2004)

Ritual ceremony from the LHWC's Annual General Meeting on
Saturday, 5 November.

Photo Credit: Teresa Heinz Housel

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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

Dear Friends of the Lower Hutt Women's Centre

As we shared in our last newsletter, since 1 October we have been operating with \$60,000 less than anticipated. As a result, the Centre needed to reduce its services until we secure alternative funding.

One impact of the lost funding is that the LHWC is now 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 coming months. Thank you to all the women who have donated money - it is very gratefully received.

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: <https://givealittle.co.nz/org/lowerhuttwomenscentre#>

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 will still be offering.

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

Poem

Once someone said to me that women are like flowers. Each unique in their beauty.

I appreciate the attempt at an analogy but if anything I am a fucking tree.

I am solid and strong. My roots go deep. I hold on to the earth and the earth holds on to me. My branches are broad and can bear the weight of many leaves.

From me, I gift the seeds of life. The world needs me to breathe.

Even if a storm pushes me down. I will grow once more to be vibrant and stable.

Women are like trees each unique in their beauty and each amazing and strong, each bound to the earth, life giving important and vital.

Naomi Millane

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.

Hurihia to aroaro ki te ratukuna to atarangi kia takaki muri ia koe.

Turn your face to the sun and the shadows fall behind you.

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

Unlike a canoe rope, a human bond cannot be severed.

I orea te tuatara ka patu ki waho

A problem is solved by continuing to find solutions.

He taonga rongonui te aroha ki te tangata

Goodwill towards others is a precious treasure.

Ahakoia he iti he pounamu

Although it is small it is a treasure.

Ahakoia he iti kete, he iti nā te aroha

It is the thought that counts.



Community Events

DECEMBER

WEDNESDAY, 14 DECEMBER Twilight Market

Come along to this wonderful artisan market. Enjoy the friendly atmosphere, speak to the wonderful people who make the goods being sold, and take a little time out to relax and enjoy yourself, whilst shopping for those perfect gifts for friends and family.

When: 6pm–9pm

Where: The Lodge, 276 Shelly Bay Road, Maupuia

Restrictions: All Ages

Ticket Information: Free

Web site: <https://www.facebook.com/events/888007768002175/>

MONDAY, 19 DECEMBER

School Holiday Programme: Petone Sportsville

When: Monday, 19 December, 8am–4:30pm

Where: Petone Recreation Ground, 60 Udy Street, Petone

Restrictions: All Ages

Ticket Information: Students: \$35.00 (Door Sales Only)

Web site: <http://www.petonesportsville.org.nz/>

Rugby, bowls, gym sports, cricket, tennis, frisbee.

\$25 per students for year 3 to year 8 boys and girl (limit 150). Packed food and water to be supplied free. More details and enrollment can be found at the Web site.

JANUARY 2017

SATURDAY, 7 JANUARY Summer School 2017

Workshops include:

- Challenges of Watercolour – Alfred Memelink
 - Charcoal Drawing – Tony Clarke
 - Pottery – Jennifer Turnbull
 - Abstract to Expressionism to Impressionism – Acrylics – Tony Clarke
 - Calligraphy – Jet James
 - Sculpting in Clay – Carol Laubscher
 - Indigo Dyeing & Shibori – Clare Smith
 - Leveraging Design Elements & Principals – Lisa Call
- Full details are on our Web site.



When: Saturday, 7 January, 9am–4pm

Where: Hutt Art Centre, 9–11 Myrtle Street, Lower Hutt

Restrictions: All Ages

Ticket Information: <http://www.eventfinda.co.nz/2017/summer-school-2017/lower-hutt>

Admission: Free

Web site: <http://www.huttart.co.nz/>

TUESDAY, 24 JANUARY; FRIDAY, 27 JANUARY Kids Hands-On Cooking Class

This is a very fun experience for children who love cooking, or just want to try something new. During the class, participants will be offered a glass of juice and cookies. Have fun while making authentic Italian pasta! Parents are welcome to stay and watch their children at work. For info and bookings, email: ciao@labellaitalia.co.nz or call us. Subject to reaching a minimum number of eight children.

When: Tuesday, 24 January, 9am–12pm

Where: La Bella Italia, 10 Nevis Street, Petone

Restrictions: All Ages

Ticket Information: Kid's Cooking Class: \$45.00

Buy Tickets: (04) 566 9303. Additional fees may apply

Web site: <http://www.eventfinda.co.nz/2017/kids-hands-on-cooking-class/lower-hutt>

WEDNESDAY, 25 JANUARY PJ HARVEY 2017 AUSTRALIA & NZ TOUR

PJ Harvey returns to Australasia with her full 10-piece band. These will be PJ Harvey's first live dates in Australia and New Zealand since 2012.

When: Wednesday, 25 January, 8pm

Where: Michael Fowler Centre, 111 Wakefield Street, Wellington

Restrictions: All Ages

Ticket Information: Reserved Seating: \$93.20

Buy Tickets: <http://www.eventfinda.co.nz/2017/pj-harvey/wellington#none>
Additional fees may apply

Web site: <http://pjharvey.net/>

FEBRUARY

SUNDAY, 26 FEBRUARY–SUNDAY, 28 MAY Tawa All Good Colourers

Every last Sunday of the month, a social and creative

Continued on next page

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meet up in the Northern Suburbs! Resources provided to get you started colouring and zen doodling. You can also bring your own pencils and projects. No artistic skills needed! I would appreciate if you let me know if you are coming along, as places are limited.

When: 26 February, 26 March, 30 April, 28 May (all dates on Sundays)

Where: Tawa Community Centre, 5 Cambridge Street, Tawa

Restrictions: R13

Koha to cover costs, thanks to Tawa Community Centre. Door Sales Only

Contact Information: Text or call (021) 134 7541 or email: monique@easynowmindfulness.com.

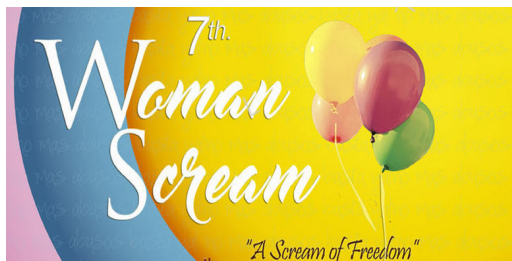
Web site: <https://easynowmindfulness.com/tag/tawa-all-good-colourers/>

MARCH

WEDNESDAY, 1 March Worldwide Call for Woman Scream 2017

The Woman Scream International Poetry and Arts Festival 2017 has the motto, "A Scream of Freedom," which seeks to boost confidence, security, and values of girls around the world, and their right to live without worrying about abuse, mistreatment, or about adult problems such as early pregnancy, forced labor, among others. This year the Women Poets International Movement and the Woman Scream team based in the Dominican Republic reiterate the call for volunteer events coordinators to take part in this famous festival.

Since 2011, this festival has recruited poets and artists, and served as a platform for violence awareness through various campaigns and events related to art and culture. The call will be open until the first week of February 2017. All events accepted must work as part of the WS global chain and represent the cause in accordance with established WS guidelines and images. Send proposals through the contact area of <http://womanscream.blogspot.com> to get WS Guidelines for coordinators and volunteers.



When: Wednesday, 1 March, 1am

Where: Tararua Tramping Club Clubrooms, 4 Moncrieff Street, Mt Victoria, Wellington

Restrictions: All Ages

Ticket Information: Free

Web site: <http://www.eventfinda.co.nz/2017/worldwide-call-for-woman-scream-2017/wellington>

SUNDAY, 5 MARCH Newtown Festival Street Fair Day

This is New Zealand's largest free music festival and fair. The best of talent in Wellington and beyond comes to the Newtown community for this family-friendly street party. All-day free entertainment for all ages is provided.

Enjoy live music and dance with more than 100 performances on 12 stages, buskers, parades, circus, and street sports!

The heart of Newtown is transformed: 12 stages, more than 400 stalls, and thousands of people pack the streets. Newtown's shops and businesses are joined by local crafts people, community groups, and visiting stall

Hakihea December 2016

Also known as Akaaka nui (Ngati Kahungunu)

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

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

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

Source: The Māori Oracle

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

holders selling an enormous range of goods. Newtown's cafes and bars move outdoors onto the road and are joined by a fantastic range of 140 food stalls with tastes from around the world.

When: Sunday, 5 March, 9am–8:30pm

Where: Riddiford Street, Riddiford Street, Newtown

Restrictions: All Ages

Admission: Free

TUESDAY, 7 MARCH Grumpy Old Women – Game of Crones

Yes, they're back! Grumpy Old Women: Game of Crones offers practical remedies for the atrocities of modern life. Demonstrations of how to clean the bath whilst having mediocre sex at the same time. How to overeat on a diet. What to do when the man in your life kisses your miniature Schnauzer more than you.

Geraldine Brophy directs and stars with Lynda Milligan and Julie Edwards in this hilarious piece of fantasy, thankfully without nudity or real blood.

When: Tuesday, 7 March, 8pm–10pm

Where: The Opera House, 111–113 Manners Street, Te Aro, Wellington

Continued on next page

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Restrictions: All Ages

Ticket Information: From: \$65.00

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

SATURDAY, 18 MARCH

Food Writing Workshop

Let Dominion Post restaurant critic, Cuisine writer, and author David Burton introduce you to the craft of food writing on an intensive weekend course. You'll learn new skills in the art of writing about food, whether you want to transform your food blog from a series of photo captions into proper journalistic features, compile your own cookbook, write food and travel features, or review restaurants like a professional.

The Saturday session ends with dinner at a local restaurant, where participants have a chance to practice their reviewing skills with other course participants. After the course, David will provide feedback via email on all written material.

The course covers the following:

- The craft of recipe writing
- Transforming food blogs into features
- Food and travel features
- Recipe books and food memoirs
- Restaurant reviews

Course Length: 16 hours (one weekend), plus emailed feedback on written work.

Course Includes: Restaurant outing on the Saturday of the course, Le Cordon Bleu bag, Le Cordon Bleu course book, Handouts available at both classes, Certificate of Participation upon completion

When: Saturday, 18 March, 9am–5pm

Where: Le Cordon Bleu, 48–54 Cuba Street, Wellington

Restrictions: R16

Ticket Information: Buy Tickets: (04) 472 9800. Additional fees may apply

THURSDAY, 30 MARCH

Bonnie Raitt Dig in Deep Tour

Bonnie Raitt is thrilled to return to New Zealand for two shows only in April 2017 in support of her 20th album, "Dig In Deep." All profits from her New Zealand concerts will be donated to the Westpac Rescue Helicopter. Raitt will perform with her long-time touring band. Jackie Bristow, a Kiwi-born U.S.-based singer-songwriter, is the opening act.

When: Thursday 30 March, 7:30pm–10pm

Where: St James Theatre, 77–87 Courtenay Place, Wellington

Restrictions: All Ages

Ticket Information: Premium:

\$130.50; A Reserve: \$110.50

Buy Tickets: <http://www.eventfinda.co.nz/2017/bonnie-raitt/wellington>
Additional fees may apply

APRIL

WEDNESDAY, 5 April–FRIDAY, 7 APRIL

Small Urban Conference

In this global era, consumption, land prices, mass transit, and architecture make big cities bigger. Small urban offers a compelling alternative, a resistance to the globalizing trend through a mindset that connects the local to the global, especially in Aotearoa New Zealand with its network of small urban landscapes. Networks of the small urban in cities, towns, and villages offer a refreshing sensibility for a challenging future.

Where: Embassy Theatre, 10 Kent Terrace, Mt. Victoria, Wellington

When: Wednesday, 5 April, 7–11pm;
Thursday, 6 April, 8:30am–10pm;
Friday, 7 April, 8.30am–10pm

Restrictions: R18

Ticket Information: <http://www>.



eventfinda.co.nz/2017/small-urban-conference/wellington

Additional fees may apply

Web site: <http://www.nzila.co.nz/news-items-roll/news-item-list/small-urban-conference-2017.aspx>

ONGOING EVENTS

Women Only Swim Night

H2O Xtream's Women Only Swim Night provides a safe, comfortable, and friendly environment so that all women of all abilities and cultures can come together and enjoy a fun pool session. Weekly activities vary, but may include waves and slides, hydrosports, aqua deep, "have-a-go" sessions, or simply enjoy a swim or aqua jogging, spa, sauna, or steam.

- Only female staff will be working in the facility
- Windows will have curtains so no one can see inside
- Close fitting t-shirts and/or leggings are acceptable on Sunday nights only
- Socialise, meet new people, and make new friends
- All Swimming abilities catered for
- H2O Xtream encourages people with a disability to participate with their peers in an inclusive environment

- Girls aged 12–15 permitted if accompanied by an adult.

When: Casual/drop in anytime

from 7pm

Where: H2O Xtream, Corner Brown & Blenheim Streets, Upper Hutt

Restrictions: R13

Ticket Information: Women: \$5.10

Girls aged 12–15 years old: \$4.10

Door Sales Only

Web site: <http://h2oxtream.com/programmes/women-swim-night/>



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

*I was made to be wild,
wicked and free,
to carve out my own
crazy destiny,
to find a place
in this world
where I can be
the most authentic
version of me.*

~Christy Ann Martine

Jenny's (computing) tips and tricks (6)

And here's my next tip, the sixth, for those who are thinking about getting a new computer or wonder whether a tablet would be useful – or an iPad, or find their phone doesn't quite do what they want it to.

So which is the best one for you? Well, it all depends on what you want to use it for and the features you prefer. And the depth of your pocket ...

#6: Laptop, Pad, Tablet, Phone - which one is best?

► What do you want to use it for?

- **Consuming stuff – entertainment and web browsing?**
 - Includes looking at Facebook, emails, videos, movies, pictures/photos, maps, surfing the net ...
- **Creating stuff – using a keyboard/mouse?**
 - Includes documents, spreadsheets, presentations, editing photos/videos, multi-tasking, large files, games ...

► Other things to consider

- Portability – do you need something that is light, small and very easy to use and carry?
- Do you want to take photos or videos with it? Phone calls? Selfies?
- How many devices do you want to carry with you?
- Do you want to use it all day without having to charge it up?
- Do you want it for travel?
- Is your phone a smart phone? An Android, Windows or iPhone?
- How much do you want to spend?

► Which is the best option for you?

Feature	Laptop	Tablet/Pad	Phone
Creating stuff	✓		
Consuming stuff	✓	✓	✓
Very portable		✓	✓
Photos, videos, phone calls		✓	✓
Long battery life		✓	
Good for travel		✓	✓
The cheapest		✓	✓

- **Creating stuff** – a laptop will keep you happy, if you mainly/always use it at home think about a bigger screen size for easy reading, and not necessarily a touch screen. Add WiFi for convenience.
- **Consuming stuff**
 - A tablet or iPad will do the job, 9-10 inches screen size is good for looking at
 - Use your smart phone as a mobile hotspot to connect to the internet via WiFi wherever you are, start with a pre-pay plan with 1GB rollover data, and increase if you need more
 - Match your phone and tablet/pad – an iPhone with an iPad, an android phone with an android tablet – for a single learning curve
 - Don't forget your free anti-virus – Avast is popular (Apple's App Store, or Google's Play Store)
 - If you are upgrading your smart phone, consider purchasing one of the new larger (water-resistant) phones (iPhone7, Samsung Galaxy S7 etc) and going it alone. However, they are relatively expensive, and not so easy to pop into a pocket or small bag.

Enjoy! 😊

Jenny Holdt
ICT Trainer/Adviser

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
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Wednesday

9:30am–3:30 pm	Computer lessons (by appointment)
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Friday

9:45am–12pm	Self Esteem
1–2:30pm	A & D Wellbeing Group

First Sunday of the month

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

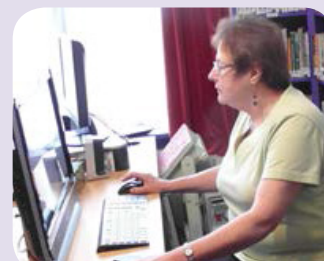
The Women's Centre has two public access computers available for all women to use during our opening hours.

Our computers

- Both computers run on Windows 10 and one 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 2016–2017

Jan. 24	Messages about self
Jan. 31	Accepting responsibility for self
Feb. 7	Coming to grips with feelings
Feb. 14	Talking about ourselves
Feb. 21	Beliefs about self
Feb. 28	Expressing pride in self
March 7	Letting go of the past
March 14	Respecting self and others
March 21	Striving for pure motives
March 28	Putting yourself in neutral
April 4	Having the courage to be imperfect
April 11	Developing courage
April 18	Willpower
May 2	Anger as a strength
May 9	Developing self knowledge
May 16	Self love
May 23	Acknowledging self
May 30	Enhancing self in terms of awareness
June 6	Acceptance and use of strengths
June 13	Positive thought and talk
June 20	Messages about self
June 27	Accepting responsibility for self
July 4	Coming to grips with feelings

Friday mornings in 2016–2017

Dec. 16	Expressing pride in self
Dec. 23	Letting go of the past
Jan. 27	Respecting self and others
Feb. 3	Striving for pure motives
Feb. 10	Putting yourself in neutral
Feb. 17	Having the courage to be imperfect
Feb. 24	Developing courage
March 3	Willpower
March 10	Anger as a strength
March 17	Developing self knowledge
March 24	Self love
March 31	Acknowledging self
April 7	Enhancing self in terms of awareness
April 21	Acceptance use of strengths
April 28	Positive thought and talk
May 5	Messages about self
May 12	Accepting responsibility for self
May 19	Coming to grips with feelings
May 26	Talking about ourselves
June 2	Beliefs about self
June 9	Expressing pride in self
June 16	Letting go of the past

Sunday Sexual Abuse Support Group

For women who have experienced rape or sexual abuse

A monthly three-hour support group for women who have experienced sexual abuse and/or rape as children or adults, is being offered at the Lower Hutt Women's Centre.

These workshops are held on the first Sunday of the month from 1–4pm and are for women at any stage of their journey through abuse and recovery.

The group is facilitated by an ACC-accredited counsellor, Ally Andersun, who is skilled in therapeutic group work.

"The traumatised child doesn't have the luxury of self reflection."
(John Briere).

"I thought I was so alone with this problem, but hearing about how others have coped helps enormously."

Surviving and Moving On – Dr. Kim McGregor

This group offers an opportunity for women to develop self awareness and self reflection at their own pace and in their own style, an opportunity to reclaim, and retrieve split-off hurt parts of themselves and allow them to heal.

Healing is not only possible but essential.

Facilitator bio: Ally Andersun is the Counsellor/Trainer/Supervisor at the Lower Hutt Women's Centre. Ally has a degree in Counselling and is an advanced trainee in Psychodrama. She is a member of NZAC and ANZPA. Ally has been a counsellor for 25 years and has run groups for over 30 years.

Day: The first Sunday of every month

2017 Dates:

5 February

2 April

7 May

4 June

2 July

6 August

3 September

1 October

5 November

3 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

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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 2017 (all dates on Saturday):

Workshop 1: 11 March

Workshop 2: 13 May

Workshop 3: 8 July

Workshop 4: 26 August

Workshop 5: 14 October

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

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



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

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

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

Friday evening and two-day weekend course. Six minimum and 10 maximum for course to commence.

Note: Participants must be prepared to attend all sessions of the workshop.

Attending Part One is a pre-requisite for attending Part Two (Therapeutic-based workshop).

Dates: 24, 25, and 26 February

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

Assertiveness for Women



Assertiveness is the ability to express yourself and your rights without violating the rights of others.

It is appropriately direct, open, and honest communication that is self-enhancing and expressive. Acting assertively will give you the opportunity to feel self-confident and will generally gain you the respect of yourself and your peers and friends.

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

Date: 6 weeks beginning Wednesday, 8 March

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. Phone 569 2711 for deposit details.

Facilitator: Stephanie Brockman

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 Thursday, 9 March

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

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: Thursday, 20 April

Time: 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

Self Development for Women



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 Wednesday evening and a weekend (Saturday and Sunday). The participants need to have a commitment to attend Wednesday 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 25 years and has run groups for over 30 years.

Dates:

Three Wednesday evenings: 3 May, 10 May, and 17 May
Weekend: 20 and 21 May

Times: Wednesday, 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

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

The venue for this workshop is the Women's Centre, but is organised by Kimberley Bignell.



If I didn't define myself for myself, I would be crunched into other people's fantasies for me and eaten alive.

Audre Lorde

Self Esteem for Teens



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

Do you want:

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

We're all different.

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

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

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

Dates: Eight weeks beginning Thursday, 11 May

Times: 4–6pm

Cost: \$20
Phone to register interest

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

Facilitators: Stephanie Brockman and Amber White

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, 24 May 2017

Times: 7–9pm

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

Our friend and activist Helen Kelly has passed away

Our friend, comrade, sister, leader, and founding E tū Life Member Helen Kelly has died.

Helen was a visionary and an inspiration. Her legendary leadership, fierce determination, and brilliant ideas will have an everlasting impact on workers in Aotearoa.

There will be many stories shared over the next few days and weeks about Helen, her struggles, her victories, and her spirit.

Her impact was and will continue to be huge. From working tirelessly and intelligently to ensure health and safety was improved in forestry and beyond, to fearlessly taking on some of the most anti-worker employers in the country, Helen's passion for fairness was gigantic.

All unions will be able to share different memories of how Helen stood with our members. E tū remembers her standing tall with us after the Pike River tragedy. The families of the men whose lives were taken that day are deeply thankful for the love, compassion, and support that Helen gave.

We also remember her as an equal pay warrior and a Living Wage champion.

The union movement has lost a leader. Working people have lost a friend. But what Helen built will continue. How she faced and fought her last and greatest campaign will live in our collective union memory forever.

Thank you, Helen, for everything.



Helen Kelly, the life-long unionist and, more recently, medical cannabis crusader, has died aged 52. Kelly outside a Talley's-owned AFFCO meatworks protest in 2012. Photo credit: The NZ Listener

As we go marching, marching, we're standing proud and tall.

The rising of the women means the rising of us all.

No more the drudge and idler, ten that toil where one reposes,

But a sharing of life's glories, bread and roses, bread and roses.

Bread and Roses

As we go marching, marching, in the beauty of the day
A million darkened kitchens, a thousand mill lofts gray
Are touched with all the radiance that a sudden sun discloses
For the people hear us singing, bread and roses, bread and roses.

As we come marching, marching, we battle too, for men,
For they are in the struggle and together we shall win.
Our days shall not be sweated from birth until life closes,
Hearts starve as well as bodies, give us bread, but give us roses.

As we come marching, marching, un-numbered women dead

Go crying through our singing their ancient call for bread,
Small art and love and beauty their trudging spirits knew
Yes, it is bread we fight for, but we fight for roses, too.

As we go marching, marching, we're standing proud and tall.

The rising of the women means the rising of us all.

No more the drudge and idler, ten that toil where one reposes,

But a sharing of life's glories, bread and roses, bread and roses.



Te Papa purchases, displays rare suffragette medal

A rare bravery medal awarded to New Zealander Frances Parker in 1912 went on display at Te Papa on 15 September.

The Women's Social and Political Union Medal for Valour was awarded to the suffrage activist for her courageous role in the campaign for the right of women to vote in Scotland. Te Papa purchased the medal earlier this year.

"This bravery medal has an incredibly important story to tell, and we are proud to put it on display to mark Women's Suffrage Day," said Dr. Bronwyn Labrum, Te Papa's Head of New Zealand and Pacific Cultures.

"It's a powerful memento of the ongoing struggle of women around the world for civil rights, and is especially significant for New Zealand as a tangible link to our leading role in that struggle," Dr. Labrum said.

Commemorating women's suffrage in New Zealand

The 123rd anniversary of women gaining the right to vote in New Zealand was on 19 September. To mark Women's Suffrage Day, a group of multi-generational speakers explored women's campaign for the vote, and milestone battles since then, at a breakfast at Te Papa.

Senior Curator New Zealand Culture & History, Claire Regnault, Fran Wilde, and representatives of Wellington Girls' College Feminist Club gave inspiring talks about Frances Parker, women's rights in New Zealand, and the challenges faced by women today and in the future.

Regnault discussed Frances Parker, the British suffrage movement in the early 1900s, and the medal. Regnault said, "One thousand women were imprisoned during the British suffrage movement from 1905 to 1914. The first hunger-strike medals were awarded in August 1909."

Visitors to the museum and attendees at the breakfast viewed the medal displayed on the level four promenade.

Women's Social and Political Union Medal for Valour

This medal is associated with the struggle of British women to win voting rights (suffrage) in the early years of the 20th century. The militant struggle was led by the Women's Social and Political Union (WSPU). It was marked by acts of violence and courage. Many suffrage activists were arrested and imprisoned, and on hunger strike were subjected to force-feeding.

The medals were made by a well-known company, Toye and Company, established in 1685 in the historic Jewellery Quarter of Birmingham, England. The medals were crafted from silver and enamel, and hang from a purple, white, and green silk ribbon – the suffrage colours.



Women's Social and Political Union Medal for Valour, 1912, England. The medal remained in Ethel Moorhead's family until it was sold at auction in London on behalf of one of her descendants.

The obverse of Parker's medal has the engraved words 'Hunger Strike.' The reverse has the following: 'Fed by Force 4/3/12,' 'Fed by Force 8/7/14.'

"The medal was based on a military design. It features three silver bars, each one representing a date on which Frances was force-fed. When you understand what each bar represents, you understand the significance of what Frances suffered, for the women of Scotland," Regnault said.

The Women's Social and Political Union Medal for Valour is on display at Te Papa through mid-December.

Frances Parker's courageous activism

Frances Mary Parker was a New Zealander living in Britain who became a prominent suffrage activist.

Born in Little Roderick, Kurow, Otago, in December 1874, she left New Zealand in 1896 when she was 22, three years after New Zealand granted its women the right to vote, to study at Cambridge.

By 1908 she joined the British women's suffrage movement. She became a prominent leader of the WSPU in Scotland, where she was involved in violent protests and attempts to burn down prominent buildings. In February 1914, she was arrested for attempting to set fire to the cottage of Robert Burns, Scotland's national poet.

In prison, Frances Parker went on hunger strike and was subjected to force-feeding. Her health collapsed and she was released to a nursing home, from which she escaped.

The medal testifies to these actions. It was awarded to Parker while she was imprisoned.

With the outbreak of war in August 1914, Frances Parker assisted the war effort. The charges against her were dropped. She went on to play an important role in organising women's war work.

Frances Parker died in France in 1924. She left the medal to her friend and co-suffragette Ethel Moorhead.
Article source: <http://www.scoop.co.nz/stories/CU1609/S00259/rare-suffragette-medal-goes-on-display-at-te-papa.htm>



Source: Te Papa
Frances Parker is escorted from Ayr Sheriff Court, Scotland, 1914. National Records of Scotland (HH16/43/58)

Female Māori entrepreneurs flourishing

Teresa Tepania-Ashton believes entrepreneurship is innate in Māori women and must be reawakened.

“If you go back in our history we’ve always been quite an entrepreneurial race,” Tepania-Ashton said. “Even prior to Europeans arriving, we were very industrious; we traded overseas, and were highly active in industry.”

As manager of the Māori Women Development Inc. (MWDI), Tepania-Ashton helps more Māori women start and run their own business.

Empowering Māori women

Tepania-Ashton said MWDI’s main priority is to provide last-resort micro lending to Māori women and their families.

She said, “We are specifically targeting Māori women because from an ethnicity and gender perspective, generally Māori women find it very hard to get assistance in relation to finance.

“This is about empowering them to take a leap forward and encourage them to be self-employed and independent so that they can also therefore assist their own families.”

To qualify for funding, they have to have been declined by a bank. Tepania-Ashton said a lot of the time this is because of finance and security issues. “For us it’s about overcoming those obstacles to be able to fill in those gaps,” she said.

No shortage of interest

With MWDI helping hundreds of start-ups since its inception as the Māori Women’s Welfare League in 1987, and around 220 currently on their books and at least 70 on the waiting list, it’s clear there is genuine interest amongst Māori women to start a business.

Tepania-Ashton said you’d be very surprised at the types of businesses they’re seeing come through these days. “Not the normal, I suppose, stereotype business, but really a lot of women who are sitting alongside their partners and taking a lead which is really what we want.

“The most common industry is definitely food and hospitality. However, we recently funded someone who has their own rubbish collection business, a construction business, and a trucking business.”

Businesses are in the programme for a total of five years and provided a maximum of \$10,000 per year.

Holistic approach to empowerment

The MWDI is not-for-profit and receives its funding from Te Puni Kōiri.

With a permanent staff of three, Tepania-Ashton said they also work with contractors and mentors, partnering with organisations like Ngāpuhi, Ngāti Porou, and the Auckland City Council. MWDI also run adult and youth training programmes, including Te Wero Pakihi.

“Our priority focus right now is around financial capability and so we’ve trained approximately 130 financial literacy facilitators in their communities so



Teresa Tepania-Ashton is manager of the Māori Women Development Inc. (MWDI), Teresa is on a mission to help more Māori women start and run their own business.

far.

“These are communities like Kaikohe, Kaio, and Rangitukia (Gisborne); very remote places so that they’re empowering their whānau to really hone in on their financial capability.”

A common struggle

Tepania-Ashton said what they generally find is that when businesses are struggling, it is because they are unable to manage their finances.

“When we surveyed further, it was also proven that not only where they struggling with their business, they were struggling personally. So we know that the two must go hand-in-hand.”

She said one key ingredient for Māori women succeeding in leadership today is having a strong support mechanism. “It can obviously be a lonely pathway for any leader, but specifically for Māori women, I think it would be great if there was sort of a collaboration of leaders sharing their pathways,” Tepania-Ashton said.

Teresa’s three pieces of advice to inspire Māori women entrepreneurs

- Have a vision and go for it. If you have a strong vision you can overcome anything that’s in your path. I think women in general tend to do that with a little bit more loving care as well, and so really number one would be to go out there and plant that vision and go for it.
- Stay true to who you are and never be afraid to celebrate the fact that you are Māori, that you have certain beliefs, and don’t compromise. Our culture has an empowering embrace of who we are as Māori women.”
- “Share the wonderful strengths and skills you have to empower those that follow you. Share lessons you’ve learned along the way, too.

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 around 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 didn't look to the Crown to exercise governorship over themselves because 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 have 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 have 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.



Banner at the Waitangi Tribunal hearings of the Ngāpuhi claim.

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!